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ASWEE P6

ASWEE Smart Watch User Manual

Model: P6 | Brand: ASWEE

1. Introduction

Thank you for choosing the ASWEE Smart Watch. This device is designed to enhance your daily life by providing convenient access to communications, health monitoring, and fitness tracking. Featuring a 1.83-inch HD touchscreen, Bluetooth calling capabilities, and a wide array of sports modes, your ASWEE Smart Watch is a versatile companion for both men and women. This manual will guide you through the setup, operation, and maintenance of your new smartwatch.

Figure 1: ASWEE Smart Watch Overview

The ASWEE Smart Watch is equipped with advanced sensors for 24/7 heart rate and sleep monitoring, a step counter, and support for over 123 sports activities. Its IP67 waterproof rating ensures durability for various environments, including workouts and outdoor adventures. Enjoy seamless connectivity with your Android or iOS smartphone for notifications, music control, and weather updates.

2. What's in the Box

Please check the contents of your package to ensure all items are present:

- ASWEE Smart Watch (P6)
- Charging Cable
- User Manual
- Watch Band

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3. Setup

3.1 Initial Charging

Before first use, fully charge your ASWEE Smart Watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a standard USB power adapter (not included). A full charge typically takes approximately 2 hours.

3.2 App Installation and Pairing

To unlock the full functionality of your smartwatch, download and install the 'Keep Health' app on your smartphone.

1. Scan the QR code provided in the quick start guide or search for 'Keep Health' in your phone's app store (App Store for iOS, Google Play Store for Android).
2. Install the 'Keep Health' app.
3. Open the app and create an account or log in.
4. Ensure Bluetooth is enabled on your smartphone.
5. In the 'Keep Health' app, navigate to the 'Device' section and select 'Add Device'.
6. The app will search for nearby devices. Select 'ASWEE P6' from the list of found devices.
7. Follow the on-screen prompts to complete the pairing process. You may need to confirm a pairing request on both your phone and the watch.

Figure 2: Keep Health App Interface

4. Operating

4.1 Basic Navigation

The ASWEE Smart Watch features a full touch screen for easy navigation:

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different data screens (e.g., heart rate, steps, weather).
- **Tap:** Select an item or confirm an action.
- **Press and Hold:** On the watch face, press and hold to change watch faces.

4.2 Bluetooth Calling

Once paired with your smartphone, you can make and answer calls directly from your watch:

- **Answering Calls:** When a call comes in, the watch will vibrate and display the caller ID. Tap the green phone icon to answer.
- **Making Calls:** Access the 'Call' function on your watch to dial numbers or select contacts from your synced phonebook.

4.3 Smart Notifications

Receive real-time alerts for calls, messages, and app notifications directly on your wrist. Ensure notification permissions are enabled in the 'Keep Health' app and your phone settings.

