

PASONOMI CT02

PASONOMI Smartwatch CT02 User Manual

Model: CT02

INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your PASONOMI Smartwatch CT02. Please read this manual thoroughly before using the device to ensure proper function and to maximize your user experience. Keep this manual for future reference.

PRODUCT OVERVIEW

The PASONOMI Smartwatch CT02 is a versatile wearable device designed to enhance your daily life with communication, fitness tracking, and health monitoring features. It includes Bluetooth calling, various sport modes, and health sensors, all displayed on a vibrant 1.28-inch touch screen.



Image: PASONOMI Smartwatch CT02 displaying a call interface, surrounded by water splashes, highlighting its water resistance and communication features.

Key Features:

- **Bluetooth Call & Message Notifications:** Make and receive calls directly from the watch, and receive alerts for SMS, social media, and other app notifications.
- **Health Monitoring:** Track heart rate, sleep patterns (deep and light sleep), and blood pressure.
- **Fitness Tracking:** Over 100 sport modes, real-time tracking of steps, distance, and calories burned.
- **Long Battery Life:** Up to 5-7 days of active use and 20 days standby on a single charge.
- **IP67 Water Resistance:** Suitable for daily activities like hand washing and rain, but not for swimming or diving.
- **Customizable Display:** 1.28-inch full touch screen with adjustable brightness and over 100 watch faces, including custom photo options.
- **Additional Functions:** Music control, remote camera shutter, stopwatch, alarm, sedentary reminder, water intake reminder, and more.

SETUP

1. Charging the Smartwatch

Before initial 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) or a computer's USB port.

- A full charge typically takes about 2 hours.
- The watch will display a charging indicator.

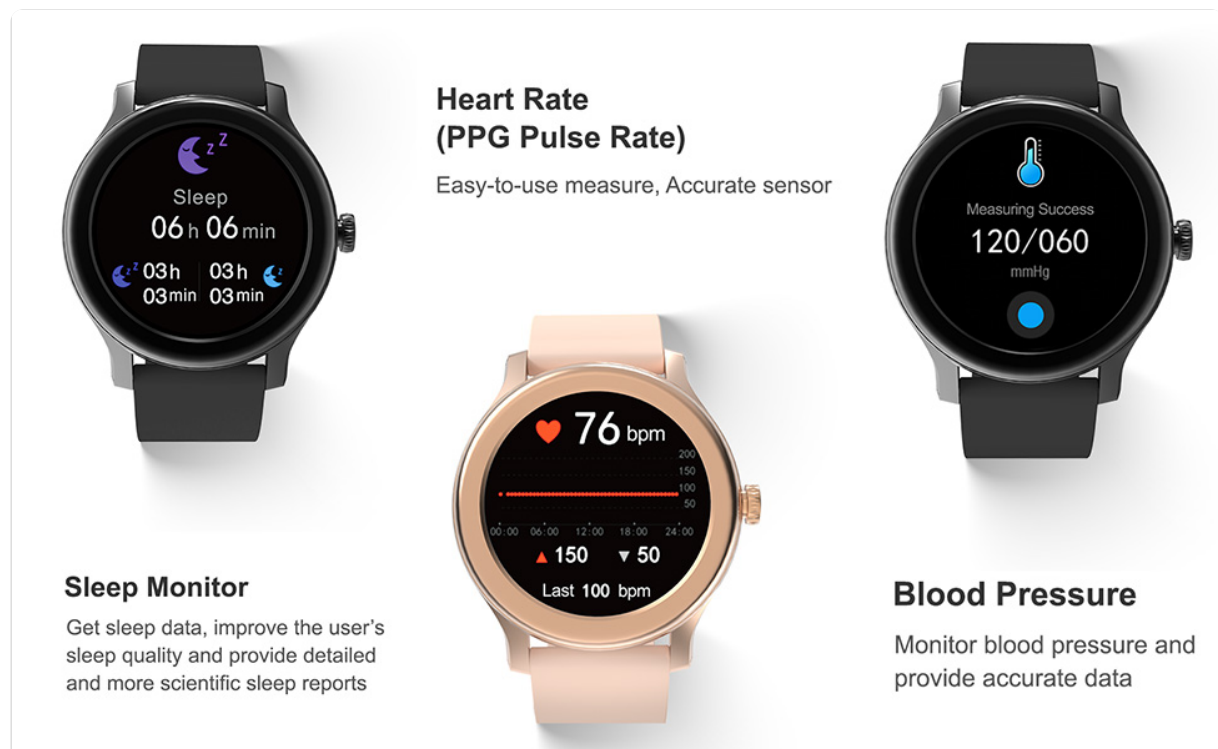


Image: The smartwatch connected to its magnetic charging cable, illustrating the charging process. Information on battery capacity (280mAh) and estimated battery life (2 weeks work, 30 days standby) is also shown.

