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> SOUYIE Smart Watch for Men Women Android iPhone, with Bluetooth Call(Answer/Make Call) 2024, 2.04" Fitness Tracker IP68 Waterproof, 136+ Sports, Heart Rate Blood Oxygen Sleep Monitor Gold

SOUYIE SOUYIE Smart Watch

SOUYIE Smart Watch User Manual

Model: SOUYIE Smart Watch

1. INTRODUCTION

Thank you for choosing the SOUYIE Smart Watch. This device is designed to enhance your daily life with advanced features including Bluetooth calling, comprehensive health monitoring, extensive sports tracking, and smart notifications. This manual provides detailed instructions to help you set up, operate, and maintain your new smartwatch.



Image: The SOUYIE Smart Watch, showcasing its vibrant display and elegant design.

2. WHAT'S IN THE BOX

Please verify that all items are present in your package:

- SOUYIE Smart Watch x 1
- Christmas Theme Watch Strap x 1
- Classic Watch Strap x 1
- USB Magnetic Charging Cable x 1
- Instruction Manual x 1



Image: All components included in the SOUYIE Smart Watch retail package.

3. PRODUCT OVERVIEW

3.1. Display Features

The SOUYIE Smart Watch features a 2.04-inch HD AMOLED display with a resolution of 336x448 pixels, offering vibrant colors and excellent contrast. AMOLED technology provides superior power efficiency and outdoor visibility compared to standard LCD/IPS screens. The watch also supports an Always-On Display (AOD) function, allowing you to check the time

without activating the screen. AOD can be enabled via Settings > Screen Display > Always-On.

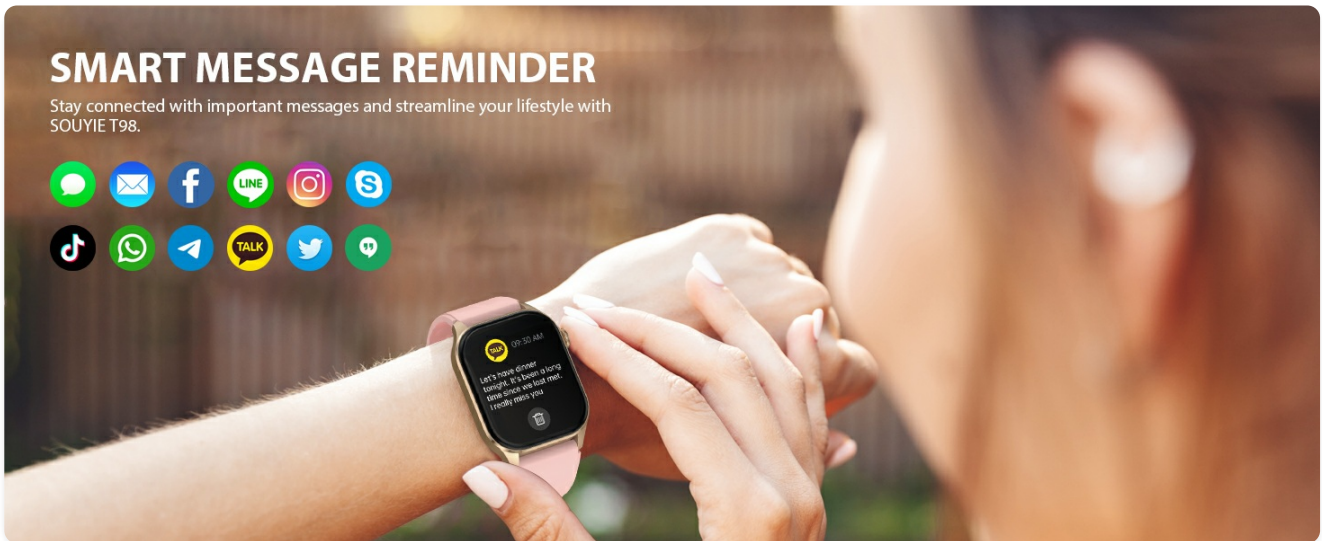


Image: Detailed view of the smartwatch's 2.04-inch AMOLED Super Retina Screen, showing its clarity and customizable options.

