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> [OICIIDO](#) /

> [Smart Watch for iOS and Android Phones, 2025 HD 2.01" Screen Smart Watches for Women, 1ATM Waterproof, 112+ Sports Modes Fitness Activity Tracker, Heart Rate Sleep Monitor Steps Calories Counter 2.01"Rose Gold User Manual](#)

OICIIDO Z172

OICIIDO Smart Watch User Manual

Model: Z172

[Introduction](#)

[What's in the
Box](#)

[Setup](#)

[Operating](#)

[Maintenance](#)

[Troubleshooting](#)

[Warranty &](#)

[Support](#)

[Specifications](#)

1. INTRODUCTION

This manual provides comprehensive instructions for the setup, operation, and maintenance of your OICIIDO Smart Watch. Designed for both iOS and Android phones, this smartwatch features a 2.01" HD screen, 1ATM waterproofing, and over 112 sports modes, along with advanced health monitoring capabilities.

2. WHAT'S IN THE BOX

- OICIIDO Smart Watch (Rose Gold)
- Magnetic Charging Cable
- User Manual (Quick Start Guide)



Image: The OICIIDO Smart Watch in Rose Gold, showcasing its sleek design and accompanying components.

3. SETUP

3.1 Initial Charging

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). A full charge typically takes 2.5-3 hours.

3.2 App Download and Pairing

Download the "TechWear" app from your smartphone's app store. Open the app and set up your profile. Follow the in-app instructions to add your device by selecting it from the scanning list. Ensure Bluetooth is enabled on your phone.

3.3 Powering On/Off

To power on the watch, press and hold the side button for a few seconds until the screen illuminates. To power off, press

and hold the side button on the main screen, then confirm power off on the display.

4. OPERATING YOUR SMART WATCH

4.1 Navigation

- **Swipe Down:** Access quick settings (Do Not Disturb, Low Power Mode, Phone, Brightness, Contact Card, Settings).
- **Swipe Left:** View quick menu for apps (Activity, Sleep, Heart Rate, Phone Call, Exercise, etc.). Swipe again for full app drawer.
- **Swipe Right:** Access favorites (Blood Pressure, Stress, customizable widgets).
- **Swipe Up:** View messages/notifications.
- **Side Button:** Press to return to the main screen. Hold to power on/off.

4.2 Key Features




Bluetooth 5.3 Call & Message Alerts

Utilize the Bluetooth 5.3 chip to make and receive calls directly from your watch. Stay connected with call history, dial pad, and contacts. Receive notifications from popular apps like Facebook, WhatsApp, Instagram, and SMS.

Note: Message replies are not supported.



Bluetooth 5.3 Call

-  Call History
-  Frequent Contacts
-  Dialpad



Message Alerts

** can't reply on the watch



AI Voice Control

Siri ,Turn on the Light

Siri ,Set an Alarm



Image: Smartwatch screen showing incoming call, message notifications, and AI voice control interface.

AI Voice Control

Command your watch using voice with the integrated AI voice assistant, HD speakers, and microphone. Control music playback, check weather, set alarms, and more.

2.01-inch HD Screen & Customizable Dials

Experience clear visuals on the 2.01" HD screen. Choose from over 130 pre-installed dials or customize your watch face by uploading personal photos via the "TechWear" app.



Image: The smartwatch showcasing its large, high-definition display with a colorful watch face.

All-day Health Monitoring

Equipped with an advanced optical sensor, the watch provides 24-hour heart rate monitoring, SpO2 measurement, and detailed sleep quality detection (deep sleep, light sleep, awake time). Access your health data in the "TechWear" app. Includes a menstrual cycle tracking function for women.

