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> Yowow BIT Smart Watch User Manual - Model b661a758-4cd9-4ed8-b0b1-a8c3374f35e5

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Yowow BIT Smart Watch User Manual

Model: b661a758-4cd9-4ed8-b0b1-a8c3374f35e5

Brand: Yowow BIT

INTRODUCTION

This manual provides comprehensive instructions for the setup, operation, maintenance, and troubleshooting of your Yowow BIT Smart Watch. Please read this manual thoroughly to ensure proper use and to maximize the device's features.



Image: The Yowow BIT Smart Watch displaying health metrics and time on its screen.

WHAT'S IN THE BOX

Upon opening your Yowow BIT Smart Watch package, you should find the following items:

- Smartwatch
- User Guide (this document)
- Magnetic USB Charging Cable

Product size and packaging

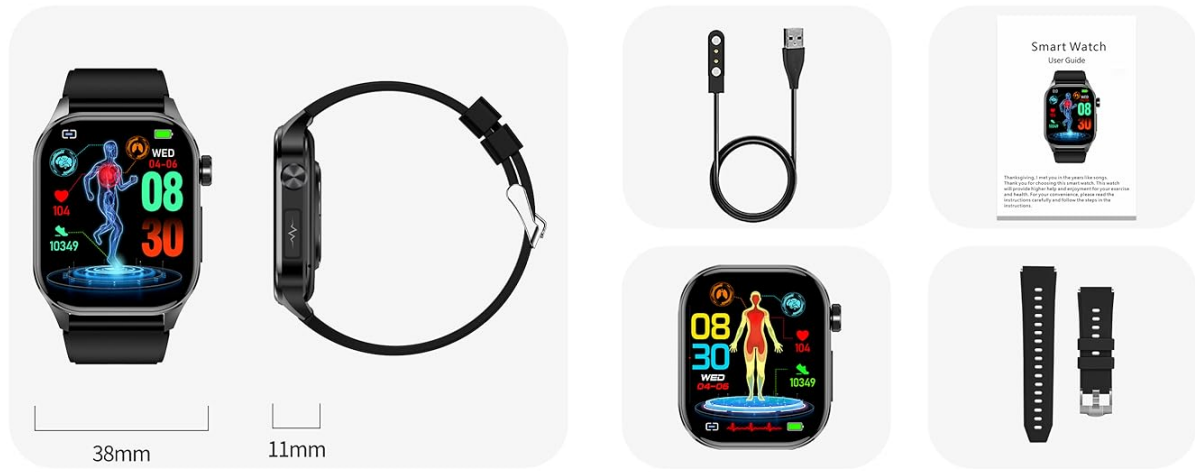


Image: Contents of the Yowow BIT Smart Watch package, including the watch, charging cable, and user manual.

SETUP

1. Charging the Smart Watch

Before initial use, fully charge your smartwatch. Connect the magnetic USB charging cable to the charging points on the back of the watch and to a standard USB power adapter (5V/1A recommended). A full charge typically takes approximately 2 hours.

380 mAh Battery Life Time

Note: Battery life depends on usage. For best results, use a 5V charger and avoid chargers over 5V/2A.

Charging Time

2H

Time of Use

4-7 Days

Standby Time

15+ Days



Image: Illustration of the smartwatch being charged via its magnetic USB cable, alongside battery life estimates.

2. App Installation

To unlock the full functionality of your Yowow BIT Smart Watch, download and install the **H Band** application on your smartphone. The app is compatible with iOS 8.2 or higher and Android 4.4 or higher. Search for "H Band" in your device's app store.

3. Device Pairing

1. Ensure your smartphone's Bluetooth is enabled.
2. Open the H Band app and follow the on-screen instructions to create an account or log in.
3. Navigate to the device pairing section within the app.
4. Select your Yowow BIT Smart Watch from the list of available devices. Confirm the pairing request on both

your phone and the watch if prompted.

Wide compatibility

Application: H Band (Reminder: Our APP does not require any additional fees.)

Compatible devices: Smartphones with Android 4.4 and above or iOS 8.2 and above.



Image: The H Band app interface on a smartphone, illustrating compatibility with iOS and Android devices.

OPERATING INSTRUCTIONS

1. Display and Watch Faces

The watch features a 2.04-inch AMOLED Retina screen with a 368x448 resolution. You can customize your watch face through the H Band app, choosing from over 150 options or uploading your own photos. The watch supports an always-on display mode and automatically turns on when you raise your wrist.



Image: A selection of customizable watch faces available for the Yowow BIT Smart Watch.

