

## Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

- › [Awei](#) /
- › [Awei H68 Smart Watch User Manual](#)

## Awei H68

# Awei H68 Smart Watch User Manual

Model: H68

## 1. INTRODUCTION

---

Thank you for choosing the Awei H68 Smart Watch. This device is designed to enhance your daily life with its advanced features, including health monitoring, fitness tracking, and smart notifications. This manual provides essential information for setting up, operating, and maintaining your smart watch to ensure optimal performance.

## 2. PRODUCT OVERVIEW

---

The Awei H68 Smart Watch features a sleek design with a 1.43-inch AMOLED display and a comfortable silicone/rubber strap. It includes a touchscreen interface for easy navigation.



## H68 智能手表

### H68 Smartphone Watch

Image: Awei H68 Smart Watch. This image shows the watch's display, casing, and strap, highlighting its design and interface.

#### Included Components:

- Awei H68 Smart Watch
- Charging Cable
- Extra Strap

### 3. SETUP

#### 3.1 Charging the Device

Before first use, fully charge your Awei H68 Smart Watch. Connect the provided charging cable to the charging port on the watch and a standard USB power adapter (not included). The watch display will indicate charging status. A full charge typically takes approximately 2 hours.

#### 3.2 Pairing with Your Smartphone

1. Download the companion application from your smartphone's app store (e.g., Google Play Store for Android or Apple App Store for iOS). Search for 'Awei Smart' or refer to the QR code in the packaging for

- the correct app.
2. Ensure Bluetooth is enabled on your smartphone.
  3. Open the companion application and follow the on-screen instructions to create an account or log in.
  4. In the app, navigate to the device pairing section and select 'Add Device'.
  5. Select 'H68' from the list of available devices. Confirm the pairing request on both your watch and smartphone.
  6. Once paired, the watch will synchronize data with your phone, and you can customize settings through the app.

## 4. OPERATING INSTRUCTIONS

---

### 4.1 Basic Navigation

- **Touchscreen:** Swipe left, right, up, or down to navigate through menus and features. Tap to select an option.
- **Side Button:** Press the side button to return to the home screen or wake the display.

### 4.2 Call Function

After successful Bluetooth pairing, the H68 Smart Watch supports call functionality. You can answer, reject, or make calls directly from your wrist. Ensure your watch is within Bluetooth range of your paired smartphone.

### 4.3 Notifications

The watch displays incoming calls and messages from your paired smartphone. Enable notification permissions for the companion app on your phone to receive alerts on your watch.

### 4.4 Changing Watch Faces

The Awei H68 offers a variety of versatile watch faces. To change the watch face, long-press the home screen and swipe left or right to browse available options. Tap to select your preferred watch face. Additional watch faces may be available through the companion application.

## 5. FEATURES

---

- **Display:** 1.43-inch AMOLED screen with 320 x 240 resolution.
- **Connectivity:** Bluetooth 5.3 for stable and efficient connection.
- **Water Resistance:** IP68 rating, suitable for daily use and splashes.
- **Sports Modes:** Over 100 diverse sports modes for comprehensive activity tracking.
- **Battery:** 300mAh battery providing 7-10 days of typical usage.

## 6. HEALTH MONITORING

---

The Awei H68 Smart Watch is equipped with multiple sensors to monitor your health metrics:

- **Heart Rate Monitor:** Continuously tracks your heart rate throughout the day.
- **Blood Pressure Monitor:** Provides estimates of your blood pressure.
- **Blood Oxygen Monitor (SpO2):** Measures the oxygen saturation levels in your blood.
- **Sleep Monitor:** Analyzes your sleep patterns, including deep sleep, light sleep, and wake times.
- **Breathing Training:** Guided breathing exercises to help reduce stress and improve relaxation.

*Note: The health monitoring features are for general fitness and wellness purposes only and are not intended for medical diagnosis, treatment, or prevention of any disease. Consult a medical professional for any health concerns.*

## 7. SPORTS MODES

---

With over 100 sports modes, the Awei H68 Smart Watch can track a wide range of physical activities. Select the appropriate mode before starting your workout to get accurate data on calories burned, distance covered, and duration.

## 8. WATER RESISTANCE

---

The Awei H68 Smart Watch has an IP68 water and dust resistance rating, meaning it is protected against dust ingress and can withstand immersion in water up to 1 meter for 30 minutes. This makes it suitable for daily activities such as hand washing, rain, and accidental splashes. It is not recommended for swimming, diving, hot showers, or saunas, as steam and hot water may compromise the seal.

## 9. BATTERY AND CHARGING

---

The watch is equipped with a 300mAh battery, offering an average battery life of 7 to 10 days depending on usage. To charge, use the magnetic charging cable provided. Ensure the charging pins align correctly with the watch's charging contacts.

## 10. MAINTENANCE

---

- **Cleaning:** Regularly clean your watch and strap with a soft, dry cloth. If necessary, use a slightly damp cloth and dry thoroughly.
- **Avoid Chemicals:** Do not use harsh chemicals, cleaning solvents, or strong detergents, as they may damage the watch's finish or internal components.
- **Storage:** Store the watch in a cool, dry place when not in use.
- **Strap Care:** The silicone/rubber strap can be cleaned with mild soap and water. Ensure it is completely dry before wearing.

## 11. TROUBLESHOOTING

---

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with smartphone:**
  - a. Ensure Bluetooth is enabled on your phone.
  - b. Make sure the watch is within Bluetooth range (typically 10 meters).
  - c. Restart both your watch and smartphone.
  - d. Check if the companion app is updated to the latest version.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors on the back of the watch.
- **Notifications not received:** Check notification permissions for the companion app in your phone's settings. Ensure the app is running in the background.

## 12. SPECIFICATIONS

Feature	Specification
Brand	Awei
Model	H68
Display Type	AMOLED
Screen Size	1.43 inches
Resolution	320 x 240
Connectivity	Bluetooth 5.3
GPS	No GPS
Water Resistance Rating	IP68 (up to 1 meter depth)
Compatible Devices	Smartphones and Tablets (Android & iOS)
Battery Capacity	300mAh
Battery Life	7-10 days (typical usage)
Band Material	Silicone and Rubber
Closure Type	Buckle
Human Interface Input	Touchscreen
Item Weight	150 grams
Color	Black

## 13. WARRANTY AND SUPPORT

The Awei H68 Smart Watch comes with a **one-year standard warranty** from the date of purchase. This warranty covers manufacturing defects under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or normal wear and tear.

For warranty claims or technical support, please contact your retailer or the official Awei customer service. Keep your proof of purchase for warranty validation.