Colesma I58

Colesma I58 Smart Watch User Manual

Model: I58

INTRODUCTION

This user manual provides comprehensive instructions for the Colesma I58 Smart Watch. It covers setup, operation, maintenance, and troubleshooting to ensure optimal use of your device. The Colesma I58 Smart Watch is designed to enhance your daily life with its advanced features, including communication capabilities, health monitoring, and customizable options.

Image: The Colesma I58 Smart Watch in silver, showcasing its elegant design with a metal strap and sparkling gemstones. Two additional silicone straps (white and black) are visible in the foreground, highlighting the watch's versatility.

What's in the Box

Upon opening the package, please verify that all components are present:

- Colesma I58 Smart Watch (with pre-installed steel strap)
- Black Silicone Strap
- Pink Silicone Strap
- Magnetic USB Charger
- User Manual (this document)

DIMENSION

*Replaceable Watch Band Width: 20mm.
*Fit wrist about 5 to 8 inch.

43mm

9mm

260mm

87mm

124.5mm

265mm

Image: A diagram illustrating the dimensions of the Colesma I58 Smart Watch (43mm diameter, 9mm thickness) and the two additional silicone straps (white and black) with their respective lengths (87mm and 124.5mm), indicating a fit for wrists about 5 to 8 inches.

SETUP

1. Charging the Smart Watch

Before initial use, fully charge your Colesma I58 Smart Watch. Connect the magnetic USB charger to the charging points on the back of the watch and plug the USB end into a compatible power source. A full charge typically takes approximately 2.5 hours.

2. App Installation and Pairing

To unlock the full functionality of your smart watch, download the companion application on your smartphone. The app is compatible with Android 4.0 and above, and iOS 7.1 and above.

1. Scan the QR code provided in the quick start guide (if applicable) or search for the official app name in your phone's

app store.

2. Install the application and open it.

3. Ensure Bluetooth is enabled on your smartphone.

4. Follow the on-screen instructions within the app to pair your Colesma I58 Smart Watch. This usually involves searching for the device and confirming the connection.

3. Strap Replacement

The Colesma I58 Smart Watch comes with three interchangeable straps: a steel strap, a black silicone strap, and a pink silicone strap. To replace a strap:

- Locate the quick-release pins on the underside of the strap where it connects to the watch body.
- Slide the pin inwards to detach the strap.
- Align the new strap with the watch lugs and slide the pin back into place until it clicks, securing the strap.

OPERATING THE SMART WATCH

Basic Navigation

- **Touchscreen:** The 1.32-inch HD touchscreen allows for intuitive navigation. Swipe left, right, up, or down to access different menus and functions.
- **Side Button:** Press the side button to wake the screen, return to the home screen, or access the main menu.

Communication Features

Once connected via Bluetooth to your smartphone, the Colesma I58 Smart Watch enables various communication functionalities:

- **Call Management:** Answer, reject, or make calls directly from your watch. The watch will vibrate to notify you of incoming calls.
- **Message Notifications:** Receive real-time notifications for SMS, email, WhatsApp, Facebook, Twitter, and other application messages.
- **Voice Assistant:** Utilize the integrated voice assistant for hands-free commands and inquiries.

Image: An illustration demonstrating the Colesma I58 Smart Watch's compatibility with Android and iOS, showing screens for dialing a number, an incoming call from "Tom," and a Twitter notification. Icons for Contacts, Answer Call, Reject Call, Dial Pad, and Call Records are displayed below.
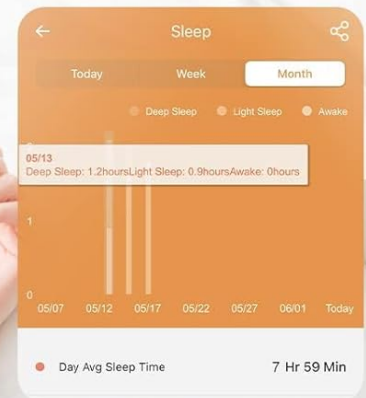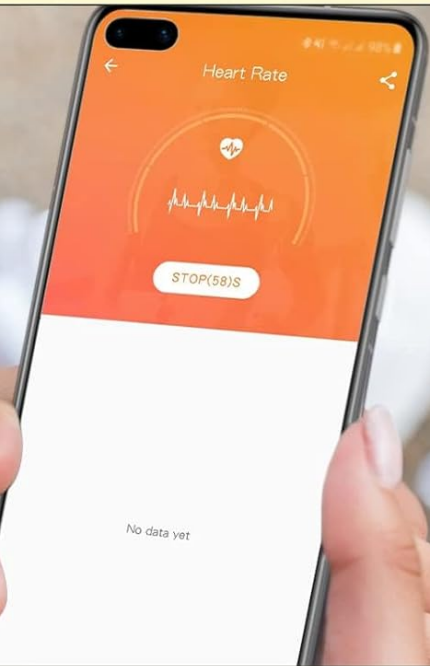
HEALTH MONITORING

