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EGQINR db2ae03a-2b44-4035-906b-fd77b3bb81b6

EGQINR Smartwatch 1.91" HD Fitness Tracker User Manual

Model: db2ae03a-2b44-4035-906b-fd77b3bb81b6

1. Introduction

The EGQINR Smartwatch is designed to enhance your daily life by providing comprehensive health monitoring, fitness tracking, and convenient communication features. With its 1.91-inch HD full-touch screen and robust design, it offers an intuitive user experience and seamless integration with your smartphone.

This manual provides detailed instructions on how to set up, operate, and maintain your smartwatch to ensure optimal performance and longevity.



Image: The EGQINR Smartwatch displaying its main interface with health data and time. The watch features a blue strap and a black rectangular body.

2. Setup

2.1. Charging the Smartwatch

Before initial use, fully charge your EGQINR Smartwatch. Use the provided magnetic charging cable. Connect the magnetic end to the charging contacts on the back of the watch and the USB end to a power adapter (not included) or a computer's USB port.

- A full charge typically takes approximately 2 hours.
- The high-density polymer lithium battery provides 3-5 days of normal use and over 20 days of standby time.



Image: The EGQINR Smartwatch highlighting its battery life capabilities, indicating 3-7 days of normal use and 30 days of standby.

2.2. App Installation and Pairing

To unlock the full functionality of your smartwatch, download and install the dedicated mobile application, **Hband**, on your smartphone.

1. Scan the QR code in the watch's manual or search for "Hband" in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).

2. Ensure your smartphone's Bluetooth is enabled.
3. Open the Hband app and follow the on-screen instructions to pair your smartwatch. The app will guide you through the connection process.
4. The smartwatch is compatible with Android 4.4 and above, and iOS 8.2 and above.

3. Operating Instructions

3.1. Display and Navigation

The smartwatch features a 1.91-inch HD full-touch screen with a resolution of 320x386 pixels, offering a clear and responsive interface.

- **Swipe Up/Down:** Navigate through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different data screens.
- **Tap:** Select an item or confirm an action.
- **Side Button:** Typically used to return to the home screen or power on/off.



Image: A detailed view of the EGQINR Smartwatch screen, highlighting its 1.91-inch size and 320x386 pixel resolution.

3.2. Bluetooth Calling

With one-touch Bluetooth connectivity, you can make and receive calls directly from your wrist.

- Ensure your smartwatch is paired with your smartphone via Bluetooth.
- Access the call function on your watch to dial numbers or answer incoming calls.
- Call records can be viewed directly on the watch.



Image: A user demonstrating the Bluetooth call feature on the EGQINR Smartwatch, showing an incoming call and the dial pad.

3.3. Health Monitoring

The smartwatch provides various health monitoring features. *Note: The data provided by this device is for reference only and should not be used for medical diagnosis or treatment.*

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

- **METT/Temperature Monitoring:** Provides METT (Metabolic Equivalent of Task) and body temperature readings.
- **Women's Health:** Offers menstrual cycle tracking.
- **Breathing Training:** Guides you through breathing exercises for relaxation.

3.4. Fitness Tracking

Achieve your fitness goals with precise tracking of your activities.

- **Activity Tracker:** Records steps, calories burned, and distance covered.
- **Multi-Sport Modes:** Supports various sports modes (e.g., running) to monitor and analyze performance.
- Review your exercise data in the Hband app for detailed insights and to plan future workouts.



Image: A user engaged in weightlifting, with the EGQINR Smartwatch on their wrist showing real-time heart rate and other fitness metrics.

3.5. Daily Life Functions

The smartwatch integrates several convenient tools for daily use:

- **Notifications:** Receive alerts for calls, messages, and social media.
- **Music Control:** Manage music playback on your smartphone.
- **Customizable Watch Faces:** Switch between multiple watch faces to match your style.

- **Silent Alarm:** Set alarms that vibrate discreetly.
- **Sedentary Reminder:** Get alerts to move after periods of inactivity.
- **Calculator, Stopwatch, Timer, Flashlight:** Integrated utility tools.
- **Weather Forecast:** View current weather conditions.
- **Remote Camera Control:** Use your watch to trigger your phone's camera.

