

AMOVAN E02

AMOVAN Smart Watch E02 User Manual

Model: E02

1. INTRODUCTION

This manual provides comprehensive instructions for the AMOVAN Smart Watch E02. Please read this guide carefully to ensure proper setup, operation, and maintenance of your device. The AMOVAN Smart Watch E02 is designed to assist with fitness tracking, communication, and health monitoring.

2. WHAT'S IN THE BOX

- AMOVAN Smart Watch E02
- Charging Cable
- User Manual (this document)

3. PRODUCT OVERVIEW



Figure 3.1: AMOVAN Smart Watch E02, front-angled view with a digital clock face.



Figure 3.2: AMOVAN Smart Watch E02, direct front view with a digital clock face.



Figure 3.3: AMOVAN Smart Watch E02, side profile showing the crown and strap.



Figure 3.4: AMOVAN Smart Watch E02, rear view showing the heart rate sensor and charging contacts.

4. SETUP INSTRUCTIONS

4.1. App Installation and Pairing

To utilize all features of your AMOVAN Smart Watch E02, you need to install the companion application on your smartphone and pair the watch via Bluetooth.

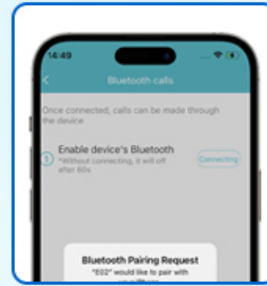
For ios 13.0 and above models only need one-time connection, please follow below steps:



Download "H Band" from APP store.



Find E02 and click connect.



Click Pair to your phone



After pairing, the watch candirectly (answer/make) calls

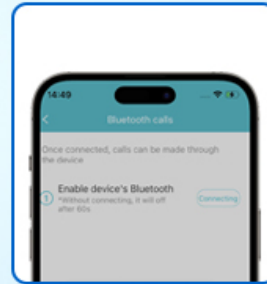
For Android 5.0 and above phones only need one-time connection, please follow below steps:



Download "H Band" from APP store.



Find E02 and click connect.



Click Pair to your phone



After pairing, the watch candirectly (answer/make) calls

Figure 4.1: App download and pairing instructions.

1. **Download the App:** Scan the QR code provided in the image or search for "H Band" in your smartphone's app store (App Store for iOS, Google Play Store for Android).
2. **Open the App and Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone. Open the "H Band" application.
3. **Find and Connect:** Within the app, navigate to the device connection section. The app should detect your AMOVAN Smart Watch E02 (often listed as "E02"). Select it to initiate the connection.
4. **Bluetooth Pairing Request:** Your phone will display a Bluetooth pairing request. Confirm the pairing on both your phone and the watch.
5. **Confirm Connection:** Once paired, the watch will synchronize with your phone, allowing you to make and receive calls directly from the watch and access other smart features.

5. OPERATING INSTRUCTIONS

5.1. Making and Receiving Calls

After successful Bluetooth pairing, your watch can function as a communication device.



Call anytime

Call, answer, reject calls, Bluetooth calls, using high-quality speakers and high-end acoustic technology AM sound quality to make calls clearer.

Figure 5.1: Making calls directly from the watch.

- **Answer Calls:** When a call comes in, the watch will vibrate and display the caller ID. Tap the green icon on the watch screen to answer.
- **Make Calls:** Access the dial pad or contact list on your watch to initiate a call. The watch uses its built-in speaker and microphone for communication.

5.2. Smart Notifications

Receive alerts for messages and social media directly on your wrist.



Smart Notifications

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

Figure 5.2: Smart notifications displayed on the watch.

- Ensure notification permissions are granted to the "H Band" app on your smartphone.
- The watch will vibrate and display incoming messages from apps like Facebook, WhatsApp, Instagram, and Twitter.

5.3. Sports Modes and Fitness Tracking

The watch supports over 100 indoor and outdoor sports modes to track your activities.

