

Manuals.plus /

- › YYKY /
- › YYKY Smartwatch User Manual

## YYKY E02

# YYKY Smartwatch User Manual

Model: E02

## 1. INTRODUCTION

Thank you for choosing the YYKY Smartwatch Model E02. This device is designed to be a comprehensive health and fitness companion, offering advanced features such as ECG and HRV monitoring, real-time health tracking, Bluetooth calling, and various sports modes. This manual provides detailed instructions on how to set up, operate, and maintain your smartwatch to ensure optimal performance and a seamless user experience.

## 2. PACKAGE CONTENTS

Please verify that all items are present in your package:

- YYKY Smartwatch (Model E02)
- Charging Cable (USB)
- User Manual



Image: The package includes the YYKY Smartwatch, a USB charging cable, and this user manual.

## 3. PRODUCT OVERVIEW

The YYKY Smartwatch features a sleek design with a large, vibrant display and intuitive controls. It is equipped with advanced sensors for comprehensive health monitoring and supports seamless connectivity with your smartphone.



Image: The YYKY Smartwatch showcasing its main interface and connectivity with the companion mobile application.

## Display and Design

- **Screen:** 2.01-inch HD LCD display with 240x296 resolution, offering clear visuals and rich colors.
- **Touch Control:** Full-screen touch operation for smooth navigation.
- **Shape:** Rectangular watch face.

Image: A detailed view of the smartwatch's large 2.01-inch HD display, highlighting its clarity.

## 4. SETUP

### 4.1 Charging the Smartwatch


Before first use, fully charge your smartwatch. Connect the provided USB charging cable to the charging port on the back of the watch and plug the other end into a USB power adapter (not included) or a computer's USB port.

- **Charging Time:** Approximately 2.5-3 hours for a full charge.
- **Battery Life:** Up to 15 days in standby mode, 2-7 days with normal use.

## Durée de vie de la batterie plus longue

Équipé d'une batterie d'une capacité de 280 mAh et d'un nouveau mode de faible consommation pour une plus grande autonomie.

 **3 - 7 jours**  
Durée d'utilisation normale

 **10-15 jours**  
Durée de veille


 **2,5-3 heures**  
Temps de charge



Image: The smartwatch connected to its charger, illustrating its long battery life and charging duration.

## 4.2 App Download and Device Pairing

To unlock the full potential of your smartwatch, download and connect to the official companion app, "H Band".

1. **Download the App:** Search for "H Band" in the Google Play Store (for Android) or Apple App Store (for iOS) and install it on your smartphone.
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Pair Device:** Open the "H Band" app, navigate to the device connection section, and select your smartwatch (Model E02) from the list of available devices to pair.

### Télécharger l'application /connecter l'appareil



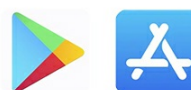


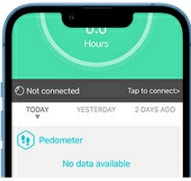

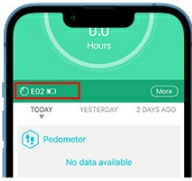
 <p>Google play    App store</p> <p>1. Recherchez H Band dans Google Play ou APP Store.</p>	 <p>2. Téléchargez « Bande H ».</p>	 <p>3. Activez le Bluetooth de votre téléphone mobile.</p>
 <p>4. Sous « H Band », cliquez sur « Connecter ».</p>	 <p>5. Sélectionnez le périphérique approprié et cliquez sur Connecter.</p>	 <p>6. Une fois l'appairage réussi, le modèle de montre s'affichera.</p>

Image: Visual guide for downloading the "H Band" app and connecting the smartwatch to your smartphone.

## 5. OPERATING INSTRUCTIONS

### 5.1 Basic Navigation

The smartwatch features a full-touch screen for navigation. Swipe left/right, up/down to access different functions and menus. Press the side button to return to the home screen or wake the device.

### 5.2 Bluetooth Calls and Smart Notifications

With Bluetooth 5.1 connectivity, your smartwatch allows you to manage calls and receive notifications directly on your wrist.

