

YUPENG ET587

YUPENG ET587 Smartwatch User Manual

Model: ET587

INTRODUCTION

Thank you for choosing the YUPENG ET587 Smartwatch. This manual provides detailed instructions on how to set up, operate, and maintain your device. Please read this manual carefully before use to ensure proper functionality and to maximize your user experience. Keep this manual for future reference.

Important Note: This device is not a medical device. All health data provided is for reference only and should not be used for medical diagnosis or treatment.

WHAT'S IN THE BOX

- 1 x YUPENG ET587 Smartwatch
- 1 x Charging Cable
- 1 x User Manual

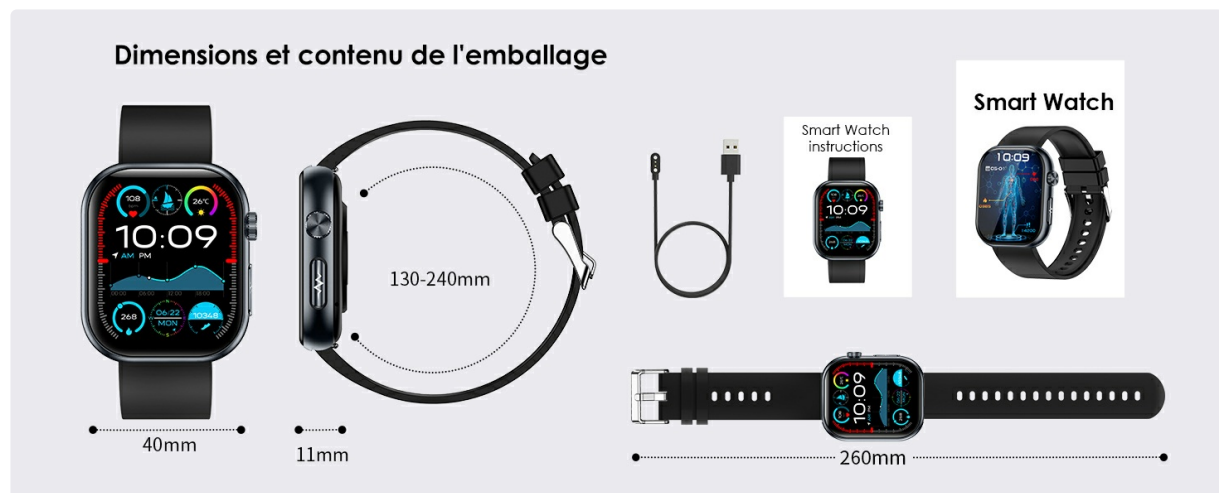


Image: The package contents, showing the smartwatch, charging cable, and a small instruction booklet.

PRODUCT OVERVIEW

The YUPENG ET587 Smartwatch features a 1.95-inch AMOLED HD display and offers a wide range of health and fitness tracking capabilities, along with smart communication features.

