## Spade & Co Health Smartwatch 4

# Spade & Co Health Smartwatch 4 User Manual

Model: Health Smartwatch 4
Brand: Spade & Co

## Introduction

The Spade & Co Health Smartwatch 4 is designed to help you monitor your health and fitness, stay connected, and manage daily activities. This manual provides essential information for setting up, operating, and maintaining your device.

Key features include advanced health monitoring (heart rate, SpO2, sleep), comprehensive fitness tracking (steps, calories, distance, multiple sport modes), smart connectivity (calls, texts, app notifications), and a durable, water-resistant design.

*Video: A brief overview of the Spade & Co Health Smartwatch 4's features and design.*

## What's in the Box

Upon unboxing your Spade & Co Health Smartwatch 4, please ensure all components are present:

- Spade & Co Health Smartwatch 4 device
- Magnetic USB Charging Cable
- User Manual
- Watch Band (pre-attached or separate, depending on model)




*Image: The Spade & Co Health Smartwatch 4, its magnetic charging cable, and the user manual as found in the product box.*

*Video: A demonstration of unboxing the Spade & Co Health Smartwatch 4.*

## Setup

### Initial Charging

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch. Connect the USB end to a compatible power source (e.g., computer USB port, USB wall adapter). A full charge typically takes approximately 2 hours and provides 7-10 days of battery life.

### App Installation & Pairing

To unlock the full functionality of your smartwatch, download the free companion app from your smartphone's app store (compatible with iOS and Android). Follow the on-screen instructions within the app to pair your device via Bluetooth.

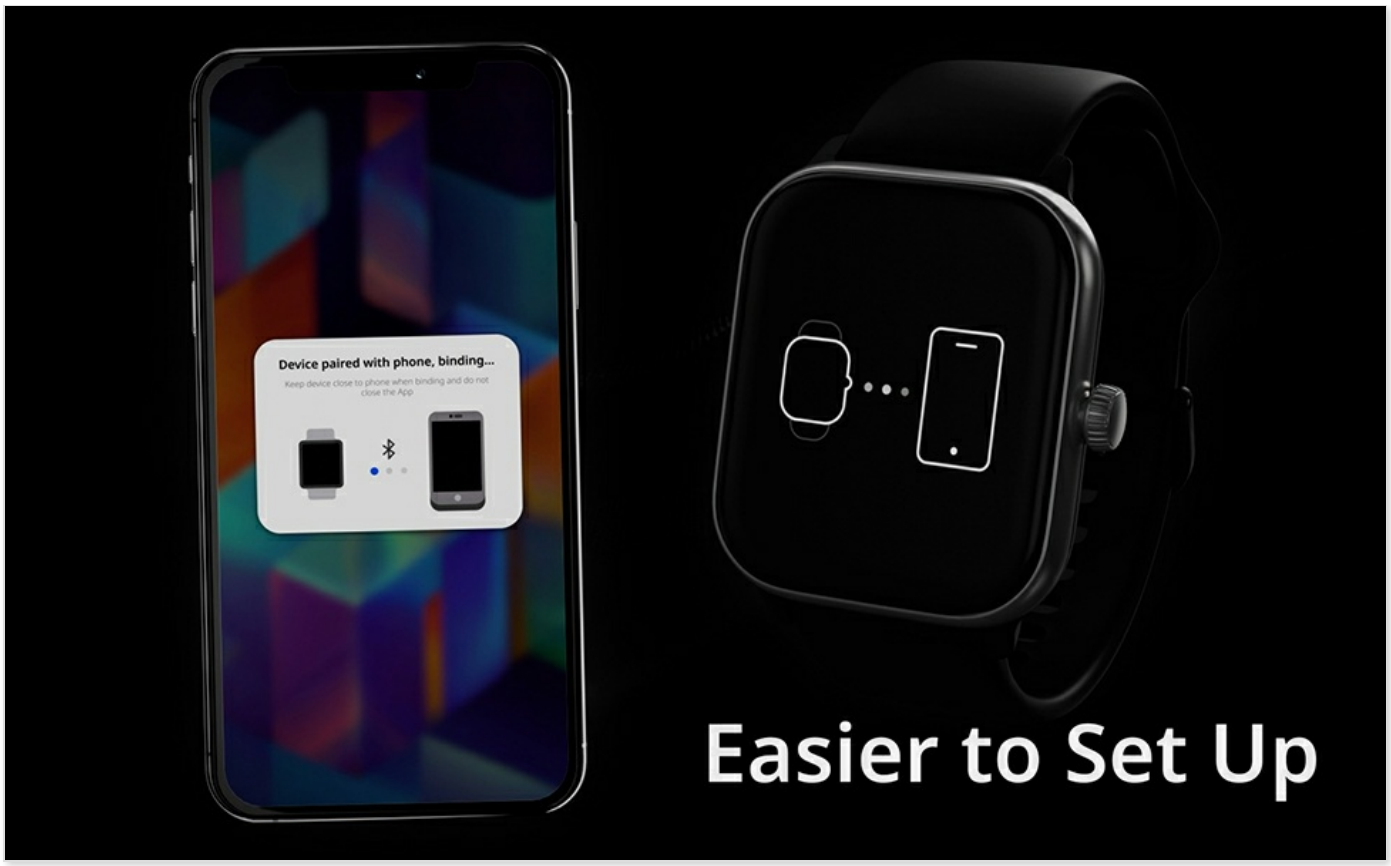



*Image: The smartwatch displaying a QR code for app download and a smartphone screen showing the device pairing process.*

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*Video: A step-by-step guide on how to get started and pair your Health Smartwatch 4 with your smartphone.*

### Band Installation

If your watch band is not pre-attached, align the pins of the band with the holes on the watch body and slide them into place until they click securely. Ensure both sides of the band are firmly attached before wearing.

