

3Plus 3PLUS Vibe Pro Smart Watch

3PLUS Vibe Pro Smart Watch User Manual

Model: 3PLUS Vibe Pro Smart Watch

Brand: 3Plus

INTRODUCTION

This manual provides detailed instructions for the setup, operation, maintenance, and troubleshooting of your 3PLUS Vibe Pro Smart Watch. Please read this manual thoroughly to ensure proper use and to maximize the features of your device.



Image: The 3PLUS Vibe Pro Smart Watch, featuring a black watch body with a black silicone band, accompanied by an additional pink silicone band. The watch display shows time, date, activity metrics, and weather.

SETUP

1. Charging the Device

Before initial use, fully charge your 3PLUS Vibe Pro Smart Watch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer USB port. The watch display will indicate charging status.

2. App Installation

To unlock the full potential of your smart watch, download the official 3Plus app on your smartphone. The app is compatible with both iPhone and Android devices.

- Search for "3Plus" in the Apple App Store (for iOS) or Google Play Store (for Android).
- Download and install the application.
- Follow the on-screen prompts to create an account or log in.

3. Pairing Your Smart Watch

Ensure your smartphone's Bluetooth is enabled.

1. Open the 3Plus app on your smartphone.
2. Navigate to the device pairing section (usually found under 'Devices' or 'Profile').
3. Select 'Add New Device' or similar option.
4. The app will search for nearby 3PLUS Vibe Pro Smart Watches. Select your watch from the list.
5. Confirm the pairing request on both your watch and smartphone.

OPERATING INSTRUCTIONS

Basic Navigation

- **Touchscreen:** Swipe left/right, up/down to navigate through menus and screens. Tap to select an option.
- **Side Button:** Press to return to the home screen or wake the device. Long press for power options.

Key Features

GPS Tracking

The integrated GPS allows for accurate tracking of outdoor activities without needing your phone. Ensure GPS is enabled in the watch settings for outdoor workouts.

Heart Rate Monitoring

The watch continuously monitors your heart rate. View real-time data on the watch or detailed trends in the 3Plus app.

