aeac AR-01

aeac Smart Watch User Manual

Model: AR-01
Brand: aeac

Introduction

Welcome to the user manual for your new aeac Smart Watch. This device is designed to be an intelligent companion for your daily life, offering a range of features to enhance communication, monitor your health, track your fitness activities, and provide convenient smart functionalities. This manual will guide you through the setup, operation, and maintenance of your smartwatch to ensure optimal performance and user experience.



The aeac Smart Watch in Rose Gold, featuring a round AMOLED display and a soft silicone band.

What's in the Box

Upon unboxing your aeac Smart Watch, you should find the following items:

- aeac Smart Watch
- Charging Cable
- Quick Start Guide (This User Manual)

Setup

1. Charging the Smart Watch

Before initial use, fully charge your 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) or a computer USB port. A full charge typically takes approximately 2 hours.



The smartwatch indicating its battery level and charging status.

2. App Installation and Pairing

To unlock the full potential of your aeac Smart Watch, download and install the**VeryFit** application on your smartphone. The app is compatible with iPhone (iOS 16/15/14/13/12/11 Series, XR/X/XS/XS Max/SE 2022/SE 2020/SE 2016/8/8+/7/7+/6s/6s+/6/6+) and Android devices (Samsung, HTC, Google, Huawei, Xiaomi, Nexus, Microsoft, and others).

1. Scan the QR code provided in the quick start guide or search for "VeryFit" in your smartphone's app store (App

Store for iOS, Google Play Store for Android).

2. Install the application and open it.
3. Follow the on-screen instructions within the VeryFit app to create an account and set up your personal profile.
4. Enable Bluetooth on your smartphone.
5. In the VeryFit app, navigate to the device pairing section and select your aeac Smart Watch from the list of available devices. The watch will typically appear as "AR-01" or a similar identifier.
6. Confirm the pairing request on both your smartphone and the smartwatch.



The smartwatch demonstrating Bluetooth connectivity for calls and message notifications.

Operating Instructions

Basic Navigation

- **Touchscreen:** Swipe left, right, up, or down to navigate through menus and features. Tap to select an option.
- **Side Button:** Press the side button to return to the home screen or wake the display.

