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> AMOVAN BT103 Smart Watch User Manual

AMOVAN BT103

AMOVAN BT103 Smart Watch User Manual

Model: BT103

1. INTRODUCTION

Thank you for choosing the AMOVAN BT103 Smart Watch. This manual provides essential information for setting up, operating, and maintaining your device. Please read it carefully to ensure optimal performance and longevity of your smart watch.



Image: Front-side view of the AMOVAN BT103 Smart Watch in rose gold with a pink strap, showing the digital display with time, heart rate, and step count.

2. PACKAGE CONTENTS

Upon opening your AMOVAN BT103 Smart Watch package, please verify that all items are present:

- AMOVAN BT103 Smart Watch
- Charging Cable
- User Manual (this document)

3. SETUP GUIDE

3.1 Charging the Device

Before initial use, fully charge your smart watch. Connect the provided charging cable to the charging contacts on the back of the watch and to a USB power source.



Image: The back of the AMOVAN BT103 Smart Watch, highlighting the optical sensors and charging pins.

3.2 App Installation

To unlock the full functionality of your smart watch, download and install the companion application on your smartphone. The app is named "H Band".

- For iOS devices: Download from the [Apple App Store](#).
- For Android devices: Download from [Pgyer](#) or your device's app store.

3.3 Device Pairing

Follow these steps to pair your smart watch with your smartphone via Bluetooth:

1. Ensure your smart watch is charged and powered on.
2. Enable Bluetooth on your smartphone.
3. Open the "H Band" application.
4. Navigate to the device pairing section within the app.
5. The app will search for available devices. Select "E02" (or similar identifier) from the list.
6. Confirm the pairing request on both your phone and the watch if prompted.
7. Once connected, the watch will synchronize data and enable calling features.

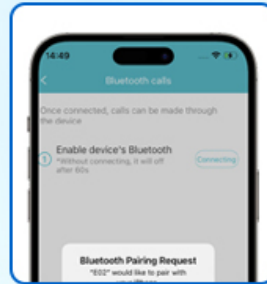
For ios 13.0 and above models only need one-time connection, please follow below steps:



Download "H Band" from APP store.



Find E02 and click connect.



Click Pair to your phone



After pairing, the watch can directly (answer/make) calls

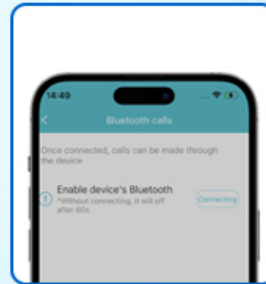
For Android 5.0 and above phones only need one-time connection, please follow below steps:



Download "H Band" from APP store.



Find E02 and click connect.



Click Pair to your phone



After pairing, the watch can directly (answer/make) calls

Image: Visual guide illustrating the Bluetooth pairing process for both iOS and Android devices, including app download, device discovery, and call pairing confirmation.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

- **Touchscreen:** Swipe left, right, up, or down to navigate through menus and features. Tap to select.
- **Side Button:** Typically used to return to the home screen or power the device on/off (long press).

4.2 Communication Features

Once paired with your smartphone, the BT103 Smart Watch offers comprehensive communication capabilities:

- **Bluetooth Calling:** Make and receive calls directly from your wrist using the built-in speaker and microphone.
- **Smart Notifications:** Receive alerts for incoming calls, text messages, and social media notifications (e.g., Facebook, WhatsApp, Instagram, Twitter). Notifications are displayed on the screen and accompanied by vibration.

Bluetooth Calling

Answer and make clear calls directly from your watch after connecting to your smartphone via Bluetooth, free your hands.

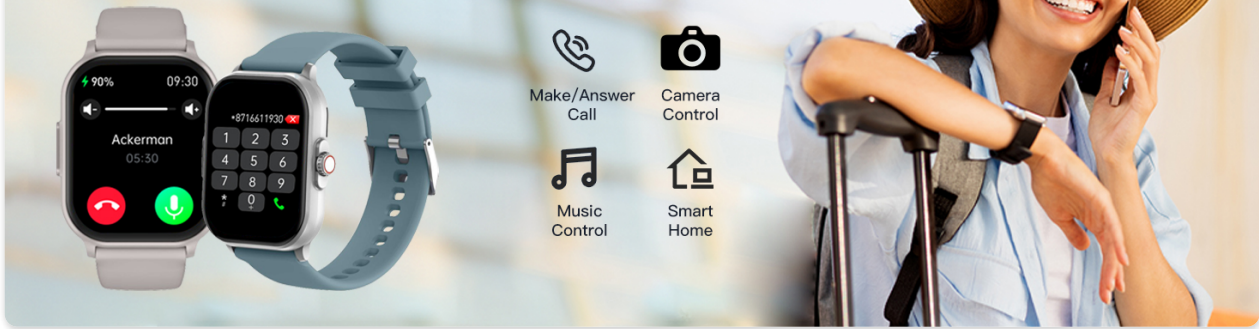


Image: A user making a call with the smart watch, alongside icons representing features like make/answer call, camera control, music control, and smart home integration.