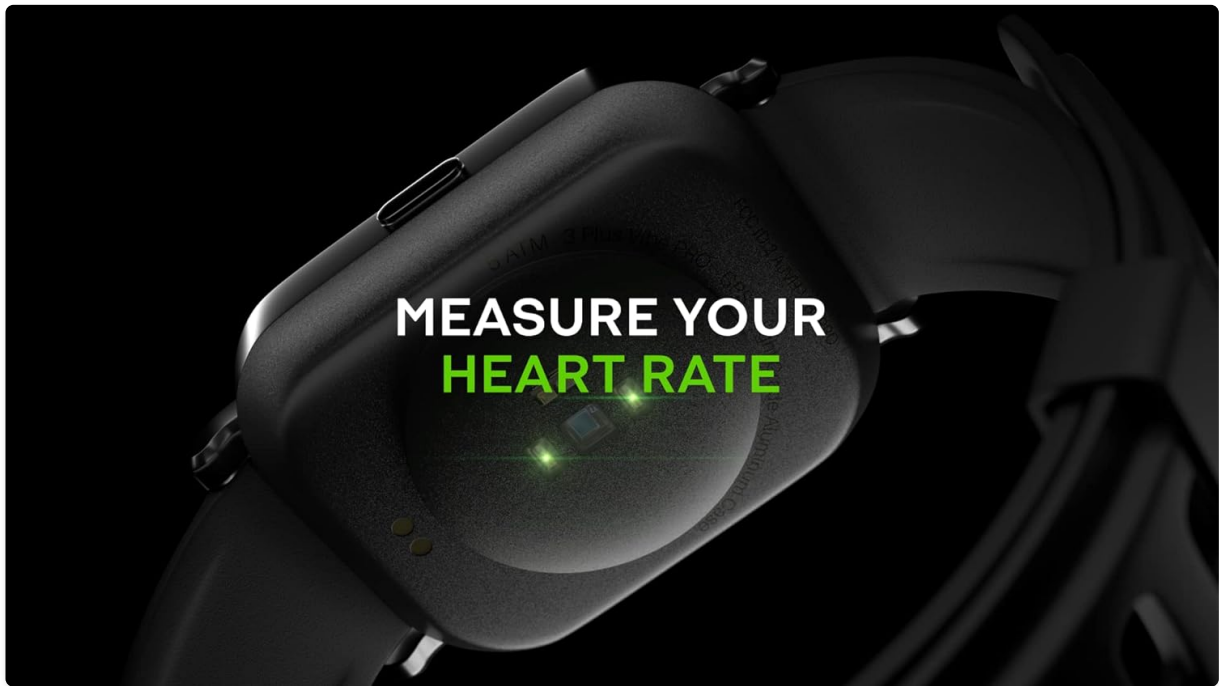


Image: Close-up of the back of the 3PLUS Vibe Pro Smart Watch, showing green LED lights indicating heart rate measurement in progress. Text overlay reads "MEASURE YOUR HEART RATE".

Blood Oxygen (SpO2) Monitoring

Measure your blood oxygen saturation levels directly from your wrist. For accurate readings, remain still during measurement.



Image: The 3PLUS Vibe Pro Smart Watch display showing a blood oxygen measurement in progress, with a circular animation and text instructing the user to stay still. Text overlay reads "MEASURE YOUR BLOOD OXYGEN".

Sleep Monitoring

The watch automatically tracks your sleep patterns, including deep sleep, light sleep, and awake times. Review your sleep data in the 3Plus app to understand your sleep quality.



Image: A person sleeping with the 3PLUS Vibe Pro Smart Watch on their wrist, showing the watch display with sleep data (deep sleep, light sleep, awake time). Text overlay indicates "6 HOURS 52 MINUTES SLEPT".

Multiple Sports Modes

Select from various sports modes to track specific activities like running, cycling, basketball, and more. Each mode provides relevant metrics for your workout.

