

[Manuals.plus](#) /

› [aeac](#) /

› aeac Smart Watch AR-01 User Manual

aeac AR-01

aeac Smart Watch AR-01 User Manual

Model: AR-01



The aeac Smart Watch AR-01, featuring a sleek black design with a round AMOLED display and a comfortable silicone strap.

1. SETUP

1.1 Unboxing and Initial Charge

Your aeac Smart Watch AR-01 package includes the smartwatch and a magnetic charging cable. Upon receiving your

watch, it is recommended to fully charge it before first use. A full charge typically takes approximately 2 hours.



Body Energy Monitoring

Real-time feedback on your physical state to help you better combine work and rest



The watch features a long-lasting battery, providing up to 10 days of use on a single 2-hour charge.

1.2 App Download and Pairing

To unlock the full potential of your smartwatch, download the 'VeryFit' app from your device's app store. The watch is compatible with Android 6.0+ and iOS 9.0+.

- Download:** Search for 'VeryFit' in the App Store (iOS) or Google Play Store (Android) and install it.
- Pairing:** Open the VeryFit app, create an account or log in, and follow the on-screen instructions to pair your smartwatch via Bluetooth. Ensure Bluetooth is enabled on your phone.
- Permissions:** Grant necessary permissions to the app for full functionality, including notifications, health data access, and location services.

2. OPERATING INSTRUCTIONS

2.1 Basic Navigation

- Touchscreen:** Swipe left, right, up, or down to navigate through menus and features. Tap to select.
- Side Buttons:** The watch features two side buttons for quick access to specific functions. Refer to the app for customizable button actions.

2.2 Customizing Watch Faces

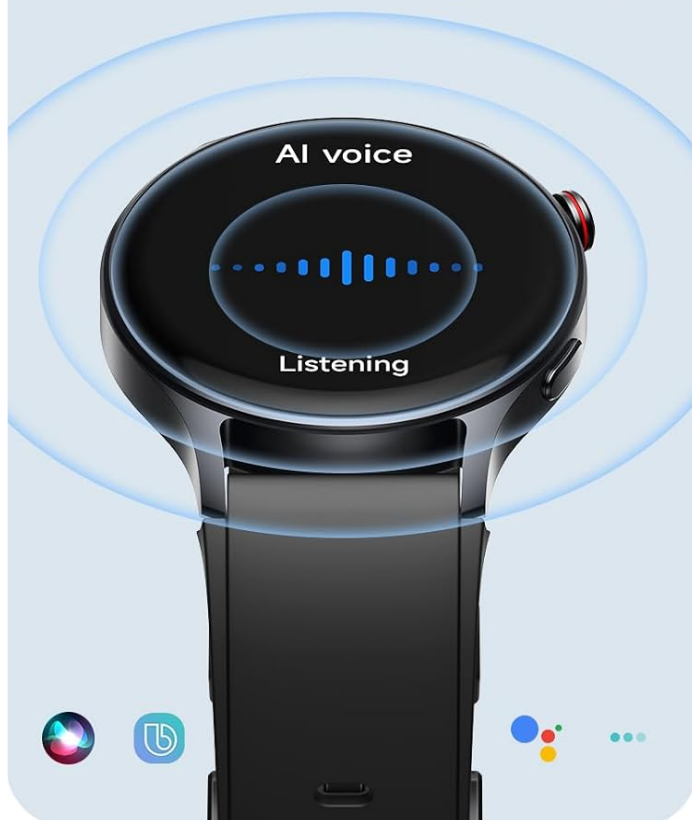
The 1.32" AMOLED touchscreen offers sharp visuals. You can personalize your watch face from over 200 options available in the VeryFit app, or use your own photos.

Enjoy Your Smart Life

AI Assistant

Siri, How will the weather be tomorrow?

Siri, Call Marie, thank you!



DIY Watch Faces



...



Music Control

Customize your watch face with personal photos or choose from over 200 designs.