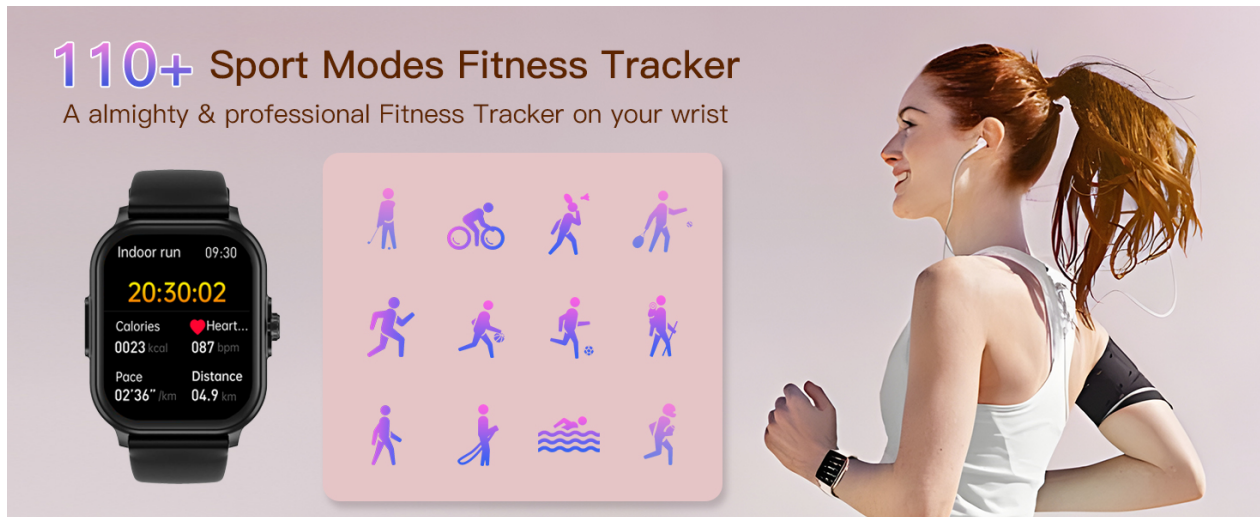


Figure 5.3: Overview of sports modes and fitness tracking.

- Select your desired sport mode (e.g., walking, running, cycling) from the watch menu.
- The watch records data such as steps, heart rate, calories burned, and distance.
- Review your exercise data and health reports within the companion app.

5.4. Health Monitoring

Monitor your heart rate and sleep patterns for better health insights.



Figure 5.4: Real-time heart rate monitoring.

- **Heart Rate:** The built-in optical sensor continuously monitors your heart rate. View real-time data on the watch or detailed trends in the app.

- **Sleep Tracking:** The watch automatically monitors your sleep status, providing analysis of deep sleep, light sleep, and wakefulness periods.

5.5. Other Smart Functions

- **Alarm Clock:** Set alarms through the app to vibrate on your watch.
- **Stopwatch & Timer:** Access these tools directly from the watch.
- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks) from your watch.
- **Weather Forecast:** View current weather conditions and forecasts after syncing with the app.
- **Sedentary Reminder:** Receive alerts to move if you've been inactive for too long.
- **Find Phone:** Use your watch to make your phone ring, helping you locate it.
- **Camera Control:** Remotely trigger your smartphone's camera shutter.



Figure 5.5: Using the watch for camera remote control.

6. MAINTENANCE

6.1. Waterproofing (IP67)

The AMOVAN Smart Watch E02 features an IP67 waterproof rating.



Figure 6.1: IP67 waterproof feature.

- This rating means the watch is resistant to dust and can withstand immersion in water up to 1 meter for 30 minutes.
- It is suitable for daily use, such as washing hands or wearing in the rain.
- **Note:** It is not recommended for swimming, diving, or exposure to hot water/steam.

6.2. Battery Life and Charging

- The watch is equipped with a 280 mAh lithium polymer battery.
- Typical usage provides approximately 7 days of battery life, while standby time can reach up to 15 days.
- Use the provided charging cable to charge the device. Ensure the charging contacts on the watch align with the charger.

7. TROUBLESHOOTING

If you encounter issues with your AMOVAN Smart Watch E02, refer to the following common solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
- **Cannot pair with phone:**
 - Ensure Bluetooth is enabled on your phone and the watch is within range.
 - Restart both your phone and the watch.
 - Check if the "H Band" app has necessary permissions.
 - Forget the device in your phone's Bluetooth settings and try pairing again through the app.
- **Notifications not appearing:**
 - Verify that notification permissions are enabled for the "H Band" app in your phone's settings.
 - Ensure the app is running in the background.
 - Check the notification settings within the "H Band" app to ensure specific app notifications are enabled.
- **Inaccurate health data:**
 - Ensure the watch is worn snugly on your wrist, not too tight or too loose.
 - Clean the sensor on the back of the watch.
 - Environmental factors and individual physiology can affect sensor accuracy.

- **Short battery life:**

- Frequent use of features like calls, GPS (via smartphone), and continuous heart rate monitoring will consume more battery.
- Reduce screen brightness or disable unnecessary features to extend battery life.

8. SPECIFICATIONS

Feature	Specification
Brand	AMOVAN
Model Number	E02
Screen Size	2.01 Inches
Operating System	Android Wear 2.0 (compatible with Android/iOS)
Connectivity Technology	Bluetooth
Battery Capacity	280 Milliamp Hours (Lithium Polymer)
Water Resistance	IP67
Special Features	Activity Tracker, Heart Rate Monitor, Sleep Monitor, Bluetooth Calls, 100+ Sports Modes, Smart Notifications, Camera Control, Music Control
Item Weight	3.84 ounces

9. WARRANTY AND SUPPORT

AMOVAN is committed to providing quality products and customer service.

- **Free Replacement:** Eligible for free replacement within 12 months of purchase.
- **Full Refund:** Eligible for a full refund within 6 months of purchase.
- **Customer Support:** Expect a quick reply to inquiries within 12 hours.

For further assistance or to claim warranty services, please contact AMOVAN customer support through the platform where you purchased the product or refer to the contact information provided in the product packaging.