- **Making/Answering Calls:** Answer, reject, or make calls directly from the watch. You can add contacts and view call history.
- **Notifications:** Receive messages and alerts from various applications (e.g., WhatsApp, Facebook, Twitter) without needing to check your phone.

## Enjoy Smart Life



Answer and  
make calls



Built-in  
voice assistant



Smart  
information  
notification

Image: The smartwatch displaying its capabilities for Bluetooth calls, voice assistant interaction, and smart notifications.

## Appelez à tout moment, Communiquer instantanément

Vous pouvez passer des appels, y répondre et les rejeter.  
Utilise des haut-parleurs de haute qualité et une technologie  
acoustique haut de gamme pour rendre les appels plus clairs



Clavier d'appel



Historique  
des appels



Contacts



Image: The smartwatch's interface for making and receiving calls, including dial pad, call history, and contact list.



## Avis de message

Pas de délai, détection  
simultanée automatique.

Image: The smartwatch showing real-time message notifications from popular social media and messaging applications.

### 5.3 Health Monitoring

The YYKY Smartwatch offers comprehensive health tracking features. *Please note: These data are for reference only and cannot replace professional medical equipment.*

- **ECG + HRV Monitoring:** Evaluate heart health by capturing bioelectrical signals. Data can be viewed in the mobile app.

# ECG Acquisition + ECG Report

ECG monitoring and assessment of heart health, based on the principle of electrocardiogram measurement, View electrocardiogram data in the mobile app to understand heart health status.



Image: A visual guide on how to perform an ECG measurement using the smartwatch and view the report in the app.

## Méthodes de mesure ECG :

Dans des circonstances normales, portez la montre intelligente avec votre main gauche pour faciliter son utilisation.

Exigences de posture de mesure : placez votre bras sur la table, restez silencieux, respirez uniformément et ne parlez pas pendant la mesure.

Conditions préalables pour démarrer la mesure : cliquez sur le bouton de test ECG sur l'écran de la montre, comme indiqué dans l'image ci-dessous, appuyez longitudinalement sur les électrodes ECG avec les doigts de la main droite, l'ensemble du processus doit être maintenu pendant 30 secondes.



Remarque : ce produit n'est pas un dispositif médical professionnel, les données de mesure et les résultats sont uniquement à titre de référence.

Image: Specific methods for ECG measurement, including proper wrist placement and finger contact for accurate readings.

- **Heart Rate Monitoring:** Continuous 24/7 heart rate tracking to understand your heart's rhythm.

## 24/7 Surveillance de la fréquence cardiaque

La surveillance de la fréquence cardiaque 24 heures sur 24 vous aide à comprendre la courbe de variation de votre fréquence cardiaque et à vous familiariser avec chaque battement de votre cœur.



Image: The smartwatch screen showing real-time heart rate data and historical trends.

- **Blood Oxygen (SpO2) Monitoring:** Track your blood oxygen levels.

## Surveillance SpO2

Avec la surveillance de l'oxygène, vous pouvez suivre le nombre d'apnées du sommeil, la concentration en oxygène, la fréquence respiratoire, la durée de l'hypoxie, la charge cardiaque, le niveau d'activité du sommeil et d'autres données. Il est également équipé d'un bouton de réveil en hypoxie.



Image: The smartwatch and companion app interface showing blood oxygen saturation (SpO2) readings.

- **Blood Pressure Monitoring:** Monitor your blood pressure at any time.

## Contrôle de la tension artérielle

Prise en charge de la surveillance de la pression artérielle, 24 heures sur 24, à tout moment et en tout lieu, une mesure clé permettant de toujours prêter attention à ses propres données de santé, une mesure intelligente et précise permettant de toujours être en mesure de comprendre ses propres changements dans le corps.



Image: The smartwatch screen showing current blood pressure measurements.

- **Sleep Monitoring:** Track your sleep patterns (deep sleep, light sleep, total sleep) to help improve sleep habits.

# Surveillance

## du sommeil

Après avoir activé le mode sommeil, des données professionnelles sur le sommeil sont générées par l'application, ce qui vous permet de mieux comprendre votre propre état de sommeil, de vous fournir des suggestions d'aide au sommeil et de développer de bonnes habitudes de sommeil (période de surveillance : 22 h 00 à 8 h 00).



