

## SUUNY H10 Pro

# SUUNY H10 Pro Smartwatch User Manual

Model: H10 Pro

## 1. INTRODUCTION

This manual provides detailed instructions for the SUUNY H10 Pro Smartwatch. Please read this guide thoroughly to ensure proper use and optimal performance of your device. The H10 Pro features a 1.9-inch HD screen, Bluetooth calling, NFC access control, and comprehensive health monitoring.



Figure 1: SUUNY H10 Pro Smartwatch (Silver model with white strap)

## 2. PACKAGE CONTENTS

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Verify that all items are present in your product package:

- 1 x SUUNY H10 Pro Smartwatch
- 1 x Magnetic Charging Cable
- 1 x User Manual
- 1 x Original Box

## 3. SETUP

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### 3.1. Charging the Smartwatch

Before initial use, fully charge your SUUNY H10 Pro Smartwatch. The device uses magnetic wireless charging.

1. Connect the magnetic charging cable to a USB power adapter (not included).
2. Place the smartwatch on the magnetic charging base. Ensure the charging pins align correctly with the watch's charging points.
3. The watch screen will indicate charging status. A full charge typically takes approximately 2 hours.

### 3.2. App Installation and Device Pairing

To unlock the full functionality of your smartwatch, you need to install the companion application on your smartphone and pair the devices.



Figure 2: H10 Pro features and Qifit app information

1. **Download the Qifit App:** Search for "Qifit" in your smartphone's app store (Google Play Store for Android or Apple App Store for iOS) and install it.
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open Qifit App:** Launch the Qifit application and follow the on-screen instructions to create an account or log in.
4. **Pair Device:** Within the Qifit app, navigate to the device pairing section. The app will search for available devices. Select "H10 Pro" or a similar device name from the list.
5. **Confirm Pairing:** A pairing request may appear on both your phone and smartwatch. Confirm the pairing on both devices.

**Note:** For GPS positioning, the smartwatch relies on the Qifit mobile phone software to push location information to the watch. The watch does not have a built-in GPS chip.

## 4. OPERATING INSTRUCTIONS

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### 4.1. Basic Navigation

The H10 Pro Smartwatch features a 1.9-inch HD full touch screen and a smart rotary knob for navigation.

- **Touch Screen:** Swipe left, right, up, or down to access different functions and menus. Tap to select items.
- **Smart Rotary Knob:** Rotate the knob to scroll through menus or adjust settings. Press the knob to return to the home screen or confirm selections.
- **Cover Screen to Turn Off:** Covering the screen with your palm can turn off the display.

## 4.2. Bluetooth Calling

Once paired with your smartphone, the H10 Pro allows you to make and receive calls directly from your wrist.

- **Making Calls:** Access the dialer function on the watch to input numbers or select contacts from your synced 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.

## 4.3. NFC Access Control

The smartwatch includes a built-in NFC chip for access control functionality. There is no dedicated NFC software icon on the watch.

- **Supported Cards:** The NFC function supports IC door cards with a frequency of 13.56 MNZ. It does not support other NFC functions like mobile payments.
- **Registration Process:** To use the watch as an access card, you must register its NFC ID with your access control system. This typically involves adding the watch's NFC identifier through the access control system's administration interface (e.g., at a community property management office for encrypted access control).
- **Fingerprint Locks:** For fingerprint locks, enter the administrator mode, then select "add card" and "write" to register the watch.

## 4.4. Health Monitoring

The H10 Pro provides various health monitoring features:

- **Heart Rate Monitoring:** Real-time heart rate tracking. Access this feature from the main menu or a dedicated widget.
- **Sleep Monitoring:** Tracks sleep patterns and quality. Wear the watch during sleep for accurate data.
- **Pedometer:** Counts your steps throughout the day.
- **Sedentary Reminder:** Alerts you when you have been inactive for too long.

## 4.5. Multi-Sport Modes

The smartwatch supports various multi-sport modes to track your exercise activities. Select the appropriate mode before starting your workout for accurate data recording.