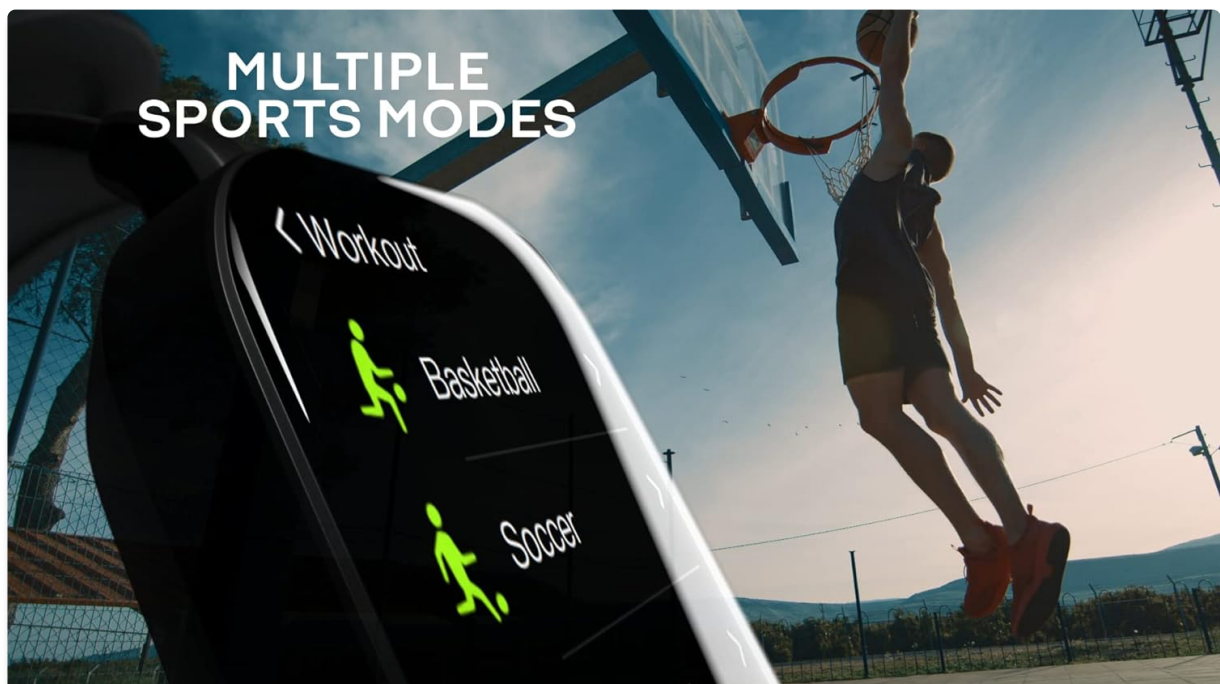


Image: The 3PLUS Vibe Pro Smart Watch display showing a list of workout modes, including Basketball and Soccer, with a basketball player in the background. Text overlay reads "MULTIPLE SPORTS MODES".

Smart Notifications

Receive notifications for calls, messages, and app alerts directly on your wrist when connected to your smartphone.

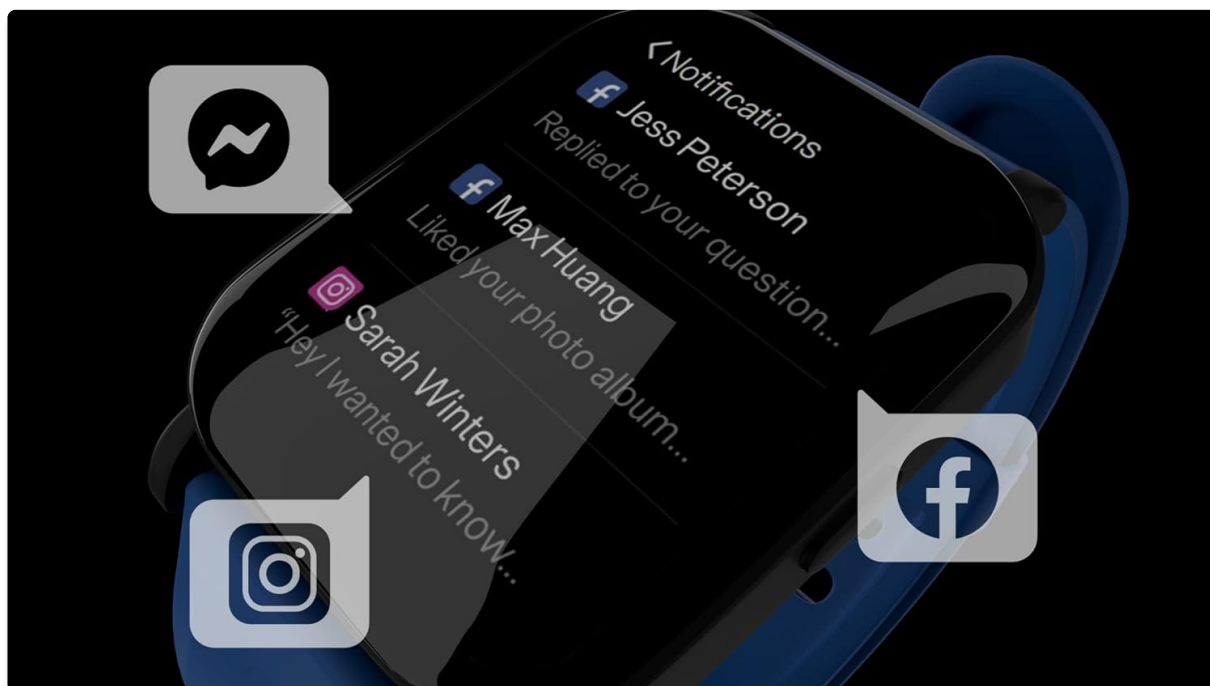


Image: The 3PLUS Vibe Pro Smart Watch display showing various notifications from messaging apps like Messenger, Instagram, and Facebook. Speech bubbles representing these apps are floating around the watch.