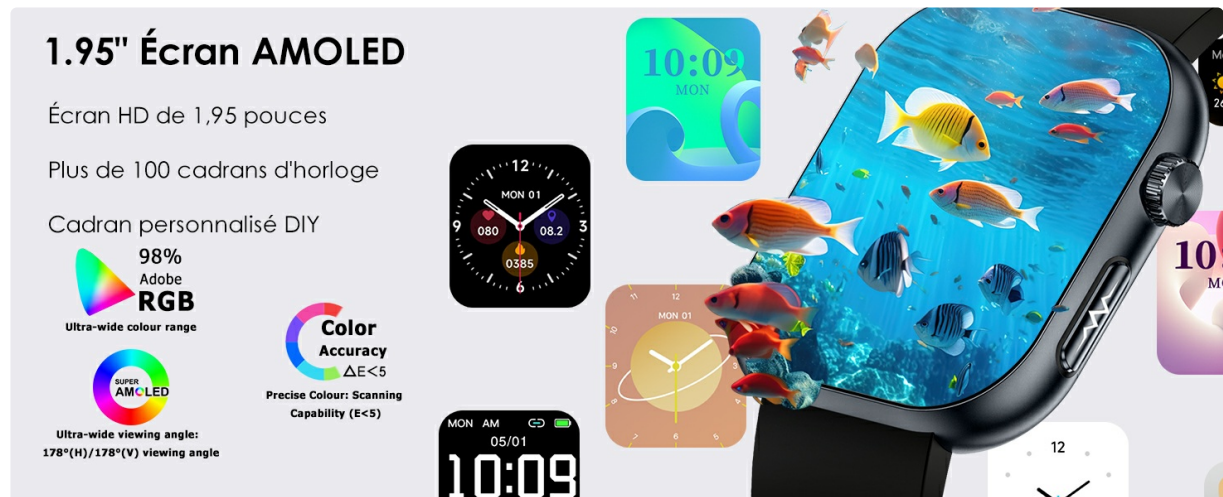


Image: A close-up of the smartwatch display showcasing its 1.95-inch AMOLED screen with high definition and various customizable watch faces.

SETUP

1. App Installation and Pairing

To use all features of your smartwatch, you need to download and install the "H Band" application on your smartphone.

1. Download the "H Band" app from your smartphone's app store (Android 5.0+ or iOS 10.0+).
2. Enable Bluetooth on your smartphone.
3. Open the "H Band" app, navigate to the data panel, tap on "Connect device," and search for "ET587" to pair.
4. Once successfully paired, the watch can make and receive calls directly.



Image: A visual guide demonstrating the four steps to connect the YUPENG ET587 smartwatch to the H Band application on a smartphone.

2. Initial Setup

After pairing, follow the on-screen prompts in the H Band app to set up your personal profile, including age, gender, height, and weight, for more accurate health data tracking.

OPERATING INSTRUCTIONS

1. Basic Navigation

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or widgets.
- **Tap:** Select an item or confirm an action.
- **Side Button:** Press to return to the home screen or wake the device. Long press for power options or SOS function.

2. Health Monitoring

Disclaimer: The health data provided by this smartwatch is for informational purposes only and should not be used as a substitute for professional medical advice, diagnosis, or treatment.

- **ECG and HRV Detection:** The watch uses an electrocardiogram principle to display bioelectrical ECG data within 60 seconds. With the H Band app, you can perform ECG measurements to detect risks such as atrial fibrillation and premature beats.

