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Yowow BIT 27123fb7-210f-460e-85e5-f09635159bdf

Yowow BIT Smart Watch User Manual

Model: 27123fb7-210f-460e-85e5-f09635159bdf

INTRODUCTION

This manual provides essential instructions for setting up, operating, and maintaining your Yowow BIT Smart Watch. It covers key features including health monitoring, fitness tracking, communication functions, and device settings. Please read thoroughly to ensure proper usage and to maximize the benefits of your device.

WHAT'S IN THE BOX

- Smartwatch
- User Guide
- Charger

SETUP

1. Initial Charging

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB-A end into a compatible power source. A full charge typically takes 2 hours.



Image: The Yowow BIT Smart Watch connected to its magnetic charging cable, illustrating the charging process.

2. App Installation & Pairing

1. Scan the QR code provided in the user manual or search for 'H Band' in your device's app store (compatible with Android 4.4+ and iOS 8.2+).
2. Install the 'H Band' application on your smartphone.
3. Open the app and follow the on-screen instructions to pair your smartwatch via Bluetooth 5.0. Ensure Bluetooth is enabled on your phone.

3. Watch Face Customization

The smartwatch features a 1.96" HD IPS full touch screen. You can customize the watch face directly on the device by long-pressing the screen and swiping through pre-loaded options. More than 170 watch faces are available through the 'H Band' app, allowing you to personalize the display with your own photos.

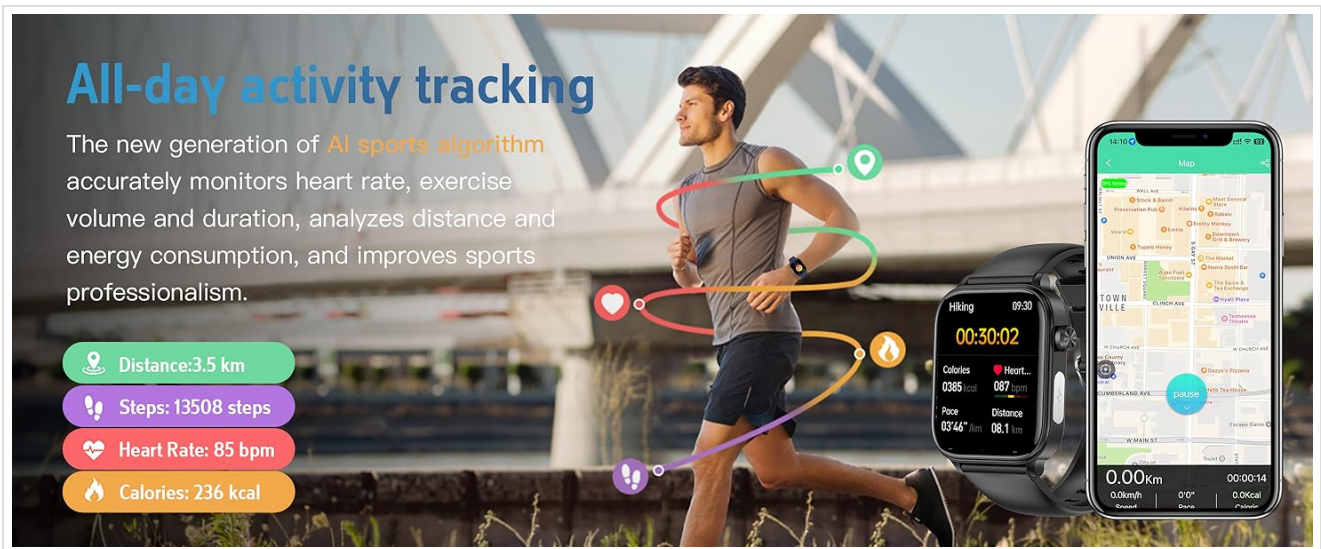


Image: A visual representation of the smartwatch's customizable watch faces, demonstrating the variety available through the app.

OPERATING INSTRUCTIONS

1. Navigation

The smartwatch features a full touch screen and a side button for navigation. Swipe left/right, up/down, or tap to access different functions and menus.

2. Bluetooth Calls & Notifications

Once connected to the 'H Band' app, the smartwatch supports Bluetooth calls. You can make and receive calls directly from your wrist, store contacts, and view call logs. Message notifications from various apps can also be read on the watch screen. The built-in voice assistant allows for hands-free control of calls and music playback.