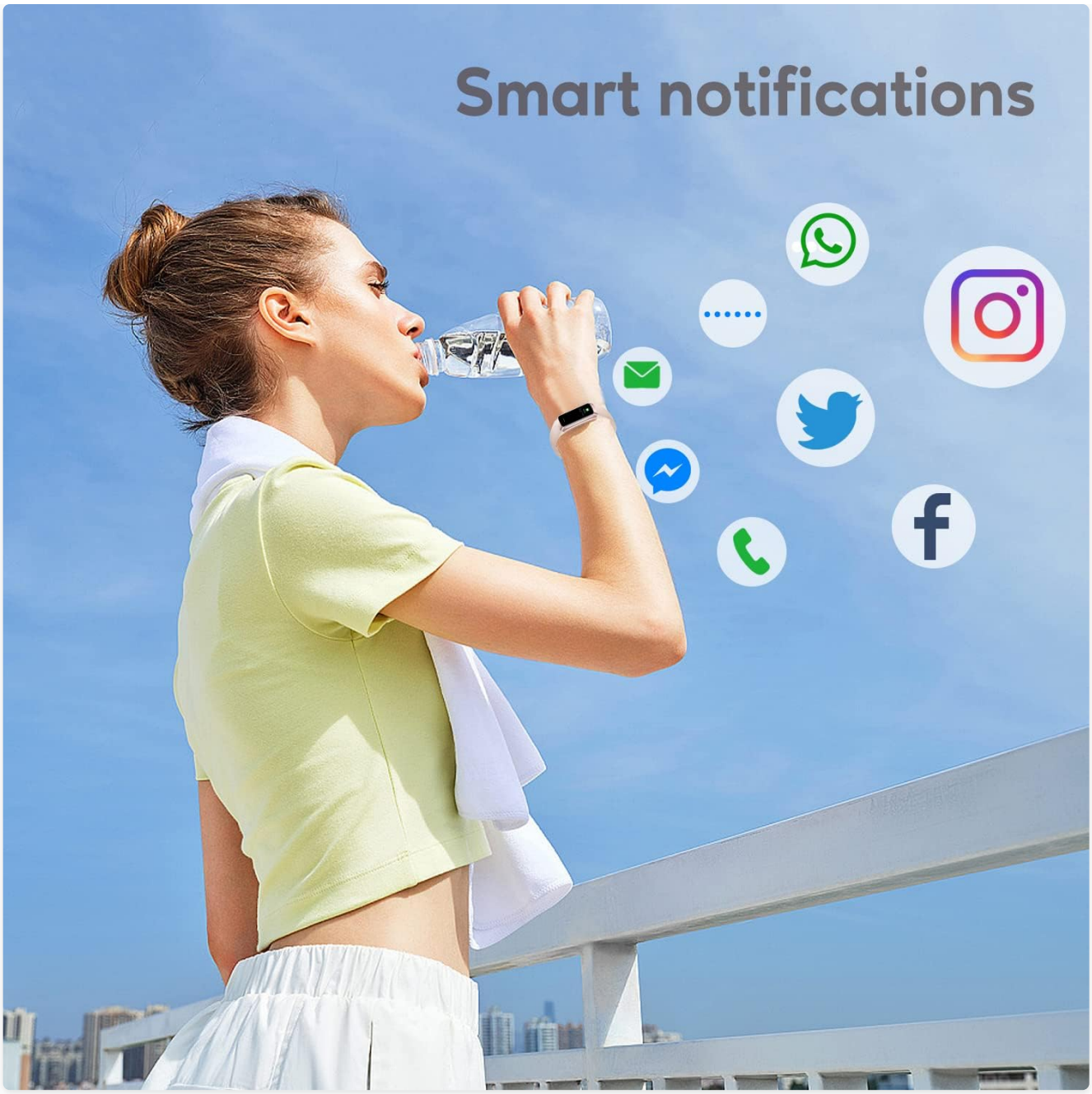

Figure 3: Smart Notifications

4.4 Sports Modes

The watch supports over 123 sports modes to track your workouts. Select your desired activity from the 'Sports' menu to record data such as heart rate, calories burned, and distance.

Figure 4: Key Features Overview

4.5 Health Monitoring

Your ASWEE Smart Watch continuously monitors key health metrics:

- **Heart Rate:** Provides 24/7 heart rate monitoring. View real-time data on the watch or detailed trends in the app.

Figure 5: Heart Rate Monitor in Use

- **Sleep Monitoring:** Tracks your sleep patterns, including deep, light, and REM sleep stages. Review your sleep quality score and duration in the 'Keep Health' app.

Figure 6: Sleep Monitoring Feature

- **Step Counter:** Automatically tracks your daily steps, distance, and calories burned.
- **Female Cycle Tracking:** For women, the watch can help track menstrual cycles and log symptoms through the app.

4.6 Custom Watch Faces

Personalize your watch by choosing from a variety of pre-installed watch faces or uploading your own photos and designs via the 'Keep Health' app.