Smart Notifications

Get quick notice to all recent texts, messages and phone calls.



Image: A woman checking smart notifications on her watch, with app icons like Gmail, WhatsApp, Facebook, and Instagram floating around.

4.3 Fitness and Health Tracking

The BT103 Smart Watch is equipped with advanced sensors to monitor your physical activity and health metrics:

- **100+ Sports Modes:** Track various activities including walking, running, cycling, skipping, basketball, football, and more. The watch records steps, heart rate, calories burned, and distance.
- **Heart Rate Monitoring:** The built-in optical sensor provides 24-hour real-time heart rate monitoring.
- **Sleep Tracking:** Automatically monitors your sleep status, providing analysis of deep sleep, light sleep,

and wakefulness patterns.

110+ Sport Modes Fitness Tracker

A almighty & professional Fitness Tracker on your wrist

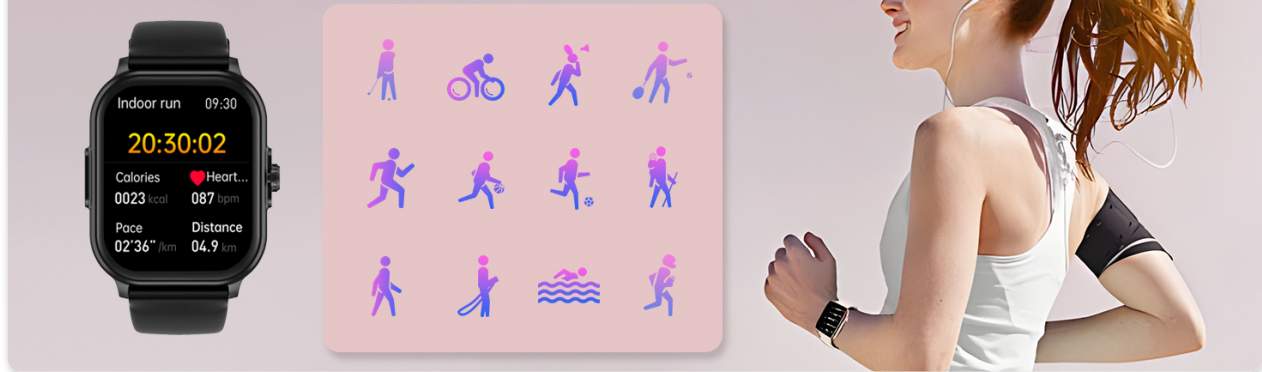


Image: A woman jogging outdoors, with the smart watch on her wrist, and a graphic displaying various sports mode icons.

Heart Rate Monitor

The optical biotracking sensor in the watch provides 24-hour heart rate monitoring. It keeps you informed of the effects of your exercise and alerts you when your heart rate is abnormally high, so you can adjust your fitness in time.



Image: A close-up of the smart watch display showing a heart rate reading of 86 bpm, with a graph of heart rate over time, and a person wearing the watch.

4.4 Smart Assistant Functions

Your smart watch includes several practical tools to assist with daily tasks:

- **Alarm Clock:** Set alarms directly from your watch.
- **Stopwatch & Timer:** Utilize these tools for various activities.
- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks).
- **Weather Forecast:** View current weather conditions and forecasts.

- **Sedentary Reminder:** Receive alerts to encourage movement after periods of inactivity.
- **Find Phone:** Locate your paired smartphone by triggering an alert sound.
- **Camera Control:** Remotely trigger your smartphone's camera shutter.



Camera Remote Control

You can instead use your smartwatch to control your phone's camera shutter. Instead of scrambling to beat the timer for your next group photo or selfie



Image: A group of friends posing for a photo, with an inset showing the smart watch screen acting as a remote shutter for a smartphone camera.

4.5 Customization

Personalize your smart watch experience:

- **Dial Wallpapers:** Choose from over 100 personalized dial wallpapers available through the app.
- **Custom Dials:** Upload your favorite photos to create unique watch faces.

