

TAOPON smartwatch steel

TAOPON Smart Watch User Manual

Model: smartwatch steel | Brand: TAOPON

INTRODUCTION

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

The TAOPON Smart Watch is a versatile fitness tracker designed for women, featuring a 1.83-inch HD screen, Bluetooth call capabilities, and comprehensive health monitoring functions including blood oxygen, blood pressure, and heart rate tracking. It supports over 100 sport modes and is compatible with both Android and iOS devices.

WHAT'S IN THE BOX

Upon opening the package, please verify that all the following items are included:

- TAOPON Smart Watch
- Magnetic USB Charging Cable
- User Manual (this document)
- 2 Watch Straps (1 metal strap, 1 silicone strap)



Image: The TAOPON Smart Watch in gold, featuring a metal mesh strap, alongside a beige silicone strap and a small inset showing an incoming call on the watch screen.

SETUP

1. Charging the Smart Watch

Before initial use, fully charge your smart watch. Connect the magnetic USB charging cable to the charging points on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. A full charge typically takes approximately 2 hours.

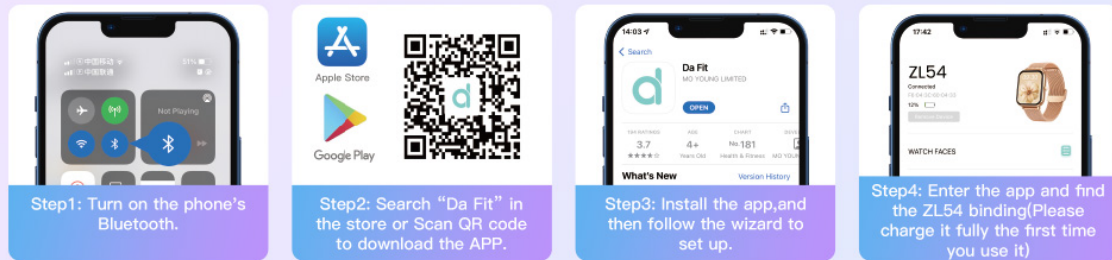
2. App Installation (Da-Fit)

To unlock the full features of your smart watch, download and install the "Da-Fit" application on your smartphone. The app is compatible with iOS 9.0 or above and Android 5.0 or above.

1. Turn on your phone's Bluetooth.
2. Search for "Da-Fit" in the Apple App Store or Google Play Store, or scan the QR code provided in the watch's packaging or on the manufacturer's website to download the app.
3. Install the app and follow the on-screen instructions to set it up.
4. Open the Da-Fit app and find the device binding option. Select "ZL54" to bind your watch. Ensure the watch is sufficiently charged for the first binding.

Tips: Read carefully how to link two bluetooths,divided into two steps: A and B

A: The first Bluetooth, App's Bluetooth (Da Fit)



B:*The second Bluetooth, (answer/dial) Bluetooth connection function

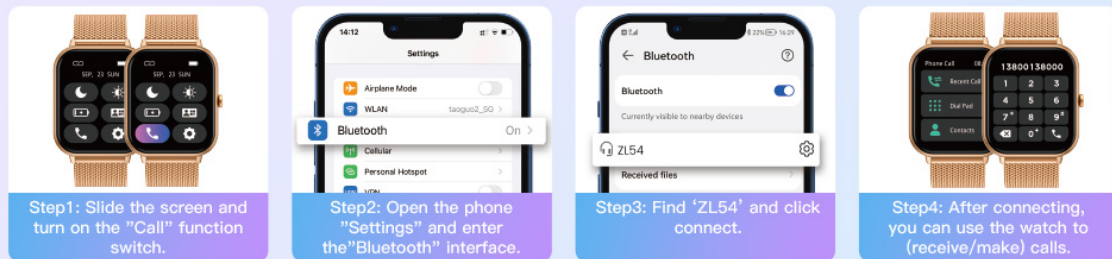


Image: A visual guide demonstrating the two-step Bluetooth connection process for the TAOPON Smart Watch, including app download and phone Bluetooth pairing.