1.32" Customized AMOLED Dial



Over 200 Watch face to choose from or customize your Watch face by uploading your favorite images

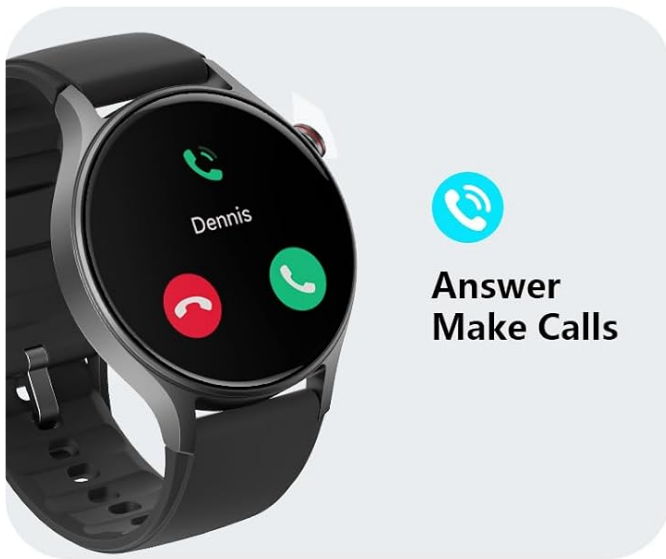
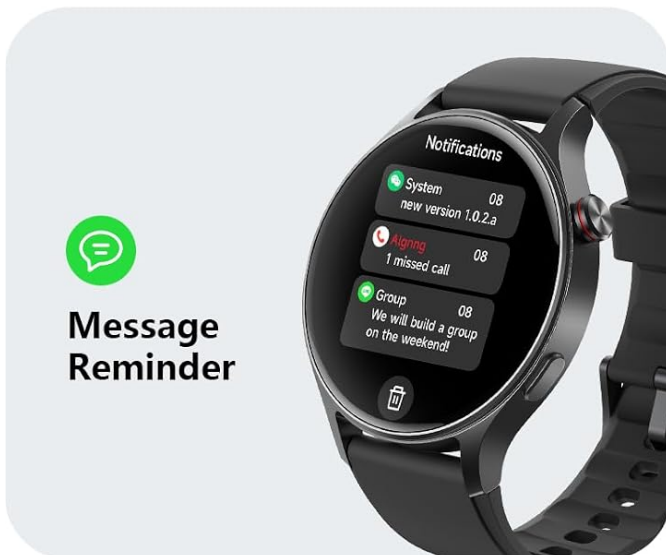
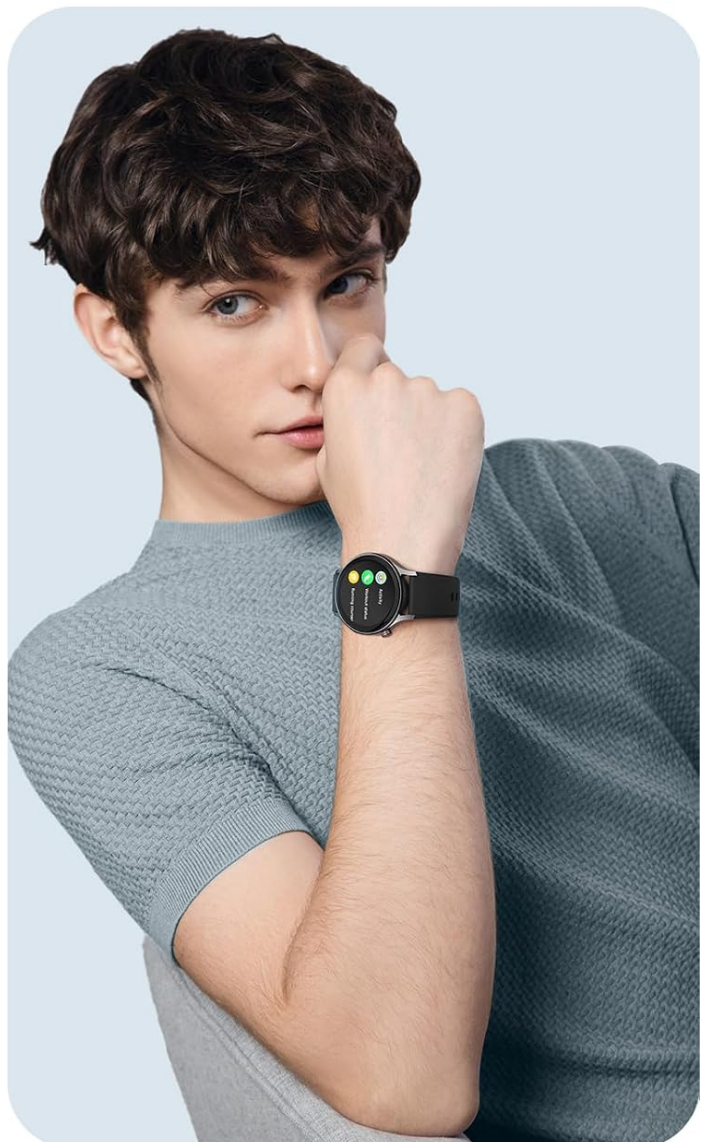


A variety of customized AMOLED watch faces are available to suit your style.

