

SH-01

SH-01 4G Internet Smart Watch Phone User Manual

Model: SH-01 | Brand: Generic

INTRODUCTION

The SH-01 Smart Watch Phone is a versatile wearable device designed for modern connectivity and health monitoring. Featuring a 1.99-inch HD full touch screen, Android 9.0 operating system, and 4G LTE support via a Nano SIM card, it allows for direct calls, messages, and app downloads from the Google Play Store. This device also includes dual cameras, GPS navigation, and comprehensive health tracking capabilities such as heart rate, blood oxygen, and sleep monitoring. Its robust design is life waterproof, making it suitable for daily use.



Figure 1: Front view of the SH-01 Smart Watch Phone.

WHAT'S IN THE BOX

Upon unboxing your SH-01 Smart Watch Phone, please ensure all the following items are present:

- SH-01 Smart Watch Phone
- Charging cable
- Screwdriver (for SIM card tray access)

SPECIFICATIONS

Parameter	Detail
Model	SH-01
CPU	SCL9832E PA2822
Operating System	Android 9.0

RAM	4GB
ROM	64GB
Screen Size	1.99 inch HD (400 * 452 pixels)
Cameras	Side Camera 5.0MP, Front Camera 2.0MP
Battery	1000mAh High Density Lithium-ion Battery
Charging Method	Magnetic charging
SIM Card	Single Nano SIM Card
Connectivity	4G LTE (GSM, WCDMA, LTE bands), Wi-Fi, Bluetooth 4.2, GPS
Water Resistance	Life Waterproof (reinforced by water resistant rubber)
Dimensions	51.07 x 43.57 x 14.8 MM
Weight (with strap)	60g

Setup

1. Charging the Device

Before first use, fully charge your SH-01 Smart Watch Phone. Connect the magnetic charging cable to the charging points on the back of the watch and plug the other end into a USB power adapter (not included).

2. Inserting a SIM Card

The SH-01 supports a single Nano SIM card for 4G LTE connectivity. Use the provided screwdriver to open the SIM card tray. Carefully insert the Nano SIM card into the tray, ensuring proper orientation, then close the tray securely.

You plug in your card and you can make calls and send messages

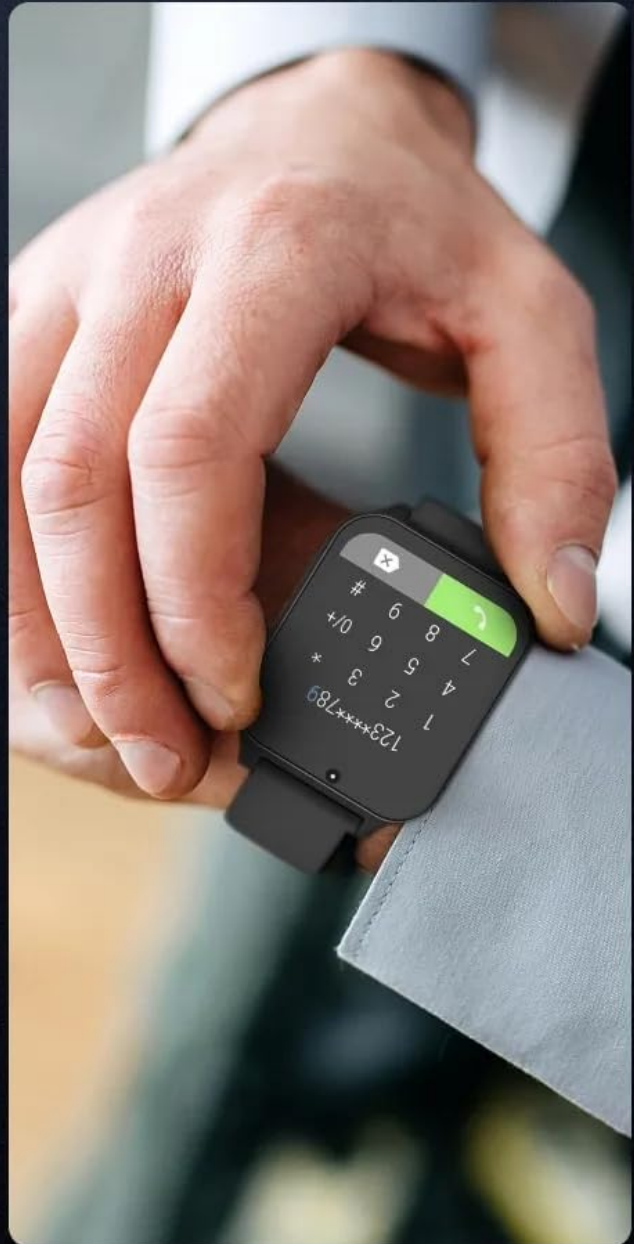


Figure 2: Illustration of inserting a Nano SIM card into the watch.

3. Initial Power On and Setup

Press and hold the power button to turn on the watch. Follow the on-screen prompts to complete the initial setup, including language selection, Wi-Fi connection, and Google account login.

