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› **ASWEE** /

› **ASWEE Smart Watch (Answer/Dial Call),Fitness Tracker with 1.85" TFT Display,Multiple Sport Modes Smartwatch with Heart Rate Blood Oxygen and Sleep Monitor,IP68 Waterproof Smart Watches for Men Women Grey**

ASWEE P4

ASWEE P4 Smart Watch User Manual

Model: P4 | Brand: ASWEE

INTRODUCTION

This manual provides comprehensive instructions for the ASWEE P4 Smart Watch, a versatile fitness tracker with call capabilities, a 1.85" TFT display, and various health monitoring features. Please read this manual thoroughly before using your device.

WHAT'S IN THE BOX

- ASWEE P4 Smart Watch
- Charging Cable
- User Manual

PRODUCT OVERVIEW

The ASWEE P4 Smart Watch features a rectangular 1.85-inch TFT-LCD display with a 240x280 resolution. It includes a physical button on the side for navigation and interaction. The watch is designed for comfortable wear and easy access to its functions.

Front view of the ASWEE P4 Smart Watch, displaying time and date with a floral background.

SETUP

Charging the Device

The ASWEE P4 Smart Watch comes with a magnetic charging cable. Align the magnetic end of the cable with the charging contacts on the back of the watch. The watch will indicate when it is charging. A full charge typically takes approximately 2 hours and provides up to 7 days of active use or 15 days on standby.

Long-lasting Battery Life
Enjoyable Usage

7 days
battery life

15 days
in standby

2h
Fast charging

Illustration showing the magnetic charging cable connected to the back of the ASWEE P4 Smart Watch, highlighting battery life indicators.

App Installation and Pairing

To utilize all features of your ASWEE P4 Smart Watch, you need to download and install the "FitPro" application on your smartphone. Scan the QR code provided in the watch's packaging or search for "FitPro" in your device's app store.

Pairing with iPhone

Follow these steps to pair your watch with an iPhone:

1. Ensure Bluetooth is enabled on your iPhone.
2. Open the "FitPro" app.
3. Navigate to "Setting" and then "Bind device".
4. Select your watch (e.g., KM13Pro) from the scan results.
5. Confirm the pairing request by clicking "Pair" and then "Allow" for notifications.
6. Go to your iPhone's Bluetooth settings and connect to "KM13Pro Audio" for call functionality.

Your browser does not support the video tag.

Video tutorial demonstrating how to bind the ASWEE P4 Smart Watch to an iPhone and how to unbind it.

Pairing with Android Phone

Follow these steps to pair your watch with an Android phone:

1. Ensure Bluetooth is enabled on your Android phone.
2. Open the "FitPro" app.
3. Navigate to "Set" and then "Bind device".
4. Select your watch (e.g., KM13Pro) from the scan results.
5. Confirm the pairing request by clicking "Pair".

Your browser does not support the video tag.

Video tutorial demonstrating how to bind the ASWEE P4 Smart Watch to an Android phone and how to unbind it.

OPERATING INSTRUCTIONS

Basic Navigation

The watch features a touch-sensitive screen for navigation. Swipe left/right or up/down to access different functions and menus. The side button typically serves as a home or back button.

