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JOYROOM JR-FT6

JOYROOM JR-FT6 Smart Watch User Manual

Model: JR-FT6

Introduction

Thank you for choosing the JOYROOM JR-FT6 Smart Watch. This device is designed to enhance your daily life with its advanced features, including a vibrant 1.85-inch display, comprehensive health monitoring, and convenient Bluetooth calling. This manual provides detailed instructions to help you set up, operate, and maintain your new smartwatch.

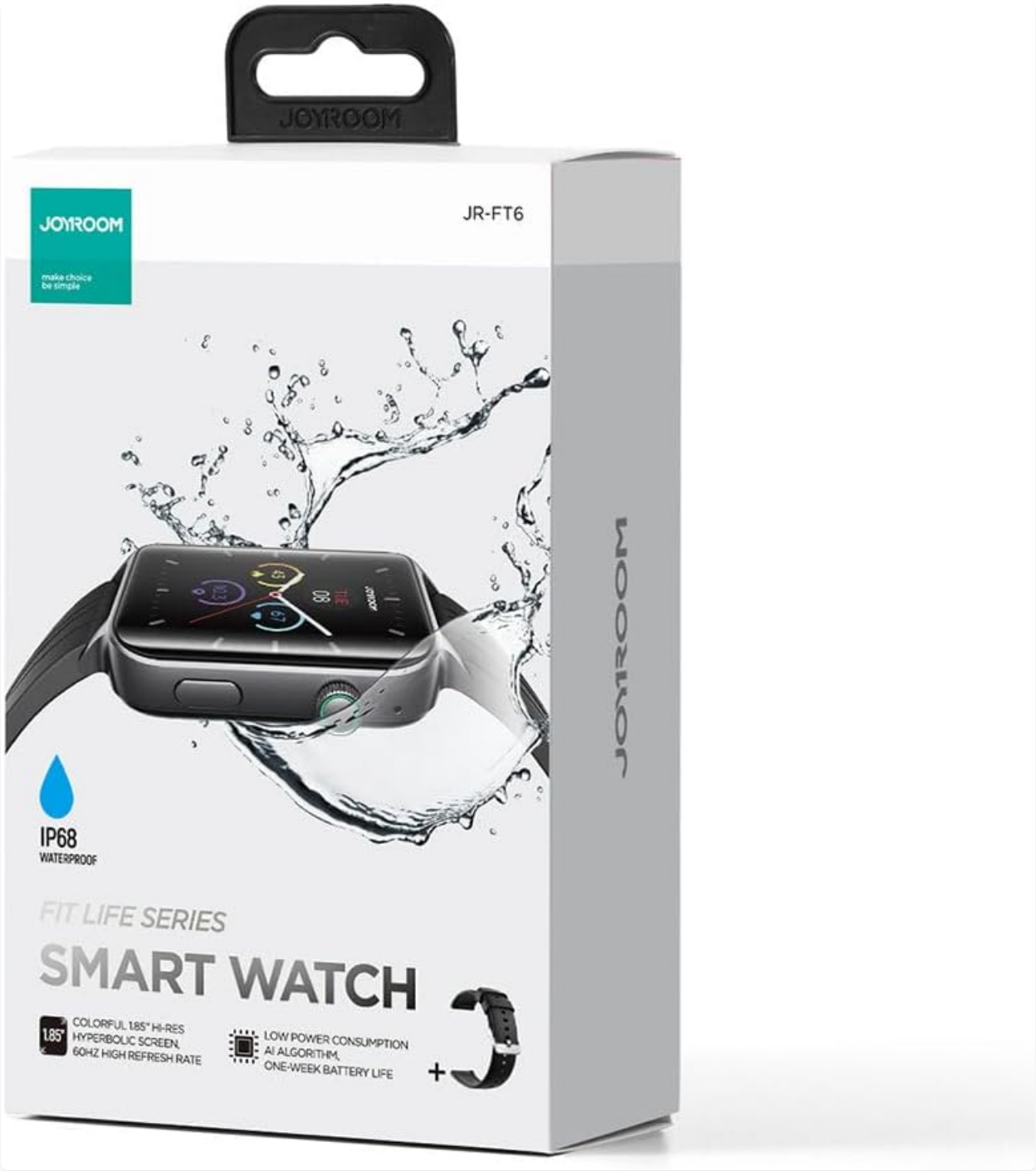

Image: The JOYROOM JR-FT6 Smart Watch shown in its retail packaging, highlighting its design and key features.

Setup

1. Initial Charging

Before first use, fully charge your JR-FT6 Smart Watch. Connect the portable magnetic charging dock to a USB power source and align the watch with the charging pins. The watch will indicate charging status on its screen.