3.2. Design and Dimensions

The SOUYIE Smart Watch is designed for comfort and durability. Its dimensions are approximately 53mm (2.09 inches) in height and 38mm (1.49 inches) in width. The strap length is adjustable, fitting wrist circumferences from 155mm (6.1 inches) to 240mm (9.45 inches). The watch weighs 1.84 ounces (52.3 grams).



Image: Visual representation of the smartwatch's dimensions and package contents.

4. SETUP

4.1. App Installation

To unlock the full functionality of your SOUYIE Smart Watch, you need to install the "H Band Lite" application on your smartphone. The app is compatible with Android 5.0+ and iOS 11.0+ devices.

1. Scan the QR code provided in the watch manual or on the watch screen, or search for "H Band Lite" in the Google Play Store (for Android) or Apple App Store (for iOS).
2. Download and install the application.
3. Open the "H Band Lite" app and follow the on-screen instructions to create an account or log in.

You can also visit the official H Band website for more information: [H Band Official Website](#)

4.2. Bluetooth Pairing

Follow these steps to pair your smartwatch with your smartphone:

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the "H Band Lite" app.
3. In the app, navigate to the device connection section (often labeled "Device" or "My Device").
4. The app will search for nearby devices. Select "T98" (or the corresponding model name) from the list of found devices.
5. A Bluetooth pairing request will appear on your phone. Confirm the pairing.
6. Allow the smartwatch to display notifications when prompted.
7. Once connected, your watch is ready for use, including Bluetooth dial-up calls.



Image: Visual guide demonstrating the Bluetooth connection process between the smartwatch and a mobile phone.

5. OPERATING INSTRUCTIONS

5.1. Bluetooth Call and Message Notifications

The SOUYIE Smart Watch allows you to make and receive calls directly from your wrist thanks to its built-in microphone and speaker. You can also receive notifications from various social media apps and messaging services.

- **Making/Receiving Calls:** Once paired, use the watch's dial pad or contact list to initiate calls. Incoming calls can be answered or rejected directly on the watch.
- **Message Notifications:** Stay updated with alerts from Facebook, WhatsApp, Instagram, Twitter, TikTok, and Messenger. Ensure notification permissions are granted in the "H Band Lite" app.

Note: To control audio independently between your phone and smartwatch, disable "Media Audio" in your phone's Bluetooth settings for the watch.

YOUR SMART COMPANION

Talk to the AI voice assistant and quickly access voice navigation, weather updates, calls, alarm settings, etc, making your life more convenient.



Image: Seamless Bluetooth Calling feature, displaying call management options on the watch screen.

ENJOY OVER 136+ SPORT MODES

A smart watch with 136+ sports modes to record every moment and every challenge you have.



Image: Smart Message Reminder feature, showing various app icons for notifications.

5.2. Smart Voice Assistant

Activate the AI voice assistant with a simple tap on your watch. Use voice commands to perform various tasks, such as making calls, sending messages, controlling music, checking the weather, or setting reminders. The intelligent voice assistant processes commands quickly for efficient interaction.

24/7 ACTIVITY TRACKING

Stay on top of your daily activities with the SOUYIE smartwatch, monitoring your steps, distance, heart rate, and calorie burn round the clock.

