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LIC YAPO P68

LIC YAPO Smart Watch User Manual

Model: P68

PRODUCT OVERVIEW

The LIC YAPO Smart Watch (Model P68) is a versatile wearable device designed for both men and women, offering a 2.01-inch HD display and comprehensive health and fitness tracking capabilities. It supports Bluetooth calling, message notifications, and a wide array of sports modes, making it an ideal companion for daily activities and health management.



Figure 1: LICYAPO Smart Watch and its interface capabilities.

WHAT'S IN THE BOX

- Smartwatch
- USB Charging Cable
- Instruction Manual

SETUP GUIDE

1. Charging the Smart Watch

Before initial use, fully charge the smartwatch. Connect the provided USB charging cable to the magnetic charging points on the back of the watch and to a standard USB power adapter (not included). A full charge typically takes approximately 2 hours.



Figure 2: Magnetic USB charging and battery life indicators.

2. App Installation and Pairing

To unlock the full functionality of your LICYAPO Smart Watch, download the companion application on your smartphone. The watch supports iOS 8.0 and above, and Android 5.0 and above.

1. Scan the QR code in the instruction manual or search for the app name (usually indicated in the manual or on the watch packaging) in your phone's app store.
2. Install the application.
3. Open the app and follow the on-screen instructions to create an account and pair your smartwatch via Bluetooth. Ensure Bluetooth is enabled on your phone.
4. Grant necessary permissions to the app for full functionality (e.g., notifications, health data access).



Figure 3: Smartwatch connectivity and notification features.

OPERATING INSTRUCTIONS

Making and Receiving Calls

The LICYAPO Smart Watch allows you to make and receive calls directly from your wrist once connected via Bluetooth to your smartphone. You can add contacts and view call records through the watch interface.



Figure 4: Bluetooth call functionality on the smartwatch.

Message and Social Media Notifications

Receive real-time notifications from messages and various social media applications (Facebook, WhatsApp, Instagram, Twitter, etc.) directly on your watch, ensuring you stay connected without needing to check your phone constantly.

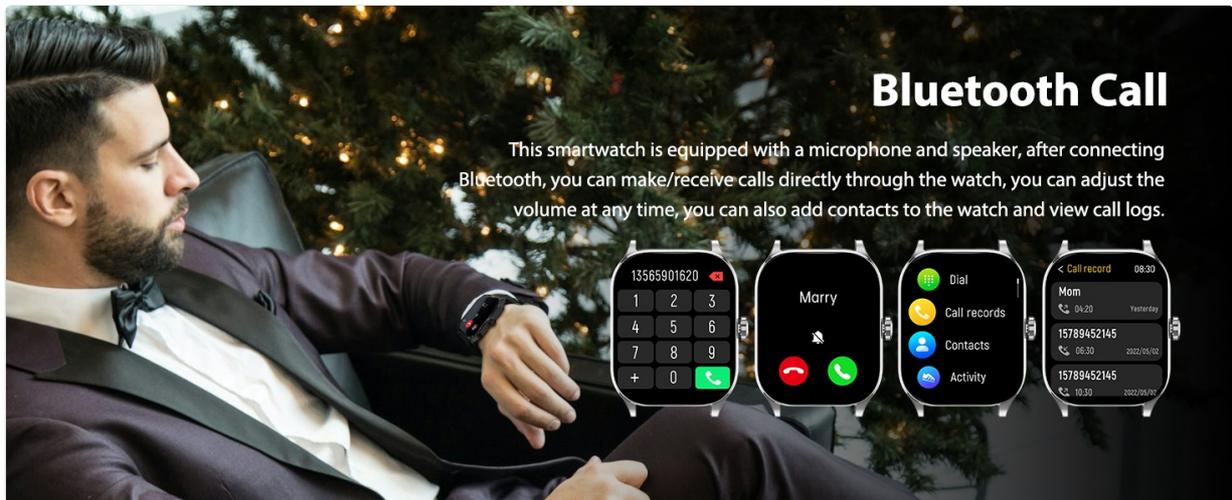


Figure 5: Smartwatch displaying social media and message notifications.

