VERTU H1

VERTU H1 Smart Watch User Manual

Model: H1

INTRODUCTION

Welcome to the user manual for your new VERTU H1 Smart Watch. This guide provides detailed instructions on how to set up, operate, maintain, and troubleshoot your device. The VERTU H1 combines aerospace-grade carbon fiber and a sapphire crystal display with advanced smart features, including comprehensive health monitoring, extensive sports modes, and seamless Android compatibility. Please read this manual carefully to ensure optimal performance and longevity of your smartwatch.

Image: The VERTU H1 Smart Watch in white and gold, showcasing its elegant design and sapphire display.

WHAT'S IN THE BOX

Upon opening your VERTU H1 Smart Watch package, please verify that all the following items are included:

- VERTU H1 Smart Watch (METAWATCH 1)
- Wireless charger
- User Manual (this document)

Image: The VERTU H1 Smart Watch presented within its elegant black packaging, indicating the unboxing experience.

SETUP

1. Charging the Smart Watch

Before first use, fully charge your VERTU H1 Smart Watch. Place the watch on the provided wireless charger. The screen will indicate charging status. A full charge typically takes approximately 2 hours.

2. Powering On/Off

- **Power On:** Press and hold the side button until the VERTU logo appears.
- **Power Off:** Press and hold the side button, then select 'Power Off' on the screen.

3. App Installation and Pairing

To unlock the full functionality of your VERTU H1, you need to pair it with your Android smartphone via the

dedicated app.

1. Scan the QR code in the manual or on the watch screen (if available) to download the 'VERTU WATCH' application from the Google Play Store.
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the 'VERTU WATCH' app and follow the on-screen instructions to create an account or log in.
4. In the app, select 'Add Device' or 'Pair New Device'. The app will search for your VERTU H1.
5. Select your watch from the list of discovered devices. Confirm the pairing request on both your watch and smartphone.

Image: An illustration showing the internal chip of the VERTU H1 Smart Watch and its connection to the companion mobile application, symbolizing the pairing process.

4. Initial Configuration

After successful pairing, the app will guide you through initial settings such as language selection, time format, and personal profile setup (e.g., age, height, weight for accurate health and fitness tracking).

OPERATING INSTRUCTIONS

Navigation

- **Touchscreen:** Swipe left/right, up/down to navigate through menus and notifications. Tap to select.
- **Side Button:** Press to return to the home screen or wake the device. Long press for power options.
- **Digital Crown:** Rotate to scroll through lists or zoom in/out. Press to select or return to the previous screen.

Making and Answering Calls

With the VERTU H1 connected to your smartphone, you can make and answer calls directly from your wrist.

- **Answering Calls:** When a call comes in, tap the green answer icon on the watch screen.
- **Making Calls:** Access the dialer or contacts list on your watch to initiate a call.

Notifications

Receive notifications from your paired smartphone directly on your watch. Swipe down from the top of the screen to view recent notifications.

Customization

Personalize your watch experience:

- **Watch Faces:** Long press the home screen to change watch faces. More options are available in the 'VERTU WATCH' app.
- **Settings:** Access the settings menu on the watch to adjust brightness, vibration, and other preferences.

OTA Updates

The VERTU H1 supports Over-The-Air (OTA) updates. Ensure your watch is connected to the app and has sufficient battery for seamless software upgrades, which enhance features and performance.

HEALTH MONITORING FEATURES

The VERTU H1 Smart Watch provides continuous, real-time monitoring of vital health metrics to help you stay informed about your well-being.

Heart Rate Monitoring

The watch continuously tracks your heart rate throughout the day. View your current heart rate and historical data in the 'Heart Rate' section on the watch or in the app.

Blood Oxygen (SpO2) Monitoring

Monitor your blood oxygen levels to assess your respiratory health. Access the 'Oximetry' function on your watch for on-demand measurements or view trends in the app.

Image: The VERTU H1 Smart Watch screen showing detailed health metrics, including oximetry (blood oxygen saturation) and heart rate data, with graphs illustrating trends.

Sleep Tracking

The watch automatically monitors your sleep patterns, including deep sleep, light sleep, and wake times. Review your sleep quality analysis in the 'Sleep' section of the app.

Image: The VERTU H1 Smart Watch displaying sleep tracking data, showing duration of deep sleep and overall sleep time.

Sedentary Reminder & Drinking Water Reminder

The watch can remind you to move after periods of inactivity and prompt you to drink water, promoting healthier habits throughout your day. Configure these reminders in the 'VERTU WATCH' app.