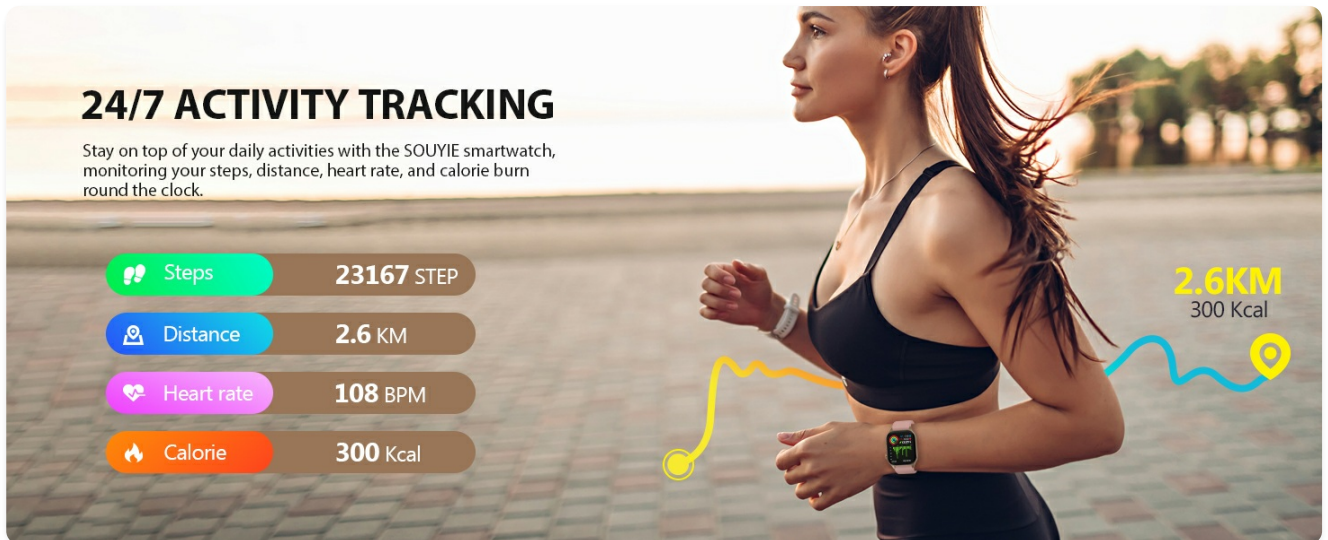


Image: The smartwatch acting as a smart companion, demonstrating voice assistant capabilities.

5.3. Sports Modes and Activity Tracking

The SOUYIE Smart Watch supports over 100 sports modes, including walking, running, swimming, dancing, hiking, and cycling. It accurately tracks your daily steps, distance, calorie burn, activity duration, and workout progress. Comprehensive data analysis is available through the "H Band Lite" app.



Image: Overview of the 136+ sport modes supported by the smartwatch.

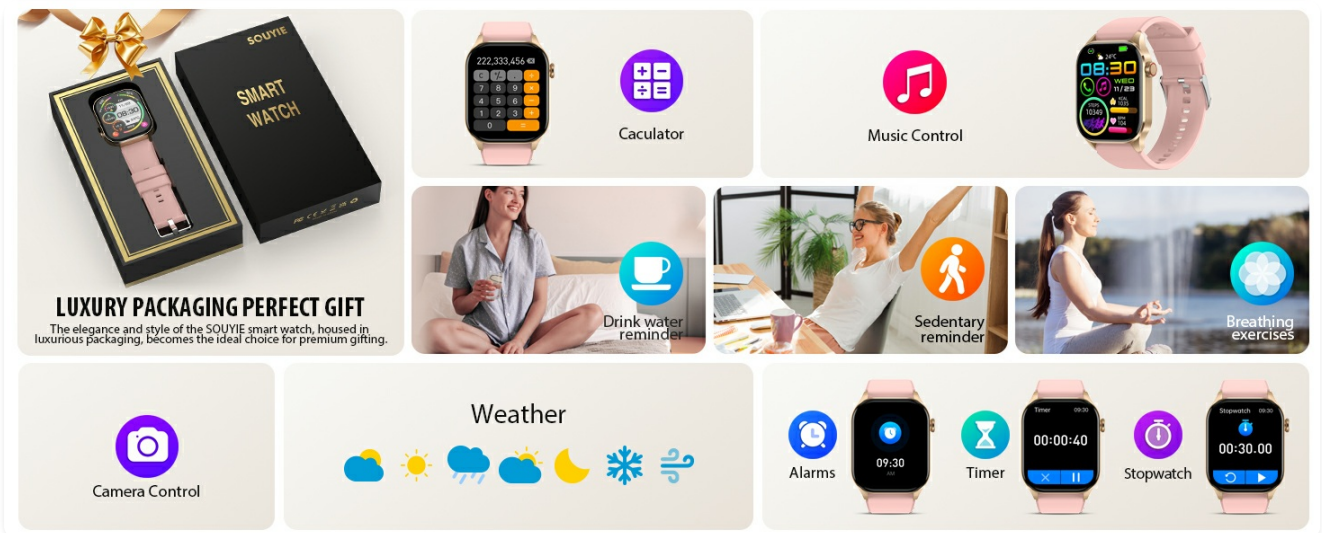


Image: 24/7 Activity Tracking, illustrating how the watch monitors steps, distance, heart rate, and calories.

