

Mindrose H80

Mindrose H80 Smart Watch User Manual

Model: H80

1. INTRODUCTION

Thank you for choosing the Mindrose H80 Smart Watch. This device is designed to help you monitor your health, track your fitness activities, and stay connected. This manual provides essential information on how to set up, operate, and maintain your smart watch to ensure optimal performance.



Figure 1.1: Mindrose H80 Smart Watch Overview

The Mindrose H80 Smart Watch features a 1.47-inch HD-color full touch screen, comprehensive health monitoring capabilities including 24/7 heart rate, blood oxygen, and blood pressure, over 115 sports modes, and smart notifications for calls and messages. It is also IP68 waterproof, making it suitable for various daily activities.

2. SETUP

2.1. Initial Charging

Before first use, fully charge your smart watch. Connect the magnetic USB charging cable to the charging contacts on the back of the watch and plug the USB end into a standard USB power adapter (not included). A full charge typically takes 1.5 to 2 hours.

Easy Magnetic Charging and Long Battery Life

Get rid of the hassle of frequent charging



Figure 2.1: Magnetic Charging Connection

Once fully charged, the watch can provide 6-7 days of heavy use or 10-12 days of daily use, with a standby time of up to 30 days.

2.2. App Download and Installation

To unlock the full features of your smart watch, download the companion application on your smartphone. The recommended app is "Da Fit", available on both Android and iOS app stores.

1. Scan the QR code provided in the watch's quick start guide or search for "Da Fit" in your phone's app store.
2. Download and install the application.
3. Follow the on-screen prompts to grant necessary permissions.

2.3. Device Pairing

After installing the app, pair your smart watch with your smartphone via Bluetooth:

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the "Da Fit" app and navigate to the "Device" or "Add Device" section.
3. The app will search for available devices. Select "H80" or the corresponding device name from the list.
4. Confirm the pairing request on both your watch and smartphone if prompted.
5. Once paired, the watch's time and date will synchronize with your phone, and you can begin customizing settings and tracking data.

3. OPERATING INSTRUCTIONS

3.1. Basic Navigation

The Mindrose H80 Smart Watch features a full touch screen for intuitive operation:

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different data screens (e.g., heart rate, sports modes, weather).
- **Tap:** Select an item or confirm an action.
- **Press Side Button:** Return to the home screen or wake the device.

1.47" Curved-Design HD-color Full Touch Screen



Figure 3.1: 1.47" HD-color Full Touch Screen and Watch Face Customization

You can customize your watch face by long-pressing the home screen or through the "Da Fit" app, choosing from over 150 options or using your own photos.

3.2. Health Monitoring

The watch provides 24/7 monitoring of key health metrics:

- **Heart Rate:** Monitors your heart rate continuously throughout the day.
- **Blood Oxygen (SpO2):** Measures your blood oxygen saturation levels.
- **Blood Pressure:** Provides estimates of your blood pressure.
- **Sleep Tracker:** Analyzes your sleep patterns, including REM, light, and deep sleep stages, to help you understand your sleep quality.

On-Wrist Health Monitoring

Stay on top of your health and fitness goals



**24/7
Heart Rate**



**Blood
Pressure**



**Blood
Oxygen**



**Sleep
Tracker**



Figure 3.2: On-Wrist Health Monitoring

To view real-time data, swipe to the respective health screen on your watch. For detailed historical data and trends, refer to the "Da Fit" app.

3.3. Sports Modes and Activity Tracking

The watch supports over 115 sports modes and tracks your daily activity:

- **Sports Modes:** Select a specific sport (e.g., walking, running, cycling, swimming, yoga) to track performance metrics like duration, distance, calories burned, and heart rate during your workout.
- **All-Day Activity Tracking:** Automatically monitors your steps, distance covered, and calories burned throughout the day.
- **GPS Connectivity:** Connects to your phone's GPS to map your outdoor workout routes in the app.

100+ Sports Modes with GPS Connectivity

All Day Activity Tracking Designed to Motivate You



Figure 3.3: 115+ Sports Modes and All-Day Activity Tracking

Access sports modes by swiping on the watch face or through the main menu. Ensure GPS is enabled on your phone for route tracking.

