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› EGQINR H31 Smart Watch Fitness Tracker User Manual

EGQINR H31

EGQINR H31 Smart Watch Fitness Tracker User Manual

Model: H31

1. INTRODUCTION

Thank you for choosing the EGQINR H31 Smart Watch Fitness Tracker. This manual provides essential information for setting up, operating, and maintaining your device. The H31 Smart Watch features a 1.58-inch AMOLED display, Bluetooth call functionality, comprehensive health monitoring, and over 114 sports modes to support your active lifestyle.

2. WHAT'S IN THE BOX

- EGQINR H31 Smart Watch (1)
- Comfortable Silicone Watch Straps (1)
- Magnetic Charging Cable (1)
- Instruction Manual (1)

3. SETUP GUIDE

3.1 Charging the Device

Before first use, fully charge your smart watch. Connect the magnetic charging cable to the charging points on the back of the watch and to a USB power source. A full charge typically takes 2 hours.

240mAh Large-Capacity Battery



7.5W
Fast Charging



Stable Magnetic
Suction



Safe and Extend
Battery Life

Image: The EGQINR H31 Smart Watch being charged with its magnetic cable. The display shows battery life and charging status. A full charge provides 3-7 days of heavy use or 25 days of standby.

3.2 App Installation

Download and install the "FitCloudPro" application on your smartphone. This app is compatible with Android 5.1 / iOS 8.0 or above.

3.3 Device Pairing

1. Ensure your smart watch is charged and powered on.
2. Enable Bluetooth on your smartphone.
3. Open the "FitCloudPro" app and follow the on-screen instructions to search for and connect to your EGQINR H31 Smart Watch.
4. Confirm the pairing request on both your phone and the watch.

4. OPERATING INSTRUCTIONS

4.1 Display and Navigation

The watch features a 1.58-inch AMOLED HD display with 228x460 resolution. Swipe across the screen to navigate through menus and functions. You can customize watch faces through the "FitCloudPro" app.



1.58" AMOLED HD-Color Full Touch Screen



**Slim and Stylish
Design**



**Customizable
Watch Face**



**228x460
High Resolution**



**60Hz High
Refresh Rate**



Image: The EQQINR H31 Smart Watch showcasing its 1.58-inch AMOLED HD-Color Full Touch Screen with various customizable watch faces, highlighting its slim design and high resolution.

4.2 Bluetooth Calls and Notifications

Once paired, you can make and answer calls directly from your watch. The watch also displays incoming call names/numbers and provides vibration alerts for SMS, email, and app messages (e.g., Facebook, Twitter, WhatsApp). The large screen allows for easy reading of message content.



HD Bluetooth Call

You can answer, dial, store contacts, view call history and read messages on the watch with just one Bluetooth connection

Image: The EGQINR H31 Smart Watch on a wrist, showing its HD Bluetooth Call feature with a dial pad and an incoming call notification. This allows for answering, dialing, storing contacts, and viewing call history.

4.3 Health Monitoring

The watch continuously monitors your heart rate, blood pressure, and blood oxygen levels. You can view real-time data on your wrist and detailed historical data in the "FitCloudPro" app. It also tracks sleep patterns (deep, light, and awake times) and includes a menstrual cycle reminder.



Keep Track Of Health

Track your heart rate, blood pressure, blood oxygen and sleep status in real time. You can conveniently view health data on your wrist anytime, anywhere, and view all-day data records in the App



6H30Min

Deep Sleep



1H30Min

Light Sleep



0H22Min

Awake Time



Heart Rate



Blood Pressure



Blood Oxygen

Image: The EGQINR H31 Smart Watch illustrating its health tracking capabilities, including heart rate, blood pressure, blood oxygen, and sleep monitoring (deep sleep, light sleep, awake time).

4.4 Sports Modes and Activity Tracking

The watch supports over 114 sports modes, tracking steps, distance, and calories burned. Connect to your phone's GPS for outdoor activities to map your route and pace within the app.

More Practical Functions

Daily useful functions: Voice assistant, weather, women's health, music, breathing training, stopwatch, timer, alarm, calculator, find phone, camera control, etc. Get all from your wrist, make your life easier!

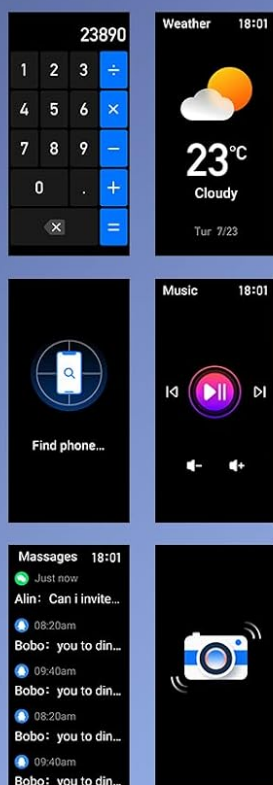


Image: The EGQINR H31 Smart Watch displaying various practical functions including calculator, weather, music control, messages, and camera control, enhancing daily convenience.

5. MAINTENANCE

The EGQINR H31 Smart Watch has an IP67 waterproof rating, making it resistant to water splashes, sweat, and light rain. It is suitable for everyday activities like washing hands or shallow swimming. Avoid prolonged submersion or hot water exposure.

6. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged.
- **Cannot pair with phone:** Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both devices and try pairing again through the "FitCloudPro" app.

- **Notifications not received:** Check app permissions on your phone to ensure "FitCloudPro" has access to notifications. Verify that notifications are enabled within the app settings.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor regularly. Note that this device is not a medical device and data is for reference only.

7. SPECIFICATIONS

Feature	Detail
Model Name	H31
Brand	EGQINR
Display Size	1.58 Inches
Display Type	AMOLED Always On Display
Resolution	228x460
Connectivity	Bluetooth
Operating System Compatibility	Android 5.1 / iOS 8.0 or above
Waterproof Rating	IP67
Battery Life (Heavy Use)	3-7 days
Battery Life (Standby)	25 days
Material	Metal
Sport Type	114+ Sports Modes (Walking, Running, Climbing, Cycling, Basketball, Badminton, Football, etc.)
Special Features	Bluetooth Call, Messages Notifications, Health Monitor, Menstrual Cycle Reminder, Voice Assistant

8. WARRANTY AND SUPPORT

The EGQINR H31 Smart Watch comes with a 1-year warranty. For technical support or warranty claims, please refer to the contact information provided with your purchase or visit the official EGQINR website.