2.3 Communication Features

- **Receive/Make Calls:** The smartwatch features high-definition speakers and microphones for clear call quality. You can answer and make calls directly from your wrist.
- **AI Voice Assistant:** Built with an AI assistant, it enables smooth voice commands for hands-free operation.
- **Message Notifications:** Receive notifications for calls, texts, and app alerts directly on your watch.

Stay Connected



Stay connected with call and message notifications directly on your wrist.

2.4 Additional Smart Features

- **Music Control:** Control music playback on your phone directly from the watch.
- **Camera Control:** Use your watch as a remote shutter for your phone's camera.
- **Find Phone:** Locate your misplaced phone by triggering an alert from your watch.

- **Alarm Clock:** Set and manage alarms directly from the watch.
- **Always-On Display (AOD):** AMOLED's unique AOD feature allows you to customize the clock to check the time without touching the screen.
- **Environmental Noise Monitoring:** Real-time monitoring of sound levels to help you identify noise pollution.

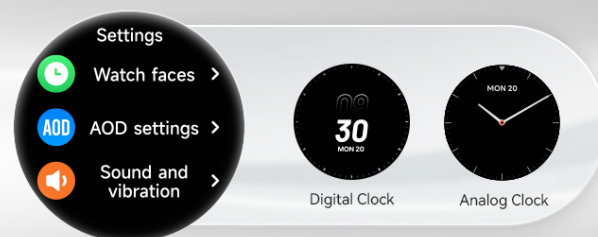
More Features, All You Need



Explore a wide range of smart features including camera control, alarm, and phone finder.

Always-ON Display

AMOLED's unique Always on Display feature allows you to customize the Clock to check the time without touching the screen



Customize your Always-On Display with digital or analog clock styles.

Environmental Noise Monitoring



Real-time monitoring of sound DB according to different environments to see if there is noise pollution

Monitor environmental noise levels directly from your watch.

3. HEALTH MONITORING

The aeac Smart Watch provides comprehensive health monitoring, offering valuable insights for enhanced well-being.

