Spade & Co Health Smartwatch 3

Spade & Co Health Smartwatch 3 User Manual

Model: Health Smartwatch 3

Introduction

Welcome to the Spade & Co Health Smartwatch 3 user manual. This guide provides comprehensive instructions for setting up, operating, and maintaining your new smartwatch. The Spade & Co Health Smartwatch 3 is designed to help you monitor your health, track fitness activities, and stay connected with features like Bluetooth calling and Alexa integration. Please read this manual thoroughly to ensure proper use and to maximize the benefits of your device.

Safety Information

- Consult your physician before starting any new exercise program or if you have pre-existing health conditions.
- This device is not a medical device and is not intended to diagnose, treat, cure, or prevent any disease.
- Keep the device and its accessories out of reach of children and pets.
- Avoid exposing the device to extreme temperatures, direct sunlight, or strong magnetic fields.
- Use only Spade & Co approved chargers and accessories.
- Do not attempt to disassemble or modify the device.

Package Contents

Ensure all items are present in the package:

- Spade & Co Health Smartwatch 3
- Charging Cable
- User Manual (this document)
- Blood Oxygen Sensor (integrated)

Product Overview

Familiarize yourself with the components of your Spade & Co Health Smartwatch 3.



Figure 1: Front view of the Spade & Co Health Smartwatch 3, showing the display with time, battery level, step count, heart rate, calorie burn, and blood oxygen saturation. The watch features a rose gold casing and a light-colored band.

- **Touchscreen Display:** Navigate through menus and view information.
- **Side Button:** Power on/off, return to home screen, access menu.
- **Heart Rate/SpO2 Sensor:** Located on the back of the watch for health monitoring.
- **Charging Contacts:** On the back of the watch for connecting the charging cable.

Setup

1. Charging the Device

Before first use, fully charge your smartwatch. Connect the charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. The watch display will indicate charging status.

2. Downloading the App

To unlock all features and synchronize data, download the Spade & Co companion app from the Apple App Store (for iPhone) or Google Play Store (for Android). Search for "Spade & Co Health" or refer to the QR code in the quick start guide.

3. Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the Spade & Co app and create an account or log in.
3. Follow the in-app instructions to add a new device. The app will search for your smartwatch.
4. Select "Health Smartwatch 3" from the list of available devices.
5. Confirm the pairing request on both your phone and the smartwatch.

Operating Instructions

Basic Navigation

- **Swipe Up/Down:** Scroll through notifications or quick settings.
- **Swipe Left/Right:** Access different widgets like heart rate, activity data, or weather.
- **Tap:** Select an item or open an application.
- **Press Side Button:** Return to the watch face or access the main menu.

Monitoring Health Metrics

The smartwatch continuously monitors various health parameters. View detailed data in the Spade & Co app.



Figure 2: The smartwatch screen showing multiple health metrics: ambient noise level, blood oxygen saturation (SpO2), 24/7 heart rate tracking, sleep stages, stress management score, and current heart rate. These features provide a comprehensive overview of your well-being.

- **Heart Rate:** Provides real-time heart rate monitoring.
- **Blood Oxygen (SpO2):** Measures blood oxygen levels.
- **Sleep Monitor:** Tracks sleep patterns, including sleep stages and duration.
- **Stress Management:** Offers insights into stress levels.

Using Fitness Tracking

Select from over 20 workout modes to track your activities accurately.



Figure 3: The smartwatch screen showing various workout modes, including running, cycling, and swimming. A person is depicted running in an outdoor setting, illustrating the device's use during physical activity.

1. Navigate to the "Workout" or "Activity" section on your watch.
2. Select your desired activity (e.g., running, walking, cycling).
3. Start the activity. The watch will record duration, distance, calories burned, and heart rate.
4. End the activity when finished. Data will sync to the app.

Bluetooth Calling

Make and receive calls directly from your wrist when connected to your smartphone.



Figure 4: The smartwatch displaying an incoming call from "Shawn," with options to answer or decline. A smartphone is shown next to the watch, also on a call screen, demonstrating the Bluetooth call feature.

- Ensure your watch is paired and Bluetooth calling is enabled in the app settings.
- To make a call, access the dialer or contacts on your watch.
- To answer an incoming call, tap the green answer icon on the watch screen.

Alexa Integration

Utilize Alexa Built-in for voice commands and information retrieval.



Figure 5: A close-up of a person's wrist wearing the smartwatch, with a speech bubble indicating a voice command: "Alexa, is it going to rain today?". The watch screen shows the Alexa listening interface, confirming the built-in Alexa functionality.

- Ensure your watch is connected to the app and Alexa is configured.
- Activate Alexa on your watch (usually by pressing and holding a button or swiping to the Alexa screen).
- Speak your command or question clearly.