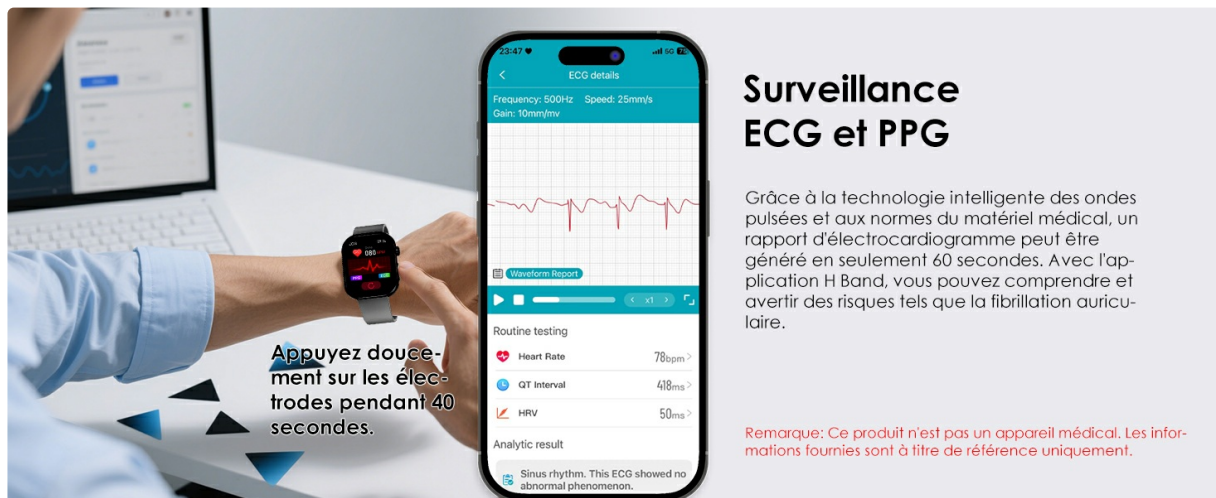


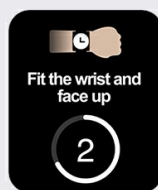
Image: A user performing an ECG measurement on the smartwatch, with the results displayed on both the watch and the H Band app.

ECG Measurement Method:

1. Wear the smartwatch on your left wrist for easier operation.
2. For accurate measurement, place your arm on a table, remain calm, and breathe normally. Do not speak during the measurement.
3. To start, tap the "ECG Test" button on the watch screen and long-press the ECG electrode with your right index finger as shown in the image. The entire process should be maintained for 40 seconds.

Méthode de mesure ECG:

1. Normalement, portez la montre intelligente avec votre main gauche pour faciliter l'opération.
2. Mesure des exigences posturales: placez vos bras sur la table, restez calme et respirez en même temps, ne parlez pas pendant la mesure.
3. Prérequis pour commencer la mesure: appuyez sur le bouton "ECG Test" sur l'écran de la montre et appuyez longuement sur l'électrode de l'ECG avec votre doigt droit comme indiqué dans l'image ci-dessous: l'ensemble du processus doit être maintenu pendant 40 secondes.



Remarque: ce produit n'est pas un dispositif médical professionnel, les données de mesure et les résultats sont fournis à titre indicatif uniquement

Image: A step-by-step visual guide on how to correctly perform an ECG measurement using the smartwatch.

- **Blood Composition Analysis:** This smartwatch can capture human waveform data to provide insights into your current body state and create body analysis reports. It includes a component that measures uric acid, cholesterol, and other blood lipids non-invasively. Data is generated in real-time on the watch and analyzed via the app.

Mesure et analyse des lipides sanguins

Analyse de 5 composants principaux : acide urique, cholestérol total, triglycérides, HDL et LDL. Il aide à comprendre la santé du sang en temps réel. Le réglage du mode privé permet des données de santé plus précises.

Remarque: Ce produit n'est pas un appareil médical. Les informations fournies sont à titre de référence uniquement.

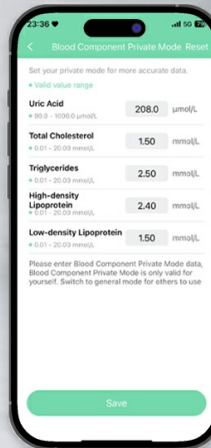
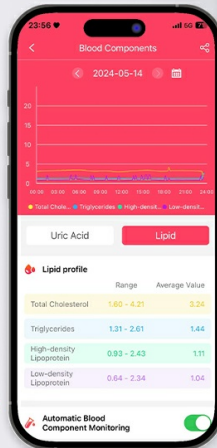


Image: A woman looking at her smartwatch and smartphone, displaying blood lipid analysis results including uric acid, total cholesterol, triglycerides, HDL, and LDL.

- **Body Composition Measurement:** Using advanced sensors and algorithms, the H Band app can analyze data such as muscle mass, body fat, and protein in less than 10 seconds.

Mesure de la composition corporelle

Grâce à des capteurs avancés et des algorithmes scientifiques, vous pouvez analyser des données telles que la masse musculaire, la graisse corporelle, les protéines et d'autres paramètres en moins de 10 secondes avec l'application H Band.

Remarque: Ce produit n'est pas un appareil médical. Les informations fournies sont à titre de référence.

