Blackview R30Pro

Blackview Smart Watch R30Pro User Manual

Model: R30Pro

INTRODUCTION

This manual provides comprehensive instructions for the Blackview Smart Watch R30Pro. It covers device setup, operational guidance, maintenance tips, and troubleshooting to ensure you get the most out of your smart watch. Please read this manual carefully before using your device.

Image: Blackview Smart Watch R30Pro in pink, featuring a Halloween-themed watch face. The watch is shown with both silicone and nylon bands.

WHAT'S IN THE BOX

- Blackview Smart Watch R30Pro
- Silicone Watch Band
- Nylon Watch Band
- Charging Cable
- User Manual

SETUP

1. App Download and Device Pairing

1. **Download the App:** Scan the QR code displayed on your watch screen or search for the 'Da Fit' app in your smartphone's app store (available for iOS and Android).

2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.

3. **Pair Device:** Open the 'Da Fit' app, navigate to the device section, and select 'Add Device'. Choose 'R30Pro' from the list of available devices.

4. **Confirm Pairing:** Accept the Bluetooth pairing request on both your smartphone and the watch.
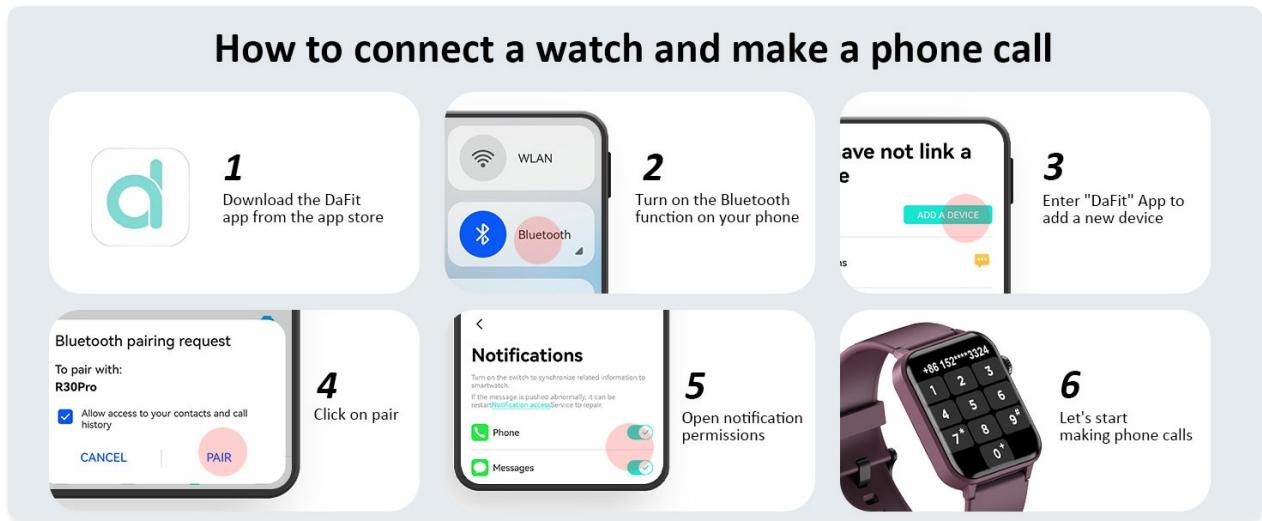

Image: Visual guide demonstrating the steps to connect the smart watch and enable calling features via the Da Fit app.

2. Bluetooth Call Functionality

After successful pairing, enable the Bluetooth call function:

1. **Grant Permissions:** Within the 'Da Fit' app, ensure all necessary permissions for calls, contacts, and notifications are granted.

2. **Activate Call Feature:** The watch will prompt you to connect to the phone's Bluetooth for calls. Confirm this connection.

3. **Make/Answer Calls:** You can now answer incoming calls or dial numbers directly from your watch.