2. App Installation and Pairing

To unlock the full potential of your smartwatch, download the official JOYROOM companion app from your smartphone's app store (iOS App Store or Google Play Store). Once installed:

1. Enable Bluetooth on your smartphone.
2. Open the JOYROOM app and follow the on-screen instructions to create an account or log in.

3. Select "Add Device" or similar option within the app.
4. The app will search for nearby devices. Select "JR-FT6" from the list.
5. Confirm the pairing request on both your watch and smartphone.

Ensure your watch is sufficiently charged during the pairing process.

Operating Instructions

Screen Navigation

The JR-FT6 features a colorful 1.85-inch hi-res hyperbolic screen with a 60Hz high refresh rate for smooth interaction. Swipe up, down, left, or right to navigate through different menus, notifications, and widgets.



Image: A close-up view of the JOYROOM JR-FT6 Smart Watch's screen displaying a watch face, with the rotatable digital crown visible on the side.

Digital Crown

The rotatable digital crown on the side of the watch allows for easy navigation and quick access to functions. Rotate it to scroll through lists or adjust settings. Press it once to return to the watch face or access the app menu. A long press may activate specific features or power the device on/off.

Bluetooth Calling

The JR-FT6 supports one-step wireless calling. Once paired with your smartphone, you can answer or dial calls directly from your watch. Ensure your watch is within Bluetooth range of your phone for this feature to function correctly.

Sports Modes

Enjoy the beauty of sports with 107 built-in sports modes. Access the sports menu on your watch to select your desired activity. The watch will track relevant metrics such as steps, distance, calories burned, and heart rate during your workout.

Health Monitoring

The watch provides 24-hour monitoring of key health data, including blood oxygen, blood pressure, and heart rate. View your everyday health data at a glance on the watch or in the companion app for a more detailed analysis. **Note:** This device is not a medical device and should not be used for medical diagnosis or treatment.

Maintenance

Water Resistance (IP68)

The JOYROOM JR-FT6 Smart Watch features IP68 water resistance, keeping you free from worries about sweat or rain during sports. It can be worn for hand washing, sweating, and swimming. However, it is not suitable for hot showers, saunas, or diving. Avoid exposing the watch to hot water or steam.



Image: The JOYROOM JR-FT6 Smart Watch partially submerged in water, illustrating its IP68 water resistance capability.

Cleaning and Care

- Wipe the watch screen and body regularly with a soft, dry, lint-free cloth.
- If necessary, use a slightly damp cloth for stubborn smudges, then dry thoroughly.
- Clean the charging contacts periodically to ensure efficient charging.
- Avoid using harsh chemicals, cleaning solvents, or strong detergents, as these may damage the watch's finish or internal components.

Battery Life

The watch is equipped with a large capacity battery and low power consumption AI algorithm, providing an ultra-long one-week battery life under typical usage. Battery performance may vary based on usage patterns and settings.

Troubleshooting

- **Watch not turning on:** Ensure the watch is fully charged using the magnetic charging dock. If it still doesn't turn on, try holding the digital crown for an extended period (approx. 10-15 seconds).
- **Cannot pair with smartphone:**
  - Ensure Bluetooth is enabled on your phone and the watch is discoverable.
  - Make sure the watch is sufficiently charged.
  - Restart both your watch and smartphone.
  - Clear Bluetooth cache on your phone (if applicable) and try again.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, about one finger's width above your wrist bone. Avoid excessive movement during measurements. Note that environmental factors and individual physiology can affect readings.
- **Notifications not appearing:** Check notification settings in the JOYROOM app and your smartphone's system settings to ensure the app has necessary permissions. Ensure the watch is connected via Bluetooth.
- **Short battery life:** Reduce screen brightness, disable unnecessary features (e.g., always-on display), and limit frequent health monitoring if not needed constantly. Ensure background app refresh is managed.

Specifications

Feature	Detail
Model Name	JR FT6
Screen Size	1.85 Inches
Water Resistance	IP68
Connectivity Technology	Bluetooth, Wi-Fi
Wireless Communication Standard	Bluetooth
Special Features	Wireless, Blood Pressure Monitor, Heart Rate Monitor
Shape	Square
Operating System	watchOS (Note: This may refer to a custom OS, not Apple's watchOS)

GPS	ANT+
Package Dimensions	15 x 9.6 x 7.2 cm
Item Weight	270 g

Warranty and Support

For warranty information and technical support, please refer to the documentation included with your product packaging or visit the official JOYROOM website. Keep your purchase receipt as proof of purchase for any warranty claims.
Note on Videos: No official product videos from the seller were available for embedding in this manual.

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