2. Bluetooth Calling and Notifications

Once paired, the smartwatch allows you to make and receive calls directly from your wrist. It also displays notifications for calls, texts, emails, and various social media apps (e.g., Facebook, Twitter, WhatsApp). The built-in microphone and speaker ensure clear communication.

Bluetooth calls & SMS notification & Voice assistant

Easily control calls and messages, smart voice assistant makes life simpler!



Image: A user interacting with the smartwatch to manage calls and view messages, demonstrating Bluetooth communication features.

3. Health Monitoring

The Yowow BIT Smart Watch provides continuous health tracking:

- **Heart Rate:** 24/7 monitoring using photoelectric sensors.
- **HRV:** Tracks Heart Rate Variability, providing insights into stress and recovery.
- **Blood Oxygen (SpO2):** Utilizes infrared and red light technology for real-time blood oxygen level monitoring.
- **Blood Pressure:** Continuous monitoring (note: this is for reference and not a medical device).
- **Sleep Tracking:** Analyzes sleep quality, including deep sleep, light sleep, and wake times.
- **Stress Levels:** Monitors stress patterns and offers guided breathing exercises.
- **Blood and Body Composition:** Provides insights into BMI, body fat, and muscle percentage.

All-Day Health Insights

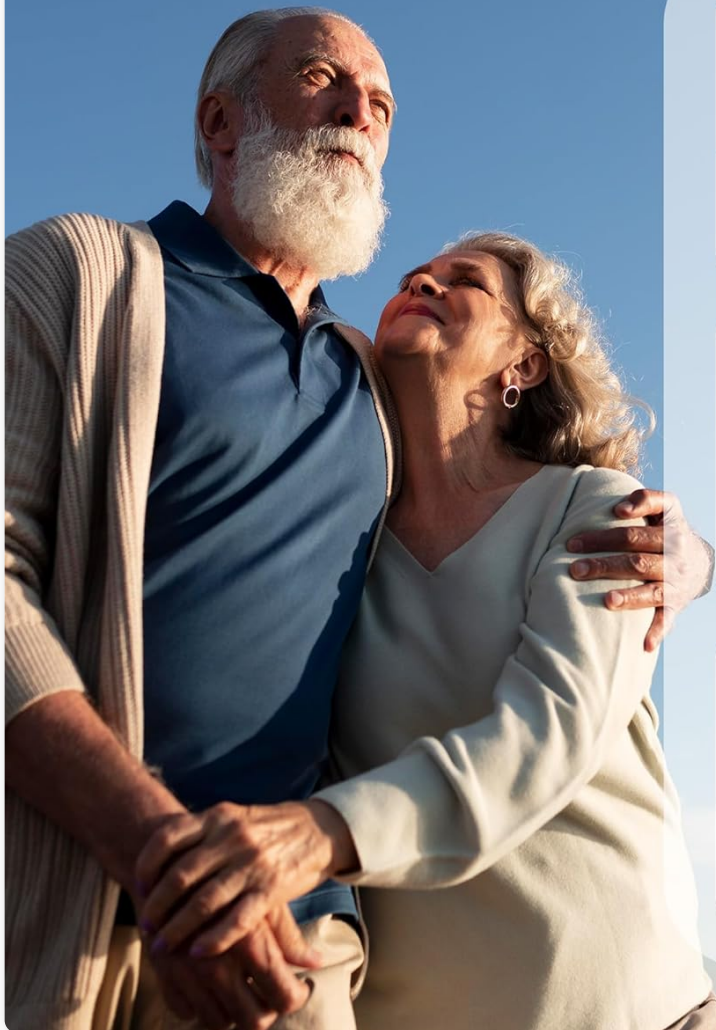


Image: A collage of smartwatch screens showing detailed health insights for sleep, blood oxygen, HRV, heart rate, stress, and blood pressure.

4. Sports Modes and Activity Tracking

The watch supports over 150 sports modes. It tracks daily activity metrics such as steps, distance, and calories burned. For outdoor workouts, connect to your phone's GPS via the H Band app to record routes and pace.



150 + Sports Modes

The **fitness tracker** covers a variety of sports modes to meet your various sports needs.

Image: The smartwatch interface showing a selection of over 150 sports modes, including cycling and other activities.

5. Other Smart Functions

Your smartwatch includes a variety of additional features:

- **Voice Assistant:** Control functions with voice commands.
- **SOS Emergency Call:** Quickly contact pre-set emergency contacts (requires Bluetooth connection to phone).
- **Menstrual Cycle Reminder:** Tracks and predicts menstrual cycles.
- **Breathing Training:** Guided exercises for relaxation.
- **Reminders:** Drinking water, sedentary alerts.
- **Utilities:** Weather forecast, music control, stopwatch, timer, alarm clock, calculator, flashlight.
- **Connectivity:** Find phone, camera control.
- **Modes:** Do Not Disturb mode, mini-games.