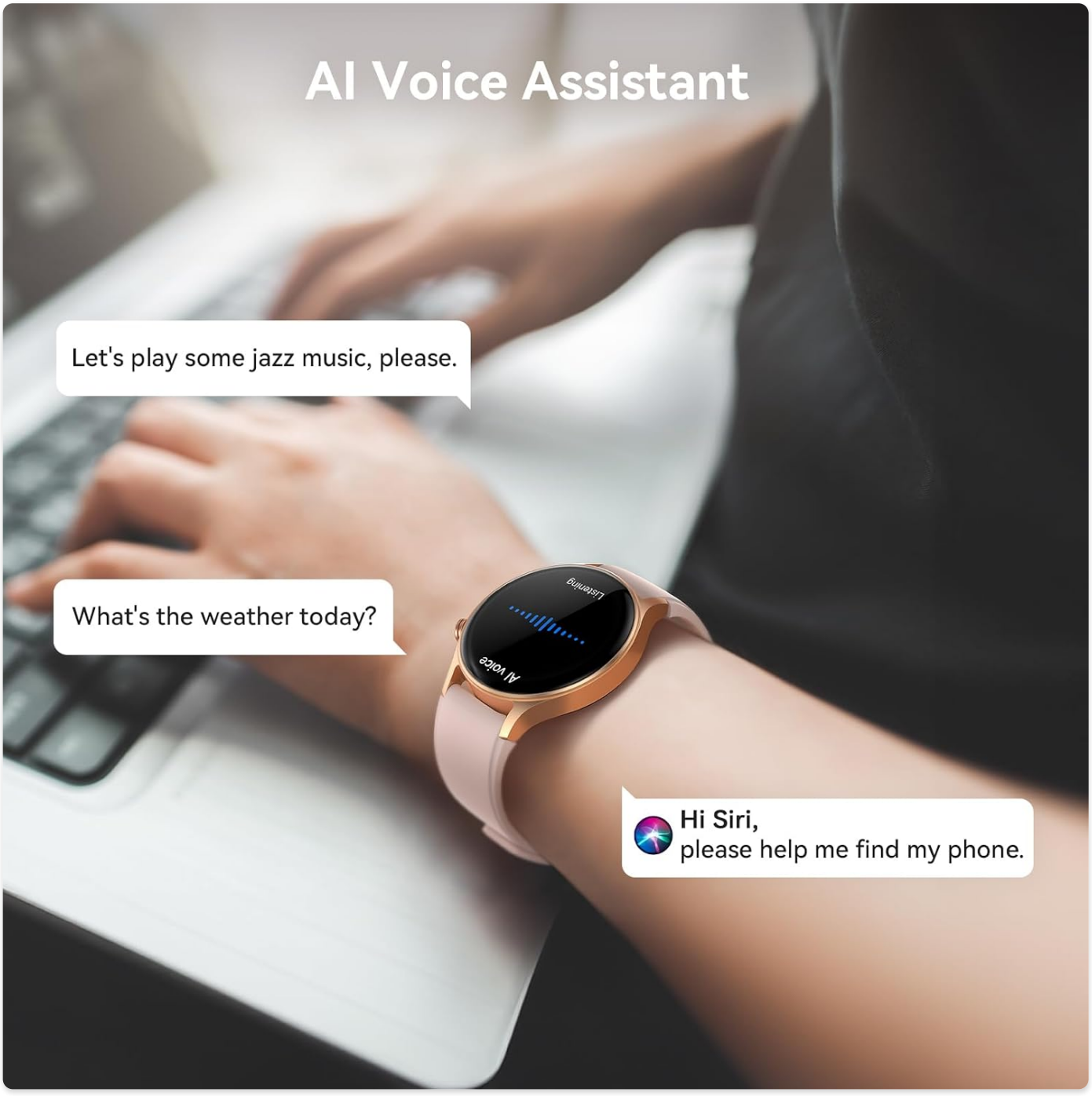
Bluetooth Calling and Notifications

Once paired with your smartphone, the aeac Smart Watch allows you to make and receive calls directly from your wrist, thanks to its high-definition speakers and microphones. You will also receive notifications for messages, social media alerts, and other app updates.

- **Answering Calls:** When a call comes in, tap the green phone icon on the watch screen to answer.
- **Making Calls:** Access the call function from the watch menu to dial numbers or select contacts from your synced phonebook.
- **Message Notifications:** Swipe down from the top of the watch face to view recent notifications. Ensure app notifications are enabled in the VeryFit app settings on your phone.

AI Voice Assistant

The smartwatch features an integrated AI voice assistant for hands-free control. Simply activate the assistant (refer to your watch's specific interface for activation, usually a long press of a button or a specific swipe) and speak your commands.



A user speaking commands to the AI Voice Assistant on the aeac Smart Watch.

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Official video demonstrating the AI voice assistant and alarm setting features of the AR-01 smart watch.

Additional Smart Features

Your aeac Smart Watch includes several other convenient features:

- **Alarm Clock:** Set multiple alarms directly from the watch or through the VeryFit app.
- **Phone Finder:** Use your watch to locate your misplaced smartphone by making it ring.
- **Camera Control:** Remotely trigger your phone's camera shutter from your watch.
- **Music Control:** Play, pause, skip tracks, and adjust volume for music playing on your connected smartphone.
- **Weather Forecast:** Get real-time weather updates directly on your wrist.
- **Environmental Noise Monitoring:** Real-time monitoring of sound levels to help identify noise pollution.



An overview of additional features available on the aeac Smart Watch, such as camera control, alarm, and phone finder.



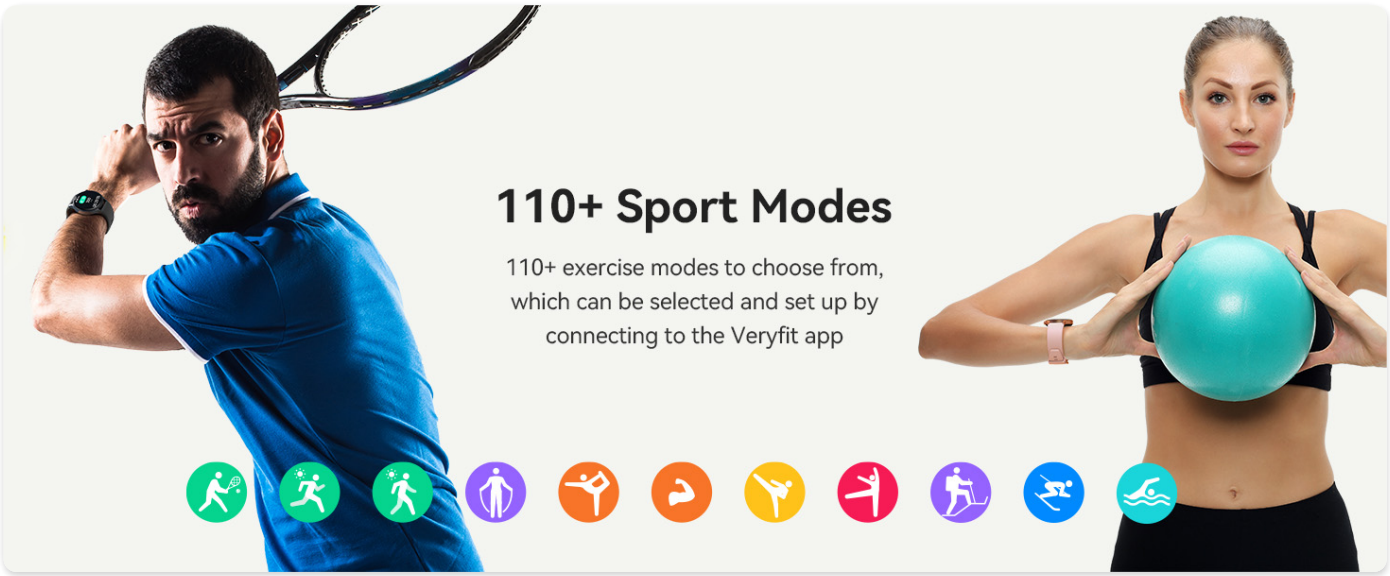
The smartwatch's environmental noise monitoring feature showing decibel levels in various environments.

