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## SOUYIE T98

# SOUYIE T98 Smart Watch User Manual

Model: T98

## 1. INTRODUCTION

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Thank you for choosing the SOUYIE T98 Smart Watch. This device is designed to enhance your daily life by providing comprehensive health monitoring, fitness tracking, and smart communication features. This manual will guide you through the setup, operation, and maintenance of your new smartwatch to ensure optimal performance and user experience.



Figure 1.1: SOUYIE T98 Smart Watch Overview

## 2. WHAT'S IN THE BOX

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Please verify that all items are present in the package:

- 1 x SOUYIE T98 Smart Watch
- 1 x User Manual
- 1 x TPU Silicone Strap
- 1 x USB Magnetic Charging Cable

## How do I Connect it ?

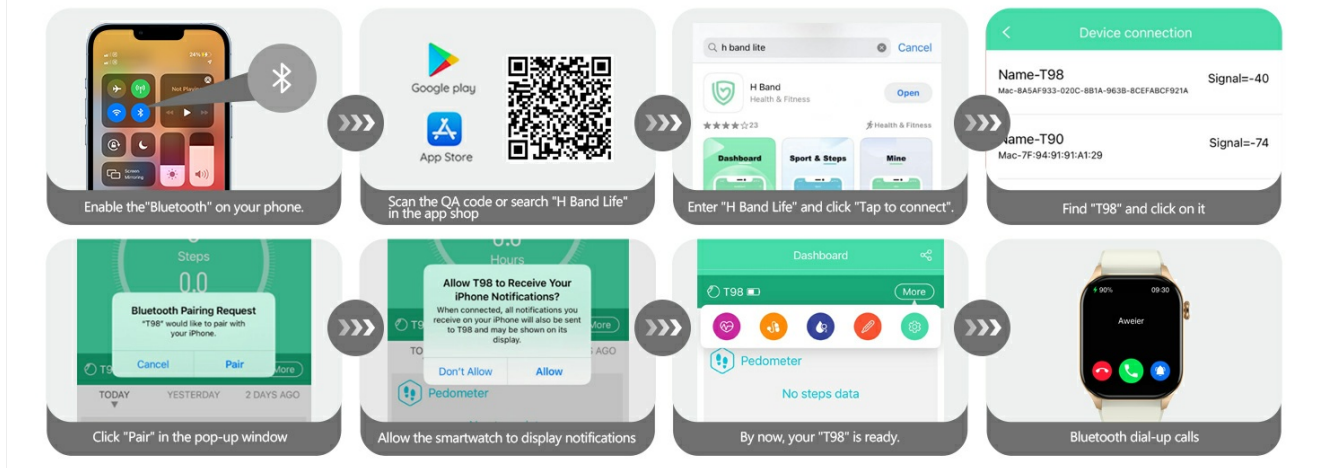


Figure 2.1: Package Contents and Watch Dimensions

## 3. PRODUCT OVERVIEW

### 3.1 Display Features

The SOUYIE T98 Smart Watch features a high-quality display for clear visuals and smooth interaction:

- **Screen Size:** 2.04-inch AMOLED
- **Resolution:** 336 x 448 pixels
- **Brightness:** 600 nits
- **Color Depth:** 16.7 million colors
- **Refresh Rate:** 60Hz
- **Pixel Density:** 336 PPI

### 3.2 Physical Dimensions

The watch is designed with a compact and comfortable form factor:

- **Product Dimensions:** 2.09 x 1.49 x 0.39 inches (53mm x 38mm x 10mm)
- **Item Weight:** 1.87 ounces (53 grams)

# 2.04" AMOLED SUPER RETINA SCREEN



Figure 3.1: AMOLED Display Specifications

## 4. SETUP

### 4.1 Charging the Smart Watch

Before initial use, fully charge your SOUYIE T98 Smart Watch.

1. Connect the USB magnetic charging cable to a power source (e.g., USB wall adapter, computer USB port).
2. Attach the magnetic end of the cable to the charging contacts on the back of the watch. Ensure it snaps securely into place.

3. The watch will display a charging indicator. A full charge typically takes approximately 2 hours.



The advertisement features a central image of a smartwatch with a black face and a light-colored strap. The watch screen displays '26 WED' at the top, a large green '99' in the middle, and a large green '47' at the bottom. A green lightning bolt icon is visible on the left side of the screen. The watch is connected to a charging dock on the right. Below the watch, there are three icons: a lightning bolt in a circle, a clipboard with a list, and a shield with a cross. Each icon is accompanied by text describing a feature: '7.5W fast charging', 'Fast magnetic suction', and 'Safe and does not hurt the phone'. The background is a light gray with a blue line graph on the right side.