2. App Installation and Pairing

To unlock the full functionality of your smartwatch, you need to install the companion application on your smartphone and pair the devices.

1. **Download the App:** Search for "H Band" in your smartphone's app store (Google Play Store for Android or Apple App Store for iOS) and install it.
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open H Band App:** Launch the H Band application and follow the on-screen instructions to create an account or log in.
4. **Add Device:** In the app, navigate to the "Device" or "My Device" section and select "Add Device" or "Bind Device".
5. **Select Your Watch:** The app will scan for nearby Bluetooth devices. Select "CT02" or a similar identifier for your PASONOMI smartwatch from the list.
6. **Confirm Pairing:** A pairing request may appear on both your phone and watch. Confirm the pairing on both devices.
7. **Enable Notifications:** Grant the necessary permissions to the H Band app for notifications, call management, and other features as prompted.

SMART WATCH CT02



APP: H Band



- Dual BT chipset, Super Low Power Consumption
- Bluetooth 3.0, 2.1 BLE 5.1, 4.2, 4.0
- Local music play, Storage 20 songs
- Accurate data algorithm and sensor



Focus on
your health

Image: The smartwatch showing a Bluetooth call screen with dial pad and an incoming call. Below, a wrist wearing the watch displays message notifications from various social media and messaging applications, indicating successful pairing and notification setup.

OPERATING INSTRUCTIONS

Basic Navigation

- **Touch Screen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Side Button:** Press the side button to return to the main watch face or to wake the screen.
- **Wrist Raise:** Enable "Raise to Wake" in the app settings to automatically turn on the screen when you lift your wrist.

Bluetooth Calls and Notifications

Once paired with your smartphone via the H Band app, your smartwatch can handle calls and display notifications.

- **Making Calls:** Access the dial pad or contact list on your watch to initiate a call.

- **Receiving Calls:** When a call comes in, the watch will display the caller ID. You can answer, reject, or mute the call directly from your wrist.
- **Message Notifications:** The watch will vibrate and display incoming messages from SMS, Twitter, Facebook, Instagram, WhatsApp, and other supported applications. Ensure notification permissions are enabled in the H Band app and your phone settings.

SMART WATCH CT02



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Health Monitoring

The smartwatch continuously monitors various health metrics. View detailed data in the H Band app.

- **Heart Rate:** The watch automatically tracks your heart rate throughout the day. Access the heart rate interface on the watch to view real-time readings.
- **Sleep Monitor:** Wear the watch to bed to track your sleep patterns, including deep sleep, light sleep, and awake times. Detailed analysis is available in the H Band app.
- **Blood Pressure:** The watch can monitor blood pressure. Refer to the H Band app for instructions on how to take a reading and view historical data.

