

## Aiwa ASB-40

# Aiwa Smart Band ASB-40 User Manual

Model: ASB-40

## INTRODUCTION

The Aiwa Smart Band ASB-40 is a versatile fitness tracker designed to help you monitor your health and fitness activities. It features a comfortable silicone strap and a 1.1-inch color AMOLED display for clear visibility. This smart band tracks various health metrics including heart rate, blood pressure, and SpO2 levels, alongside fitness activities such as steps taken, calories burned, and distance traveled. It also offers sleep quality tracking and smart features like notification alerts, music and camera remote control, 'find my phone' function, alarm clock, timer, and stopwatch.



## SETUP

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### 1. Unboxing

Carefully remove the Aiwa Smart Band ASB-40 and its accessories from the packaging. The box should contain the smart band and a charging cable.

### 2. Charging the Device

1. Connect the charging cable to the charging port on the back of your smart band.
2. Plug the other end of the charging cable into a USB power adapter (not included) or a computer's USB port.
3. The band's display will show a charging indicator. Allow approximately 2 hours for a full charge before first use.

### 3. Pairing with Your Smartphone

1. Download the official Aiwa Smart Band application from your smartphone's app store (iOS or Android).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the Aiwa Smart Band application and follow the on-screen instructions to create an account or log in.
4. In the app, navigate to the device pairing section and select 'Add Device'.
5. The app will search for available devices. Select 'ASB-40' from the list to initiate pairing.
6. Confirm the pairing request on both your smartphone and the smart band if prompted.

### 4. Wearing the Smart Band

Wear the smart band snugly on your wrist, about one finger's width above your wrist bone. Ensure the sensor on the back of the band is in contact with your skin for accurate heart rate and other health measurements.

## OPERATING INSTRUCTIONS

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### Basic Navigation

The Aiwa Smart Band ASB-40 features a touch-sensitive 1.1-inch color AMOLED display. Swipe left/right or up/down to navigate through different menus and functions. Tap the screen to select an option or confirm an action.

### Key Features and Functions

- **Activity Tracking:** Monitors steps taken, distance traveled, and calories burned throughout the day. View your daily progress directly on the band or in the companion app.
- **Heart Rate Monitor:** Continuously tracks your heart rate. Access real-time readings on the band and historical data in the app.
- **Blood Pressure & SpO2 Monitoring:** Provides estimates of your blood pressure and blood oxygen saturation (SpO2) levels. These measurements are for reference only and should not be used for medical diagnosis.
- **Sleep Tracking:** Automatically monitors your sleep patterns, including deep sleep, light sleep, and awake times. Review your sleep quality analysis in the app.
- **Smart Notifications:** Receive alerts for incoming calls, messages, and app notifications directly on your wrist when connected to your smartphone.
- **Sedentary Reminder:** The band can remind you to move if you have been inactive for an extended period.

- **Remote Control:** Control music playback and trigger your smartphone camera remotely from the smart band.
- **Find My Phone:** Use this function on the band to make your paired smartphone ring, helping you locate it.
- **Alarm Clock, Timer, Stopwatch:** Access these utility functions directly from the band's menu.

## Water Resistance (IP67)

The Aiwa Smart Band ASB-40 is IP67 rated, meaning it is protected against dust ingress 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 light rain. However, it is not recommended for swimming, showering with hot water, or diving, as steam and prolonged water exposure can damage the device.

## MAINTENANCE AND CARE

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- **Cleaning:** Regularly clean the smart band, especially the sensor area and the strap, with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.
- **Charging:** Use only the provided charging cable. Avoid overcharging the device. Disconnect the charger once the battery is full.
- **Storage:** Store the smart band in a cool, dry place when not in use. Avoid extreme temperatures.
- **Avoid Impact:** Protect the device from strong impacts or drops, which can damage the screen or internal components.

## TROUBLESHOOTING

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### Device Not Turning On

- Ensure the device is fully charged. Connect it to the charger for at least 30 minutes.
- If the issue persists, try performing a soft reset (refer to the app for specific instructions, or hold the touch button/area for 10-15 seconds if available).

### Unable to Pair with Smartphone

- Make sure Bluetooth is enabled on your smartphone and the smart band is within range.
- Ensure the Aiwa Smart Band app is installed and updated to the latest version.
- Restart both your smartphone and the smart band.
- If previously paired, try unpairing the device from your phone's Bluetooth settings and then re-pairing through the app.

### Inaccurate Readings (Heart Rate, Steps)

- Ensure the band is worn snugly on your wrist, with the sensor in full contact with your skin.
- Clean the sensor on the back of the band to remove any dirt or sweat.
- Ensure your personal information (height, weight, age) is accurately entered in the companion app.

### Short Battery Life

- Reduce screen brightness or screen-on time settings in the app.
- Disable continuous heart rate monitoring if not needed constantly.
- Limit the number of notifications received on the band.

## SPECIFICATIONS

Model Number	ASB-40
Brand	Aiwa
Display	1.1-inch Color AMOLED
Connectivity	Bluetooth V4.0
Strap Material	TPU
Waterproof Rating	IP67
Health Monitoring	Heart Rate, Blood Pressure, SpO2
Activity Tracking	Steps, Calories, Distance, Sleep
Smart Features	Notifications, Sedentary Reminder, Music/Camera Control, Find Phone, Alarm, Timer, Stopwatch
Package Dimensions	15 x 8.2 x 3.2 cm
Item Weight	60 g
Country of Origin	China
First Available Date	19 October 2023

## WARRANTY AND SUPPORT

For detailed warranty information, please refer to the warranty card included with your purchase or visit the official Aiwa website. If you encounter any issues not covered in this manual or require further assistance, please contact Aiwa customer support through their official channels.