Health Monitoring

The aeac Smart Watch provides comprehensive health tracking features to help you stay informed about your well-being.

Heart Rate Monitoring

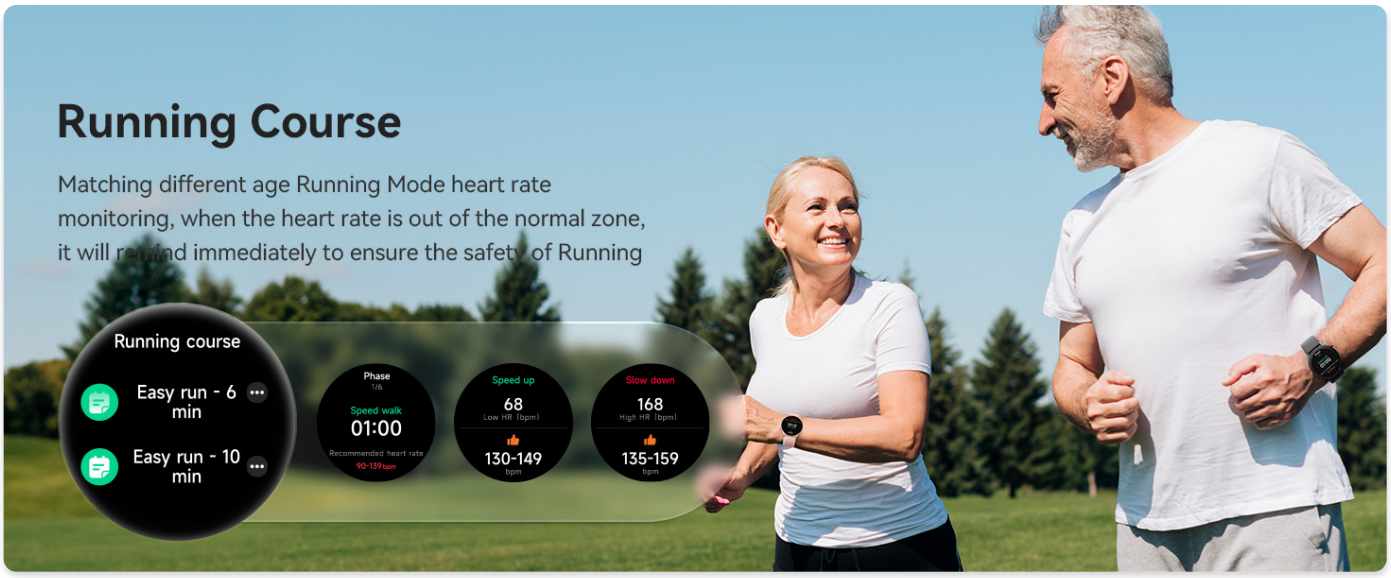
Monitor your heart rate throughout the day. The watch accurately analyzes heart rate data, providing insights into your heart health and alerting you to any significant changes.



The smartwatch interface showing real-time heart rate and historical data.

Blood Oxygen (SpO2) Monitoring

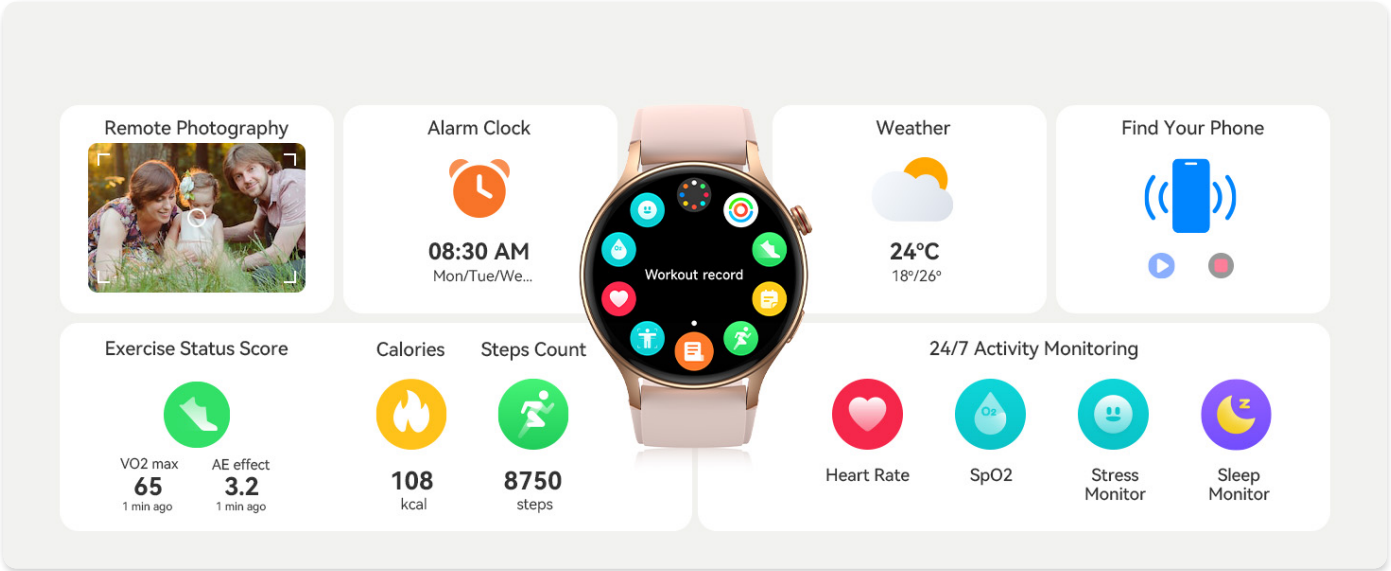
Real-time monitoring of your blood oxygen concentration helps ensure your physical indicators are within normal ranges.



