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EZON L822

EZON S7 Smartwatch User Manual

Model: L822

1. INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your EZON S7 Smartwatch. Please read this manual thoroughly before using the device to ensure proper functionality and to maximize your user experience.



Image 1.1: The EZON S7 Smartwatch, featuring a large 1.83-inch display and a gray strap.

2. PACKAGE CONTENTS

Verify that all items are present in your package:

- EZON S7 Smartwatch (Model L822)
- Charging Cable (Magnetic USB)
- User Manual (English and Chinese versions)

3. INITIAL SETUP

3.1. Charging the Smartwatch

Before first use, fully charge your EZON S7 Smartwatch. The device uses a magnetic charging cable.

1. Connect the USB end of the charging cable to a power adapter (5V/1A recommended) or a computer's USB port.

2. Attach the magnetic end of the cable to the charging contacts on the back of the smartwatch. Ensure it snaps securely into place.
3. The watch display will show a charging indicator. A full charge typically takes approximately 2 hours.

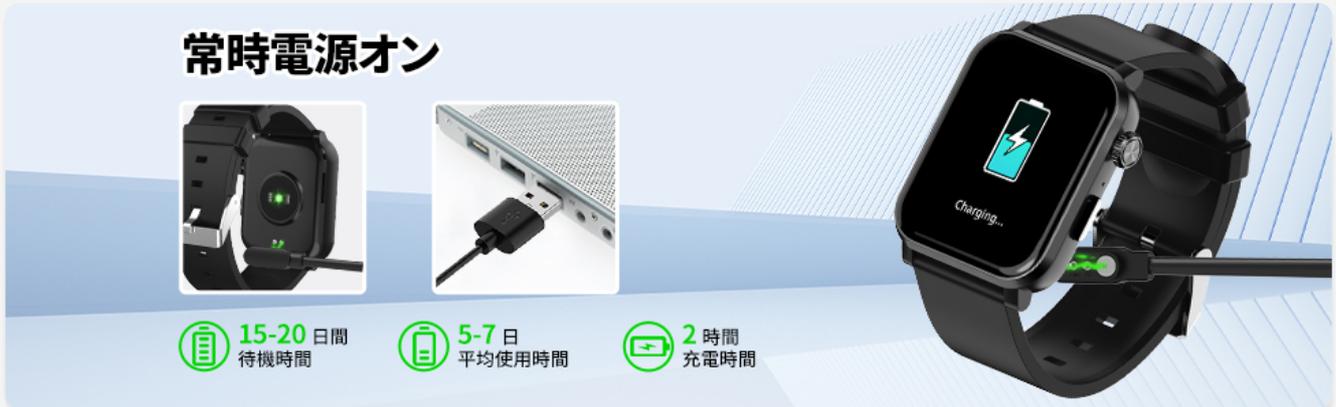


Image 3.1: The smartwatch connected to its magnetic charging cable, showing the charging indicator. Also displays typical battery life: 15-20 days standby, 5-7 days average use, 2 hours charging time.

3.2. App Installation and Device Pairing

The EZON S7 Smartwatch requires connection to a smartphone app for full functionality. The app is compatible with Android 5.0+ and iOS 9.0+ devices (PC and tablets are not supported).

1. **Download the App:** Scan the QR code provided in the physical user manual or search for "Da Fit" in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS). Install the application.
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open the App:** Launch the Da Fit app and follow the on-screen instructions to create an account or log in.
4. **Add Device:** In the app, navigate to the "Add Device" section. The app will search for available devices.
5. **Select "S7":** From the list of found devices, select "S7" (or "L822" if shown). Confirm the pairing request on both your phone and the smartwatch.
6. **Enable Call/Answer Function (Optional):** To use the call/answer feature, you may need to enable a secondary Bluetooth connection. Go to your phone's Bluetooth settings, find the "S7" device, and ensure all permissions, including call audio, are enabled. Some devices may show a separate Bluetooth entry (e.g., "S7_Audio" or "S7_Call") that needs to be paired.



Image 3.2: Visual guide for downloading the Da Fit app, enabling Bluetooth, adding the S7 device, and enabling call functions on Android and iOS.

4. OPERATING INSTRUCTIONS

4.1. Basic Navigation

- **Power On/Off:** Press and hold the side button to power on or off the device.
- **Wake Screen:** Press the side button or raise your wrist (if enabled in settings) to wake the screen.
- **Swipe Gestures:**
 - **Swipe Up:** Access quick settings/notifications.
 - **Swipe Down:** View notifications.
 - **Swipe Left/Right:** Navigate through widgets (e.g., activity data, heart rate, weather).
 - **Tap:** Select an item or open an application.

4.2. Communication Features

Once paired with your smartphone, the EZON S7 Smartwatch allows for wireless call reception and transmission directly from your wrist.



Image 4.1: The smartwatch screen showing an incoming call, call history, and contact list, demonstrating its wireless communication capabilities.

- **Answering Calls:** When a call comes in, the watch will display the caller ID. Tap the green icon to answer.
- **Making Calls:** Use the dial pad on the watch or access your contacts through the app to initiate calls.