5ATM Water Resistance

The watch is rated 5ATM water resistant, meaning it can withstand pressures equivalent to a depth of 50 meters. It is suitable for swimming and showering but not for diving or high-pressure water activities.



Image: The 3PLUS Vibe Pro Smart Watch covered in water droplets, emphasizing its water resistance. Text overlay reads "5 ATM RATED WATER RESISTANT".

MAINTENANCE

Cleaning Your Smart Watch

- Regularly clean the watch body and bands with a soft, damp cloth.
- For the charging contacts and sensors on the back, use a dry cotton swab to gently remove any dirt

or debris.

- Avoid using harsh chemicals or abrasive materials, as they may damage the device.

Band Care

If your watch comes with silicone bands, clean them regularly with mild soap and water to prevent skin irritation, especially after workouts or prolonged wear. Ensure the band is completely dry before reattaching it to the watch.

TROUBLESHOOTING

Watch Not Turning On

- Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- Try performing a soft reset by pressing and holding the side button for 10-15 seconds.

Cannot Pair with Smartphone

- Make sure Bluetooth is enabled on your smartphone.
- Ensure the watch is within Bluetooth range (typically 10 meters or 33 feet).
- Restart both your watch and smartphone.
- Check if the 3Plus app is updated to the latest version.
- If previously paired, try unpairing the device from your phone's Bluetooth settings and then re-pairing through the app.

Inaccurate Readings (Heart Rate, SpO2, Sleep)

- Ensure the watch is worn snugly on your wrist, about one finger's width above your wrist bone.
- Keep the sensor clean and free from dirt or sweat.
- For SpO2, remain still during the measurement.

Notifications Not Appearing

- Verify that the watch is connected to your smartphone via Bluetooth.
- Check notification settings within the 3Plus app to ensure app notifications are enabled.
- Ensure your phone's notification settings allow the 3Plus app to send notifications.

SPECIFICATIONS

Feature	Specification
Model Name	Vibe Pro Smart Watch
Display Size	1.78 Inches AMOLED Color Touchscreen
Water Resistance	5ATM (up to 50 meters)
Connectivity	Bluetooth
GPS	Built-in GPS
Sensors	Heart Rate Monitor, Blood Oxygen Monitor

Compatibility	iPhone & Android
Item Weight	7.8 ounces
Package Dimensions	6.69 x 4.09 x 2.28 inches
First Available	January 14, 2022

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the official 3Plus website or contact their customer service directly. Details can typically be found on the product packaging or within the 3Plus mobile application.



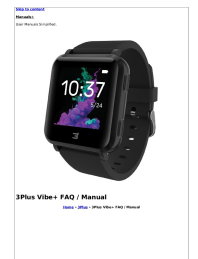

Official 3Plus Store: [Visit the 3Plus Store on Amazon](#)

OFFICIAL PRODUCT VIDEOS

No official seller videos were found for this product in the provided data.

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Related Documents

	<p>3Plus Vibe Lite Smartwatch: Quick Start Guide and Pairing Instructions</p> <p>Learn how to easily pair your 3Plus Vibe Lite smartwatch with your phone using the 3+ PRO app. Includes troubleshooting tips, warranty information, and customer support details.</p>
	<p>3PLUS Mega Smartwatch User Manual: Bluetooth Calling, AMOLED Display</p> <p>Comprehensive user manual for the 3PLUS Mega Smartwatch. Learn how to set up, use features like Bluetooth calling, activity tracking, heart rate monitoring, SpO2, and more.</p>
	<p>3Plus Vibe+ FAQ and User Manual</p> <p>Frequently asked questions and user guide for the 3Plus Vibe+ smartwatch, covering features like GPS, heart rate monitoring, notifications, and fitness tracking.</p>
	<p>3PLUS Callie Smartwatch User Manual: Features, Setup, and Operation</p> <p>Comprehensive user manual for the 3PLUS Callie Smartwatch. Learn how to set up, pair, navigate, track activities, use Bluetooth calling, and troubleshoot your device.</p>