



Manuals.plus /

› **BP Doctor** /

› BP Doctor P122 Smart Watch User Manual

## BP Doctor P122

# BP Doctor P122 Smart Watch User Manual

Model: P122

## INTRODUCTION

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This manual provides detailed instructions for the setup, operation, maintenance, and troubleshooting of your BP Doctor P122 Smart Watch. Please read this manual carefully before using the device to ensure proper function and longevity.



Image: Front view of the BP Doctor P122 Smart Watch, displaying time, date, temperature, and activity metrics. The watch features a pink band and a gold-colored casing.

## PACKAGE CONTENTS

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Upon opening the package, please verify that all the following items are included:

- Smart Watch (P122) x 1
- User Manual x 1 (Available in English, Spanish, German, French, Italian, etc.)
- Magnetic Charger x 1

## SETUP GUIDE

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### 1. Initial Charging

Before first use, fully charge your smart watch. Connect the magnetic charger to the charging points on the back of the

watch and plug the USB end into a compatible power adapter (not included) or a computer USB port.

- Charging Time: Approximately 2 hours for a full charge.
- Battery Life: Up to 5-7 days of normal use, and approximately 30 days standby time.

## 300 mAh Battery

Magnetic Suction Charging

-  **30 Days**  
Standby time
-  **7 Days**  
Daily Use Time
-  **2 Hours**  
Charing Time



## Size



22mm

54.4mm

40.5mm

234mm

152mm

258.2mm

Image: Illustration of the magnetic charging process for the smart watch, showing the charger connecting to the watch's back. Also displays battery life estimates: 30 days standby, 7 days daily use, 2 hours charging time.

## 2. App Installation and Device Pairing

To unlock the full functionality of your smart watch, you must connect it to your smartphone via the companion application, "Zmoofit".

1. **Enable Bluetooth:** Turn on the Bluetooth function on your smartphone.
2. **Download Zmoofit App:** Open the Google Play Store (for Android) or Apple App Store (for iOS) and search for "Zmoofit". Download and install the application.
3. **Open App and Add Device:** Launch the "Zmoofit" app. Navigate to the device connection section and click "Please connect device".

4. **Select and Bind:** In the app, find and select "P122" from the list of available devices to bind your smart watch.

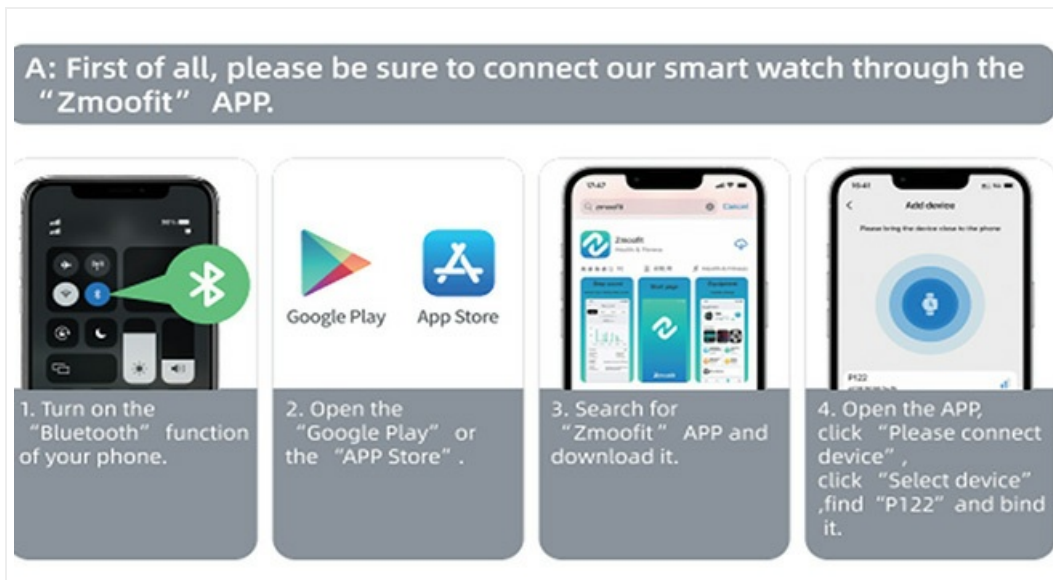


Image: Visual guide showing four steps to connect the smart watch: turning on phone Bluetooth, downloading the Zmoofit app from Google Play or App Store, opening the app to add a device, and selecting "P122" for binding.

