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- › [AWEI](#) /
- › [AWEI Smart Watch H22 User Manual](#)

## AWEI H22

# AWEI Smart Watch H22 User Manual

Model: H22

## INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your AWEI Smart Watch H22. Please read this manual thoroughly to ensure proper use and to maximize the features of your device. The AWEI H22 is a 1.39-inch smartwatch designed for both men and women, offering fitness tracking, call functionality, and compatibility with Android and iOS devices.

## 1. SETUP

### 1.1 What's in the Box

- AWEI Smart Watch H22
- Charging Cable
- User Manual (this document)

### 1.2 Charging the Device

Before initial use, fully charge your AWEI Smart Watch H22. Connect the charging cable to the watch's charging port and a standard USB power adapter (not included). A full charge typically takes approximately 2.5 hours. The watch is equipped with a 400mAh Lithium Polymer battery.



Image: The AWEI Smart Watch H22, showcasing its round display and various strap/bezel color options. This image illustrates the physical

appearance of the device.

## 1.3 App Installation and Pairing

1. **Download the App:** Search for the official AWEI smartwatch application in your smartphone's app store (compatible with iOS 9.0 and above, and Android 6.0 and above).
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open the App:** Launch the AWEI app and follow the on-screen instructions to create an account or log in.
4. **Pair the Watch:** Within the app, navigate to the device pairing section. The app will search for available devices. Select "AWEI H22" from the list to initiate pairing.
5. **Confirm Pairing:** A pairing request may appear on your watch screen. Confirm the pairing on both your watch and smartphone.

*Note:* For optimal performance, ensure your smartphone's operating system is up to date.

## 2. OPERATING INSTRUCTIONS

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### 2.1 Basic Navigation

- **Touch Screen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Side Button(s):** Typically, a short press returns to the previous screen or watch face. A long press may power on/off or access a quick menu. Refer to the watch's on-screen prompts for specific button functions.
- **Wrist Flip:** Enable the "wrist flip to light up screen" feature in the app settings to automatically activate the display when you raise your wrist.

### 2.2 Key Features

- **Heart Rate Monitoring:** Access the heart rate function on the watch to measure your current heart rate.
- **Blood Oxygen Monitoring:** Use the blood oxygen feature to check your SpO2 levels.
- **Multi-Sport Modes:** The watch supports various sports modes including Running, Walking, Hiking, Basketball, Badminton, Boating, Climbing, Fitness, Cycling, Football, Yoga, and more. Select a mode before starting an activity to track relevant metrics like exercise time and calories burned.
- **Answer/Make Calls:** Once paired via Bluetooth, you can answer incoming calls directly from your watch or dial numbers.
- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks) directly from the watch.
- **Remote Photography:** Use your watch as a remote shutter for your smartphone camera.
- **Customizable Dials:** Change watch faces from a selection of cloud-based options or upload your own photos via the app.
- **Sedentary Reminder:** Set reminders to encourage movement after periods of inactivity.
- **Female Physiological Cycle Tracking:** Monitor and track your physiological cycle through the app.
- **Alarm Clock:** Set alarms directly on the watch or through the companion app.

## 3. MAINTENANCE

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### 3.1 Cleaning

Regularly clean your watch and strap with a soft, dry cloth. If necessary, use a slightly damp cloth with mild soap, then wipe dry. Avoid harsh chemicals or abrasive materials.

### 3.2 Water Resistance

The AWEI Smart Watch H22 has an IP68 waterproof rating. This means it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, such as washing hands, face, or during sweaty activities.

**However, it is not recommended for use in hot water (e.g., hot showers, saunas) or seawater, as this can compromise the waterproof seals.**

### 3.3 Battery Care

- Avoid fully discharging the battery frequently.
- Charge the watch regularly, even if not in constant use, to maintain battery health.
- Store the watch in a cool, dry place when not in use for extended periods.

### 4. TROUBLESHOOTING

Problem	Possible Solution
Watch does not power on.	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Unable to pair with smartphone.	<ul style="list-style-type: none"><li>• Ensure Bluetooth is enabled on your phone and the watch.</li><li>• Make sure the watch is within Bluetooth range of your phone.</li><li>• Restart both the watch and your smartphone.</li><li>• Check if the app is updated to the latest version.</li><li>• Forget the device in your phone's Bluetooth settings and try pairing again through the app.</li></ul>
Inaccurate heart rate/blood oxygen readings.	<ul style="list-style-type: none"><li>• Ensure the watch is worn snugly on your wrist, not too tight or too loose.</li><li>• Clean the sensor on the back of the watch.</li><li>• Remain still during measurements.</li></ul>
Notifications not received.	<ul style="list-style-type: none"><li>• Check notification permissions for the AWEI app in your phone's settings.</li><li>• Ensure the app is running in the background.</li><li>• Verify that "Do Not Disturb" mode is not active on either the watch or phone.</li></ul>

### 5. SPECIFICATIONS

Feature	Detail
Model Number	H22
Screen Size	1.39 Inches
Battery Capacity	400 mAh (Lithium Polymer)
Charging Time	Approx. 2.5 hours
Connectivity	Bluetooth
Operating System Compatibility	iOS 9.0+ / Android 6.0+
Water Resistance Rating	IP68
Special Features	Heart rate, blood oxygen, female physiological cycle, sedentary reminder, customizable dial, wrist flip screen, time display, remote photo, music control, alarm clock, multiple sports mode detection.

### 6. WARRANTY AND SUPPORT

Your AWEI Smart Watch H22 comes with a **one-year warranty** from the date of purchase. This warranty covers manufacturing defects under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or failure to follow

the instructions in this manual.

For technical support, warranty claims, or any questions regarding your device, please contact AWEI customer service. Refer to the contact information provided with your product packaging or visit the official AWEI website for support details.

*Please retain your proof of purchase for warranty purposes.*



Related Documents - H22

	<p><a href="#">AWEI Y385 Portable Bluetooth Speaker User Manual</a></p> <p>User manual for the AWEI Y385 portable Bluetooth speaker. Includes instructions on key operations, Bluetooth pairing, charging, and product specifications.</p>
	<p><a href="#">Awei A990 BL Wireless Sport Stereo Bluetooth Earphones User Manual</a></p> <p>User manual for the Awei A990 BL Wireless Sport Stereo Bluetooth Earphones, covering introduction, features, connectivity, operation, specifications, and safety information.</p>
	<p><a href="#">AWEI ttec AirBeat Go True Wireless Sport Earbuds User Manual</a></p> <p>Comprehensive user manual for AWEI ttec AirBeat Go true wireless sport earbuds, detailing features, Bluetooth connectivity, pairing instructions, usage, specifications, safety guidelines, and after-sales service policies.</p>
	<p><a href="#">Awei T28 Pro Wireless Earbuds User Manual</a></p> <p>User manual for Awei T28 Pro TWS wireless earbuds, covering setup, pairing, features, specifications, and safety precautions.</p>
	<p><a href="#">Руководство пользователя Awei T23: Беспроводные TWS наушники</a></p> <p>Подробное руководство пользователя для беспроводных TWS наушников Awei T23. Описание функций, подключения Bluetooth, эксплуатации, технических характеристик и мер предосторожности.</p>
	<p><a href="#">Портативный аудиопроигрыватель Awei Y280: Руководство пользователя</a></p> <p>Подробное руководство пользователя для портативного аудиопроигрывателя Awei Y280, охватывающее эксплуатацию, функции, технические характеристики, меры безопасности и гарантийную информацию.</p>