# 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

Figure 4.1: Charging the Smart Watch

## 4.2 App Installation

To unlock the full functionality of your smartwatch, download and install the companion app:

1. Scan the QR code displayed on the watch screen or in the manual, or search for "H Band Life" in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Download and install the "H Band Life" application.
3. Alternatively, you can visit the official app website: <https://www.vphband.com/hband/hband.html>

## 4.3 Device Pairing

Pair your smartwatch with your smartphone via Bluetooth:

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the "H Band Life" app and follow the on-screen instructions to create an account or log in.
3. In the app, navigate to the device connection section (often labeled "Device" or "My Device").
4. The app will search for available devices. Select "T98" from the list of found devices.
5. Confirm the pairing request on both your smartphone and the smartwatch.
6. Grant necessary permissions (e.g., notifications, location) to the app for full functionality.

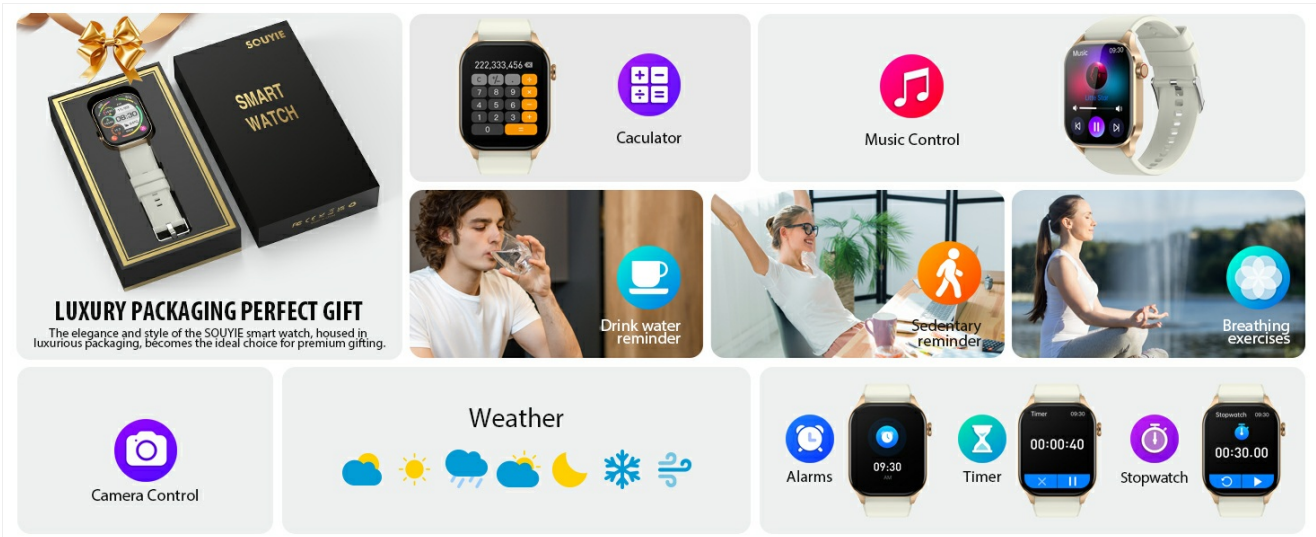


Figure 4.2: Connection Process for SOUYIE T98 Smart Watch

## 5. OPERATING INSTRUCTIONS

### 5.1 Basic Navigation

The SOUYIE T98 Smart Watch features a touch screen and a physical button for navigation:

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different data screens.
- **Tap:** Select an item or confirm an action.
- **Press Button:** Return to the home screen or wake the device.

### 5.2 Bluetooth Call Function

Once paired, you can manage calls directly from your wrist:

- **Answering Calls:** When a call comes in, tap the green answer icon on the watch screen.
- **Making Calls:** Access the dial pad or contact list on the watch to initiate a call.
- **Call Logs:** View recent call history directly on the watch.



Figure 5.1: Seamless Bluetooth Calling

### 5.3 Message Notifications

Receive notifications from various applications directly on your watch:

- Ensure notification permissions are granted to the "H Band Life" app on your smartphone.
- Notifications from apps like Facebook, Messenger, Instagram, Gmail, WhatsApp, Twitter, and Snapchat will appear on your watch.



