

aeac Smart Watch

aeac Smart Watch User Manual

Model: Smart Watch

Comprehensive instructions for setup, operation, and maintenance.

1. INTRODUCTION

Thank you for choosing the aeac Smart Watch. This manual provides essential information to help you set up, operate, and maintain your device. Please read it carefully before use to ensure optimal performance and longevity of your smart watch.

The aeac Smart Watch is designed to enhance your daily life with features such as Bluetooth calling, Alexa voice assistance, comprehensive health monitoring, and various sports modes. It is compatible with both iOS and Android smartphones.

2. WHAT'S IN THE BOX

Upon opening your aeac Smart Watch package, please verify that all components are present:

- Smart Watch (1 unit)
- Magnetic Charger (1 unit)
- User Manual (1 unit)



Image: The aeac Smart Watch in white, displaying time and activity metrics, alongside a smaller image of the watch showing the Alexa "Listening..." interface. This image represents the main product and its key features.

3. SETUP

3.1 Charging the Smart Watch

Before initial use, fully charge your smart watch. Connect the magnetic charger to the charging points on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port.

- **Charging Time:** Approximately 2 hours for a full charge.
- **Battery Life:** Up to 7 days of typical use, with a standby time of about 30 days.

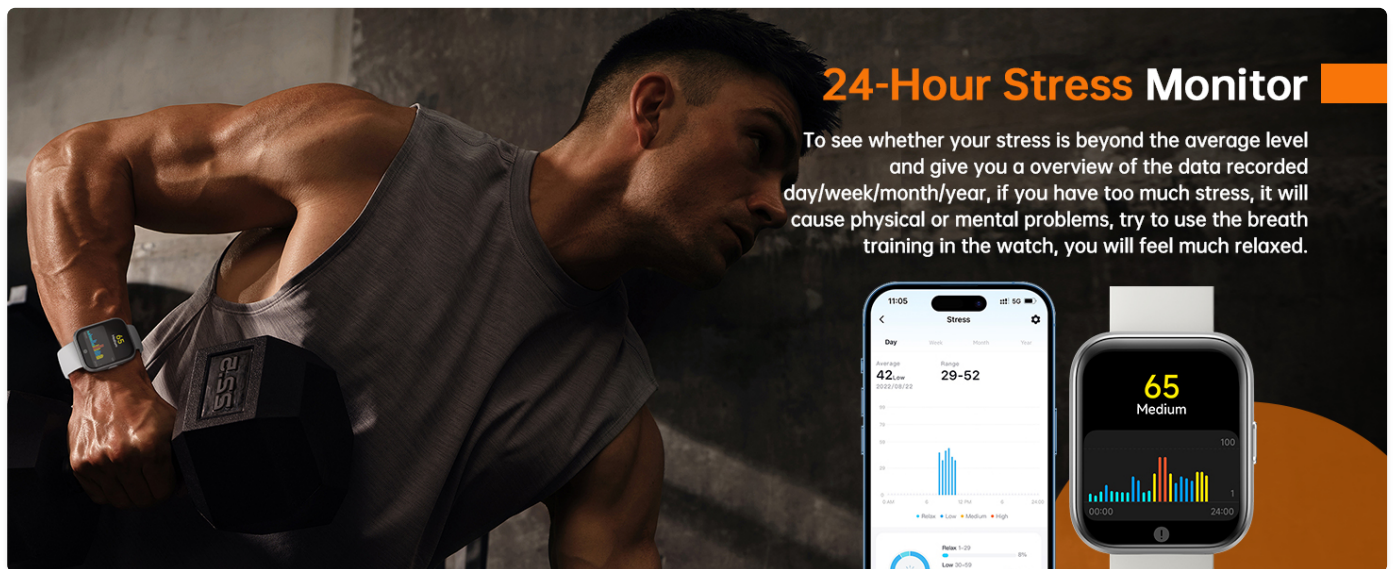


Image: A close-up of the aeac Smart Watch connected to its magnetic charger, illustrating the charging process.

3.2 App Installation and Pairing

To unlock the full functionality of your aeac Smart Watch, you need to install the "VeryFit" application on your smartphone and pair the devices.