Call and Text Functionality

With its built-in speaker and microphone, the ASWEE P4 allows you to answer/dial calls directly from your wrist when connected via Bluetooth. You can also receive SMS text and SNS messages (Facebook, Twitter, WhatsApp, etc.) with vibration alerts.
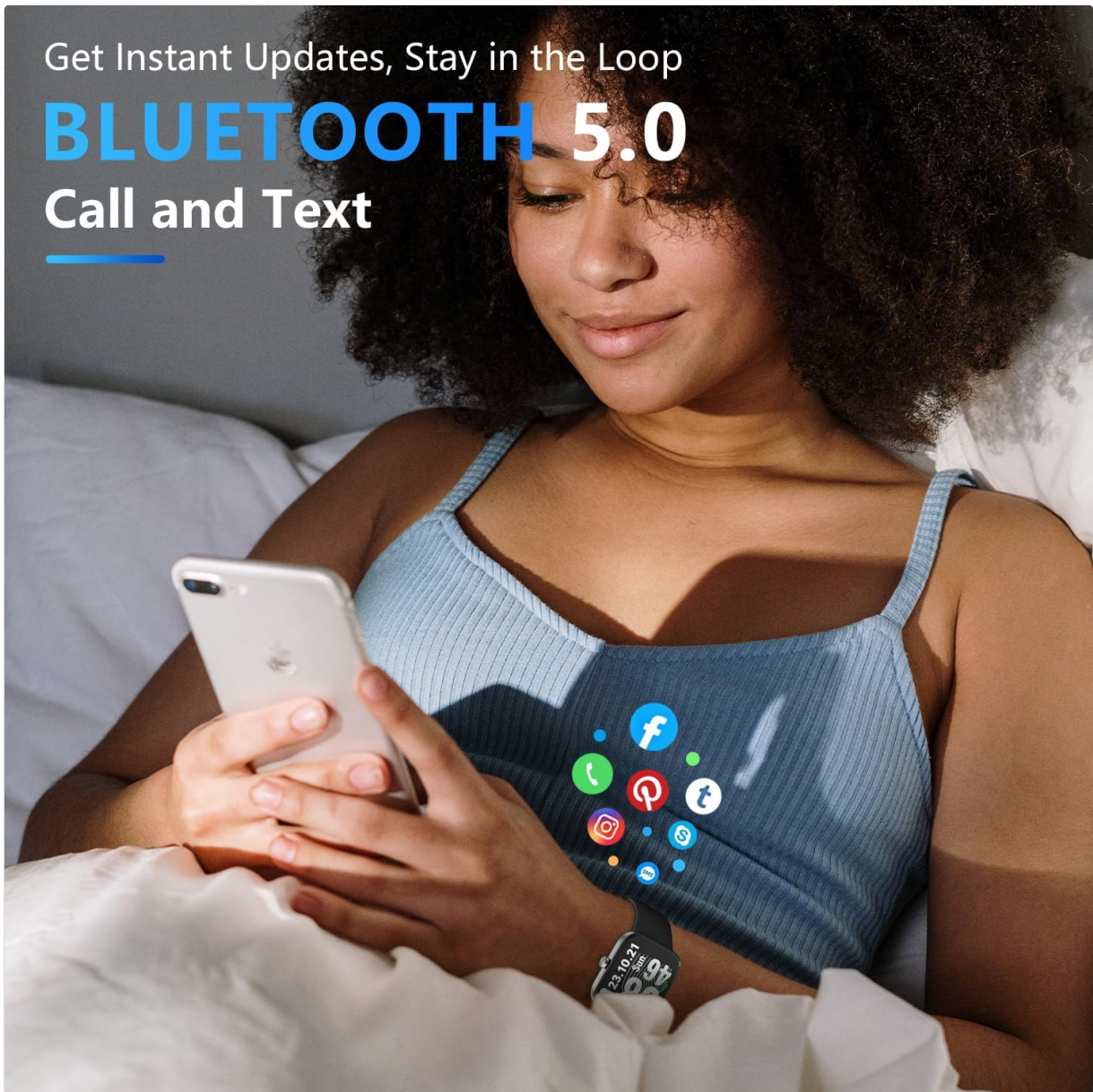
Image showing the ASWEE P4 Smart Watch on a wrist, with notification icons for various messaging apps, indicating Bluetooth 5.0 connectivity for calls and texts.

