RUIMEN H1

RUIMEN Smart Watch User Manual

Model: H1

Product Overview

The RUIMEN H1 Smart Watch is designed for both men and women, offering a comprehensive suite of features for daily use and fitness tracking. It includes capabilities for answering and making calls directly from the watch, message notifications, and a variety of health monitoring functions such as heart rate, blood oxygen, and sleep tracking. The watch features a 1.85-inch touch screen and comes with two interchangeable bands for personalized style. Its IP68 waterproof rating ensures durability for everyday activities.



Figure 1: RUIMEN H1 Smart Watch, showcasing its main interface with health metrics and an incoming call notification.

Setup Guide

1. Initial Charging

Before first use, fully charge your RUIMEN H1 Smart Watch. Connect the provided charging cable to the watch's charging port and a USB power source. A full charge typically takes approximately 2.5 hours.



Figure 2: Watch dimensions and battery life details, indicating 30 days standby, 5 days normal use, and 2 hours charge time.

2. Connecting to Your Phone (Easy Setup)

To unlock the full functionality of your smart watch, connect it to your smartphone via the companion application. Follow these steps:

1. **Download the App:** Install the "GloryFit" app from your phone's app store (compatible with iOS 9.0/Android 5.0 and

Bluetooth 5.0 or above).

2. **Activate Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open App and Pair:** Open the "GloryFit" app and select "Add a new device". Scan the QR code displayed on your watch to initiate pairing.
4. **Confirm Pairing:** On your phone, find "H1" in the Bluetooth device list and complete the pairing process by selecting "Pair".
5. **Enable Functions:** Within the app, enable necessary functions such as notifications and health tracking permissions.



Figure 3: Visual instructions for connecting the smart watch to your mobile device.

3. Activating Bluetooth Calling Function

To use the call answering and making features, an additional Bluetooth connection is required:

1. **Phone Bluetooth Settings:** Go to your phone's Bluetooth settings.
2. **Connect to H1:** Find "H1" (or a similar device name like "H1(ID-43B1)") in the list of available devices and tap to connect.
3. **Confirm Connection:** Once connected, the call icon on your watch will light up, indicating the calling function is active.
4. **Make/Answer Calls:** You can now make and answer calls directly from your watch.



Figure 4: Visual instructions for enabling Bluetooth calling on the smart watch.

Operating Instructions

1. Screen and Watch Faces

The RUIMEN H1 features a 1.85-inch HD touch screen. You can customize your watch face from over 100+ options available in the GloryFit app, or by uploading your own photos to personalize the display.



Figure 5: Examples of customizable watch faces and the process of setting a personal photo as a watch face.

2. Call and Message Notifications

Once connected via Bluetooth, the smart watch allows you to make and answer calls directly. It also displays notifications for SMS, emails, and various applications (e.g., WhatsApp, Facebook, Instagram, Twitter) directly on your wrist, ensuring you stay connected without needing to check your phone constantly.

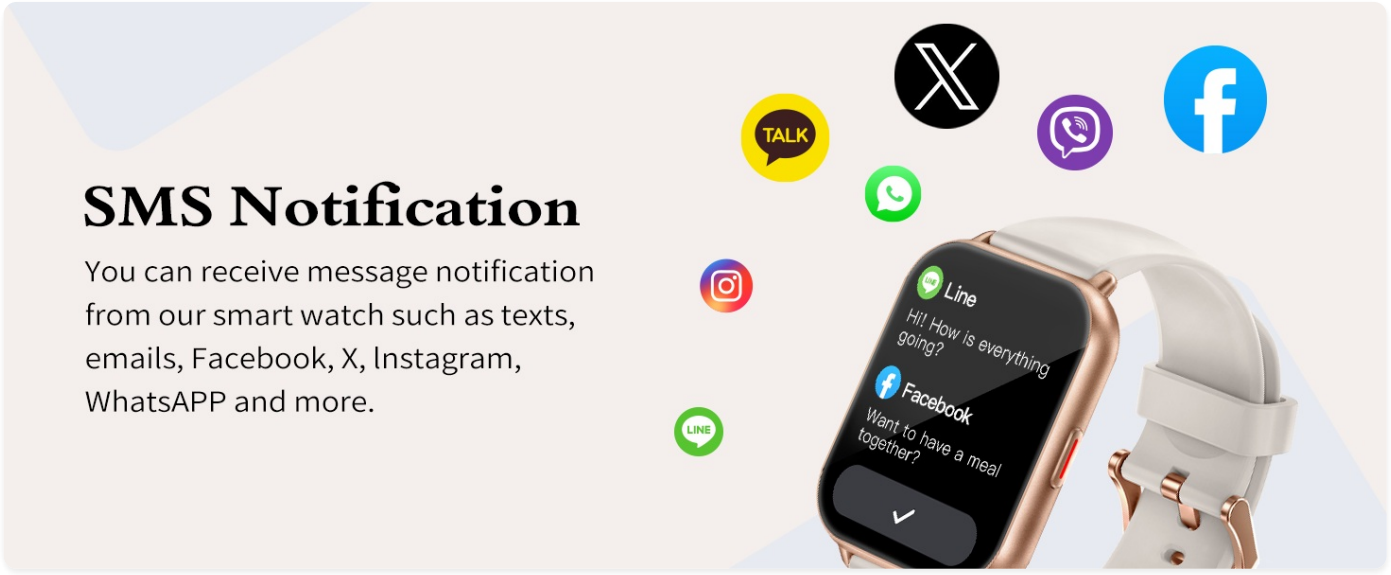


Figure 6: Smart watch displaying an incoming call, highlighting its call handling capabilities.