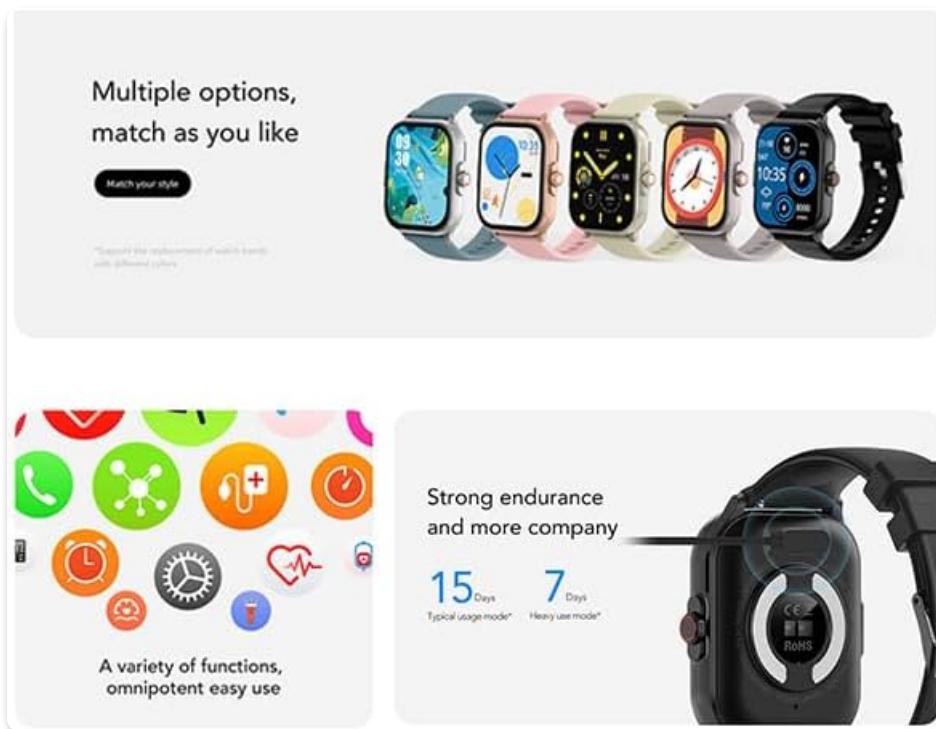


Image: A collage showing different color variations of the smart watch, various app icons, and battery life indicators, emphasizing customization and functionality.

5. MAINTENANCE

5.1 Water Resistance

The AMOVAN BT103 Smart Watch features an IP67 water resistance rating. This means it is protected against immersion in water up to 1 meter for up to 30 minutes. It can be used during daily activities such as washing hands or in rainy conditions. It is not recommended for swimming or showering with hot water.



Image: The smart watch being splashed with water, visually representing its IP67 waterproof capability.

5.2 Cleaning and Care

- Regularly clean the watch screen and strap with a soft, dry cloth.
- Avoid using harsh chemicals or abrasive materials, as these can damage the device.
- Ensure the charging contacts are clean and dry before charging to prevent corrosion.

6. TROUBLESHOOTING

If you encounter issues with your AMOVAN BT103 Smart Watch, please refer to the following common solutions:

| Problem | Solution |
|--------------------------------|---|
| Watch does not power on | Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes. |
| Unable to pair with smartphone | Check that Bluetooth is enabled on your phone. Ensure the watch is within range. Restart both the watch and your phone. Try unpairing and re-pairing through the app. |
| Notifications not received | Verify that the watch is successfully paired. Check app notification permissions on your phone. Ensure notifications are enabled within the "H Band" app settings. |
| Inaccurate health data | Ensure the watch is worn snugly on your wrist, about one finger's width from the wrist bone. Clean the sensor on the back of the watch. Avoid excessive movement during measurements. |
| Short battery life | Reduce screen brightness. Limit frequent use of power-intensive features like continuous heart rate monitoring or frequent calls. Ensure background app refresh is managed. |

7. SPECIFICATIONS

| Feature | Detail |
|------------------|---|
| Model Number | BT103 |
| Brand | AMOVAN |
| Display | 2.01" HD Full-Touch Color Screen (Visible screen diagonal: 5 cm / 2 inches) |
| Battery Capacity | 280 mAh Lithium Polymer |
| Battery Life | Approx. 7 days (daily use), 15 days (standby) |
| Water Resistance | IP67 |
| Connectivity | Bluetooth |
| Compatibility | Android 5.0 and above, iOS 13.0 and above |
| Item Weight | 3.68 ounces |

8. WARRANTY AND SUPPORT

AMOVAN is committed to providing high-quality products and customer satisfaction. Your BT103 Smart Watch comes with the following:

- **Free Replacement:** Within 12 months of purchase for manufacturing defects.

- **Full Refund:** Available within 6 months of purchase.
- **Customer Support:** Expect a quick reply to inquiries within 12 hours.

For support, please contact AMOVAN customer service through the platform where you purchased the product or refer to the contact information provided in the product packaging.

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