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## BANLVS G59

# BANLVS Smartwatch User Manual

Model: G59

## INTRODUCTION

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This manual provides comprehensive instructions for the BANLVS Smartwatch, Model G59. It covers setup, operation, maintenance, and troubleshooting to ensure you get the most out of your device. This smartwatch is designed for women, featuring a 1.83-inch HD display, Bluetooth calling, over 145 sports modes, and health monitoring functions including heart rate, SpO2, sleep tracking, and female health features. It is also IP68 waterproof.



Figure 1: BANLVS Smartwatch G59 with rose gold casing and pink strap.

## PACKAGE CONTENTS

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

- 1 x BANLVS Smartwatch
- 1 x White Silicone Strap (replacement)
- 1 x Gold Steel Strap
- 1 x Charging Cable
- 1 x User Manual

### 1. Initial Charging

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a standard USB power adapter (not included). A full charge typically takes approximately 2 hours. The watch has an ultra-long battery life, providing 3 to 7 days of regular use and up to 15 days of standby time.

## Ultra Long Battery Life



**3-7** Days  
of Regular Use



**2** Hours  
Charging



**15** Days  
Standby

Figure 2: The smartwatch connected to its magnetic charging cable, illustrating the charging process.

## 2. App Installation and Pairing

To unlock the full potential of your BANLVS Smartwatch, download the companion application on your smartphone. The app is compatible with both iOS and Android devices. Refer to the QR code in the included manual or search for the app name (usually mentioned in the manual or on the watch screen during initial setup) in your device's app store.

1. Download and install the app on your smartphone.
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the app and follow the on-screen instructions to pair your smartwatch. This typically involves searching for the device and confirming a pairing code on both the watch and phone.
4. Once paired, the watch will synchronize time and data with your phone.

## OPERATING INSTRUCTIONS

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### 1. Navigating the Touch Screen

The BANLVS Smartwatch features a 1.83-inch HD large touch screen for intuitive operation. Swipe left, right, up, or down to access different functions and menus. Tap to select options. The screen offers high resolution (240\*280) and up to 1000 Nits brightness for clear visibility.

# 1.83'' Large Touch Screen

Large touch screen, HD display, details are clear at a glance



**240\*280**  
High  
Resolution



**83% High**  
Screen-to-  
body Ratio



**1000 Nits**  
Brightness

Figure 3: The smartwatch display showcasing its large touch screen and high-definition clarity.

## 2. Bluetooth Calling and Notifications

With Bluetooth 5.3 technology, the smartwatch allows for stable and fast connection for calls and notifications.

- **Making/Receiving Calls:** Once paired, you can make and receive calls directly from your watch. Access your contacts, dial pad, or answer incoming calls.
- **Message Notifications:** Receive real-time notifications from social media apps like Facebook, Instagram, and other

messaging services directly on your watch screen.

## Smart Notification & Voice Assistant

Efficient living is just a touch away!



## Bluetooth 5.3 Calling

Make calls as you wish, clear and smooth every moment



Contacts



Dial Pad



Answer Call



Microphone



Figure 4: The smartwatch showing various app notifications and icons for call management, highlighting its communication features.

### 3. Health Monitoring Features

The smartwatch provides comprehensive health tracking capabilities:

- **Heart Rate Monitoring:** Continuous 24-hour heart rate tracking.
- **Blood Oxygen (SpO2) Monitoring:** Measures blood oxygen levels.

- **Sleep Tracking:** Monitors sleep cycles (deep sleep, light sleep, awake time) to help understand and optimize sleep quality.
- **Stress Monitoring and Breathing Exercises:** Tracks stress levels and offers guided breathing exercises to help manage stress.
- **Female Health Function:** Monitors and records physiological data such as menstrual cycles and ovulation periods.
- **Pedometer:** Tracks daily steps and calories burned.



Note: This product is not a medical device and the test details for reference only.



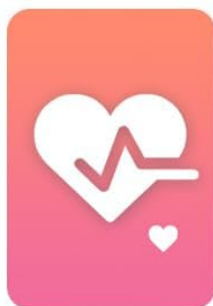
Figure 5: The smartwatch interface showing detailed health metrics like sleep duration, heart rate variability, and blood oxygen saturation.

# Smart ECG Monitoring

ECG data, one-second synchronization, AI analysis, precise protection



Note: This product is not a medical device and the test details for reference only.



## SMART ECG

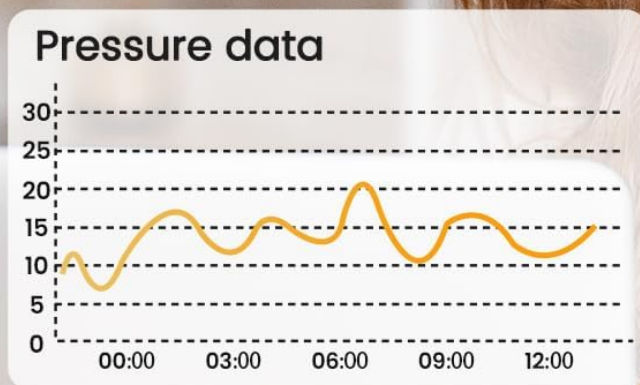
**86** bpm



Figure 6: The smartwatch displaying ECG data, providing one-second synchronization and AI analysis for precise health protection. Note: This product is not a medical device.