Figure 7: Smart watch displaying SMS and app notifications from platforms like Facebook and WhatsApp.

3. All-Day Fitness Tracking

The RUIMEN H1 accurately tracks daily fitness metrics including steps, distance, and calories burned. It supports over 100 sports modes through the app, allowing you to monitor various activities. The watch also continuously measures heart rate, blood oxygen levels, and sleep status, providing a comprehensive overview of your health.



Figure 8: Illustration of the 100+ sport modes supported by the watch, tracking calories, distance, and steps.



Figure 9: Detailed display of heart rate (bpm) and blood oxygen (SpO2) readings on the watch interface.



Figure 10: Sleep monitor interface, tracking sleep status throughout the night.

4. Practical Tools

The smart watch is equipped with various practical tools to enhance your daily convenience:

- **Alarm Clocks:** Set multiple alarms for reminders.
- **Timer:** Use the built-in timer for various activities.
- **Weather Forecasts:** Get real-time weather updates directly on your wrist.
- **Music Controls:** Control music playback on your connected phone (play, pause, skip tracks).
- **Flashlight:** A simple flashlight function for convenience.
- **Sedentary Reminder:** Get alerts to move if you've been inactive for too long.
- **Find Watch/Phone:** Locate your watch or phone if misplaced.
- **Remote Camera:** Use your watch as a remote shutter for your phone's camera.
- **Breathing Training:** Guided breathing exercises to help relax.
- **Voice Assistant:** Access your phone's voice assistant for quick commands.



Figure 11: Overview of practical tools including music control, remote camera, weather, and breathing training.



Figure 12: Breathing training interface and voice assistant activation on the smart watch.

Maintenance

1. Battery Life and Charging

The RUIMEN H1 Smart Watch offers up to 30 days of standby time and 5-7 days of regular usage on a single 2.5-hour charge. To maximize battery life, avoid extreme temperatures and use only the provided charging cable.

2. Waterproofing (IP68)

The watch has an IP68 waterproof rating, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, hand washing, and light rain. *It is not recommended for swimming, hot showers, or diving.*



Figure 13: The smart watch being exposed to water during hand washing, illustrating its IP68 water resistance.

3. Cleaning and Care

To maintain your watch, regularly clean the screen and strap with a soft, dry cloth. If necessary, a slightly damp cloth can be used for the strap. Avoid using harsh chemicals or abrasive materials.

Troubleshooting

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes before attempting to power on.
- **Cannot pair with phone:**
  - Ensure Bluetooth is enabled on your phone and the watch.
  - Make sure the "GloryFit" app is installed and open.
  - Restart both your phone and the watch.
  - Ensure the watch is not already connected to another device.
  - Try resetting the watch to factory settings (refer to app settings for this option).
- **Notifications not appearing:**
  - Check app permissions on your phone to ensure "GloryFit" has access to notifications.
  - Verify that notification settings are enabled within the "GloryFit" app for specific applications.
  - Ensure the watch is properly connected via Bluetooth.
- **Inaccurate health data:**
  - Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.
  - Clean the sensor on the back of the watch.
  - Movement during measurement can affect accuracy. Remain still for heart rate and blood oxygen readings.
- **Call function not working:**
  - Confirm that the second Bluetooth connection for calling (e.g., "H1" or "H1-Call") is active in your phone's Bluetooth settings.
  - Ensure the watch's microphone and speaker are not obstructed.

Specifications

Feature	Detail
Model Number	H1
Screen Size	1.85 Inches
Product Dimensions	9.96 x 1.54 x 0.43 inches
Item Weight	2 ounces (56.6 Grams)
Battery Capacity	300 Milliamp Hours (Lithium Polymer)
Connectivity Technology	Bluetooth 5.0
Operating System Compatibility	iOS 9.0+ and Android 5.0+
Waterproof Rating	IP68
Memory Storage Capacity	128 MB

Manufacturer	RUIMEN
Country of Origin	China

Warranty and Support

The RUIMEN H1 Smart Watch comes with a**1-Year Warranty** from the date of purchase, covering manufacturing defects. Additionally, RUIMEN provides **Lifetime Technical Support** for this product.
For warranty claims, technical assistance, or any inquiries, please refer to the contact information provided on the product packaging or visit the official RUIMEN website for the most up-to-date support details.

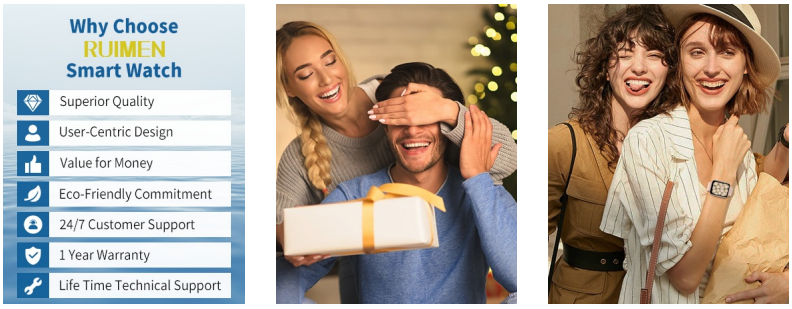


Figure 14: Icons highlighting key benefits such as quality, user-centric design, and value.

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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.

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