1. **Download the App:** Search for "VeryFit" in the Apple App Store (for iOS devices) or Google Play Store (for Android devices) and install it.
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open VeryFit App:** Launch the "VeryFit" app and follow the on-screen instructions to create an account or log in.
4. **Add Device:** In the app, navigate to the device section and select "Add Device" or a similar option. The app will search for nearby smart watches.
5. **Select Your Watch:** Choose "aeac Smart Watch" from the list of discovered devices. Confirm the pairing request on both your phone and the watch.

The watch is compatible with iOS 9.0 or above and Android 6.0 or above.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

- **Touchscreen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Side Button:** Typically used to return to the home screen or activate certain functions. Refer to the watch interface for specific button actions.

4.2 Bluetooth Call and Message Notifications

Once paired with your smartphone, the smart watch allows you to manage calls and receive notifications directly on your wrist.

- **Making/Receiving Calls:** Use the watch's dialer or contact list to initiate calls. Incoming calls can be answered or rejected directly from the watch. The watch is equipped with a speaker and microphone for hands-free communication.
- **Message Alerts:** Receive notifications for incoming calls, text messages, and various social media apps (e.g., Facebook, WhatsApp, Twitter). Configure notification settings within the "VeryFit" app.

BLUETOOTH CALL AND MESSAGE ALERT

Make/Receive Calls & Read Messages



Image: The aeac Smart Watch displaying an incoming call and message notifications, with a smartphone showing a call screen and various app icons.

BLUETOOTH CALL ON THE WRIST

Connect and enjoy hand-free phone calls with family, friends even far away

- Answer/Make Call
- Call logs
- Microphone
- Speaker
- Contacts
- Dialpad



Image: Multiple views of the aeac Smart Watch demonstrating Bluetooth call functionality, including answering calls, using the dial pad, and viewing call logs.

4.3 Alexa Built-in

Your smart watch features built-in Alexa voice assistance. To activate, swipe to the Alexa screen or use the designated voice command (if configured).

- **Voice Commands:** Use your voice to control music playback, ask questions, get news updates, check weather forecasts, set alarms, and control compatible smart home devices.

