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BP Doctor P122

BP Doctor Smart Watch P122 User Manual

Model: P122

INTRODUCTION

Thank you for choosing the BP Doctor Smart Watch P122. This manual provides essential information to help you set up, operate, and maintain your new smartwatch. The P122 Smart Watch features a 2.1-inch HD full-touch screen, Bluetooth call functionality, comprehensive health monitoring, and over 120 sports modes, designed to enhance your daily life and fitness journey.



The BP Doctor P122 Smart Watch, featuring its sleek design and intuitive display.

SETUP

What's in the Box

- Smart Watch *1
- User Manual *1
- Magnetic Charger *1

Charging Your Smart Watch

Before first use, fully charge your smartwatch. Connect the magnetic charger to the charging points on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. A full charge typically takes about 2 hours.

300 mAh Battery

Magnetic Suction Charging

 **30** Days
Standby time

 **7** Days
Daily Use Time

 **2** Hours
Charging Time



Size



Illustration of the magnetic charging process and battery life expectations for the P122 Smart Watch.

App Installation and Pairing

To unlock the full potential of your smartwatch, download and install the "Zmoofit" app on your smartphone.

1. Turn on the Bluetooth function on your phone.
2. Open the Google Play Store (for Android) or Apple App Store (for iOS).
3. Search for "Zmoofit" and download the app.
4. Open the Zmoofit app, click "Please connect device", then "Select device", find "P122" in the list, and bind it.

Enabling Call Function

For making and receiving calls directly from your watch, follow these additional steps after initial pairing:

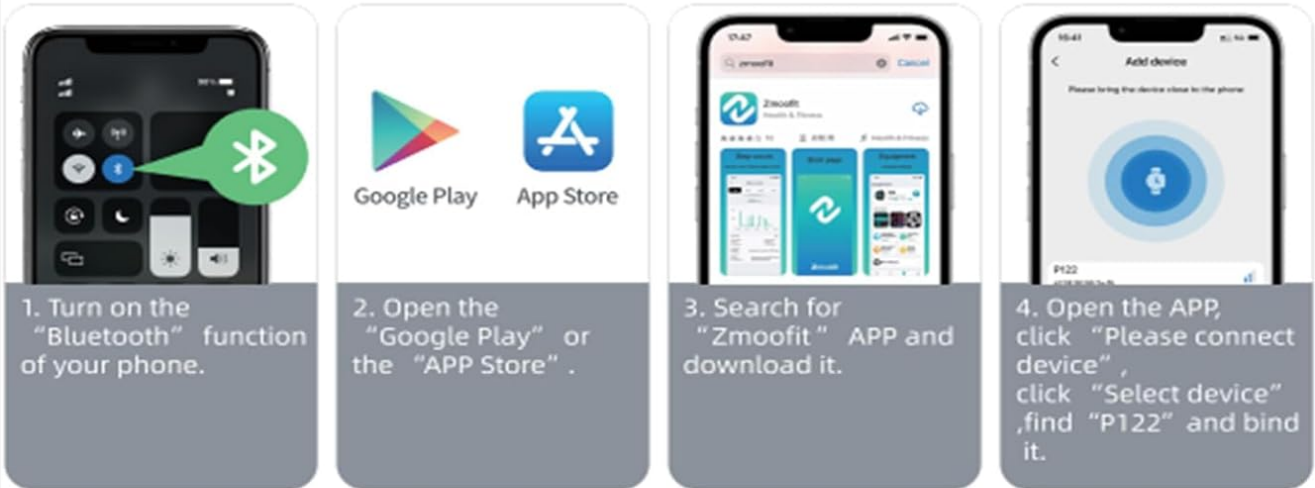
1. After selecting "P122" to connect, accept the mobile phone system pop-up pairing request.
2. Turn on the call Bluetooth switch on the watch. This enables the watch to handle calls and play media sound.
3. In your phone's Bluetooth settings, ensure permissions for the P122 are enabled (e.g., Sync Contacts, Phone Favorites, Phone Recents, All Contacts).


4. Once connected and permissions granted, you can use the watch to answer or make calls anytime.

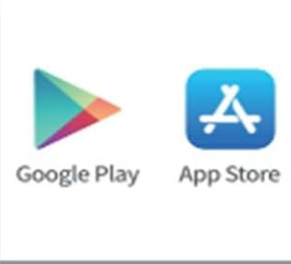
Note: If you do not need the call function, you can turn off the answer/call function on the watch to conserve battery life.