5.4. Health Monitoring

The smartwatch provides comprehensive health tracking around the clock, including real-time monitoring of heart rate, blood oxygen levels, and blood pressure. It also offers detailed sleep tracking and female health tracking features.

- **Heart Rate Monitoring:** Continuous heart rate tracking with data available in the app.
- **Blood Oxygen (SpO2) Monitoring:** Measures blood oxygen saturation levels.
- **Blood Pressure Monitoring:** Provides estimated blood pressure readings.
- **Sleep Tracking:** Analyzes sleep patterns (deep sleep, light sleep, awake time) to help improve sleep quality.
- **Female Health Tracking:** Records and predicts menstrual cycles.

DIMENSIONS AND PACKAGE CONTENTS



Image: 24/7 Heart Rate Tracking, showing real-time heart rate data on the watch and detailed graphs in the app.

How do I Connect it ?

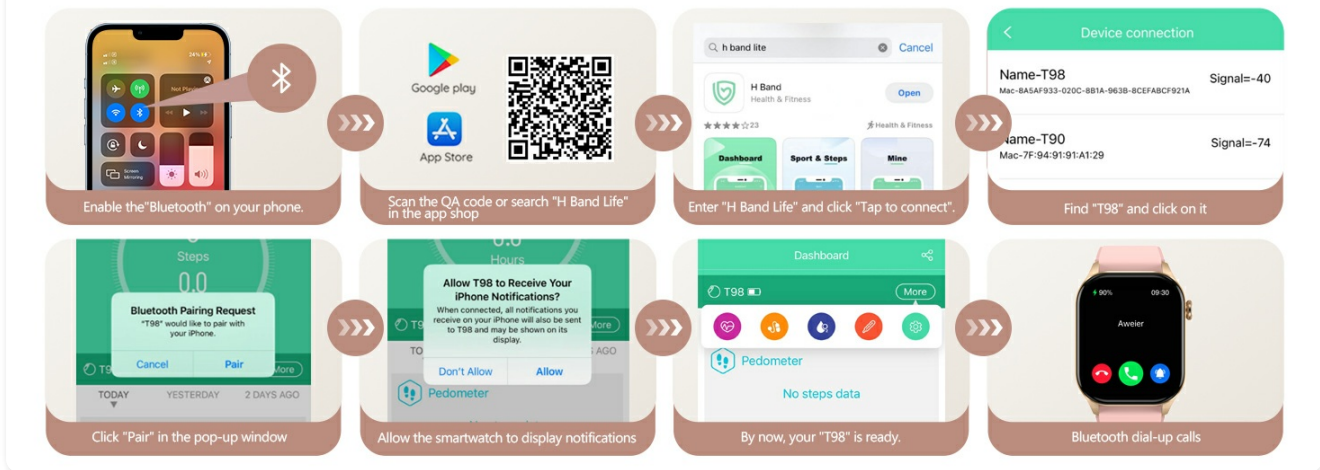


Image: Accurate Blood Pressure Monitoring, displaying real-time blood pressure readings on the watch and historical data in the app.



Image: True Infrared Blood Oxygen Monitoring, showing SpO2 levels on the watch and detailed analysis in the app.

THE WATCH CAN RECORD WOMEN'S MENSTRUAL CYCLES

Effectively reminds women of the next menstrual period and gives women more care.



Image: Scientific Sleep Monitoring, illustrating sleep stages and duration tracked by the smartwatch.

2.04" AMOLED SUPER RETINA SCREEN

Customize your watch face and express your style with SOUYIE T98.