3. Bluetooth Pairing for Calls

For call functionality, a second Bluetooth connection is required:

1. On your smart watch, slide the screen down to access the quick settings and turn on the "Call function switch" (often represented by a phone icon).
2. On your smartphone, open the "Settings" menu and navigate to the "Bluetooth" interface.
3. Find "ZL54" in the list of available devices and tap to connect.
4. Once connected, you can use your smart watch to make and receive calls.

OPERATING INSTRUCTIONS

Basic Navigation

- **Swipe Down:** Access quick settings and notifications.
- **Swipe Up:** View detailed notifications and messages.
- **Swipe Left/Right:** Navigate through main functions and widgets.
- **Press Side Button:** Return to the home screen or power on/off (long press).

Answering/Making Calls & AI Voice Assistant

With the Bluetooth call function enabled, you can manage calls directly from your wrist.

- **Answering Calls:** When an incoming call is received, tap the green answer icon on the watch screen.
- **Making Calls:** Access the dial pad or contacts list on the watch to initiate a call.
- **AI Voice Assistant:** Tap the 'Voice Assistant' icon on the watch to activate your phone's AI assistant. You can then use voice commands for tasks like making calls, searching information, or playing music.

Bluetooth Call & Message Reminder Connected to you on your wrist bluetooth phone calls



Image: The smartwatch screen showing both a dial pad for making calls and an incoming call notification, demonstrating its Bluetooth call capabilities.



Image: A close-up of the smartwatch screen displaying the AI Voice assistant interface, prompting the user to 'Talk After Tap'.

Customizing Watch Face

Personalize your watch with over 100 available watch faces through the "Da-Fit" app. You can also upload your own photos to create a unique watch face.



Image: A collage of diverse watch face designs, showcasing the customization options available for the smartwatch.

All Day Activity & Fitness Tracker

The smart watch supports over 100 sport modes, including walking, running, mountaineering, football, yoga, hiking, and cycling. It records real-time data such as heart rate, steps, calories burned, distance, and active hours. The watch utilizes your smartphone's GPS for accurate movement and distance tracking during outdoor activities.

100+ sport modes with GPS connectivity

Daily Activity Tracker



Image: An illustration depicting the smartwatch's daily activity tracking features, including heart rate, calories, distance, and steps, overlaid on an image of people exercising.

100+ Sports Modes

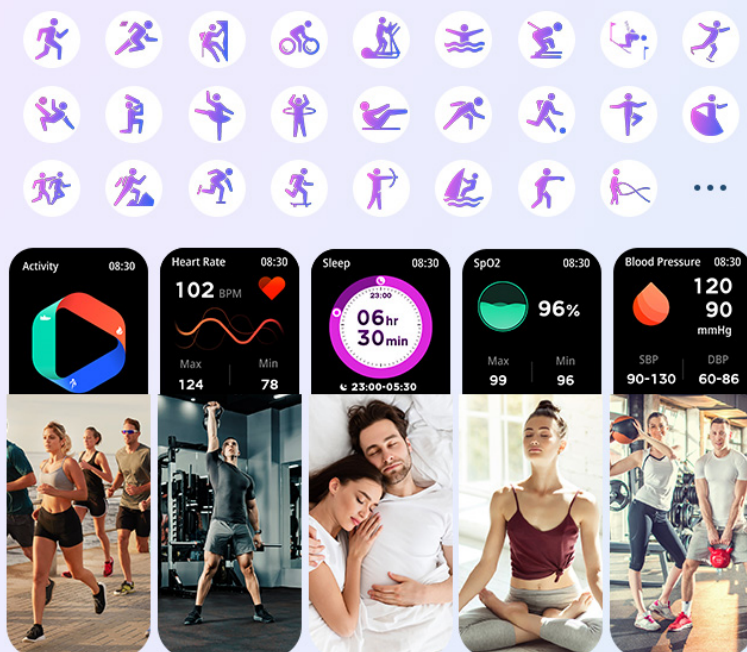
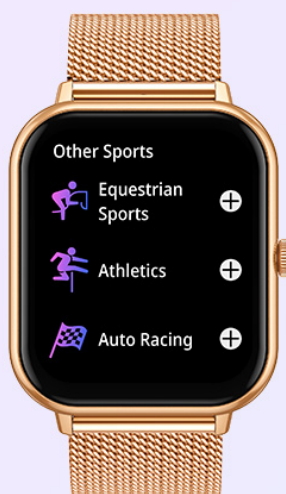


Image: A graphic showcasing the smartwatch's support for over 100 sports modes, with icons and photos of various activities.

individuals participating in various activities.

