

## EKO FFE503P

# EKO Hope Bluetooth Smartwatch FFE503P User Manual

Model: FFE503P

## 1. INTRODUCTION

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Thank you for choosing the EKO Hope Bluetooth Smartwatch. This manual provides essential information for setting up, operating, and maintaining your device. Please read it carefully to ensure optimal performance and longevity of your smartwatch.

## 2. PRODUCT OVERVIEW

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The EKO Hope Smartwatch is a versatile device designed to enhance your daily life with smart features and health tracking capabilities. Key features include:

- **Bluetooth Calling:** Make and receive calls directly from your wrist using the built-in microphone and speakers.
- **Voice Assistant:** Control your watch and access information with voice commands.
- **Comprehensive Health Monitoring:** Track heart rate, blood pressure, blood oxygen (SpO2), sleep patterns, and menstrual cycles.
- **Multi-Sport Tracking:** Monitor over 100 sports activities, including steps, distance, and calories burned.
- **Smart Notifications:** Receive alerts for weather forecasts and sedentary reminders.
- **Extended Battery Life:** Up to 10 days of usage on a single charge.
- **Durable Design:** IP67 water resistance for protection against dust and splashes.

## 3. SETUP

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### 3.1 Initial Charging

Before first use, fully charge your EKO Hope Smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a compatible power adapter (not included).



Image: Rear view of the EKO Hope Smartwatch, highlighting the charging contacts and health sensors. This is where the magnetic charger connects.

### 3.2 App Download and Pairing

1. Download the dedicated companion application from your smartphone's app store (compatible with iOS and Android).
2. Ensure Bluetooth 5.2 is enabled on your smartphone.
3. Open the app and follow the on-screen instructions to create an account and pair your EKO Hope Smartwatch. The app will guide you through the pairing process.
4. Once paired, the watch will synchronize time and data with your smartphone.

## 4. OPERATING INSTRUCTIONS

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### 4.1 Basic Navigation

The EKO Hope Smartwatch features a 1.32-inch HD touch screen for intuitive interaction.



Image: Front view of the EKO Hope Smartwatch, displaying a decorative watch face with Roman numerals and crystal accents.

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different widgets.
- **Tap:** Select an item or confirm an action.
- **Press Side Button:** Return to the home screen or power on/off the device.

#### 4.2 Bluetooth Calling

Once paired with your smartphone, you can make and receive calls directly from your watch.

- **Making a Call:** Access the dialer or contact list on your watch to initiate a call.
- **Receiving a Call:** When a call comes in, you can answer or reject it from your watch screen.

#### 4.3 Voice Assistant

Activate the voice assistant feature to control your watch or get information using spoken commands. Refer to the app for specific voice commands.

### 5. HEALTH MONITORING

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The EKO Hope Smartwatch provides various health tracking functions:



Image: Side view of the EKO Hope Smartwatch, showing a watch face with indicators for steps taken and calories burned.

- **Heart Rate Monitoring:** Continuously track your heart rate throughout the day.
- **Blood Pressure & SpO2:** Measure your blood pressure and blood oxygen levels.
- **Sleep Tracking:** Monitor your sleep patterns, including deep sleep, light sleep, and wake times.
- **Menstrual Cycle Tracking:** For female users, the watch can track ovulation periods and menstrual cycles.

*Note: Health data provided by this device is for reference only and should not be used for medical diagnosis or treatment. Consult a medical professional for health concerns.*

## 6. SPORTS TRACKING

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Track your fitness activities with precision:

- **Pedometer:** Records your steps, distance covered, and calories burned.
- **Multi-Sport Modes:** Choose from over 100 sports modes to get specific tracking data for your workouts. Access these modes through the watch menu or the companion app.

## 7. OTHER USEFUL FUNCTIONS

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- **Weather Forecast:** View current weather conditions and forecasts directly on your watch.
- **Sedentary Reminder:** Receive alerts to encourage movement if you've been inactive for too long.
- **Remote Camera Control:** Use your watch to remotely trigger your smartphone's camera.
- **Music Control:** Manage your smartphone's music playlist (play, pause, skip tracks).
- **Flashlight:** Activate a simple flashlight function on the watch screen.

- **Intelligent Backlight:** The screen backlight activates with a wrist movement, respecting your rest periods.

## 8. BATTERY AND CHARGING

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The EKO Hope Smartwatch is equipped with a 210mAh Lithium-Ion Polymer rechargeable battery, offering an extended battery life of up to 10 days, depending on usage patterns. To charge, use the provided magnetic charging cable.

## 9. WATER RESISTANCE

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The watch is IP67 certified, providing total protection against dust and resistance to immersion in water up to 1 meter for a limited time. However, it is **not recommended** for use in aquatic environments such as swimming or diving.

## 10. MAINTENANCE

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- **Cleaning:** Wipe the watch and strap regularly with a soft, dry cloth. Avoid using harsh chemicals.
- **Strap Care:** If the strap is silicone, clean it with mild soap and water if necessary, then dry thoroughly.
- **Storage:** Store the watch in a cool, dry place when not in use.
- **Avoid Extreme Conditions:** Do not expose the watch to extreme temperatures, direct sunlight for prolonged periods, or strong magnetic fields.

## 11. TROUBLESHOOTING

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If you encounter issues with your EKO Hope Smartwatch, try the following:

- **Watch not turning on:** Ensure the watch is fully charged.
- **Cannot pair with smartphone:** Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both devices and try pairing again through the app.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors on the back of the watch.
- **Notifications not appearing:** Check app permissions on your smartphone to ensure the companion app has access to notifications. Verify notification settings within the app.
- **Short battery life:** Reduce screen brightness, disable unnecessary features, and limit continuous heart rate monitoring if not needed.

If problems persist, consult the FAQ section of the companion app or contact customer support.

## 12. SPECIFICATIONS

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Feature	Specification
Brand	EKO
Model Number	FFE503P
Color	White (silicone strap)
Operating System	AsteroidOS
Screen Size	1.32 Inches

Feature	Specification
Shape	Round
Connectivity	Bluetooth 5.2
Special Features	Call function, Voice control, Menstrual cycle tracking, Touch screen
Compatible Devices	Smartphone (iOS & Android)
Battery Composition	Lithium-ion
Battery Capacity	210 mAh
GPS	No GPS
Water Resistance	IP67
Manufacturer	JG FASHION
Date First Available	May 28, 2024

### 13. WARRANTY AND SUPPORT

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For warranty information and customer support, please refer to the documentation included with your purchase or contact the seller/manufacturer directly. Keep your proof of purchase for warranty claims.