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RUIMEN H1

RUIMEN Smartwatch User Manual

Model: H1

1. INTRODUCTION

The RUIMEN Smartwatch is a versatile device designed for both men and women, offering a comprehensive suite of features to support your daily life and fitness goals. It features an HD touch screen, Bluetooth calling capabilities, and advanced health monitoring functions including SpO2, heart rate, and sleep tracking. With over 110 sport modes and IP68 water resistance, this smartwatch is built to accompany you through various activities.



Image: The RUIMEN Smartwatch, showcasing its main display and a call notification screen.

2. WHAT'S IN THE BOX

- RUIMEN Smartwatch
- Charging Cable
- User Manual (this document)
- Additional Soft and Comfortable Replacement Strap

3. SETUP GUIDE

3.1 Charging the Smartwatch

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a power adapter (not included) or a computer USB port. A full charge typically takes approximately 2 hours. The watch features a large capacity and low power consumption design, offering up to 30 days of standby time and 5 days of normal usage.

Größe



Lange Akkulaufzeit

- 30** Tage Bereitschaft
- 5** Tage Normale Nutzung
- 2** Stunde Laden Sie



Image: Illustration showing the smartwatch charging process and its long battery life capabilities.

3.2 App Installation and Pairing

To unlock the full potential of your RUIMEN Smartwatch, download and install the companion application on your smartphone. The watch is compatible with most iOS 9.0+ and Android 6.0+ smartphones.

- Activate Bluetooth:** Ensure Bluetooth is enabled on your smartphone. The smartwatch uses BT5.0 for a faster and more stable connection.
- Search for Device:** Open the companion app and search for the 'H1' model.
- Pair:** Select the 'H1' device to pair. Follow any on-screen prompts in the app to complete the connection.
- Enable Call Function:** After successful pairing, you can enable the answer/dial call function directly through the watch.



Image: Visual guide demonstrating the Bluetooth pairing process for enabling call functionality on the smartwatch.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation and Display

The smartwatch features a full HD touch screen (280*240 resolution) for intuitive navigation. Swipe left, right, up, or down to access different functions and menus. The side button typically serves as a power/back button.



Image: Close-up of the smartwatch's 1.85-inch HD touchscreen, highlighting its clarity.

4.2 Call Functionality

With its built-in speaker, you can make or receive calls directly from your wrist after connecting via Bluetooth. This feature ensures you don't miss important calls during activities.

Anruf annehmen/Anrufen



Benachrichtigung



Image: A user interacting with the smartwatch to answer a call, with a dial pad visible on the screen.



**Anrufe Entgegennehmen
/ Tätigen**
Eingebauter Lautsprecher und Mikrofon



Image: A person using the smartwatch to make or receive a call, demonstrating the built-in speaker and microphone.

4.3 Notifications

Receive notifications for messages, Facebook, Twitter, WhatsApp, Instagram, WeChat, and more directly on your smartwatch. Note: Message replies are not supported directly from the watch.



Image: The smartwatch screen showing notifications from various social media and messaging applications.

4.4 Customizing Watch Faces

Personalize your smartwatch with a variety of pre-installed watch faces or create your own DIY designs. You can select your favorite picture from the app to customize the watch face, reflecting your unique personality.

Zifferblatt anpassen

Massive Wolke Zifferblätter



Image: The smartwatch displaying a custom watch face with a personal photo, alongside app screens for customization.



Musiksteuerung



Ferngesteuerte Kamera

Image: A collection of diverse and customizable watch faces available for the smartwatch.

4.5 Health Monitoring

The smartwatch uses high-performance optical sports sensors to monitor various physical health indicators:

- **Heart Rate Monitoring:** Provides 24-hour heart rate tracking.
- **Blood Oxygen (SpO2) Monitoring:** Measures blood oxygen levels.
- **Sleep Monitoring:** Tracks sleep patterns (deep sleep, light sleep, REM, awake time) to help you understand your sleep quality.
- **Pedometer & Calorie Tracking:** Records daily steps, distance, and calorie consumption.
- **Physiological Cycle Reminder:** For female users, tracks and reminds about physiological cycles.

Connect the watch to the app to review detailed body monitoring data and gain insights into your health.

Herzfrequenz-Monitor



Blutsauerstoff Monitor



Image: The smartwatch displaying real-time heart rate and blood oxygen saturation (SpO2) measurements.