The smartwatch displaying current and historical blood oxygen levels.

Stress Monitoring

The watch calculates your stress value by collecting multiple signals from your body, helping you make timely adjustments to manage stress and promote a happier life.



The smartwatch showing stress level measurements and trends.

Body Energy Monitoring

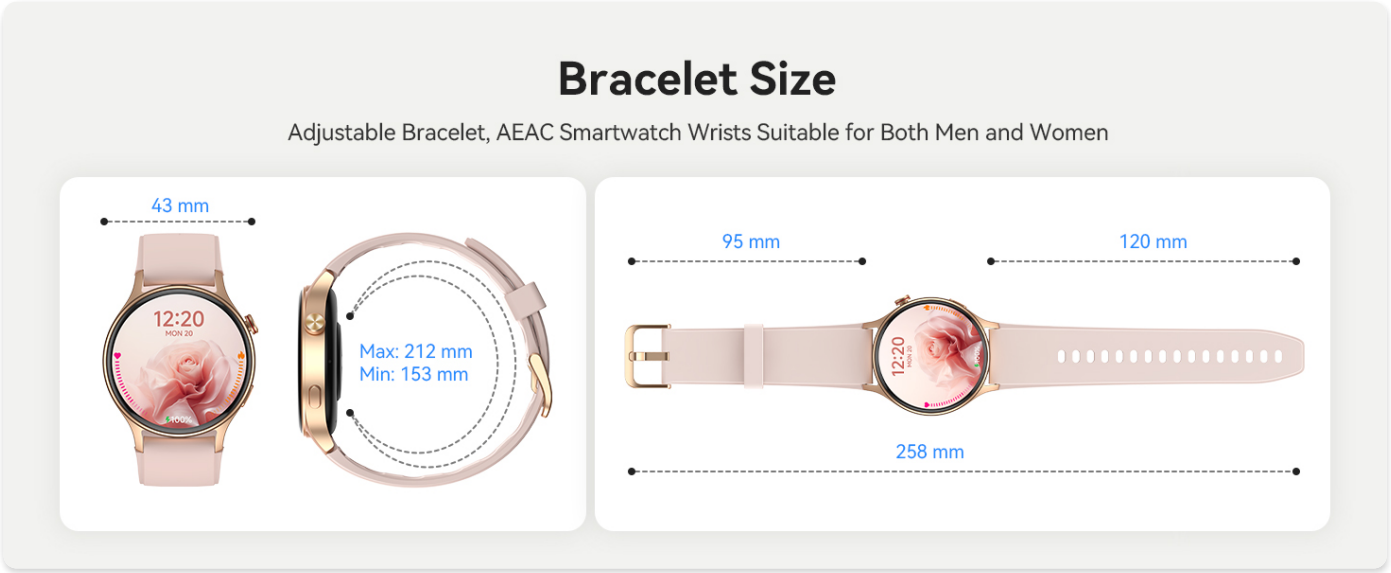
Receive real-time feedback on your physical state to help you better combine work and rest, optimizing your energy levels throughout the day.



The smartwatch displaying body energy levels and trends.