Health Tracking

The watch provides comprehensive health monitoring:

- **Heart Rate:** 24-hour tracking with a high-precision PPG sensor. Stores 7 days of resting heart rate data.
- **Blood Oxygen:** Measures SpO2 levels using a reflective-light based sensor.
- **Sleep Monitoring:** Tracks sleep quality through Awake, Light, and Deep sleep stages, helping to improve sleep duration and quality.
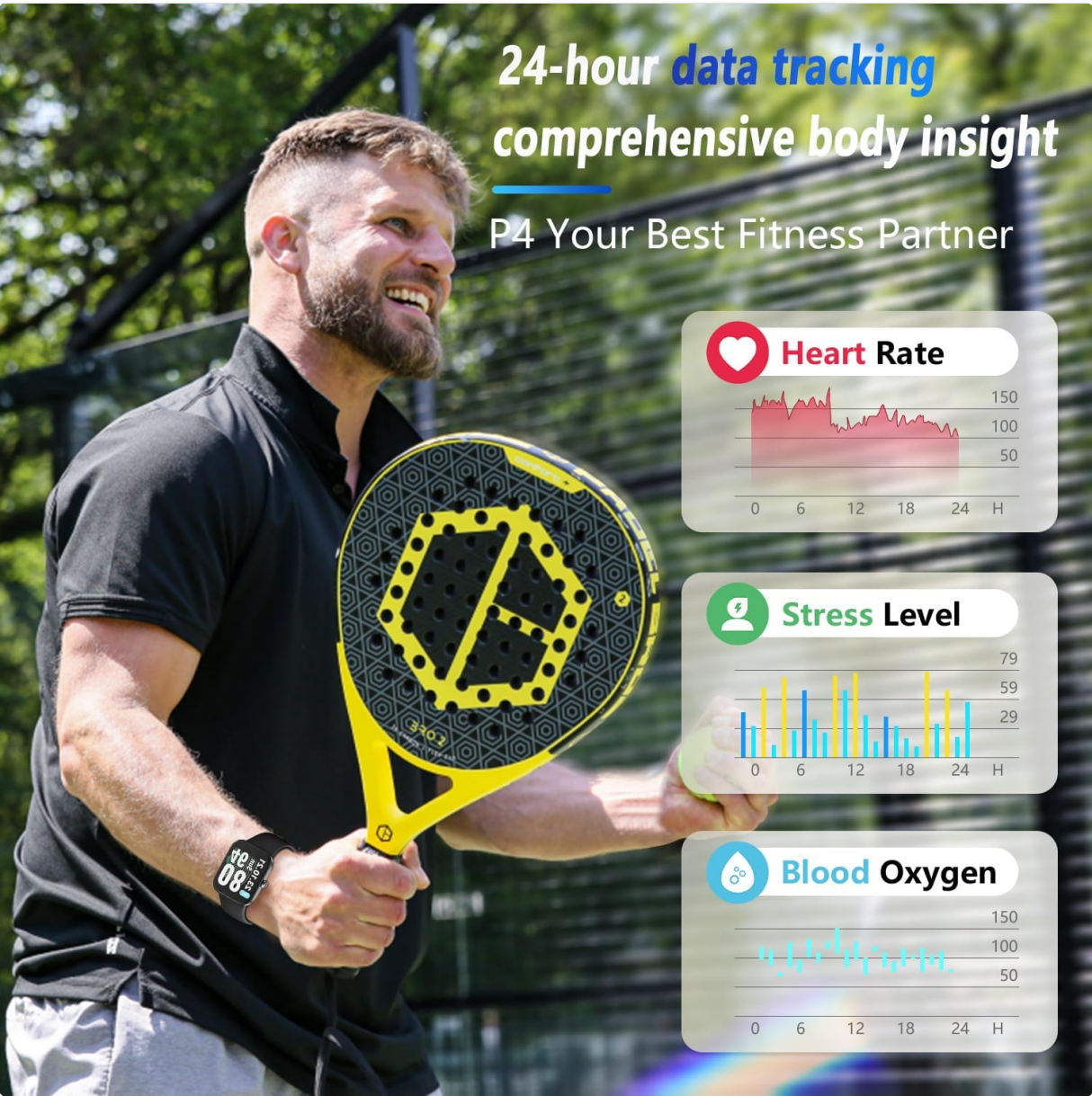- **Stress Monitoring:** Provides insights into stress levels.

