

aeac Smart Watch

aeac Smart Watch Fitness Watch User Manual

Model: B0BHNT4ZK3

1. INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your aeac Smart Watch Fitness Watch. Please read this manual thoroughly to ensure proper use and to maximize the features of your device. This smartwatch is designed to assist you in monitoring your health, tracking fitness activities, and staying connected.

2. WHAT'S IN THE BOX

Upon unboxing, please verify that all components are present:

- aeac Smart Watch
- Charging Cable
- User Manual

3. SETUP GUIDE

3.1 Charging the Smart Watch

Before initial use, fully charge your smartwatch. Connect the charging cable to the charging port on the back of the watch and plug the USB end into a compatible power adapter (not included) or a computer's USB port. A full charge typically takes approximately 2 hours.

3.2 App Download and Pairing

To unlock all features, download the "VeryFit" app on your smartphone. The app is compatible with iOS 9.0 or above and Android 6.0 or above.

1. Scan the QR code in the quick start guide or search for "VeryFit" in your phone's app store.

2. Install and open the "VeryFit" app.
3. Ensure Bluetooth is enabled on your smartphone.
4. Follow the in-app instructions to pair your aeac Smart Watch. This usually involves selecting your device from a list and confirming a pairing code on both the watch and phone.

Once paired, the watch will synchronize data with your phone.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

The aeac Smart Watch features a 1.8-inch full touch HD screen for intuitive navigation.

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick widgets or different feature screens.
- **Tap:** Select an item or confirm an action.
- **Side Button:** Press to return to the home screen or wake the device.

4.2 Customizing Watch Faces

The watch offers over 100 pre-installed dials. You can also customize the watch face using your favorite photos via the "VeryFit" app.



Image: The aeac Smart Watch showing its main display with various health metrics and a customizable interface.

5. HEALTH MONITORING FEATURES

The smartwatch is equipped with advanced sensors for continuous health tracking.

5.1 Heart Rate Monitor

The device continuously monitors your heart rate for 24 hours. It provides real-time data and alerts if your heart rate exceeds normal levels. All recorded data can be viewed and analyzed in the "VeryFit" app.

ALL-ROUND HEALTH MONITOR MANAGEMENT



Image: Overview of the smartwatch's health monitoring capabilities, including heart rate, SpO2, stress, and sleep tracking.

5.2 Blood Oxygen (SpO2) Monitor

Measure your blood oxygen saturation levels directly from your wrist. Access this function on the smartwatch or view historical data in the app.

5.3 Stress Monitoring

The watch provides a 24-hour stress monitor. If high stress levels are detected, the device can guide you through breathing exercises to help you relax.

5.4 Sleep Monitoring

The smartwatch automatically tracks your sleep patterns, distinguishing between deep sleep, light sleep, and REM sleep. It provides a sleep score and analysis in the app to help improve sleep quality.

SLEEP QUALITY MONITORING

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



Image: The smartwatch interface showing detailed sleep quality analysis, including different sleep stages.

5.5 Menstrual Cycle Tracking

For female users, the watch can continuously record menstrual periods and predict future cycles, offering reminders and insights into your body status.

6. FITNESS TRACKING FEATURES

Track your workouts and daily activity with precision.

6.1 100+ Sports Modes

Choose from over 100 exercise modes, including running, yoga, jumping jack, and sit-ups. During your activity, the watch records real-time data such as heart rate, steps, calories burned, distance, and active hours.

ALL-DAY ACTIVITY RECORDING

Tracks all your workout data



Image: The smartwatch tracking various workout metrics during a cycling activity, highlighting its multi-sport capabilities.

6.2 IP68 Waterproof Rating

The fitness tracker is IP68 waterproof, making it suitable for use during outdoor activities, in rainy conditions, and while washing hands. It is not recommended for swimming or showering with hot water.

7. SMART FEATURES

Enhance your daily life with integrated smart functionalities.