Image: The smartwatch interface showing detailed sleep duration and quality metrics.

- **Stress Monitoring & Breathing Training:** Monitor stress levels and engage in guided breathing exercises.

## 24/7 Smart Health Escort

Comprehensive health monitoring, letting you enjoy every moment with peace of mind.



Image: An overview of the smartwatch's 24/7 health monitoring features, including sleep, heart rate, and blood pressure.

## 5.4 Sports Modes and GPS Tracking

The smartwatch supports over 100 sports modes to accurately track your activities.

- **Activity Tracking:** Accurately tracks steps, distance, and calories burned using a precise gravity sensor.
- **GPS Motion Tracking:** Connect to your phone's GPS to track your pace and map your workout routes.

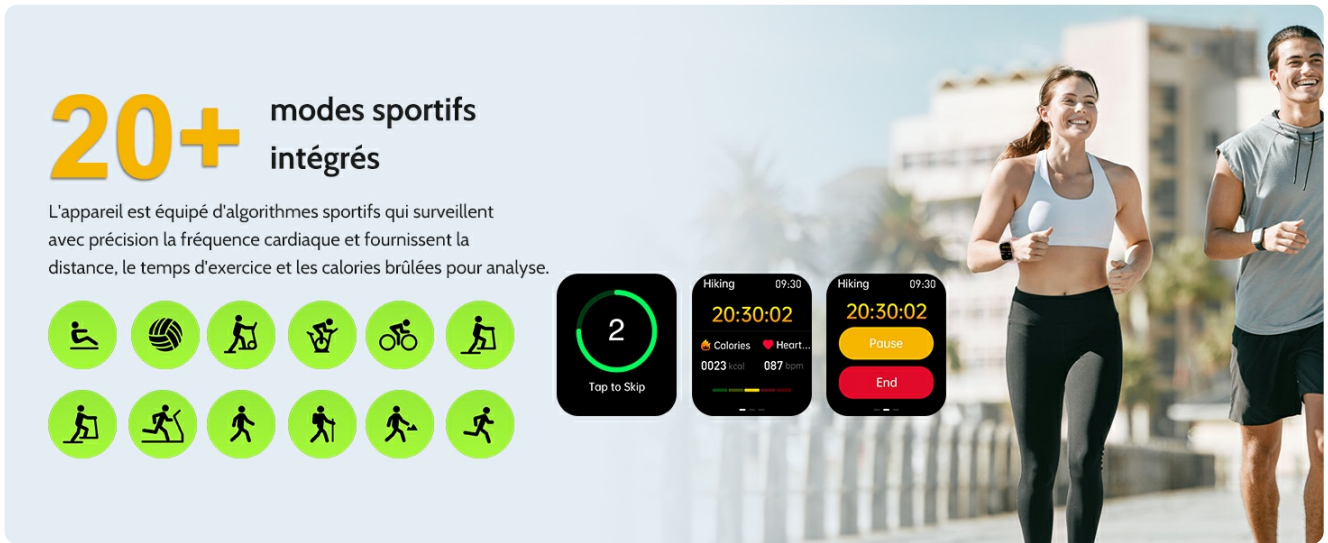


Image: The smartwatch interface showing a selection of its 20+ integrated sports modes and real-time workout metrics.