Image illustrating the ASWEE P4 Smart Watch's 24-hour data tracking capabilities, including heart rate, stress level, and blood oxygen monitoring.

Image depicting the ASWEE P4 Smart Watch's sleep health assistant feature, showing sleep duration and patterns.

Fitness Modes

The ASWEE P4 supports multiple workout modes, including running, bike riding, basketball, and tennis. It accurately monitors data points like heart rate, time, and calories burned to enhance workout efficiency.
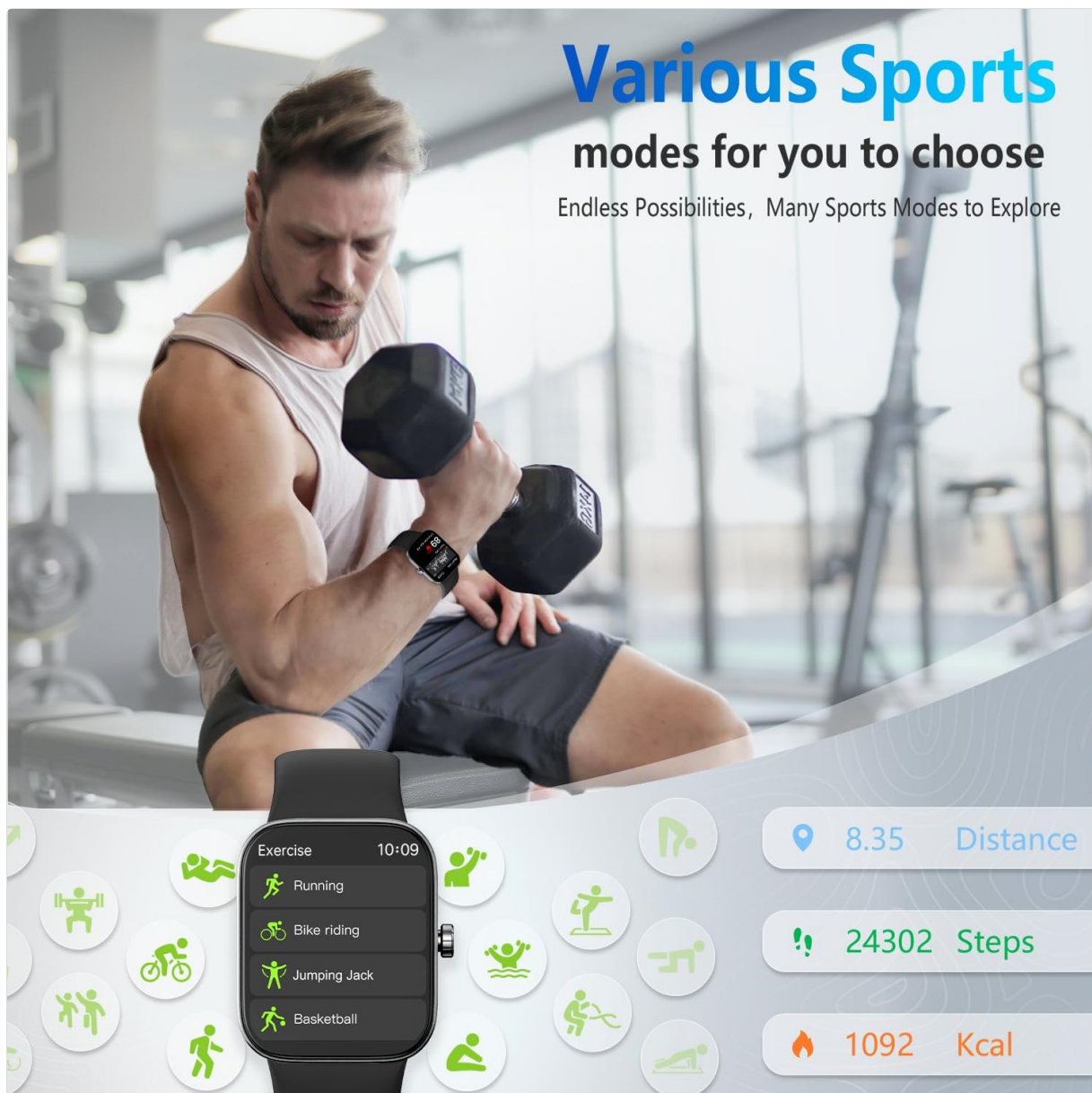
Image showcasing the ASWEE P4 Smart Watch's various sports modes, including running, bike riding, basketball, and jumping jack, with activity data like steps, distance, and calories.