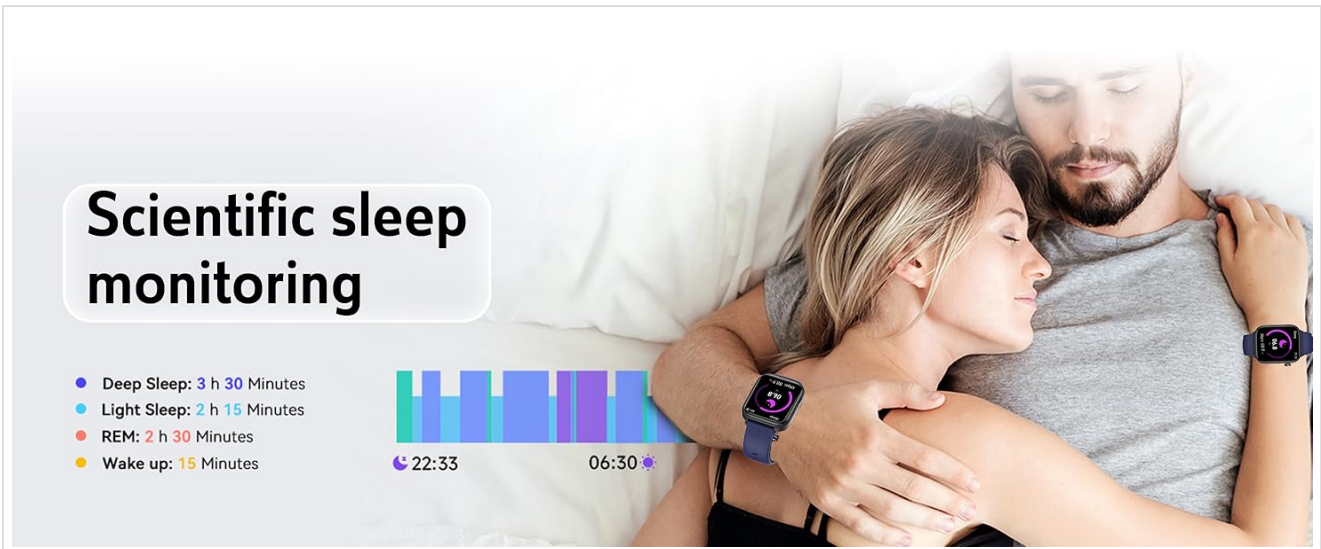


Image: The smartwatch showing an incoming call and various app notification icons, highlighting its communication features.

3. Health Monitoring

The watch is equipped with advanced optical sensors for continuous health monitoring. Data is synchronized with the 'H Band' app for detailed analysis.

- **Heart Rate:** 24-hour dual dynamic heart rate monitoring.
- **Blood Oxygen (SpO2):** Monitors blood oxygen levels.
- **Blood Pressure:** Continuous blood pressure monitoring.
- **Sleep Monitoring:** Tracks deep sleep, light sleep, and REM sleep stages, providing comprehensive sleep quality analysis.

- **Body Temperature:** Monitors body temperature.
- **Blood & Body Composition:** Advanced testing functions for blood composition, BMI, and body fat rate.
- **HRV & Stress:** Monitors Heart Rate Variability and stress levels.
- **Breathing Training:** Guided breathing exercises.
- **Women's Health:** Provides reminders and tracking for menstrual cycle, safe period, ovulation period, and pregnancy.

