aeac AR-01

aeac Smart Watch AR-01 User Manual

Model: AR-01
Brand: aeac

Introduction

This manual provides detailed instructions for the setup, operation, maintenance, and troubleshooting of your new aeac Smart Watch AR-01. Please read this manual thoroughly before using the device to ensure proper functionality and safety.

Setup Guide

1. Package Contents

- aeac Smart Watch AR-01
- Charging Cable
- User Manual

2. Charging the Device

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a compatible power adapter (not included).
Charging Time: Approximately 1.5 hours.
Battery Life: Up to 12 days of typical use, 15 days basic usage, 30 days low power mode.



Image: The aeac Smart Watch connected to its magnetic charging cable, illustrating the charging process and battery life indicators.

3. App Installation and Pairing

To unlock the full features of your smartwatch, download the "VeryFit" app from your smartphone's app store (iOS or Android).

1. Scan the QR code in the manual or search for "VeryFit" in the App Store/Google Play.
2. Install and open the app.
3. Create an account or log in.
4. Follow the in-app instructions to pair your smartwatch via Bluetooth. Ensure Bluetooth is enabled on your phone.



Image: A hand wearing the aeac Smart Watch, showing the Bluetooth connection icon and indicating phone call functionality.

Operating Instructions

1. Basic Navigation

The 1.32" AMOLED touchscreen allows for intuitive navigation. Swipe up, down, left, or right to access different functions and menus. Tap to select an option.



Image: The aeac Smart Watch showcasing its vibrant 1.32" AMOLED display with multiple customizable watch faces.

2. Bluetooth Calling and Notifications

With Bluetooth 5.3, you can make, answer, and refuse calls directly from your wrist. The watch also displays message and app notifications (replying to messages is not supported).

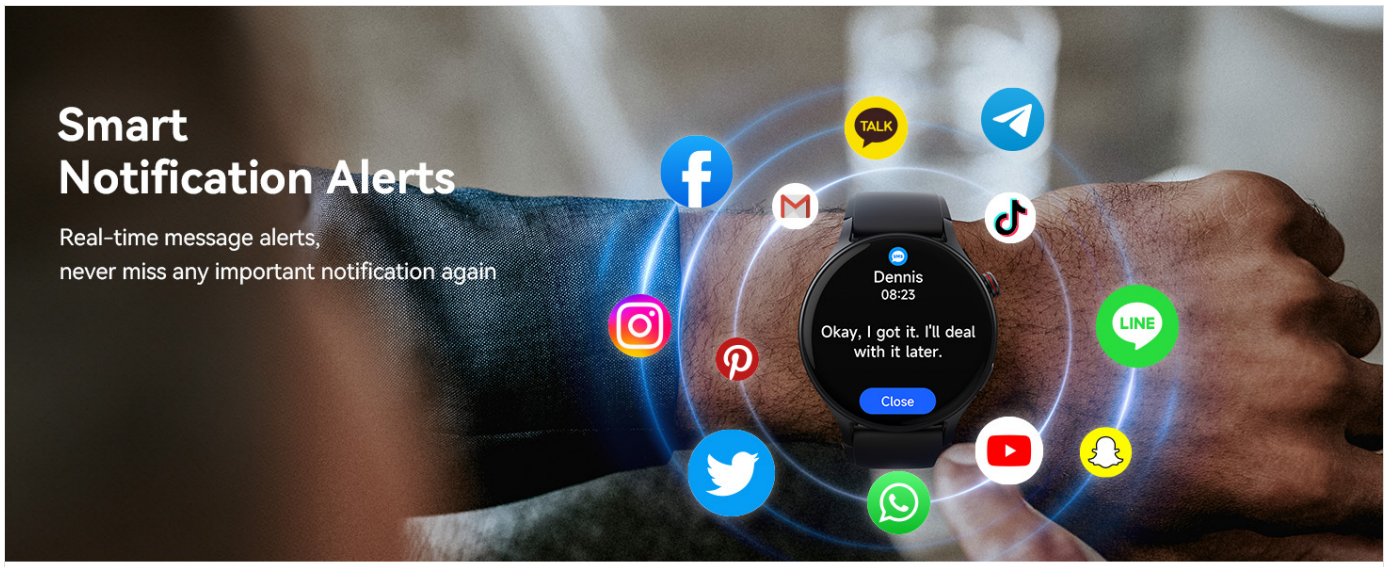


Image: The aeac Smart Watch displaying an incoming call interface and various social media notification icons, demonstrating its communication features.

3. AI Voice Assistant

Activate the built-in AI voice assistant (Siri/Google Assistant compatible) to control watch functions, set alarms, check weather, and more using voice commands.



Image: A user interacting with the aeac Smart Watch's AI voice assistant, showing examples of voice commands like "Siri, set an alarm for 7am tomorrow morning."