Customization

Choose from over 100 stylish watch faces or create your own using photos from your phone gallery.

MAINTENANCE

Cleaning

Regularly clean your watch and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.

Storage

Store the watch in a cool, dry place when not in use.

TROUBLESHOOTING

Watch Not Turning On

- Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30

minutes.

Pairing Issues

- Make sure Bluetooth is enabled on your phone and the watch is within range.
- Restart both your phone and the watch.
- If previously paired, try "forgetting" the device in your phone's Bluetooth settings and re-pairing through the FitPro app.
- Ensure the FitPro app has necessary permissions (Bluetooth, location).
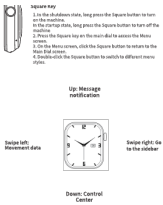
Inaccurate Health Data

- Ensure the watch is worn snugly on your wrist, not too tight or too loose.
- Clean the sensor on the back of the watch.
- Environmental factors and individual physiology can affect readings.

Notifications Not Appearing

- Check app permissions for FitPro to ensure it can access notifications.
- Verify that notification push settings are enabled within the FitPro app for desired applications.
- Ensure the watch is connected to your phone via Bluetooth.

SPECIFICATIONS

Feature	Detail
Model Name	P4
Brand	ASWEE
Screen Size	1.85 Inches
Display Technology	TFT-LCD
Resolution	240 x 280 PPI
Operating System	Wear OS
Connectivity	Bluetooth 5.3
Water Resistance	IP68, 5 ATM
Battery Life (Typical Use)	Up to 7 days
Standby Time	Up to 15 days
Charging Time	Approx. 2 hours
Special Features	Fitness Tracker, Sleep Monitor, Reminders, Multimedia control, Answer/Dial Call, Heart Rate Monitor, Blood Oxygen Monitor, Stress Monitor

Feature	Detail
Item Weight	2.89 ounces

Note: Specifications are subject to change without prior notice.

WARRANTY AND SUPPORT

For warranty information and technical support, please refer to the official ASWEE website or contact their customer service. Keep your purchase receipt as proof of purchase.

Related Documents - P4

Learn how to set up and use your ASWEE Smart Watch. This guide covers connecting to your phone, using health monitoring features, sports modes, and troubleshooting.

Square Key
1. In the shutdown state, long press the Square button to turn on the machine.
In the startup state, long press the Square button to turn off the machine.
2. Press the Square key on the main dial to access the Menu screen.
3. On the Menu screen, click the Square button to return to the Main dial screen.
4. Double-click the Square button to switch to different menu styles.