Figure 7: Customizable Watch Faces

4.7 Camera Control

Use your smartwatch as a remote shutter for your phone's camera. Open the camera function in the 'Keep Health' app and tap the camera icon on your watch to take a photo.

Figure 8: Camera Remote Control

5. Maintenance

5.1 Water Resistance

The ASWEE Smart Watch is IP67 waterproof, meaning it is resistant to splashes, rain, and brief immersion in water. It is suitable for daily use, hand washing, and light rain. However, it is not recommended for hot showers, saunas, or diving, as steam and hot water can damage the seals.

Figure 9: Water Resistance

5.2 Cleaning and Care

To maintain your watch's appearance and functionality:

- Wipe the watch and strap regularly with a soft, dry cloth.
- If necessary, use a slightly damp cloth for cleaning, then dry thoroughly.
- Avoid using harsh chemicals, abrasive cleaners, or solvents.
- Keep the charging contacts clean and dry to ensure proper charging.

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6. Troubleshooting

6.1 Watch Won't Connect or Keeps Disconnecting

If you experience connectivity issues:

1. Ensure your phone's Bluetooth is turned on.
2. Verify the watch and phone are within the maximum Bluetooth range (8-10 meters). Obstacles can affect connection.
3. If issues persist, delete the watch's Bluetooth serial number from the 'Keep Health' app, then uninstall and reinstall the app. Repeat the pairing process.

6.2 Watch Not Receiving Message Notifications

If notifications are not appearing on your watch:

1. Confirm your phone is successfully connected to the watch in the 'Keep Health' app.
2. Check your phone's settings: Go to phone settings > find the 'Keep Health' app > turn on 'Notifications' permission.
3. Within the 'Keep Health' app, ensure the 'notification' function is enabled for the specific apps you wish to receive alerts from.
4. If the problem continues, delete the watch's Bluetooth serial number from the 'Keep Health' app, then uninstall and reinstall the app.

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7. Specifications

Feature	Detail
Brand	ASWEE
Model Number	P6
Screen Size	1.83 Inches (HD Touch Screen)
Operating System	Wear OS 3.0
Connectivity Technology	Bluetooth
Battery Capacity	240 Milliamp Hours (up to 7 days heavy use, 25 days standby)
Water Resistance	IP67
Special Features	Touchscreen, Lightweight, Activity Tracker, Daily Workout Memory, Phone Call
Product Dimensions	1.2 x 1.5 x 25 cm; 80 g

8. Warranty and Support

ASWEE products are manufactured to high quality standards. For any issues or inquiries regarding your ASWEE Smart Watch, please refer to the warranty information provided at the time of purchase or contact ASWEE customer support through the official website or your retailer. Please have your model number (P6) and purchase details ready when contacting support.

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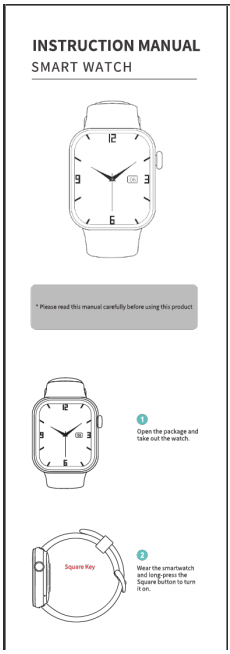
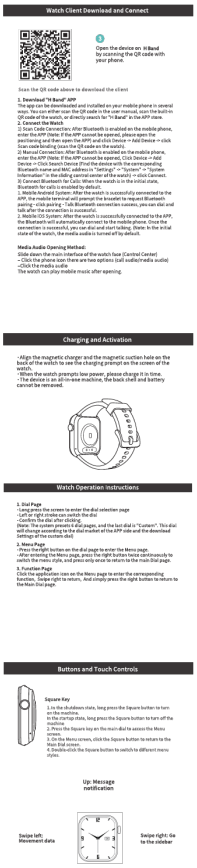
Related Documents - P6





Watch Client Download and Connect

Open the device on Hi Band by scanning the QR code with your phone.