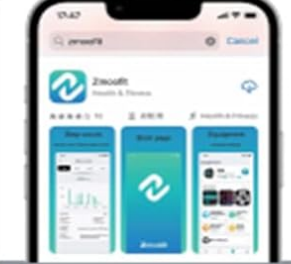
◆ Connect

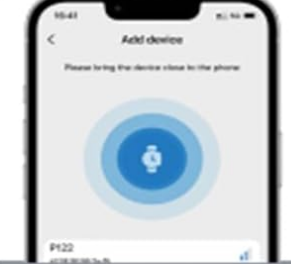
A: First of all, please be sure to connect our smart watch through the "Zmoofit" APP.



- 

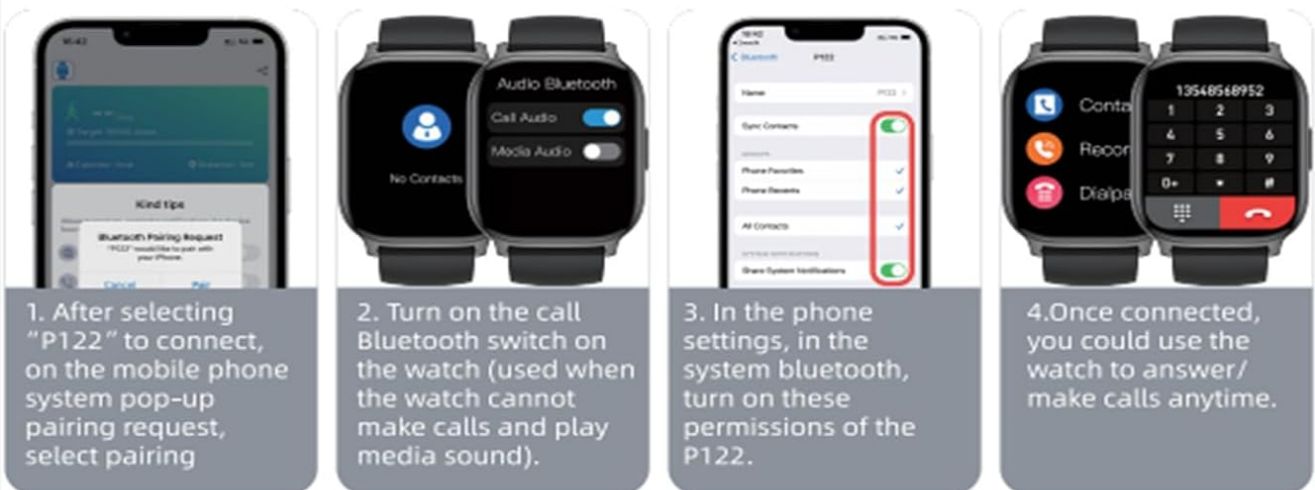
1. Turn on the "Bluetooth" function of your phone.
- 

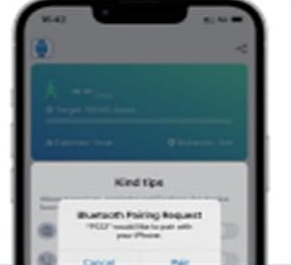
2. Open the "Google Play" or the "APP Store".
- 


3. Search for "Zmoofit" APP and download it.
- 

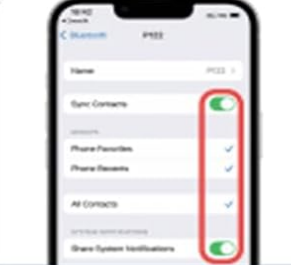
4. Open the APP, click "Please connect device", click "Select device", find "P122" and bind it.


B: Perform the following steps to enable the answer/call function.



- 

1. After selecting "P122" to connect, on the mobile phone system pop-up pairing request, select pairing.
- 

2. Turn on the call Bluetooth switch on the watch (used when the watch cannot make calls and play media sound).
- 

3. In the phone settings, in the system bluetooth, turn on these permissions of the P122.
- 

4. Once connected, you could use the watch to answer/make calls anytime.

If you don't need to use the call function, you can turn off the answer/call function so that the battery can last longer.

Detailed steps for app connection and activating the call feature on your smartwatch.