AI Voice Assistant

Quickly activate your phone's AI voice assistant through the smartwatch to perform various tasks such as making calls, checking the weather, setting alarms, and controlling music.

Always Connected

Receive notifications from social apps on your watch at any time, so you'll never miss an important message again.



Figure 6: AI Voice Assistant functionality on the smartwatch.

HEALTH MONITORING

The LICYAPO Smart Watch provides 24/7 health monitoring features to help you keep track of your well-being.

24/7 Health Monitor

The interface displays various health metrics and reminders. The top row shows Heart rate (89 bpm), SpO2 (98%), and Stress (30, Normal). Below these are icons for Breathing Training, Drinking Reminder, and Sedentary Reminder. The bottom row features a Sleep Monitor showing 07H 45M of sleep, with a legend for Deep Sleep, Light Sleep, and Awake Time.

Metric	Value	Max	Min
Heart rate	89 bpm	120	60
SpO2	98%	98%	97%
Stress	30	46	25

Sleep Monitor

Category	Time
Deep Sleep	04:15
Light Sleep	03:30
Awake Time	07:45

Figure 7: Overview of 24/7 health monitoring features.

- **Heart Rate Monitoring:** Continuously monitors your heart rate 24 hours a day, displaying data every five minutes. It will alert you if your heart rate is too low or too high.
- **Blood Oxygen (SpO2) Monitoring:** Monitors blood oxygen levels around the clock and alerts you when blood oxygen is too low.
- **Stress Level Monitoring:** Monitor your stress levels throughout the day and set high stress alerts to better understand your stress levels and improve your mood.
- **Sleep Monitoring:** Monitors and evaluates your sleep, provides detailed sleep analysis, and continuously records your sleep patterns, categorizing them into deep sleep, light sleep, and awake time.
- **Reminders:** Set water drinking reminders and sedentary reminders to encourage healthy habits.
- **Breathing Exercises:** Utilize guided breathing exercises to help manage stress and improve relaxation.

SPORTS MODES & ACTIVITY TRACKING

The smartwatch is IP68 waterproof and supports over 100 sports modes, tracking daily activity data such as calories burned, distance covered, steps taken, and heart rate during exercise.



Figure 8: Sports modes and activity tracking features.

Supported sports modes include, but are not limited to: walking, running, cycling, skating, yoga, and many

more. The watch accurately records workout data and daily activities, providing insights into your fitness progress.



Figure 9: Detailed activity tracking and GPS integration via smartphone.

CUSTOMIZATION AND ADDITIONAL FEATURES

Custom Dials and Display

The 2.01-inch HD screen offers a vibrant display. You can choose from over 100 different styles of dials available for download through the app, and even customize your watch face using your own photos.

1.85"/2.01" HD Colorful Screen

100+ built in watch faces in app
Customize your watch face



Figure 10: Customizable watch faces and HD display.

More Functions

The LICYAPO Smart Watch includes a variety of practical functions for daily convenience:

- Weather Display
- Music Control
- Camera Control (remote shutter)
- Calculator
- Find Mobile Phone
- Alarm Clock
- Timer & Stopwatch
- View Calendar
- Brightness Adjustment
- Volume Adjustment
- Language Setting
- Do Not Disturb Mode
- Flashlight

