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SOUYIE T98

SOUYIE T98 Smart Watch User Manual

Model: T98

1. PRODUCT OVERVIEW

The SOUYIE T98 Smart Watch is a versatile fitness tracker and smart companion designed to monitor your health, track your activities, and keep you connected. It features a vibrant AMOLED display, extensive sports modes, and comprehensive health monitoring capabilities.



Image 1.1: SOUYIE T98 Smart Watch, showcasing its design and display.

Key Features:

- **2.04-inch AMOLED Super Retina Screen:** High-resolution display (336x448 pixels) with 600 nits brightness and 60Hz refresh rate for clear visuals.
- **All-Day Health Monitoring:** Tracks heart rate, blood pressure, blood oxygen (using red light + infrared technology), and provides in-depth sleep analysis.
- **136+ Sports Modes:** Supports various activities including running, hiking, cycling, and yoga, with GPS connectivity via smartphone.
- **Bluetooth Call/Message Notification:** Built-in microphone and speaker for answering/making calls and receiving notifications from popular apps.
- **Comprehensive Practical Features:** Includes music control, customizable watch faces, calculator, menstrual cycle reminders, hydration reminders, breathing exercises, voice assistant, games, alarm, stopwatch, timer, phone finder, remote photo control, weather updates, and SOS emergency calls.
- **Long Battery Life:** 380mAh battery provides up to 7 days of daily use and 30 days of standby time on a 2-hour charge.

- **IP68 Waterproof Design:** Resistant to water up to 1.5 meters, suitable for daily water activities like hand washing and rain.
- **Compatibility:** Works with Android 5.0/iOS 10.0 or higher devices.

2. SETUP GUIDE

2.1 Unboxing and Initial Charge

Upon receiving your SOUYIE T98 Smart Watch, carefully unbox the contents. The package includes the smart watch, a user manual, a TPU silicone strap, and a USB magnetic charging cable. Before first use, it is recommended to fully charge the watch for approximately 2 hours.

Your browser does not support the video tag.

Video 2.1: Unboxing and initial overview of the SOUYIE T98 Smart Watch, demonstrating its components and basic interaction.

2.2 App Installation and Pairing

To unlock the full functionality of your SOUYIE T98 Smart Watch, you need to install the companion app on your smartphone. The app is compatible with Android 5.0/iOS 10.0 or higher.

1. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
2. **Download App:** Scan the QR code displayed on the watch or in the manual, or search for "H Band Life" in the Google Play Store or Apple App Store.
3. **Open App and Connect:** Open the "H Band Life" app and tap "Connect" to begin the pairing process.
4. **Select Device:** In the app, locate and select "T98" from the list of available devices.
5. **Confirm Pairing:** A Bluetooth pairing request will appear on your phone. Click "Pair" in the pop-up window.
6. **Allow Notifications:** Grant permission for the smartwatch to display notifications from your phone.



Image 2.2: Step-by-step guide for connecting the SOUYIE T98 Smart Watch to your smartphone using the H Band Life application.

3. OPERATING INSTRUCTIONS

3.1 Basic Navigation

The SOUYIE T98 Smart Watch features a touch-sensitive AMOLED screen for easy navigation. Swipe left, right, up, or down to access different functions and menus. The side button typically serves as a home or back button.

3.2 Health Monitoring

The watch provides continuous monitoring of various health metrics. Access these features by swiping through the watch interface or selecting them from the main menu.

- **Heart Rate:** Tap to measure your current heart rate. The watch uses advanced optical chips for accuracy.
- **Blood Pressure:** Initiate a measurement to check your blood pressure levels.
- **Blood Oxygen (SpO2):** Utilizes red light and infrared technology for precise blood oxygen detection.
- **Sleep Tracking:** Automatically monitors your sleep stages (deep, light, awake time) to provide insights into your sleep quality.
- **Body Temperature:** Measures your body temperature.
- **Menstrual Cycle Reminders:** For women, the watch can track and remind you of your menstrual cycle.



YOUR HEALTH GUARDIAN

The image features a woman with blonde hair tied back, wearing white earbuds and a smartwatch with a pink strap. A floating interface at the bottom displays three health metrics: Blood Pressure, Blood Oxygen, and Heart Rate, each with a corresponding graph and a 'Tap to Test' button.

