TOZO S7

TOZO AMOLED S7 Smart Watch User Manual

Model: S7

Introduction

This manual provides detailed instructions for setting up, operating, and maintaining your TOZO AMOLED S7 Smart Watch. Please read this manual thoroughly to ensure proper use and to maximize the features of your device.



The TOZO AMOLED S7 Smart Watch, featuring a sleek design and vibrant display.

What's in the Box

- TOZO S7 Smart Watch
- Instruction manual
- Quick Guide
- Magnetic Charging Cable

Setup

1. Initial Charging

Before first use, fully charge your TOZO S7 Smart Watch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. The watch display will indicate charging status.



The TOZO S7 Smart Watch showcasing its extended battery life and IP68 water resistance, with a view of the charging port.

2. App Installation and Pairing

1. Scan the QR code in the Quick Guide or search for 'TOZO Health' in your mobile app store (App Store for iOS, Google Play Store for Android).
2. Download and install the 'TOZO Health' application.
3. Open the app and follow the on-screen instructions to create an account or log in.
4. Enable Bluetooth on your smartphone.
5. In the TOZO Health app, navigate to 'Device' and select 'Add Device'.
6. Select 'TOZO S7' from the list of available devices. Confirm the pairing request on both your phone and the watch.

Operating Instructions

Display and Navigation

The TOZO S7 features a 1.85-inch AMOLED screen with full-band touch control for smooth navigation. Swipe left, right, up, or down to access different functions and menus. Press the side button to return to the home screen or wake the device.



The TOZO S7 Smart Watch displaying its 1.85-inch HD AMOLED screen with various dynamic watch faces.

Bluetooth Call Function

Once paired with your smartphone, the TOZO S7 supports Bluetooth calls, allowing you to make and receive calls directly from your wrist. This feature eliminates the need to take out your mobile phone for quick conversations.



The TOZO S7 Smart Watch demonstrating seamless Bluetooth calling and message notifications from various apps.

Music Control

After connecting to the TOZO Health APP, you can control music playback on your phone directly from the watch. Functions include playing the next/previous track, play/pause, and adjusting the volume.

Wrist Lift Screen

The watch features an accurate wrist lift screen function. Simply raise your wrist to automatically activate the display and check the time or other information.

Dynamic Dials and UI Effects

Customize your watch face with over 100 dynamic dial options available through the TOZO Health app. The watch also features vivid sport interface icons for a more engaging user experience.

Weather Forecast

Access real-time weather conditions directly on your watch, including current temperature, high, and low temperatures, to help you plan your day.

Stopwatch and Countdown

Utilize the built-in stopwatch and countdown functions for various timing needs, whether for sports, cooking, or other activities.



The TOZO S7 Smart Watch displaying useful daily tools such as weather, drink reminder, stand reminder, and hand wash reminder.

Sports Modes

The TOZO S7 offers over 100 sports modes to track your fitness activities. Select the appropriate mode for activities like running, cycling, yoga, and more to get detailed data insights.



The TOZO S7 Smart Watch highlighting its 100+ sports modes and in-depth data insights for fitness tracking.

Health Monitoring

The watch provides comprehensive health tracking features:

- **Sleep Monitoring:** Detects deep sleep, light sleep, fall asleep time, awake time, and wake-up time to help you understand and improve your sleep quality.



The TOZO S7 Smart Watch's professional sleep monitor feature, providing detailed analysis of sleep patterns.

- **Heart Rate Monitoring:** Continuously monitors your heart rate in real-time.
- **Blood Oxygen (SpO2) Levels:** Checks your blood oxygen levels for insights into respiratory health.
- **Stress Tracking:** Monitors your stress levels to help you manage and maintain balance.

Maintenance

Battery Life and Charging

The 300mAh battery provides up to 7-10 days of battery life with typical use, reducing the need for frequent charging. For optimal battery health, avoid extreme temperatures and use the provided magnetic charging cable.

Water Resistance

The TOZO S7 Smart Watch is IP68 dust and water resistant. This means it can withstand splashes, rain, and brief immersion in water. However, it is not recommended for deep-water activities like diving or prolonged swimming.

Cleaning

To clean your watch, gently wipe the screen and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the device.

Troubleshooting

Problem	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Press and hold the side button for several seconds.
Unable to pair with phone	Ensure Bluetooth is enabled on your phone. Restart both the watch and phone. Make sure the watch is within range. Check the TOZO Health app for pairing instructions.
Inaccurate health data	Ensure the watch is worn snugly on your wrist, not too loose or too tight. Clean the sensor on the back of the watch.
Short battery life	Reduce screen brightness. Turn off unnecessary notifications. Limit continuous heart rate monitoring if not needed.

For further assistance, refer to the TOZO Health app's help section or contact TOZO customer support.

Specifications

Feature	Detail
Product Dimensions	6.4 x 4 x 0.7 inches
Item Weight	1.32 ounces (37.5 Grams)
Model Number	S7
Batteries	1 Lithium Metal battery (included)
Standing Screen Display Size	1.85 Inches
Memory Storage Capacity	128 MB
RAM Memory Installed Size	128 MB
Operating System	NO (Proprietary OS)
Battery Capacity	300 Milliamp Hours
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
GPS	No GPS
Shape	Square
Manufacturer	TOZO

Warranty and Support

TOZO products are designed with quality and reliability in mind. For warranty information and detailed support, please visit the official TOZO website or contact their customer service directly. Keep your purchase receipt for warranty claims.

TOZO Official Website: TOZO Store on Amazon

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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