Water Resistance

The Spade & Co Health Smartwatch 3 is designed to be waterproof, allowing use during swimming or in the shower.



Figure 6: The smartwatch submerged in water with droplets splashing, highlighting its waterproof design. The screen remains active, displaying time, battery, and activity data, indicating functionality even when wet.

While waterproof, avoid prolonged exposure to hot water or steam, and do not press buttons underwater to prevent water ingress.

Maintenance

Cleaning the Smartwatch

Regularly clean your smartwatch to ensure optimal performance and hygiene.

- Wipe the screen and body with a soft, lint-free cloth.
- For stubborn marks, slightly dampen the cloth with water. Avoid harsh chemicals.
- Clean the sensors on the back of the watch to ensure accurate readings.
- Rinse the watch band with fresh water after workouts or swimming, then dry thoroughly.

Battery Care

- Charge the device regularly, avoiding complete discharge for extended periods.
- Store the device in a cool, dry place if not used for a long time.

Software Updates

Periodically check the Spade & Co app for available software updates. Updates can improve performance, add new features, and fix bugs. Ensure your watch is sufficiently charged before starting an update.

Troubleshooting

If you encounter issues with your smartwatch, refer to the following common solutions:

Problem	Solution
Device not turning on	Ensure the device is fully charged. Connect it to the charger for at least 30 minutes.
Cannot pair with smartphone	• Ensure Bluetooth is enabled on your phone. • Restart both your phone and the smartwatch. • Make sure the watch is within Bluetooth range of your phone. • Check the app for pairing instructions and ensure no other devices are connected.
Inaccurate health readings	• Ensure the watch is worn snugly on your wrist, not too tight or too loose. • Clean the sensors on the back of the watch. • Avoid excessive movement during measurements.
Notifications not appearing	• Check app notification settings on your phone and in the Spade & Co app. • Ensure the watch is connected via Bluetooth. • Verify that the app has necessary permissions on your phone.
Short battery life	• Reduce screen brightness. • Limit continuous heart rate monitoring or GPS usage if not needed. • Disable unnecessary notifications. • Ensure the watch is fully charged.

Specifications

Feature	Detail
Model Number	Health Smartwatch 3
Brand	Spade & Co
Connectivity	Bluetooth
Operating System	Android (compatible with iPhone & Android)
Special Features	Sleep Monitor, Heart Rate Monitor, Blood Oxygen Sensor, Alexa Built-in, Bluetooth Call
Water Resistance	Waterproof (suitable for swimming)

Feature	Detail
Battery Type	Lithium Polymer
Item Weight	5 ounces
Dimensions	5.39 x 3.31 x 1.26 inches (Package)

Warranty and Support

Warranty Information

Spade & Co products are designed for durability and performance. For specific warranty details, please refer to the warranty card included with your product or visit the official Spade & Co website. Please note that protection plans are available for purchase separately to extend coverage beyond the standard warranty period.

- **Return Policy:** Typically 30 days from purchase for refunds/replacements.
- **Protection Plans:** 2-Year and 3-Year protection plans are available for extended coverage.

Customer Support

If you require further assistance or have questions not covered in this manual, please contact Spade & Co customer support. Contact information can typically be found on the Spade & Co official website or on your product packaging.

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

you@example.com

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 connect my calendar to my Spade & Co Health Smartwatch 3, and what is the Health3BT?

To connect your calendar and manage notifications on your Spade & Co Health Smartwatch 3, follow these steps:App Permissions: Open the Spade & Co Health app on your smartphone. Go to the device settings...

Read full answer

How do I delete all information and reset the Spade & Co Health Smartwatch 3?

To delete all information and restore your Spade & Co Health Smartwatch 3 to its factory settings, you can typically perform a reset directly from the device or through the companion app. While the...

Read full answer

How do I close the cadence/activity screen and return to the home page on the Spade & Co Health Smartwatch 3?

To exit a specific data screen (such as cadence or workout metrics) and return to the home screen on your Spade & Co Health Smartwatch 3, use the physical side button.According to the manual's...

Read full answer

How do I change the temperature unit from Celsius to Fahrenheit on the Spade & Co Health Smartwatch 3?

To change the temperature unit from Celsius to Fahrenheit on your Spade & Co Health Smartwatch 3, you typically need to adjust the settings within the companion smartphone app rather than on the watch...

Read full answer

Can the Spade & Co Health Smartwatch 3 share data with 3rd party software such as Google Fit? How is this accomplished?

Based on the available manual for the Spade & Co Health Smartwatch 3, there is no explicit mention of direct integration with third-party software like Google Fit or Apple Health within the device's core...

Read full answer