OPERATING YOUR SMART WATCH

Display and Customization

The 2.1-inch HD full-touch screen provides a clear and responsive interface. You can customize your watch face with over 200 personalized dials available through the Zmoofit app, or even use your own photos as backgrounds. Adjust brightness

levels for optimal viewing in various lighting conditions.

2.1" HD Full Touch Screen

Customize your watch face



Right
Slide
→



100+ Cloud watch faces

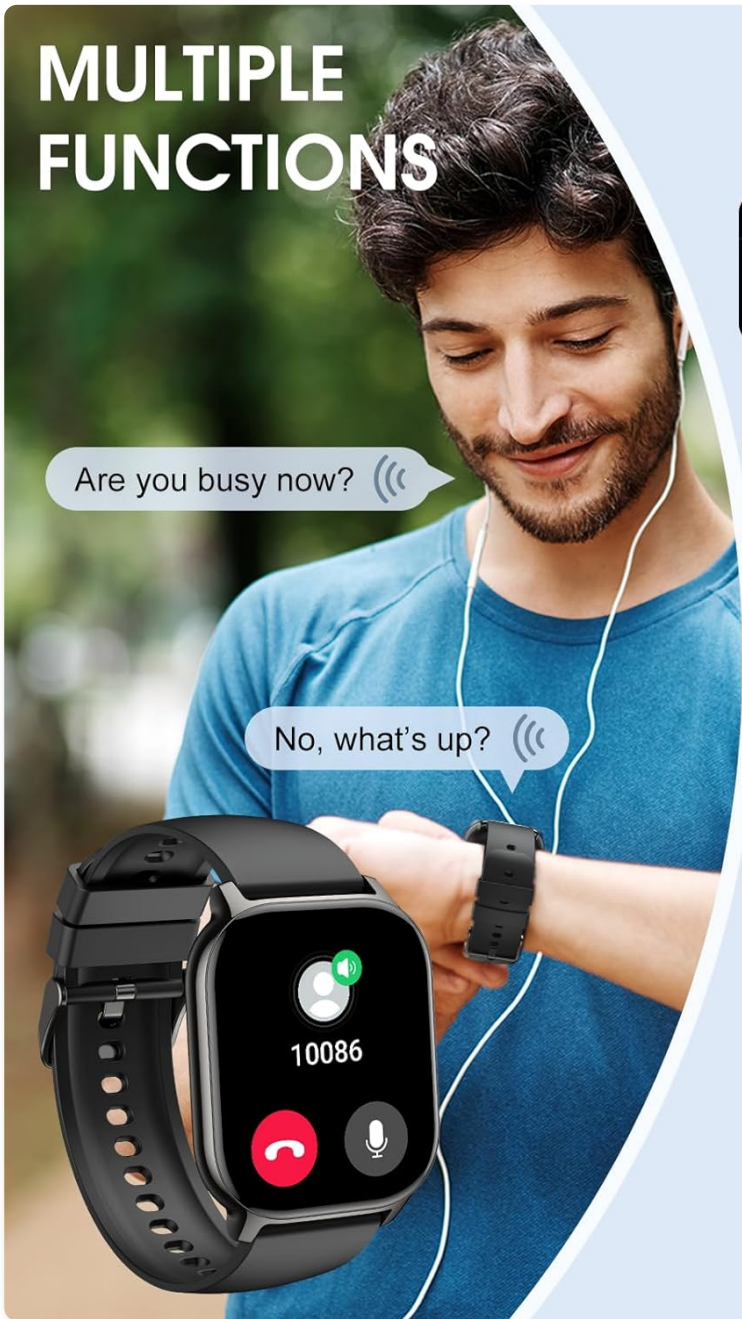


Customization options for the 2.1" HD Full Touch Screen, including personal photos and various cloud watch faces.

Communication Features

With its built-in speakers and Bluetooth connectivity, the P122 allows you to make and receive calls directly from your wrist. It also supports real-time notifications for messages from various apps like WhatsApp, Facebook, Instagram, and Twitter. All notifications are displayed on your watch and accompanied by vibration alerts.

MULTIPLE FUNCTIONS



BLUETOOTH PHONE CALL



Audio Mode



Dialing

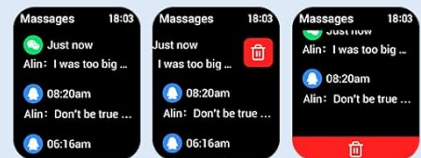


Call Records



Contacts

MESSAGE NOTIFICATIONS



The watch's capabilities for Bluetooth calls and message notifications.