# Stress Index Manager

Release stress and start with accurate monitoring



The interface shows a guided breathing exercise. It starts with a teal flower icon and the text "Inhale...". An arrow points to a screen with the text "Breathe 09:30" and "Brilliant!". A teal bar at the bottom indicates the progress of the exercise.

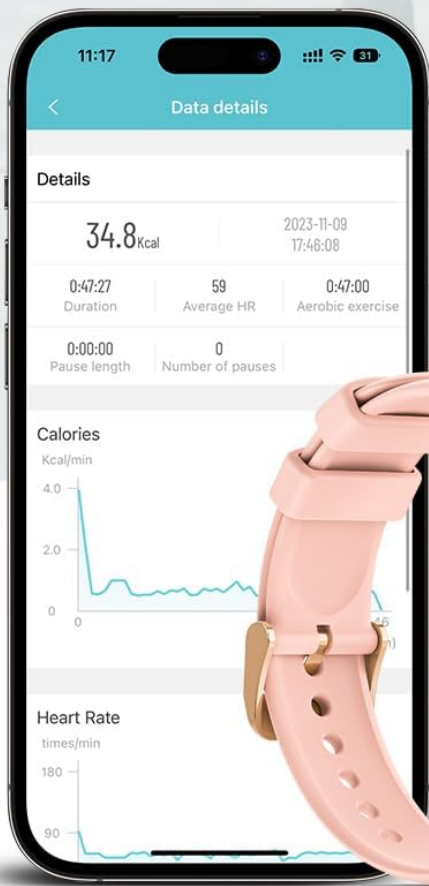
Figure 7: The smartwatch interface showing stress pressure data and guiding breathing exercises to help users manage stress.

## 4. Sports Modes

The smartwatch supports over 145 sports modes. It monitors real-time heart rate, steps, and calories burned during workouts, helping you optimize your training and track progress. The IP68 water resistance allows for use during various activities.

# 145+ Sports Modes

Freely switch sports modes and enjoy the pleasure of sports



Steps



Calories



Heart rate



distance

Figure 8: The smartwatch displaying various sports mode icons and detailed activity data such as duration, calories, and heart rate during a workout.

## 5. Customization

Personalize your smartwatch with over 200 online watch faces or create your own DIY watch faces through the companion app.

## MAINTENANCE

## 1. Cleaning and Care

To maintain the appearance and functionality of your smartwatch:

- Wipe the screen and strap regularly with a soft, dry, lint-free cloth.
- For stubborn stains, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts are clean and dry before charging.

## 2. Water Resistance (IP68)

The BANLVS Smartwatch is rated IP68 for water resistance. This means it is protected against dust ingress and can withstand immersion in water up to 1.5 meters for up to 30 minutes. While it is suitable for daily use, hand washing, and light rain, it is not recommended for hot showers, saunas, or diving. Avoid exposing the watch to high-pressure water or corrosive liquids.

## 3. Battery Care

To prolong battery life:

- Avoid fully discharging the battery frequently.
- Charge the watch in a cool, dry environment.
- If storing the watch for an extended period, charge it to about 50% before storage.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Watch does not turn on or charge.	Low battery; charging cable not properly connected; faulty charger/cable.	Ensure the charging cable is securely connected to both the watch and power source. Try a different USB port or power adapter. Allow the watch to charge for at least 10 minutes before attempting to turn it on.
Cannot pair with smartphone.	Bluetooth off; app not open; watch not in pairing mode; interference.	Ensure Bluetooth is enabled on your phone. Open the companion app and follow pairing instructions. Restart both the watch and phone. Move closer to the watch to reduce interference.
Notifications not received.	App permissions not granted; notification settings off in app/phone; watch disconnected.	Check app permissions in your phone's settings to ensure notification access is granted. Verify notification settings within the smartwatch app. Ensure the watch is connected via Bluetooth.
Health data appears inaccurate.	Watch fit is too loose/tight; sensor dirty; movement during measurement.	Ensure the watch is worn snugly but comfortably on your wrist. Clean the sensor on the back of the watch. Remain still during measurements for best accuracy. Note that this product is not a medical device.
Cannot disable ringtone for calls/alarms.	Setting not found or not available directly on watch.	Check the companion application settings for options to manage call and alarm sounds, including enabling vibrate-only mode. If not found in the app, consult the detailed in-app help or manufacturer's support.

## SPECIFICATIONS

Feature	Detail
Brand	BANLVS
Model Number	G59
Color	Gold (Rose Gold)
Screen Size	1.83 inches
Display Type	HD Touch Screen
Connectivity	Bluetooth 5.3
Compatible Devices	Smartphone (iOS, Android)
Battery Type	Lithium-ion
Charging Time	Approx. 2 hours
Battery Life (Regular Use)	3-7 days
Standby Time	Up to 15 days
Water Resistance	IP68
Special Features	Bluetooth Calling, 145+ Sports Modes, Female Function, 24-hour Heart Rate, SpO2, Sleep Tracking, Stress Monitoring, Pedometer, Customizable Watch Faces (200+ online, DIY), Message Notifications, Calculator, Weather, Remote Photography, Music Player, Find Phone, Timer.

## WARRANTY AND SUPPORT

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The BANLVS Smartwatch comes with a manufacturer's warranty. For specific warranty terms and conditions, please refer to the documentation included with your product or contact BANLVS customer support. For technical assistance or further inquiries, please visit the official BANLVS website or contact their customer service channels.

*Note: Information regarding spare parts availability and software updates is not explicitly provided by the manufacturer at the time of this manual's creation.*