Sleep Quality Monitoring

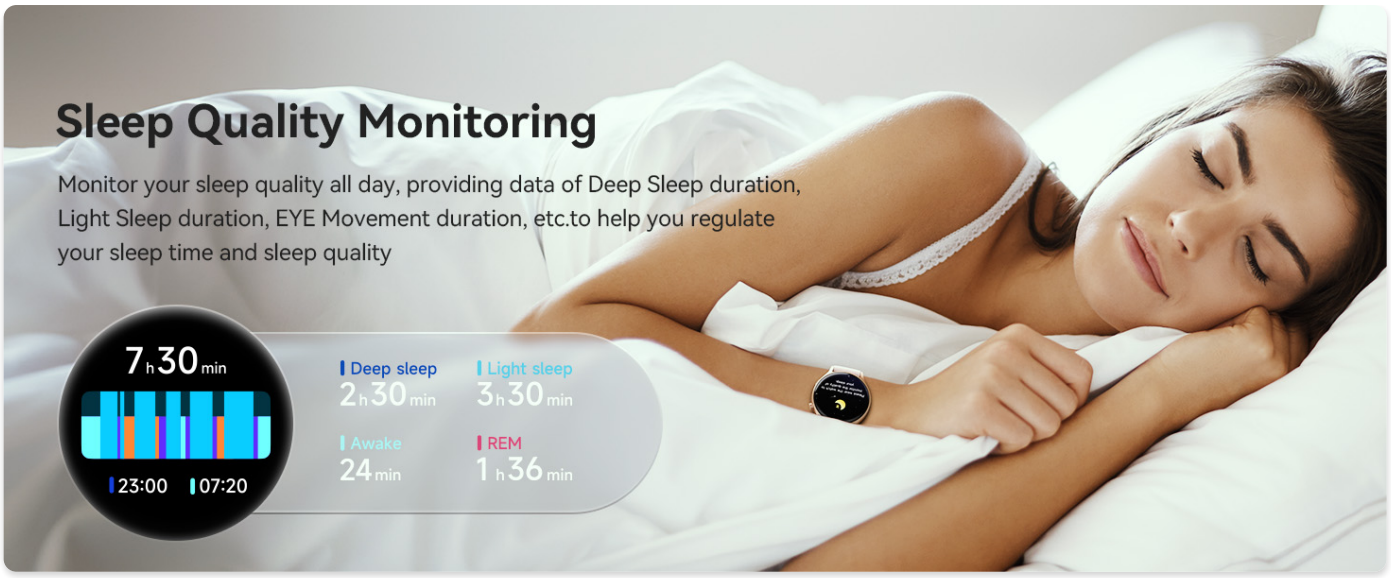
Monitor your sleep quality all day, providing data on Deep Sleep duration, Light Sleep duration, and REM sleep duration to help you regulate your sleep time and improve sleep quality.



The smartwatch providing a detailed breakdown of sleep stages and duration.

Female Menstrual Cycle Reminder

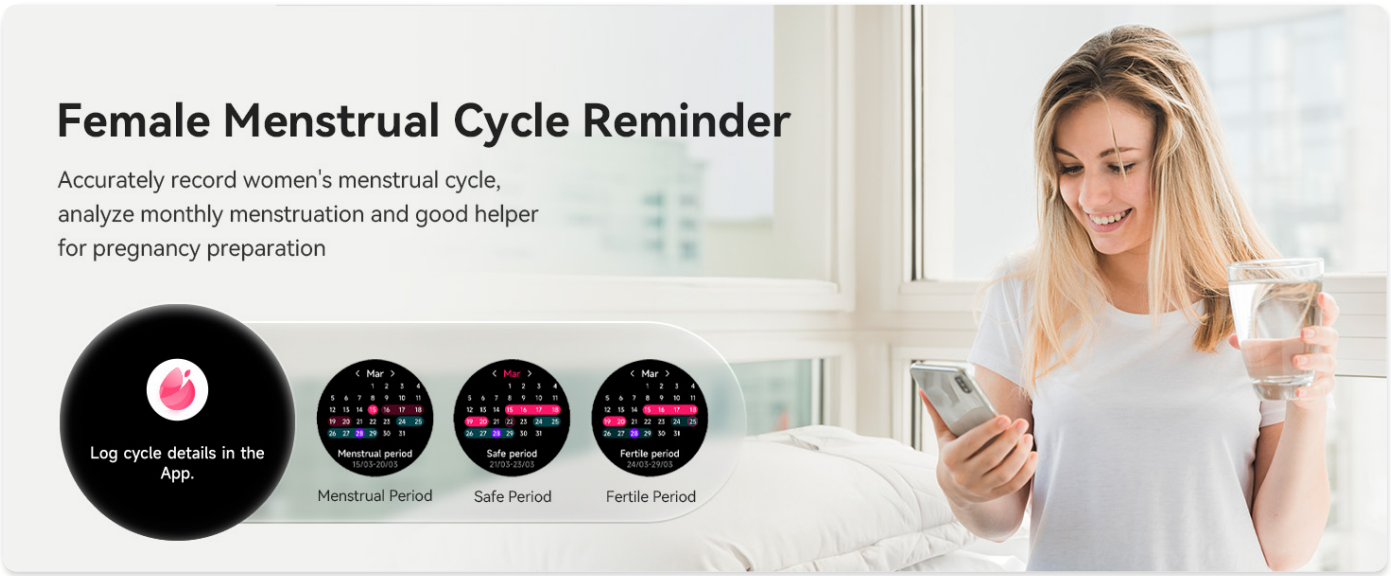
Accurately record women's menstrual cycles, analyze monthly menstruation, and serve as a helpful tool for pregnancy preparation. Log cycle details in the VeryFit app.



The smartwatch interface for tracking menstrual cycles, including menstrual, safe, and fertile periods.

Breathing Exercises

Follow guided breathing exercises to quickly regulate your mood and reduce stress.



The smartwatch guiding a user through breathing exercises.