Health Monitoring

The smart watch provides continuous health monitoring features:

- **Heart Rate Monitor:** Tracks your heart rate throughout the day.
- **Blood Oxygen (SpO2) Monitor:** Measures your blood oxygen saturation levels.
- **Blood Pressure Monitor:** Provides blood pressure readings.
- **Sleep Monitor:** Analyzes your sleep patterns, including deep sleep, light sleep, and awake times.

Note: Health monitoring data is for reference only and should not be used for medical diagnosis. Consult a healthcare professional for any health concerns.

All-Day Health Monitor

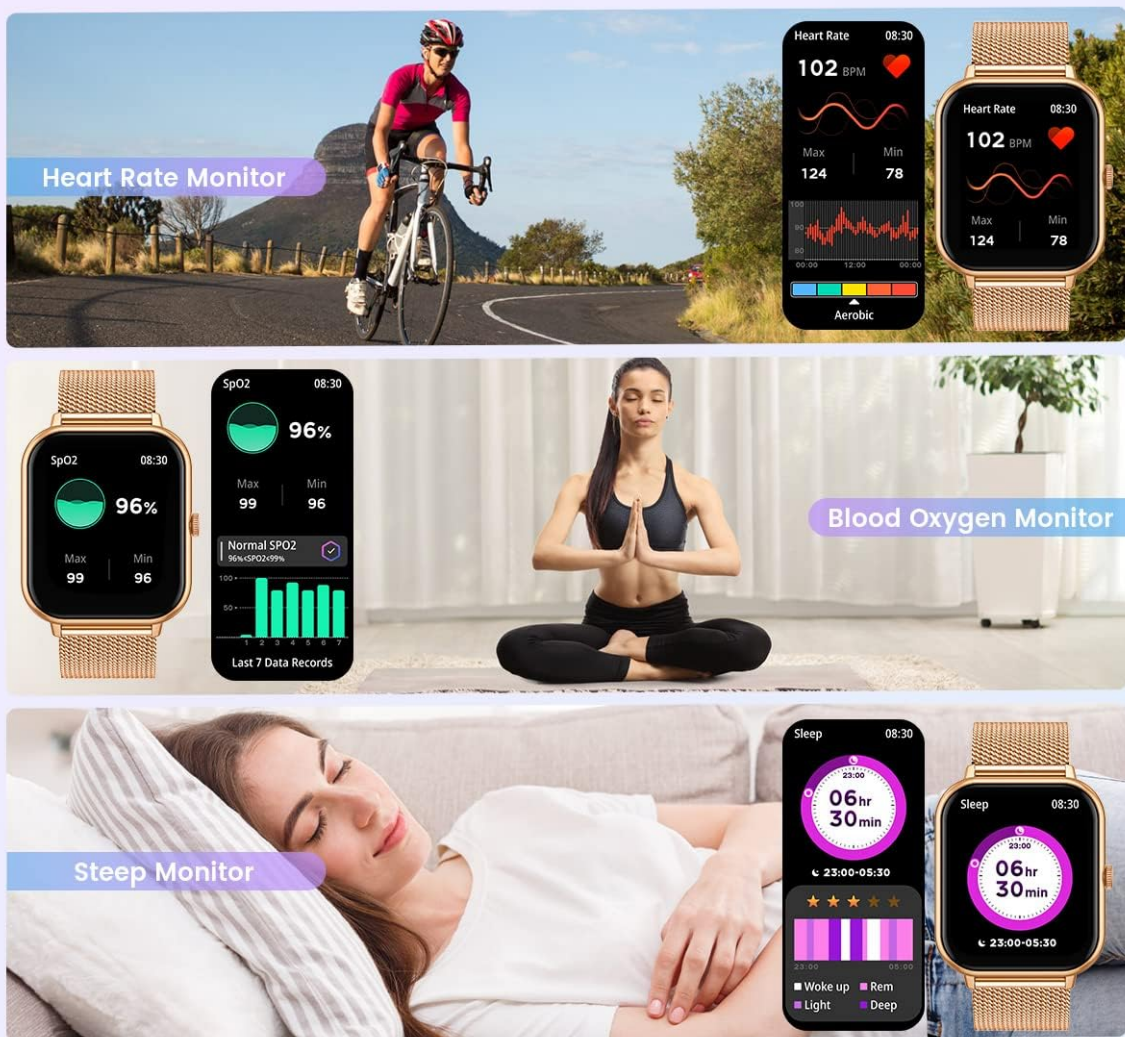


Image: A composite image showing the smartwatch's interface for heart rate, blood oxygen (SpO2), and sleep tracking, with corresponding graphical data.

Other Functions

Your TAOPON Smart Watch includes a variety of practical tools:

- **Notifications:** Receive alerts for SMS, incoming calls, and SNS (Facebook, Twitter, WhatsApp, Skype, Snapchat, etc.) directly on your watch.
- **Weather Forecasts:** Get real-time weather updates.

- **Music Player Control:** Control music playback on your smartphone.
- **Camera Control:** Use your watch as a remote shutter for your phone's camera.
- **Women's Health:** Track menstrual cycles and predictions.
- **Sedentary Reminder:** Get alerts to move after periods of inactivity.
- **Alarm Clock:** Set smart alarms.
- **Stopwatch & Timer:** Built-in timing functions.
- **Calculator:** Perform basic calculations.
- **Find Phone/Watch:** Locate your paired device.
- **Breathing Training:** Guided breathing exercises.
- **Adjustable Brightness:** Customize screen brightness for optimal viewing.

More Powerful Features