All-day Health Monitoring

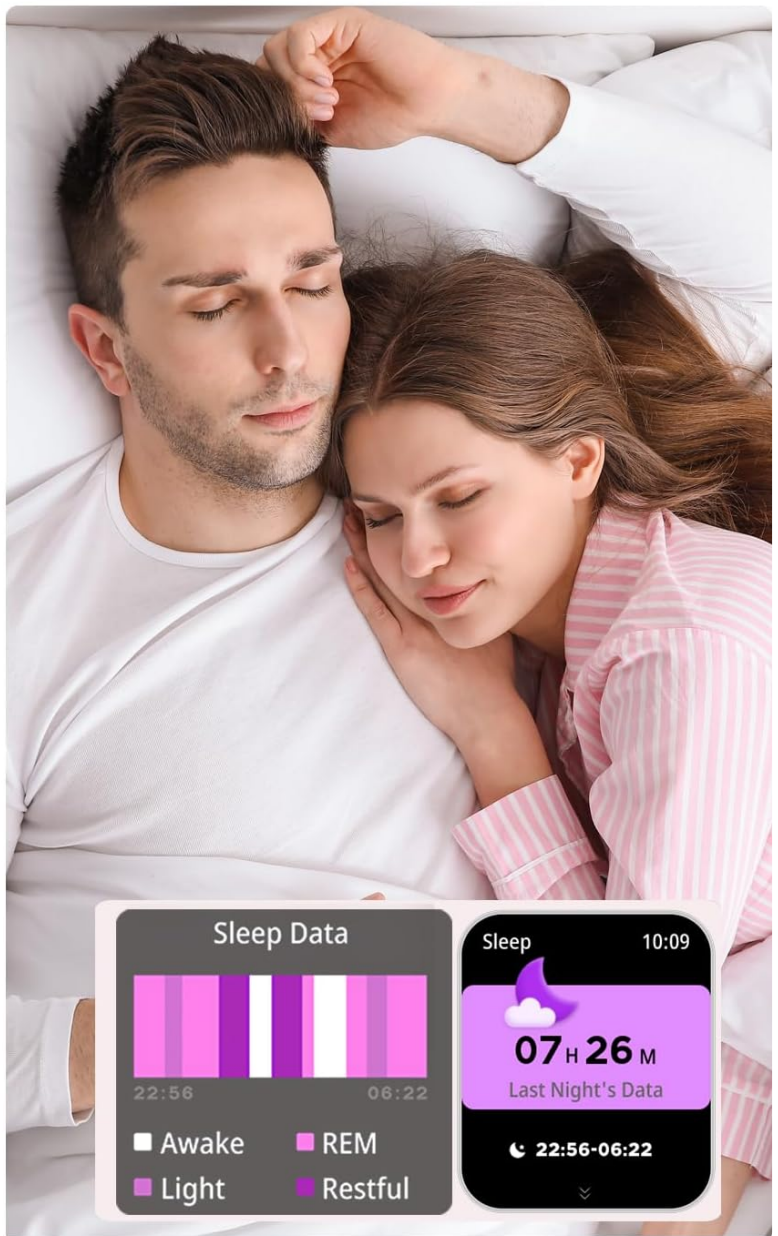


Image: Visual representation of the smartwatch's health tracking features, including heart rate, blood pressure, SpO2, and sleep data.

123+ Sports Modes & 1ATM Waterproof

Track your workouts with over 123 exercise modes, including running, cycling, walking, basketball, yoga, and skiing. The activity tracker records steps, distance, and calories in real-time. With a 1ATM water and dust resistant rating, the watch is suitable for hand washing and rain exposure. *Note: Not recommended for swimming or submersion.*