3.4. Notifications and Reminders

Stay connected with notifications directly on your wrist:

- **Call Notifications:** Receive alerts for incoming calls, view caller ID, and have options to reject or mute calls directly from the watch.
- **Message Notifications:** Read full text messages and alerts from various apps (e.g., SMS, email, social media) on your watch screen.
- **Drinking Water Reminder:** Set reminders to ensure adequate hydration.
- **Sedentary Reminder:** Get alerts when you've been inactive for too long.

- **Menstrual Cycle Reminder:** For female users, track and receive reminders for menstrual cycles.



Figure 3.4: Call and Message Notifications

Enable and customize these notifications and reminders within the "Da Fit" app settings.

3.5. Other Features

The Mindrose H80 Smart Watch offers additional convenient features:

- **Real-time Weather Display:** Get current weather information directly on your watch.
- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks).
- **Remote Camera Shooting:** Use your watch as a remote shutter for your phone's camera.
- **Timer:** A built-in timer function for various needs.
- **Do-Not-Disturb Mode:** Silence notifications during specific times.

4. MAINTENANCE

4.1. Charging Best Practices

- Use only the provided magnetic charging cable.
- Avoid charging in extreme temperatures.
- Do not leave the watch charging for extended periods after it is fully charged.

4.2. Water Resistance (IP68)

The Mindrose H80 Smart Watch is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. This makes it safe for:

- Washing hands
- Taking a shower
- Working out in the rain
- Swimming

IPX8 Waterproof

For washing hands, shower, raining, swimming



Rain



Swimming



Wash Hands



Shower



Figure 4.1: IP68 Water Resistance

Note: Avoid hot water, steam, or prolonged immersion in saltwater, as these can compromise the seal over time. Do not operate buttons underwater.

4.3. Cleaning

To keep your watch clean and maintain skin health:

- Wipe the watch and strap regularly with a soft, damp cloth.
- For stubborn dirt, use a mild soap solution and rinse thoroughly.
- Ensure the watch is completely dry before charging or wearing.

5. TROUBLESHOOTING

If you encounter issues with your Mindrose H80 Smart Watch, refer to the following common solutions:

Problem	Possible Cause	Solution
Watch not turning on	Low battery	Charge the watch for at least 30 minutes.
Cannot pair with phone	Bluetooth off, app issue, watch not discoverable	Ensure Bluetooth is on. Restart watch and phone. Reinstall "Da Fit" app. Ensure watch is close to phone.
Inaccurate health readings	Watch fit, movement, sensor obstruction	Ensure watch is snug but comfortable on wrist. Keep still during measurement. Clean sensor on back of watch.
Notifications not received	App permissions, DND mode, app not running in background	Check app notification permissions. Disable Do-Not-Disturb mode. Ensure "Da Fit" app is running in background.
Short battery life	Frequent use of features, high brightness	Reduce screen brightness. Limit continuous heart rate monitoring. Turn off unnecessary notifications.

If the issue persists, please contact customer support for further assistance.

6. SPECIFICATIONS

Feature	Detail
Model Number	H80
Display	1.47 Inches HD-color Full Touch Screen (320 x 386 resolution)
Connectivity	Bluetooth, USB (for charging)
Operating System Compatibility	Android 4.4 / iOS 8.4 or above
Water Resistance	IP68
Battery Life (Typical Use)	7-10 days
Charging Time	1.5-2 hours
Item Weight	4.6 ounces
Dimensions	7.01 x 3.03 x 1.18 inches (Package)
Special Features	Heart Rate, Blood Oxygen, Blood Pressure, Sleep Monitor, 115+ Sports Modes, Activity Tracker, Notifications, GPS Connectivity (via phone)

7. WARRANTY AND SUPPORT

Mindrose provides a warranty for this product against defects in materials and workmanship under normal use. For specific warranty terms and conditions, please refer to the product packaging or contact Mindrose customer support.

For technical assistance, troubleshooting, or any inquiries regarding your Mindrose H80 Smart Watch, please contact our customer support team. Contact information can typically be found on the product packaging or on the official Mindrose website.