

D20 Pro Smart Watch Fitness Sport Heart Rate Monitor Blood Waterproof Smart Bracelet Y68

User Manual

GENERIC D20 PRO / Y68 SMART WATCH

Model: D20 Pro / Y68 | Brand: Generic

Introduction

This manual provides comprehensive instructions for the Generic D20 Pro / Y68 Smart Watch. It covers essential information regarding product setup, operation, maintenance, and troubleshooting to ensure optimal performance and longevity of your device. Please read this manual thoroughly before using the smart watch.

Safety Information

- Do not attempt to disassemble or modify the device. This may void the warranty and cause damage.
- Keep the device away from extreme temperatures, direct sunlight, and corrosive liquids.
- Avoid dropping or subjecting the device to strong impacts.
- While the device is waterproof, it is not suitable for deep diving or prolonged submersion. Avoid hot water.
- Consult a medical professional before starting any new exercise regimen, especially if you have pre-existing health conditions. The heart rate and blood pressure monitoring features are for reference only and should not be used for medical diagnosis.
- Dispose of the device and its battery responsibly according to local regulations.

What's in the Box

Upon opening the package, please verify that all the following items are present:

- Generic D20 Pro / Y68 Smart Watch (Dark Blue)
- Charging Cable (USB)
- User Manual (this document)

Setup

1. Charging the Smart Watch

Before initial use, fully charge the smart watch. The device uses a built-in Lithium Polymer battery.

1. Connect the charging cable to the charging contacts on the back of the smart watch.
2. Plug the USB end of the cable into a standard USB power adapter (5V/1A recommended) or a computer's USB port.
3. The watch display will indicate charging status. Allow approximately 2-3 hours for a full charge.



Image: The Generic D20 Pro / Y68 Smart Watch in dark blue, showing its square display with icons for steps, distance, and calories burned. The watch band is visible, indicating its design.

2. Downloading the Companion App

To unlock all features and synchronize data, download the dedicated companion application on your smartphone. Search for the app name (often indicated in the watch's initial setup screen or packaging) in your device's app store (Google Play Store for Android, Apple App Store for iOS).

3. Pairing with Your Smartphone (Bluetooth)

Ensure Bluetooth is enabled on your smartphone.

1. Open the companion app on your smartphone.
2. Follow the in-app instructions to add a new device. The app will search for available smart watches.
3. Select "D20 Pro" or "Y68" (or similar name) from the list of found devices.
4. Confirm the pairing request on both your smartphone and the smart watch if prompted.
5. Once paired, the watch will synchronize time and data with your phone.

Operating the Smart Watch

Basic Navigation

- **Power On/Off:** Press and hold the touch button (usually at the bottom of the screen) to power on or off.
- **Wake Screen:** Tap the touch button or raise your wrist (if enabled in settings) to wake the screen.
- **Switch Functions:** Tap the touch button repeatedly to cycle through different functions and displays (e.g., time, steps, heart rate, blood pressure, sport modes).
- **Select/Enter:** Long-press the touch button to select an option or enter a specific mode.

Fitness Tracking Features

- **Steps & Distance:** The watch automatically tracks your daily steps and estimates distance covered. View this data on the watch display or in the companion app for detailed statistics.
- **Calories Burned:** Based on your activity and personal profile, the watch estimates calories burned.
- **Heart Rate Monitoring:** Navigate to the heart rate interface. The watch will automatically begin measuring your heart rate. Ensure the watch is snug on your wrist for accurate readings.
- **Blood Pressure Monitoring:** Navigate to the blood pressure interface. Remain still during measurement. Readings are for reference only.
- **Sport Modes:** The watch may include various sport modes (e.g., running, walking). Long-press the touch button on the sport mode interface to start a workout.

Notifications

Once paired with your smartphone, the watch can display notifications for calls, messages, and social media alerts. Enable specific app notifications within the companion app settings.

Water Resistance

The D20 Pro / Y68 Smart Watch is designed to be waterproof, suitable for daily activities like hand washing or light rain. It is not recommended for swimming, showering with hot water, or diving.

Maintenance

- **Cleaning:** Wipe the watch and band regularly with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.
- **Storage:** When not in use for extended periods, store the watch in a cool, dry place. It is recommended to charge the battery to about 50% before long-term storage to preserve battery health.
- **Battery Care:** Avoid fully discharging the battery frequently. Charge the watch before the battery level becomes critically low.

Troubleshooting

Problem	Possible Solution
Watch does not power on.	Ensure the watch is fully charged. Connect it to the charger and wait a few minutes before attempting to power on again.
Cannot pair with smartphone.	Ensure Bluetooth is enabled on your phone. Make sure the watch is sufficiently charged. Restart both the watch and your smartphone. Try unpairing and re-pairing the device in your phone's Bluetooth settings and the companion app. Ensure the companion app has necessary permissions.
Inaccurate heart rate/blood pressure readings.	Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Remain still during measurement. Note that these readings are for reference and not medical grade.
Notifications not appearing.	Check if the watch is properly connected to your phone via Bluetooth. Verify that notification permissions are granted to the companion app on your phone. Ensure specific app notifications are enabled within the companion app settings.

Specifications

Model Name	D20 Pro / Y68 Smart Watch Fitness Sport Heart Rate Monitor
Brand	Generic
Color	Dark Blue
Connectivity Technology	Bluetooth
Special Features	Fitness Smart Bracelet Sports Band, Heart Rate Blood Pressure Monitor
Battery Type	Lithium Polymer
GPS	No GPS
Shape	Oval (referring to the overall form factor, though the screen is rectangular)
Water Resistance Level	Waterproof
Date First Available	July 31, 2024

Warranty and Support

For warranty information and technical support, please refer to the documentation provided with your purchase or contact the retailer/manufacturer directly. As this is a Generic branded product, specific warranty terms may vary by region or seller.

For further assistance, please visit the manufacturer's official website or contact their customer service

department. Keep your purchase receipt as proof of purchase.

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