Schlaf-Monitor

- Tiefschlaf
- Leichter Schlaf
- Schnelle Augenbewegung
- Nüchtern
- Mittagsschlaf

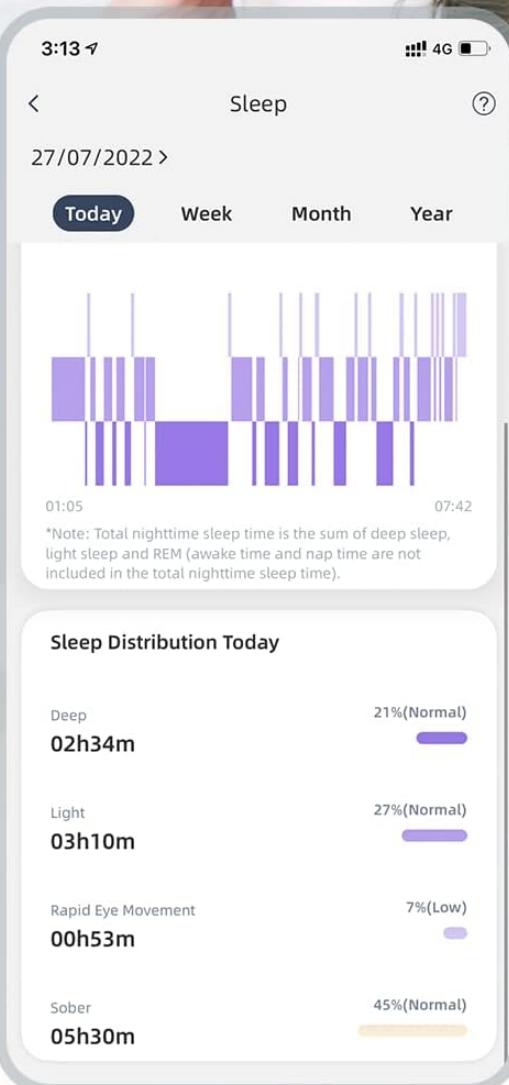


Image: The smartwatch app interface showing detailed sleep monitoring data, including deep and light sleep phases.

1.85" HD-Touchscreen



Image: A person sleeping with the smartwatch on, illustrating its sleep monitoring capability.

4.6 Sport Modes

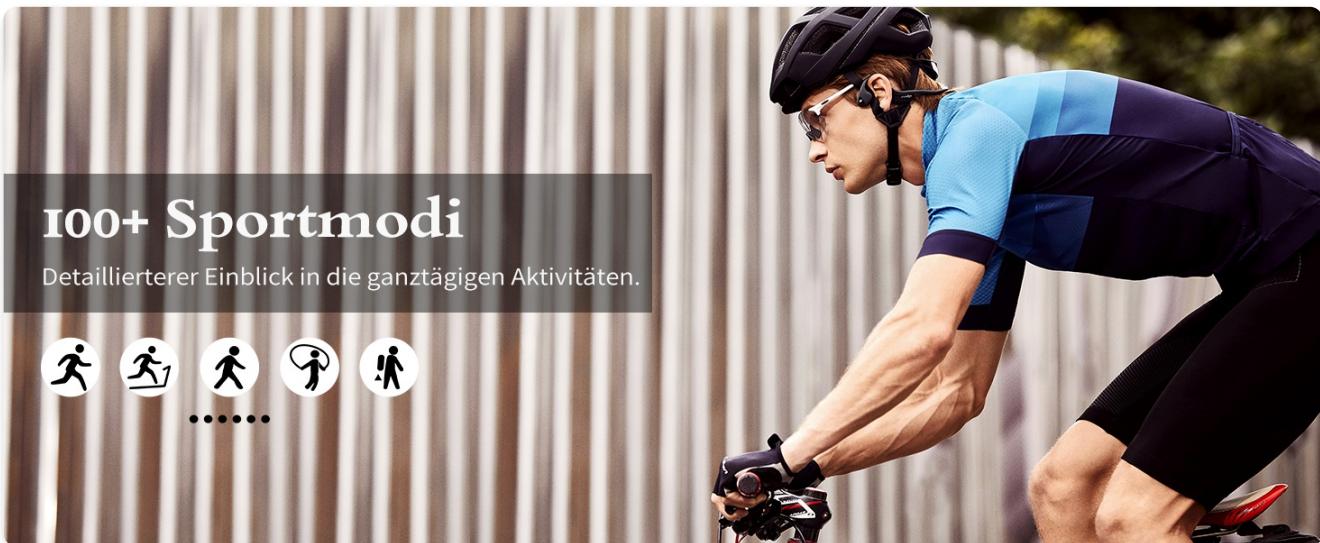
The fitness watch offers over 110 sport modes to meet your outdoor and indoor activity needs. View your fitness data analysis (day/week/month/year) in the app to achieve better training results.

