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› Smartwatch My Watch I Fit Haiz User Manual

HAIZ My Watch I Fit (ZL02D)

Haiz My Watch I Fit Smartwatch User Manual

Model: My Watch I Fit (ZL02D)

1. INTRODUCTION

The Haiz My Watch I Fit Smartwatch is a versatile and advanced wearable device designed to enhance your daily life by providing comprehensive health monitoring, fitness tracking, and smart notifications. This manual will guide you through the setup, operation, and maintenance of your new smartwatch, ensuring you get the most out of its features.

2. WHAT'S IN THE BOX

Please check the package contents to ensure all items are present:

- Haiz My Watch I Fit Smartwatch
- Charging Cable
- Watch Strap

3. PRODUCT OVERVIEW



This image shows the front of the Haiz My Watch I Fit Smartwatch. The circular display shows the current time (22:00), date (02/08 MON), step count (78600), calories burned (257), distance (5.58), and a heart rate graph with a current reading of 068 bpm. The watch has a sleek black design with a matching silicone strap.



This image provides a view of the back of the Haiz My Watch I Fit Smartwatch. It clearly shows the two metallic charging contacts and the optical sensor for heart rate monitoring, essential components for its functionality.

Components:

- **Display:** 1.28-inch Full Touch HD Retina Screen for clear visuals and easy interaction.
- **Side Button:** Used for power on/off, screen wake/sleep, and navigating menus.
- **Sensors:** Located on the back, these include heart rate, blood pressure, and blood oxygen sensors.
- **Charging Contacts:** Two metallic points on the back for connecting the magnetic charging cable.
- **Strap:** Comfortable and durable silicone strap.

4. SETUP

4.1 Charging the Smartwatch

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

- **First Charge:** It is recommended to charge the device for 8 hours for the initial charge to optimize battery life.
- **Charging Time:** Approximately 2 hours for a full charge.
- **Battery Life:** Up to 7 days of typical use, 48 hours of constant use, and up to 25 days in standby mode.

Cuidados para prolongar a vida do seu My Watch



Evite usar o relógio em banhos muito quentes



Não usar o smartwatch com o pulso molhado



A resistência à água pode diminuir com o uso



Seque o relógio antes de usar



Limpe os contatos com álcool a cada 1-3 meses



Recomenda-se que a primeira carga seja de 8 horas



This infographic provides essential care tips for the Haiz My Watch, including the recommendation for an 8-hour initial charge.

4.2 App Installation

To unlock the full potential of your smartwatch, download and install the companion app on your smartphone. The recommended apps are **Haiz** or **Da Fit**, available on both iOS and Android app stores.

1. Scan the QR code in the watch manual (if provided) or search for "Haiz" or "Da Fit" in your phone's app store.
2. Download and install the app.
3. Open the app and follow the on-screen instructions to create an account or log in.

4.3 Pairing with Your Smartphone

Ensure Bluetooth is enabled on your smartphone and the smartwatch is sufficiently charged.

1. Open the Haiz or Da Fit app on your smartphone.
2. Navigate to the "Device" or "Add Device" section within the app.
3. The app will search for nearby Bluetooth devices. Select "My Watch I Fit" or the corresponding device name from the list.
4. Confirm the pairing request on both your smartphone and smartwatch if prompted.
5. Once paired, the app will synchronize data with your smartwatch.

5. OPERATING THE SMARTWATCH

5.1 Basic Navigation

- **Touch Screen:** Swipe left/right to navigate between main functions, swipe up/down for quick settings or notifications. Tap to select.
- **Side Button:** Press to wake/sleep the screen, return to the home screen, or access the app menu.

5.2 Key Features

Health Monitoring

The smartwatch provides comprehensive health data to help you stay informed about your well-being.

- **Heart Rate Monitoring:** Continuously tracks your heart rate throughout the day.
- **Blood Pressure Monitoring:** Provides estimated blood pressure readings.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen saturation levels.
- **Sleep Tracking:** Monitors your sleep cycles (deep sleep, light sleep, awake time) to help improve sleep quality.



**Acompanha o seu
batimento cardíaco**

**Controle suas
músicas**



**Receba atualizações
do clima em tempo real**



This composite image demonstrates three key functions: 1. Heart rate monitoring, showing 'Medir HR' (Measure HR) and a reading of '94 bpm'. 2. Music control, with play/pause and skip buttons on the watch face. 3. Real-time weather updates, displaying 'Hoje' (Today), '29°C', and '20 min(s) atrás' (20 mins ago).

MY WATCH I FIT

Monitore o seu sono



The smartwatch screen displays sleep monitoring data, including 'Sleeping', 'Total Sleep' (00H 00M), and 'Light Sleep' (00H 00M). This feature helps users track and analyze their sleep patterns for better health management.

