## ASWEE 5c770b53-1bfd-48da-b7ee-41e777dc632d

ASWEE Smart Watch Instruction Manual

Model: 5c770b53-1bfd-48da-b7ee-41e777dc632d

INTRODUCTION

Thank you for choosing the ASWEE 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.
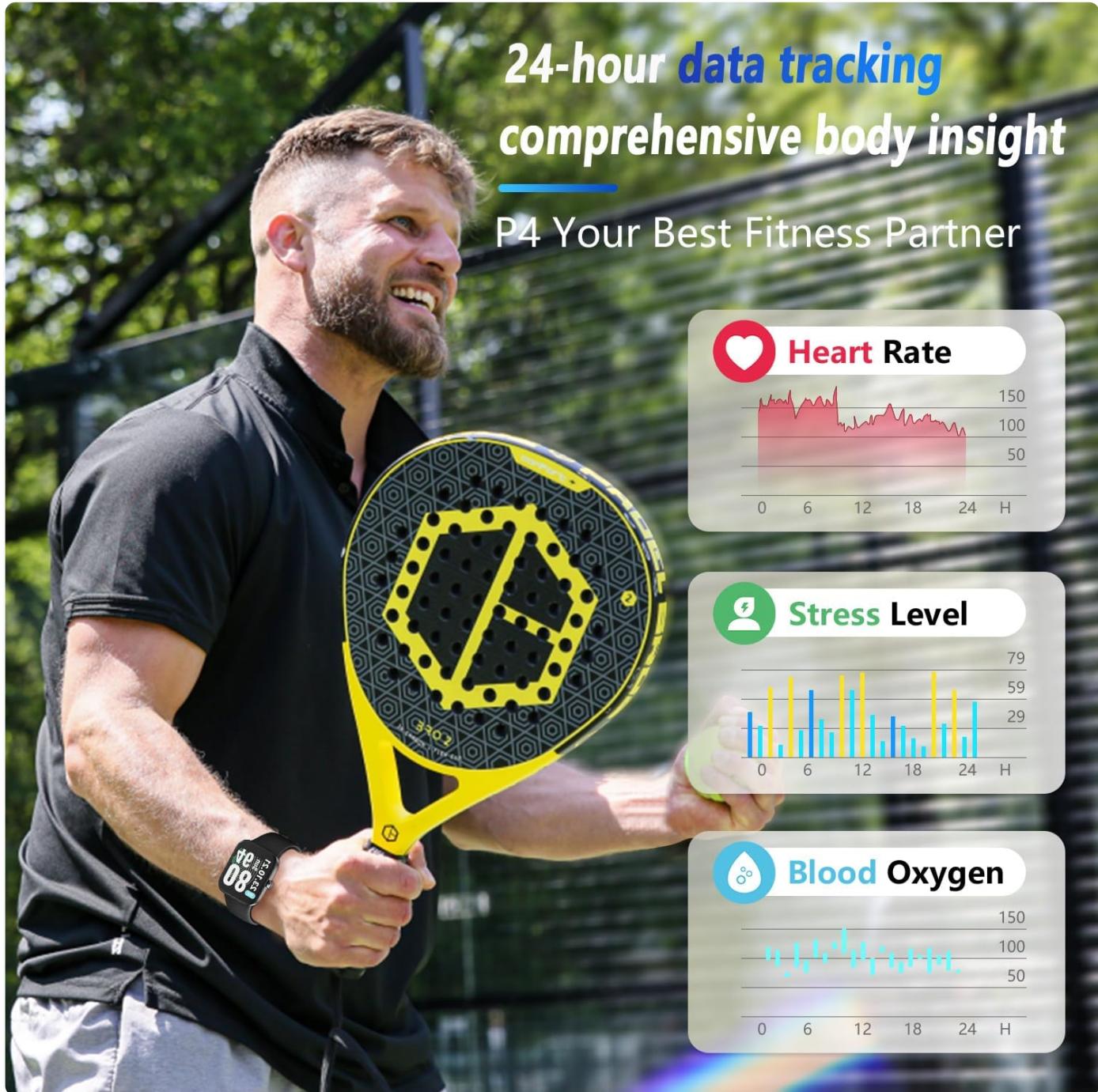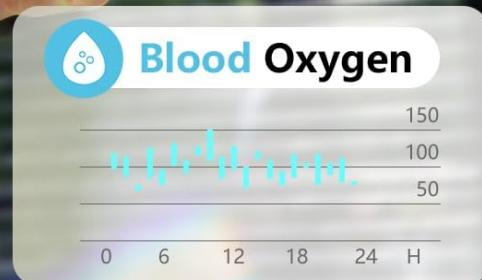
Image: The ASWEE Smart Watch, featuring a sleek black design with a rectangular display and silicone strap.