### 3. Enabling Call Functionality

To use the answer/make call function, additional steps are required after initial pairing:

1. **Confirm Pairing:** After selecting "P122" to connect, accept the mobile phone pairing pop-up request.
2. **Activate Call Bluetooth:** On the watch itself, turn on the call Bluetooth switch. This is necessary for making calls and playing media sound through the watch.
3. **Grant Permissions:** In your phone's Bluetooth settings, locate "P122" and ensure all necessary permissions, such as "Sync Contacts" and "Share System Notifications," are enabled.
4. **Ready for Calls:** Once connected and permissions are granted, you can use your watch to answer or make calls.

**Note:** If you do not require the call function, you can disable it to conserve battery life.



Image: Visual guide detailing four steps to enable the smart watch's call function: confirming pairing, turning on call Bluetooth on the watch, granting phone permissions, and confirming readiness for calls.

## OPERATING INSTRUCTIONS

## Display and Navigation

- **2.1" HD Touch Screen:** The watch features an ultra-clear full-touch color screen for intuitive interaction.
- **Brightness Adjustment:** The smart watch offers 5 levels of brightness options, ensuring visibility in various lighting conditions, from direct sunlight to darkness.
- **Customizable Dials:** Through the "Zmoofit" app, you can download over 200 personalized watch faces or use your own photos as backgrounds.

# 2.1" HD Full Touch Screen

Customize your watch face



100+ Cloud watch faces

Image: The smart watch displaying different watch faces, including a custom photo background. A smartphone screen illustrates how to customize the watch face with personal images.

## Communication Features

- **Make/Answer Calls:** With built-in speakers and Bluetooth connectivity, you can make and receive calls directly from your watch. It also provides ringtone reminders for incoming calls.
- **Message Notifications:** Receive information reminders from various applications such as WhatsApp, Facebook, Instagram, and Twitter. All notifications are displayed on your watch and accompanied by vibration alerts.
- **Contact Management:** Store contacts and view call history directly on the watch.

# MULTIPLE FUNCTIONS

# BLUETOOTH PHONE CALL



Are you busy now? 🗣️

No, what's up? 🗣️



Audio Mode



Dialing



Call Records



Contacts

# MESSAGE NOTIFICATIONS

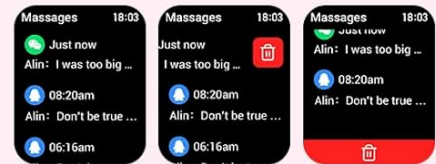


Image: A user interacting with the smart watch to answer a call, alongside illustrations of the watch's dialing pad, call records, contacts, and icons for various message notification apps like WhatsApp, Facebook, and Instagram.

## Health Monitoring

- **24/7 Heart Rate Monitoring:** Equipped with a 24-hour sensor to detect real-time heart rate throughout the day.
- **Sleep Monitoring:** Automatically monitors your sleep status (typically from 9:00 PM to 9:00 AM) and provides a comprehensive analysis of sleep quality (deep, light, and wakeful sleep). Synchronize data to the "Zmoofit" app to view detailed health reports.

# Monitor Your Heart Rate and Sleep

24/7 Accurate  
Health Monitoring

  
Light Sleep

  
Awake

  
Deep Sleep



Image: A smart watch displaying heart rate data (BPM) and sleep duration with different sleep stages (light, awake, deep sleep). Two individuals are shown, one meditating and one sleeping, illustrating the health monitoring features.

## Fitness Tracking

- **120+ Sports Modes:** Offers a wide range of indoor and outdoor sports modes, including walking, running, cycling, skipping, and basketball.
- **Activity Data Recording:** During exercise, the watch records data such as heart rate, steps, calories burned, distance, and active hours in real-time, which can be viewed in the "Zmoofit" app.
- **IP68 Waterproof:** Designed with IP68 waterproof rating, making it suitable for use during exercise, hand washing, and in sweaty conditions without damage.