Figure 5.2: Smart Message Reminder

## 6. HEALTH MONITORING

The SOUYIE T98 Smart Watch provides continuous health data tracking to help you monitor your well-being.

### 6.1 Heart Rate Monitoring

The watch continuously tracks your heart rate using an advanced TYHX3602 optical chip.

- View real-time heart rate data directly on your wrist.
- Detailed records and analysis are available in the "H Band Life" app.



Figure 6.1: 24/7 Heart Rate Tracking

## 6.2 Blood Pressure Monitoring

The smartwatch is equipped with sensors to monitor blood pressure in real-time.

- Access blood pressure readings on the watch face.
- Consult the app for historical data and trends.



Figure 6.2: Blood Pressure Monitoring

## 6.3 Blood Oxygen Monitoring (SpO2)

The watch uses red light and infrared technology for accurate blood oxygen detection.

- Measure your SpO2 levels with confidence.
- Real-time insights and historical data are available in the app.



Figure 6.3: True Infrared Blood Oxygen Monitoring

## 6.4 Sleep Monitoring

The T98 smartwatch provides in-depth analysis of your sleep patterns.

- Monitors sleep stages: deep sleep, light sleep, and awake time.
- Provides valuable insights into sleep quality to support health improvements.



Figure 6.4: Scientific Sleep Monitoring

## 6.5 Menstrual Cycle Reminders

The watch can record and provide reminders for women's menstrual cycles.

- Effectively reminds users of the next menstrual period and provides care.



Figure 6.5: Menstrual Cycle Tracking

## 7. SPORTS MODES AND ACTIVITY TRACKING

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The SOUYIE T98 Smart Watch supports over 136 sports modes to cater to various exercise needs.

- **Extensive Modes:** Includes running, hiking, cycling, yoga, and many more.
- **GPS Connectivity:** Connects with your phone's GPS to view exercise routes and pace maps in real-time.
- **Accurate Tracking:** High-precision sensors record exercise time, steps, distance, calories burned, and heart rate data.
- **Activity Tracking:** Monitors steps, distance, heart rate, and calories burned 24/7.

