

## Yihou I121

# Yihou I121 Smart Watch Instruction Manual

Model: I121

## INTRODUCTION

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This manual provides detailed instructions for the operation and maintenance of your Yihou I121 Smart Watch. Please read this manual carefully before using the device to ensure proper function and longevity. The Yihou I121 Smart Watch is designed for active lifestyles, featuring a rugged build, Bluetooth calling, health monitoring, and various sport modes. It is built to withstand challenging environments.

## SETUP

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### 1. Initial Charging

Before first use, fully charge the smart watch. Connect the magnetic charging cable to the charging port on the back of the watch and plug the USB end into a compatible power adapter (not included).

*Charging Time: Approximately 2 hours for a full charge.*

*Battery Life: 5-7 days of typical use, 12-15 days standby.*

# Upgrade Fast Charging Strong Battery Life

Magnetic charging, convenient and fast. One full charge and long-lasting battery life, worry-free travel

**G50**  
MAH

Charging Time:  
**2 Hours**

Battery Life:  
**5-7 Days**

Standby Time:  
**12-15 Days**



Image: The Yihou I121 Smart Watch connected to its magnetic charging cable, illustrating the charging process and battery specifications.

## 2. App Installation and Pairing

1. **Download the App:** Scan the QR code provided in the watch's packaging or search for the official

companion app on your smartphone's app store (compatible with Android 4.4+ and iOS 9.0+).

2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Pair the Watch:** Open the app, create an account if prompted, and follow the on-screen instructions to search for and pair your Yihou I121 Smart Watch. Confirm the pairing request on both your phone and the watch.

## OPERATING INSTRUCTIONS

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### 1. Basic Navigation

The watch features a 2.01-inch TFT full touch color screen. Swipe across the screen to navigate through menus and functions. Press the side buttons for specific actions like power on/off or returning to the home screen.

# 2.01 Inch HD large screen

320\*390 resolution full screen, with high-quality tempered glass create a strong and integrated visual effect. Give you a clear and comprehensive wonderful vision.



Image: A detailed view of the Yihou I121 Smart Watch's 2.01-inch HD display, highlighting its clarity and wide viewing angle.

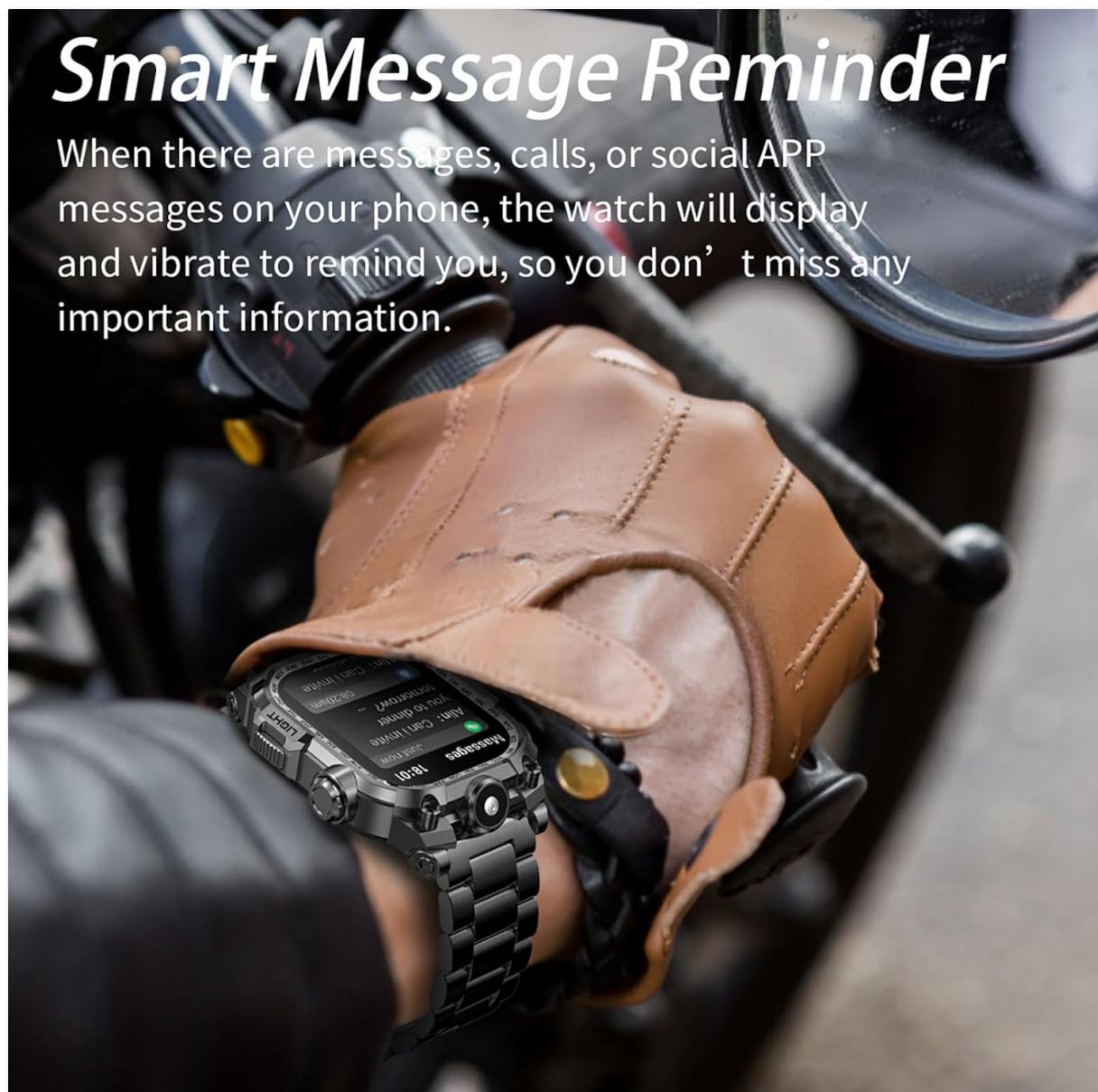
## 2. Bluetooth Calling

Once paired with your smartphone, the watch supports Bluetooth calls. You can make, answer, or reject

calls directly from your wrist. The watch also syncs with your phone's contacts and call records.

