Mindrose H80

Mindrose Smart Watch Fitness Tracker Instruction Manual

Model: H80
Brand: Mindrose

1. Setup

1.1 Unboxing

Upon opening the package, ensure all components are present. The Mindrose Smart Watch Fitness Tracker package includes the main watch unit and a watch band.

1.2 Charging the Device

Before initial use, fully charge your smart watch. Connect the magnetic USB cable (included in the package) to the charging port on the watch. A full charge typically takes 1.5 to 2 hours. Once fully charged, the watch provides approximately 7 days of heavy use or 10 days of daily use, with a standby time of up to 30 days.



Image: The Mindrose Smart Watch connected to its magnetic USB charging cable, displaying a charging icon on its screen.

1.3 App Installation and Pairing

To unlock the full potential of your Mindrose Smart Watch, download the companion application, "DFit", from your device's app store. The watch is compatible with Android 4.4 / iOS 8.4 or above smartphones. Once installed, open the app and follow the on-screen instructions to pair your smart watch via Bluetooth. This enables data synchronization and access to advanced features like GPS connectivity for outdoor activities.



Image: The Mindrose Smart Watch positioned beside a smartphone, illustrating the connection between the device and its mobile application.

1.4 Setup Video Guide

Your browser does not support the video tag.

Video: A user demonstrates the ease of setting up the Mindrose Smart Watch, highlighting its user-friendly interface and quick configuration process.

2. Operating the Device

2.1 Display and Navigation

The Mindrose Smart Watch features a 1.47-inch HD-color full touch screen for intuitive navigation. Swipe across the screen to access various functions and menus. You can choose from over 150 watch face options via the app or customize it with your own photos. Adjust the display brightness with 5 available levels for optimal visibility in different lighting conditions.

2.2 Health Monitoring

The Mindrose Smart Watch provides 24/7 monitoring of key health metrics including heart rate, blood pressure, and blood oxygen levels. Access real-time data directly on your wrist and view comprehensive historical data in the companion app. The integrated sleep tracker monitors time spent in REM, light, and deep sleep stages, helping you understand and improve your sleep quality.



Image: The Mindrose Smart Watch screen showing a heart rate reading of 168 BPM, indicating its health monitoring capability.

2.3 Sports Modes and Activity Tracking

With over 100 sports modes, the watch supports a wide range of physical activities. It offers all-day activity tracking, recording your steps, distance covered, and calories burned. For outdoor exercises, connect to your phone's GPS to map your workout routes within the app.



Image: A collage showing the Mindrose Smart Watch alongside icons representing over 100 sports modes, including walking, running, cycling, and swimming, with a map of a tracked outdoor activity.

2.4 Notifications and Assistant Features

Stay connected with notifications for incoming calls, texts, and emails directly on your wrist. You can view caller names, reject calls, mute ringtones, and read full messages. Additional features include drinking water reminders, sedentary

reminders, menstrual cycle reminders, real-time weather display, remote camera control, music control, and a do-not-disturb mode.



Image: A person wearing the Mindrose Smart Watch, which displays an incoming call notification, with icons for other reminders like drinking water and sedentary alerts.

2.5 Feature Overview Video

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Video: An influencer provides a detailed overview of the Mindrose Smart Watch's features, including navigation, health tracking, and smart functions.

2.6 Additional Features Demonstration

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Video: A demonstration of the smart watch's capabilities, focusing on blood pressure tracking and step counting, along with other smart features.

3. Maintenance

3.1 Water Resistance

The Mindrose Smart Watch is IPX8 waterproof, making it safe for various water-related activities. This includes washing hands, taking a shower, working out in the rain, and swimming. Ensure the watch is properly sealed before exposure to water.



Image: A visual representation of the Mindrose Smart Watch's IPX8 waterproof rating, showing it being used during swimming, in the rain, showering, and hand washing.

3.2 Cleaning

Regularly clean your smart watch and band to maintain hygiene and prolong its lifespan. Use a soft, damp cloth to wipe down the screen and band. For deeper cleaning of the band, mild soap and water can be used, ensuring it is thoroughly rinsed and dried before reattaching to the watch.

4. Troubleshooting

- **Connectivity Issues:** If the watch fails to connect to the app, ensure Bluetooth is enabled on your smartphone and the watch is within range. Restarting both the watch and the phone can often resolve minor connectivity glitches.
- **Inaccurate Health Readings:** For optimal accuracy, ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Avoid excessive movement during measurements. Note that wrist-based blood pressure measurements may sometimes show slight variations compared to traditional cuff devices.
- **Battery Drain:** If the battery drains faster than expected, try reducing screen brightness, disabling unnecessary notifications, or limiting continuous heart rate monitoring.
- **Screen Responsiveness:** If the touch screen is unresponsive, try restarting the device. Ensure the screen is clean and dry.

4.1 Blood Pressure Accuracy Note

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Video: A user discusses the blood pressure monitoring feature, noting potential discrepancies compared to medical-grade devices and advising caution.

5. Specifications

Feature	Detail
Product Dimensions	10.87 x 3.43 x 0.87 inches
Item Weight	4.2 ounces
Model Number	H80
Screen Size	1.47 Inches (Curved HD-color Full Touch Screen)
Battery Type	Lithium Polymer (2 included)
Water Resistance	IPX8
Compatibility	Android 4.4 / iOS 8.4 or above

Connectivity	Bluetooth, USB (for charging)
Special Features	100+ Sports Modes, Pedometer, 24/7 Heart Rate, Blood Oxygen, Blood Pressure Monitor, Call/Message Notifications, Sleep Tracker, GPS Connectivity (via phone)

6. Warranty and Support

For warranty information and customer support, please refer to the documentation included with your purchase or contact Mindrose customer service directly. Support contact details may also be available on the official Mindrose website.

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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.

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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

Answered questions about this manual

Does the Mindrose H80 smart watch have a sleep mode that turns off the 'raise to see' feature while sleeping?

Based on the Mindrose H80 instruction manual, the watch includes a Do-Not-Disturb (DND) mode. While the manual does not explicitly state that DND disables the "raise to see" (lift-to-wake) feature, this is a standard...

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