



[Manuals.plus](#) /

› [Rogbid](#) /

› Rogbid Smart Watch User Manual

Rogbid rowatch F12

Rogbid Smart Watch User Manual

Model: rowatch F12

INTRODUCTION

This manual provides comprehensive instructions for the Rogbid Smart Watch, Model rowatch F12. It covers setup, operation, maintenance, and troubleshooting to ensure optimal use of your device. Please read this manual carefully before using the product.



Figure 1: Rogbid Smart Watch, Model rowatch F12, showcasing its interface and call function.

WHAT'S IN THE BOX

- Smart Watch (1 unit)
- Smart Watch Band (1 unit)
- Charging Cable
- User Manual (this document)

SETUP

1. Initial Charging

Before first use, fully charge your Rogbid Smart Watch. Connect the charging cable to the watch's charging port and plug the USB end into a compatible power adapter (5V/1A recommended) or a computer's USB port. The watch display will indicate charging status.

2. Power On/Off

- **Power On:** Press and hold the side button until the screen lights up.
- **Power Off:** Press and hold the side button, then select "Power Off" on the screen.

3. App Installation and Pairing

To unlock the full features of your smart watch, download the companion app (e.g., "Co Fit" as mentioned in reviews) from your smartphone's app store (iOS or Android). Follow the in-app instructions to pair your watch via Bluetooth 5.3. Ensure Bluetooth is enabled on your phone.



Figure 2: Bluetooth 5.3 connectivity for calls and notifications, showing the watch paired with a smartphone.

OPERATING INSTRUCTIONS

Display and Navigation

The Rogbid Smart Watch features a 2.01" AMOLED color display with 380*454 resolution. Navigate through menus by

swiping across the touchscreen or using the rotating crown (if applicable, based on A+ content image). Adjust brightness settings for optimal visibility in various lighting conditions.



Figure 3: The 2.01-inch AMOLED display offers clear visuals and responsive touch control.

Bluetooth Calling and Notifications

With its built-in microphone and HiFi speaker, the watch allows you to answer calls directly. You can also receive and read message notifications from various apps like Facebook, Messenger, Instagram, Whatsapp, and Twitter. Simply raise your wrist to view incoming alerts.

Health Monitoring

The watch includes sensors for 24-hour heart rate, blood oxygen (SpO2), and blood pressure monitoring. Data can be viewed on the watch and in the companion app, with records available for the last three months. For accurate readings, ensure the watch is worn snugly on your wrist.



Figure 4: Health monitoring features including heart rate and sleep tracking.

Sleep Monitoring: The watch tracks your sleep quality, including fall asleep and awake times, REM, light, and deep sleep durations. Analysis and suggestions for improving sleep habits are available in the app. Ensure the watch is connected to the app and not worn too loosely for accurate sleep data.

Activity Tracking and Sports Modes

Track daily activities such as steps, distance, and calories burned. The watch supports over 120 sports modes, providing real-time data for heart rate, steps, distance, calories, and duration. For outdoor activities, connect to your phone's GPS to map your workout route and pace in the app.



120+

Sport Modes Fitness Tracker



IP68 Waterproof



Figure 5: The watch supports over 120 sports modes for comprehensive activity tracking.

Additional Features

The watch offers various convenient features including real-time weather display, sedentary reminders, drinking water reminders, menstrual cycle reminders, remote camera control, flashlight, alarm, and calculator. You can choose between 12-hour or 24-hour time formats and Fahrenheit/Celsius temperature units.

MAINTENANCE

Cleaning Your Watch

Regularly clean your watch and band with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.

Water Resistance (IP68)

The watch is IP68 waterproof, suitable for daily activities like washing hands or exercising in the rain. **Note:** It is not

recommended for use in hot water environments such as saunas, or for prolonged soaking in water, as this may affect its waterproof integrity over time.



Figure 6: The watch is IP68 waterproof, suitable for everyday exposure to water.

Battery Life

The Rogbid Smart Watch offers extended battery life, up to 14 days with typical daily use. Actual battery life may vary based on usage patterns and enabled features. For optimal battery performance, avoid extreme temperatures and fully charge the device when prompted.

Super Powerful Battery Life

7 DAYS

- 7 Days** Heavy Use
- 14 Days** Daily Use
- 30 Days** Standby Time
- others only 1 Day Use

Figure 7: The watch provides long-lasting battery performance for various usage scenarios.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Watch not turning on	Low battery	Charge the watch for at least 30 minutes.
Cannot pair with phone	Bluetooth off, app issue, or watch too far	Ensure Bluetooth is on, restart both devices, keep watch close to phone, check app permissions.
Inaccurate health data	Watch worn too loosely or incorrectly	Ensure the watch is snug on your wrist, about one finger's width above the wrist bone.
Notifications not received	App permissions, notification settings	Check notification permissions in the app and phone settings. Ensure the app is running in the background.

SPECIFICATIONS

- **Model:** rowatch F12
- **Display:** 2.01" AMOLED, 380x454 resolution
- **Connectivity:** Bluetooth 5.3
- **Battery Capacity:** 380 Milliamp Hours
- **Battery Life:** Up to 14 days (daily use)
- **Water Resistance:** IP68
- **Sensors:** Heart Rate, Blood Oxygen (SpO2), Blood Pressure
- **Sports Modes:** 120+
- **Operating System:** Android Wear 2.6
- **Weight:** 2.29 ounces (approx. 65 grams)
- **Dimensions:** 6.3 x 2.36 x 0.98 inches (Package Dimensions)

DURABILITY AND PERFORMANCE OVERVIEW

The Rogbid Smart Watch is designed with a metal uni-body for enhanced durability. It incorporates a most advanced wearable chip (RTL 8762DT) for efficient performance. The watch has undergone rigorous testing to ensure resistance against extreme conditions, including freezing temperatures, dust, and water.

Your browser does not support the video tag.

Video 1: Overview of Rogbid Smartwatch features, including metal uni-body design, advanced chip, Bluetooth calling, health monitoring, freezing test, dust resistance, IP68 waterproofing, extreme temperature resistance, and sports modes.

WARRANTY AND SUPPORT

Rogbid offers a 2-year warranty for this product. For any issues or support inquiries, please refer to the contact information provided on the product packaging or the official Rogbid website. You may also find assistance through the seller's customer service channels.

- **Warranty Period:** 2 Years
- **Customer Service:** 24 Hours Customer Service
- **Refund Guarantee:** 30 Days

For further assistance, visit the [Rogbid Store on Amazon](#).