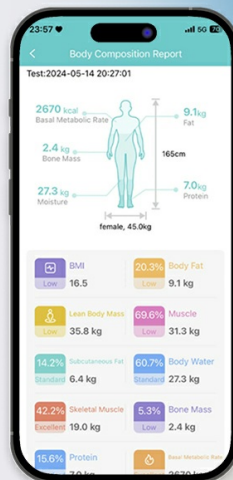


Image: A man holding a basketball, with a smartphone screen showing a body composition report from the H Band app, detailing BMI, body fat, muscle, and other metrics.

- **24/7 Comprehensive Health Monitoring:** The smartwatch continuously monitors heart rate, blood oxygen saturation, blood pressure, sleep patterns, body temperature, and stress levels. It also features a 30-second mood and fatigue measurement and breathing exercises.

24/7 surveillance de la santé



Image: Four distinct panels illustrating the continuous monitoring of heart rate, blood pressure, blood oxygen, and body temperature during various outdoor activities.

- **Sleep Detection:** The 24-hour scientific sleep analysis system generates professional sleep data via the H Band app, providing scientific evaluation reports and guidelines for improving sleep quality.

Détection du sommeil

Le système d'analyse scientifique du sommeil 24 heures sur 24 génère des données de sommeil professionnelles via l'application H Band. Fournissez des rapports d'évaluation scientifique et des directives d'amélioration du sommeil pour l'état et les problèmes de sommeil.



Image: A woman sleeping peacefully, with an overlay showing the H Band app's sleep detection interface, detailing sleep duration and stages like deep sleep, light sleep, and REM.

- **Women's Health:** Track menstrual cycle start and end dates to help manage sensitive periods.



Image: A woman sitting on a couch, with a smartphone screen displaying the H Band app's women's health tracking interface, showing menstrual cycle dates and notifications.

- **Emotional Fatigue Management:** The 30-second mood and fatigue function allows users to assess their emotions and stress, effectively checking their current mood, stress, and fatigue levels.

Gestion de la fatigue émotionnelle

La fonction d'humeur et de fatigue 30S permet aux utilisateurs d'évaluer leurs émotions et leur stress en 30 secondes, vérifiant efficacement leur humeur, leur stress et leur fatigue actuels.



Image: A man wearing the smartwatch, with four panels showing different levels of fatigue detection (Keep Still, Extremely Fatigued, Moderate Fatigue, No Fatigue) on the watch screen.

3. Sports Modes

The smartwatch supports over 100 sports modes, including running, cycling, badminton, basketball, football, and more. It features a precise gravity sensor to monitor steps, distance, and calories burned, providing real-time analysis of energy consumption.

