

H20

# Smart Watch H20 User Manual

Model: H20

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## PRODUCT OVERVIEW

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The Generic Smart Watch H20 is a versatile wearable device designed to enhance your daily life with smart features. It boasts a large HD screen, Bluetooth calling capabilities, and a variety of health and fitness tracking functions. This manual provides detailed instructions for setup, operation, and maintenance of your Smart Watch H20.



Image: The Smart Watch H20, featuring a black strap and a rectangular display showing time, date, steps, and battery percentage.

## KEY FEATURES

- **HD 1.69-inch Color Screen:** Provides a clear, delicate, true, and natural display with 240x280 resolution.
- **IP67 Grade Living Waterproof:** Designed to withstand splashes and brief immersion, suitable for daily use.
- **Bluetooth Calling:** Built-in microphone and speaker allow you to connect and listen to incoming calls directly from your watch.
- **Multi-Sport Modes:** Tracks various activities, including two casual games for entertainment.
- **Magnetic Charging:** Convenient and secure charging method.
- **Comprehensive Tracking:** Real-time display of steps, mileage, calories, body data, and sleep monitoring.
- **Smart Reminders:** Information reminders, sedentary reminders, and weather forecasts.
- **Remote Photography:** Control your phone's camera remotely.
- **Customizable Dials:** A variety of creative dials can be replaced at will.

# 1.69" HD color screen

Clear and delicate, true and natural

1.69-inch IPS full touch colorful screen with 240\*280 resolution, bringing clear and delicate display, The color saturation is high and the display is real and vivid, as amazing as first sight.



Image: A close-up view of the watch screen, emphasizing the "1.69" HD color screen" feature with vibrant display colors.

## SETUP GUIDE

### 1. Initial Charging

Before first use, fully charge your Smart Watch H20. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a compatible power source (e.g., computer USB port, USB wall adapter).

The watch display will indicate charging status. A full charge typically takes approximately 2 hours.

### 2. App Connection

To unlock the full potential of your Smart Watch H20, download and install the companion application on your smartphone. The app allows for data synchronization, watch settings customization, and access to advanced features.

- Scan the QR code provided in the watch packaging or search for the recommended app name (usually found in the watch's settings or quick start guide) in your phone's app store (Google Play Store for Android, Apple App Store for iOS).
- Install the app and create an account if prompted.

- Ensure Bluetooth is enabled on your smartphone.
- Open the app and follow the on-screen instructions to pair your watch. The app will guide you through the pairing process, which may involve selecting your watch from a list of nearby devices.

# Connect APP , let sports become more professional

View exercise distance, speed, heart rate changes, calorie consumption, etc. Smart Watch and APP cooperate tacitly, not only can record body movement data in real time, You can also set various functions of the watch in the APP, no matter which function mode, can make you love it!