Image: A visual representation of the smartwatch's diverse features, including health monitoring, music control, weather updates, and utility functions.



Image: An overview of the smartwatch's multifunctional capabilities, highlighting communication, health, and utility features.



Image: The smartwatch screen showing female cycle tracking data, with a calendar and hand marking a date in the background.

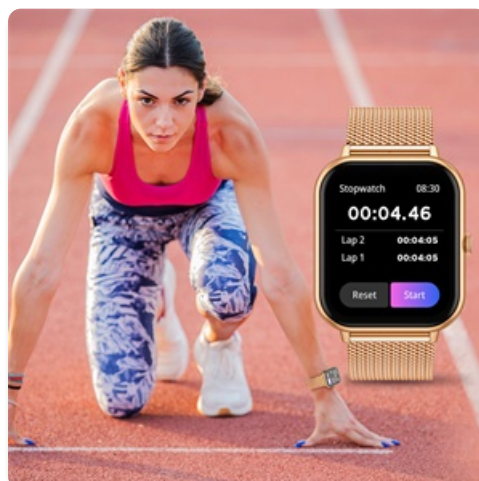


Image: The smartwatch showing its stopwatch function, set against a background of an athlete on a running track.



Image: The smartwatch screen showing a weather forecast, with a famous city landmark in the background.



Image: The smartwatch showing a remote camera shutter interface, with a group of friends in the background, illustrating its camera control feature.



Image: The smartwatch displaying music playback controls, alongside a smartphone screen showing a music application, indicating its music control functionality.

MAINTENANCE

Water Resistance (IP67)

The TAOPON Smart Watch is IP67 waterproof, 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, such as washing hands or wearing in the rain. However, it is not recommended for swimming, diving, or hot

showers/saunas as steam and hot water can damage the seals.

Cleaning

To clean your smart watch, gently wipe the screen and body with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, which can damage the finish.

Battery Care

To prolong battery life, avoid fully discharging the watch frequently. Charge it regularly, especially if it will be stored for an extended period. The watch features a 230 mAh battery, offering approximately 10 days of typical use and up to 30 days of standby time.

