

Manuals.plus /

> JINSHANGZI /

> JINSHANGZI ET490 Smartwatch User Manual

JINSHANGZI ET490

JINSHANGZI ET490 Smartwatch User Manual

Model: ET490 (Internal Model: 7013A)

Brand: JINSHANGZI

1. INTRODUCTION

Thank you for choosing the JINSHANGZI ET490 Smartwatch. This device is designed to enhance your daily life with advanced health monitoring, fitness tracking, and smart communication features. Please read this manual carefully to understand the proper use, setup, and maintenance of your smartwatch.

2. PRODUCT OVERVIEW AND FEATURES

The JINSHANGZI ET490 Smartwatch combines elegant design with powerful functionality. It features a 1.27-inch TFT full touch screen with a resolution of 360x360 pixels, providing clear and vibrant visuals. The smartwatch is equipped with a built-in voice assistant, ECG function, and comprehensive AI-powered health monitoring capabilities.

- **Health Monitoring:** ECG, Heart Rate, Blood Pressure, Sleep Tracking, Body Fat (BMI), Blood Glucose, Uric Acid, and Lipid Monitoring.
- **Fitness Tracking:** Multiple exercise modes, step tracking, calorie monitoring, and activity tracking.
- **Communication:** Bluetooth 5.2 for calls (answering and dialing), message notifications, and remote control.
- **Smart Features:** Voice Assistant, Music Player control, Alarm Clock, Multiple Watch Faces, and SOS Emergency Call function.
- **Design:** Round display, alloy case, and a silver leather strap (other strap materials may be available).
- **Durability:** Waterproof design for daily use.



ECG Health Smart Call Watch

SMART HEALTH cn1539155363izjj

ECG function | 1.27-inch retina full touch screen | intelligent
Bluetooth call | multi-dimensional health management
multiple exercise modes | voice assistant | strong endurance
for women's health (physiological cycle function) | body fat
(BMI) | blood glucose, uric acid, and lipid monitoring

Figure 1: The JINSHANGZI ET490 Smartwatch showcasing its ECG and smart health features, including multi-dimensional health management and various exercise modes.

Shining halo design and clever suspension bridge ear design make the overall shape more dynamic; The strap wraps around the wrist, exuding elegance everywhere. A 1.27-inch retina full touch screen with a resolution of 360 * 360, providing clear and realistic picture quality for viewing information in full screen.



Figure 2: The smartwatch's elegant design with a gold mesh strap and a vibrant display, featuring a 1.27-inch retina full touch screen with 360x360 resolution for clear visuals.

3. SETUP

3.1 Charging the Smartwatch

Before initial use, fully charge your smartwatch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a standard USB power adapter (5V/1A recommended). The watch display will indicate charging status. A full charge typically takes 2-3 hours.

3.2 App Installation and Pairing

1. **Download the App:** Scan the QR code provided in the watch packaging or search for the designated 'Smartwatch App' (e.g., 'JINSHANGZI Health' or similar) in your smartphone's app store (Apple App Store for iOS, Google Play Store for Android).
2. **Register/Log In:** Open the app and follow the on-screen instructions to create an account or log in.
3. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
4. **Pair Device:** In the app, navigate to the 'Device' or 'My Watch' section. Tap 'Add Device' or 'Scan for Device'. Select 'ET490' or the corresponding device name from the list of found devices. Confirm the pairing request on both your

phone and the smartwatch if prompted.

5. **Complete Setup:** Follow any remaining prompts in the app to complete the initial setup, including personal information for accurate health tracking.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

The ET490 Smartwatch features a full touch screen and a physical button for navigation:

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different data screens.
- **Tap:** Select an item or confirm an action.
- **Press Button:** Short press to return to the previous screen or wake the screen. Long press to power on/off or access system settings.



Figure 3: The smartwatch's 1.27-inch retina full touch screen with 360x360 resolution, providing a clear interface for interaction.

4.2 Health Monitoring

Access health features through the watch menu or the companion app:

- **Heart Rate (HR):** Navigate to the HR icon and tap to start measurement. For continuous monitoring, enable it in the

app settings.

- **Blood Pressure (BP):** Navigate to the BP icon and tap to start measurement. Ensure the watch is snug on your wrist.
- **ECG:** Follow the on-screen instructions on the watch or in the app to perform an ECG measurement. Ensure your finger is placed correctly on the designated sensor.
- **Sleep Tracking:** Wear the watch to bed. It automatically tracks your sleep patterns. View detailed analysis in the app.
- **AI Health Monitoring:** The watch utilizes AI to provide multi-dimensional health insights. Regularly sync data with the app for comprehensive reports.