Bluetooth communication smartwatch
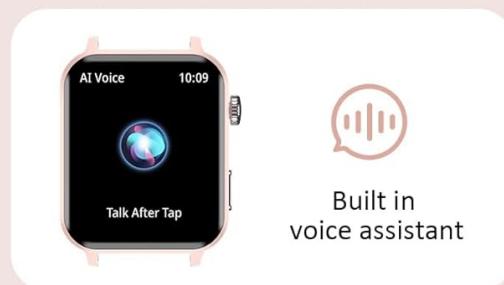
Image: The smart watch displaying options to answer calls, use a built-in voice assistant, and receive intelligent message notifications.
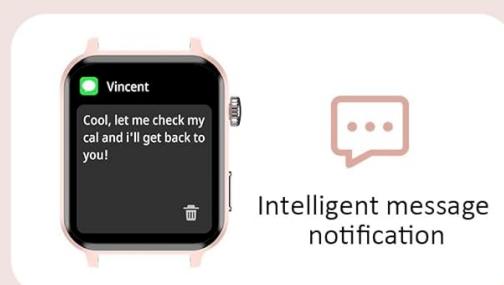
OPERATING INSTRUCTIONS

1. Basic Navigation

- **Swipe Up/Down:** Access quick settings or notifications.
- **Swipe Left/Right:** Navigate through widgets like activity data, heart rate, weather, etc.
- **Tap:** Select an icon or option.
- **Side Button:** Press to return to the home screen or wake the device.

2. Health Monitoring

The R30Pro smart watch provides comprehensive health tracking features:

- **Heart Rate Monitoring:** Tracks your heart rate 24/7. View real-time data on the watch or detailed trends in the 'Da Fit' app.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen levels.

- **Sleep Tracking:** Monitors your sleep patterns, including awake, light, REM, and restful sleep stages.
- **Stress Level Measurement:** Helps you understand and manage your physical well-being.
- **Menstrual Cycle Recording:** A dedicated function for women to track and predict menstrual cycles.

Manage your health 24 hours a day

Heart rate monitoring

128 BPM
Max 168   Min 58
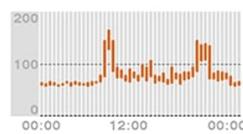
Blood oxygen monitoring

Sleep monitoring

22:58   06:22

- Awake
- REM
- Light
- Restful
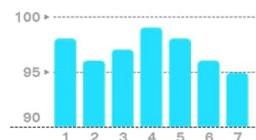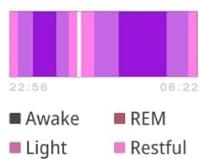
Image: The smart watch screen showing heart rate graphs, blood oxygen levels, and sleep stage analysis.

24-hour heart rate monitoring
Pay attention to your potential heart problems and protect your health

Scientifically monitor sleep status
—— Make your sleep more comfortable

Achieve deeper sleep quality through scientific and rigorous sleep monitoring technology

Care for women's health

Timely reminders to avoid embarrassing moments.
Advance reminder to help you plan your pregnancy.

3. Sports Modes

The R30Pro supports over 100 sports modes. Select your activity to track metrics such as calories burned, steps taken, exercise duration, distance, heart rate, and blood oxygen levels. This data helps you adjust training intensity for optimal results.

100+ Sport Modes

Image: A collage showing people participating in different sports, with the smart watch tracking their activities.

Plan workouts to motivate you to achieve your goals

100+ sports modes, allowing you to experience the pleasure brought by each sport

Image: A person cycling, wearing the smart watch, indicating its use for tracking workout progress.

4. Customizing Watch Faces

Personalize your 1.85-inch HD screen with over 100 watch face options available through the 'Da Fit' app. You can also upload your own photos to create custom watch faces.

100+ Stylish Watch Faces
Chang it every day, different every day

"Da Fit" App has built-in more than 100 personalized watch faces, which are sporty and simple.
Style changes as you wish.

Image: A collection of various watch faces, demonstrating the customization options available.

5. Other Functions

- **Music Control:** Control music playback on your smartphone directly from the watch.
- **Camera Control:** Use the watch as a remote shutter for your phone's camera.
- **Weather Forecast:** Get real-time weather updates.
- **Games:** Enjoy simple games on your wrist.
- **Alarms & Reminders:** Set alarms, sedentary reminders, and hydration reminders.