WHAT'S IN THE BOX

Please check the package contents to ensure all items are present:

- ASWEE Smart Watch
- Charging Cable
- User Manual (this document)

SETUP

1. Charging the Smart Watch

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. A full charge typically takes

approximately 2 hours.
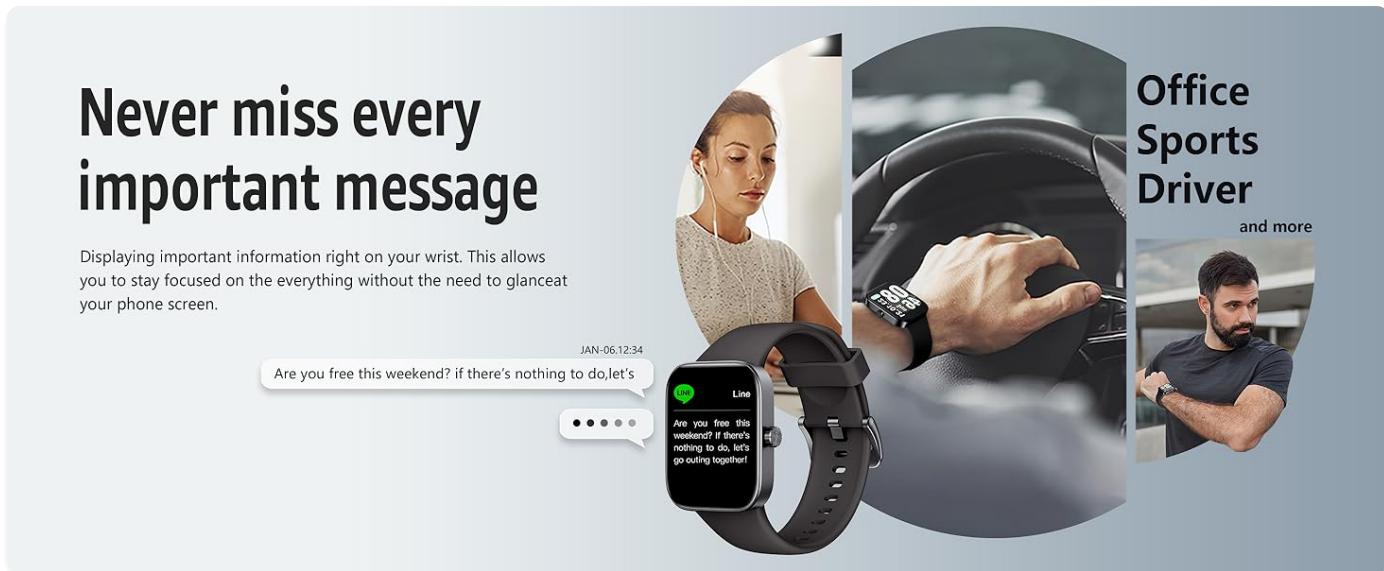
Image: The smartwatch on a charging cable, indicating 7 days of battery life, 15 days standby, and 2 hours for fast charging.

2. App Installation

To unlock the full functionality of your smartwatch, download and install the companion application on your smartphone. The app is compatible with Android 8.0 and above, and iOS 9.2 and above.

- Scan the QR code provided in the image below using your smartphone's camera.
- Alternatively, visit havafit.com/download/app.html?deviceName=fitpro to download the app directly.

Image: A smartwatch next to a smartphone screen showing compatibility with Android 8.0+ and iOS 9.2+, along with a QR code for app download.

3. Pairing Your Smart Watch

After installing the app, open it and follow the on-screen instructions to pair your smartwatch via Bluetooth. Ensure Bluetooth is enabled on your smartphone and the watch is sufficiently charged. The app will guide you through the connection process.

OPERATING INSTRUCTIONS

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.

Calls and Notifications

The smartwatch allows you to answer/make calls and receive notifications directly on your wrist when connected to your smartphone.

- **Answering Calls:** When a call comes in, tap the green icon on the watch screen.
- **Making Calls:** Use the dialer or contact list on the watch (after syncing with the app).
- **Notifications:** Receive vibration alerts for messages from WhatsApp, emails, and other social applications. Swipe down from the home screen to view recent notifications.

Image: A user interacting with their smartwatch, which displays various app icons for messages and calls, demonstrating hands-free connectivity.

Music Control

Control music playback on your smartphone directly from your watch. Play, pause, skip tracks, and adjust volume without needing to access your phone.