### 3. Smart Message Reminders

The watch will display and vibrate to notify you of incoming messages, calls, and social media app notifications from your paired smartphone. Ensure notifications are enabled in the companion app settings.



**Image:** The Yihou I121 Smart Watch showing a message reminder on its screen while worn on a user's wrist.

### 4. Health Monitoring

- **Heart Rate Monitor:** The watch continuously monitors your heart rate. View real-time data on the watch or detailed trends in the app.
- **Blood Pressure Monitor:** Measure your blood pressure directly from the watch. For accurate readings, remain still during measurement.
- **Sleep Quality Monitoring:** The watch tracks your sleep patterns, including deep sleep, light sleep, and wake times, providing insights into your sleep quality.



Image: The Yihou I121 Smart Watch showing blood pressure monitoring data on its display.

## 5. Sport Modes

The watch offers over 100 different sport modes to accurately track your physical activity. Select your desired sport mode before starting an activity to record data such as exercise time, calories burned, and

heart rate zones.

# 100+ Sport Mode

A variety of professional sports, accurate tracking of various data throughout the whole process, exercise time, calories burned, different heart rate zones are all clear at a glance, making your exercise more efficient.



Image: The Yihou I121 Smart Watch screen showing a selection of sport modes available for tracking physical activities.

## 6. LED Flashlight

Activate the built-in LED flashlight function for illumination in low-light conditions. This feature is particularly

useful for outdoor activities such as camping or hiking.

It can serve as a backup power source and a light source for emergency rescue, making outdoor travel and exploration more secure.

## LED FLASHLIGHT



Wild Camping



Outdoor Fishing



Forest Exploration



Image: The Yihou I121 Smart Watch demonstrating its LED flashlight feature, providing light in an outdoor setting.

### 7. Custom Watch Faces

Personalize your watch by choosing from over 100 pre-installed watch faces. You can also upload your own images through the companion app to create custom watch faces.

## **MAINTENANCE**

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### **1. Water Resistance (IP67)**

The Yihou I121 Smart Watch is IP67 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1 meter for 30 minutes. It is suitable for daily use and light water exposure, but not recommended for swimming or diving.

**MIL-STD High Quality**  
**No fear of outdoor challenges**



- Wet Heat Test
- Impact Test
- Vibration Test
- Fluid Test
- 70°C Temperature
- Rain Test
- Low-Pressure Test
- 40°C Temperature Test
- Salt Spray Test
- Solar Radiation Test
- Fungus Test
- Sand and Dust Test



**Cold-Resistant**



**Dust-Proof**



**Waterproof**



**High-Temperature-Resistant**

**Image:** A composite image illustrating the Yihou I121 Smart Watch's MIL-STD 810H certified durability, including its resistance to cold, dust, water, and high temperatures.

## 2. Cleaning

Wipe the watch and strap regularly with a soft, dry cloth. For stubborn dirt, a slightly damp cloth can be

used. Avoid using harsh chemicals or abrasive materials.

### 3. Battery Care

- Avoid extreme temperatures, which can affect battery life.
- Do not leave the watch fully discharged for extended periods.
- Use only the provided charging cable.

## TROUBLESHOOTING

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- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes.
- **Cannot pair with smartphone:**
  - Ensure Bluetooth is enabled on your phone and the watch.
  - Make sure the watch is within range of your phone.
  - Restart both the watch and your phone.
  - Try unpairing and re-pairing the device through the app.
- **Inaccurate health data:**
  - Ensure the watch is worn snugly on your wrist, but not too tight.
  - Clean the sensor on the back of the watch.
  - Avoid excessive movement during measurements.
- **Notifications not appearing:**
  - Check notification settings in the companion app and your phone's system settings.
  - Ensure the watch is connected via Bluetooth.

## SPECIFICATIONS

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|                             |                                   |
|-----------------------------|-----------------------------------|
| <b>Model</b>                | I121                              |
| <b>Screen</b>               | 2.01" TFT Full Touch Color Screen |
| <b>Bluetooth Version</b>    | 5.2                               |
| <b>Compatibility</b>        | Android 4.4+, iOS 9.0+            |
| <b>Battery Capacity</b>     | 650 mAh                           |
| <b>Charging Time</b>        | Approx. 2 hours                   |
| <b>Typical Battery Life</b> | 5-7 days                          |
| <b>Standby Time</b>         | 12-15 days                        |

|                         |  |
|-------------------------|--|
| <b>Water Resistance</b> | IP67   |
| <b>Case Diameter</b>    | 46mm (1.81")   |
| <b>Case Thickness</b>   | 13.6mm (0.54")   |
| <b>Band Width</b>       | 22mm (0.87")   |
| <b>Band Length</b>      | 205mm (8.07")  |
| <b>Operating System</b> | Wear OS 2.0  |
| <b>Special Features</b> | Activity Tracker, Multisport Tracker, Phone Call, Sedentary Reminder, Touchscreen, Flashlight, Heart Rate Monitor, Blood Pressure Monitor, Sleep Monitor |

## WARRANTY AND SUPPORT

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For warranty information and customer support, please refer to the warranty card included with your product or visit the official Yihou website. Keep your purchase receipt for warranty claims.