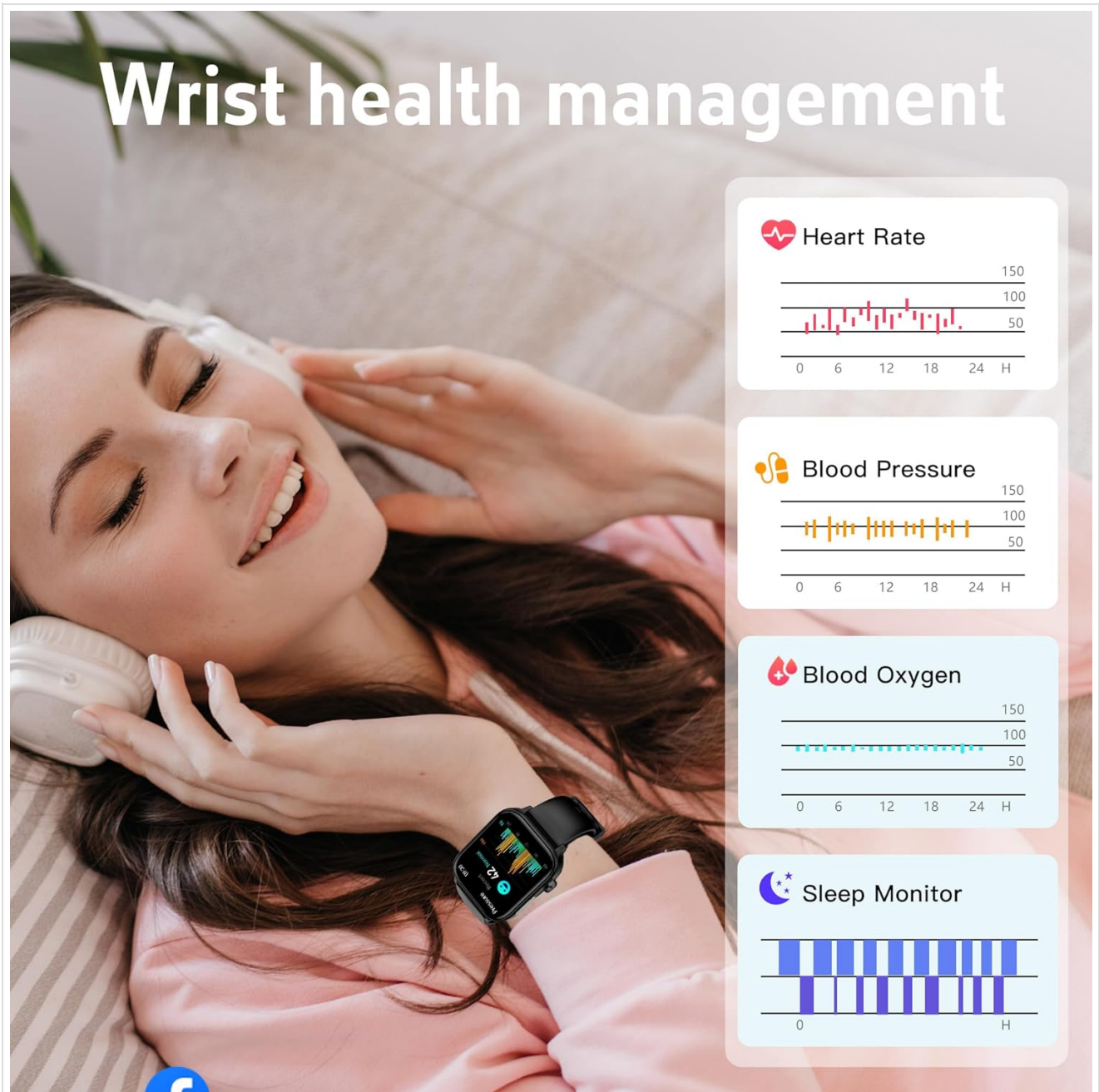


Image: A user wearing the smartwatch, with the display showing various health metrics like heart rate, blood pressure, blood oxygen, and sleep patterns.

4. Sports Modes & Activity Tracking

The smartwatch supports over 100 sports modes, including running, cycling, badminton, basketball, climbing, fitness, and yoga. It automatically records daily steps, distance, and calorie consumption. You can manually select exercise modes for more precise tracking.

More professional and caring consultants



Image: A person engaged in outdoor activity, with the smartwatch displaying a selection of over 100 sports modes.

5. SOS Emergency Call Function

Connect the watch to the 'H Band' app via Bluetooth. In an emergency, you can use the SOS function to notify pre-set family contacts and send a distress signal.

Bluetooth calls & SMS notifications & voice assistant



Image: The smartwatch screen showing the SOS emergency call interface, indicating its safety feature.

6. Weather Forecast

After connecting to your phone, the watch automatically synchronizes weather data, providing current conditions and forecasts for the next few hours and days.

7. Smart Life Applications

The smartwatch includes various applications for daily convenience, such as games, alarm clock, cycle tracking, breathing training, timer, camera control, music control, flashlight, turn wrist to wake, and calculator.

MAINTENANCE

1. IP68 Waterproof Rating

The smartwatch has an IP68 waterproof rating, making it suitable for daily activities like hand washing, face washing, and sweating during workouts. It is not recommended for swimming or showering with hot water.

IP68 waterproof



Image: The smartwatch being splashed with water, illustrating its IP68 waterproof capability.

2. Battery Life & Charging

Equipped with a 340 mAh battery and Bluetooth 5.0 low power consumption technology, the watch can be used continuously for 5-8 days after a 2-hour charge. Standby time can extend up to 20+ days. Use the provided magnetic charger for optimal performance.

TROUBLESHOOTING

If you experience any issues with your smartwatch, please refer to the 'Help' section within the 'H Band' app or contact customer support.

- **Connectivity Issues:** Ensure Bluetooth is enabled on your phone and the watch is within range. Restart both devices if necessary.
- **Health Data Inaccuracy:** Ensure the watch is worn snugly on your wrist. For blood pressure and blood glucose, these devices are for reference only and not medical-grade. Consult a healthcare professional for accurate medical readings.
- **Battery Draining Quickly:** Reduce screen brightness, disable unnecessary notifications, or adjust the 'Screen-On time' setting.

SPECIFICATIONS

Feature	Detail
Screen Size	1.96 Inches
Display Type	IPS
Battery Capacity	340 Milliamp Hours
Battery Type	1 Lithium Polymer (included)
Connectivity Technology	Bluetooth 5.0
Operating System	Android, iOS
Waterproof Rating	IP68
Item Weight	4.6 ounces
Model Number	27123fb7-210f-460e-85e5-f09635159bdf

WARRANTY & SUPPORT

Your Yowow BIT Smart Watch comes with a 60-day return guarantee and a 1-year warranty. For any complaints or support inquiries, please contact the after-sale mailbox provided on the Amazon customer card: a1872652230@163.com. You will receive a satisfactory answer within 24 hours.

OFFICIAL PRODUCT VIDEOS

EarlySincere Smartwatch: Your Stylish Health & Fitness Buddy

Your browser does not support the video tag.

Video: This video provides an overview of the EarlySincere Smartwatch, highlighting its stylish design and various health and fitness features. It demonstrates the watch's interface and capabilities.

Geelouxian Men's Women's Smart Watch

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Video: A brief demonstration of the Geelouxian Smart Watch, showcasing its features and user interface for both men and women.