FITNESS TRACKING FEATURES

The VERTU H1 is equipped with advanced features to support your fitness journey, offering comprehensive monitoring of your workout sessions.

100+ Sports Modes

Choose from over 100 built-in sports modes, including outdoor running, indoor running, outdoor walking, and many more. Select your activity to track specific metrics relevant to your workout.

Image: The VERTU H1 Smart Watch screen showing a list of available sports modes, including outdoor running, indoor running, and outdoor walking.

Activity Tracking

The watch automatically tracks your daily activities, including steps taken, distance covered, and calories burned. View your daily activity rings and progress in the 'Daily Activities' section on the watch or in the app.

Built-in GPS

For outdoor activities, the built-in GPS accurately records your route, distance, and pace, providing detailed insights into your performance without needing your phone.

MAINTENANCE

Cleaning Your Smart Watch

Regular cleaning helps maintain the appearance and functionality of your watch.

- Wipe the screen and case with a soft, lint-free cloth. If necessary, dampen the cloth slightly with water.
- Clean the FKM strap with mild soap and water, then rinse thoroughly and dry.
- Avoid using harsh chemicals, abrasive materials, or compressed air, as these can damage the watch.

Water Resistance (IP68)

The VERTU H1 Smart Watch is IP68 waterproof, meaning it is protected against dust ingress and can withstand immersion in water up to 1.5 meters for 30 minutes. While suitable for daily wear and activities like swimming, it is not recommended for diving or high-pressure water activities. Avoid exposing the watch to hot water, steam, or corrosive liquids.

Battery Care

- Charge the watch regularly, avoiding complete discharge for extended periods.
- Store the watch in a cool, dry place when not in use.
- Use only the provided wireless charger.

TROUBLESHOOTING

If you encounter issues with your VERTU H1 Smart Watch, try the following solutions:

Problem	Possible Solution
Watch won't power on	Ensure the watch is fully charged. Connect it to the wireless charger for at least 30 minutes.
Unable to pair with smartphone	Ensure Bluetooth is enabled on your phone. Restart both the watch and the phone. Clear Bluetooth cache on your phone. Try pairing again through the 'VERTU WATCH' app.
Inaccurate health/fitness data	Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Clean the sensor on the back of the watch. Update your personal information in the app.
Short battery life	Reduce screen brightness. Turn off unnecessary notifications. Limit continuous heart rate monitoring if not needed. Ensure no background apps are draining power.
Watch is unresponsive	Perform a force restart by pressing and holding the side button for approximately 10-15 seconds until the watch restarts.

If the issue persists, please refer to the support section or contact customer service.

SPECIFICATIONS

Feature	Detail
Model Name	H1 (Internal: METAWATCH 1)
Brand	VERTU
Screen Size	1.85 Inches (Sapphire Crystal Display)

Feature	Detail
Case Material	Aerospace-grade Carbon Fiber
Strap Material	Fluoroelastomer (FKM)
Operating System	Android-based
Connectivity	Bluetooth
Battery Capacity	260 mAh
Water Resistance	IP68
Special Features	Activity Tracker, Built-in GPS, Heart Rate/Blood Oxygen Detection, Phone Call, Sedentary Reminder, 100+ Sports Modes

WARRANTY AND SUPPORT

Warranty Information

Your VERTU H1 Smart Watch comes with a standard manufacturer's warranty. Please refer to the warranty card included in your product packaging for specific terms, conditions, and duration. Keep your proof of purchase for warranty claims.

Customer Support

For technical assistance, troubleshooting beyond this manual, or warranty inquiries, please contact VERTU customer support. Contact details can typically be found on the official VERTU website or on the product packaging.

Related Documents

[VERTU VTL-202205 TWS Bluetooth Headset User Manual](#)
Comprehensive guide for the VERTU VTL-202205 TWS Bluetooth Headset, detailing product features, charging, pairing, operation, specifications, and troubleshooting tips.

[VERTU METAVERTU 2 5G Digital Mobile Phone Quick Guide and Safety Information](#)
Comprehensive quick guide and safety information for the VERTU METAVERTU 2 5G Digital Mobile Phone (Model VTL-202301), covering setup, product overview, protection, warranty, and regulatory compliance.

[Vertu Signature S+ User Guide](#)
A comprehensive user guide for the Vertu Signature S+ mobile phone, covering setup, features, security, and support.

[Guide d'Utilisation Vertu Aster T](#)
Ce guide d'utilisation fournit des informations détaillées sur l'utilisation des fonctions importantes du téléphone Vertu Aster T, couvrant la configuration, les services, les applications et la maintenance.