Health Monitoring

The smartwatch is equipped with a 24-hour sensor for continuous heart rate monitoring. It also automatically tracks your sleep status (typically from 9:00 PM to 9:00 AM) and provides a comprehensive analysis of your sleep quality (deep, light, and awake sleep) via the Zmoofit app. Reviewing these health reports in the app can help you maintain a better lifestyle.

Monitor Your Heart Rate and Sleep

24/7 Accurate
Health Monitoring


Light Sleep


Awake


Deep Sleep



Monitoring heart rate and sleep patterns with the P122 Smart Watch.

Fitness Tracking

The P122 offers over 120 indoor and outdoor sports modes, catering to a wide range of activities including walking, running, cycling, and more. During your workouts, the watch records essential data such as heart rate, steps, calories burned, distance, and active hours, all synchronized to the Zmoofit app for detailed analysis.

100+SPORTS MODES



Activity Tracking



15460 Steps



13.2Km



687Kcal



IP68 Waterproof

The P122 Smart Watch supports over 120 sports modes and is IP68 waterproof.

Additional Smart Features

The smartwatch includes a variety of convenient functions to assist your daily life:

- **Timer & Stopwatch:** For precise timing.
- **Alarm Clock:** Set reminders for important events.
- **Sedentary Reminder:** Prompts you to move after periods of inactivity.
- **Music Control:** Manage playback on your phone.
- **Weather Forecast:** Get real-time weather updates.
- **Photo Control:** Remotely trigger your phone's camera.
- **Find Phone:** Locate your misplaced smartphone.
- **Brightness Adjustment:** Customize screen visibility.
- **Do Not Disturb Mode:** Silence notifications when needed.

Multifunctional Smartwatch

Multiple functions to fulfill your daily life and work



Overview of the P122 Smart Watch's diverse functions.

MAINTENANCE

Water Resistance (IP68)

The BP Doctor P122 Smart Watch is designed with IP68 waterproof rating, meaning it can withstand splashes, rain, and brief immersion in water. It is suitable for daily use, hand washing, and sweating during exercise. However, it is not recommended for swimming, diving, or hot water activities as steam and high pressure can damage the device.

Care and Cleaning

To maintain your watch's performance and appearance:

- Wipe the watch and strap regularly with a soft, dry cloth.
- If exposed to sweat or water, clean and dry the watch thoroughly to prevent skin irritation and corrosion.
- Avoid using harsh chemicals or abrasive cleaners.

Wearing Guidelines

For optimal comfort and accurate sensor readings, wear your P122 Smart Watch correctly. The strap should be fastened neither too tightly nor too loosely, allowing your skin to breathe. This ensures proper contact for heart rate and other health monitoring sensors.

TROUBLESHOOTING

Common Issues and 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.
- **Unable to 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 watch.
 - Check if the Zmoofit app is updated to the latest version.
 - If previously paired, try unpairing the device from your phone's Bluetooth settings and re-pairing 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 to ensure all necessary permissions for the P122 are granted (e.g., contact access, call audio).
 - Ensure the watch is properly connected for both data and call audio.
- **Inaccurate health data:** Ensure the watch is worn correctly, neither too tight nor too loose, and positioned properly on your wrist. Clean the sensor area regularly.
- **Short battery life:**
 - Reduce screen brightness.
 - Disable unnecessary notifications.
 - Turn off the call function if not frequently used.
 - Limit continuous heart rate monitoring if not required 24/7.

If you encounter persistent issues not covered here, please refer to the Zmoofit app's help section or contact BP Doctor customer support.

SPECIFICATIONS

Feature	Detail
Model Number	P122
Screen Size	2.1 Inches
Display Type	HD Full Touch Screen

Feature	Detail
Operating System Compatibility	Android 7.0 and above, iOS 9.0 and above
Connectivity Technology	Bluetooth
Battery Capacity	300 mAh (0.3 Amp Hours)
Charging Time	Approx. 2 hours
Typical Use Time	5-7 days
Standby Time	Approx. 30 days
Waterproof Rating	IP68
Memory Storage Capacity	1 GB
Item Weight	3.84 ounces
Package Dimensions	10.67 x 3.43 x 0.71 inches

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or contact BP Doctor directly through their official website or the Zmoofit app's support section. Please retain your proof of purchase for any warranty claims.