

HAYLOU RS5S

HAYLOU RS5 Smart Watch User Manual

Model: RS5S | Brand: HAYLOU

1. INTRODUCTION

The HAYLOU RS5 Smart Watch is a versatile wearable device designed for both men and women, offering a blend of style, functionality, and advanced health tracking. Featuring a vibrant 2.01" AMOLED display, Bluetooth calling capabilities, and a wide array of sport modes, it's engineered to enhance your daily life and fitness journey. This manual provides essential information for setting up, operating, and maintaining your new smartwatch.



Figure 1: HAYLOU RS5 Smart Watch with its included straps.

2. WHAT'S IN THE BOX

- HAYLOU RS5 Smart Watch
- Magnetic Charging Cable
- User Manual
- Additional Strap (color may vary)

3. SETUP GUIDE

3.1 Initial Charging

Before first use, fully charge your HAYLOU RS5 Smart Watch. Connect the magnetic charging cable to the charging points on the back of the watch. Plug the USB end of the cable into a standard USB power adapter (5V/1A recommended) or a computer's USB port. The watch display will show the charging progress. A full charge typically takes about 1 hour.

Ultra-long Battery Life

AOD mode

3 days

light usage mode

16 days

standby time

20 days



Figure 2: Smartwatch connected to its magnetic charging cable, indicating full charge.

3.2 Attaching/Changing Straps

The HAYLOU RS5 comes with two interchangeable straps: a silicone strap and a braided strap. To attach or change a strap:

1. Locate the quick-release pin on the back of the strap near the watch body.
2. Pull the pin inwards to release the strap from the watch lug.
3. Align the new strap with the watch lug, insert one end of the pin into the lug hole, then pull the quick-release pin inwards to align the other end with the opposite lug hole.

4. Release the pin to secure the strap. Gently tug on the strap to ensure it is firmly attached.

2 Free Straps

Silicone Strap and Braided Strap included



Figure 3: The HAYLOU RS5 Smart Watch showcasing its two included strap options.

3.3 App Pairing

To unlock the full potential of your smartwatch, download and install the official HAYLOU app on your smartphone. The app is available on both iOS and Android app stores.

1. Scan the QR code provided in the watch's initial setup screen or in the user manual to download the app, or

search for "HAYLOU" in your app store.

2. Open the HAYLOU app and create an account or log in.
3. Follow the on-screen instructions to add your device. The app will search for nearby HAYLOU RS5 devices.
4. Select your watch from the list of found devices. A pairing request will appear on both your phone and watch. Confirm the pairing on both devices.
5. Once paired, the watch will synchronize time and data with your phone, and you can customize settings, view health data, and receive notifications.

4. OPERATING THE SMARTWATCH

4.1 Display and Navigation

The HAYLOU RS5 features a 2.01" AMOLED display with a crisp 410*502 resolution, offering clear visuals even in bright sunlight. It supports an Always-On Display (AOD) mode for continuous time visibility.

- **Touch Screen:** Swipe left/right, up/down, and tap to navigate through menus, select options, and view information.
- **Side Button/Crown:** Press the side button to wake the screen, return to the home screen, or access the app list. Rotate the crown to scroll through menus or adjust settings.

2.01" AMOLED Display

Stylish *Metallic* Bezel



Figure 4: The 2.01" AMOLED display of the HAYLOU RS5 Smart Watch.

4.2 Watch Faces

Personalize your watch with over 150 customizable watch faces available through the HAYLOU app. You can easily switch between them to match your mood or style.

- **On Watch:** From the home screen, long-press the display to enter the watch face selection mode. Swipe left/right to browse available watch faces and tap to select.
- **Via App:** Open the HAYLOU app, navigate to the watch face gallery, and choose from a wider selection. Download and apply new watch faces directly from the app.

150+ Personalized Watch Faces



Figure 5: A selection of personalized watch faces available for the HAYLOU RS5.

4.3 Bluetooth Calling & Smart Notifications

The HAYLOU RS5 allows you to make and receive calls directly from your wrist, thanks to its built-in microphone and speaker. You can also receive real-time alerts for messages, emails, and app notifications.

- **Making Calls:** Access the call function from the app list on your watch. You can dial numbers or select contacts from your synchronized phonebook.
- **Receiving Calls:** When a call comes in, the watch will display the caller ID. You can answer or reject the call directly from the watch.