4. Health Monitoring

The smartwatch provides 24/7 comprehensive health monitoring:

- **Heart Rate Monitor:** Tracks your heart rate continuously.
- **Blood Oxygen (SpO2) Monitor:** Measures blood oxygen levels.
- **Stress Monitor:** Calculates stress levels based on physiological data.
- **Sleep Analysis:** Monitors sleep quality, including deep sleep, light sleep, and REM.
- **Body Energy Monitoring:** Provides real-time feedback on your physical state.



Image: The aeac Smart Watch displaying various health metrics including heart rate, blood oxygen level, stress level, and sleep tracking data.

5. Sports Modes and Activity Tracking

Choose from over 110+ sports modes to track your workouts accurately. The watch records steps, distance, calories burned, and activity routes.



Image: A person cycling with the aeac Smart Watch, showing the watch interface tracking outdoor running with a map and various sport mode icons.

6. Additional Features

- **Music Control:** Control music playback on your smartphone.
- **Camera Control:** Remotely trigger your phone's camera.
- **Weather:** Get real-time weather updates.
- **Flashlight:** Use the watch screen as a flashlight.
- **Find Phone:** Locate your paired smartphone.
- **Always-ON Display:** Customize the clock to check time without touching the screen.
- **Watch Faces:** Choose from 200+ watch faces or personalize with your own photos.
- **Breathing Exercises:** Guided breathing exercises to regulate mood.
- **Environmental Noise Monitoring:** Real-time monitoring of sound levels.

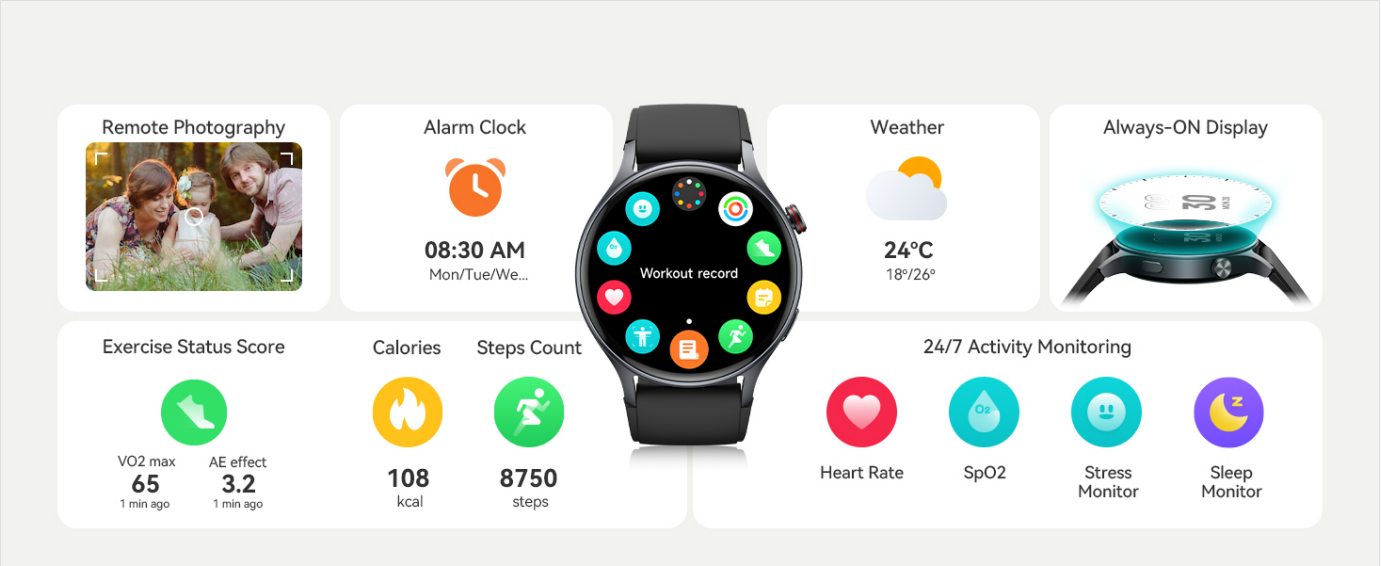


Image: An overview of additional smart watch features including remote photography, alarm clock, weather display, and 24/7 activity monitoring metrics.

Maintenance and Care

1. Waterproofing

The aeac Smart Watch AR-01 is 3ATM water-resistant, meaning it can withstand splashes, rain, and brief immersion in water (e.g., hand washing, swimming). It is not suitable for diving or high-pressure water activities.