TROUBLESHOOTING

If you encounter issues with your TAOPON Smart Watch, please refer to the following common solutions:

Problem	Solution
Watch not turning on/charging	Ensure the magnetic charging cable is correctly aligned with the charging points. Try a different USB power source. Allow the watch to charge for at least 10 minutes before attempting to power on.
Unable to pair with smartphone	Make sure Bluetooth is enabled on your phone and the watch. Ensure the "Da-Fit" app is installed and open. Restart both the watch and your phone. Forget previous Bluetooth connections for the watch on your phone and try pairing again.
Call function not working	Verify that the second Bluetooth connection ("ZL54") for calls is established in your phone's Bluetooth settings. Ensure the call function switch is enabled on the watch.
Inaccurate health readings	Ensure the watch is worn snugly on your wrist, about one finger's width from the wrist bone. Keep the sensor clean. Avoid excessive movement during measurements. Remember, these readings are for reference and not medical diagnosis.
Notifications not appearing	Check notification permissions for the "Da-Fit" app in your phone's settings. Ensure the app is running in the background. Verify that notifications are enabled within the Da-Fit app for specific applications.

SPECIFICATIONS

Feature	Detail
Model	smartwatch steel
Display	1.83-inch HD Full-Touch Color Screen (LCD)
Resolution	240 * 284
Connectivity	Bluetooth 5.1, USB
Compatibility	Android 5.0+ / iOS 9.0+
Battery Capacity	230 mAh Lithium Polymer

Feature	Detail
Battery Life	Approx. 10 days (typical use), 30 days (standby)
Charging Time	Approx. 2 hours
Water Resistance	IP67
GPS	Via Smartphone
Dimensions	50.5mm (length) x 38mm (width) x 248mm (strap length)
Weight	5.6 ounces (0.16 kg)
Color	Gold (as per current product variant)



Image: A technical drawing illustrating the dimensions of the smartwatch and its strap, including wrist circumference ranges.






WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the contact details provided on the product packaging or the official TAOPON website. Keep your purchase receipt as proof of purchase for any warranty claims.

For further assistance or inquiries, please contact TAOPON customer service.

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Related Documents - smartwatch steel

 <p>H52 Smart Watch User Manual</p> <p>All pictures in this manual are only for illustration. Actual products may vary due to product differences, upgrades and size upgrades. Please feel free to contact us via email if you have any product questions.</p>	<p>H52 Smart Watch User Manual: Features, Setup, and Troubleshooting</p> <p>Comprehensive user manual for the H52 Smart Watch, covering setup, app installation, device pairing, functions like heart rate monitoring, blood pressure, blood oxygen, sleep tracking, training modes, and troubleshooting FAQs.</p>
 <p>ST19 Smartwatch User Manual and Features</p> <p>English 0-1-10 Spanish 0-1-20 German 0-1-30 French 0-1-40 Russian 0-1-50</p>	<p>ST19 Smartwatch User Manual and Features</p> <p>User manual for the ST19 smartwatch, detailing charging, app connection with FitCloudPro, Bluetooth call functionality, message notifications, touch screen navigation, customization, and health monitoring features. Includes setup guides and troubleshooting tips.</p>
 <p>KUMI GW5 SMART WATCH OPERATING GUIDE</p> <p>V1.1</p>	<p>KUMI GW5 Smart Watch Operating Guide: Features, Functions, and Safety</p> <p>Comprehensive operating guide for the KUMI GW5 Smart Watch. Learn about its features, functions, button controls, app connection, health tracking, and safety precautions. Connects via Bluetooth to your smartphone for enhanced usability.</p>
 <p>Smart Watch User Manual - Features, Operation, and FAQs</p>	<p>Smart Watch User Manual - Features, Operation, and FAQs</p> <p>Comprehensive user manual for the Smart Watch, covering product overview, basic operation, health monitoring, exercise tracking, app connectivity, troubleshooting, and precautions. Compatible with iOS and Android.</p>
 <p>SOUYIE Smartwatch User Guide</p>	<p>SOUYIE Smartwatch User Guide: Setup, Features, and Operation</p> <p>A comprehensive user guide for the SOUYIE Smartwatch, detailing setup, Bluetooth connectivity, phone permission settings, and all core functions including health monitoring, workouts, notifications, and device settings.</p>



[D26 Smartwatch User Manual - Features, Setup, and Troubleshooting](#)

Comprehensive user manual for the D26 smartwatch, covering product overview, charging, wearing instructions, touchscreen operations, health and sports features, app integration, device pairing, settings, and troubleshooting.