4. App Installation (GaoFit)

To synchronize health data and notifications with your smartphone, download the "GaoFit" app from your smartphone's app store. Open the app and follow the instructions to pair your SH-01 Smart Watch Phone.

OPERATING INSTRUCTIONS

1. Navigation and Interface

The SH-01 features a full touch screen. Swipe left/right, up/down to navigate through menus and applications. Tap to select items. The watch also supports customized screen pages and dozens of UI interface options.



Figure 3: The SH-01 Smart Watch Phone on a display stand, showcasing its screen.

2. Making Calls and Sending Messages

With a Nano SIM card inserted, you can directly make and receive calls, and send messages from the watch. Access the Phonebook or Dialer application to initiate communication.

Video/Music Playback

The watch supports video and music playback. The effect of watching videos on a large screen is better. The watch has built-in Bluetooth 5.0 version. You can connect bluetooth headphones to listen to music.



Figure 4: Demonstrating call and message functionality on the watch.

3. App Downloads and Google Play Store

The watch has 64GB of internal memory and runs Android 9.0, allowing you to download various applications through the Google Play Store. Connect to Wi-Fi for optimal download speeds.

Independent SIM card

Built-in SIM card slot, support full Netcom 4G network, answer and make calls, Keep your watch online at all times and never miss important calls and messages.

Call and answer



Full Netcom



Answer



Reiectina



Help



Callback



Figure 5: The watch screen showing available applications and the Google Play Store icon.

4. Health Monitoring Features

The SH-01 includes sensors for heart rate, blood oxygen, and sleep monitoring. Access these features through their respective applications on the watch. Data can be synchronized to the "GaoFit" app on your smartphone for detailed tracking.