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*Video: Instructions on how to properly attach the watch band to your Health Smartwatch 4.*

## Operating Your Smartwatch

### Basic Navigation

The smartwatch features a 1.85-inch touchscreen display. Swipe left, right, up, or down to navigate through menus, access features, and view notifications. Use the physical button on the side to return to the home screen or activate specific functions.

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*Video: A comprehensive guide on navigating the Smartwatch 4 interface.*

### Health Monitoring

The Health Smartwatch 4 offers advanced health tracking capabilities:

- **Heart Rate:** Continuously monitors your heart rate. View real-time data on the watch or detailed trends in the app.
- **Blood Oxygen (SpO2):** Measure your blood oxygen levels. Tap the SpO2 icon on the watch to initiate a measurement.
- **Sleep Monitoring:** Tracks your sleep patterns, including deep sleep, light sleep, and awake time. Data is

synchronized with the app for detailed analysis.

- **Stress Monitoring:** Provides insights into your stress levels throughout the day.
- **Body Temperature:** Measures your body temperature.




*Image: The smartwatch display showing various health data points such as heart rate, sleep duration, and daily steps.*

*Video: Instructions on how to use your Health Smartwatch 4 to track your blood oxygen levels.*

## Fitness Tracking

Monitor your daily activity and workouts:

- **Pedometer:** Automatically tracks your steps, distance, and calories burned throughout the day.
- **Sport Modes:** Choose from over 100 sport modes (e.g., walking, running, cycling, swimming, yoga) to track specific workouts with detailed metrics.




*Image: The smartwatch display showing activity data such as calories burned, active minutes, and total hours of activity.*

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*Video: A guide on how to track your daily activity data using your Health Smartwatch 4.*

### Smart Connectivity

Stay connected directly from your wrist:

- **Calls:** Answer or make calls directly from the watch via Bluetooth.
- **Messages & Notifications:** Receive alerts for texts, emails, and app notifications.
- **AI Voice Assistant:** Use voice commands for various tasks (requires smartphone connection).
- **Music Control:** Control music playback on your smartphone.
- **Camera Control:** Remotely trigger your smartphone's camera shutter.
- **Weather Forecast:** Get real-time weather updates (requires app connection).

### Daily Functions

The smartwatch includes several utility features:

- **Calendar:** View dates and schedule.
- **Calculator:** Perform basic calculations.
- **Alarms & Timers:** Set alarms and countdown timers.
- **Find Phone:** Locate your paired smartphone by making it ring.
- **Water Drinking Reminder:** Set reminders to stay hydrated.

## Maintenance

### Charging

Charge your smartwatch when the battery level is low. Use only the provided magnetic charging cable. Avoid using damaged cables or chargers.

### Water Resistance

The Health Smartwatch 4 is IP68 waterproof, making it suitable for swimming, showering, and exposure to rain. However, it is not recommended for diving or high-pressure water activities. Avoid prolonged exposure to hot water or steam.




*Image: The smartwatch being splashed with water, illustrating its IP68 waterproof capability.*

### Cleaning

Wipe the watch and band regularly with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the device.

## Troubleshooting

- **Device not turning on:** Ensure the watch is fully charged. If it still doesn't turn on, try a different USB port or charger.
- **Cannot pair with smartphone:** Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both devices and try pairing again. Check the app for specific pairing instructions.
- **Inaccurate health/fitness data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors regularly. For best results, ensure your personal information (height, weight, age) is accurately entered in the app.
- **Short battery life:** Reduce screen brightness, disable unnecessary notifications, and limit continuous health monitoring if not required.
- **Notifications not appearing:** Check app settings to ensure notifications are enabled for specific apps. Ensure the watch is connected via Bluetooth.

## Specifications

| Feature | Specification |
|---|---|
| Model Name | Health Smartwatch 4 |
| Brand | Spade & Co |
| Screen Size | 1.85 Inches |
| Display Type | LCD |
| Resolution | 390 x 390 |
| Operating System | iOS (compatible with Android) |
| Memory Storage Capacity | 16 GB |
| Battery Capacity | 500 Milliamp Hours |
| Battery Average Life | 10 days |
| Water Resistance Level | IP68 Waterproof |
| Connectivity Technology | Bluetooth |
| Band Material Type | Stainless Steel |
| Case Material Type | Resin |
| Metrics Measured | Optical Heart Rate Sensor |
| GPS | GPS Via Smartphone |

## Warranty & Support

### Warranty Information

This product is covered by a Manufacturer's Warranty. Please refer to the warranty card included in your product packaging or visit the official Spade & Co website for detailed warranty terms and conditions.

### Customer Support

For further assistance, technical support, or inquiries, please contact Spade & Co customer service through their official website or the contact information provided in the product packaging.


### Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

**Name**

Anonymous

**Email**

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

**Question**

Example: How do I reset this device or fix this error?

**Details**

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question