# ENJOY DAILY WORKOUTS



## Real-Time Data Display

 **KCAL**

 **Steps**

 **Kilometer**

Figure 7.1: Daily Workouts and Real-Time Data Display

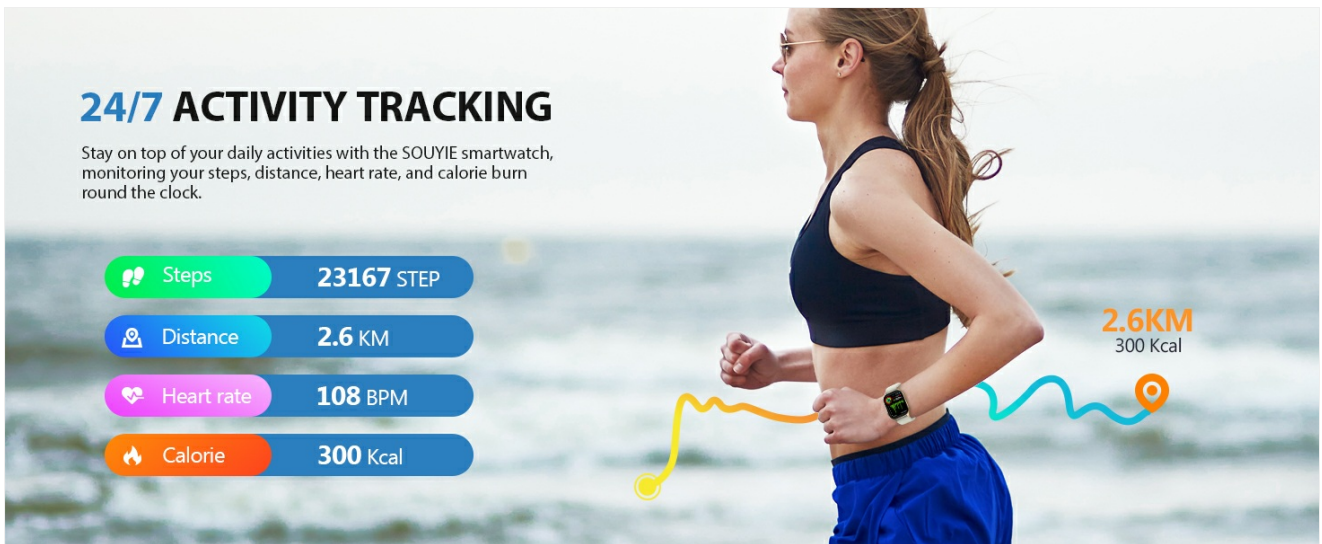


Figure 7.2: Over 136 Sports Modes



Figure 7.3: 24/7 Activity Tracking

## 8. SMART FEATURES

The SOUYIE T98 Smart Watch integrates a variety of practical features to simplify your daily routine.

- **AI Voice Assistant:** Talk to the AI voice assistant to quickly access voice navigation, weather updates, calls, alarm settings, and more.
- **Music Control:** Control music playback on your smartphone directly from the watch.
- **Customizable Watch Faces:** Personalize your watch with a wide range of customizable wallpapers.
- **Calculator:** A convenient calculator function on your wrist.
- **Hydration Reminders:** Get reminders to drink water throughout the day.
- **Breathing Exercises:** Guided breathing exercises for relaxation.
- **Casual Games:** Enjoy simple games directly on your watch.
- **Alarm, Stopwatch, Timer:** Essential time management tools.
- **Phone Finder:** Locate your misplaced smartphone.
- **Screen-off Display:** Always-on display functionality.
- **Remote Photo Control:** Use your watch as a remote shutter for your phone's camera.
- **Weather Updates:** Get current weather information.
- **SOS Emergency Calls:** A feature for emergency situations.

# MULTIFUNCTIONAL SMART ASSISTANT



## Life Assistant

- |   |  |
|---|--|
|  Weather     |  Game       |
|  Drink Water |  Music      |
|  Alarm       |  Find Phone |
|  Camera      |  SOS        |



Figure 8.1: Multifunctional Smart Assistant



Figure 8.2: Your Smart Companion (AI Voice Assistant)

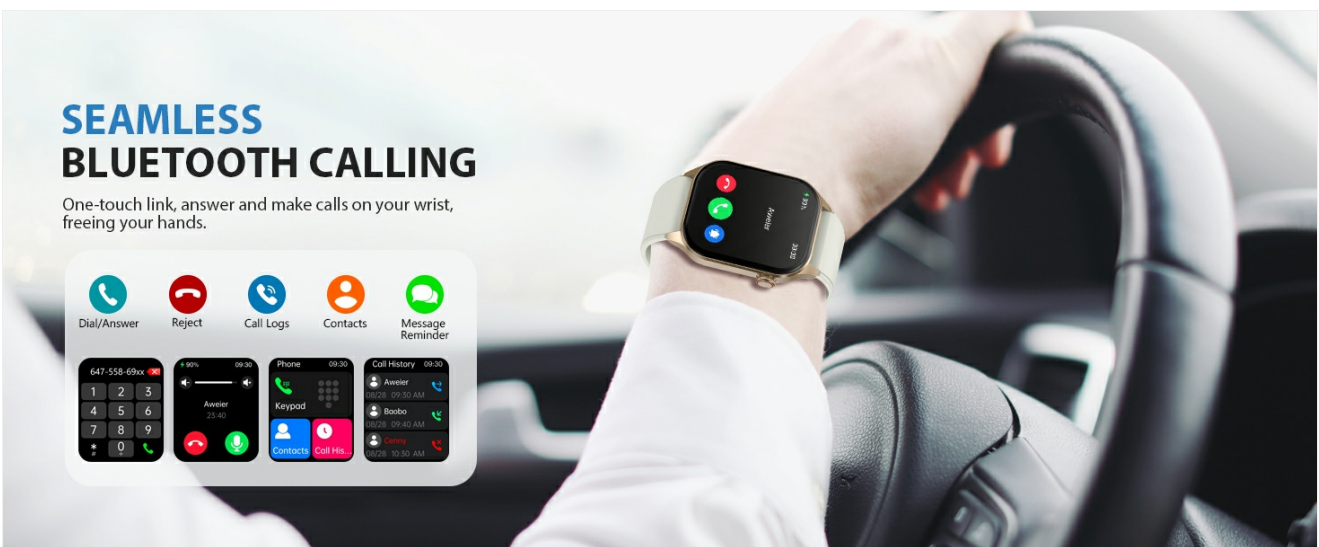


Figure 8.3: Customizable AMOLED Screen

## 9. BATTERY LIFE AND CHARGING

The SOUYIE T98 Smart Watch is equipped with a powerful battery for extended use:

- **Battery Capacity:** 380mAh
- **Charging Time:** Approximately 2 hours for a full charge.
- **Normal Use:** Up to 7 days on a single charge.
- **Standby Time:** Up to 30 days.
- Features an ultra-low power consumption 7013A chip.