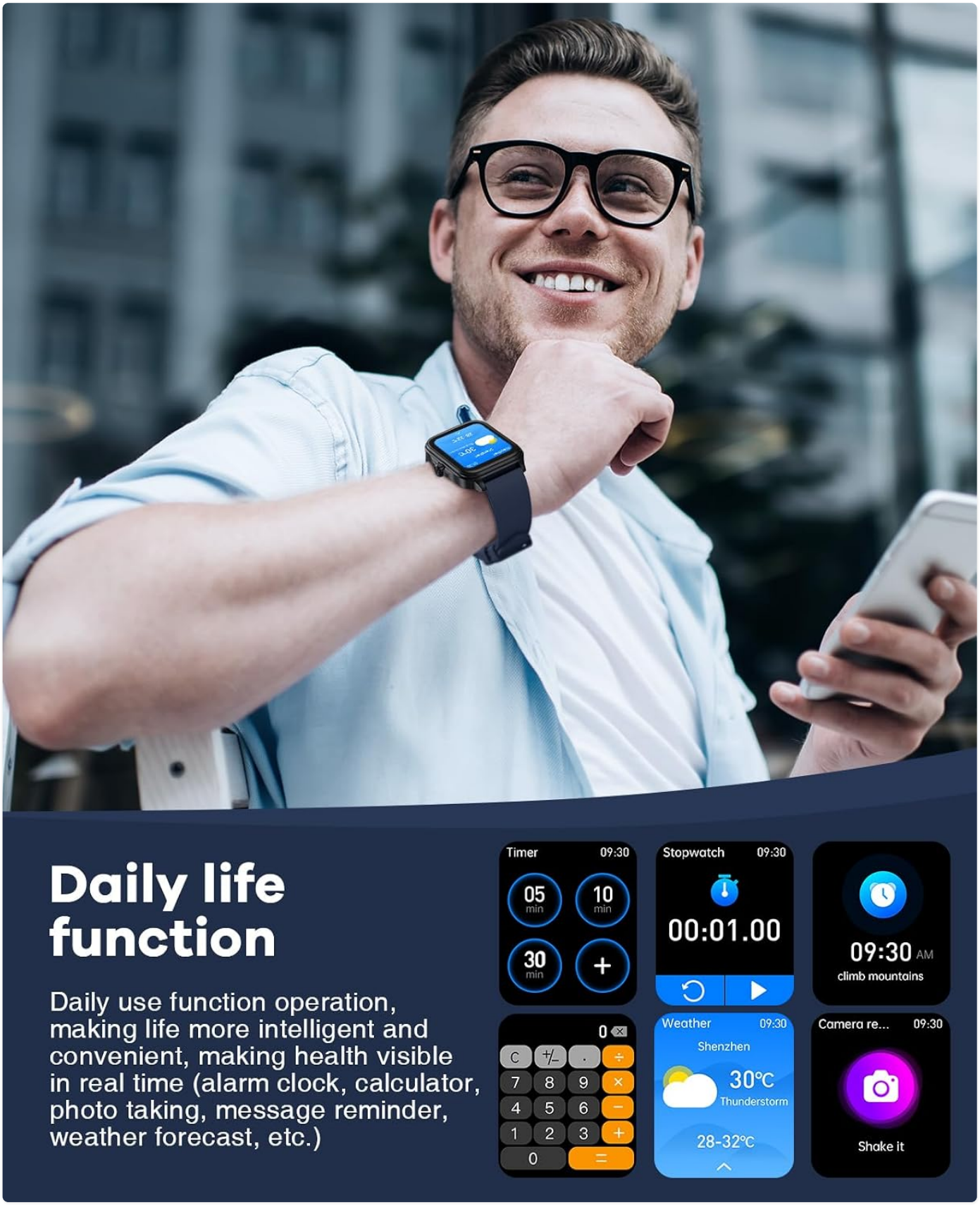


Image: The EGQINR Smartwatch screen showing a selection of daily functions including a timer, stopwatch, calculator, and weather forecast.

4. Maintenance

- **Water Resistance:** The smartwatch is IP67 waterproof, meaning it is resistant to splashes, rain, and brief immersion in water. Avoid hot water, saunas, or diving, as steam and high pressure can compromise the seals.
- **Cleaning:** Wipe the watch and strap regularly with a soft, dry cloth. If necessary, use a slightly damp cloth and dry thoroughly. Avoid harsh chemicals or abrasive materials.
- **Battery Care:** To prolong battery life, avoid extreme temperatures and do not allow the battery to fully discharge for extended periods. Charge the device regularly.
- **Storage:** Store the smartwatch in a cool, dry place when not in use.

5. Troubleshooting

- **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.
  - Make sure the Hband app is installed and open.
  - Restart both your phone and the smartwatch.
  - Ensure the watch is not already paired with another device.
- **Inaccurate health data:**
  - Ensure the watch is worn snugly on your wrist, about one finger's width from your wrist bone.
  - Avoid excessive movement during measurements.
  - Clean the sensor on the back of the watch.
  - *Remember that smartwatch health data is for general wellness and fitness purposes and should not be considered medical-grade measurements.*
- **Notifications not received:**
  - Check app permissions for Hband on your phone to ensure it can access notifications.
  - Ensure the watch is connected to your phone via Bluetooth.
  - Verify notification settings within the Hband app.

6. Specifications

Feature	Detail
Brand	EGQINR
Model Number	db2ae03a-2b44-4035-906b-fd77b3bb81b6
Display Size	1.91 Inches
Display Type	AMOLED
Resolution	320 x 386 pixels
Connectivity	Bluetooth
Battery Life (Normal Use)	3-5 Days
Battery Life (Standby)	20+ Days

Battery Composition	Lithium Polymer
Water Resistance	IP67
Compatible Devices	Smartphones (Android 4.4+, iOS 8.2+)
Weight	140 g
Additional Features	Phone Call, METT Function, Body Temperature Monitoring, Oximeter (SpO2), Breathing Training, Blood Pressure Monitor, Women's Health (Menstrual Tracking), Silent Alarm, Sedentary Reminder, Multi-sport Tracker, Email, Activity Tracker, Heart Rate Monitor, Notifications, Sleep Monitoring, Pedometer, Calorie Tracker, Music Player, Camera Remote.

7. What's in the Box

- EGQINR Smartwatch
- Silicone Strap
- Charging Cable

8. Warranty and Support

For warranty information or technical support, please refer to the purchase documentation or contact the seller directly. Keep your proof of purchase for any warranty claims.

You can also visit the EGQINR Store on Amazon for more product information and support resources.

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