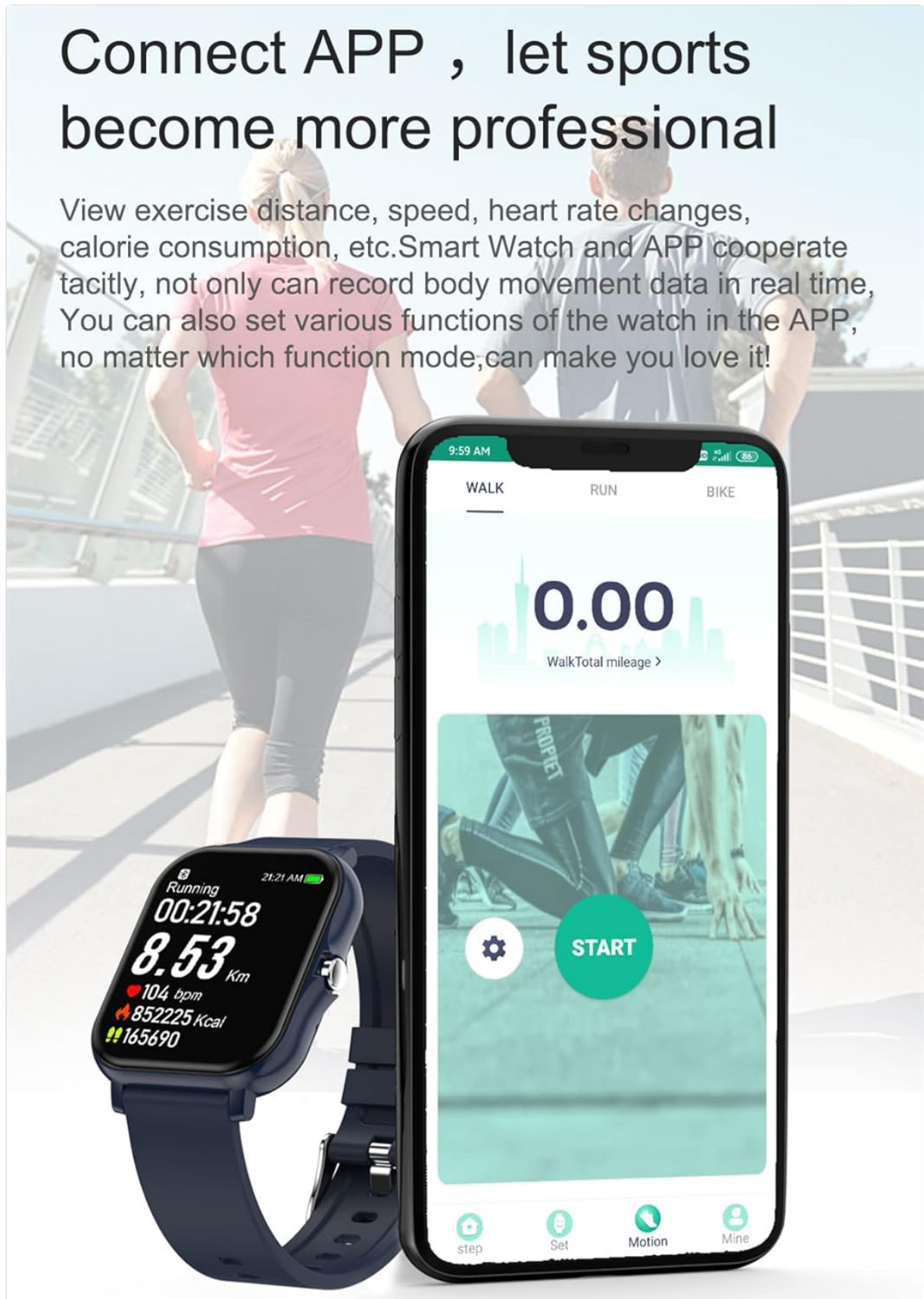


Image: A smartphone displaying a fitness tracking application, with the Smart Watch H20 positioned next to it, illustrating the app connection feature.

## Basic Navigation

- **Touchscreen:** Swipe left, right, up, or down to navigate through menus and functions. Tap to select an option.
- **Side Button:** Typically used to return to the home screen, turn the screen on/off, or access the main menu.
- **Raise to Brighten:** Lift your wrist to automatically illuminate the screen. This feature can usually be enabled/disabled in the watch settings or companion app.

## Bluetooth Calling

Once paired with your smartphone via Bluetooth, you can make and receive calls directly from your watch.

- **Receiving Calls:** When a call comes in, the watch will display the caller ID. Tap the green icon to answer or the red icon to reject.
- **Making Calls:** Access the dialer or contact list on your watch (if supported) to initiate a call. Ensure your phone is within Bluetooth range.

# Bluetooth call Phone sync address book

Built-in microphone and speaker, phone via Bluetooth.  
You can use the watch to connect listen to incoming calls on your mobile phone, so that important calls are not missed, and you can dial and answer freely.  
Built-in call records and contacts make communication more free.



Image: Two Smart Watches, one showing a numeric dial pad for making calls and the other displaying an incoming call screen with contact information, demonstrating the Bluetooth call feature.

## Health and Fitness Tracking

- **Steps, Mileage, Calories:** The watch continuously tracks your daily activity. View your progress directly on the watch face or in the companion app.
- **Multi-Sport Mode:** Select from various sports modes (e.g., running, walking, cycling) to get more accurate tracking data for specific activities.
- **Sleep Monitoring:** The watch automatically monitors your sleep patterns, including deep sleep, light sleep, and awake time. Review detailed sleep analysis in the app.



## Night test, sleep well

Smart Watch performs automatic sleep monitoring at night, and intelligently recognizes and your deep sleep, light sleep, and awake state make you more aware of your sleep state, healthy sleep is more clear at a glance.