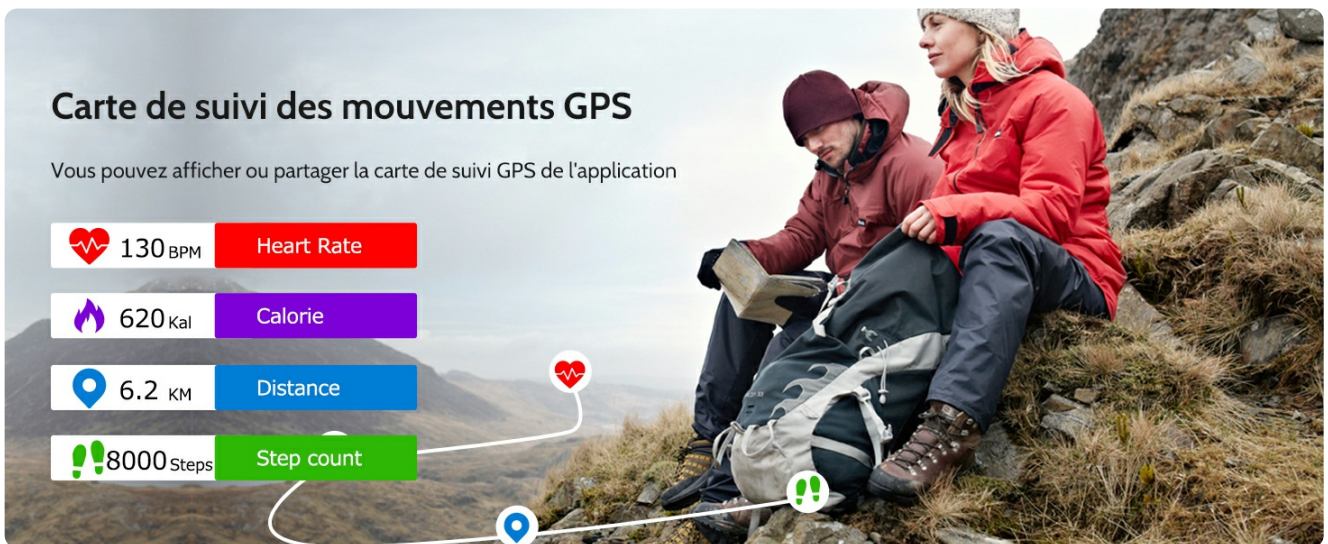


Image: An example of GPS movement tracking, displaying key metrics like heart rate, calories burned, distance, and step count on a map.

## 5.5 Other Smart Features

The YYKY Smartwatch integrates several convenient features for daily use:

- **AI Voice Assistant:** Activate the built-in voice assistant for quick commands and information.
- **Weather Forecast:** Get real-time weather updates directly on your wrist.
- **Music Control:** Control music playback on your smartphone.
- **Remote Camera Control:** Use your watch as a remote shutter for your phone's camera.
- **Stopwatch, Timer, Alarm Clock:** Essential timekeeping tools.
- **Menstrual Tracking:** For female users, track menstrual cycles.
- **Sedentary Reminder:** Get alerts to move after periods of inactivity.
- **Find Watch:** Locate your smartwatch if misplaced.
- **Do Not Disturb Mode:** Silence notifications during specific times.

## Autres caractéristiques à rechercher



Image: A visual summary of additional features available on the smartwatch, including weather, camera control, and various utility functions.

## Assistant vocal AI

Cliquez sur la fonction vocale dans l'écran de menu pour effectuer des opérations de commande vocale. Passez des appels, consultez la météo, demandez votre chemin, obtenez des indications, consultez les hôtels... activez l'assistant vocal intelligent à tout moment.



Siri, quelle est ma date de course aujourd'hui ?

Siri, appelez Mary, s'il vous plaît

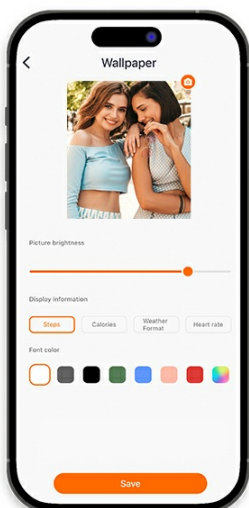


Image: A user demonstrating interaction with the AI voice assistant on the smartwatch, showing example commands.

## 5.6 Watch Face Customization

Personalize your smartwatch with a wide variety of watch faces.

- **120+ Online Dials:** Choose from a vast selection of pre-designed watch faces available through the "H Band" app.
- **DIY Watch Faces:** Upload your favorite photos to create custom watch faces.



