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**ZURURU H98**

# ZURURU H98 Fitness Tracker User Manual

Model: H98

## 1. INTRODUCTION

This manual provides essential information for the proper setup, operation, and maintenance of your ZURURU H98 Fitness Tracker. The H98 is designed to assist you in monitoring various aspects of your health and fitness, including activity tracking, heart rate, blood oxygen levels, and sleep patterns. Please read this manual thoroughly before using the device to ensure optimal performance and longevity.



Image: The ZURURU H98 Fitness Tracker in black/graphite, showing its display with current time, step count, calories burned, and distance covered.

## 2. WHAT'S IN THE Box

Upon unpacking your ZURURU H98 Fitness Tracker, please verify that all the following items are included:

- Fitness Tracker x1 (Band Size: Fits wrist 5.1"- 8.3" in Circumference)
- User Manual x1

- Charging Cable x1 (No Charger Included)



Image: An illustration detailing the dimensions of the H98 Fitness Tracker and its package contents.

## 3. SETUP

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### 3.1 Charging the Device

Before initial use, fully charge your H98 Fitness Tracker. The device uses magnetic suction charging. Connect the charging cable to a USB power source (e.g., computer USB port, USB wall adapter) and attach the magnetic end to the charging contacts on the back of the tracker. A full charge typically takes approximately 2 hours. A fully charged device can last up to 5 days with normal use or 10 days in power-saving mode.

# MAGNETIC SUCTION CHARGING

**2** Hours  
Charging Time

**5** Days  
Normal Use

**10** Days on  
Power Saving Mode



## MULTI-FUNCTIONS



Alarm



Stopwatch



Music Control



Brightness Adjustment



Find Phone



Screen Time Switch



Remote Camera



Sedentary Reminder



Exercise Goal

Image: The H98 Fitness Tracker connected to its magnetic charging cable, illustrating the charging process and battery performance.

### 3.2 App Installation

To unlock the full functionality of your H98 Fitness Tracker, download and install the companion application on your smartphone. Search for "H Band" in your device's app store (available for Android and iOS). Follow the on-screen instructions to complete the installation.

### 3.3 Device Pairing

After installing the app, open it and create an account or log in. Ensure your phone's Bluetooth is enabled. In the app, navigate to the device section and search for your H98 tracker. Select the device from the list to initiate the pairing process. Confirm any pairing requests on both your phone and the tracker. Once paired, the time and date on your tracker will synchronize with your phone.

### 3.4 Wearing the Device

For accurate heart rate and blood oxygen measurements, wear the tracker snugly on your wrist, about one finger's width above your wrist bone. Ensure the sensor on the back of the device is in contact with your skin. Avoid wearing it too tightly, which can restrict blood flow, or too loosely, which can affect sensor accuracy.

## 4. OPERATING INSTRUCTIONS

## 4.1 Basic Navigation

The H98 Fitness Tracker features a touch-sensitive display. Swipe up, down, left, or right to navigate through different screens and functions. Tap the screen to select an option or confirm an action. Refer to the on-screen icons for specific function indicators.

## 4.2 All-Day Fitness Tracking

The tracker continuously monitors your daily activity. It records:

- **Steps:** Your total step count for the day.
- **Distance:** The total distance covered based on your steps.
- **Calories Burned:** An estimate of calories expended throughout the day.

You can view these metrics directly on the tracker's display or in more detail within the companion app.



Image: The H98 tracker's all-day activity tracking feature, displaying steps, distance, calories, and heart rate during physical activity.

## 4.3 Heart Rate and Blood Oxygen (SpO2) Monitoring

The H98 tracker provides real-time heart rate and blood oxygen level measurements. To take a measurement, navigate to the respective function on the tracker. Remain still during the measurement for accurate readings. Data can be viewed on the device and is synchronized to the app for historical tracking and analysis.



Image: The H98 Fitness Tracker monitoring heart rate during exercise, with data displayed on the watch and a connected smartphone application.