Rich and practical functions

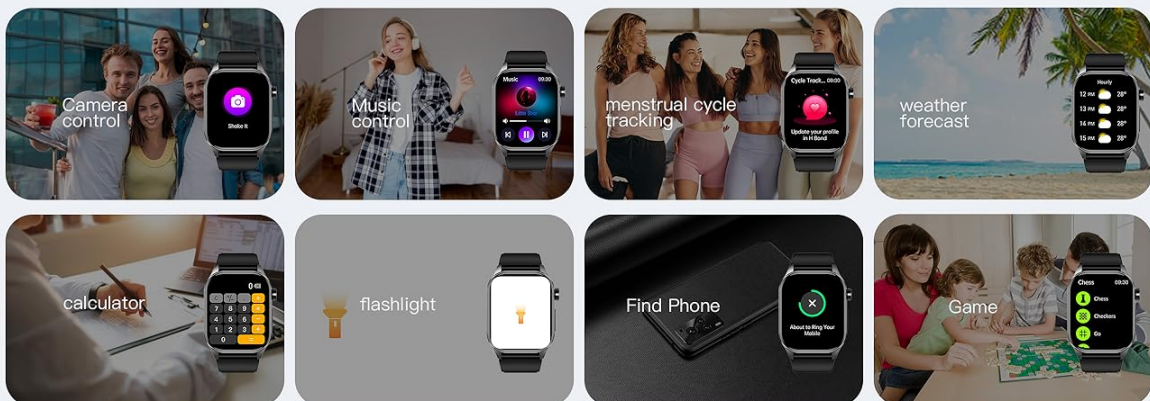


Image: A visual representation of the smartwatch's diverse functions, including camera control, music playback, weather updates, and mini-games.

MAINTENANCE

1. Water Resistance

The Yowow BIT 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. It is suitable for daily activities such as hand washing, rain, and showering. However, it is not recommended for hot water baths, saunas, or diving, as steam and high pressure can compromise the seal.

IP68 waterproof more reassuring



Image: The smartwatch shown with water splashing on it, highlighting its IP68 waterproof rating.

2. Cleaning

Regularly clean your smartwatch and strap to prevent skin irritation and maintain functionality. Use a soft, damp cloth to wipe the watch face and strap. The strap is washable. Avoid using harsh chemicals or abrasive materials.

3. Battery Care

To prolong battery life, avoid extreme temperatures. Charge the watch using the provided magnetic USB cable and a 5V charger. Do not use chargers over 5V/2A. The battery provides 4-7 days of normal use and up to 15 days of standby time on a 2-hour charge.

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes.
- **Cannot pair with phone:** Make sure Bluetooth is enabled on your phone and the watch. Ensure the H Band app is installed and open. Try restarting both your phone and the watch.
- **Inaccurate health readings:** Health monitoring features are for reference only and should not be used for medical diagnosis. Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor area regularly.
- **Short battery life:** Reduce screen brightness, disable unnecessary notifications, and limit continuous health monitoring if not required. Ensure you are using a 5V charger.
- **Notifications not appearing:** Check app permissions on your phone to ensure the H Band app has access to notifications. Verify that notifications are enabled within the H Band app settings.
- **Screen unresponsive:** Try restarting the watch by pressing and holding the side button. If unresponsive, allow the battery to drain completely and then recharge.

SPECIFICATIONS

Feature	Specification
Model Number	b661a758-4cd9-4ed8-b0b1-a8c3374f35e5
Display Size	2.04 Inches AMOLED
Resolution	368x448
Item Weight	6.4 ounces
Battery Capacity	380 Milliamp Hours (Lithium Polymer)
Charging Time	Approx. 2 hours
Normal Use Battery Life	4-7 days
Standby Time	Up to 15 days
Water Resistance	IP68
Connectivity	Bluetooth
Operating System	Android iOS compatible
Compatible OS	iOS 8.2+ / Android 4.4+
Memory Storage Capacity	32 GB
Manufacturer	Yowow BIT

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the official Yowow BIT website or contact the seller directly through your purchase platform. Keep your proof of purchase for any warranty claims.

For further assistance, you may visit the [Yowow BIT store on Amazon](#).

SAFETY INFORMATION

- Do not attempt to disassemble or modify the device.
- Keep the device away from extreme heat or cold.
- Avoid exposing the device to strong impacts or drops.
- Do not use the device for medical diagnosis or treatment. Consult a medical professional for health concerns.
- If you experience skin irritation, discontinue use and consult a doctor.