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## IMFRCHCS B6

# IMFRCHCS Fitness Tracker Smart Watch B6 User Manual

Model: B6

## 1. INTRODUCTION

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The IMFRCHCS Fitness Tracker Smart Watch B6 is designed to help you monitor your health and fitness activities. Featuring a 1.47-inch TFT touch display, it offers a wide range of functions including multiple sport modes, heart rate monitoring, sleep tracking, and smart notifications. This manual provides detailed instructions for setting up, operating, and maintaining your device.



Image 1.1: IMFRCHCS Fitness Tracker Smart Watch B6.

## 2. WHAT'S IN THE BOX

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Please verify that all items are present in the package:

- IMFRCHCS Fitness Tracker Smart Watch B6
- Charging Cable
- User Manual
- Watch Band

## 3. SETUP

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### 3.1 Initial Charging

Before first use, fully charge your Smart Watch B6. Connect the provided charging cable to the charging contacts on the back of the watch and to a USB power source. The watch display will indicate charging status.

### 3.2 App Download and Installation

To unlock the full functionality of your Smart Watch B6, download the companion application on your smartphone. Refer to the quick start guide included in the box for the specific app name and QR code, or search for the recommended app in your device's app store (e.g., JYouPro, as mentioned in some user feedback).

### 3.3 Device Pairing

1. Ensure your smartphone's Bluetooth is enabled.
2. Open the companion app on your smartphone.
3. Follow the in-app instructions to search for and connect to your Smart Watch B6.
4. Confirm the pairing request on both your watch and smartphone.

## 4. OPERATING INSTRUCTIONS

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The Smart Watch B6 features a 1.47-inch TFT touch display for easy navigation and interaction.



Image 4.1: The 1.47-inch HD screen and various feature icons.

### 4.1 General 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.

### 4.2 Fitness Tracking

The watch supports over 130 sport modes to track various physical activities. It records data such as steps, calories burned, and distance.

## Personalized Watch Faces with Your Photo

In addition to a variety of watch faces that can be switched freely, you can also upload your own photos to customize it. More creative watch faces are waiting for you to define.

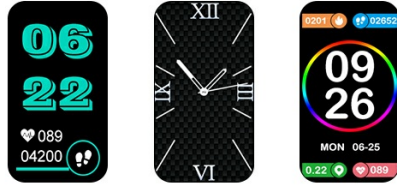
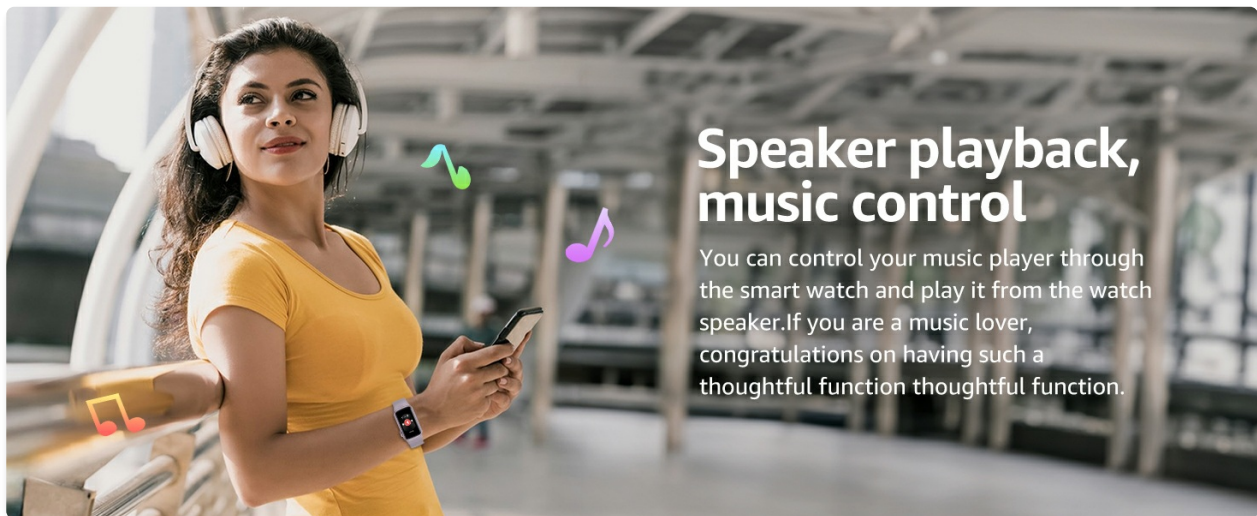


Image 4.2: The fitness tracker displaying data during a sport mode, with a woman running in the background.