100+ Sport Modi

-  Kalorie
-  Distanz
-  Schritte



Image: Visual representation of the smartwatch offering over 100 sport modes, including various activities like running, cycling, and ball sports.



100+ Sportmodi

Detaillierterer Einblick in die ganztägigen Aktivitäten.



Image: A person cycling with the smartwatch, demonstrating its ability to track various sport modes.



Atmungstraining

Entspannen Sie sich, bleiben Sie in guter Stimmung

Sprachassistent

Genießen Sie ein intelligenteres, bequemeres Leben



Image: The smartwatch displaying activity tracking metrics such as steps, distance, and calories burned.

4.7 Other Practical Functions

The digital sport watch also serves as a smart assistant with the following features:

- **Music Control:** Control music playback on your phone.
- **Remote Camera Control:** Use your watch to remotely trigger your phone's camera.
- **Weather Display:** Get real-time weather forecasts.
- **Sedentary Reminder:** Reminds you to move after periods of inactivity.
- **Alarm Clock:** Set alarms directly from your wrist.
- **Stopwatch:** A built-in stopwatch for timing activities.
- **Find Phone:** Helps locate your misplaced phone.
- **Flashlight:** A convenient light source.
- **Voice Assistant:** Enjoy a smarter, more convenient life with voice commands.
- **Breathing Training:** Guided breathing exercises to help you relax and stay in a good mood.

Wettervorhersage



Musiksteuerung

Zwei Menüstile



Entfernte Kamera

Image: The smartwatch displaying various features including weather forecast, music control, remote camera, and different menu styles.



Image: The smartwatch being used for music control and remote camera activation.

Wie kann ich direkt über die Uhr einen Anruf tätigen?

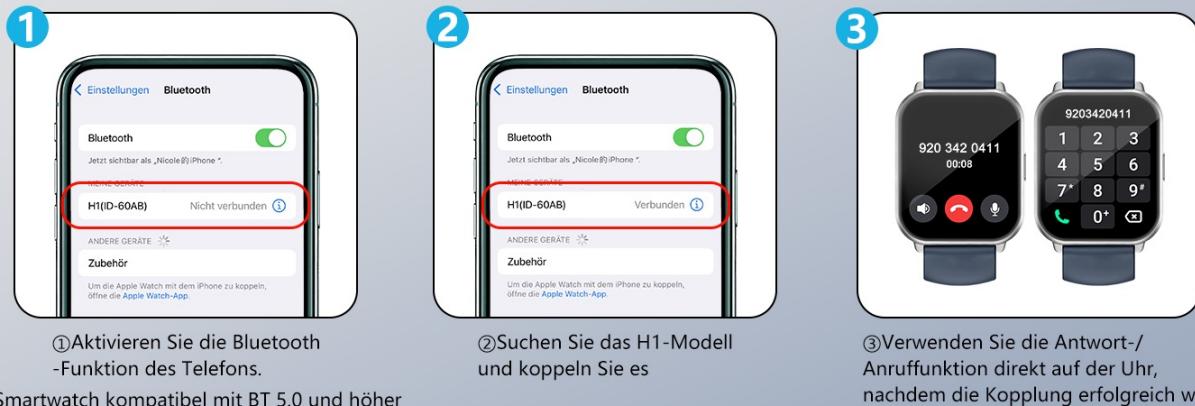


Image: The smartwatch interface for voice assistant and breathing training features.

5. MAINTENANCE

5.1 Cleaning and Water Resistance

The RUIMEN Smartwatch is IP68 water-resistant, meaning it can withstand splashes, rain, and brief immersion in shallow water. You can wear it in daily life, such as when washing hands or during light rain. However, please **do not** immerse the watch for extended periods, wear it while swimming in the sea, or expose it to hot water (e.g., hot showers, saunas), as this can damage the device.

To clean your smartwatch, gently wipe it with a soft, damp cloth. For the silicone band, you can use warm water with a mild dish soap solution. Regular cleaning helps prevent skin irritation and keeps the watch looking new.



Image: A hand rinsing the smartwatch under running water, illustrating its IP68 water resistance.

5.2 Battery Care

To maximize battery lifespan:

- Avoid extreme temperatures.
- Charge the watch before the battery is completely depleted.
- If not using the watch for an extended period, charge it to about 50% before storing.