## 4.6. AI Voice Assistant

Utilize the integrated AI voice assistant for quick commands and information retrieval. Activate the assistant through the watch interface and speak your commands.

## 4.7. Music Control

Control music playback on your paired smartphone directly from the watch. This includes playing, pausing, skipping tracks, and adjusting volume.

## 4.8. Always-On Display & Custom Watch Faces

The H10 Pro supports an always-on display mode. You can also customize the watch face from a selection of pre-installed options or personalize it further through the Qifit app.

#### 4.9. Language Settings

The smartwatch supports the following languages:



Figure 3: Supported languages for the H10 Pro Smartwatch

- English
- Spanish
- Portuguese
- Turkish
- Arabic
- Thai
- Vietnamese

To change the language, navigate to the settings menu on your watch.

## 5. MAINTENANCE

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## 5.1. Water Resistance Guidelines

The SUUNY H10 Pro Smartwatch is designed with "life waterproof" capabilities, meaning it can withstand daily activities such as hand washing and exposure to rain. However, it is important to adhere to the following guidelines to prevent damage:

- **Do Not Submerge:** The watch is not suitable for swimming, bathing, or prolonged submersion in water.
- **Avoid Corrosive Liquids:** Prevent contact with corrosive liquids such as hand sanitizer, soap, or detergents, as these can penetrate the watch and cause damage to internal components.
- **Avoid Hot Water:** Do not expose the watch to hot water or steam (e.g., in saunas or hot showers).

## 5.2. Cleaning

To maintain the appearance and functionality of your smartwatch:

- Wipe the screen and body with a soft, lint-free cloth.
- If necessary, slightly dampen the cloth with water, but avoid excessive moisture.
- Clean the charging contacts periodically to ensure efficient charging.

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## 6. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes before attempting to power it on.
- **Cannot pair with phone:**
  - Ensure Bluetooth is enabled on your phone and the watch.
  - Make sure the Qifit app is installed and running.
  - Restart both the watch and your phone, then try pairing again.
  - Ensure the watch is not already paired with another device.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, but not too tight. Clean the sensor on the back of the watch.
- **NFC access not working:**
  - Verify that the access card system uses 13.56 MNZ IC cards.
  - Confirm that the watch's NFC ID has been correctly registered with the access control system.
  - Ensure the watch is held close enough to the reader.
- **GPS not working:** The watch uses your phone's GPS via the Qifit app. Ensure your phone's GPS is active and the Qifit app has location permissions.

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## 7. SPECIFICATIONS

Detailed technical specifications for the SUUNY H10 Pro Smartwatch:

H10 Pro Smart watch product specification			
Keypoint	Smart watch 8th generation(specification 1:1, full screen / smart knob / Wireless charging / Silicone watch strap / Real-time monitoring / exercise record / exquisite dial / Always-on mode / horizontal screen beside dock		
CPU	RTL8762DT	Style	Smart watch
Dimension	45*38*10.8mm	Package	290*74*26mm
Weight	35g	Shell	Electroplating stainless steel process
Strap	Standard silicone strap, suitable for 44/45mm strap	Charger	Wireless magnetic charging
Color	Bright Black & Bright Silver	Storage	RAM 64M + ROM128M
Screen	1.91-inch HD TFT,320*386	Touch plane	2.5D curved capacitive full-fit touch screen
Battery	Lithium-ion polymer battery, 200mAh	Speaker	Speaker 0916
Motor	0820 Vibration Motor	BT	BT3.0/BT4.0
Smart rotary knob	support	Heart rate	LC11s
ECG	No support	Blood oxygen	LC11s
Sport	support	Always on mode	support
SIRI	support	Pedometer	support
Sedentary reminder	support	Sleep monitor	support
BT music	support	Dialer	support
Alarm clock	support	Calculator	support
World clock	support	Stopwatch	support
Language	English, Spain, Portugal,Turkish, Arabic, Thai, Vietnamese		
Other	APP synchronize weather, Cover screen to turn off, Message push...		

