KALINCO P22

KALINCO Smart Watch User Manual

Model: P22

Introduction

This manual provides comprehensive instructions for the setup, operation, and maintenance of your KALINCO Smart Watch. Please read this manual carefully before using the device to ensure proper functionality and to maximize your user experience.

What's in the Box

- (1) KALINCO P22 Smart Watch
- (1) P22 Smart Watch Replacement Bands (Purple + Leather Brown)
- Charging Cable
- User Manual (this document)



Image: Contents of the KALINCO Smart Watch bundle, showing the watch with a purple band and two additional replacement bands (pink and brown leather).

Setup

1. Charging the Device

Before first use, fully charge your KALINCO Smart Watch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a compatible USB power adapter (not included) or a computer USB port. A full charge typically takes approximately 2.5 hours.

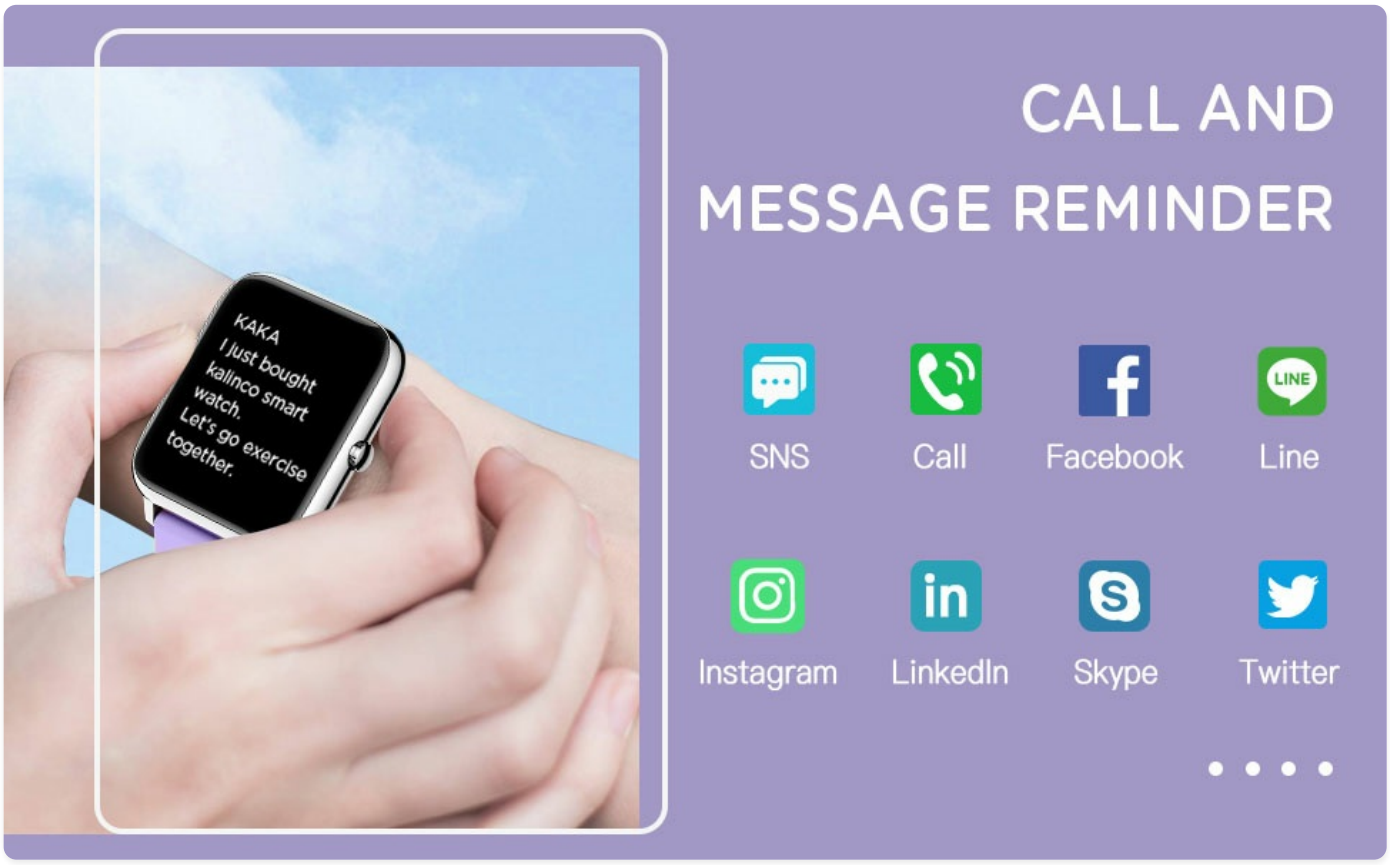


Image: Illustration of the smart watch being charged. The magnetic charging cable connects to the back of the watch, and the USB end can be plugged into a laptop or a wall adapter.

2. App Installation and Pairing

To unlock the full features of your smart watch, download the companion application to your smartphone. The app is compatible with Android operating systems. Once installed, open the app and follow the on-screen instructions to pair your watch via Bluetooth. Ensure Bluetooth is enabled on your smartphone.