Track Your Health



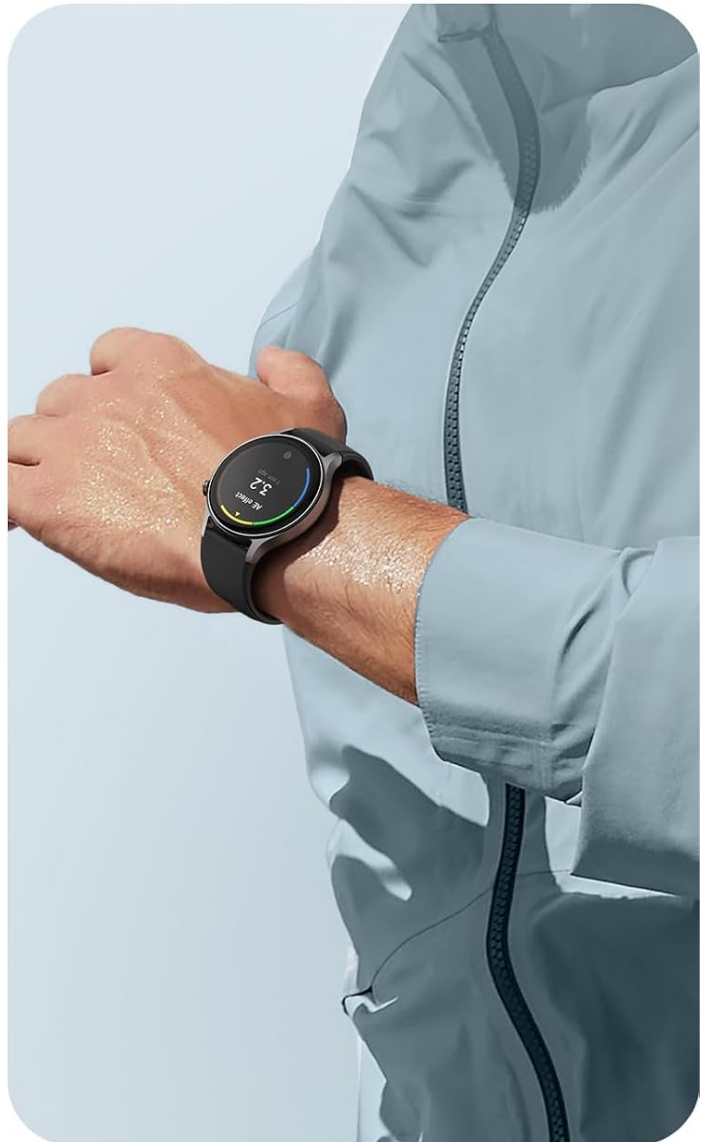
Sleep Tracking



Heart Rate Monitoring



Blood Oxygen Monitoring



Track your health with integrated sleep, heart rate, and SpO2 monitoring.

3.1 Heart Rate Monitoring

Monitor your heart rate all day. The watch accurately analyzes heart rate data to provide insights into your heart health.



AEAC AR01

Smartwatches make intelligent
companion for your life



AMOLED



AI Voice



Bluetooth Call



Activity Tracker

Real-time heart rate monitoring for continuous health insights.

3.2 Blood Oxygen (SpO2) Monitoring

Real-time monitoring of blood oxygen concentration helps ensure your physical indicators are normal.



Heart Rate Monitoring

Monitor your heart rate all day
Accurately analyzes heart rate data to
provide heart health or not for you on time



Keep track of your blood oxygen levels throughout the day.

3.3 Stress and Body Energy Monitoring

Calculate your stress value by collecting multiple signals from your body. Real-time feedback on your physical state helps you better combine work and rest.



Blood Oxygen Monitoring

Real-time monitoring of blood oxygen concentration Ensure that the physical indicators are normal



Monitor your daily stress levels for improved well-being.



Daily Human Stress Monitoring

Calculate the stress value by collecting multiple signals from your body, the first time to remind you of stress changes to help you make timely adjustments to create a happy life for yourself



Receive real-time feedback on your body's energy levels.

3.4 Sleep Tracking

Monitor your sleep quality all day, providing data on Deep Sleep duration, Light Sleep duration, EYE Movement duration, etc., to help you regulate your sleep time and sleep quality.

Sleep Quality Monitoring

Monitor your sleep quality all day, providing data of Deep Sleep duration, Light Sleep duration, EYE Movement duration, etc.to help you regulate your sleep time and sleep quality



Deep sleep
2 h 30 min

Light sleep
3 h 30 min

Awake
24 min

REM
1 h 36 min



Detailed sleep analysis helps you understand and improve your sleep patterns.

3.5 Female Menstrual Cycle Reminder

Accurately record women's menstrual cycle, analyze monthly menstruation, and provide helpful reminders for pregnancy preparation.

Female Menstrual Cycle Reminder

Accurately record women's menstrual cycle, analyze monthly menstruation and good helper for pregnancy preparation



Log cycle details in the App.



Menstrual Period
15/03-20/03



Safe Period
21/03-23/03



Fertile Period
24/03-26/03

Track and analyze menstrual cycles for comprehensive health management.

3.6 Breathing Exercises

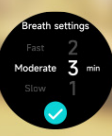
Follow guided breathing exercises to regulate your mood quickly.

Breathing Exercises

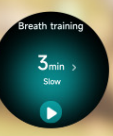
Follow Breathing Exercises to Regulate Your Mood Quickly



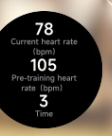
01:30
Inhale



Breath settings
Fast 2
Moderate 3 min
Slow 1



Breath training
3 min



78
Current heart rate (bpm)
105
Pre-training heart rate (bpm)
3
Time

Utilize breathing exercises to quickly regulate your mood and promote relaxation.

4. FITNESS TRACKING

The aeac Smart Watch supports a wide range of activities with its 110+ sports modes.

For Better Fitness Results



100+ Sport
Modes



Exercise
Analysis



IP68
Waterproof



Access over 100 sport modes and enjoy waterproof performance.

4.1 Sport Modes and Activity Tracking

Choose from 110+ exercise modes, which can be selected and set up by connecting to the VeryFit app. The watch monitors your heart rate, steps, activity routes, and calorie burn around the clock.