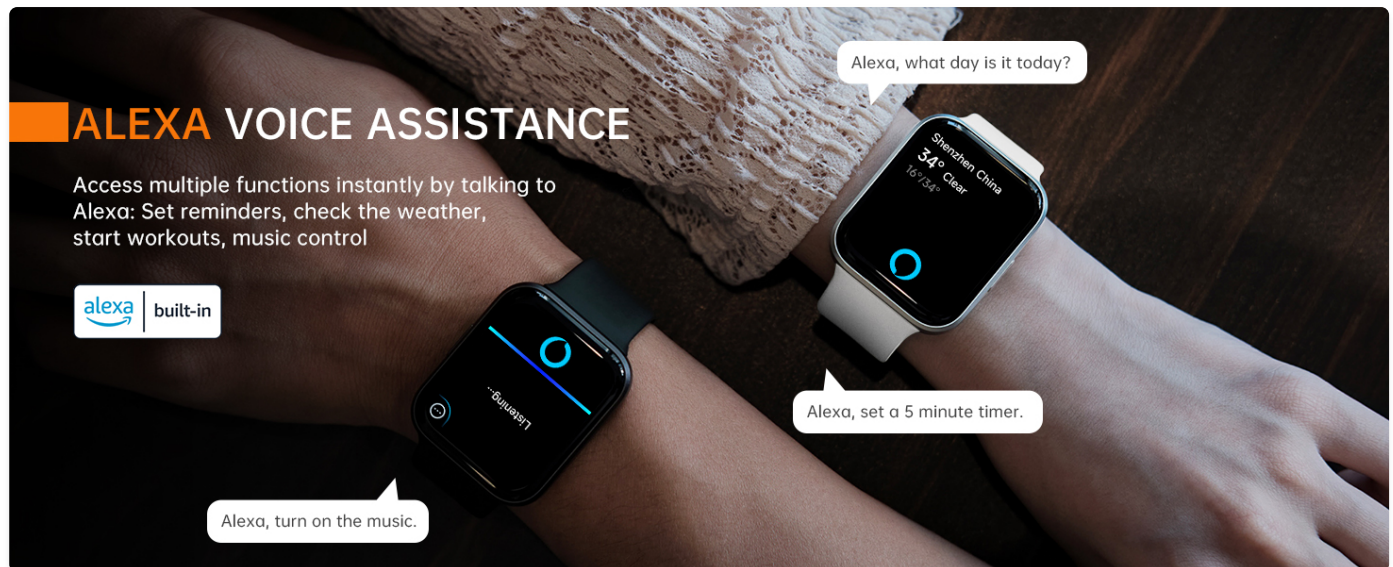


Image: A person's wrist wearing the aeac Smart Watch, displaying the Alexa "Listening..." interface, with speech bubbles showing example commands like "Alexa, what's the weather today?" and "Alexa, set a 5 minute timer."

4.4 Health Monitoring

The aeac Smart Watch provides continuous monitoring of various health metrics. Access these features through the watch interface or the "VeryFit" app for detailed analysis.

- **Heart Rate Monitor:** Tracks your heart rate continuously throughout the day. The app provides historical data and alerts for abnormal readings.
- **Blood Oxygen (SpO2) Monitor:** Measures your blood oxygen saturation levels.
- **Stress Monitor:** Assesses your stress levels over 24 hours. The watch may suggest breathing exercises to help manage stress.
- **Sleep Monitor:** Records deep sleep, light sleep, and REM sleep patterns, providing insights into your sleep quality.
- **Menstrual Cycle Tracking:** For female users, the watch can track menstrual periods and predict ovulation, providing timely reminders.

ALL-ROUND HEALTH MONITOR MANAGEMENT



Heart Rate Monitor



Sleep Detection



Blood Oxygen Monitor



Stress Test



Menstrual Cycle Tracking

Image: The aeac Smart Watch displaying various health metrics including sleep duration, heart rate, blood oxygen, stress level, and menstrual cycle tracking.

SMART MESSAGE NOTIFICATIONS

Quickly access to SMS and more APP message notifications on the wrist



Image: A collage showing different health monitoring features of the aeac Smart Watch, including heart rate, blood oxygen, stress level, and sleep detection, with a person sitting on the floor holding an apple.



Image: A person sleeping with the aeac Smart Watch on their wrist, showing the watch display and a smartphone app interface detailing sleep quality and duration.

4.5 Sports Modes and Activity Tracking

The watch supports over 100 sports modes to track your physical activities.

- **Activity Recording:** During exercise, the watch records data such as heart rate, steps, calories burned, distance, and active hours in real-time.
- **Available Modes:** Includes running, yoga, jumping jack, sit-ups, and many more. Select your desired mode before starting an activity.