Sports Modes & Activity Tracking

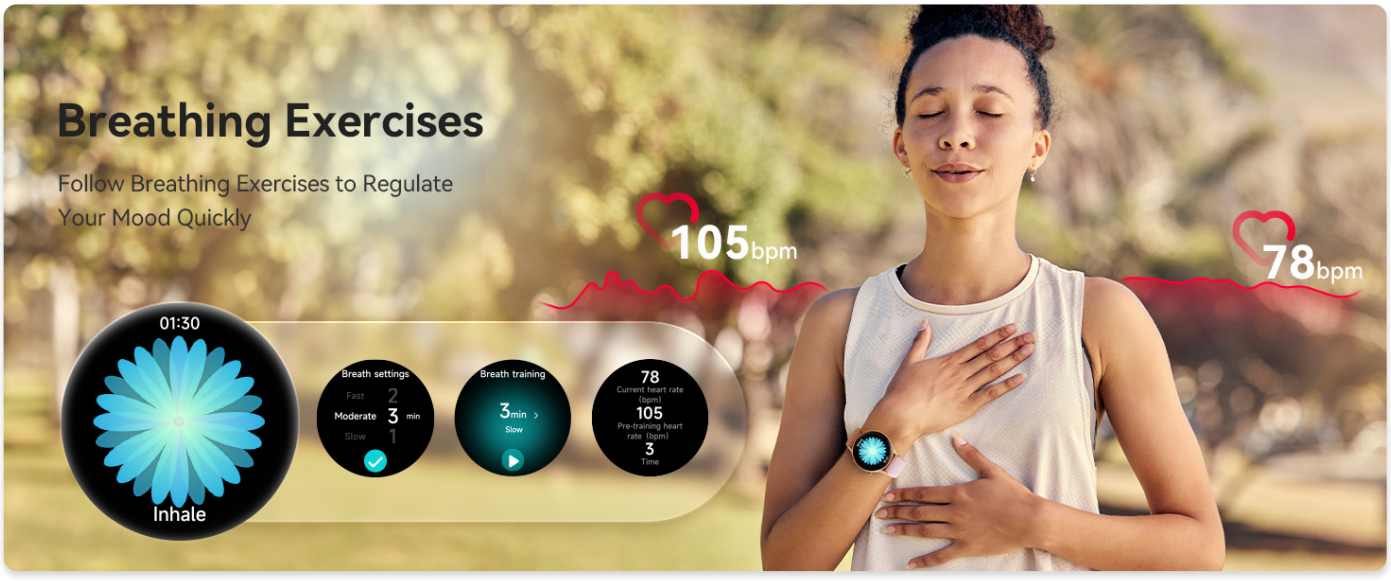
The aeac Smart Watch supports over 110 sports modes, allowing you to track a wide range of physical activities with precision. It continuously monitors your activity data throughout the day.

110+ Sports Modes

Select your desired activity from the extensive list of sports modes to get accurate tracking of calories burned, distance covered, and duration. This includes activities from yoga to swimming.



The smartwatch interface displaying various sports modes, with examples of tennis and swimming.



A visual representation of the wide array of sports modes supported by the smartwatch.

24/7 Activity Data Tracking

The watch continuously monitors your steps, distance, calories burned, and active minutes throughout the day, providing a complete overview of your daily activity.



The smartwatch showing a summary of 24/7 activity data, including heart rate, SpO2, body energy, and sleep.

Running Course

Utilize the running course feature to match different age running modes and monitor your heart rate. The watch will alert you if your heart rate is outside the normal zone, ensuring your safety during runs.



The smartwatch showing a running course interface with pace, distance, and heart rate guidance.