- Vibration Intensity Adjustment
- Menu Style Selection
- Smart Wake Up

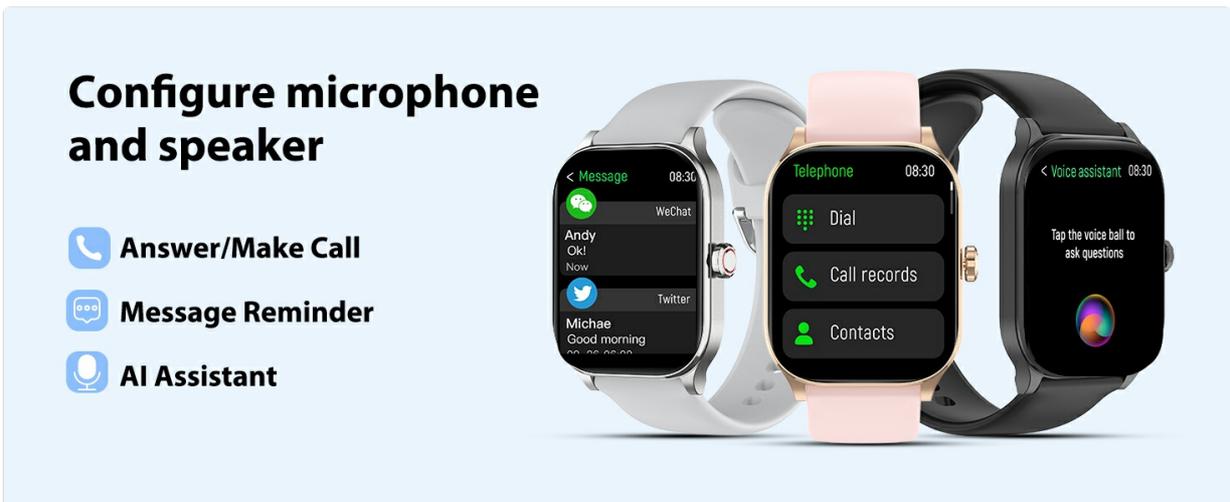


Figure 11: Comprehensive list of additional smartwatch features.

WATERPROOF RATING

The LICYAPO Smart Watch boasts an IP68 dustproof and waterproof rating. This means 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, including hand washing and exposure to rain, but it is not recommended for hot showers, saunas, or diving.



Figure 12: IP68 Waterproof feature.

SPECIFICATIONS

Feature	Detail
Model Name	P68
Brand	LICYAPO
Screen Size	2.01 Inches

Shape	Square
GPS	Via Smartphone
Battery Type	Lithium Polymer (1 included)
Connectivity	Bluetooth
Operating System Compatibility	iOS 8.0+ and Android 5.0+
Waterproof Rating	IP68
Item Weight	3.2 ounces
Package Dimensions	7.32 x 2.95 x 0.67 inches



Figure 13: Physical dimensions of the smartwatch.

MAINTENANCE

- **Cleaning:** Regularly wipe the watch screen and strap with a soft, dry cloth. For stubborn stains, a slightly damp cloth can be used, followed by drying.
- **Charging:** Use only the provided charging cable. Avoid exposing the charging contacts to water or corrosive liquids.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.
- **Water Exposure:** While IP68 rated, prolonged exposure to water or use in high-pressure water environments (e.g., diving, hot tubs) should be avoided to prevent damage.

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes before attempting to power it on again.
- **Cannot pair with phone:**
 - Ensure Bluetooth is enabled on your phone and the watch.
 - Make sure the watch is within the Bluetooth range of your phone.
 - Restart both your phone and the smartwatch.
 - Check if the app has all necessary permissions granted on your phone.

- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch regularly.
- **Notifications not appearing:** Check app permissions on your phone and ensure notifications are enabled within the smartwatch's companion app. Verify that the watch is properly connected via Bluetooth.
- **Short battery life:** Reduce screen brightness, disable unnecessary features, and ensure background app refresh is managed appropriately on your phone.

WARRANTY AND SUPPORT

LICYAPO is committed to providing quality products and customer satisfaction. For any issues or inquiries regarding your smartwatch, please refer to the contact information provided in the original packaging or visit the official LICYAPO support website. Some reviews mention 24-hour assistance, indicating dedicated customer support is available.

Please retain your proof of purchase for warranty claims.