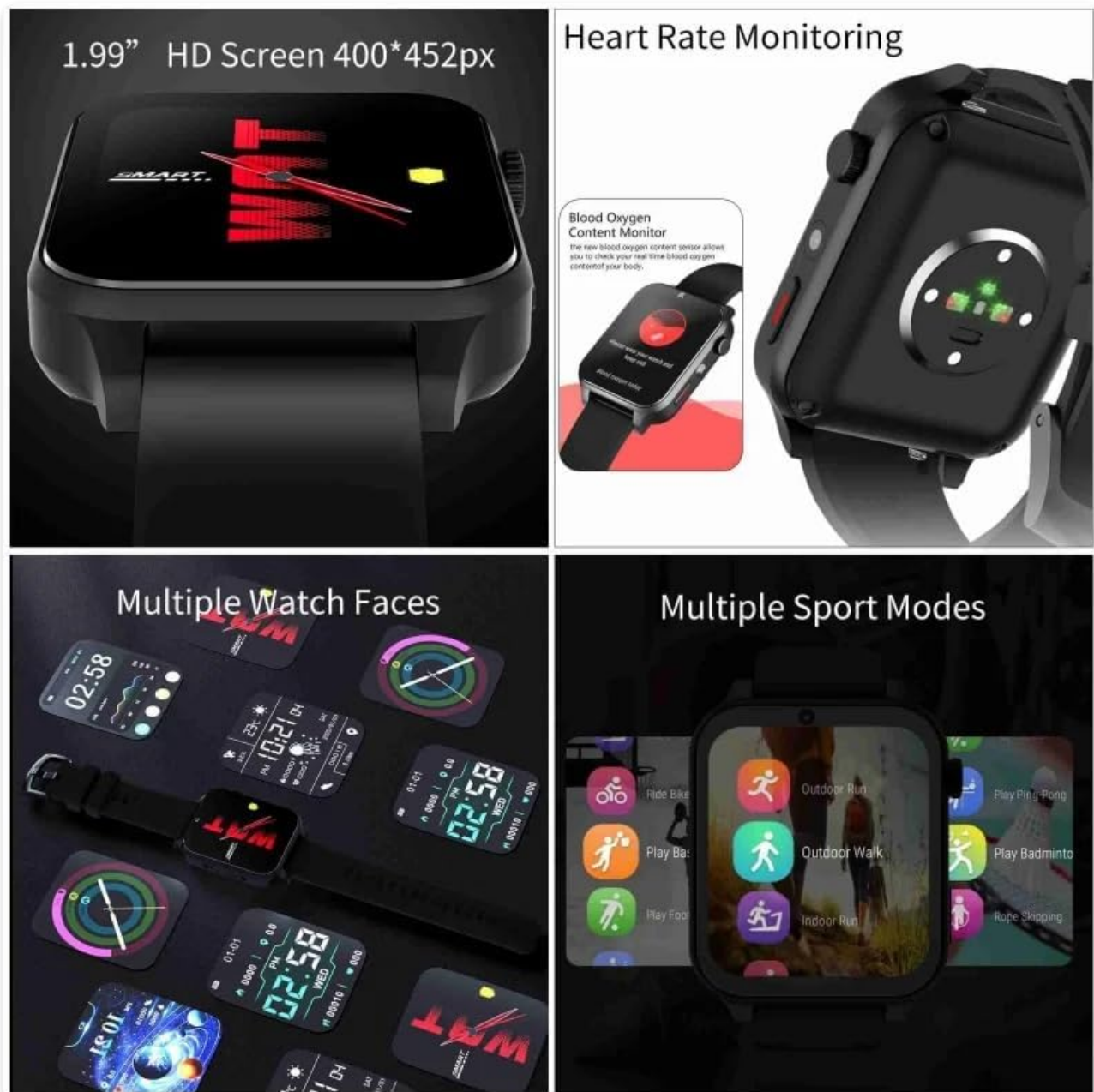


Figure 6: Visual representation of the watch's health monitoring capabilities.

5. Sports Modes and GPS

The watch supports 9 sports modes, including Outdoor Run, Indoor Run, Outdoor Walk, Ride Bike, Play Basketball, Play Football, Play Pingpong, Play Badminton, and Rope Skipping. It also features GPS positioning for accurate tracking during outdoor activities. You can download apps like "Strava" for enhanced sports tracking.

6. Media Playback and Cameras

Enjoy video and music playback directly on the watch's 1.99-inch screen. Connect Bluetooth headphones for audio. The watch is equipped with a 5.0MP side camera and a 2.0MP front camera for photos and video calls, supporting face recognition unlock.

waterproof

Life



Waterproof

the whole watch has been reinforced by water resistant rubber, each watch pass strict waterproof test, so that you don't need to take off watch when you washing hands or face.

To protect
the watch



Figure 7: The watch screen showing video content.

Health Advisor On Your Wrist

this watch built-in multi health data monitor function,
using latest detective sensor to detect your health

data and show in humane ui graph, let your know your body health better and have exercise in time.



Accurate Heart Rate Monitoring

Intelligent heart rate algorithm, fast and accurate, monitors and reminds your heart rate anytime, anywhere, so that you can understand your physical condition and enjoy a healthier life.



Blood Oxygen Content Monitor

The new blood oxygen content sensor allows you to check your real-time blood oxygen content of your body.



Sleep / Breath Training

Sleep data shows your sleep quality and the breath training function helps you to relax yourself.



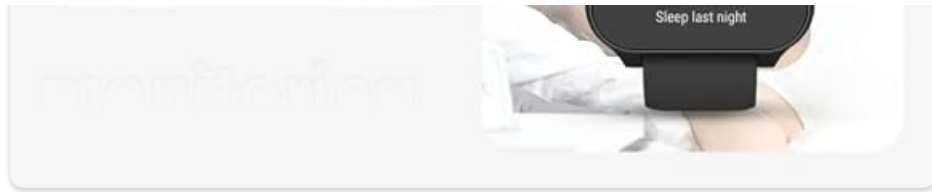


Figure 8: Depiction of the dual camera system.

7. Other Functions

The SH-01 includes additional features such as Bluetooth connectivity, Weather Forecast, Alarm clock, Calendar, Recorder, Hotspot sharing, and Passometer.

8. Product Video

Your browser does not support the video tag.

Video 1: Demonstrating the performance, operation, and appearance of the SH-01 Smart Watch Phone.

MAINTENANCE

1. Cleaning

Wipe the watch screen and body with a soft, lint-free cloth. For stubborn smudges, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.

2. Water Resistance

The SH-01 is life waterproof, reinforced by water-resistant rubber. This means it can withstand splashes, rain, and brief immersion during hand washing or face washing. However, it is not suitable for swimming, showering with hot water, or diving. Avoid exposing the watch to high-pressure water or steam.

Dual HD Camera

200W+500W HD Dual Camera
Photo & Video, Support face
recognition unlock



Figure 9: The watch demonstrating its life waterproof capability.

3. Battery Care

To prolong battery life, avoid fully discharging the battery frequently. Charge the watch regularly, and store it in a cool, dry place if not used for extended periods.

TROUBLESHOOTING

Problem	Possible Cause / Solution
Watch does not power on	Battery may be depleted. Connect to charger and try again. Ensure charging cable is properly connected.
Cannot make/receive calls	Check if Nano SIM card is correctly inserted and activated. Verify network signal strength. Ensure sufficient balance or active plan on SIM card.
Apps not downloading	Check Wi-Fi or 4G data connection. Ensure sufficient storage space (64GB ROM). Clear Google Play Store cache.

Health data not syncing to phone	Ensure Bluetooth is enabled on both watch and smartphone. Verify the "GaoFit" app is installed and running on your phone. Re-pair the watch with the app if necessary.
Touch screen unresponsive	Restart the watch. If the issue persists, perform a factory reset (note: this will erase all data).

WARRANTY AND SUPPORT

For warranty information and technical support, please refer to the documentation provided at the time of purchase or contact the retailer/manufacturer directly. Keep your proof of purchase for warranty claims.

