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SGNICS F57L

SGNICS F57L Smart Watch

User Manual

Model: F57L

Introduction

This manual provides detailed instructions for the setup, operation, and maintenance of your SGNICS F57L Smart Watch. Please read this manual thoroughly to ensure proper use and to fully utilize all features of your device.



Image: Front view of the SGNICS F57L Smart Watch, displaying the time, date, battery status, heart rate, calorie count, and step count. The watch features a black strap and a rectangular grey casing.

1. Setup

1.1 Package Contents

Verify that all items are present in your package:

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

1.2 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: Rear view of the SGNICS F57L Smart Watch, highlighting the heart rate sensor and magnetic charging contacts. This area is used for health tracking and charging the device.

A full charge typically takes approximately 2 hours. The watch display will indicate charging status.

1.3 App Installation

To unlock the full functionality of your SGNICS F57L Smart Watch, download and install the companion application on your smartphone. Search for the app name (usually mentioned in the quick start guide or on the watch screen during initial setup) in the

Apple App Store (for iOS devices) or Google Play Store (for Android devices).
Alternatively, scan the QR code provided in the quick start guide or on the watch itself to directly download the app.

1.4 Device Pairing

1. Ensure your smart watch is charged and powered on.
2. Enable Bluetooth on your smartphone.
3. Open the companion app on your smartphone.
4. Follow the in-app instructions to search for and connect to your SGNICS F57L Smart Watch. The watch will typically appear as "F57L" or a similar identifier.
5. Confirm the pairing request on both your watch and smartphone if prompted.

Once paired, the watch will synchronize time and data with your phone.

2. Operating Instructions

2.1 Basic Navigation





Image: Close-up of the SGNICS F57L Smart Watch display, illustrating the clear 1.91-inch HD screen with time, date, and various activity metrics like heart rate, calories burned, and steps taken.



Image: Side view of the SGNICS F57L Smart Watch, highlighting the single physical button on the right side of the watch casing, used for navigation and control.

- **Touch Screen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Side Button:** Press to wake the screen, return to the home screen, or access the main menu (functionality may vary based on context).

2.2 Bluetooth Call Function

After successfully pairing your watch with your smartphone via Bluetooth, you can make and receive calls directly from your watch.

- **Making Calls:** Access the dialer or contact list on your watch to initiate a call.
- **Receiving Calls:** When a call comes in, the watch will display the caller ID. Tap the green icon to answer or the red icon to reject.

2.3 Notifications

Ensure notification permissions are enabled in the companion app and your phone's settings. Your watch will vibrate and display incoming messages and app notifications.

- Swipe down from the top of the watch face to view your notification history.

2.4 Health Tracking

The SGNICS F57L Smart Watch continuously monitors various health metrics.

- **Heart Rate:** Access the heart rate monitor feature on the watch to view real-time readings. Data is also recorded in the app.
- **Activity Tracking:** The watch automatically tracks steps, distance, and calories burned throughout the day.
- **Sleep Monitoring:** Wear the watch to bed for automatic sleep pattern analysis.

For detailed historical data and insights, refer to the companion app.

2.5 Sport Modes

The watch supports over 50 sport modes to track your workouts accurately.

1. Navigate to the "Sport" or "Workout" menu on your watch.
2. Select your desired activity (e.g., running, cycling, yoga).
3. Tap to start the activity. The watch will begin recording relevant metrics.
4. Tap to pause or long-press to end the activity.

Workout data will synchronize with the companion app for review.

2.6 Customizing Watch Faces (DIY UI)

Personalize your watch by changing the watch face.

- **On Watch:** Long-press the current watch face to enter the watch face selection menu. Swipe to browse and tap to select.
- **Via App:** The companion app offers a wider selection of watch faces and allows for custom "DIY" watch faces using your own photos.

2.7 Other Features

Your SGNICS F57L Smart Watch includes several utility features:

- **Music Playback Control:** Control your phone's music player (play, pause, skip tracks).
- **Stopwatch & Countdown:** Basic timing functions.
- **Calculator:** Perform simple calculations.
- **Weather Display:** View current weather conditions (requires app synchronization).
- **Remote Photography:** Use the watch as a remote shutter for your phone's camera.
- **Find Phone:** Trigger your phone to ring to locate it.
- **AI Voice Assistant:** Access your phone's voice assistant directly from the watch.

3. Maintenance

3.1 Cleaning Your Watch

Regular cleaning helps maintain the watch's appearance and functionality.

- Wipe the watch screen and body with a soft, lint-free cloth.
- For stubborn dirt, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.
- Clean the charging contacts periodically to ensure proper connection.

3.2 Water Resistance

The SGNICS F57L Smart Watch is designed with a certain level of water resistance. Refer to the specifications section or product packaging for the exact IP rating. Generally, it is suitable for daily use like hand washing or light rain, but it is not recommended for swimming, showering with hot water, or diving.
Avoid exposing the watch to hot water, steam, or high-pressure water jets, as this can compromise the water resistance seals.

3.3 Battery Care

- Avoid fully discharging the battery frequently.
- Charge the watch using the provided charging cable.
- Do not expose the watch to extreme temperatures, as this can affect battery life and performance.

4. Troubleshooting

Issue	Possible Solution
Watch does not turn on	Ensure the watch is fully charged. Connect to the charger for at least 30 minutes.
Unable to pair with phone	• Ensure Bluetooth is enabled on your phone. • Restart both the watch and your phone. • Make sure the watch is within Bluetooth range. • Forget the device in your phone's Bluetooth settings and try pairing again.
No notifications received	• Check if the watch is properly connected to the app. • Verify notification permissions are granted to the app in your phone's settings. • Ensure "Do Not Disturb" mode is not active on either the watch or phone.
Inaccurate health data	• Ensure the watch is worn snugly on your wrist, not too loose or too tight. • Clean the sensor on the back of the watch. • Note that smart watch data is for reference and not for medical diagnosis.

5. Specifications

Feature	Detail
Model Name	F57L
Brand	SGNICS
Screen Size	1.91 Inches
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Material	Zinc (casing)
Color	Black

Feature	Detail
GPS	No GPS
Included Components	Smart Watch F57L, Band, Charging Cable, User Manual

6. Warranty and Support

6.1 Warranty Information

The SGNICS F57L Smart Watch comes with a **60-day warranty** from the date of purchase. This warranty covers manufacturing defects. It does not cover damage caused by misuse, accidents, unauthorized modifications, or normal wear and tear. Please retain your proof of purchase for warranty claims.

6.2 Customer Support

If you encounter any issues or have questions not covered in this manual, please contact SGNICS customer support. Refer to the product packaging or the companion app for specific contact details (e.g., email address, website). When contacting support, please provide your product model (F57L) and a detailed description of the issue.

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