Operating the Smart Watch

Navigation

The watch features a touchscreen display for navigation. Swipe left, right, up, or down to access different functions and menus. Press the side button to return to the home screen or wake the device.

Notifications and Practical Features

All messages and notifications from your connected smartphone will be displayed on your watch and accompanied by a vibration alert. Note that the watch cannot be used to answer calls or send text messages directly. Additional convenient functions include a Timer, Wake-up Gesture (raise wrist to wake screen), Find Phone, Sedentary Reminder, Music Control, and Weather Display.



Image: Overview of smart watch features including 7 sports modes (Walking, Running, Cycling, Skipping, Badminton, Basketball, Football), message reminders, incoming call alerts, and a stopwatch function.



Image: The smart watch showing a message reminder, indicating its capability to display notifications from SNS, calls, Facebook, Line, Instagram, LinkedIn, Skype, and Twitter.

Activity Tracking

The watch supports 7 different sports modes: Walking, Running, Cycling, Skipping, Badminton, Basketball, and Football. During these activities, the watch displays accurate data for steps taken, distance covered, calories burned, and active minutes. More detailed data can be viewed within the companion application on your smartphone.



Image: The smart watch screen showing fitness tracking data (steps, calories, distance) and a visual representation of multiple sport modes supported, including walking, running, skipping, cycling, badminton, football, and basketball.

Health Monitoring

The KALINCO Smart Watch can monitor your Heart Rate, Blood Pressure, and Blood Oxygen (SpO2) levels. It also tracks your sleep patterns, differentiating between deep, light, and awake states. This data helps you better understand your overall health. **NOTE: The data provided by this device is for reference only and cannot be used as medical-grade test results.**



Image: The smart watch screen showing heart rate monitoring, displaying the current heart rate in BPM and a graph of heart rate over time.



Image: The smart watch displaying blood pressure (BP) and blood oxygen saturation (SpO2) measurements, indicating its health monitoring capabilities.



Image: The smart watch screen showing sleep tracking data, including total sleep duration and the breakdown of deep and light sleep phases.

Custom Watch Face

Personalize your watch by choosing a custom watch face. This feature allows you to select a wallpaper of your choice through the companion app to display on your watch screen.



Image: A smartphone screen demonstrating the process of customizing the smart watch face, allowing users to select a personal image as wallpaper.

Maintenance

Cleaning Your Watch

Regularly clean your smart watch and bands to ensure hygiene and proper sensor function. Use a soft, lint-free cloth to wipe the screen and body. For the bands, a mild soap and water solution can be used, followed by thorough rinsing and drying. Avoid harsh chemicals or abrasive materials.

Replacing Watch Bands

The KALINCO Smart Watch P22 comes with interchangeable bands. To replace a band, locate the quick-release pins on the underside of the band where it connects to the watch body. Slide the pin inwards to detach the band. Align the new band with the watch lugs and slide the pin back into place until it clicks securely.



Image: A selection of different watch bands, showcasing the variety of colors and materials available for replacement, including silicone and leather options.



Image: A diagram illustrating how to measure the strap width of a watch (20mm) and examples of various watch models that are compatible with 20mm straps, including the P22.

Troubleshooting

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
- **Cannot pair with smartphone:**
  - Ensure Bluetooth is enabled on your smartphone.
  - Make sure the watch is within Bluetooth range of your phone.
  - Restart both the watch and your smartphone.
  - Check if the companion app is updated to the latest version.

    - Forget the device in your phone's Bluetooth settings and try pairing again through the app.
- **Inaccurate health data:**
    - Ensure the watch is worn snugly on your wrist, but not too tight.
    - Clean the sensors on the back of the watch.
    - Avoid excessive movement during measurements.
    - Remember that data is for reference only and not medical-grade.
- **Notifications not appearing:**
    - Check notification permissions for the companion app on your smartphone.
    - Ensure the watch is connected via Bluetooth.
    - Verify that notifications are enabled within the watch's settings and the companion app.

Specifications

Brand	KALINCO
Model	P22
Screen Size	1.5 Inches
Operating System	Android (compatible)
Special Features	Heart Rate Monitor, Blood Pressure, Blood Oxygen (SpO2) Tracking, Sleep Tracking, 7 Sports Modes, Notifications, Music Control, Weather Display, Timer, Find Phone, Sedentary Reminder, Custom Watch Faces
Battery Life	Up to 10 days usage time, 30 days standby time
Charging Time	Approx. 2.5 hours
Strap Width	20mm
Wrist Size (Silicone)	6.38" - 9.25" (162-235mm)
Wrist Size (Leather)	6.61" - 8.78" (168-223mm)
Color	Purple, Leather Brown (included bands)

Warranty and Support

For warranty information and customer support, please refer to the official KALINCO website or contact their customer service directly. Details can often be found on the product packaging or through the companion application.
Visit the KALINCO Store: KALINCO Official Store

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