Customizing Watch Faces

Personalize your smartwatch by choosing from a variety of watch faces or uploading your own photos through the companion app.
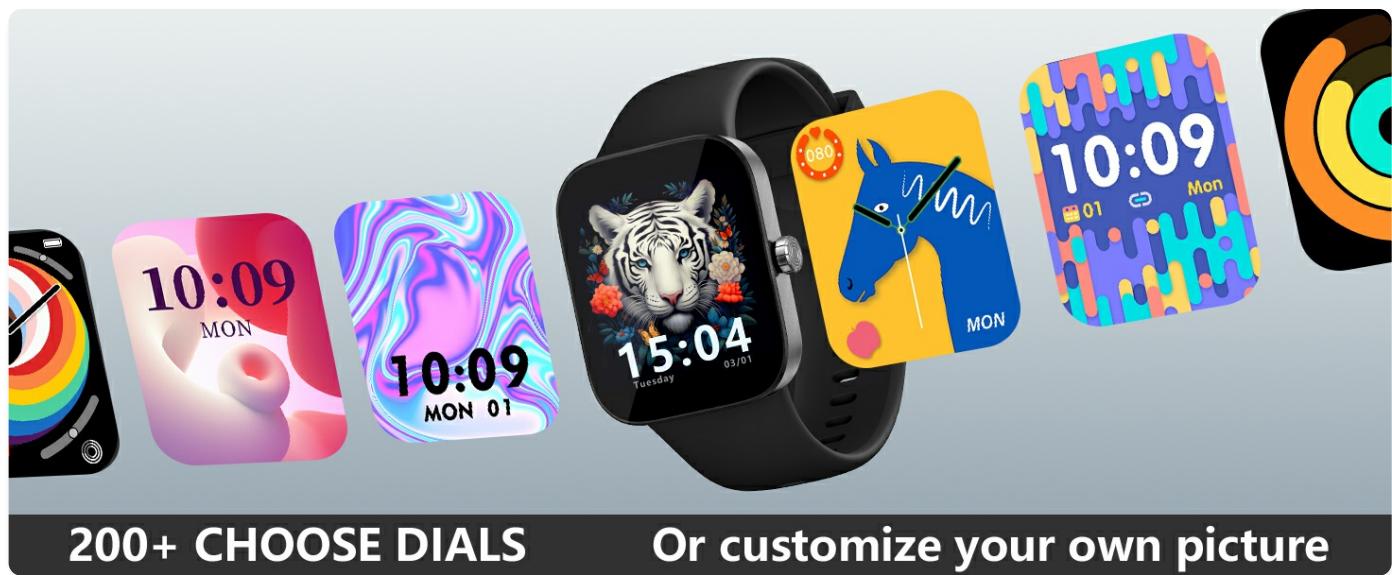

Image: A collection of diverse watch faces, including abstract designs and a customizable photo option, highlighting personalization features.

Sports Activity Tracking

The watch supports over 123 sports modes, tracking real-time data such as heart rate, calories burned, and distance. Select your desired activity from the sports menu to begin tracking.
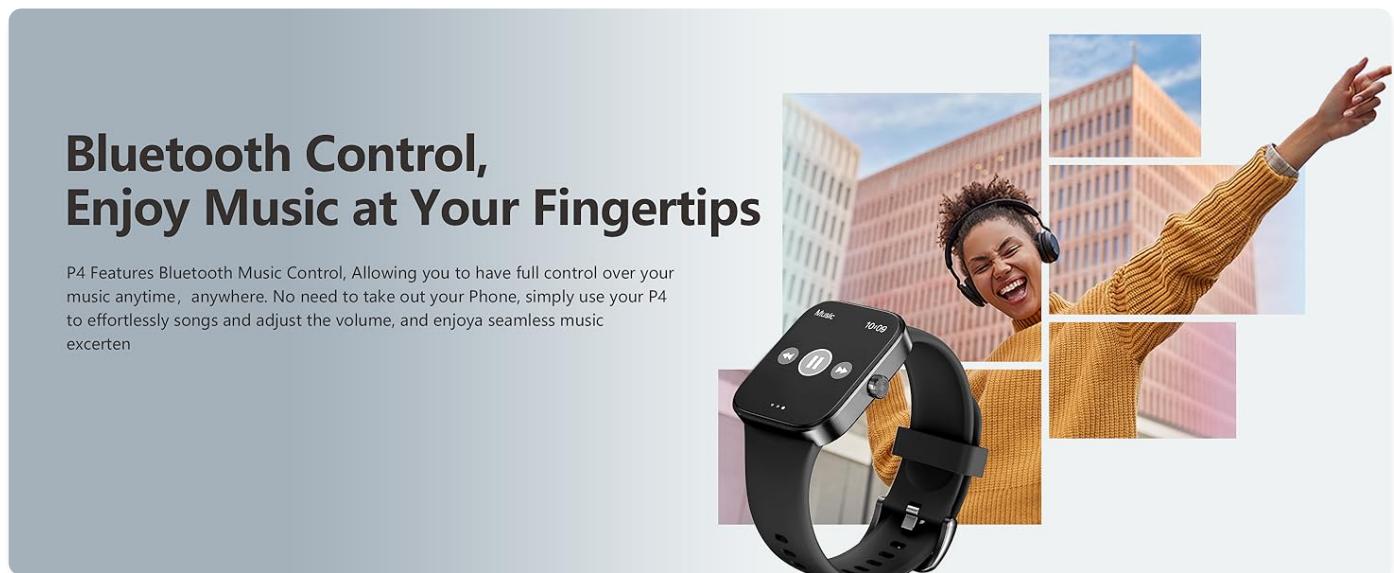
Image: A man exercising with dumbbells, illustrating the smartwatch's multi-sport tracking capabilities with icons for different activities and real-time data display.