Image: A smartphone screen displaying a sleep analysis report from the companion app, showing sleep quality, deep sleep, light sleep, and awake percentages, indicating the watch's sleep monitoring capability.

### Smart Reminders and Notifications

- **Information Reminder:** Receive notifications for calls, messages, and app alerts directly on your watch. Configure which app notifications to receive via the companion app.
- **Sedentary Reminder:** The watch can remind you to move if you've been inactive for too long.
- **Weather Forecast:** View current weather conditions and forecasts on your watch (requires app connection and location permissions).

# Smart is on the left, convenience is on the right

Call reminder, message reminder, weather forecast,  
mobile phone music control

Raise your hand to brighten the screen, computer,



Incoming  
call



Message  
notification



Sedentary  
reminder



Weather  
forecast



Image: Two Smart Watches, one showing a weather display and the other illustrating icons for incoming calls, message notifications, sedentary reminders, and weather forecasts, highlighting the watch's smart reminder features.

## Customization

- **Dial Switching:** Change your watch face from a variety of pre-installed options or download more through the companion app to personalize your device.

# Versatile dial, the trend reappears

A variety of creative dials can be replaced at will,  
there is always a trend that belongs to you.



Image: A collage of different watch faces available for the Smart Watch H20, demonstrating the versatility and customization options for the display.

## MAINTENANCE

- **Cleaning:** Regularly wipe the watch screen and strap with a soft, dry, lint-free cloth. For stubborn stains, a slightly damp cloth can be used, followed by drying. Avoid harsh chemicals or abrasive materials.
- **Water Resistance:** The watch is IP67 rated for living waterproof. This means it is resistant to splashes, rain, and brief immersion in shallow water. It is not suitable for swimming, diving, or showering with hot water, as steam can damage the seals.
- **Charging:** Use only the provided magnetic charging cable. Ensure the charging contacts on the watch and cable are clean and dry before charging to prevent corrosion.

- **Storage:** When not in use for extended periods, store the watch in a cool, dry place away from direct sunlight and extreme temperatures.

## TROUBLESHOOTING

Problem	Possible Solution
Watch does not turn on.	Ensure the watch is fully charged. Connect to the charger for at least 30 minutes. If still unresponsive, try a soft reset (refer to app for specific instructions or hold side button for 10-15 seconds).
Cannot pair with smartphone.	<p>Ensure Bluetooth is enabled on your phone.</p> <p>Make sure the watch is discoverable (check watch settings).</p> <p>Restart both the watch and your phone.</p> <p>Forget the device in your phone's Bluetooth settings and try pairing again.</p> <p>Ensure the companion app is installed and running.</p>
Notifications are not received.	<p>Check app notification settings on your phone and within the companion app.</p> <p>Ensure the watch is connected via Bluetooth.</p> <p>Verify that the companion app has necessary permissions (e.g., notification access).</p>
Inaccurate health data.	Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Keep the sensor clean. Calibrate settings in the companion app if available.

## SPECIFICATIONS

Feature	Detail
Brand	Generic
Model	H20
Display	1.69-inch HD Color LCD
Resolution	240 x 320
Operating System	Android (compatible with Android 4.0+ and iOS 5.0+)
Connectivity	Bluetooth, USB (for charging)
Water Resistance	IP67 Living Waterproof
Charging Method	Magnetic Charging
Special Features	Sleep Monitor, Time Display, Bluetooth Calling, Multi-Sport Modes, Remote Photography
Included in Box	Charger

# Product Size



Image: A diagram illustrating the physical dimensions of the Smart Watch H20, showing a width of 38mm, a thickness of 10mm, and a perimeter of 245mm for the strap.

## WARRANTY INFORMATION

This product is covered by a warranty policy. For detailed information regarding warranty terms, conditions, and claim procedures, please refer to the official product page or contact the seller directly. Keep your purchase receipt as proof of purchase.

*Note: Warranty terms may vary. Please consult the specific warranty policy provided at the time of purchase.*

## CUSTOMER SUPPORT

If you encounter any issues or have questions not covered in this manual, please contact customer support for assistance. Refer to your purchase documentation or the seller's contact information for support channels.

For general inquiries, you may also visit the product's official support page (if available) or the manufacturer's website.