- **Notifications:** Ensure notification permissions are enabled in the HAYLOU app and your phone's settings for desired apps (e.g., WhatsApp, Gmail, Facebook, SMS).

Bluetooth Calling

Built-in microphone and speaker



Figure 6: Bluetooth calling feature in action on the HAYLOU RS5 Smart Watch.

4.4 Health Monitoring

The smartwatch provides comprehensive 24/7 health monitoring features:

- **Heart Rate:** Continuous heart rate tracking with alerts for abnormal readings.

- **Blood Oxygen (SpO2):** Monitor your blood oxygen saturation levels.
- **Sleep Monitoring:** Tracks sleep stages (REM, deep, light) and provides a sleep score.
- **Stress Monitoring:** Measures stress levels throughout the day.
- **Women's Cycle Tracking:** Helps track and predict menstrual cycles.

Access these features from the app list on your watch or view detailed historical data in the HAYLOU app.



Figure 7: Overview of health management features on the HAYLOU RS5.

4.5 Workout Modes

With over 150 sport modes, the HAYLOU RS5 Fitness Tracker Watch can monitor a wide range of physical activities, from outdoor running to indoor cycling and more. It's IP68 waterproof, making it suitable for various conditions.

- **Starting a Workout:** Select 'Workout' from the app list on your watch. Choose your desired sport mode. The watch will begin tracking your activity, including duration, calories burned, heart rate, and other relevant metrics.
- **Ending a Workout:** Swipe right or press the side button to pause or end the workout. Confirm to save the data.
- **Workout Data:** All recorded workout data is synchronized with the HAYLOU app, where you can view detailed summaries, progress over time, and analyze your performance.