More Functions Smart Watch

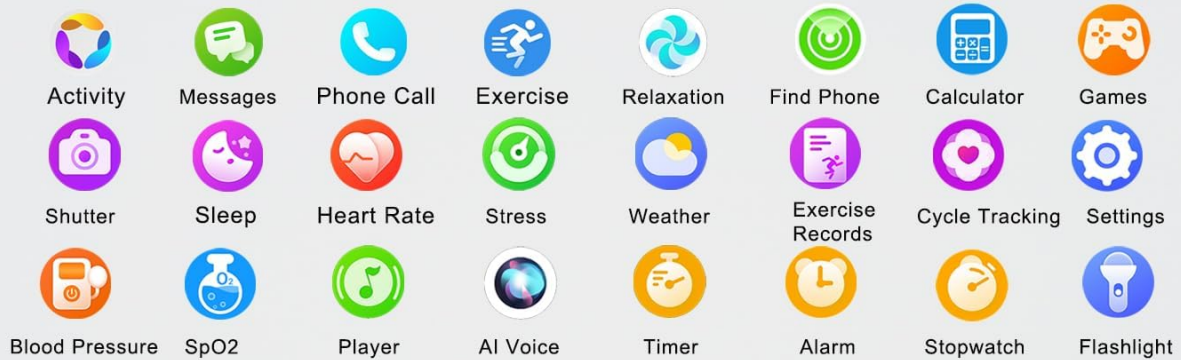


Image: A collage of icons representing the numerous functions of the smartwatch, including various sports modes.

4.3 Additional Functions

- **Long Standby Time:** Enjoy 7-9 days of daily use on a single charge.
- **Timer & Stopwatch:** For precise timekeeping during activities.
- **Alarm Clock:** Set multiple alarms for daily reminders.
- **Sedentary Reminder:** Prompts you to move after periods of inactivity.
- **Music Control:** Manage music playback on your connected phone.
- **Weather Forecast:** Get real-time weather updates.
- **Brightness Adjustment:** Customize screen brightness for optimal viewing.
- **Photo Control:** Remotely trigger your phone's camera shutter.
- **Calculator:** Perform basic calculations directly on your wrist.
- **Find Phone:** Locate your paired smartphone.
- **Games:** Includes simple games for entertainment.
- **Remind to Drink:** Set reminders to stay hydrated.

5. MAINTENANCE

5.1 Cleaning

Regularly clean your smartwatch and strap with a soft, dry cloth. If exposed to sweat or water (from rain or hand washing), dry it thoroughly before wearing it again to prevent skin irritation and maintain device longevity.

5.2 Charging

Charge the device using the provided magnetic charging cable. Ensure the charging contacts on the watch and cable are clean and properly aligned. Avoid using damaged cables or chargers.

6. TROUBLESHOOTING

Issue	Possible Cause	Solution
Watch not turning on	Low battery; device frozen.	Charge the watch for at least 30 minutes. Press and hold the side button for 10-15 seconds to force restart.
Cannot pair with phone	Bluetooth off; app not open; device not found.	Ensure Bluetooth is on. Open "TechWear" app and try pairing again. Restart both watch and phone.
Inaccurate health data	Watch not worn correctly; movement during measurement.	Ensure watch is snug on wrist. Remain still during measurements. Clean sensors on back of watch.
Short battery life	High brightness; frequent notifications; continuous monitoring.	Reduce screen brightness. Limit notifications. Adjust monitoring frequency in app. Enable Low Power Mode.

7. SPECIFICATIONS

- **Model Number:** Z172
- **Screen Size:** 2.01 Inches HD
- **Connectivity:** Bluetooth 5.3
- **Water Resistance:** 1ATM (Rain-proof, splash-proof, sweat-proof)
- **Battery Capacity:** 350 Milliamp Hours
- **Battery Life:** 7-9 days (typical use)
- **Charging Time:** 2.5-3 hours
- **Compatibility:** iOS 9.0+ / Android 5.0+
- **Memory Storage:** 64 MB
- **Item Weight:** 4.2 ounces
- **Package Dimensions:** 5.94 x 2.95 x 1.22 inches
- **Manufacturer:** OICIIDO
- **Country of Origin:** China

8. WARRANTY & SUPPORT

For detailed warranty information and customer support, please refer to the documentation included with your product or visit the official OICIIDO website. Keep your purchase receipt for warranty claims.