6. TROUBLESHOOTING

Common Issues and Solutions

Problem	Possible Solution
Watch not turning on/charging	Ensure the charging cable is securely connected to both the watch and the power source. Try a different USB port or power adapter. Allow it to charge for at least 10 minutes before attempting to turn it on.
Cannot pair with phone	Make sure Bluetooth is enabled on your phone and the watch. Ensure the watch is within range. Restart both the watch and your phone. Check if the app has necessary permissions.
Inaccurate health data (e.g., sleep analysis)	Ensure the watch is worn snugly on your wrist, but not too tight. Clean the sensors on the back of the watch. Ensure your app is updated to the latest version. Note that smartwatches are not medical devices and readings are for reference only.
Notifications not appearing	Check app notification settings on your phone and within the smartwatch app. Ensure the watch is connected via Bluetooth. Some phone settings may restrict notifications for certain apps.
Skin irritation	Remove the watch for a few days. Clean the watch and band regularly with mild soap and water. Ensure the band is not too tight. If irritation persists, consult a doctor.

7. SPECIFICATIONS

Feature	Detail
Model Number	H1
Brand	RUIMEN
Display Size	1.85 inches (4.7 cm)
Connectivity Technology	Bluetooth 5.0
Operating System Compatibility	iOS 9.0+ and Android 6.0+
Battery Type	Lithium-Polymer
Battery Capacity	300 mAh
Water Resistance Rating	IP68
Product Dimensions	25.3 x 3.9 x 1.1 cm; 56.6 grams
Internal Storage	128 MB
Special Features	Alarm Clock, Answer/Make Calls, Call/Message Notification, DIY Watch Face, Multi-Sport Tracker, Activity Tracker, Oximeter (SpO2), Heart Rate Monitor, Sleep Monitoring, Step and Distance Counter, Calorie Counter, Sedentary Reminder, Music Control, Remote Camera, Weather Forecast, Breathing Training, Voice Assistant.

8. WARRANTY AND SUPPORT

Your satisfaction is our utmost motivation. RUIMEN offers comprehensive customer support for your smartwatch:

- 24-Month Warranty:** We will replace a new device for you or refund the purchase price if you have a problem with the product.
- 14-Day Return Policy:** Enjoy a hassle-free return within 14 days, ensuring a secure shopping experience.
- Professional Customer Service:** Our dedicated customer service team provides quick responses within 24 hours to ensure all your questions are professionally answered.
- Continuous Software Updates:** We strive to keep your device in the best condition at all times through ongoing

software updates.

- **Lifetime Technical Support:** Benefit from lifelong technical assistance for your product.



Image: A customer service representative, symbolizing the comprehensive warranty and support offered by RUIMEN.

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Related Documents - H1

	<p><u>H1 Sports Smartwatch Product Information and Specifications</u> Detailed product information for the H1 Sports Smartwatch, including specifications, features, and supported app languages. Learn about its design, battery, sensors, and connectivity.</p>
User Instructions	<p><u>LW46 Smartwatch User Manual and Instructions</u> Comprehensive user manual for the LW46 Smartwatch, covering setup, operation, features like heart rate monitoring, sleep tracking, sport modes, and product specifications. Includes FCC compliance information.</p>
 Heart Rate Monitor H1 User manual After sale email: service@cyplus.com	<p><u>CYCPLUS H1 Heart Rate Monitor User Manual</u> User manual for the CYCPLUS H1 Heart Rate Monitor, providing instructions on wearing, checking battery level, powering on/off, charging, specifications, packing list, manufacturer details, warranty, and strap installation. This guide ensures optimal use of your heart rate monitor.</p>

 <p>Heart Rate Monitor H1 User manual</p> <p>心率计H1用户手册</p> <p>After sale email: steven@cyplus.com</p> <p>Model: H11002</p>	<p>CYCPLUS Heart Rate Monitor H1 User Manual</p> <p>User manual for the CYCPLUS Heart Rate Monitor H1, detailing wearing instructions, battery check, power on/off, charging, specifications, and FCC warnings.</p>
	<p>CYCPLUS H1 Heart Rate Monitor User Manual</p> <p>User manual for the CYCPLUS H1 Heart Rate Monitor, detailing specifications, wearing instructions, heart rate indicator, charging information, and factory details.</p>
	<p>Michelin Pilot Sport Pro GT Tire Usage Requirements for IWSC GTD Pro & GTD at Daytona</p> <p>Technical bulletin detailing Michelin Pilot Sport Pro GT H1+ & P2L tire usage requirements, including pressure and camber settings, for IWSC GTD Pro & GTD racing at Daytona Speedway.</p>