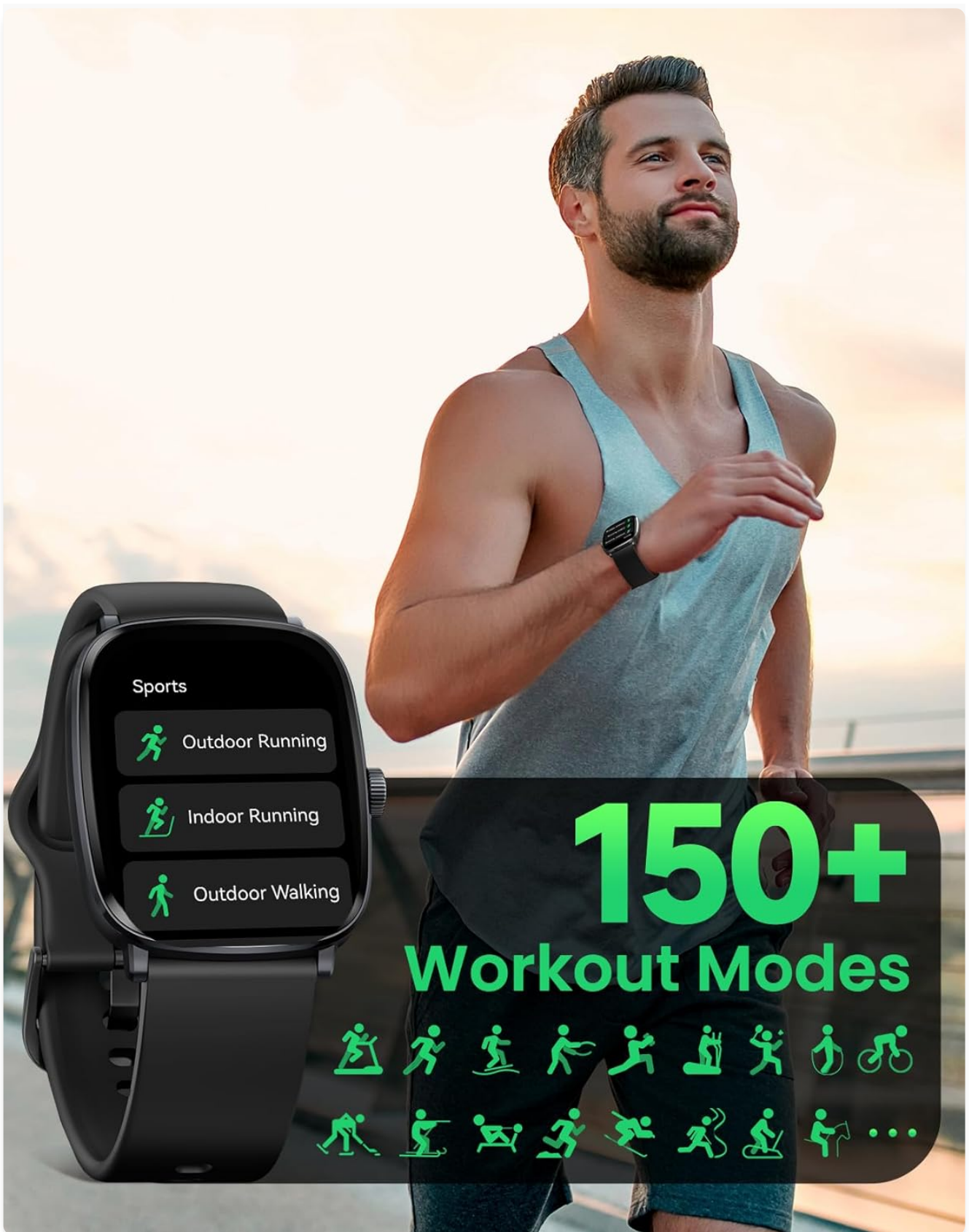


Figure 8: The HAYLOU RS5 Smart Watch offers over 150 workout modes.

5. BATTERY LIFE & CHARGING

The HAYLOU RS5 boasts an impressive battery life. It can last up to 16 days in light usage mode and 9 days with heavy use. With Always-On Display (AOD) mode activated, it provides up to 3 days of battery life. The magnetic charging system allows for quick recharging, reaching 80% in approximately 1 hour.

- **Charging:** Use the provided magnetic charging cable. Ensure the charging pins align correctly with the

contacts on the back of the watch.

- **Battery Saving Tips:** To extend battery life, reduce screen brightness, limit continuous heart rate monitoring, and disable unnecessary notifications.

6. MAINTENANCE

To ensure the longevity and optimal performance of your HAYLOU RS5 Smart Watch, follow these maintenance guidelines:

- **Cleaning:** Regularly clean the watch body and straps with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.
- **Drying:** After exposure to water (e.g., swimming, showering), ensure the watch is completely dry before charging or prolonged wear to prevent corrosion of the charging contacts.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.
- **Strap Care:** If using the silicone strap, clean it regularly to prevent skin irritation from sweat or dirt buildup. The braided strap can be hand-washed with mild soap and air-dried.

7. TROUBLESHOOTING

If you encounter issues with your HAYLOU RS5 Smart Watch, try the following solutions:

- **Watch Not Turning On:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes.
- **Connectivity Issues (Bluetooth):** Make sure Bluetooth is enabled on your smartphone. Ensure the watch is within range of your phone. Try unpairing and re-pairing the device in the HAYLOU app.
- **Inaccurate Health Data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors on the back of the watch.
- **Notifications Not Appearing:** Check notification permissions in both the HAYLOU app and your phone's system settings. Ensure the watch is connected via Bluetooth.
- **Screen Unresponsive:** Try restarting the watch by holding down the side button. If unresponsive, allow the battery to fully drain and then recharge.

For persistent issues, refer to the FAQ section in the HAYLOU app or contact customer support.

8. SPECIFICATIONS

Feature	Specification
Model Number	RS5S
Display	2.01 Inches AMOLED
Resolution	410*502
Brightness	Up to 1000 Nits
Connectivity	Bluetooth
Battery Life (Light Use)	16 Days
Battery Life (Heavy Use)	9 Days

Battery Life (AOD Mode)	3 Days
Water Resistance	IP68
Sport Modes	150+
Health Monitoring	Heart Rate, SpO2, Sleep, Stress, Women's Cycle
Item Weight	6.4 ounces
Package Dimensions	6.77 x 3.78 x 1.34 inches



Figure 9: Physical dimensions of the HAYLOU RS5 Smart Watch.

9. WARRANTY AND SUPPORT

HAYLOU products come with a standard manufacturer's warranty. For detailed warranty information, please refer to the warranty card included in your product packaging or visit the official HAYLOU website. If you require technical support, troubleshooting assistance, or have any questions regarding your HAYLOU RS5 Smart Watch, please

contact HAYLOU customer service through the official app or website.
Thank you for choosing HAYLOU. We hope you enjoy your new smartwatch!