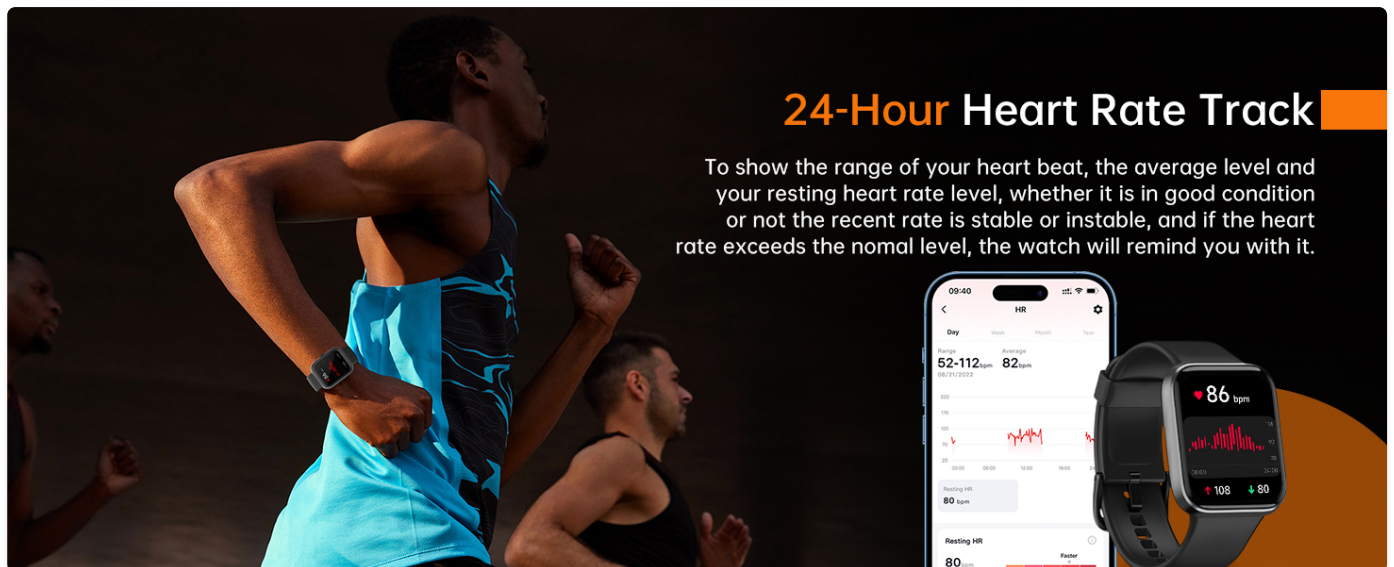


Image: A person stretching with the aeac Smart Watch on their wrist, alongside a smartphone displaying a map and the watch showing activity data, illustrating the 100+ sport modes.