# 100+SPORTS MODES



## Activity Tracking



15460 Steps



13.2Km



687Kcal



IP68 Waterproof

Image: A smart watch displaying various sports modes like walking, running, climbing, and cycling. Activity tracking metrics such as steps, distance, and calories burned are also shown, with a person exercising in the background.

## Additional Functions

The smart watch includes a variety of other useful features:

- Timer
- Stopwatch
- Alarm Clock
- Sedentary Reminder
- Music Control
- Weather Forecast
- Do Not Disturb Mode
- Photo Control (remote camera shutter)
- Find Phone
- Calculator

- Breathe Training
- Women's Health Tracking



Image: A smart watch showcasing multiple functions including timer, weather forecast, alarm clock, music control, and remote photo control. Icons for other features like calculator, find phone, and brightness adjustment are also visible.

## MAINTENANCE AND CARE

Proper maintenance ensures the longevity and optimal performance of your BP Doctor P122 Smart Watch.

- **Cleaning:** Regularly wipe the watch screen and strap with a soft, dry cloth. For stubborn smudges, a slightly damp cloth can be used, followed by immediate drying. Avoid using harsh chemicals or abrasive materials.
- **Strap Fit:** Ensure the strap is fastened correctly, neither too tightly nor too loosely. It should allow your skin to breathe comfortably. This also helps the sensors to work properly for accurate health monitoring.
- **Water Exposure:** While the watch is IP68 waterproof, it is recommended to dry it thoroughly after exposure to water (e.g., after washing hands or sweating) to prevent skin irritation and maintain the device's condition. Avoid prolonged submersion or use in hot water/steam.

- **Storage:** Store the watch in a cool, dry place away from direct sunlight and extreme temperatures.

## TROUBLESHOOTING

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If you encounter issues with your smart watch, please refer to the following common solutions:

- **Watch Not Turning On:** Ensure the watch is fully charged. Connect it to the magnetic charger and allow it to charge for at least 30 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 "Zmoofit" app is installed and open.
  - Check that the watch is within Bluetooth range of your phone (typically 10 meters).
  - Restart both your phone and the smart watch.
  - Forget the device in your phone's Bluetooth settings and attempt to pair again through the "Zmoofit" app.
- **Call Function Not Working:**
  - Verify that the call Bluetooth switch is enabled on the watch.
  - Check your phone's Bluetooth settings for "P122" and ensure all necessary permissions (e.g., contact sync, notification access) are granted.
  - Ensure the watch is properly connected to your phone.
- **Inaccurate Health Data:**
  - Ensure the watch is worn correctly, snug but not too tight, on your wrist.
  - Clean the sensors on the back of the watch.
  - Avoid excessive movement during measurements.
- **Notifications Not Appearing:**
  - Check notification settings within the "Zmoofit" app to ensure desired apps are enabled.
  - Verify that your phone's system notification permissions are granted to the "Zmoofit" app.
  - Ensure "Do Not Disturb" mode is not active on either the watch or your phone.

If the issue persists, please refer to the full user manual provided with the product or contact customer support.

## SPECIFICATIONS

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Feature	Detail
Model Number	P122
Screen Size	2.1 Inches
Display Type	HD Full Touch Color Screen
Operating System Compatibility	iOS 9.0 and above, Android 7.0 and above
Connectivity Technology	Bluetooth
Battery Capacity	0.3 Amp Hours (300 mAh)
Battery Type	Lithium Polymer (included)
Charging Time	Approx. 2 hours
Normal Use Battery Life	5-7 days
Standby Time	Approx. 30 days
Waterproof Rating	IP68
Item Weight	4.2 ounces
Dimensions (Watch Face)	54.44mm (Height) x 40.5mm (Width)
Memory Storage Capacity	1 GB
GPS	No GPS

## WARRANTY AND SUPPORT

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For warranty information or technical support, please refer to the documentation included with your product or contact BP Doctor customer service. The user manual is available in multiple languages including English, Spanish, German, French, and Italian.

For further assistance, please visit the official BP Doctor website or contact their support channels as indicated on the product packaging or included warranty card.

