Spade & Co health-smartwatch-2-black

Spade & Co Health Smartwatch 2 User Manual

Model: health-smartwatch-2-black

Introduction

Welcome to the user manual for your Spade & Co Health Smartwatch 2. This guide provides essential information on setting up, operating, maintaining, and troubleshooting your new health and fitness tracker. The Health Smartwatch 2 is designed to help you monitor your vital stats, track your activities, and stay connected.



Figure 1: Front view of the Spade & Co Health Smartwatch 2, showcasing its sleek black design and digital display.

Package Contents

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

- Spade & Co Health Smartwatch 2 (main unit)
- Watch Band
- USB-A to Magnetic Charging Cable
- Quick Start Guide (this manual provides more detailed information)

Setup

1. Charging the Smartwatch

Before initial use, fully charge your Health Smartwatch 2.

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 it snaps securely into place.
3. The watch display will indicate charging status. A full charge typically takes approximately 2 hours.

Note: The battery typically lasts about three to four days on a full charge.

2. Installing the Companion App

To unlock the full functionality of your smartwatch, you need to install the Spade & Co companion application on your smartphone.

- For Android devices, search for "Spade & Co" in the Google Play Store.
- For iOS devices (iPhone), search for "Spade & Co" in the Apple App Store.
- Download and install the application.



Figure 2: The smartwatch display showing various health metrics like heart rate, calories, and body temperature, alongside notification examples.

3. Pairing with Your Smartphone

Once the app is installed and your smartwatch is charged, proceed with pairing:

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the Spade & Co application.
3. Follow the on-screen instructions within the app to search for and connect to your Health Smartwatch 2.
4. Confirm the pairing request on both your smartphone and the smartwatch if prompted.

Important: Syncing to the app is generally automatic once paired. If you experience issues, ensure the app is open and Bluetooth is active.



Figure 3: The smartwatch connected to a smartphone, demonstrating call and message notification capabilities.

Operating Instructions

Basic Navigation

- **Touchscreen:** Swipe left, right, up, or down to navigate through menus and features.
- **Side Button:** Press the side button to return to the home screen or to power the device on/off (hold down).
- **Accessing Settings:** From the home screen, swipe right to access the settings menu.

Health Monitoring Features

The Health Smartwatch 2 offers comprehensive health tracking:

- **Body Temperature:** Monitors your body temperature. Note that the watch may display temperature in Celsius by default. This can be changed to Fahrenheit within the companion app settings.
- **Blood Oxygen (SpO2):** Measures your blood oxygen saturation levels.

- **Heart Rate Monitoring:** Provides continuous heart rate tracking.
- **Sleep Tracking:** Analyzes your sleep patterns to provide insights into sleep quality.

Disclaimer: While the smartwatch provides valuable health data, it is not a medical device. The measurements are for reference only and should not be used for medical diagnosis or treatment. For accurate medical readings, consult a healthcare professional.



Figure 4: The smartwatch showing a blood pressure reading, highlighting its water-resistant design.

Activity Tracking

Track your fitness progress with the built-in activity features:

- **Steps:** Counts your daily steps.
- **Distance:** Estimates the distance covered based on your steps.
- **Calories Burned:** Calculates estimated calorie expenditure.
- **Workout Modes:** The smartwatch supports over 20 different sports modes to accurately track various activities.



Figure 5: The smartwatch highlighting its 20+ workout modes, suitable for various fitness activities.

Smart Notifications

Stay connected by receiving notifications directly on your wrist:

- **Text Alerts:** Receive incoming text messages.
- **Call Alerts:** Get notifications for incoming calls.
- **App Notifications:** Configure notifications from other apps (e.g., social media) through the companion app.

Note: You can choose which notifications to receive via the Spade & Co app settings.

Maintenance

Cleaning Your Smartwatch

To ensure optimal performance and hygiene, regularly clean your smartwatch:

- Wipe the screen and body with a soft, lint-free cloth.

- For stubborn marks, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.
- Clean the charging contacts periodically to ensure a good connection.

Battery Care

- Avoid fully discharging the battery frequently.
- Charge the device using the provided cable.
- Store the smartwatch in a cool, dry place when not in use for extended periods.

Troubleshooting

Problem	Possible Cause	Solution
Smartwatch won't turn on.	Low or no battery.	Charge the smartwatch for at least 30 minutes.
Cannot pair with smartphone.	Bluetooth is off; app not open; watch not discoverable.	Ensure Bluetooth is on, open the app, and restart the smartwatch. Try re-pairing from the app.
Inaccurate health readings (e.g., BP, steps).	Improper fit; app settings (e.g., Celsius vs. Fahrenheit); inherent limitations of consumer devices.	Ensure the watch is worn snugly. Check app settings for unit conversions. Remember, these are for reference, not medical diagnosis.
Notifications not received.	App permissions; notification settings in app; Bluetooth disconnected.	Check app permissions on your phone. Verify notification settings within the Spade & Co app. Ensure Bluetooth connection is stable.
Battery drains quickly.	Frequent use of features; continuous monitoring; old battery.	Reduce continuous monitoring if not needed. Limit background app usage. If battery life significantly degrades, contact support.

Specifications

Feature	Detail
Model Number	health-smartwatch-2-black
Brand	Spade & Co
Product Dimensions	5 x 3 x 1 inches
Item Weight	5 ounces
Connectivity Technology	Bluetooth
Operating System Compatibility	Android, iOS (iPhone)
Special Features	Heart Rate Monitor, Body Temperature, Blood Oxygen (SpO2), Sleep Tracking, Activity Tracker, Text/Call Alerts
Color	Black
First Available Date	October 25, 2023

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 in your product packaging or visit the official Spade & Co website. Keep your proof of purchase for warranty claims.
Extended protection plans may be available for purchase. Please check with your retailer for options such as 2-Year or 3-Year Protection Plans.

Customer Support

If you encounter any issues or have questions not covered in this manual, please contact Spade & Co customer support.

- **Online Support:** Visit the Spade & Co official website for FAQs, support articles, and contact forms.
- **Email Support:** Refer to your product packaging or the official website for the customer support email address.

When contacting support, please have your product model number (health-smartwatch-2-black) and purchase details ready.

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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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