## Speaker playback, music control

You can control your music player through the smart watch and play it from the watch speaker. If you are a music lover, congratulations on having such a thoughtful function.

Image 4.3: The watch interface showing a selection of available sport modes.

### 4.3 Health Monitoring

The Smart Watch B6 provides continuous monitoring of key health metrics:

- **Heart Rate Monitoring:** Tracks your heart rate throughout the day.
- **Sleep Monitoring:** Records sleep stages (deep, light, REM) to help analyze sleep quality.
- **Blood Oxygen (SpO2) Monitoring:** Measures blood oxygen saturation levels.
- **Blood Pressure Monitoring:** Provides blood pressure readings.

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




130+ Sport modes

We carefully create sports products to make you focus on sports. Lightweight design and soft and comfortable watch strap make you more comfortable in cycling, basketball, badminton, football, yoga and other sports.



Image 4.4: Visual representation of 24-hour heart rate, blood oxygen, and blood pressure monitoring features.



**Power that keeps up with you**

Stay powered up throughout your busiest days with an improved battery that can keep up with you.



-  2 hours charging
-  Use for 5 days

Image 4.5: Overview of the smartwatch's functions accessible via the HD touch screen.

#### 4.4 Smart Features

- **Notifications:** Receive alerts for incoming calls, text messages, and social media apps (e.g., Facebook, Instagram, Twitter, Line, WhatsApp) directly on your wrist.
- **Music Control:** Control music playback on your connected smartphone.
- **Remote Camera Shutter:** Use your watch to remotely trigger your smartphone's camera.
- **Weather Information:** Get real-time weather updates.
- **Alarms and Reminders:** Set alarms and receive reminders for various activities, including medication reminders.
- **Find Phone:** Locate your misplaced smartphone using the watch.
- **Breathing Training:** Guided breathing exercises to help adjust breathing and promote relaxation.



Image 4.6: The smartwatch showing intelligent message reminders from various applications.

## 4.5 Personalization

Customize your watch face with a variety of pre-installed options or upload your own photos for a personalized look.



Image 4.7: Examples of personalized watch faces available for the device.

## 4.6 Feature Overview Video

Watch this video for a visual overview of the IMFRCHCS Fitness Tracker Smart Watch B6's key features and functionalities.

Your browser does not support the video tag.

Video 4.8: An official product video showcasing the design, sport modes, waterproofing, sleep detection, heart rate, blood pressure, blood oxygen, medication reminders, watch faces, and breathing training features of the B6 Fitness Tracker.

# 5. MAINTENANCE

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## 5.1 Charging

The watch typically requires charging every 5-7 days depending on usage. A full charge takes approximately 2 hours. Use the provided magnetic charging cable.

## 5.2 Water Resistance (IP68)

The Smart Watch B6 is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily wear, including hand washing, sweating, and light rain. It can also be worn for swimming in shallow water. Avoid hot water, saunas, or diving, as extreme temperatures and high-pressure water jets may compromise the seal.



Image 5.1: The IP68 waterproof rating of the smartwatch, indicating resistance to sweat, washing, swimming, and rain.

### 5.3 Cleaning

Regularly clean your watch and strap with a soft, dry cloth. If necessary, use a slightly damp cloth and mild soap, then rinse and dry thoroughly. Avoid harsh chemicals or abrasive materials.

## 6. TROUBLESHOOTING

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- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with smartphone:**
  - Ensure Bluetooth is enabled on your phone.
  - Make sure the watch is within Bluetooth range (typically 10 meters).
  - Restart both your phone and the watch.
  - Check if the correct companion app is installed and updated.
- **Inaccurate health readings:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Readings are for reference and not medical grade.
- **Notifications not appearing:**
  - Check app permissions on your phone to allow notifications.
  - Ensure the watch is connected via Bluetooth.
  - Verify notification settings within the companion app.
- **Screen unresponsive:** Try restarting the watch by pressing and holding the side button. If unresponsive, allow the battery to fully drain and then recharge.

## 7. SPECIFICATIONS

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Feature	Specification
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Feature	Specification
Display Size	1.47 Inches
Display Type	TFT
Item Weight	2.89 ounces
Battery Capacity	150 Milliamp Hours
Battery Type	Lithium Ion (1 AAA battery included)
Water Resistance	IP68
Connectivity	Bluetooth
Operating System	Wear OS 3.0
Memory Storage Capacity	64 MB
GPS	Via Smartphone
Model Number	65065018531523

## 8. WARRANTY AND SUPPORT

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