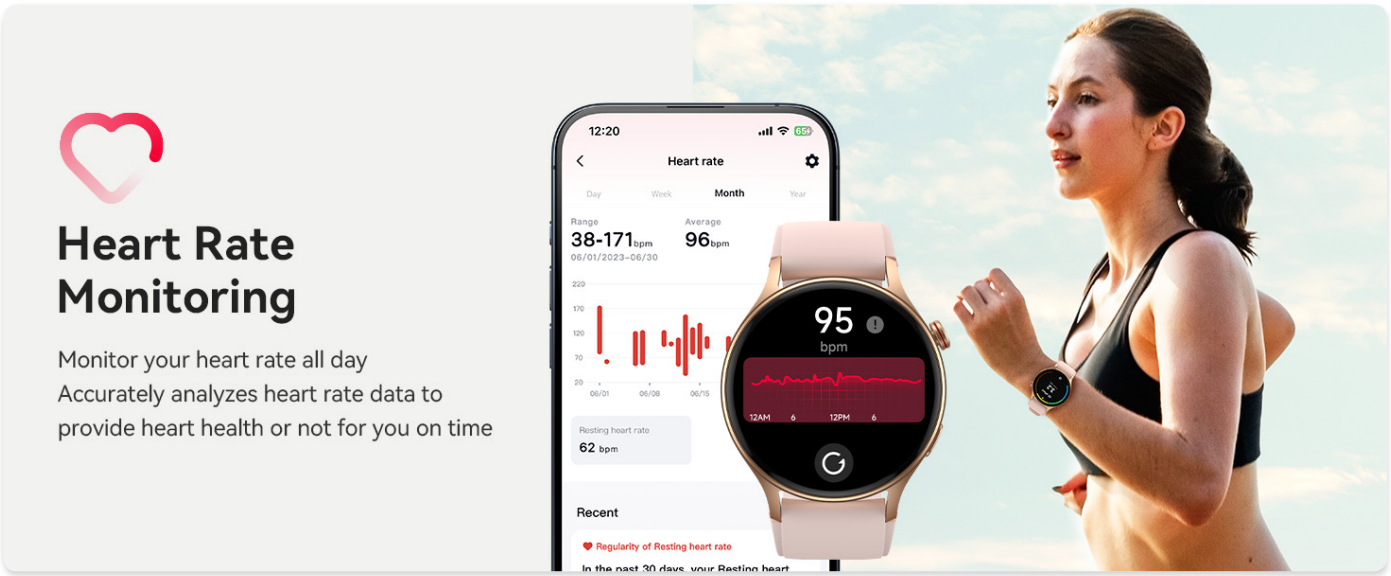
CUSTOMIZATION

1.32" AMOLED Touchscreen & Watch Faces

The smartwatch features a vibrant 1.32-inch AMOLED touchscreen display, offering sharp visuals and smooth responsiveness. You can personalize your watch with over 200 watch faces available through the VeryFit app, or even upload your own photos to create custom dials.



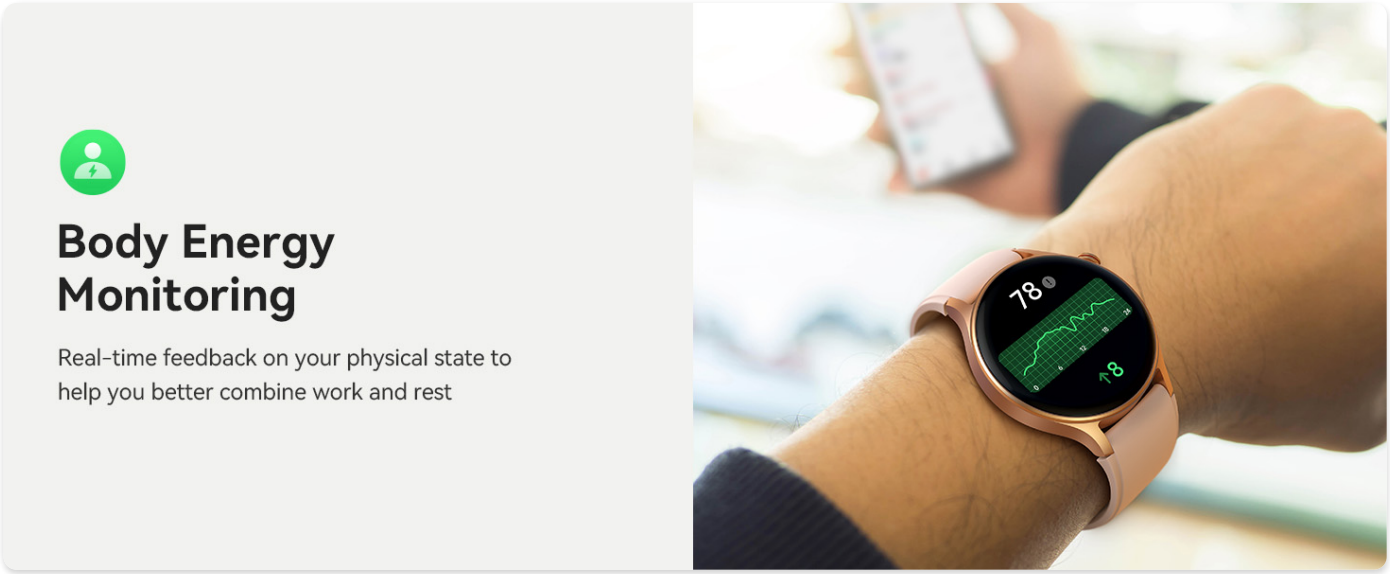
The smartwatch showcasing its 1.32-inch AMOLED display and various watch face options, including custom photo dials.



A selection of customized AMOLED watch faces, demonstrating the personalization options.

Always-ON Display (AOD)

AMOLED's unique Always-On Display feature allows you to customize the clock to check the time without touching the screen, conserving battery while keeping essential information visible.



The smartwatch showing its Always-On Display feature with digital and analog clock options.