ALL-DAY ACTIVITY RECORDING

Tracks all your workout data

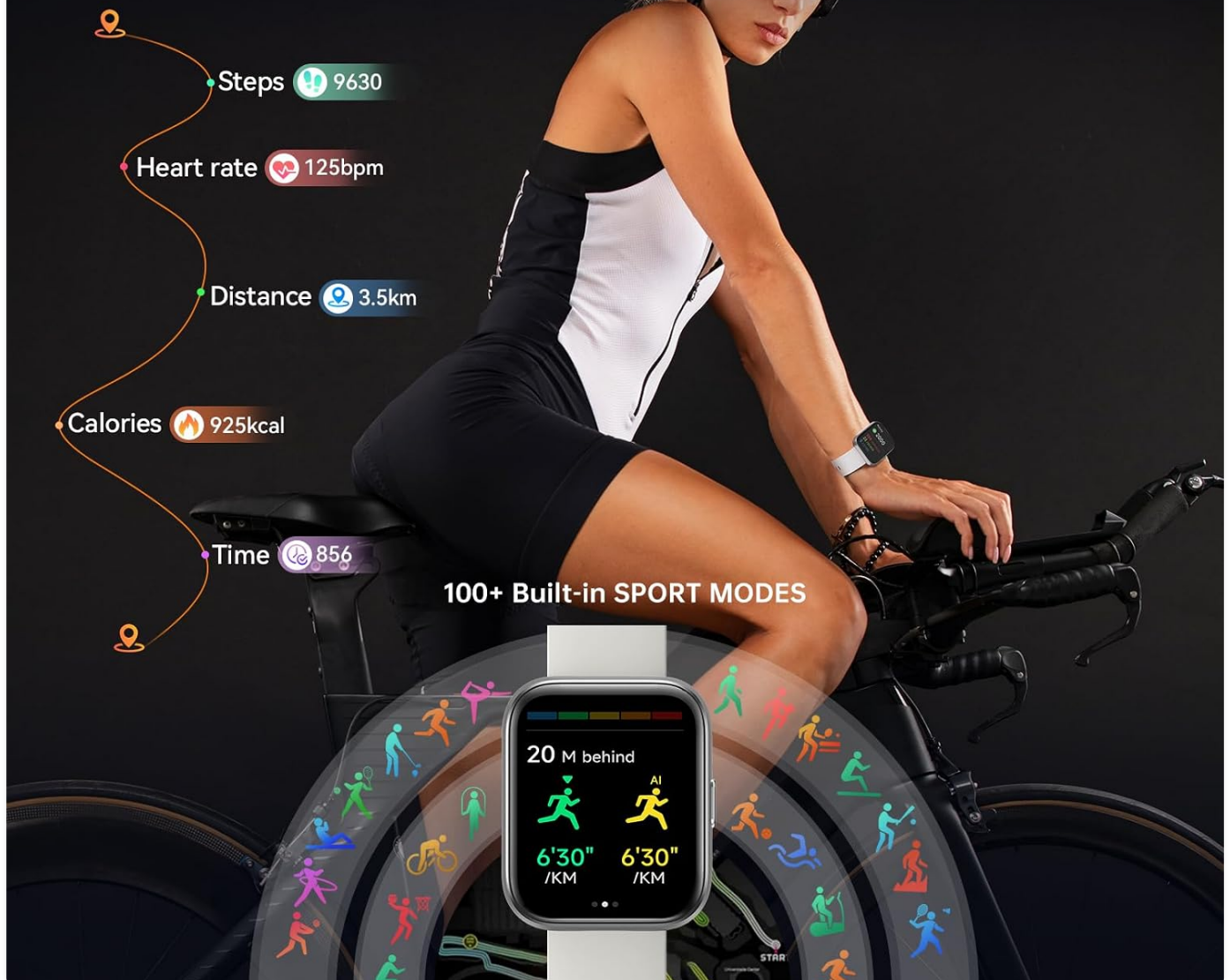


Image: A person cycling outdoors with the aeac Smart Watch on their wrist, displaying various activity metrics like steps, heart rate, distance, calories, and time, surrounded by icons representing different sports modes.

4.6 Other Functions

The aeac Smart Watch includes several other practical tools:

- **Weather Forecasts:** View current weather conditions and forecasts.
- **Stopwatch & Timer:** For timing activities.
- **Music Control:** Control music playback on your connected smartphone.
- **Adjustable Brightness:** Customize screen brightness for different environments.
- **Find Phone/Watch:** Locate your paired phone or watch.
- **Breathing Training:** Guided breathing exercises for relaxation.
- **Smart Alarm Clock:** Set alarms that vibrate on your wrist.
- **Camera Control:** Remotely control your smartphone's camera.
- **Sedentary Reminder:** Alerts you to move after periods of inactivity.

- **Customizable Dials:** Choose from over 100 watch faces or use your own photos.



Image: The aeac Smart Watch, wet from water, surrounded by icons representing various functions like alarm, daily reminder, music control, timer, weather, and camera control.

5. MAINTENANCE

5.1 Waterproof Rating

The aeac Smart Watch has an IP68 waterproof rating. This means it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. You can wear it during:

- Outdoor activities in rainy conditions.
- Washing hands.
- Showering (avoid hot water and steam).

Note:

- Not suitable for diving, snorkeling, or high-pressure water activities.
- Avoid contact with hot water, steam, and corrosive liquids, as these can compromise the waterproof seal.
- After contact with water, especially saltwater, gently wipe the watch dry.

SLEEP QUALITY MONITORING

Real-time recording of deep sleep, light sleep and REM



Image: The aeac Smart Watch submerged in water, demonstrating its IP68 waterproof capability.

5.2 Cleaning and Care

- Regularly clean your watch and strap with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts are clean and dry before charging.

6. TROUBLESHOOTING

If you encounter issues with your aeac Smart Watch, please refer to the following common solutions:

Problem	Possible Solution
Watch does not turn on	Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes before attempting to power on.
Cannot pair with smartphone	<ul style="list-style-type: none">• Ensure Bluetooth is enabled on your phone.• Make sure the watch is within range of your phone.• Restart both the watch and your phone.• Clear Bluetooth cache on your phone (Android).• Try unpairing and re-pairing the device through the "VeryFit" app.
Notifications not received	<ul style="list-style-type: none">• Check notification settings in the "VeryFit" app.• Ensure the app is running in the background and has necessary permissions.• Verify that your phone's notification settings allow the "VeryFit" app to send alerts.
Inaccurate health data	<ul style="list-style-type: none">• Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.• Keep the sensor clean.• Environmental factors and individual physiology can affect readings.
Short battery life	<ul style="list-style-type: none">• Reduce screen brightness.• Limit continuous heart rate monitoring or turn off features not in use.• Ensure the watch is fully charged each time.