## 10. WATERPROOF INFORMATION

The SOUYIE T98 Smart Watch features an IP68 waterproof rating.

- Supports underwater depths of up to 1.5 meters.
- Resistant to sweat, rain, and daily water activities (e.g., cold showers, washing hands).
- **Important Note:** To ensure optimal performance and longevity, avoid using the watch in hot water, hot springs, saunas, or seawater.

## DIMENSIONS AND PACKAGE CONTENTS



Figure 10.1: IP68 Waterproof Design

## 11. COMPATIBILITY

The SOUYIE T98 Smart Watch is compatible with a wide range of smartphones:

- **Android:** Compatible with Android 5.0 or higher.
- **iOS:** Compatible with iOS 10.0 or higher.

## 12. SPECIFICATIONS

Detailed technical specifications for the SOUYIE T98 Smart Watch:

Feature	Specification
Brand	SOUYIE
Model Number	T98
Product Dimensions	2.09 x 1.49 x 0.39 inches
Item Weight	1.87 ounces (53 Grams)
Screen Size	2.04 Inches
Display Type	AMOLED
Operating System	Proprietary (Compatible with Android/iOS)
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth

Feature	Specification
Battery Capacity	380 mAh (Lithium Ion)
Waterproof Rating	IP68
Special Features	Activity tracker, alarm clock, blood pressure monitor, calorie tracker, camera remote, heart rate monitor, notifications, oximeter (SpO2), pedometer, phone calls, sleep monitor, text messaging, heart rate display, GPS via Smartphone

## 13. TROUBLESHOOTING

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If you encounter issues with your SOUYIE T98 Smart Watch, please refer to the following common solutions:

- **Watch Not Turning On:** Ensure the watch is fully charged. Connect it to the magnetic charging cable and a power source for at least 30 minutes.
- **Cannot Pair with Phone:**
  - Ensure Bluetooth is enabled on your phone and the watch is within range.
  - Restart both your phone and the watch.
  - Make sure the "H Band Life" app has all necessary permissions.
  - If previously paired, try unpairing and re-pairing the device through your phone's Bluetooth settings and the app.
- **No Notifications:**
  - Check if notification permissions are enabled for the "H Band Life" app in your phone's settings.
  - Ensure the watch is connected via Bluetooth.
  - Verify that 'Do Not Disturb' mode is not active on either your phone or watch.
- **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.
  - Note that smartwatches are not medical devices; readings are for reference only and should not replace professional medical advice.
- **Short Battery Life:**
  - Reduce screen brightness.
  - Limit frequent use of power-intensive features like continuous heart rate monitoring or frequent calls.
  - Ensure the watch is fully charged each time.

## 14. MAINTENANCE

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Proper care will extend the life and performance of your SOUYIE T98 Smart Watch:

- **Cleaning:** Regularly wipe the watch screen and strap with a soft, dry cloth. For stubborn dirt, use a slightly damp cloth and then dry thoroughly. Avoid harsh chemicals or abrasive materials.
- **Strap Care:** If the silicone strap gets wet, dry it completely to prevent skin irritation.
- **Avoid Extreme Conditions:** Do not expose the watch to extreme temperatures (hot or cold), direct sunlight for

prolonged periods, or strong magnetic fields.

- **Water Exposure:** While IP68 waterproof, avoid prolonged submersion or exposure to high-pressure water jets. Do not use in hot water, hot springs, saunas, or seawater.

## 15. WARRANTY AND SUPPORT

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SOUYIE is committed to providing excellent customer service for your T98 Smart Watch.

- **Return Policy:** Enjoy a 30-day free return policy from the date of purchase.
- **Warranty:** Your smartwatch is covered by a 3-year warranty.
- **Customer Support:** We offer 24/7 customer support.
- **Contact Us:** If you have any questions or require assistance, please contact us through the "Find Order—Contact Seller" option on your purchase platform.