- **Notifications:** Receive notifications for calls, messages, and various social media apps directly on your watch.
Note: Message sending or replying is not supported directly from the watch.



機密性の高い通知

注: メッセージの送信や返信はできません。

Image 4.2: The smartwatch screen showing icons for various social media and communication app notifications, indicating its notification capabilities.

4.3. Health Monitoring

The EZON S7 Smartwatch is equipped with sensors to track various health metrics.

- **Heart Rate Monitoring:** The watch continuously monitors your heart rate. View real-time data on the watch or detailed trends in the app.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen saturation levels.
- **Sleep Monitoring:** Tracks your sleep patterns, including deep sleep, light sleep, and awake times. Detailed analysis is available in the app.
- **Pedometer & Calorie Counter:** Automatically tracks your steps taken and estimated calories burned throughout the day.
- **Stress Monitoring:** The watch may offer stress level assessments. Refer to the app for interpretation.

専門的な 健康管理

あなたの身体状態への洞察



心拍数



血中酸素



圧力



Image 4.3: The smartwatch displaying real-time heart rate (BPM) and blood oxygen saturation (SpO2) levels, along with a visual representation of health management.



ぐっすり眠る

詳細な睡眠分析により、睡眠パターンを継続的に記録し、睡眠の質について詳しく知ることができます。



- 熟睡
- 浅い眠り
- 急速な眼球運動
- 目覚める



Image 4.4: The smartwatch displaying detailed sleep data, including total sleep duration, awake time, REM sleep, and light sleep, with an accompanying graphic of a person sleeping.

睡眠の質のモニタリング

睡眠モニタリング機能を使用するには、スマートウォッチをアプリに接続しあまりゆるく着用しないする必要があります

- 深い眠り
- 浅い眠り
- すばやく目を動かす
- 目が覚める

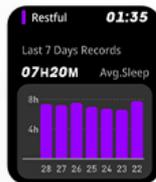


Image 4.5: A banner illustrating the sleep quality monitoring feature, showing detailed sleep analysis including deep sleep, light sleep, rapid eye movement, and awake periods.

Note: The health monitoring functions of this smartwatch are for reference purposes only and should not be used for medical diagnosis or treatment. Consult a medical professional for any health concerns.

4.4. Sports Modes and Activity Tracking

The smartwatch supports over 120 sports modes to track your physical activities.

- **Selecting a Sport:** Navigate to the sports mode menu on the watch and select your desired activity.
- **Tracking Data:** The watch will record data such as steps, distance, calories burned, and heart rate during your workout.
- **Activity Summary:** View a summary of your workout on the watch and detailed reports in the Da Fit app.

**100以上
のスポーツモード**

アクティビティの追跡

ステップ kcal(キロカロリー) キロメートル

IP68防水

The graphic features a grid of 18 activity icons, including walking, cycling, swimming, and various types of running. Below the icons, three circular icons represent tracked metrics: a footprint for 'ステップ' (Steps), a flame for 'kcal(キロカロリー)' (Calories), and a location pin for 'キロメートル' (Kilometers). A smartwatch is shown with a colorful target-like activity tracking interface on its screen. Three photographs illustrate the watch in use: a woman drinking water at the beach, a woman running on a beach, and a man cycling on a road bike.

Image 4.6: The smartwatch interface showing icons for over 100 sports modes, alongside visuals of people engaging in various activities like running and cycling, and tracking metrics such as steps, calories, and distance.

終日のアクティビティ追跡



Image 4.7: A banner showing the smartwatch tracking all-day activity, including steps, heart rate, oxygen, calories, distance, and barometric pressure, with people hiking in the background.

4.5. Music Control

Control music playback on your smartphone directly from your smartwatch.

- **Play/Pause:** Tap to play or pause the current track.
- **Skip Tracks:** Swipe or tap to skip to the next or previous song.
- **Volume Control:** Adjust the volume of your smartphone's media playback.



Image 4.8: A banner illustrating the music control feature, showing the smartwatch interface for playing, pausing, and skipping tracks, with a person listening to music with headphones.

4.6. Other Features

- **Voice Assistant:** The smartwatch may support voice commands through its built-in speaker when connected to your phone.
- **Watch Faces:** Customize your watch face from a variety of options available on the device or through the Da Fit app.
- **Alarm Clock:** Set alarms directly from the watch or app.
- **Weather:** View current weather conditions when connected to your smartphone.
- **Remote Camera Control:** Use the watch as a remote shutter for your smartphone's camera.
- **Women's Health Tracking:** The Da Fit app may offer features for tracking menstrual cycles and other related health data.



スマートライフを始めよう 指先の利便性

内蔵スピーカーからの音声応答で、スマートデバイスの操作、アラームの設定、天気の確認などが簡単にでき、シームレスな対話の力を体験できます。

Image 4.9: A banner showing a person interacting with the smartwatch, highlighting the convenience of voice commands and smart device operation.



