Spade & Co Health Smartwatch 3

Spade & Co Health Smartwatch 3 - User Manual

Model: Health Smartwatch 3 | Brand: Spade & Co

Introduction

The Spade & Co Health Smartwatch 3 is designed to enhance your health and fitness journey. This advanced smartwatch offers comprehensive health monitoring, fitness tracking, Bluetooth call capabilities, and Alexa integration. It is compatible with both iPhone and Android devices.



Image: Main view of the Spade & Co Health Smartwatch 3, showcasing its sleek design and digital display.

Setup Guide

To begin using your Spade & Co Health Smartwatch 3, follow these steps for initial setup and pairing with your smartphone. This guide is applicable for Android devices.

Your browser does not support the video tag.

Video: Getting Started with Spade & Co Health Smartwatch 3 on Android. This video demonstrates the initial setup process, including app installation, device pairing, and basic configuration.

1. **Install the VeryFit App:** Search for "VeryFit" on your smartphone's app store (Google Play Store for Android) and install it.
2. **Initial App Setup:** Open the VeryFit app. For first-time users, select "Start to use" and agree to the User Agreement and Privacy Policy.
3. **Enable Bluetooth:** Ensure Bluetooth is turned on in your phone's settings to allow the app to discover your smartwatch.
4. **Pair the Device:** In the VeryFit app, tap to search for devices. Once "HEALTH3" is found, tap on it to pair. A green checkmark will appear on the watch screen upon successful pairing.
5. **Personal Information:** Fill in your personal details such as gender, birth date, height, and weight. This information helps the watch provide accurate health and fitness data.
6. **Alexa Integration:** Log in with your Amazon account to enable Alexa features. Follow the on-screen prompts to allow necessary permissions.
7. **Notification Access:** Turn on notifications for the VeryFit app in your phone's settings to receive call alerts, messages, and other app notifications on your watch.
8. **Customize Watch Face:** Access the "Watch Face Market" in the app to select and set your preferred watch face.
9. **Set Alarms:** Use the "Alarm Clock" feature to set multiple alarms and customize their repeat cycles.
10. **Manage Contacts:** In the "Calls" section, you can add frequent contacts to make direct calls from your watch.
11. **Health Tracking Reminders:** Within "Health Tracking" settings, enable reminders for heart rate, stress, drinking water, walking, and period tracking.
12. **Do Not Disturb Mode:** Configure "Do Not Disturb" mode to avoid notifications during specific times.
13. **Intelligent Exercise Recognition:** Enable automatic recognition for activities like running and walking in the settings.
14. **Language Settings:** Adjust the device language from the "Settings" menu.

Operating Your Smartwatch

Health Monitoring

The Health Smartwatch 3 provides comprehensive health insights:

- **Heart Rate Monitoring:** Real-time tracking of your heart rate.
- **Blood Oxygen (SpO2) Tracking:** Monitor your blood oxygen levels.
- **Sleep Analysis:** Detailed insights into your sleep patterns and quality.
- **Stress Management:** Track stress levels and receive reminders.
- **Ambient Sound Level:** Monitor surrounding noise levels.



Image: The smartwatch screen showing heart rate, steps, calories, blood oxygen, and sleep data.

Fitness Tracking

Elevate your workouts with dedicated exercise modes and performance metrics.

- **Multiple Workout Modes:** Choose from over 20 modes including running, walking, and swimming.
- **Activity Tracking:** Monitor steps, distance, and calories burned.



Image: The smartwatch displaying workout data, with icons representing various exercise types like running, cycling, and swimming.

Communication Features

- **Bluetooth Calls:** Make and receive calls directly from your wrist when connected to your smartphone.
- **Notifications:** Receive alerts for messages, emails, and other app notifications.
- **Music Control:** Control music playback on your connected device.



Image: The smartwatch displaying an incoming call notification, demonstrating its Bluetooth call feature.

Alexa Built-in

Utilize Alexa for voice commands and smart home control.

- **Voice Commands:** Ask Alexa questions, set reminders, and check the weather.
- **Smart Home Control:** Control compatible smart home devices using your voice.



Image: A close-up of the smartwatch on a wrist, showing the Alexa voice assistant interface with a blue circle animation.

Maintenance

Waterproof Performance

The Spade & Co Health Smartwatch 3 features a waterproof design, allowing it to withstand exposure to sweat, showers, pools, and oceans. However, it is recommended to dry the watch after exposure to water to maintain its longevity and performance.



Image: The smartwatch screen with water droplets, illustrating its waterproof capability.

Battery Life

The smartwatch boasts a 10+ day battery life under typical usage conditions. Actual battery life may vary based on usage patterns, enabled features, and environmental factors.

General Care

- Clean the watch regularly with a soft, dry cloth.
- Avoid exposing the watch to extreme temperatures or harsh chemicals.
- Ensure the charging contacts are clean and dry before charging.

Troubleshooting

- **Device Not Pairing:**

  Ensure Bluetooth is enabled on your phone and the VeryFit app has location permissions. Restart both your phone and the smartwatch, then attempt pairing again. Make sure the watch is sufficiently charged.

- **Notifications Not Appearing:**

  Verify that notification access is granted to the VeryFit app in your phone's settings. Check that "Do Not Disturb" mode is not active on either your phone or the watch. Ensure specific app notifications are enabled within the VeryFit app.

- **Inaccurate Tracking Data:**

  Ensure the watch is worn snugly on your wrist. Verify that your personal information (height, weight, gender) is accurately entered in the VeryFit app. For activities like blood oxygen measurement, ensure the watch is pressed firmly against the skin.

- **Battery Draining Quickly:**

  Frequent use of features like continuous heart rate monitoring, GPS (if applicable), and bright screen settings can reduce battery life. Adjust these settings in the app to optimize battery performance.

- **Charging Issues:**

  Ensure the charging cable is securely connected to both the watch and a power source. Clean the charging contacts on the watch and cable to remove any debris. If the issue persists, try a different charging port or adapter.

Specifications

Feature	Detail
Brand	Spade & Co
Model Number	Health Smartwatch 3
Connectivity Technology	Bluetooth
Operating System	Android (compatible with iPhone & Android)
Special Features	Sleep Monitor, Heart Rate Monitor, Blood Oxygen Monitor, Activity Tracker, Alexa Built-in, Bluetooth Call, Waterproof
Water Resistance	Waterproof (suitable for showers, pools, ocean)
Battery Life	10+ days (typical usage)
Item Weight	5 ounces
Color	Black
Target Audience	Unisex adult

Warranty and Support

For warranty information, detailed support, or to contact customer service, please refer to the official Spade & Co website or the product listing page on Amazon. The manufacturer and seller for this product is Spade & Co.
You can find additional support and product information by visiting theSpade & Co brand page on Amazon.

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

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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

Answered questions about this manual

How do I pair my Spade & Co Health Smartwatch 3 to my phone using the VeryFit app?

To pair your Spade & Co Health Smartwatch 3 with your smartphone, follow these steps using the VeryFit app:Install the App: Search for and download the VeryFit app from the Apple App Store (iPhone)...

Read full answer