Health Monitoring

Monitor your health 24/7 with features including heart rate, blood oxygen (SpO2), and stress level tracking. Access detailed reports in the companion app.

- **Heart Rate:** Continuous heart rate monitoring provides insights into your cardiovascular health.
- **Blood Oxygen (SpO2):** Measure your blood oxygen saturation levels.
- **Stress Level:** Track your stress levels throughout the day.
- **Menstrual Cycle Tracking:** For women, track menstrual cycles and log symptoms within the app.

Image: A man engaged in sports, with the smartwatch screen showing graphs for heart rate, stress levels, and blood oxygen, indicating 24-hour data tracking.

Sleep Monitoring

The smartwatch analyzes your sleep patterns, including deep, light, and REM sleep stages. Review your sleep quality and receive

suggestions for improvement in the app.

Smart Breath Control, Balance Body and Mind

P4 features smart breath control, helping you achieve balance between body and mind and enhance the quality of life.

Breathing 10:09
START

Blood oxygen 10:09
98%
Spo2
Blood oxygen

P4 features   smart breath control, helping

Image: A man sleeping, with his smartwatch showing sleep duration and a detailed graph of sleep stages, indicating comprehensive sleep health assistance.

Breathing Exercises

Utilize the guided breathing exercises feature to help manage stress and promote relaxation.

MAINTENANCE

Water Resistance (IP67)

Your ASWEE Smart Watch is IP67 rated, 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, including hand washing, rain, and brief submersion. However, it is not recommended for hot showers, saunas, or diving, as steam and high water pressure may compromise the seal.

Swim Freely in Water

IP68 waterproof rating and having undergone 10,000 times of pressurized waterproofing tests, the P4 smartwatch allows you to swim freely in the pool or take showers without worrying about water entering the watch's interior. It accompanies you to enjoy the fun in the water, letting you fully unleash your passion for sports.

IP68

Image: A smartwatch being splashed with water, illustrating its water-resistant capabilities for swimming and other water activities.

Cleaning

Regularly clean your smartwatch and strap to prevent skin irritation and maintain device functionality. Use a soft, damp cloth to wipe the screen and strap. Avoid using harsh chemicals or abrasive materials.

Battery Care

To prolong battery life, avoid exposing the watch to extreme temperatures. Charge the device using only the provided charging cable.

TROUBLESHOOTING

Watch Not Turning On

- Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- Press and hold the side button for 5-10 seconds to force a restart.

Cannot Pair with Smartphone

- Make sure Bluetooth is enabled on your smartphone.
- Ensure the watch is within range of your smartphone (typically 10 meters).
- Restart both your smartphone and the smartwatch.
- Check if the app is updated to the latest version.
- Forget the device in your phone's Bluetooth settings and try pairing again through the app.

Inaccurate Health Data

- Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.
- Clean the sensor on the back of the watch.
- Avoid excessive movement during measurements.

Notifications Not Appearing

- Verify that the watch is connected to your smartphone via Bluetooth.
- Check notification permissions for the companion app in your smartphone settings.
- Ensure notifications are enabled within the smartwatch app itself.

SPECIFICATIONS

Feature	Detail
Model Number	5c770b53-1bfd-48da-b7ee-41e777dc632d
Screen Size	1.83 Inches (1.85 Inches in some listings)
Display Resolution	240 x 280
Operating System	Wear OS 3.0
Connectivity	Bluetooth
GPS	Via Smartphone

Feature	Detail
Water Resistance	IP67 (IP68 mentioned in some images, refer to product packaging for definitive rating)
Battery Capacity	400 Milliamp Hours
Battery Life	Up to 7 days (typical use), 25 days (standby)
Charging Time	Approx. 2 hours
Memory Storage Capacity	128 MB
Item Weight	3.52 ounces
Compatible OS	Android 8.0+, iOS 9.2+
Special Features	Activity Tracker, Alarm Clock, Always On Display, Custom Activity Tracking, Lightweight, Multisport Tracker, Music Player, Notifications, Phone Call, Time Display, Touchscreen, Weather Forecast

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or contact ASWEE customer service through the retailer where the product was purchased. Keep your proof of purchase for warranty claims.