SGNICS F57L

SGNICS Smart Watch F57L User Manual

Model: F57L

1. INTRODUCTION AND OVERVIEW

Thank you for choosing the SGNICS Smart Watch F57L. This device is designed to enhance your daily life with its comprehensive health tracking, communication features, and versatile sports modes. It features a 1.91-inch HD touch screen, Bluetooth call functionality, and compatibility with both Android and iOS phones. This manual provides essential information for setup, operation, maintenance, and troubleshooting to ensure optimal performance of your smart watch.

2. INCLUDED COMPONENTS

Please verify that all components are present in your package:

- 1 x SGNICS Smart Watch F57L
- 1 x Watch Band
- 1 x Charging Cable
- 1 x User Manual (this document)

3. SETUP GUIDE

3.1 Initial Charging

Before first use, fully charge your smart watch. 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 (not included).

Image: The SGNICS Smart Watch F57L, displaying its main screen with various health metrics and the current time.

3.2 App Download and Pairing

1. Scan the QR code in the manual or on the watch packaging to download the official companion app, or search for it in your phone's app store.
2. Install and open the app on your smartphone.
3. Enable Bluetooth on your phone.
4. In the app, navigate to 'Device' or 'Add Device' and select the F57L from the list of available devices.
5. Confirm the pairing request on both your phone and the watch.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

The watch features a 1.91-inch HD touch screen for intuitive navigation. Swipe up, down, left, or right to access different functions and menus. Press the side button to return to the home screen or wake the device.

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4.2 Bluetooth Calls and Notifications

- **Making/Receiving Calls:** Once connected via Bluetooth, you can make and receive calls directly from your wrist. Access the dial pad or call history on the watch.
- **Notifications:** All incoming messages and app notifications from your paired phone will be displayed on the watch screen and accompanied by a vibration alert.

4.3 Sports Modes

The watch supports over 50 sports modes, including running, dancing, yoga, cycling, and hiking. Select your desired activity from the sports menu to track your performance, including steps, calories burned, distance, and time.

4.4 Health Tracking

The F57L automatically tracks your daily activity 24/7 using advanced sensors. This includes heart rate monitoring, sleep analysis, and other health metrics. Data can be viewed on the watch and in detail within the companion app.

Image: The rear view of the SGNICS Smart Watch F57L, highlighting the integrated heart rate sensor and fitness tracking components.

4.5 Life Assistant Features

The watch includes various convenient features:

- **AI Voice Assistant:** Interact with your virtual assistant directly from your wrist for quick queries, setting reminders, or controlling smart devices.
- **Pedometer:** Tracks your daily steps.
- **Music Playback:** Control music on your phone.
- **Stopwatch & Countdown:** For timing activities.
- **Calculator:** Basic calculations on the go.
- **Weather Display:** Get real-time weather updates.
- **Remote Photography:** Use your watch as a remote shutter for your phone's camera.
- **Find My Phone:** Locate your misplaced phone by making it ring.

5. Maintenance

- **Cleaning:** Wipe the watch and band regularly with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.
- **Charging:** Always use the provided charging cable. Ensure the charging contacts are clean and dry before charging.
- **Water Resistance:** While designed for daily wear and fitness, avoid prolonged immersion in water or exposure to hot water/steam. Refer to product specifications for exact water resistance rating.
- **Storage:** Store the watch in a cool, dry place when not in use.

6. Troubleshooting

6.1 Watch Not Turning On

- Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- Press and hold the side button for 10-15 seconds to force a restart.

6.2 Unable to Pair with Phone

- Make sure Bluetooth is enabled on your phone and the watch.
- Ensure the watch is within the Bluetooth range of your phone (typically 10 meters).
- Restart both your phone and the watch.
- Clear any previous pairing records for the watch on your phone's Bluetooth settings.
- Ensure the companion app is updated to the latest version.

6.3 Inaccurate Health Data

- Ensure the watch is worn snugly on your wrist, but not too tight.
- Clean the sensor on the back of the watch.
- Ensure your personal information (height, weight, age) is correctly entered in the companion app.

6.4 Notifications Not Appearing

- Check notification permissions for the companion app in your phone's settings.
- Ensure the watch is connected to your phone via Bluetooth.
- Verify that notification alerts are enabled within the watch's settings and the companion app.

7. Specifications

Feature	Specification
Model Name	F57L
Color	Black
Material	Zinc
Display	1.91-inch HD Touch Screen
Connectivity	Bluetooth

Battery Type	Lithium Polymer
Special Features	Activity Tracker, Bluetooth Call, AI Voice Assistant
Sport Modes	50+ Multi-Sports Modes

8. WARRANTY AND SUPPORT

8.1 Warranty Information

The SGNICS Smart Watch F57L comes with a 60-day warranty from the date of purchase, covering manufacturing defects. This warranty does not cover damage caused by misuse, accidents, unauthorized modifications, or normal wear and tear.

8.2 Customer Support

For any questions, technical assistance, or warranty claims, please contact SGNICS customer support through the retailer's platform or the contact information provided with your purchase. Please have your model number (F57L) and purchase details ready when contacting support.