女性の健康を総合的にケア

Da Fitアプリのデバイスリマインダー機能をオンにすると、時計のインターフェイスにその日が生理中か、排卵日か、安全期間かが表示されます

Image 4.10: A banner illustrating the comprehensive women's health care feature, showing the Da Fit app's device reminder function for tracking menstrual cycles and safe periods.

5. MAINTENANCE

5.1. Cleaning

- Regularly clean your smartwatch and strap to prevent skin irritation and maintain device performance.
- Wipe the screen and body with a soft, lint-free cloth. If necessary, slightly dampen the cloth with water.
- Avoid using harsh chemicals, abrasive cleaners, or solvents, as these can damage the device.

5.2. Waterproofing (IP68)

The EZON S7 Smartwatch is rated IP68 waterproof, meaning it is protected against dust ingress and can withstand immersion in water up to 1.5 meters for up to 30 minutes.

- It is suitable for daily use, such as washing hands, showering (cold water), and light rain.
- Avoid using the watch in hot water, saunas, or steam rooms, as high temperatures and steam can compromise the waterproof seals.
- Do not press buttons underwater.
- After exposure to water, especially saltwater, gently wipe the watch dry to prevent corrosion.

6. TROUBLESHOOTING

Problem	Possible Cause / Solution
---------	---------------------------

Problem	Possible Cause / Solution
Watch does not turn on.	<ul style="list-style-type: none"> • Battery may be depleted. Charge the watch for at least 30 minutes. • Press and hold the side button for 5-10 seconds to force a restart.
Cannot pair with smartphone.	<ul style="list-style-type: none"> • Ensure Bluetooth is enabled on your phone. • Make sure the watch is charged and powered on. • Keep the watch close to your phone during pairing. • Restart both your phone and the smartwatch. • Check if the "Da Fit" app has necessary permissions (location, Bluetooth). • If previously paired, remove the watch from your phone's Bluetooth device list and try pairing again.
Inaccurate health data (e.g., heart rate, steps).	<ul style="list-style-type: none"> • Ensure the watch is worn snugly on your wrist, not too loose or too tight. • Clean the sensor on the back of the watch. • Movement artifacts can affect readings during intense activity. • <i>Note: Health data is for reference only and not for medical use.</i>
Notifications not received.	<ul style="list-style-type: none"> • Ensure the watch is connected to the app via Bluetooth. • Check notification settings within the "Da Fit" app and your phone's system settings. • Make sure the app is running in the background and not being closed by your phone's power-saving features.
Short battery life.	<ul style="list-style-type: none"> • Frequent use of features like calls, continuous heart rate monitoring, and screen-on time will consume more battery. • Reduce screen brightness or screen-on duration. • Disable unnecessary notifications or features.

7. SPECIFICATIONS

Feature	Detail
Model	L822
Brand	EZON
Display Size	1.83 inches
Color	Gray
Connectivity	Bluetooth
Compatibility	Android 5.0+ / iOS 9.0+

Feature	Detail
Water Resistance	IP68
Battery Capacity	200 mAh
Charging Time	Approx. 2 hours
Typical Usage Time	5-7 days
Standby Time	10-15 days
Product Dimensions	4.5 x 3.7 x 1 cm
Product Weight	0.15 kg (150 g)

8. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or contact EZON customer service through their official channels. Details may vary by region and retailer. You can also visit the [EZON Brand Store on Amazon](#) for additional product information and support resources.

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This manual is subject to change without prior notice.

Related Documents - L822

	<p>EZON R7 User Guide: Features, Operation, and Specifications</p> <p>Comprehensive user guide for the EZON R7 sports watch, covering setup, exercise modes, real-time monitoring, settings, and product specifications. Learn how to use your R7 for various sports and track your health metrics.</p>
	<p>EZON ML007-1 Heart Rate Monitor Quick Start Guide</p> <p>A quick start guide for the EZON ML007-1 Heart Rate Monitor, detailing its features, setup, and usage for sports and leisure activities.</p>
	<p>EZON C009 Pro Heart Rate Monitor User Manual</p> <p>Comprehensive guide to the EZON C009 Pro Heart Rate Monitor, covering setup, usage, pairing with apps, maintenance, and troubleshooting. Learn how to accurately track your heart rate during exercise.</p>

	<p>EZON T031 GPS Running Digital Sports Watch Quick Guide</p> <p>A quick guide for the EZON T031 GPS Running Digital Sports Watch, detailing setup, features, specifications, and safety information for optimal use during sports activities.</p>
	<p>EZON R7 User Guide: Features, Operation, and Specifications</p> <p>Comprehensive user guide for the EZON R7 sports watch, covering setup, exercise modes, real-time monitoring, settings, and product specifications. Learn how to use your R7 for various sports and track your health metrics.</p>
	<p>EZON ML007-1 Heart Rate Monitor Quick Start Guide</p> <p>A quick start guide for the EZON ML007-1 Heart Rate Monitor, detailing its features, setup, and usage for sports and leisure activities.</p>

Documents - EZON – L822

no relevant documents