Up: Message notification

Swipe left: Movement data

Swipe right: Go to the sidebar

Down: Control Center

Watch Function introduction

| Alarm
After the watch is connected to the APP, you can set a single alarm clock, a cycle alarm clock, and up to 10 alarm clocks in the APP terminal.

| Stopwatch
- Click the Start button to start the timing.
- Click the Pause button to stop the timing.
- Click the Reset button to return the timing to zero.

| Breathing Training
- During breathing exercises, there are 1-minute and 5-minute options.
- Users click on the corresponding time to perform breathing training.
- Click Start and follow the ICONS in the breathing exercises to zoom in and zoom out.

| Blood Pressure
When entering the Blood Pressure Measurement interface, the green light at the bottom will start the test and there will be a vibration reminder when the measurement is completed within 30 to 60 seconds. The measurement is based on PPG technology.

| Female
After the watch is connected to the APP, a women's health alert can be enabled on the APP to view women's health information on the watch.

| Heart Rate
When you enter the Heart Rate Measurement interface, the green light at the bottom will start to measure. When the measurement is completed in about 40 seconds, there will be a vibration reminder. If the message "Please wear the watch correctly" is displayed, you need to wear the watch again.

| Blood oxygen
When entering the interface of Blood Oxygen Measurement, the red light at the bottom will start the text for 30-60 seconds and there will be a vibration reminder when the measurement is completed. The measurement is based on PPG technology.

| Movement
Sports mode options: Hiking, Running, Cycling, Mountaineering, Badminton, Baseball, Basketball, etc. Click the icon to start Sports.

| Weather
When the watch is connected to the APP, the weather interface will display real-time weather temperature and weather type.

| Messages
After the watch is connected to the APP, you can open the push of relevant information on the APP terminal. The watch terminal can receive the corresponding push message and save up to 13 latest messages.
For example, after receiving a WeChat message, enter the WeChat function interface to view the message. After receiving a short message, enter the Information interface to view the message.

| Set-Up
The Settings function includes screen display (Switching Dial, On-Screen Duration, Brightness Adjustment, Wrister On-Screen Duration, and Touchscreen Clock), language, vibration intensity, menu style, battery, password, two-dimensional code, and system.

| Music
When the watch is connected to the APP, you can control the Pause and Start of the mobile music player, adjust the volume and switch songs.

| Timer
In the timing function, the system preset the common timing duration. You can click the corresponding duration to time quickly or click the custom button to set the time.
- Click the Start button to start the timing.
- Click the Pause button to pause the timing.
- Click the Reset button to reset the timing to zero.

| Sleep
The watch displays the total sleep duration as well as light and deep sleep duration last night, and the sleep screen slides up to show sleep data generated in the last seven days.

| Computer
On the Menu screen, click Calculator to enter the Function Screen of Calculator. On this screen, you can calculate addition, subtraction, multiplication, and division.

| Movement Data
Display the number of steps, distance, and calorie data recorded on that day. You can scroll up the data interface to view the number of steps in the recent seven days, and set the target number of steps, distance, and calories in the APP.

| Bluetooth Phone
When the watch is connected to the Bluetooth of the mobile phone, it can synchronize with the watch after adding the common contacts in the APP. You can dial directly from the interface of the common contacts of the watch, or use the watch to dial and control the call of the mobile phone.

| Looking for Mobile Phone
After the watch is connected to the APP, click to find the phone, the phone will ring and the watch will show that the search is successful. If the watch and the APP are not connected, the sides of the watch will prompt to show Bluetooth's disconnected.

| The Control Center
Function Description: Screen Brightness Adjustment, Do Not Disturb Mode, Flashlight, Audio Bluetooth, Settings, System Information, Phone Search, Music Playback.

Q&A

1. The watch isn't starting. What to do?
Ans: Press the Power button for more than 6 seconds. Or, the battery may be low. Charge it in time.
2. Bluetooth is not connected or cannot be connected. How to deal with that?
Ans: You can try the following ways:
1) Please try to restart the watch and re-link.
2) Please try to restart Bluetooth and connect again.
3) Don't connect your phone to other Bluetooth devices at the same time.
3. Watch is measuring the heart rate, blood pressure, and blood oxygen data abnormally. Possible reasons?
Ans: There could be several reasons for that. Here are a few of them:
1) Generally for measurement, the watch sensor and the human body might be in poor contact. Please check and work on that.
2) Please pay attention to full contact between the sensor and the wrist during measurement.
3) For people with darker skin color and hairy arms, please enable enhanced measurement in App [Device > Enhanced measurement].
4. Abnormal sleep data is showing. Possible reasons?
1) Sleep monitoring simulates people's self-perceived state of falling asleep and waking up, which needs to be worn correctly.
2) If you wear it for too long or when you fall asleep, errors may occur.
3) Sleep data is not monitored during the day, and the default sleep monitoring is from 9:30 PM to 12:00 noon the next day.