7.1 Bluetooth Call and Message Reminders

Equipped with a speaker and Bluetooth connectivity, the smartwatch allows you to make and receive calls directly from your wrist. It also supports notifications for incoming calls, text messages, and various SNS applications (e.g., Facebook, WhatsApp, Twitter).

BLUETOOTH CALL AND MESSAGE ALERT

Make/Receive Calls & Read Messages



Image: The smartwatch showing an incoming call and message alerts from popular communication platforms.

7.2 Alexa Built-in

Utilize the built-in Alexa voice assistant for hands-free control. Use voice commands to manage music playback, ask questions, get news updates, check the weather, set alarms, and control compatible smart home devices.

ALEXA VOICE ASSISTANCE

Access multiple functions instantly by talking to Alexa

Alexa, what's the weather today?

Alexa, set a 5 minute timer.

Alexa, turn on the music.

alexa | built-in

Image: The smartwatch's screen displaying "Listening..." as a user interacts with the built-in Alexa voice assistant.

7.3 Additional Functions

The smartwatch and "VeryFit" app offer numerous practical tools:

- Weather forecasts
- Stopwatch and Timer
- Music control/playback
- Adjustable brightness
- Find phone/watch feature
- Breathing training
- Smart alarm clock
- Remote camera control
- Sedentary reminder

IP68 WATERPROOF & MULTIPLE FUNCTIONS



Image: A collage of the smartwatch's interface showing multiple utility features such as alarms, weather, and music control.

8. BATTERY LIFE

The built-in large-capacity battery fully charges in approximately 2 hours. It provides up to 7 days of typical use and has a standby time of about 30 days, depending on usage patterns and enabled features.

9. MAINTENANCE

To ensure the longevity and optimal performance of your aeac Smart Watch, follow these maintenance guidelines:

- **Cleaning:** Regularly clean the watch screen and strap with a soft, dry cloth. If necessary, use a slightly damp cloth for the strap, then dry thoroughly.
- **Charging:** Use only the provided charging cable. Avoid exposing the charging contacts to water or corrosive liquids.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.
- **Water Exposure:** While IP68 waterproof, avoid prolonged submersion, hot water, or chemical exposure (e.g.,

soaps, detergents) which can degrade the seal.

10. TROUBLESHOOTING

If you encounter issues with your smartwatch, refer to the following common solutions:

Issue	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Cannot pair with phone	Ensure Bluetooth is enabled on your phone. Restart both the watch and your phone. Make sure the "VeryFit" app is updated. Try unpairing and re-pairing the device.
Inaccurate health data	Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Clean the sensor on the back of the watch.
Notifications not received	Check app permissions for "VeryFit" on your phone to ensure it can access notifications. Verify notification settings within the "VeryFit" app. Ensure the watch is connected via Bluetooth.
Bluetooth disconnects frequently	Ensure the watch is within Bluetooth range of your phone. Close and reopen the "VeryFit" app. Restart your phone and watch.

If the issue persists, please contact customer support for further assistance.

11. SPECIFICATIONS

Feature	Detail
Model Number	Smart Watch (B0BHNT4ZK3)
Display Size	1.8 Inches
Operating System	Android (compatible with iOS 9.0+ and Android 6.0+)
Connectivity	Bluetooth
Waterproof Rating	IP68
Battery Capacity	300 Milliamp Hours
Typical Use Battery Life	Up to 7 days
Standby Time	Approximately 30 days
Charging Time	Approx. 2 hours
Item Weight	0.176 ounces (5 grams)
Product Dimensions	4.33 x 2.95 x 2.1 inches

12. WARRANTY AND SUPPORT

aeac provides a **3-Year Warranty** for this product, ensuring quality and reliability. Additionally, **24/7 Lifetime Technical Support** is available for any issues you may encounter. For assistance, please contact aeac customer service through the contact information provided with your purchase or on the official aeac website.

ASK A QUESTION ABOUT THIS MANUAL

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