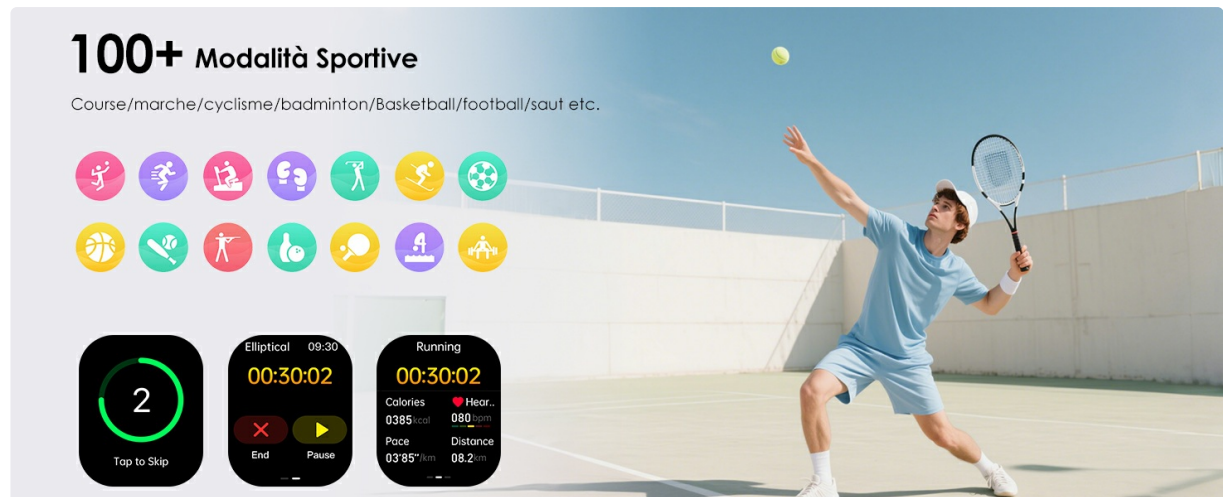


Image: A man playing tennis, with an infographic displaying icons for over 100 sports modes and a smartwatch screen showing workout data.

Enregistrement d'activité toute la journée

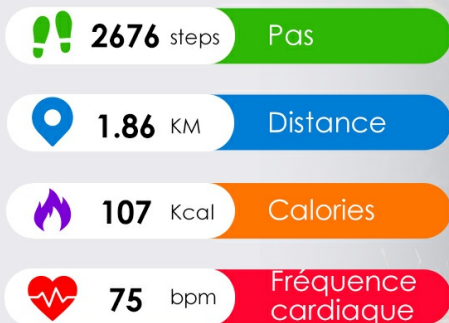


Image: Two hikers on a trail, with an overlay showing all-day activity recording metrics: steps, distance, calories, and heart rate.

4. Bluetooth Calls & Notifications

With Bluetooth 5.3 connectivity, the smartwatch offers stable transmission for calls, notifications, and data.

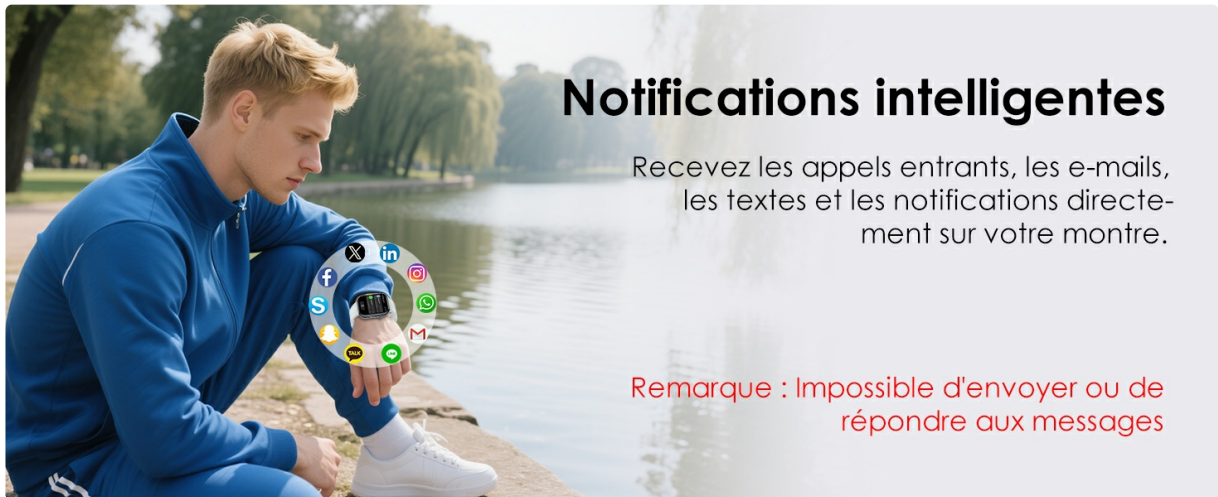
You can answer calls, add contacts, view call logs, and receive messages from various applications directly on your wrist.