More Functions

More features are waiting for you to discover

Alarm Clock

Alarm   10:09

Exercise Record

Running

00:34:05

Total Steps
6028 Steps

Total Calories
368 Kcal

Games

Games   08:30

FLOOPY

2
8
16
128

Play

Music control

Player   10:09

Weather

Weather   10:09

Cloudy

28°

Shenzhen

06:15   18:15

THU   27/33°

Image: The smart watch screen showing icons for alarm, exercise record, games, music control, and weather.

Image: The smart watch displaying reminders to drink water and to stand up and move.

MAINTENANCE

1. Charging

The R30Pro is equipped with a 300mAh battery. A full charge takes approximately 2 hours, providing up to 7 days of typical usage and around 30 days on standby. Use the provided charging cable and connect it to a standard USB power source.

2. Water Resistance

The device is IP68 waterproof, suitable for daily wear and activities like hand washing or light rain.**Important:** It is not suitable for sauna, hot water, swimming, or diving. Exposure to hot water or steam may damage the device.

3. Cleaning

Wipe the watch screen and strap regularly with a soft, dry cloth. If necessary, use a slightly damp cloth for cleaning, then dry thoroughly. Avoid using harsh chemicals or abrasive materials.

TROUBLESHOOTING

- **Device not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with phone:** Ensure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and your phone, then try pairing again via the 'Da Fit' app.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, about one finger's width from your wrist bone. Clean the sensors regularly.
- **Notifications not received:** Check app permissions in your phone settings and within the 'Da Fit' app to ensure notifications are enabled for the desired applications.
- **Bluetooth call issues:** Verify that the watch is connected for calls in your phone's Bluetooth settings (often listed as a separate connection from the app pairing).

If issues persist, refer to the 'Da Fit' app's help section or contact Blackview customer support.

SPECIFICATIONS
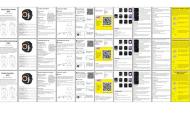
Feature	Specification
Model Number	R30Pro
Screen Size	1.85 Inches
Battery Capacity	300 mAh
Connectivity	Bluetooth
OS Compatibility	iOS, Android
Water Resistance	IP68
Weight	3.52 ounces (0.1 Kilograms)
Memory (RAM/Storage)	128 MB

WARRANTY AND SUPPORT

For detailed warranty information, product registration, and technical support, please visit the official Blackview website or contact their customer service department. Keep your purchase receipt as proof of purchase for warranty claims.

Related Documents - R30Pro

R30Pro Smart Watch Quick Start Guide - Setup and Usage
A comprehensive quick start guide for the R30Pro Smart Watch, covering charging, app installation, device pairing, watch controls, settings, and important safety information. Learn how to use your R30Pro for fitness tracking and smart features.

Instrukcja Obsługi R30Pro Smart Watch	**[Blackview R30Pro Smart Watch User Manual	Setup, Features, and Safety](#)** This user manual provides comprehensive instructions for the Blackview R30Pro Smart Watch. It covers strap replacement, technical specifications, device control, charging, app installation (Da Fit), Bluetooth pairing, watch settings, safety guidelines, EU declaration of conformity, and battery care. Learn how to maximize your smartwatch experience.
Instrukcja Obsługi R30Pro Smart Watch	**[Instrukcja Obsługi Smart Watch R30Pro](#)** Kompletna instrukcja obsługi dla smartwatcha R30Pro firmy Blackview, zawierająca informacje o montażu, ładowaniu, obsłudze, ustawieniach, funkcjach, bezpieczeństwie i zgodności.
Manual de utilizare Ceas inteligent R30Pro	**[Manual de utilizare Ceas inteligent Blackview R30Pro](#)** Ghid complet pentru utilizarea ceasului inteligent Blackview R30Pro, incluzând instrucțiuni de configurare, funcționalități, întreținere și măsuri de siguranță.
Használati Útmutató R30Pro Okosóra	**[R30Pro Smartwatch User Manual - Setup, Features, and Warranty](#)** Comprehensive user manual for the Blackview R30Pro Smartwatch. Learn how to set up, use features, connect to your phone, and understand warranty information.
	[R30Pro Smart Watch Quick Start Guide and User Manual](#) Comprehensive guide for the R30Pro Smart Watch, covering setup, features, controls, charging, app connection, settings, and safety information.