7. SPECIFICATIONS

Feature	Detail
Model Number	Smart Watch
Screen Size	1.8 Inches
Display Resolution	240 x 280
Connectivity	Bluetooth
Operating System	Android (Compatible with iOS 9.0+ and Android 6.0+)
Battery Capacity	300 Milliamp Hours (Lithium Polymer)
Battery Life	Up to 7 days (typical use), 30 days (standby)

Feature	Detail
Waterproof Rating	IP68
Special Features	Alexa Built-In, Bluetooth Calls, Message Notifications, Heart Rate/SpO2/Sleep Monitor, 100+ Sports Modes, Pedometer, Camera Control, Music Control, Sedentary Reminder, Breathing Training
Product Dimensions	4.33 x 2.95 x 2.1 inches
Item Weight	3.2 ounces

8. WARRANTY AND SUPPORT

aeac provides a **3-Year Warranty** for this product. Should you encounter any issues, please contact our dedicated customer support team for assistance.

- **Warranty Coverage:** Covers manufacturing defects and product malfunctions under normal use.
- **Support:** 24/7 lifetime technical support is available.
- **Contact:** Refer to the contact information provided with your purchase or on the official aeac website for support.

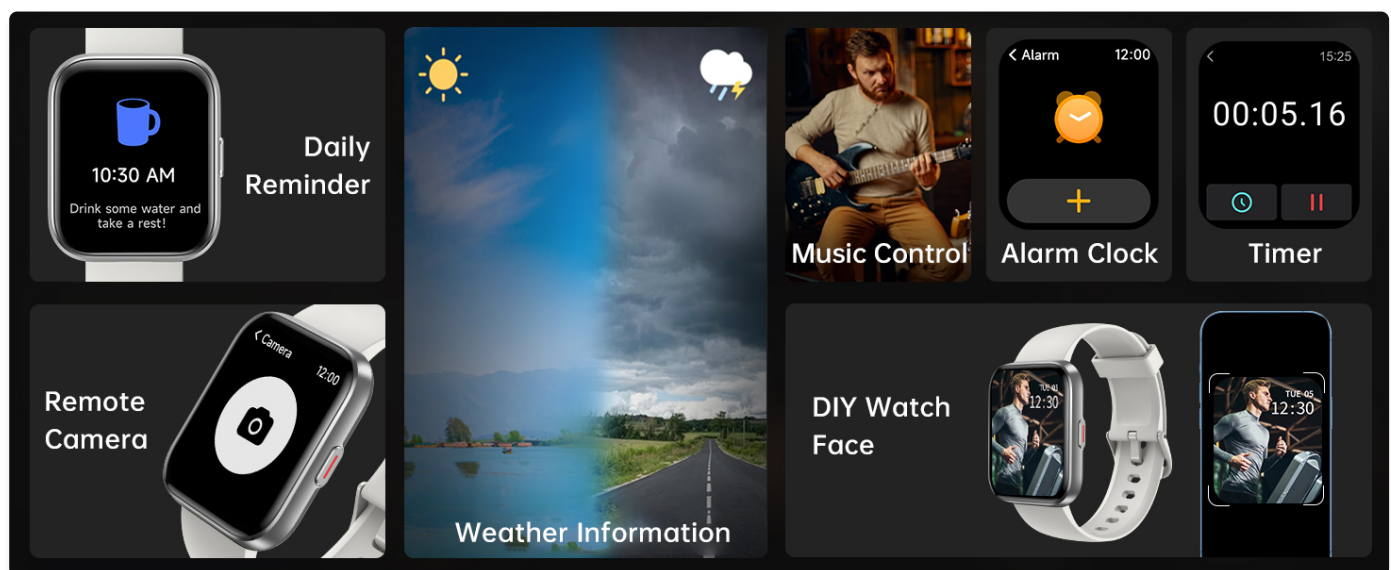


Image: An infographic detailing AEAC's commitment to quality, including 12-month replacement, lifetime service, 12-hour quick reply, and faster shipping by Amazon.

9. IMPORTANT SAFETY INFORMATION

- Do not attempt to disassemble or modify the watch.
- Keep the watch away from extreme temperatures and direct sunlight.
- Consult a medical professional before starting any new exercise regimen or if you have health concerns. The health monitoring features are for reference only and not intended for medical diagnosis or treatment.
- Keep out of reach of children.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question