The Colesma I58 Smart Watch is equipped with a high-sensitivity sensor for comprehensive health tracking:

- **Heart Rate Monitoring:** Accurately track your heart rate 24/7.
- **Blood Oxygen (SpO2) Detection:** Monitor your blood oxygen levels.
- **Sleep Monitoring:** Automatically track and log your sleep patterns, providing detailed analysis to help improve sleep quality.
- **Female Physiological Functions:** Record and track menstrual cycles and safety periods.
- **Sedentary Reminder:** Receive alerts to encourage movement after periods of inactivity.
- **Drinking Water Reminder:** Get reminders to stay hydrated throughout the day.

24H Health Monitoring
Heart rate/blood pressure/blood oxygen

Heart Rate

89
Beats/Min
Last:2022/07/11, 10:44

Start Measuring

Normal

HIGHEST | AVG | LOWEST
103 | 89 | 78
Beats/Min | Beats/Min | Beats/Min

Heart Rate

STOP(58)S

No data yet

108 ♥ BPM

086 ♦ 072

Sleep

Today | Week | **Month**

Deep Sleep | Light Sleep | Awake

05/13
Deep Sleep: 1.2hoursLight Sleep: 0.9hoursAwake: 0hours

1

0
05/07 05/12 05/17 05/22 05/27 06/01 Today

Day Avg Sleep Time   7 Hr 59 Min

Sleep Quality Analysis
Comprehensively analyze your sleep time to help you improve sleep quality

Image: A split image showing the watch's 24-hour health monitoring capabilities. The top half displays a heart rate reading on the watch and a corresponding graph on a smartphone app. The bottom half shows a woman sleeping, with text indicating "Sleep Quality Analysis" and a sleep data screen from the app.

Image: A woman sleeping peacefully, wearing the Colesma Smart Watch, illustrating its sleep tracking function.

CUSTOMIZATION AND SPORTS MODES

Watch Faces

Personalize your smart watch with over 200 watch faces available through the companion app. You can also upload your own photos to create a unique watch face.

Image: A collage displaying over 20 different watch face designs available for the Colesma I58 Smart Watch, ranging from classic to modern styles. Below, an illustration shows how to upload a personal photo from a smartphone to be used as a custom watch face background.

Sports Modes and Fitness Tracking

The Colesma I58 Smart Watch supports 20 different sports modes to track your physical activity. It records essential data such as steps (pedometer), calories burned, and distance covered. All training data can be viewed on the watch and synchronized with Apple Health.
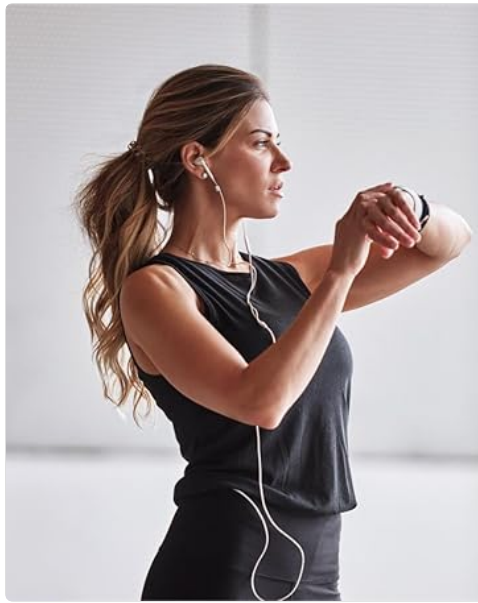
Image: A woman wearing the Colesma Smart Watch while exercising, demonstrating its fitness tracking capabilities.