- **Examples:** Yoga, Swimming, Tennis, Running, Walking, Rope Skipping, Anaerobics, and more.
- **Running Course:** Matching different age Running Mode heart rate monitoring, it will remind immediately to ensure the safety of Running.

110+ Sport Modes

110+ exercise modes to choose from, which can be selected and set up by connecting to the Veryfit app

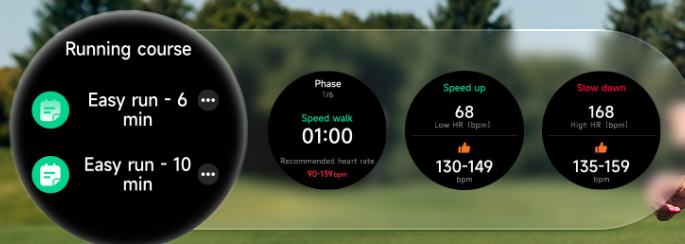
Tennis
Running
Walking
Rope Skipping
Yoga
Anaerobics
...



Select from a wide variety of sport modes to track your workouts.

Running Course

Matching different age Running Mode heart rate monitoring, when the heart rate is out of the normal zone, it will remind immediately to ensure the safety of Running



Utilize the running course feature for guided and safe workouts.

4.2 Waterproof Design

Its 3ATM water-resistant design ensures reliable performance in wet conditions, making it suitable for swimming and other water activities.

10-Day Battery Life

10 Days
Heavy Usage

15 Days
Basic Usage

30 Days
Low Power Mode



The watch is IP68 waterproof, suitable for various water activities.

5. MAINTENANCE

5.1 Cleaning

Regularly clean your smartwatch and strap to prevent skin irritation and maintain optimal performance. Use a soft, damp cloth. Avoid harsh chemicals.

5.2 Charging

Use the provided magnetic charging cable. Align the magnetic pins on the cable with the charging points on the back of the watch. Ensure a stable connection for efficient charging.

5.3 Water Resistance

While the watch is 3ATM water-resistant, it is recommended to dry it thoroughly after exposure to water to prevent any long-term damage. If water gets into the speaker, use the watch's built-in water clearing function (if available in settings) or gently shake the watch to expel water.

6. TROUBLESHOOTING

- **Bluetooth Disconnection:** If the watch frequently disconnects, ensure the VeryFit app is running in the background and has all necessary permissions. Try restarting both the watch and your phone, then re-pair.
- **Screen Glitching/Freezing:** Restart the watch by holding down the main side button. If the issue persists, check for firmware updates in the app.
- **Inaccurate Readings:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors on the back of the watch regularly.
- **Notifications Not Appearing:** Verify that app notifications are enabled in both your phone's settings and the VeryFit app's settings.

7. SPECIFICATIONS

Feature	Specification
Model Number	AR-01
Display	1.32" AMOLED Touchscreen (320 x 386 resolution)
Operating System Compatibility	Android 6.0+ and iOS 9.0+
Connectivity	Bluetooth

Feature	Specification
Battery Capacity	350 Milliamp Hours
Battery Life	Up to 10 days (typical usage)
Water Resistance	3ATM (IP68 Waterproof)
Memory Storage	256 MB
Weight	0.176 ounces
Dimensions	4.72 x 1.97 x 0.39 inches

8. WARRANTY AND SUPPORT

The aeac Smart Watch comes with a 5-year warranty and a 30-day return policy. For any product issues, support, or inquiries, please refer to the contact information provided in your product packaging or the VeryFit app. You can also view an official product video from the seller below:

Your browser does not support the video tag.

Official product video showcasing the aeac round smartwatch features and design.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Answered questions about this manual

My aeac AR-01 smart watch says I have to do a factory reset because the device is bound to another phone. How do I perform a factory reset?

To pair your aeac AR-01 with a new phone when it is already bound to an old one, you must reset the watch to its factory settings. While the manual does not list a...

[Read full answer](#)

How do you set the time on the aeac AR-01 smart watch?

To set the time on your aeac AR-01 smart watch, you must pair it with your smartphone using the VeryFit app. The watch does not have a manual time-setting menu; it automatically synchronizes its...

[Read full answer](#)

How do I set the time on the aeac AR-01 Smart Watch?

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[Read full answer](#)