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MorePro V19 Pro

MorePro Health Smart Watch V19 Pro User Manual

Model: V19 Pro | Brand: MorePro

INTRODUCTION

The MorePro Health Smart Watch V19 Pro is an advanced fitness tracker designed to monitor various health metrics and support an active lifestyle. This manual provides comprehensive instructions for setup, operation, maintenance, and troubleshooting to ensure optimal use of your device.



Figure 1: MorePro Health Smart Watch V19 Pro

KEY FEATURES

- **Continuous Health Monitoring:** Provides 24/7 tracking for heart rate, blood pressure, blood oxygen (SpO2), and HRV.
- **Scientific Sleep Tracking:** Monitors sleep duration, insomnia, waking, REM sleep, light sleep, deep sleep, and

daytime naps.

- **Body Temperature Monitor:** Records body and skin temperature every five minutes to generate a personal temperature profile.
- **Activity Tracking:** All-day tracking of steps, distance, and calories, with support for 20 sports modes.
- **Smart Notifications:** Receives vibration alerts for calls, texts, and social media apps.
- **Customizable Watch Faces:** Personalize the watch face with your own photos or choose from over 50 designs.
- **Long Battery Life:** Up to 7+ days of standard usage, with a 2-hour charging time.
- **Compatibility:** Supports Android 5.0 & iOS 10 and above smartphones with Bluetooth 4.0.

Health

24 Hours Activity Tracker



Figure 2: Overview of Health Tracking Features

SETUP GUIDE

1. Charging the Device

Before first use, fully charge your MorePro V19 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 standard USB power adapter (not included).

- **Charging Time:** Approximately 2 hours for a full charge.

- Battery Life: Up to 7+ days in standard usage; 3 days with all detection functions enabled.



Figure 3: Magnetic Charging Interface

2. App Download and Pairing

To unlock the full potential of your MorePro V19 Pro, download the official MorePro app on your smartphone. The app is available for Android (version 5.0 and above) and iOS (version 10 and above).

1. Search for "MorePro" in the Apple App Store or Google Play Store and install the app.
2. Enable Bluetooth on your smartphone.
3. Open the MorePro app and follow the on-screen instructions to create an account or log in.
4. Navigate to the device pairing section within the app and select your MorePro V19 Pro from the list of available devices.
5. Confirm the pairing request on both your watch and smartphone.