- 368 x 448** HD Resolution
- 2.04"** AMOLED Screen
- 600** Brightness
- 1670Ws** Original Color Display
- 60HZ** Refresh Rate
- Customizable** Wallpaper



Image: The watch's ability to record women's menstrual cycles, providing effective reminders.

5.5. Customizable Watch Faces

Personalize your SOUYIE Smart Watch with over 150 customizable watch faces available through the "H Band Lite" app. You can also upload your own photos to create unique watch faces using pictures of loved ones or pets.

Customize Your Style

Choose from 150+ vibrant watch faces or upload your favorite photos to create a unique look that matches your personality!



Image: Customize Your Style, showing a variety of watch face designs and the app interface for personalization.

5.6. Versatile Utility Functions

The SOUYIE Smart Watch includes a range of practical features to enhance your daily convenience:

- Music Control
- Calculator
- Menstrual Cycle Reminders
- Hydration Alerts
- Breathing Exercises

- Casual Games
- Alarms
- Stopwatches
- Timers
- Phone Finder
- Thermometer
- Screen-off Display
- Camera Control
- Weather Forecast

24/7 TRACK YOUR HEART RATE

The smart watch is equipped with an advanced TYHX3602 optical chip to ensure more accurate heart rate detection.



Image: A collage showcasing the diverse utility functions of the smartwatch, including calculator, music control, and various reminders.

6. MAINTENANCE

6.1. IP68 Waterproof Rating

The SOUYIE Smart Watch is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. This makes it suitable for daily activities such as washing hands, sweating during workouts, or being caught in the rain.

Important Precautions:

- Avoid wearing the smartwatch during hot showers, in saunas, or in steam rooms, as steam and hot water can compromise the seals.
- Do not use the watch for swimming or diving, especially in saltwater, as prolonged exposure or high water pressure can damage the device.
- If the watch gets wet, wipe it dry with a soft cloth before charging or using buttons.



SEAMLESS BLUETOOTH CALLING

One-touch link, answer and make calls on your wrist, freeing your hands.

Image: IP68 Waterproof feature, showing the watch's resistance to water splashes.

6.2. Battery Life and Charging

The SOUYIE Smart Watch is equipped with a 380mAh battery. A full charge takes approximately 2 hours. With regular use, the battery can last up to 7 days, and up to 30 days on standby.

- Use the provided USB magnetic charging cable to charge the device.
- Ensure the magnetic pins align correctly with the charging contacts on the back of the watch.
- Avoid using damaged cables or chargers.

7. TROUBLESHOOTING

If you encounter issues with your SOUYIE Smart Watch, please refer to the following common solutions:

Problem	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Cannot pair with phone	Ensure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and phone. Check if the "H Band Lite" app has necessary permissions.
Notifications not received	Verify notification permissions in the "H Band Lite" app and your phone's system settings. Ensure the app is running in the background.
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. Note that health data is for reference and not for medical diagnosis.
Short battery life	Reduce screen brightness, disable Always-On Display if not needed, and limit background app refresh. Ensure no apps are excessively draining power.

If the problem persists, please contact customer support for further assistance.

8. SPECIFICATIONS

Feature	Detail
Model Number	SOUYIE Smart Watch
Display Size	2.04 Inches
Display Type	AMOLED
Resolution	336 x 448 pixels
Operating System	Proprietary/Custom OS
Connectivity	Bluetooth
Battery Capacity	380 mAh Lithium Ion
Charging Time	Approx. 2 hours
Battery Life (Typical Use)	7-10 Days
Standby Time	20-30 Days
Waterproof Rating	IP68
Item Weight	1.84 ounces (52.3 grams)
Human Interface Input	Touchscreen, Microphone, Buttons
Compatible OS	Android 5.0+, iOS 11.0+

9. WARRANTY AND SUPPORT

SOUYIE offers a 30-day free return policy and a 1-year warranty for your smartwatch. For any questions, technical assistance, or warranty claims, please do not hesitate to contact our customer support team. We are available 24/7 to provide assistance.

To contact support, please refer to your purchase platform or the contact information provided in your product packaging.