Figure 4: H10 Pro Smartwatch detailed specifications

Feature	Specification
Brand	SUUNY
Model Number	H10 Pro (2023)
Processor	RTL8762DT
Dimensions	45 x 38 x 10.8 mm
Case Material	Electroplated Stainless Steel
Strap	Standard Silicone, suitable for 44/45mm straps
Charger	Magnetic Wireless Charging
Storage	RAM 64M + ROM 128M




Feature	Specification
Screen	1.9-inch HD TFT, 320 x 386 resolution
Touch Panel	2.5D Curved Capacitive Full-fit Touch Screen
Battery	200 mAh Polymer Lithium-ion Battery
Speaker	0916 Speaker
Motor	0820 Vibration Motor
Bluetooth	Dual Bluetooth (BT3.0/BT4.0)
Operating System	Android (compatible with iOS)
Supported Features	Heart Rate Monitoring, Sleep Monitoring, Multi-Sport Modes, Always-on Display, AI Voice Assistant, Pedometer, Sedentary Reminder, BT Music, Dialer, Alarm, Calculator, World Clock, Stopwatch, NFC Access Control (13.56 MNZ IC cards)
GPS	Via smartphone (Qifit app)
Supported Languages	English, Spanish, Portuguese, Turkish, Arabic, Thai, Vietnamese

## 8. WARRANTY AND SUPPORT

Information regarding product warranty and specific support contacts is not available in the provided product details. Please refer to the seller or manufacturer's official website for warranty terms and customer support options.

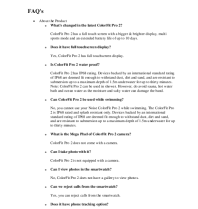



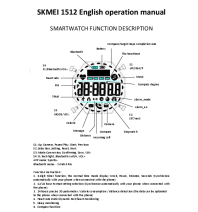
### Related Documents - H10 Pro



[AK26Pro Smartwatch Video Operation Guide](#)

A collection of video guides and FAQs for the AK26Pro smartwatch, covering setup, features, and troubleshooting. Learn how to sync contacts, change watch faces, manage power consumption, and more.



	<p><a href="#">Noise ColorFit Pro 2: Frequently Asked Questions (FAQ) and User Guide</a></p> <p>Find answers to common questions about the Noise ColorFit Pro 2 smartwatch, including features, water resistance, battery life, app connectivity, health tracking, and compatibility with iOS and Android devices.</p>
	<p><a href="#">VIWA Fit Smart Watch Manual - Features and Connection Guide</a></p> <p>Comprehensive guide to the VIWA Fit Smart Watch, covering app download, connection methods, features like heart rate monitoring, blood pressure, sleep tracking, and important precautions.</p>
	<p><a href="#">F9 PRO Smartwatch User Manual: Features, Setup, and FAQs</a></p> <p>Comprehensive user manual for the F9 PRO smartwatch. Covers initial setup, pairing with your phone, essential functions like app alerts, calls, and finding your phone. Details health and fitness tracking features including heart rate, SpO2, sleep monitoring, and blood pressure. Explains multimedia functions, alarms, weather, stopwatch, and camera control. Includes a troubleshooting FAQ section.</p>
	<p><a href="#">C21 Pro Smartwatch User Manual - Features, Pairing, and Usage Guide</a></p> <p>Comprehensive user manual for the C21 Pro smartwatch, covering setup, pairing with the FitCloudPro app, features like heart rate monitoring, sleep tracking, notifications, and product specifications. Compatible with iOS and Android.</p>
	<p><a href="#">SKMEI 1512 Smartwatch: Operation Manual and Features</a></p> <p>A comprehensive guide to the SKMEI 1512 smartwatch, detailing its functions, modes, app integration, electronic specifications, and battery life. Learn how to effectively use your smartwatch for fitness tracking, notifications, and more.</p>