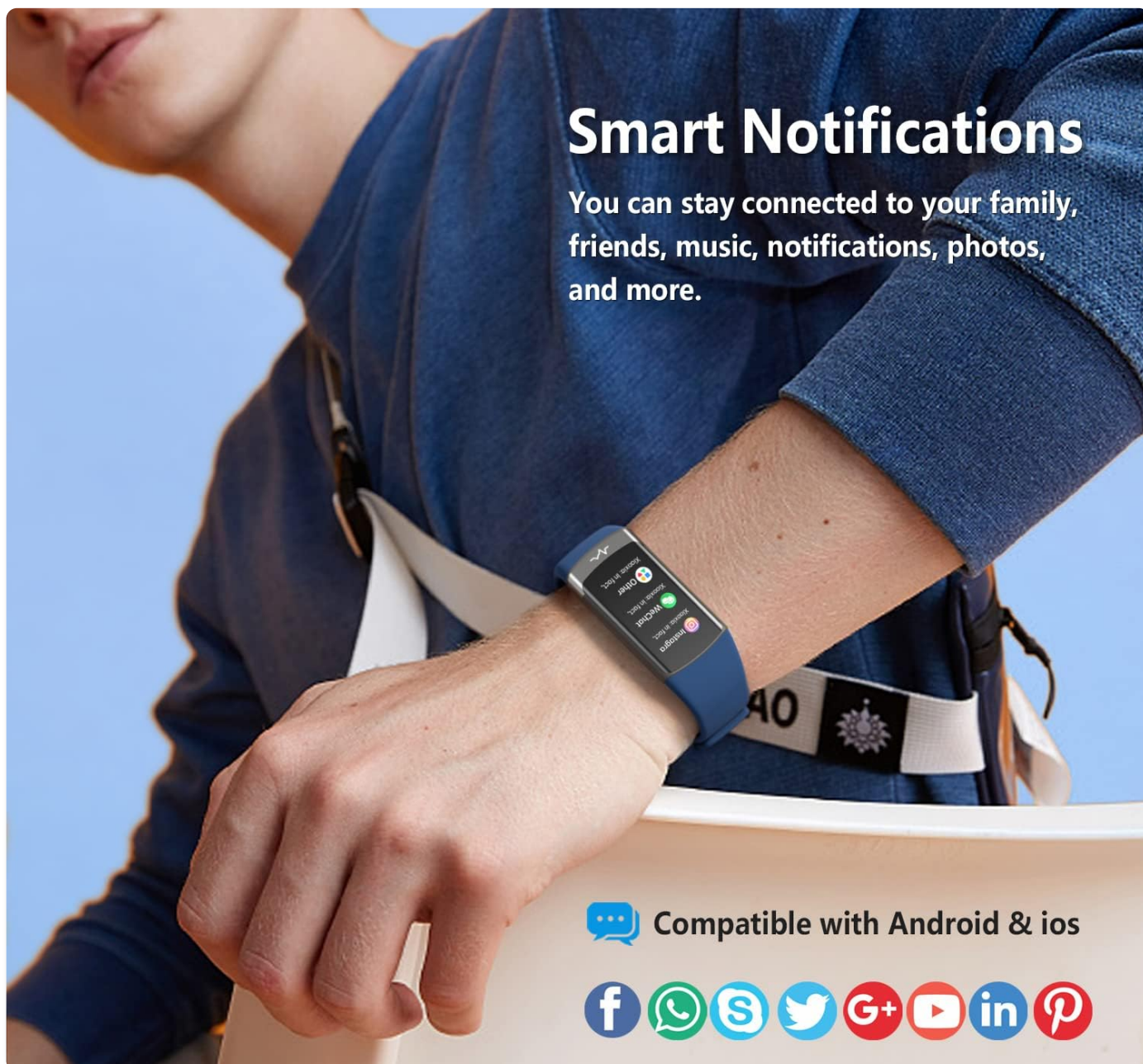


Figure 4: Smart Notifications and App Compatibility

3. Wearing the Device

For accurate health monitoring, wear the MorePro V19 Pro snugly on your wrist, about one finger's width above your wrist bone. Ensure the sensors on the back of the watch are in direct contact with your skin.

OPERATING INSTRUCTIONS

1. Navigating the Interface

The MorePro V19 Pro features a responsive touchscreen display. Swipe up, down, left, or right to navigate through different screens and menus. Tap to select options.

2. Health Monitoring

The watch continuously monitors various health metrics. You can view real-time data on the watch face or in the MorePro app.

- **Heart Rate & Blood Pressure:** Access these screens on the watch to view current readings. The app provides historical data and trends. You can set heart rate alerts in the app.

- **Blood Oxygen (SpO2) & HRV:** Monitored automatically during nighttime (0:00 am to 7:00 am). Detailed analysis, including apnea, respiratory rate, and cardiac load, is available in the app.
- **Body Temperature:** Records body and skin temperature every five minutes. View your personal temperature profile in the app.
- **Sleep Tracking:** The watch automatically detects your sleep patterns. Review detailed sleep data (duration, stages, efficiency) in the MorePro app.

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Video 1: MorePro V19PRO Fitness Tracker Overview. This video demonstrates the various health monitoring and activity tracking features of the MorePro V19 Pro smart watch, including heart rate, blood pressure, blood oxygen, and sleep analysis.

3. Activity Tracking (20 Sports Modes)

The watch tracks your daily steps, distance, and calories burned. To start a specific workout:

1. Swipe to the "Sports" or "Workout" menu on your watch.
2. Select from 20 available sports modes (e.g., running, walking, cycling, hiking, stair stepper, elliptical, rower, jump rope, climbing, athletic, volleyball).
3. Tap to begin the activity. The watch will record relevant metrics for your chosen sport.

20+ Sports Mode

Dust Resistant/Crack Resistant
Water Resistant



Figure 5: The MorePro V19 Pro supports over 20 sports modes for comprehensive activity tracking.

4. Smart Notifications

Once paired with your smartphone, the watch can receive notifications for incoming calls, text messages, and alerts from social media applications. Ensure notification permissions are enabled in both your phone's settings and the MorePro app.

5. Customizing Watch Faces

Personalize your watch by changing the watch face. You can select from a variety of pre-installed faces or upload your own photos via the MorePro app.



Figure 6: Customize your watch with over 50 watch faces.

6. Menstrual Cycle Reminder

For female users, the MorePro app offers a menstrual cycle tracking and reminder feature. Input your cycle data into the app to receive timely predictions and reminders.