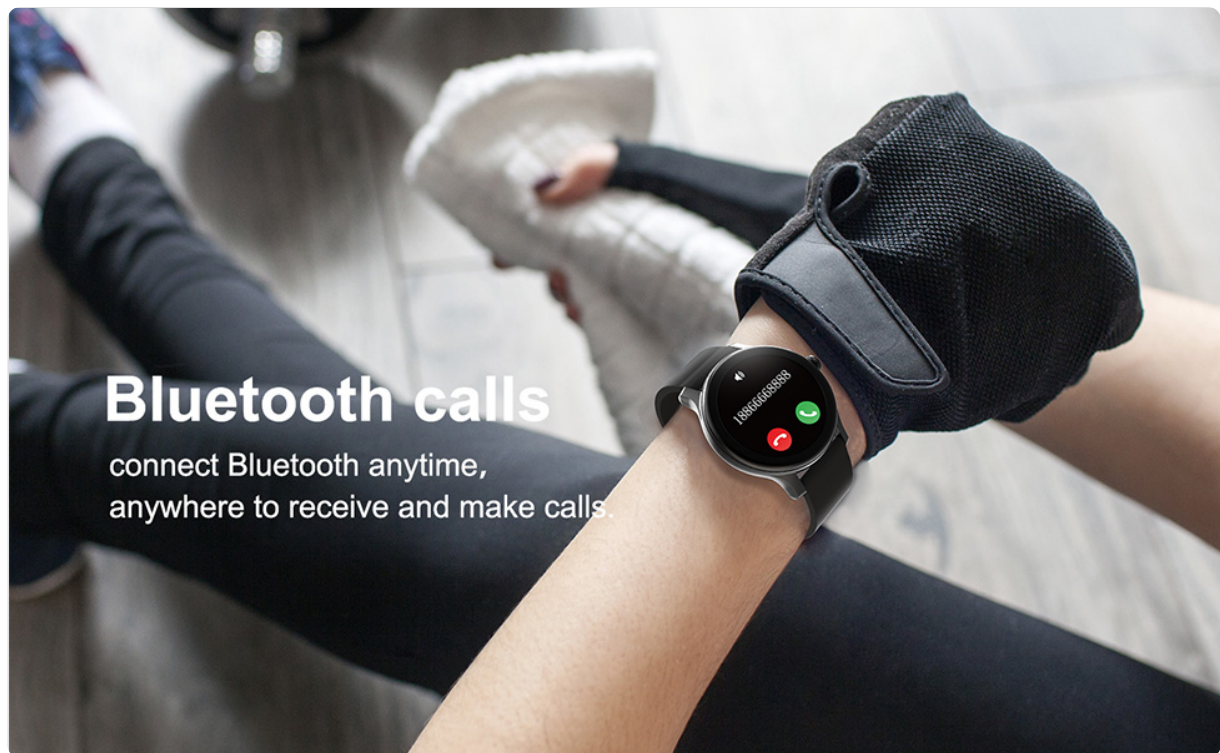


Image: Three smartwatch screens illustrating health monitoring features: one showing sleep duration and quality, another displaying heart rate (BPM), and a third showing blood pressure readings.

Fitness Tracking (Sport Modes)

The smartwatch supports over 100 sport modes to track your workouts. It also records daily steps and calories burned.

- **Starting a Workout:** Swipe to the "Sport" menu on your watch, select your desired activity (e.g., running, basketball), and tap to start.
- **During Workout:** The watch will display real-time data such as duration, heart rate, distance, and calories.
- **Ending a Workout:** Swipe right or press the side button to pause or end the workout. Confirm to save the data.
- **Daily Activity:** The watch automatically tracks your steps, distance, and calories throughout the day. View summaries on the watch or detailed reports in the H Band app.

Countdown & Stopwatch



Image: A user wearing the smartwatch, which displays a menu of various sport modes. Icons representing different activities like running, cycling, and basketball are visible, indicating the watch's extensive fitness tracking capabilities.

Music Control

Control music playback on your smartphone directly from your smartwatch.

- Ensure your phone's music player is active.
- Navigate to the music control interface on your watch.
- You can play, pause, skip tracks, and adjust volume.

Remote Camera Control

Use your smartwatch as a remote shutter for your smartphone camera.

- Open the camera function within the H Band app on your phone.
- Access the remote camera feature on your watch.
- Shake your wrist or tap the screen on the watch to take a photo.

Other Functions

- **Stopwatch & Countdown:** Access these tools from the watch menu for timing activities.
- **Alarm Clock:** Set alarms via the H Band app, and your watch will vibrate at the scheduled time.
- **Sedentary Reminder:** The watch can remind you to move if you've been inactive for too long. Configure this in the app.
- **Water Intake Reminder:** Set reminders to drink water at regular intervals through the app.
- **Find Watch:** If you misplace your watch, use the "Find Device" feature in the H Band app to make it vibrate.
- **Do Not Disturb Mode:** Enable this mode on the watch or via the app to silence notifications during specific times.

MAINTENANCE

Water Resistance Guidelines (IP67)

Your PASONOMI Smartwatch CT02 is rated IP67 water-resistant. This means it is protected against dust ingress and can withstand immersion in water up to 1 meter for up to 30 minutes.

- It is suitable for daily use, such as hand washing, rain, and sweating during exercise.
- **DO NOT** wear the watch while swimming, diving, or showering with hot water, as this can damage the device, particularly the built-in speaker.
- Avoid exposing the watch to high-velocity water or extreme temperatures.
- If the watch gets wet, wipe it dry with a soft cloth before charging or using the speaker.