Scan the QR code above to download the client

1. Download "Hi Band" APP
The app can be downloaded and installed on your mobile phone in several ways. You can either scan the QR code in the user manual, scan the built-in QR code in the watch, or directly search for "Hi Band" in the APP store.
2. Connect the Watch
1) Scan Code Connection: After Bluetooth is enabled on the mobile phone, enter the APP (Note: If the APP cannot be opened, please open the positioning and then open the APP) and click Device → Add Device → click Scan code binding (scan the QR code on the watch).
2) Manual Connection: After Bluetooth is enabled on the mobile phone, enter the APP (Note: If the APP cannot be opened, please open the positioning) and click Device → Click Search Device (Find the device with the corresponding Bluetooth name and MAC address in "Settings" → "System" → "System Information" in the sliding control center of the watch) → click Connect.
3) Connect Bluetooth for Calls: When the watch is in the initial state, the media audio is turned off by default.
1. Mobile Android System: After the watch is successfully connected to the APP, the mobile terminal will prompt the bracelet to request Bluetooth pairing--click pairing - Talk Bluetooth connection success, you can dial and talk after the connection is successful.
2. Mobile IOS System: After the watch is successfully connected to the APP, the Bluetooth will automatically connect to the mobile phone. Once the connection is successful, you can dial and start talking. (Note: In the initial state of the watch, the media audio is turned off by default.

Media Audio Opening Method:
Slide down the main interface of the watch face (Control Center)
→ Click the phone icon there are two options (call audio/media audio)
→Click the media audio
The watch can play mobile music after opening.

Charging and Activation

- Align the magnetic charger and the magnetic suction hole on the back of the watch to see the charging prompt on the screen of the watch.
- When the watch prompts low power, please charge it in time.
- The device is an all-in-one machine, the back shell and battery cannot be removed.

Watch Operation Instructions

1. Dial Page
- Click on the screen to enter the dial selection page
- Left or right stroke can switch the dial
-Confirm the dial after clicking
(Note: The system presets 4 dial pages, and the last dial is "Custom". This dial will change according to the dial market of the APP side and the download Settings of the custom dial)

2. Menu Page
- Click the right button on the dial page to enter the Menu page.
-After entering the Menu page, press the right button twice continuously to switch the menu style, and press only once to return to the main Dial page.

3. Function Page
Click the application icon on the Menu page to enter the corresponding function. Swipe right to return, And simply press the right button to return to the Main Dial page.

Buttons and Touch Controls

Square Key
1. In the shutdown state, long press the Square button to turn on the machine.
2. In the startup state, long press the Square button to turn off the machine
2. Press the Square key on the main dial to access the Menu function.
3. On the Menu screen, click the Square button to return to the Main Dial screen.
4. Double-click the Square button to switch to different menu styles.

Up: Message notification

Swipe left: Movement data

Swipe right: Go to the sidebar

Down: Control Center

Watch Function introduction

Alarm
After the watch is connected to the APP, you can set a single alarm clock, a cycle alarm clock, and up to 10 alarm clocks in the APP terminal.

Stopwatch
- Click the Start button to start the timing.
- Click the Pause button to stop the timing.
- Click the Reset button to return the timing to zero.

Breathing Training
- During breathing exercises, there are 1-minute and 5-minute options.
- Users click on the corresponding time to perform breathing training.
- Click Start and follow the ICONS in the breathing exercises to zoom in and zoom out.

Blood Pressure
When entering the Blood Pressure Measurement Interface, the green light at the bottom will start the test and there will be a vibration reminder when the measurement is completed within 30 to 60 seconds. The measurement is based on PPG technology.