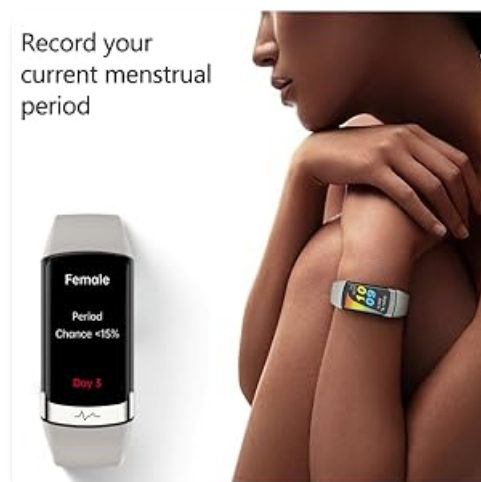


Figure 7: Menstrual cycle tracking feature.


MAINTENANCE

1. Cleaning Your Device


Regularly clean your MorePro V19 Pro to ensure accurate readings and prevent skin irritation. Use a soft, lint-free cloth to wipe the screen and sensors. If necessary, dampen the cloth with a small amount of water. Do not use harsh chemicals or abrasive cleaners.

2. Water Resistance


The MorePro V19 Pro is 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.



MorePro V19 Pro has the most advanced health monitoring sensors, enabling more functional health monitoring.



Body Temperature




Blood Pressure




Heart Rate Monitor



ECG & HRV Monitor



Blood Oxygen Monitor



Sleep Monitor

Figure 8: The MorePro V19 Pro features 5ATM water resistance.

3. Battery Care

To prolong battery life, avoid exposing the device to extreme temperatures. Charge the device fully when the battery is low, but avoid leaving it fully charged or completely depleted for extended periods.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device not turning on	Low battery; device frozen.	Charge the device for at least 10 minutes. If still unresponsive, perform a soft reset (refer to app for specific instructions).
Inaccurate health readings	Improper wearing; dirty sensors; movement during measurement.	Ensure the watch is worn snugly and sensors are clean. Remain still during measurements. Consult the app for calibration options if available.
Cannot pair with smartphone	Bluetooth off; app not open; device already paired; interference.	Ensure Bluetooth is on and the app is open. Forget the device in your phone's Bluetooth settings and try pairing again. Restart both devices.
Notifications not received	Notification permissions not enabled; app not running in background.	Check notification settings in your phone and the MorePro app. Ensure the app is allowed to run in the background.

SPECIFICATIONS

Model: V19 Pro

Display Size: 1.28 Inches (Standing screen display size)

Item Weight: 2.89 ounces

Package Dimensions: 5.87 x 3.46 x 0.67 inches

Connectivity: Bluetooth 4.0

Operating System: Android (compatible with Android 5.0 & above), iOS (compatible with iOS 10 & above)

Water Resistance: 5ATM

Special Features: Sleep Monitor, Blood Pressure Monitor, Multisport Tracker, Pedometer, Heart Rate Monitor, Body Temperature Monitor, HRV, Blood Oxygen Monitor

Manufacturer: Airshy

First Available: July 20, 2022

WARRANTY AND SUPPORT




For warranty information and technical support, please refer to the official MorePro website or contact their customer service. A PDF user manual is also available for download:

[Download User Manual \(PDF\)](#)



Related Documents - V19 Pro

	<p>MorePro Smart Sports Watch User Manual and Quick Start Guide</p> <p>Comprehensive guide for the MorePro Smart Sports Watch, covering setup, features, maintenance, and safety instructions. Learn how to connect, use notifications, monitor health, and more.</p>
	<p>HM57 Smart Sports Watch User Manual</p> <p>User manual for the HM57 Smart Sports Watch, covering setup, charging, features like heart rate monitoring, sleep tracking, and app connectivity.</p>
	<p>MorePro HM57 Smart Sports Watch User Manual - Setup, Features & Maintenance</p> <p>Comprehensive user manual for the MorePro HM57 Smart Sports Watch. Covers package contents, charging, power operations, touch screen usage, app connection, watch functions like heart rate, blood oxygen, sleep tracking, sports modes, and maintenance.</p>

	<p>MorePro M10 Smart Bracelet User Manual</p> <p>User manual for the MorePro M10 smart bracelet, covering product parameters, installation, charging, wearing, power on/off, connection, features, settings, and precautions.</p>
	<p>MorePro Air 2 Smart Sports Watch User Manual</p> <p>User manual for the MorePro Air 2 Smart Sports Watch, covering setup, functions, maintenance, and safety precautions. Learn how to pair the watch, track heart rate, SpO2, blood pressure, sleep, and exercises, and manage notifications.</p>
	<p>MorePro Smart Sports Watch Operating Instructions</p> <p>User manual for the MorePro Smart Sports Watch, detailing quick start, app connection, functions, basic parameters, care, maintenance, and safety instructions for model H86.</p>