5.3BLE Appels Bluetooth

Connectez-vous à votre téléphone via Bluetooth, ce qui vous permet de passer et de recevoir des appels directement depuis votre poignet.

Image: A woman cycling and a man driving, both wearing the smartwatch, with screens showing call interface and contact list, illustrating Bluetooth call functionality.



Notifications intelligentes

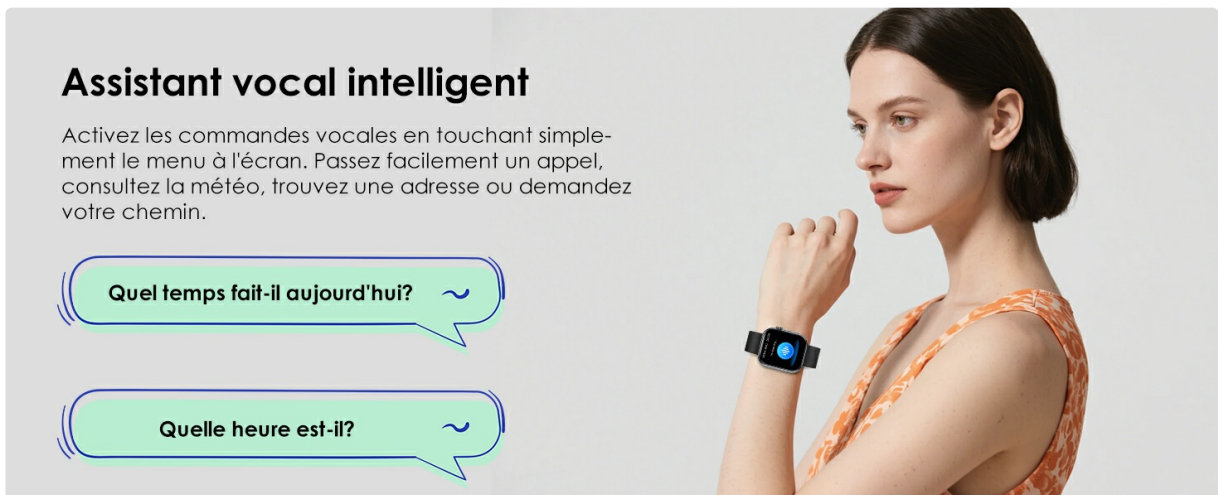
Recevez les appels entrants, les e-mails, les textes et les notifications directement sur votre montre.

Remarque : Impossible d'envoyer ou de répondre aux messages

Image: A man sitting by a lake, with his smartwatch displaying notifications from various social media and messaging applications. Note: It is not possible to send or reply to messages from the watch.

5. AI Voice Assistant

Activate the voice assistant by simply tapping the menu on the screen. Easily make calls, check the weather, find an address, or ask for directions.



Assistant vocal intelligent

Activez les commandes vocales en touchant simplement le menu à l'écran. Passez facilement un appel, consultez la météo, trouvez une adresse ou demandez votre chemin.

Quel temps fait-il aujourd'hui?

Quelle heure est-il?

Image: A woman wearing the smartwatch, with speech bubbles showing common voice commands like "What's the weather today?" and "What time is it?"

6. SOS Emergency Call

The smartwatch features an SOS function that allows you to call a predefined emergency contact. This can be particularly useful for elderly users living alone.

How to set up an SOS emergency call:

1. On your watch's main page, click on "ET587".
2. Tap on "Contacts".
3. Tap "Add a contact" again.
4. Tap on "SOS" to reveal the red button.
5. Long press the watch's power/off button, slide "SOS" to the right, and you can call the emergency SOS phone.



Image: A visual guide showing the steps to configure an emergency SOS contact and how to activate the SOS function on the smartwatch.



Image: An elderly woman sitting on a sofa, with a smartwatch on her wrist, and a graphic illustrating the SOS emergency rescue function.