**100+** cadrans en ligne  
Cadrans personnalisés  
Écran d'animation unique de démarrage et d'arrêt

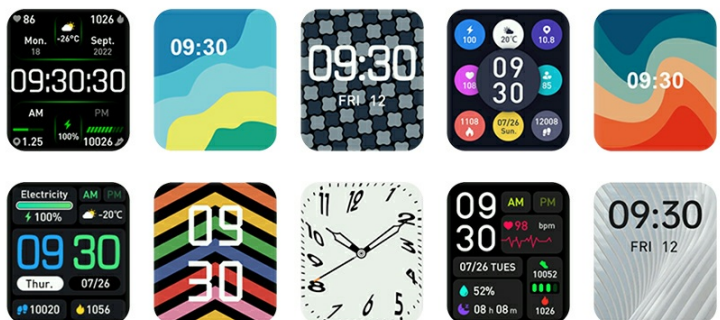


Image: The smartwatch showcasing a variety of customizable watch faces, including options for personalized backgrounds.

## 6. MAINTENANCE

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Proper maintenance ensures the longevity and performance of your smartwatch.

- **Cleaning:** Regularly wipe the watch screen and strap with a soft, dry cloth. For stubborn dirt, use a slightly damp cloth and dry thoroughly. Avoid harsh chemicals.
- **Water Resistance:** The smartwatch is IP67 waterproof and dustproof, suitable for daily activities like hand washing and rain.

A black smartwatch with a blue screen is shown splashing in water. The screen displays various health and activity metrics: heart rate (98 BPM), date (SAT 21-08), time (10:35), temperature (-19°C), and steps (8000). To the left of the watch, there is a graphic titled 'Étanchéité IP67' (Waterproof IP67) with a list of conditions: 'Lavage à la main' (Hand washing), 'Pluie' (Rain), and 'Sueur' (Sweat). Below these are two red prohibition signs: one for a sauna and one for diving, with the text 'Pas de sauna' and 'Pas de plongée' respectively.

### Étanchéité IP67

Structure entièrement fermée, technologie d'étanchéité IP67, facile à utiliser pour les sports d'eau, etc., pour répondre à vos différents besoins en matière de sports d'eau

- Lavage à la main
- Pluie
- Sueur
- Pas de sauna
- Pas de plongée

Image: The smartwatch's IP67 water resistance rating, indicating suitability for hand washing, rain, and sweat, but not for sauna or diving.

- **Avoid Extreme Conditions:** Do not expose the watch to extreme temperatures, direct sunlight for prolonged periods, or corrosive liquids.
- **Storage:** Store the smartwatch in a cool, dry place when not in use.

## 7. TROUBLESHOOTING

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If you encounter issues with your smartwatch, try the following common solutions:

- **Watch Not Turning On:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes before attempting to turn it on.
- **Unable to Pair with Phone:**
  - Ensure Bluetooth is enabled on your phone and the watch.
  - Make sure the watch is within the Bluetooth range of your phone.
  - Restart both your phone and the smartwatch.
  - Clear the Bluetooth cache on your phone (if applicable).
- **Inaccurate Health Readings:**
  - Ensure the watch is worn snugly on your wrist, but not too tight.
  - Clean the sensors on the back of the watch.
  - Ensure your skin is clean and dry during measurements.
- **Notifications Not Appearing:**
  - Check app notification settings on your phone and within the "H Band" app.

- Ensure the watch is connected via Bluetooth.
- Disable "Do Not Disturb" mode on the watch.

- **Short Battery Life:**

- Reduce screen brightness.
- Limit continuous heart rate monitoring or other intensive features.
- Close unused apps on the watch.

If the problem persists, please refer to the support section for further assistance.

## 8. SPECIFICATIONS

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Feature	Specification
Brand	YYKY
Model Number	E02
Screen Size	2.01 Inches
Display Type	LCD
Resolution	240 x 296 pixels
Battery Capacity	280 mAh
Normal Use Battery Life	2-7 days
Standby Battery Life	Up to 15 days
Charging Time	2.5-3 hours
Wireless Communication	Bluetooth 5.1
Water Resistance Rating	IP67
Compatible Devices	Smartphone
GPS	No (uses phone's GPS for tracking)
Color	Black

## 9. WARRANTY AND SUPPORT

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For any issues or questions regarding your YYKY Smartwatch, please contact the seller or manufacturer's customer support. Refer to your purchase documentation for specific warranty terms and contact information. Your satisfaction is our priority, and we are committed to assisting you promptly.