Spade & Co Health Smartwatch 2

Spade & Co Health Smartwatch 2 User Manual

Model: Health Smartwatch 2

1. Introduction

This manual provides instructions for the Spade & Co Health Smartwatch 2. It covers setup, operation, maintenance, and troubleshooting to ensure optimal use of your device. The smartwatch is designed to assist in monitoring various health metrics and fitness activities.
For additional support, please visit the official Spade & Co website.

2. What's in the Box

Upon unboxing your Spade & Co Health Smartwatch 2, verify that all components are present:

- Spade & Co Health Smartwatch 2 (with chosen band)
- USB-A to Magnetic Charging Cable
- User Manual (this document)
- Interchangeable Bands (if included with your specific package)



Image: The Spade & Co Health Smartwatch 2, showcasing its display and design.

3. Setup Guide

3.1. Charging the Smartwatch

1. Connect the USB-A end of the charging cable to a compatible USB power adapter (not included) or a computer's USB port.
2. Attach the magnetic end of the charging cable to the charging contacts on the back of the smartwatch. Ensure a

secure connection.

3. The watch display will indicate charging status. Allow approximately 2-3 hours for a full charge.

3.2. App Installation and Pairing

The Spade & Co Health Smartwatch 2 requires a companion application for full functionality and data synchronization. The app is compatible with both iPhone and Android devices.

1. **Download the App:** Search for "Spade & Co Health" (or similar, based on common practice) in the Apple App Store (for iPhone) or Google Play Store (for Android).
2. **Create Account:** Open the app and follow the on-screen instructions to create a new user account or log in if you already have one.
3. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
4. **Pair Device:** Within the app, navigate to the "Device" or "Add Device" section. Select your Spade & Co Health Smartwatch 2 from the list of available devices.
5. **Confirm Pairing:** A pairing request may appear on your smartwatch and/or smartphone. Confirm the pairing on both devices.



Image: The smartwatch on a wrist, emphasizing health control.

4. Operating Instructions

4.1. Basic Navigation

- **Touchscreen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Side Button:** Press the side button to return to the home screen or wake the device. A long press may access power options.

4.2. Customizing Watch Faces

You can change the watch face through the companion app. Navigate to the "Dial Center" or "Watch Face" section in the app to browse and apply new designs.

5. Health Monitoring Features

The Spade & Co Health Smartwatch 2 offers comprehensive health tracking capabilities:

- **Heart Rate Monitoring:** Continuously tracks your heart rate throughout the day. View real-time data on the watch or detailed trends in the app.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen saturation levels.
- **Body Temperature Monitoring:** Provides readings of your body temperature. Note: This is for general wellness and not a medical device.
- **Sleep Tracking:** Monitors your sleep patterns, including deep sleep, light sleep, and awake times.
- **Activity Tracking:** Records steps, distance, and calories burned throughout the day.



Image: Overview of the smartwatch's health and connectivity features.

6. Connectivity and Notifications

Once paired with your smartphone, the smartwatch can display notifications and manage calls:

- **Call Alerts:** Receive incoming call notifications on your watch. You can accept or reject calls directly from the watch.
- **Text and App Alerts:** Get notifications for text messages, emails, and other app alerts directly on your wrist.
- **Music Control:** Control music playback on your smartphone from the smartwatch.



Image: The smartwatch displaying an incoming call, demonstrating call alert functionality.

7. Workout Modes

The smartwatch supports over 20 different sports modes to track your workouts effectively. Select the appropriate mode before starting an activity to record specific metrics relevant to that exercise.



Image: Smartwatches displaying health metrics, highlighting the multiple workout modes.

8. Maintenance

8.1. Cleaning

- Wipe the watch screen and body with a soft, damp, lint-free cloth.
- Avoid using abrasive cleaners or solvents.
- Ensure the charging contacts are clean and dry before charging.

8.2. Water Resistance

The smartwatch is designed with a degree of water resistance. However, it is not recommended for diving or high-pressure water activities. Avoid prolonged submersion. Always dry the watch thoroughly after exposure to water.



Image: The smartwatch with water droplets, illustrating its water-resistant design.

9. Troubleshooting

Problem	Possible Solution
Watch not turning on/charging.	Ensure the charging cable is securely connected to both the watch and a working power source. Try a different USB port or adapter. Clean charging contacts.
Cannot pair with smartphone.	Ensure Bluetooth is enabled on your phone. Restart both the watch and phone. Make sure the watch is within range. Check the app for pairing instructions.

Problem	Possible Solution
Inaccurate health readings.	Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch. Note that the watch is for general wellness and not a medical device.
Notifications not appearing.	Check app settings to ensure notification permissions are granted. Verify Bluetooth connection. Ensure "Do Not Disturb" mode is off on both devices.
Battery drains quickly.	Reduce screen brightness. Limit continuous heart rate monitoring if not needed. Close unused apps on the watch. Ensure background app refresh is optimized on your phone.

10. Specifications

- **Model Number:** health-smartwatch-2
- **Product Dimensions:** 5 x 3 x 1 inches
- **Item Weight:** 5 ounces
- **Connectivity Technology:** Bluetooth
- **Wireless Communication Standard:** Bluetooth
- **Battery Cell Composition:** Lithium Ion
- **Operating System:** Android (compatible with iOS)
- **Special Feature:** Heart Rate Monitor, Body Temperature, Blood Oxygen, Sleep Tracking
- **GPS:** No GPS
- **Shape:** Rectangular
- **Target Audience:** Unisex adult

11. Warranty and Support

Spade & Co products are manufactured with quality and reliability in mind. For information regarding warranty coverage, product support, or to contact customer service, please visit the official Spade & Co website or refer to the warranty card included with your purchase.
Online Support: www.spadeandco.com/support
Please retain your proof of purchase for warranty claims.

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Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question

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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.

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