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› ZPIMY V69 1.85" Round HD Military Smart Watch for Men User Manual

ZPIMY V69

ZPIMY V69 1.85" Round HD Military Smart Watch for Men

Model: V69 | Brand: ZPIMY

INTRODUCTION

Thank you for choosing the ZPIMY V69 Military Smart Watch. This manual provides essential information for setting up, operating, and maintaining your new smartwatch. Designed for durability and functionality, the V69 offers comprehensive health and fitness tracking, smart notifications, and robust performance for daily use and outdoor activities.

WHAT'S IN THE BOX

- Smart watch with silicone strap (x1)
- Stainless steel watchbands (x1)
- Charging cable (x1)
- Manual (x1 - English, French, Spanish, German, Italian)

SETUP

1. Initial Charging

Before first use, charge the smartwatch for at least 1.5 hours. The watch may not turn on if the battery is at 0%.



Image: Smartwatch displaying charging status, highlighting the 710mAh battery.

2. App Installation & Pairing

Download the companion app by scanning the QR code displayed on the watch (swipe down and tap the book icon) or from your phone's app store. Ensure your phone's Bluetooth is enabled. Follow the in-app instructions to pair your smartwatch. The watch is compatible with Android 4.4 and above, and iOS 9.0 and above.

Video: Demonstrates unboxing, initial setup, and pairing the smartwatch with a smartphone.

3. Strap Installation

The smartwatch comes with both silicone and stainless steel watchbands. To change or install a strap, locate the quick-release pins on the underside of the watch. Slide the pin to detach or attach the strap, ensuring it clicks securely into place.



Image: The smartwatch shown with different strap options, highlighting customization.

OPERATING THE SMART WATCH

1. Basic Navigation

The ZPIMY V69 features a 1.85" HD full touch screen. Swipe left/right, up/down to navigate through menus and widgets. The rotary button on the side can also be used for scrolling and selection, while other side buttons provide quick access to specific functions like workouts or the back function.

Video: Demonstrates various menu display styles and touch-sensitive navigation on the smartwatch.

2. Watch Face Customization

Choose from over 150 watch face options available in the companion app. You can also customize the watch face with photos from your own album for a personalized look.

3. Call Functionality

With Bluetooth 5.0, the watch supports making and answering calls directly from your wrist. You will receive incoming call notifications and can manage calls without needing your phone.

4. Message Notifications

Receive notifications for texts and app messages (WhatsApp, Facebook, Instagram, etc.) directly on your wrist, ensuring you don't miss important updates.

5. AI Voice Assistant

Utilize the integrated AI voice assistant for hands-free control and quick access to information or functions.

6. Music Playback and Control

When connected to your phone, control music playback directly from your watch. Play, pause, skip tracks, and adjust volume.

7. Flashlight and SOS Mode

Access flashlight modes (constant light, warning mode, SOS mode) for convenience and safety in low-light conditions or emergencies.

HEALTH AND FITNESS TRACKING

The ZPIMY V69 is equipped with high-performance sports optical sensors for accurate health and fitness monitoring.

1. Heart Rate Monitoring

Enjoy 24-hour continuous heart rate monitoring to track your cardiovascular health throughout the day.

2. Blood Pressure and Blood Oxygen Monitoring

Monitor your blood pressure and blood oxygen levels to gain insights into your overall well-being and make informed lifestyle adjustments.

3. Sleep Monitoring

The watch automatically monitors and analyzes your sleep quality, tracking deep sleep, light sleep, and awake times to help you improve your sleep patterns.

4. Activity Tracking

Track your daily steps, distance covered, and calories burned to stay motivated and achieve your fitness goals.

5. Multi-Sport Modes

Supports over 123 sports modes, including running, walking, cycling, skipping rope, badminton, basketball, football, and more. Select your activity to record specific data and make your workouts more scientific.



Features Fit For Every Lifestyle

Weather, Controls Smartphone Music and Camera, Sedentary Alert, Games, and More.



Powerful & Accurate Health Technology

24H Heart Rate, SpO2 Monitoring, Track Sleep Quality & Women Health.



IP68 waterproof

Life is waterproof and dustproof. When washing hands, the watch can also be used normally in rainy days, which meets the needs of daily life.

Image: Smartwatch interface showing heart rate, blood pressure, and blood oxygen monitoring.

DURABILITY AND DESIGN

1. Water Resistance

The ZPIMY V69 features enhanced 5ATM waterproofing, making it suitable for daily use, hand washing, and sports activities without damage. It is also IP68 waterproof, allowing for use in rainy conditions.

Video: Demonstrates the smartwatch's durability through various tests including freezing, impact, high temperature, and water immersion.

2. Military Grade Standard

Built to military-grade standards, the smartwatch is designed to withstand harsh environments, featuring high-intensity screen drill tests, impact resistance, and high-temperature resistance.

3. Display

The 1.85" round HD full touch screen provides a clear and bright display, offering a high-quality visual and touch experience.

4. Battery Life

Equipped with a 710mAh battery, the smartwatch offers up to 7 days of working time or 30 days of standby time on a single 1.5-hour full charge.

MAINTENANCE

1. Cleaning

Regularly clean your smartwatch and straps with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the device.

2. Charging

Use only the provided charging cable. Ensure the charging pins align correctly with the watch's charging contacts. Avoid exposing the charging port to moisture.

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is charged for at least 15 minutes.
- **Pairing issues:** Reset the watch and try pairing again via the app. Ensure Bluetooth is active on your phone.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist. Avoid excessive movement during measurements.
- **Notifications not received:** Check app permissions on your phone and ensure the watch is properly connected via Bluetooth.

SPECIFICATIONS

Feature	Specification
Model Number	V69
Screen Size	1.85 Inches
Battery Capacity	710 mAh
Water Resistance	5ATM / IP68
Connectivity	Bluetooth 5.0
Operating System	Android (compatible with Android 4.4+ and iOS 9.0+)
Special Features	Activity Tracker, Cycle Tracking, Multisport Tracker, Notifications, Phone Call, Heart Rate Monitor, Blood Pressure Monitor, Blood Oxygen Monitor, Sleep Monitor, AI Voice Assistant

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included in your product packaging or contact ZPIMY customer service directly. Keep your purchase receipt for warranty claims.