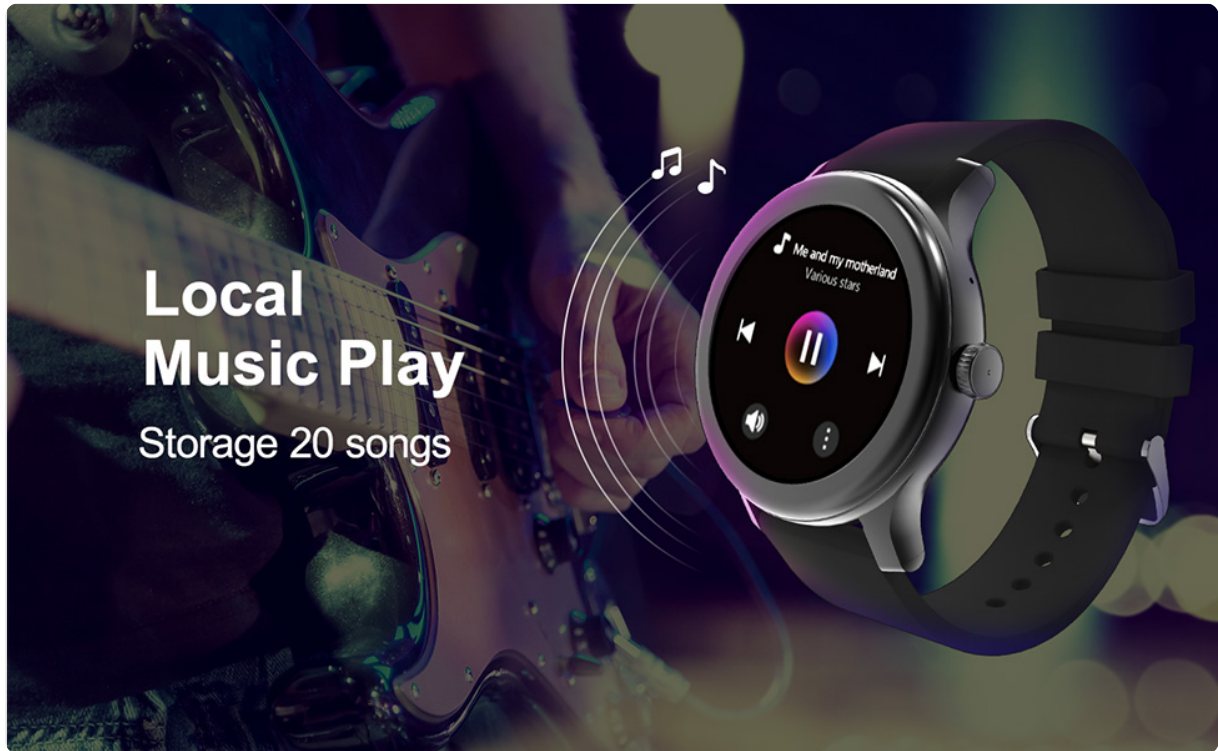


Image: The smartwatch partially submerged in water with splashes, visually representing its IP67 water resistance. The text indicates it can withstand splashes and sweat but not swimming or diving.

Cleaning and Care

- 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 using harsh chemicals, abrasive cleaners, or solvents, as these can damage the watch's finish and sensors.
- Keep the charging contacts clean and dry to ensure efficient charging.

Battery Care

- To prolong battery life, avoid fully discharging the watch frequently.
- Charge the watch using the provided magnetic cable and a compatible USB power source.
- Do not expose the watch to extreme temperatures (hot or cold) for extended periods, as this can degrade battery performance.

TROUBLESHOOTING

Problem	Possible Solution
Watch does not turn on.	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Cannot pair with smartphone.	<ul style="list-style-type: none">• Ensure Bluetooth is enabled on your phone.• Make sure the watch is charged and within range.• Restart both the watch and your phone.• Try unpairing and re-pairing through the H Band app.• Check if the H Band app has all necessary permissions.
No notifications received.	<ul style="list-style-type: none">• Verify that notification permissions are granted to the H Band app in your phone's settings.• Ensure the watch is connected via Bluetooth.• Check if "Do Not Disturb" mode is active on the watch.• Make sure the H Band app is running in the background.
Inaccurate health data.	<ul style="list-style-type: none">• Ensure the watch is worn snugly on your wrist, about one finger's width from your wrist bone.• Keep the sensor clean and free from obstructions.• Avoid excessive movement during measurements.
Short battery life.	<ul style="list-style-type: none">• Reduce screen brightness.• Limit frequent screen wake-ups (e.g., disable "Raise to Wake" if not needed).• Turn off continuous heart rate monitoring if not required 24/7.• Ensure the watch is fully charged each time.