Blood Pres... 09:30

200
150
100
50
0

00 • 12 • 24

109/080 

Tap to Test

Blood Oxy... 09:30

100
95
90

00 • 12 • 24

95% 

Tap to Test

Heart Rate 09:30

200
150
100
50
0

00 • 12 • 24

080 bpm 

Tap to Test

 **Blood Pressure**

 **Blood Oxygen**

 **Heart Rate**

Image 3.1: The SOUYIE T98 Smart Watch displaying real-time health data, including blood pressure, blood oxygen, and heart rate.

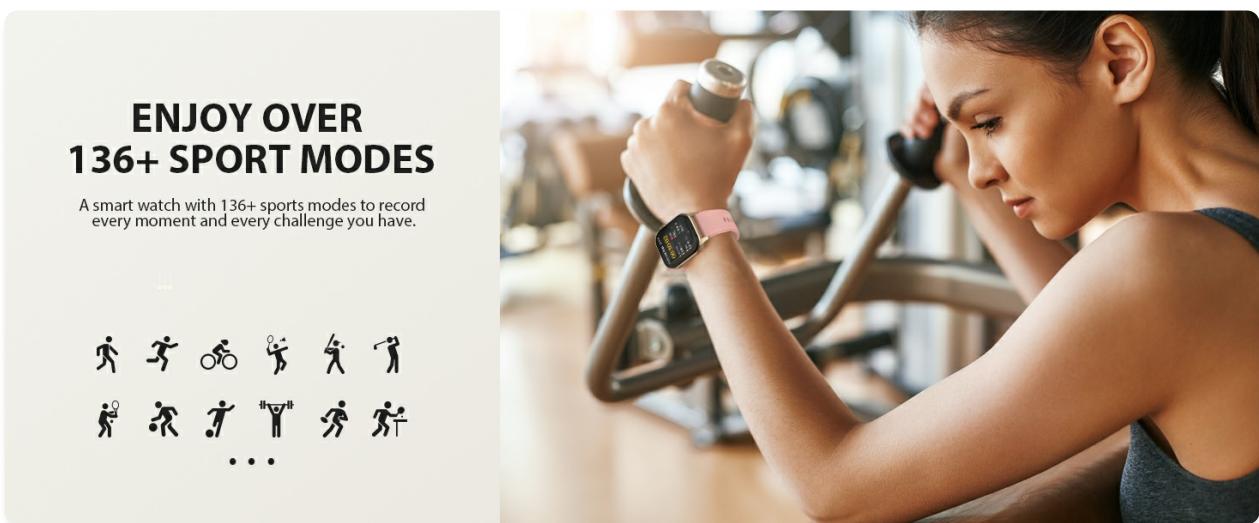


Image 3.2: Scientific sleep monitoring feature of the SOUYIE T98 Smart Watch, illustrating how it tracks sleep stages and quality.

3.3 Sports Modes and Activity Tracking

The watch supports over 136 sports modes to help you track your workouts effectively. It records exercise time, steps, distance, calories burned, and heart rate data.

- **Selecting a Sport:** Navigate to the sports mode menu and select your desired activity.
- **GPS Connectivity:** For outdoor activities, the watch can connect to your phone's GPS to map your routes and track pace in real-time.
- **Activity Data:** View your activity data directly on the watch or in the companion app for detailed analysis.