7. Other Functions

The smartwatch includes several other useful features:

- **Weather:** Get real-time weather updates.
- **Flashlight:** Use the screen as a temporary light source.
- **Alarm:** Set alarms for reminders.
- **Music Control:** Control music playback on your smartphone.
- **Remote Camera:** Use the watch as a remote shutter for your phone's camera.

- **Stopwatch & Timer:** For timing activities.
- **Find Phone:** Locate your paired smartphone.



Image: A collage of images demonstrating various additional functions of the smartwatch, such as weather display, flashlight, alarm clock, music control, remote camera, stopwatch, timer, and find phone.

MAINTENANCE

1. Charging

The smartwatch is equipped with a 380mAh lithium-polymer battery. Charging takes approximately 2.5-3 hours. A full charge provides 4-7 days of daily use and over 20 days in power-saving standby mode.



Image: An infographic detailing the 380mAh battery capacity, charging time (2.5-3 hours), daily use duration (4-7 days), and standby time (20+ days).

2. Water Resistance

The smartwatch has an IP68 water resistance rating, making it suitable for daily hand washing, cold showers, and other everyday environments. It is resistant to dust and splashes.

Caution: Do not use the watch in saunas, hot water, seawater, or corrosive liquids. Do not use while swimming or showering with hot water.



Étanche IP68

LP68 étanche, peut être utilisé pour le lavage quotidien, la douche (eau froide) et d'autres environnements quotidiens.

Attention : N'utilisez pas le sauna et n'entrez pas en contact avec de l'eau chaude, de l'eau de mer, des liquides chimiques, etc.



Image: Hands washing under a faucet, with the smartwatch on the wrist, illustrating its IP68 water resistance for daily use.

3. Cleaning

Regularly clean the back of the watch and the strap with mild soap and water to prevent skin irritation. Ensure the watch is dry before wearing it again.

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and a power source.
- **Cannot pair with phone:** Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and the phone, then try pairing again through the H Band app.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Keep the sensors clean. Remember that data is for reference only and not for medical use.
- **Short battery life:** Reduce screen brightness, disable unnecessary notifications, and limit continuous health monitoring if not needed. Ensure the watch is fully charged.
- **Notifications not received:** Check app permissions on your phone to ensure the H Band app has access to notifications. Verify that notifications are enabled within the H Band app settings for the desired applications.

SPECIFICATIONS

Feature	Specification
Brand	YUPENG
Model Number	ET587
Display	1.95 Inches AMOLED
Resolution	410 x 502 HD
Operating System Compatibility	Android 5.0 and above, iOS 10.0 and above
Connectivity	Bluetooth 5.3

Special Features	ECG, HRV, Uric Acid Monitoring, Blood Lipid Monitoring, Body Temperature, Blood Pressure, Blood Oxygen, Heart Rate, Sleep Tracking, Emotion Detection, SOS Emergency Call
Battery Type	Lithium-polymer
Battery Capacity	380 mAh
Charging Time	2.5 - 3 hours
Daily Use Battery Life	4 - 7 days
Standby Battery Life	Over 20 days
Water Resistance	IP68
Memory Storage Capacity	128 MB
GPS	GPS via smartphone
Shape	Rectangular

SAFETY INFORMATION

- Keep the device away from fire and high temperatures.
- Do not expose the device to extreme temperatures (below -10°C or above 50°C).
- Avoid strong impacts or dropping the device.
- Do not attempt to disassemble or repair the device yourself. Contact customer support for assistance.
- Keep out of reach of children.
- Dispose of the device and its battery according to local regulations. Do not dispose of with household waste.

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the contact details provided with your purchase or visit the YUPENG official website. If you have any questions or encounter issues, do not hesitate to contact customer service.



Serveur client 24 heures sur 24

Si vous avez des questions, n'hésitez pas à nous contacter!

Image: The product box label showing brand name YUPENG, model H31 (ET587), manufacturer details, and safety warnings in multiple languages.