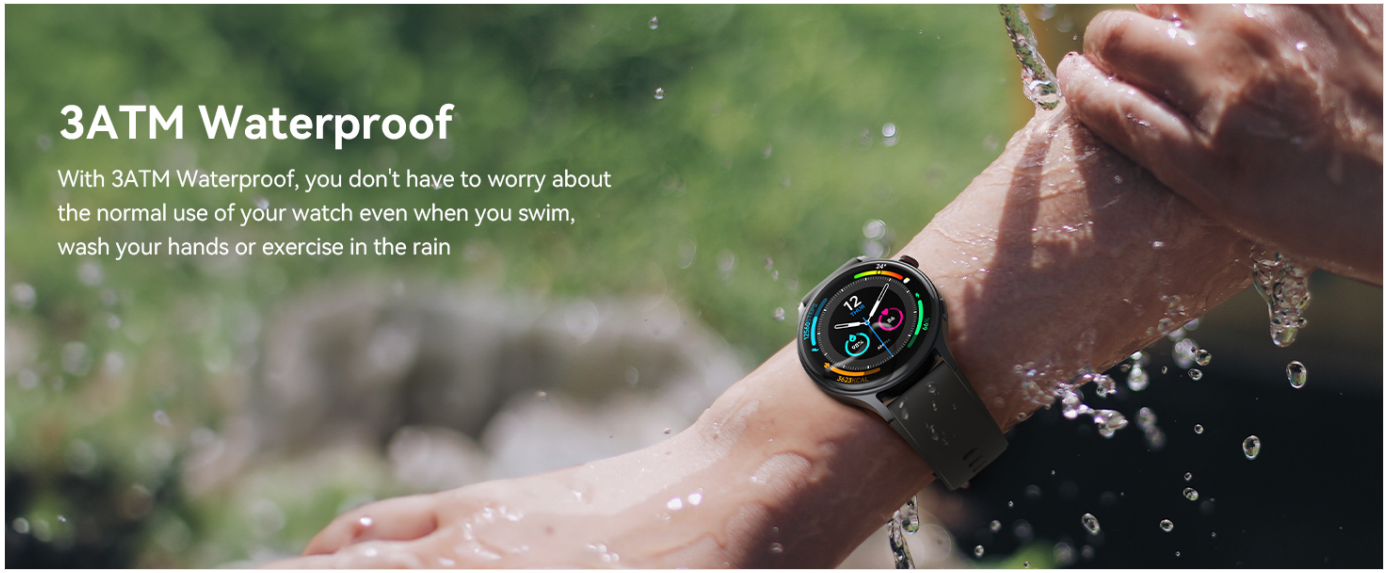


Image: A hand wearing the aeac Smart Watch under running water, demonstrating its 3ATM waterproof capability during hand washing.

2. Cleaning

Regularly clean your watch and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.

3. Battery Care

To prolong battery life, avoid extreme temperatures and do not leave the watch fully discharged for extended periods.

Troubleshooting

Common Issues and Solutions:

Issue	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 not discoverable	Ensure Bluetooth is on, restart both devices, or reset the watch and try pairing again.
Notifications not received	App permissions, notification settings	Check app notification permissions on your phone and ensure notifications are enabled in the VeryFit app.
Inaccurate health data	Improper fit, sensor obstruction	Ensure the watch is worn snugly on your wrist, clean the sensor on the back of the watch.

Specifications

Feature	Detail
Brand	aeac
Model	AR-01
Display Size	1.32 Inches
Display Type	AMOLED
Battery Life (Average)	12 days
Charging Time	1.5 Hours
Battery Capacity	350 Milliamp Hours
Water Resistance	3ATM
Connectivity	Bluetooth 5.3
Memory Storage Capacity	256 MB
Compatible Devices	Smartphone
Item Weight	170 Grams

Warranty and Support

The aeac Smart Watch AR-01 comes with a 12-month replacement and lifetime service warranty. For support, please contact aeac customer service via their official website or the VeryFit app.
For further assistance, visit the aeac Store on Amazon.

© 2025 aeac. All rights reserved.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Answered questions about this manual

My aeac AR-01 smart watch says memory full, how do I delete the memory?

When your aeac AR-01 smart watch displays a "memory full" message, it means the watch has stored the maximum amount of health and activity data (such as steps, sleep, and sports records) and needs...

Read full answer

On the aeac AR-01 smart watch heart rate screen, is the squiggly red line under the heart rate number a recording of the heart rhythm?

On the aeac AR-01 smart watch, the "squiggly red line" displayed on the heart rate screen is generally a dynamic visual indicator or a simplified graph representing your heart rate activity over time, rather...

Read full answer

Why is the clock screen not displaying on my aeac AR-01 smart watch?

If the clock screen on your aeac AR-01 is not displaying, please try the following troubleshooting steps:Check the Battery: The most common cause for a blank screen is a low battery. Connect the magnetic...

Read full answer

Why has the pedometer stopped working on my aeac AR-01 smart watch since May 1st?

If the pedometer (step counter) on your aeac AR-01 has stopped working while other functions remain active, please try the following troubleshooting steps:Check the VeryFit App: Ensure your watch is still properly synced

with...

Read full answer