Activity Tracking

Track your daily activities and exercise performance.

- **Pedometer:** Counts your daily steps.
- **Calorie Counter:** Estimates calories burned based on activity.
- **Sports Modes:** Dedicated modes for various activities including walking, running, cycling, jump rope, basketball, and soccer, providing specific metrics for each.

Tela grande de retina HD

3.25cm tela grande de alta definição, detalhes de exibição vívidos, vidro curvo integrado 2.5D, seguindo a tendência da moda, fino e elegante



3,25cm
Tela HD colorida



240ppi
Alta resolução



Full touch
screen



Vidro 2.5D



Two smartwatches, one black and one pink, are shown alongside icons representing various integrated sports modes. These modes allow users to track specific exercises and calculate calorie consumption, helping them achieve their fitness goals.

Smart Features

- **Notifications:** Receive call, message, and app notifications directly on your wrist.
- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks).
- **Customization:** Choose from a wide variety of watch faces or use your own photos as backgrounds.
- **Alarms & Timers:** Set alarms, use a stopwatch, or countdown timer.
- **Passive GPS:** Tracks your route using your smartphone's GPS.

Acesso integrado aos seus apps favoritos



This image highlights the smartwatch's integrated access to popular applications. Above the watch, icons for fitness tracking, alarm, messaging, music, camera, and weather are shown, indicating seamless connectivity with your favorite apps.

Water Resistance (IP67)

The smartwatch is IP67 rated, meaning it is resistant to dust and can withstand immersion in water up to 1 meter for up to 30 minutes. It is suitable for daily use, including hand washing, rain, and swimming in shallow water.

Resistente a água



The smartwatch is depicted with water splashing around its base, illustrating its water-resistant capabilities. The text 'Resistente à água' (Water Resistant) is prominently displayed, highlighting its IP67 rating.

3 cores de pulseiras



An image of the smartwatch surrounded by water splashes, emphasizing its IP67 certification. This certification ensures the watch is resistant to both water and dust, making it durable for various activities.

6. MAINTENANCE

Proper care and maintenance will extend the life of your Haiz My Watch I Fit Smartwatch.

6.1 Cleaning

- Regularly wipe the screen and strap with a soft, dry cloth.
- Clean the charging contacts on the back of the watch with alcohol every 1-3 months to ensure optimal charging.

6.2 Water Resistance Care

While the watch is IP67 water-resistant, certain precautions should be taken:

- Avoid using the watch in very hot baths or saunas, as steam and hot water can compromise the seals.
- Do not wear the smartwatch with a wet wrist for extended periods.
- Always dry the watch thoroughly before use, especially after exposure to water.
- Note that water resistance may decrease over time with regular use.

6.3 Battery Care

- Avoid completely draining the battery frequently.
- Charge the watch using the provided cable and a standard USB power source.

7. TROUBLESHOOTING

If you encounter issues with your smartwatch, try the following solutions:

Problem	Possible Solution
Smartwatch won't turn on	Ensure the battery is charged. Connect to the charger for at least 10 minutes.
Cannot pair with smartphone	Ensure Bluetooth is enabled on your phone. Restart both the watch and phone. Make sure the app is open and searching for devices.
Inaccurate health readings	Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor area. Readings are for reference only and not for medical diagnosis.
Notifications not received	Check app permissions on your phone to ensure notification access is granted. Ensure the app is running in the background.
Short battery life	Reduce screen brightness, turn off continuous heart rate monitoring if not needed, and limit frequent notifications.

8. SPECIFICATIONS

Feature	Detail
Brand	HAIZ

Feature	Detail
Model Name	My Watch I Fit
Model Number	ZL02D
Water Resistance Rating	IP67
Screen Size	44 Millimeters (1.28 inches)
Display Type	LED (HD Retina Full Touch)
Operating System	Android and iOS compatible
Memory Storage Capacity	66 MB
Connectivity Technology	Bluetooth
Battery Capacity	230 Milliamp Hours (Lithium Ion)
Average Battery Duration	7 Days
Charging Time	2 Hours
Product Weight	90 g
Product Dimensions	3 x 7 x 15 cm

9. WARRANTY

The Haiz My Watch I Fit Smartwatch comes with a manufacturer's warranty of **90 Days** from the date of purchase. This warranty covers manufacturing defects. Please retain your proof of purchase for warranty claims.

10. SUPPORT

For further assistance or inquiries, please refer to the following resources:

- **Mobile Application:** The Haiz or Da Fit app provides additional settings, FAQs, and potentially direct support options.
- **Online Resources:** Visit the official HAIZ store on Amazon for product information and updates:[HAIZ Amazon Store](#).

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