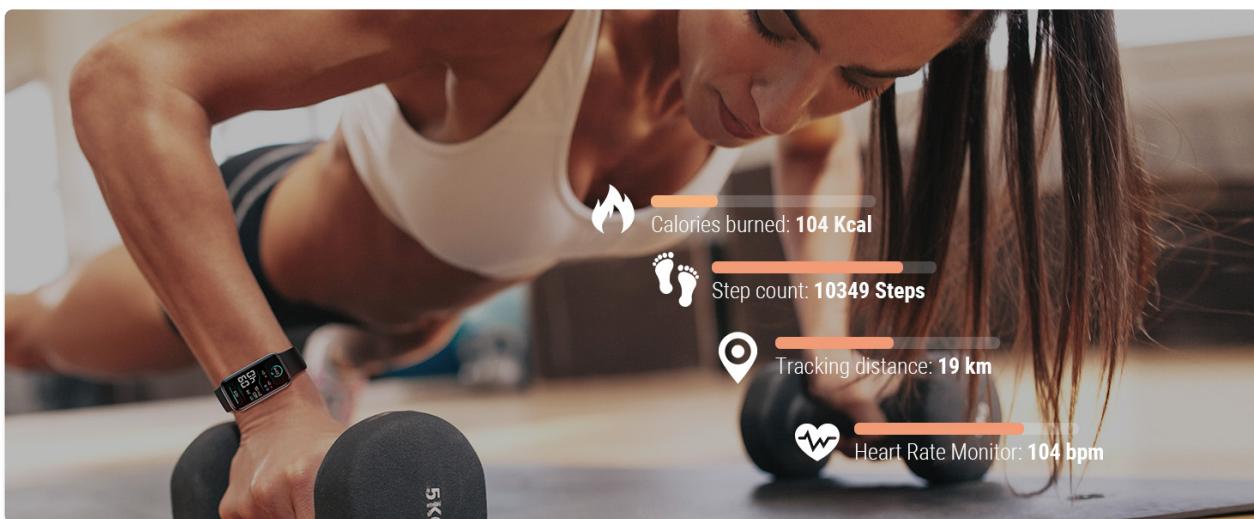


Image: The H98 Fitness Tracker measuring blood oxygen levels, with the reading visible on the watch and detailed in the companion app.

#### 4.4 Sleep Tracking

The tracker automatically monitors your sleep patterns, including deep sleep, light sleep, and awake times. Wear the device while sleeping for accurate data collection. The companion app provides detailed analysis of your sleep quality, helping you understand and improve your rest.

Image: The H98 Fitness Tracker tracking sleep, displaying sleep duration and quality metrics on the watch and in the associated mobile application.

#### 4.5 Sports Modes

Select from various sports modes (e.g., running, cycling, yoga) to track specific workouts. In a sports mode, the tracker provides real-time data such as duration, steps, heart rate, calories burned, and distance. This feature helps you monitor performance and progress during exercise.



Image: The H98 Fitness Tracker's sports mode feature, showing a cyclist and icons for different trackable activities.

## 4.6 Smart Notifications

Receive vibrating alerts for incoming calls, messages, and notifications from selected apps directly on your tracker. Configure notification settings within the companion app to choose which alerts you wish to receive.



Image: The H98 Fitness Tracker displaying incoming message notifications.

## 4.7 Convenience Features

The H98 Fitness Tracker includes several convenience features:

- **Music Control:** Control music playback on your smartphone directly from the tracker.
- **Stopwatch:** A built-in stopwatch for timing activities.
- **Alarm Clock:** Set silent vibrating alarms.
- **Find Phone:** Locate your paired smartphone by triggering an audible alert.
- **Brightness Adjustment:** Adjust the screen brightness for optimal visibility.
- **Reminders:** Sedentary reminders to encourage movement and drink reminders to promote hydration.
- **Remote Camera:** Use the tracker as a remote shutter for your phone's camera.



Image: The H98 Fitness Tracker's music control interface.

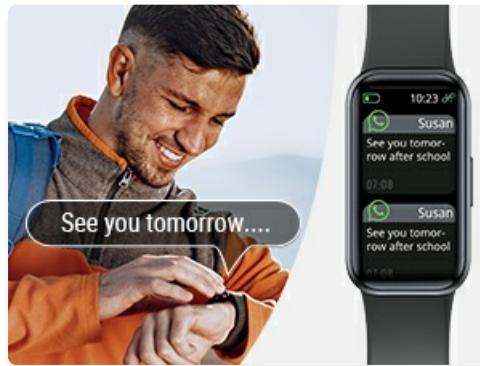


Image: The H98 Fitness Tracker showing a drink reminder notification.

## 4.8 Watch Faces

Customize the appearance of your tracker by choosing from a variety of watch faces available through the companion app. You can also set personal photos as watch faces.



Image: A selection of customizable watch faces for the H98 Fitness Tracker.

#### 4.9 IP68 Waterproof Rating

The H98 Fitness Tracker is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for daily use, including showering and swimming in shallow water. However, it is not recommended for hot water activities, diving, or high-pressure water exposure.