SPECIFICATIONS

Feature	Detail
Model Number	CT02
Brand	PASONOMI
Screen Size	1.28 inches
Connectivity	Bluetooth (BT 3.0, 2.1 BLE 5.1, 4.2, 4.0)
Water Resistance	IP67
Battery Capacity	280 mAh
Battery Life	5-7 days (typical use), up to 20 days (standby)
Compatible Devices	Smartphones (Android, iOS)

Feature	Detail
App Name	H Band
Special Features	Bluetooth Call, Message Notifications, Voice Assistant, Do Not Disturb Mode, Find Watch, Water Reminder, 100+ Fitness Modes, Local Music Play (20 songs storage)
GPS	No GPS
Shape	Round

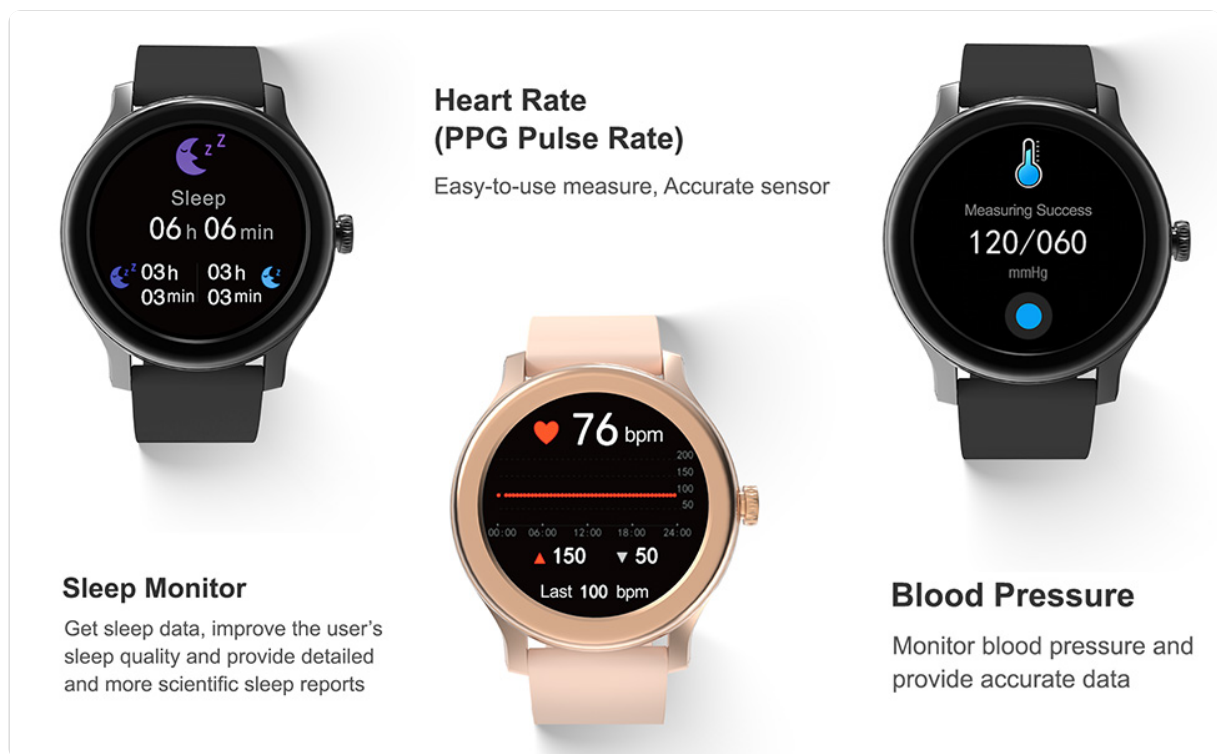


Image: A diagram illustrating the physical dimensions of the smartwatch, including watch face diameter, screen size, strap width, watch thickness, and total strap length.

WARRANTY AND SUPPORT

PASONOMI products are designed for reliability and performance. For warranty information, technical support, or customer service inquiries, please refer to the contact information provided with your purchase or visit the official PASONOMI website.

- **Return Policy:** The product typically comes with a 30-day return/replacement policy.
- **Manufacturer:** PASONOMI
- **Software Updates:** Information not available.
- **Spare Parts:** Information not available.