Female
After the watch is connected to the APP, a women's health alert can be enabled on the APP to view women's health information on the watch.

Heart Rate
When you enter the Heart Rate Measurement Interface, the green light at the bottom will start to measure. When the measurement is completed in about 40 seconds, there will be a vibration reminder. If the message "Please wear the watch correctly" is displayed, you need to wear the watch again.

Blood oxygen
When entering the interface of Blood Oxygen Measurement, the red light at the bottom will start the test for 30-60 seconds and there will be a vibration reminder when the measurement is completed. The measurement is based on PPG technology.

Movement
Sports mode options: Hiking, Running, Cycling, Mountaineering, Badminton, Baseball, Basketball, etc. Click the icon to start Sports.

Weather
When the watch is connected to the APP, the weather interface will display real-time weather temperature and weather type.

Messages
After the watch is connected to the APP, you can open the push of relevant information on the APP terminal. The watch terminal can receive the corresponding push message and save up to 15 latest messages.
For example, after receiving a WeChat message, enter the WeChat function interface to view the message. After receiving a short message, enter the information interface to view the message.

Set-Up
The Settings function includes screen display (Switching Dial, On-Screen Duration, Brightness Adjustment, Wrister On-Screen Duration, and Touchscreen Clock), language, vibration intensity, menu style, battery, password, two-dimensional code, and system.

Music
When the watch is connected to the APP, you can control the Pause and Start of the mobile music player, adjust the volume and switch songs.

Timer
In the timing function, the system preset the common timing duration. You can click the corresponding duration to time quickly or click the custom button to set the time.
- Click the Start button to start the timing.
- Click the Pause button to pause the timing.
- Click the Reset button to reset the timing to zero.

Sleep
The watch displays the total sleep duration as well as light and deep sleep duration last night, and the sleep screen slides up to show sleep data generated in the last seven days.

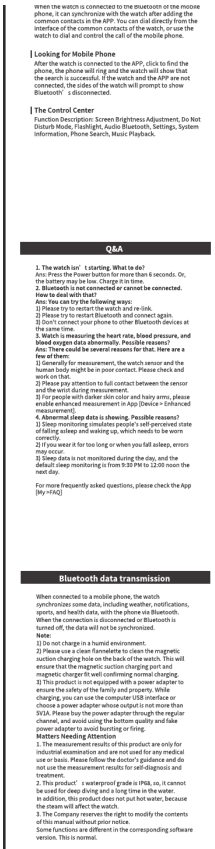
Computer
On the Menu screen, click Calculator to enter the Function Screen of Calculator. On this screen, you can calculate addition, subtraction, multiplication, and division.

Movement Data
Display the number of steps, distance, and calorie data recorded on that day. You can scroll up the data interface to view the number of steps in the recent seven days, and set the target number of steps, distance, and calories in the APP.

Bluetooth Phone

ASWEE Smart Watch Instruction Manual: Setup, Features & Operation Guide

Learn how to set up and use your ASWEE Smart Watch. This guide covers connecting to your phone, using health monitoring features, sports modes, and troubleshooting.


When the watch is connected to the Bluetooth of the mobile phone, it can synchronize with the watch after adding the common contacts in the APP. You can dial directly from the interface of the common contacts of the watch, or use the watch to dial and control the call of the mobile phone.

Looking for Mobile Phone

After the watch is connected to the APP, click to find the phone, the phone will ring and the watch will show that the search is successful. If the watch and the APP are not connected, the sides of the watch will prompt to show Bluetooth' s disconnected.

The Control Center

Function Description: Screen Brightness Adjustment, Do Not Disturb Mode, Flashlight, Audio Bluetooth, Settings, System Information, Phone Search, Music Playback.