Maintenance

Battery Life

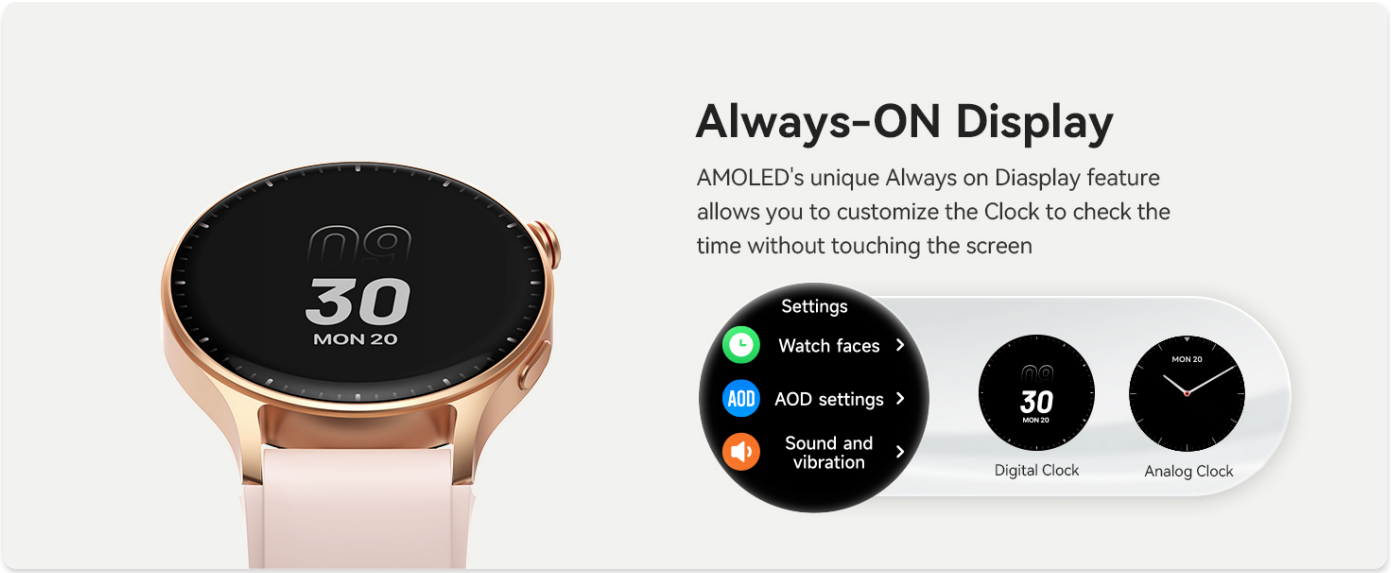
The aeac Smart Watch is equipped with a 350 mAh Lithium Polymer battery, offering extended usage times. Expect up to 10 days of use with heavy usage, 15 days with basic usage, and up to 30 days in low power mode on a single 2-hour charge.



Battery life estimates for the smartwatch under heavy, basic, and low power usage.

Waterproof Rating

The watch is 3ATM water-resistant (some sources indicate IP68), ensuring reliable performance in wet conditions. This means it can withstand splashes, rain, and is suitable for activities like swimming. However, it is not recommended for deep diving or high-pressure water activities.



The smartwatch being used in water, highlighting its IP68 waterproof capability.

Cleaning and Care

To maintain your smartwatch, regularly clean the device and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.

Troubleshooting

If you encounter issues with your aeac Smart Watch, please refer to the following common solutions:

Problem	Possible Solution
Watch not turning on or charging	Ensure the charging cable is securely connected to both the watch and a power source. Try a different USB port or power adapter. Allow the watch to charge for at least 30 minutes before attempting to turn it on.
Cannot pair with smartphone	Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both your phone and the watch. Ensure the VeryFit app is updated to the latest version. Forget the device in your phone's Bluetooth settings and try pairing again.
No message notifications (especially for iPhone)	Verify that notification permissions are granted for the VeryFit app in your phone's settings. Check that specific app notifications (e.g., Messages, WhatsApp) are enabled within the VeryFit app. Ensure your phone's "Do Not Disturb" mode is off. Some users have reported specific issues with text notifications on iPhones; ensure all permissions are correctly set as per the app's instructions.
Inaccurate activity tracking (steps, heart rate)	Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Calibrate the watch through the VeryFit app if an option is available. Environmental factors can sometimes affect accuracy.
App crashing or freezing	Close and reopen the VeryFit app. Clear the app's cache (Android) or reinstall the app. Ensure your phone's operating system is up to date.

If the issue persists, please contact aeac customer support for further assistance.

SPECIFICATIONS

Feature	Detail
Model Number	AR-01
Screen Size	1.32 Inches AMOLED
Product Dimensions	4.72 x 1.97 x 0.39 inches
Item Weight	0.176 ounces (approx. 5 Grams)
Battery Type	Lithium Polymer
Battery Capacity	350 Milliamp Hours
Connectivity	Bluetooth
Water Resistance	3ATM (IP68)
Operating System Compatibility	iPhone (iOS 11+), Android (Android 6.0+)
Memory Storage Capacity	256 MB
RAM Memory Installed Size	1028 MB
Country of Origin	China



Detailed dimensions of the smartwatch and its adjustable bracelet.



Another view of the smartwatch dimensions, including bracelet length.

Warranty and Support

Your aeac Smart Watch comes with a **5-year warranty**, ensuring long-term peace of mind. Additionally, a **30-day return policy** is in place for your convenience. aeac is committed to providing prompt and helpful support, with a typical **12-hour quick reply** to inquiries.

For any questions, technical assistance, or warranty claims, please contact aeac customer support through the contact information provided with your product packaging or via the official aeac website.

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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

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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