Figure 4: The smartwatch displaying real-time heart rate data and historical trends, a key feature for health monitoring.

4.3 Fitness Tracking

The smartwatch tracks various fitness metrics:

- **Exercise Modes:** Select from multiple sports modes (e.g., walking, running, cycling) to track specific workouts.
- **Step Counter:** Automatically tracks your daily steps.
- **Calorie Monitor:** Estimates calories burned based on your activity.
- **Activity Tracking:** Monitors overall daily activity and reminds you to move if sedentary for too long.

4.4 Communication Features

- **Bluetooth Calls:** Once paired, you can answer incoming calls or dial numbers directly from your watch.
- **Message Notifications:** Receive notifications for calls, SMS, and app messages (e.g., WhatsApp, social media) directly on your watch. Enable specific app notifications in the companion app.

4.5 Voice Assistant

Activate the built-in voice assistant by swiping to its dedicated screen or using a specific gesture/button press (refer to app settings for configuration). Use voice commands for various tasks like checking weather, setting alarms, or initiating calls.

4.6 Music Player Control

Control music playback on your smartphone directly from the smartwatch. Navigate to the music control interface to play, pause, skip tracks, and adjust volume.

4.7 SOS Emergency Call

The SOS function allows you to quickly contact emergency contacts:

1. **Setup:** In the companion app, go to the SOS settings and add emergency contact numbers.
2. **Activation:** In an emergency, swipe to the SOS screen on your watch and tap the SOS button. The watch will automatically dial your pre-set emergency contacts.

SOS Emergency call

After connecting the watch to the app via Bluetooth, set friends as emergency contacts. In emergency situations, simply swipe the watch's SOS button to make an emergency call, notify the emergency call, and add security to your family.



Figure 5: The SOS Emergency Call feature on the smartwatch, allowing users to quickly initiate a call to pre-set emergency contacts.

4.8 Watch Faces

Customize your smartwatch by changing watch faces. Long-press the home screen to access watch face options, or explore more designs within the companion app.

5. MAINTENANCE

5.1 Cleaning

Regularly clean your smartwatch and strap. Use a soft, lint-free cloth to wipe the screen and body. For the strap, use a damp cloth and mild soap if necessary, then dry thoroughly. Avoid harsh chemicals or abrasive materials.

5.2 Water Resistance

The ET490 Smartwatch is designed to be waterproof for daily use, meaning it can withstand splashes, rain, and hand washing. It is not recommended for swimming, diving, or exposure to hot water/steam (e.g., showers, saunas) as this may compromise the seal.

5.3 Battery Care

To prolong battery life, avoid extreme temperatures. Charge the watch regularly and avoid letting the battery completely drain for extended periods. Use only the provided charging cable.

6. TROUBLESHOOTING

- **Watch not turning on/charging:** Ensure the charging cable is correctly connected to both the watch and the power source. Try a different USB port or adapter. If the battery is completely drained, it may take a few minutes for the charging indicator to appear.
- **Cannot pair with phone:** Ensure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and your phone. Check the app for pairing instructions and ensure no other devices are interfering.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Keep the sensor clean. Environmental factors and individual physiology can affect readings. Consult a medical professional for accurate health assessments.
- **Notifications not working:** Check app settings on your phone to ensure notifications are enabled for the smartwatch app and for individual applications. Ensure the watch is connected via Bluetooth.
- **Voice Assistant not responding:** Ensure the watch is connected to your phone and has internet access (via phone). Check app permissions for the microphone.

7. SPECIFICATIONS

Feature	Specification
Model Number	7013A
Display	1.27-inch TFT Full Touch Screen
Resolution	360 x 360 pixels
Connectivity	Bluetooth 5.2
Operating System	iOS, Android OS compatible

Battery Capacity	220 mAh
RAM	128 MB
Storage Capacity	128 MB
Waterproof Level	Waterproof (daily use)
GPS	No
Input Interface	Touchscreen, Microphone
Case Material	Alloy
Strap Material	Silver Leather (other options may be available)

8. WARRANTY AND SUPPORT

For warranty information, please refer to the warranty card included with your product or contact your retailer. For technical support or further assistance, please visit the official JINSHANGZI website or contact their customer service department.

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

Email

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

Details

Submit question

Open the live page

<https://manuals.plus/asin/B0D9S16M26>

More documents and user manuals: <https://manuals.plus/>