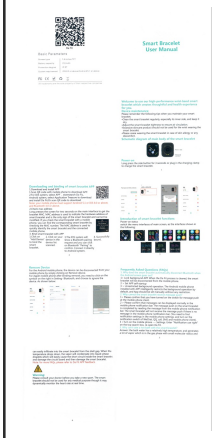
Q&A

1. The watch isn' t starting. What to do?
Ans: Press the Power button for more than 6 seconds. Or, the battery may be low. Charge it in time.
2. Bluetooth is not connected or cannot be connected. How to deal with that?
Ans: You can try the following ways:
1) Please try to restart the watch and re-link.
2) Please try to restart Bluetooth and connect again.
3) Don't connect your phone to other Bluetooth devices at the same time.
3. Watch is measuring the heart rate, blood pressure, and blood oxygen data abnormally. Possible reasons?
Ans: There could be several reasons for that. Here are a few of them:
1) Generally for measurement, the watch sensor and the human body might be in poor contact. Please check and work on that.
2) Please pay attention to full contact between the sensor and the wrist during measurement.
3) For people with darker skin color and hairy arms, please enable enhanced measurement in App [Device > Enhanced measurement].
4. Abnormal sleep data is showing. Possible reasons?
1) Sleep monitoring simulates people's self-perceived state of falling asleep and waking up, which needs to be worn correctly.
2) If you wear it for too long or when you fall asleep, errors may occur.
3) Sleep data is not monitored during the day, and the default sleep monitoring is from 9:30 PM to 12:00 noon the next day.

For more frequently asked questions, please check the App [My >FAQ]

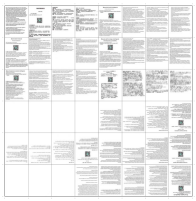
Bluetooth data transmission

When connected to a mobile phone, the watch synchronizes some data, including weather, notifications, sports, and health data, with the phone via Bluetooth. When the connection is disconnected or Bluetooth is turned off, the data will not be synchronized.
Note:
1) Do not charge in a humid environment.
2) Please use a clean flannelette to clean the magnetic suction charging hole on the back of the watch. This will ensure that the magnetic suction charging port and magnetic charger fit well confirming normal charging.
3) This product is not equipped with a power adapter to ensure the safety of the family and property. While charging, you can use the computer USB interface or choose a power adapter whose output is not more than 5V1A. Please buy the power adapter through the regular channel, and avoid using the bottom quality and fake power adapter to avoid bursting or firing.
Matters Needing Attention
1. The measurement results of this product are only for industrial examination and are not used for any medical use or basis. Please follow the doctor's guidance and do not use the measurement results for self-diagnosis and treatment.
2. This product' s waterproof grade is IP68, so, it cannot be used for deep diving and a long time in the water. In addition, this product does not put hot water, because the steam will affect the watch.
3. The Company reserves the right to modify the contents of this manual without prior notice.
Some functions are different in the corresponding software version. This is normal.


Smart Bracelet
User Manual

[TeKKiWear AC0004 P6 Smart Bracelet User Manual]

User manual for the TeKKiWear AC0004 P6 Smart Bracelet. Learn about its features, basic parameters like screen type, battery, IP rating, system requirements, and usage guidelines.



[Dongguan Langchen P6 Smart Watch User Manual - Model 2BC3X-P6]

Official user manual for the Dongguan Langchen P6 Smart Watch (Model 2BC3X-P6). Learn how to set up, use, and care for your smartwatch, including features like activity tracking, heart rate monitoring, and smartphone notifications.

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[Shot Navi W1 Evolve GPS Golf Watch User Manual]

Comprehensive user manual for the Shot Navi W1 Evolve GPS golf watch, covering features, operation, charging, Bluetooth connectivity, and troubleshooting.

Mibro Watch Phone P6 User Manual mibro	[Mibro Watch Phone P6 User Manual: Setup, Features, and Safety] A comprehensive guide to the Mibro Watch Phone P6, covering product overview, SIM card installation, app setup, charging, call functions, voice chat, and essential safety precautions for optimal and safe usage.