For more frequently asked questions, please check the App [My >FAQ]
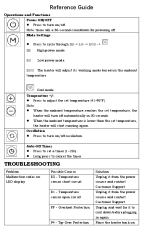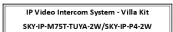
Bluetooth data transmission

When connected to a mobile phone, the watch synchronizes some data, including weather, notifications, sports, and health data, with the phone via Bluetooth. When the connection is disconnected or Bluetooth is turned off, the data will not be synchronized.
Note:
1) Do not charge in a humid environment.
2) Please use a clean flannelette to clean the magnetic suction charging hole on the back of the watch. This will ensure that the magnetic suction charging port and magnetic charger fit well confirming normal charging.
3) This product is not equipped with a power adapter to ensure the safety of the family and property. While charging, you can use the computer USB interface or choose a power adapter whose output is not more than 5V1A. Please buy the power adapter through the regular channel, and avoid using the bottom quality and fake power adapter to avoid casting the phone.

power adapter to avoid bursting or firing.
Matters Needing Attention
1. The measurement results of this product are only for industrial examination and are not used for any medical use or basis. Please follow the doctor's guidance and do not use the measurement results for self-diagnosis and treatment.
2. This product's waterproof grade is IP68, so, it cannot be used for deep diving and a long time in the water. In addition, this product does not put hot water, because the steam will affect the watch.
3. The Company reserves the right to modify the contents of this manual without prior notice. Some functions are different in the corresponding software version. This is normal.

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OPERATING INSTRUCTIONS BODY ANALYSIS SCALES

NOTICE D'UTILISATION PÈSE-PERSONNE IMPÉDANCEMÈTRE
BEDIENUNGSANLEITUNG KÖRPERANALYSEWAAGE
FUNDIONAMIENTO BÁLANZA CON ANÁLISIS MASSA CORPOREA
INSTRUCCIONES DE USO DE LA BÁSCULA DE ANÁLISIS CORPORAL
INSTRUÇÕES DE OPERAÇÃO BALANÇA DE ANÁLISE CORPORAL
GEBRUIKSAANWIJZING PERSOONSWEEGSCHAAL MET LICHAAMSANALYSE

[Brabantia Body Analysis Scales - Operating Instructions and Features](#)
Comprehensive operating instructions for Brabantia Body Analysis Scales, covering setup, usage, safety precautions, features, and troubleshooting. Learn how to measure body fat, water, muscle, and BMI accurately.

ESP32-P4
esp-dev-kits 文档

[ESP32-P4-Function-EV-Board User Guide and Technical Reference](#)
Comprehensive documentation for the Espressif ESP32-P4-Function-EV-Board, detailing its features, hardware specifications, setup instructions, and related resources for developers.

[Dreo Space Heater Reference Guide: Operations and Troubleshooting](#)
A comprehensive reference guide for Dreo space heaters, detailing operations, functions, and troubleshooting steps for common issues. Includes information on power, mode settings, temperature control, oscillation, and timer functions.

IP Video Intercom System - Villa Kit
SKY-IP-M75T-TUYA-2W/SKY-IP-P4-2W

[IP Video Intercom System - Villa Kit SKY-IP-M75T-TUYA-2W/SKY-IP-P4-2W User Manual](#)
This document provides detailed information on the SKY-IP-M75T-TUYA-2W/SKY-IP-P4-2W IP Video Intercom System - Villa Kit, covering features, installation, operation, specifications, and Tuya APP integration for smart home security.