Image: A woman smiling while hiking outdoors, checking her Colesma Smart Watch, indicating its use for outdoor activities.

MORE FEATURES

Beyond core functionalities, the Colesma I58 Smart Watch offers additional features for convenience:

- **Music Control:** Control music playback on your smartphone directly from the watch.
- **Remote Photo:** Use the watch as a remote shutter for your phone's camera.
- **Weather Forecast:** View current weather conditions and forecasts.
- **Alarm Clock:** Set alarms for reminders.
- **Stopwatch & Timer:** Utilize built-in timing functions.
- **Find Phone:** Locate your misplaced smartphone by triggering an alert sound.
- **Password Protection:** Enhance security with a password lock.

More features

Image: A visual representation of various features available on the Colesma I58 Smart Watch, including icons for heart rate, blood oxygen, blood pressure, sleep tracker, sport mode, music control, vibrating alarm, find phone, timer, sedentary reminder, drink reminder, women's health, weather, and camera shutter.

SPECIFICATIONS

Feature	Detail
Model Number	I58
Screen Size	1.32 Inches
Screen Resolution	360x360 pixels
Product Dimensions	4.4 x 4.4 x 1 cm

Feature	Detail
Weight	200 g
Battery Capacity	300 Milliamp Hours (Lithium Polymer)
Battery Life	3-7 days (usage dependent)
Charging Time	Approx. 2.5 hours
Connectivity	Bluetooth
Operating System Compatibility	Android 4.0+, iOS 7.1+
Waterproof Rating	IP68 (suitable for hand washing, not for swimming/diving)
Memory Storage Capacity	128 MB
GPS	No GPS

MAINTENANCE

- **Cleaning:** Regularly wipe the watch screen and body with a soft, dry cloth. For stubborn smudges, a slightly damp cloth can be used, followed by drying.
- **Water Resistance:** The watch is IP68 waterproof, meaning it can withstand splashes, rain, and hand washing. It is **not** suitable for swimming, diving, or hot showers/saunas.
- **Strap Care:** Clean silicone straps with mild soap and water. For the steel strap, use a soft cloth. Avoid harsh chemicals that may damage the materials.
- **Storage:** When not in use for extended periods, store the watch in a cool, dry place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	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 smartphone	- Ensure Bluetooth is enabled on your phone and the watch. - Make sure the watch is within the Bluetooth range of your phone. - Restart both the watch and your phone. - Check if the app is updated to the latest version. - Forget the device in your phone's Bluetooth settings and try pairing again.
Notifications not received	- Verify that notification permissions are enabled for the app in your phone's settings. - Ensure the watch is properly connected via Bluetooth. - Check the app's settings to confirm which notifications are enabled.

Problem	Possible Solution
Inaccurate health data	○ Ensure the watch is worn snugly on your wrist, not too loose or too tight. ○ Clean the sensor on the back of the watch. ○ Avoid excessive movement during measurements.
Short battery life	○ Reduce screen brightness. ○ Limit frequent screen wake-ups. ○ Turn off unnecessary features like continuous heart rate monitoring if not needed. ○ Ensure the watch is fully charged each time.

WARRANTY AND SUPPORT

Colesma offers a one-year warranty for manufacturing defects. This warranty does not cover misuse of the product. For any questions or issues with your Colesma I58 Smart Watch, please contact Colesma customer service. They aim to reply within 24 hours.

Image: The back of the Colesma product box, displaying warranty information: "WARRANTY: Offers a one-year warranty for manufacturing defects, misuse of the product is not covered by the warranty. For any problems with the product please contact us."

Image: A graphic detailing Colesma's customer support commitments, including "Lifetime support and satisfied solutions," "24 Hours Quick service via email," "30 Days no reason to return policy," and "2 Years free replacement."