ENJOY DAILY WORKOUTS

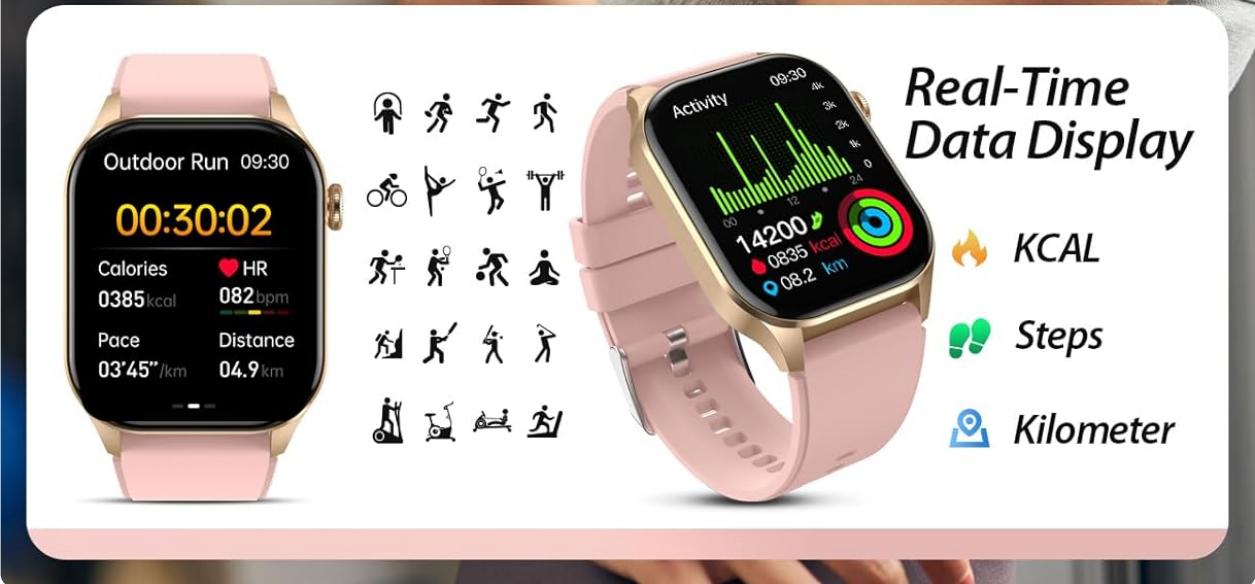


Image 3.3: The SOUYIE T98 Smart Watch tracking daily workouts, displaying real-time data such as calories, steps, and distance.



Image 3.4: Visual representation of the extensive range of over 136 sports modes supported by the SOUYIE T98 Smart Watch.

3.4 Communication Features

Stay connected with Bluetooth calling and message notifications directly on your wrist.

- **Bluetooth Calls:** Use the built-in microphone and speaker to answer or make calls directly from your watch. You can also store contacts and check call logs.
- **Message Notifications:** Receive alerts and messages from various applications on your phone, including Facebook, Messenger, Instagram, Gmail, WhatsApp, Twitter, and Snapchat.
- **AI Voice Assistant:** Utilize the AI voice assistant for quick access to functions like making calls, checking weather, or setting alarms.



Image 3.5: The SOUYIE T98 Smart Watch showing an incoming call and message notifications from various social media and communication apps.

3.5 Other Practical Features

The SOUYIE T98 Smart Watch offers a range of additional features for daily convenience:

- **Customizable Watch Faces:** Personalize your watch with a wide range of customizable wallpapers.
- **Music Control:** Control music playback on your smartphone directly from the watch.
- **Weather Updates:** Get real-time weather information.
- **Reminders:** Set hydration reminders, sedentary reminders, and alarms.
- **Tools:** Access a calculator, stopwatch, and timer.
- **Phone Finder:** Locate your paired smartphone if it's misplaced.

- **Remote Photo Control:** Use the watch as a remote shutter for your phone's camera.
- **SOS Emergency Calls:** A dedicated feature for emergency situations.



Image 3.6: Overview of additional practical features available on the SOUYIE T98 Smart Watch, such as calculator, music control, and various reminders.

4. MAINTENANCE

4.1 Charging the Device

To charge your SOUYIE T98 Smart Watch, connect the provided USB magnetic charging cable to the charging points on the back of the watch and a USB power source. A full charge takes approximately 2 hours.

380mAh LARGE CAPACITY BATTERY

2 Hours
Charging Time

7 Days
for Normal Use

30 Days
Standby Battery Life



7.5W
fast charging



Fast magnetic
suction



Safe and does not
hurt the phone

Image 4.1: The SOUYIE T98 Smart Watch connected to its magnetic charging cable, highlighting its 380mAh battery capacity and charging duration.

4.2 Waterproof Guidelines

The SOUYIE T98 Smart Watch has an IP68 waterproof rating, making it suitable for daily life waterproof activities such as cold showers, washing hands, and use in the rain. However, to ensure optimal performance and longevity, avoid using the watch in hot water, hot springs, saunas, or seawater.

5. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with phone:** Make sure Bluetooth is enabled on your phone and the watch is within range.

Restart both devices and try pairing again through the "H Band Life" app.

- Inaccurate health readings:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch. Avoid extreme movements during measurement.
- Notifications not received:** Check app permissions on your phone to ensure the "H Band Life" app has access to notifications. Verify that notifications are enabled within the watch settings and the app.
- Short battery life:** Reduce screen brightness, disable unnecessary features, and ensure the watch is fully charged. Frequent use of GPS or continuous health monitoring can consume more battery.

6. SPECIFICATIONS

Feature	Specification
Model Number	T98
Screen Size	2.04 Inches
Display Type	AMOLED
Resolution	336x448 pixels
Brightness	600 nits
Refresh Rate	60Hz
Battery Capacity	380mAh
Charging Time	Approx. 2 hours
Daily Use Battery Life	Up to 7 days
Standby Battery Life	Up to 30 days
Waterproof Rating	IP68
Connectivity	Bluetooth
Compatibility	Android 5.0/iOS 10.0 or higher
Product Dimensions	2.09 x 1.49 x 0.39 inches
Item Weight	1.87 ounces (53 Grams)

7. WARRANTY AND SUPPORT

SOUYIE is committed to providing excellent customer service for its smartwatches.

- Return Policy:** Enjoy a 30-day free return policy.
- Warranty:** The product comes with a 3-year warranty.
- Customer Support:** 24/7 customer support is available to assist you.

For any questions or assistance, please contact us through the "Find Order—Contact Seller" option on the platform where you purchased the product.

Related Documents - T98

<p>SOUYIE Smart watch</p>  <p>User Guide</p>	<p>SOUYIE Smartwatch User Guide: Setup, Features, and Operation</p> <p>A comprehensive user guide for the SOUYIE Smartwatch, detailing setup, Bluetooth connectivity, phone permission settings, and all core functions including health monitoring, workouts, notifications, and device settings.</p>
<p>SOUYIE FAQ for Smart Watch</p>  <p>FAQ for Smart Watch</p>	<p>SOUYIE Smart Watch FAQ: Connection, Features, and Troubleshooting</p> <p>Find answers to common questions about your SOUYIE Smart Watch (Model T19Pro). This FAQ covers Bluetooth connectivity, call and message reminders, weather, health and sleep monitoring, step counting, battery life, charging, waterproofing, and more.</p>
<p>Smart Watch User Guide</p>  <p>Smart Watch</p> <p>Thanksgiving, I met you in the years like songs. This user guide provides comprehensive instructions for the SOUYIE Smart Watch, covering setup, connectivity, health tracking (steps, sleep, heart rate), sports modes, notifications, and basic functions. Learn how to use your smartwatch for exercise, health monitoring, and daily convenience.</p>	<p>SOUYIE Smart Watch User Guide: Features, Setup, and Functions</p> <p>This user guide provides comprehensive instructions for the SOUYIE Smart Watch, covering setup, connectivity, health tracking (steps, sleep, heart rate), sports modes, notifications, and basic functions. Learn how to use your smartwatch for exercise, health monitoring, and daily convenience.</p>
<p>SOUYIE L1 Smart Watch User Guide</p>  <p>SOUYIE L1 Smart Watch</p>	<p>SOUYIE L1 Smart Watch User Guide</p> <p>Comprehensive user guide for the SOUYIE L1 Smart Watch, covering setup, app connection (SMART-TIMEPRO), permissions for iOS and Android, and Bluetooth pairing.</p>



[SOUYIE Smart Watch User Guide - Features and Operation](#)

Comprehensive user guide for the SOUYIE Smart Watch, detailing setup, features like heart rate, blood pressure, sleep tracking, motion monitoring, and precautions. Learn how to connect, operate, and utilize all functions.



[SOUYIE L1 Smart Watch User Guide - Setup and Connection Instructions](#)

User guide for the SOUYIE L1 Smart Watch, covering setup, app connection, permissions, and troubleshooting Bluetooth connectivity.