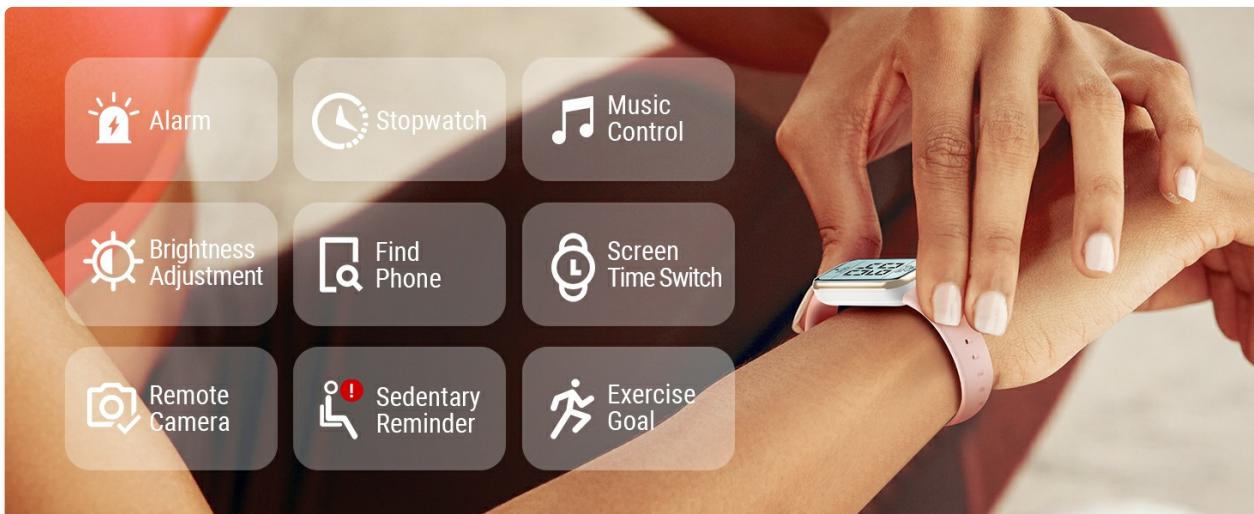


Image: The H98 Fitness Tracker's IP68 waterproof capability, shown with a person engaging in water activities.

## 5. MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your H98 Fitness Tracker.

- **Cleaning:** Regularly clean the tracker and band with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.
- **Storage:** When not in use for extended periods, store the tracker in a cool, dry place. Avoid extreme temperatures.
- **Battery Care:** To preserve battery health, avoid fully discharging the battery frequently. Charge the device when the battery level is low.

## 6. TROUBLESHOOTING

If you encounter issues with your ZURURU H98 Fitness Tracker, refer to the following common problems and solutions:

- **Device Not Turning On:** Ensure the device is fully charged. Connect it to the charging cable and a power source for at least 10 minutes.
- **Not Charging:** Verify that the charging cable is securely connected to both the tracker and the power source. Clean the magnetic charging contacts on the tracker and cable to remove any dust or debris. Try a different USB port or power adapter.
- **Unable to Pair with Phone:** Ensure Bluetooth is enabled on your phone. Make sure the tracker is within range of your phone. Restart both your phone and the tracker. If the issue persists, try unpairing and re-pairing the device through the app.
- **Inaccurate Data (Heart Rate, Steps):** Ensure the tracker is worn snugly on your wrist, with the sensor in proper contact with your skin. Avoid excessive movement during heart rate or SpO2 measurements.
- **Notifications Not Working:** Check the notification settings within the companion app to ensure they are enabled for the desired applications. Verify that your phone's notification permissions are granted to the app. Ensure the tracker is connected via Bluetooth.
- **App Not Syncing Data:** Ensure the tracker is connected to the app via Bluetooth. Close and reopen the app, or restart your phone and tracker. Check for app updates.

If these steps do not resolve the issue, please contact customer support.

## 7. SPECIFICATIONS

Key technical specifications for the ZURURU H98 Fitness Tracker:

Model Name	H98
Brand	ZURURU
Screen Size	1.47 Inches
Product Dimensions	1.73 x 0.98 x 0.43 inches
Item Weight	1.06 ounces (30 Grams)
Battery	1 Lithium Polymer battery required

<b>Operating System</b>	Android, iOS
<b>Connectivity Technology</b>	Bluetooth
<b>Waterproof Rating</b>	IP68
<b>Special Features</b>	Drink Reminder, Sleep Monitor, Alarm Clock, Brightness Adjustment, Heart Rate Monitor, GPS Via Smartphone

## 8. WARRANTY AND SUPPORT

ZURURU is committed to providing quality products and customer satisfaction.

- **Warranty:** Your ZURURU H98 Fitness Tracker comes with a 1-year free replacement warranty, ensuring a hassle-free experience.
- **Customer Support:** For any inquiries, technical assistance, or warranty claims, please contact ZURURU customer support. We offer 7/24/365 support to assist you.



Image: ZURURU's commitment to customer satisfaction, highlighting warranty and support services.

For more information, visit the official [ZURURU Store](#).