

hellibito ef3259a8-61e7-4a3b-aad0-2a05ba5a81bd

hellibito Wrist Blood Pressure Smart Watch User Manual

Model: ef3259a8-61e7-4a3b-aad0-2a05ba5a81bd

1. INTRODUCTION

This manual provides essential information for the proper use and maintenance of your hellibito Wrist Blood Pressure Smart Watch. Please read this manual thoroughly before using the device to ensure accurate readings and optimal performance. This device is designed to assist in monitoring various health metrics, including blood pressure, heart rate, blood oxygen, sleep, and activity levels.



Airbag Blood Pressure Smart Watch

Unlock a new way to stay healthy, blood pressure monitoring is so easy!

-  All weather
-  1.92" big screen
-  Health monitoring
-  True blood pressure



The hellibito Wrist Blood Pressure Smart Watch is designed for comprehensive health monitoring. This image shows the watch being worn by a child, with parents nearby, highlighting its use for family health tracking.

2. SAFETY INFORMATION

Important Safeguards:

- Consult your physician before starting any new exercise regimen or making changes to your medication based on device readings.
- This device is not a medical device and should not be used to diagnose or treat any medical condition.
- Keep the device away from children and pets.
- Do not attempt to disassemble or modify the device.

- Avoid exposing the device to extreme temperatures, direct sunlight, or water beyond its specified water resistance.
- Ensure the charging cable is used correctly to prevent damage or electric shock.

3. SETUP

3.1. Charging the Device

Before first use, fully charge your smart watch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a compatible power adapter (5V/1A recommended). A full charge typically takes 2-3 hours.

220mAh

Long battery life

Note: The working time is related to the usage habits. The recommended voltage is 5V. Do not use a power adapter exceeding 5V/2A to charge

2-3 hours
charging time

5-10 days
normal use

20-30 days
standby time



The smart watch screen shows a charging icon, indicating the device is receiving power. Text on the image details battery life: 2-3 hours charging time, 5-10 days normal use, and 20-30 days standby time.

3.2. App Installation and Pairing

To unlock the full functionality of your smart watch, download the companion application on your smartphone (Android or iOS). Search for the app name (usually found in the watch's quick start guide or on the watch screen during initial setup) in your device's app store. Once installed:

1. Enable Bluetooth on your smartphone.
2. Open the app and follow the on-screen instructions to create an account or log in.
3. Select 'Add Device' or 'Pair Device' within the app.
4. The app will search for your smart watch. Select your watch from the list of available devices.
5. Confirm the pairing request on both your phone and the watch, if prompted.

4. OPERATING THE SMART WATCH

4.1. Basic Navigation

- **Touchscreen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Side Button(s):** Typically used for power on/off, returning to the home screen, or accessing specific functions. Refer to the quick start guide for specific button assignments.

4.2. Blood Pressure Monitoring

The smart watch features an airbag pump cuff for blood pressure measurement. For accurate readings, ensure the watch is worn correctly and follow the measurement guide.



Blood Pressure Monitoring

Innovative air pump airbag and high-precision sensor monitor **dynamic blood pressure** in the pulse in real time and support regular measurement in the morning and evening.

And electronic
sphygmomanometer
same working
principle
measurement
of air pump airbag



The smart watch displays blood pressure readings (SBP, DBP, HR) and indicates 'Measurement successful'. The image highlights the innovative air pump airbag and high-precision sensor for dynamic blood pressure monitoring.

4.2.1. BP Measurement Guide

AI intelligence recognizes postures and provides real-time guidance to improve measurement accuracy. Please sit still for 5 minutes before measuring to avoid affecting the measurement results.

1. Please install and use correctly airbag blood pressure watch.
2. Keep quiet and support the elbow feet flat.
3. Keep quiet and keep the heart at the same height palm over measuring.
4. View the watch measurement successful.

BP Measurement Guide

AI intelligently recognizes postures and provides real-time guidance to improve measurement accuracy. Please sit still for 5 minutes before measuring to avoid affecting the measurement results.



1: Please install and use correctly airbag blood pressure watch



2: Keep quiet and support the elbow feet flat



3: Keep quiet and keep the heart at the same height palm over shoulder measuring

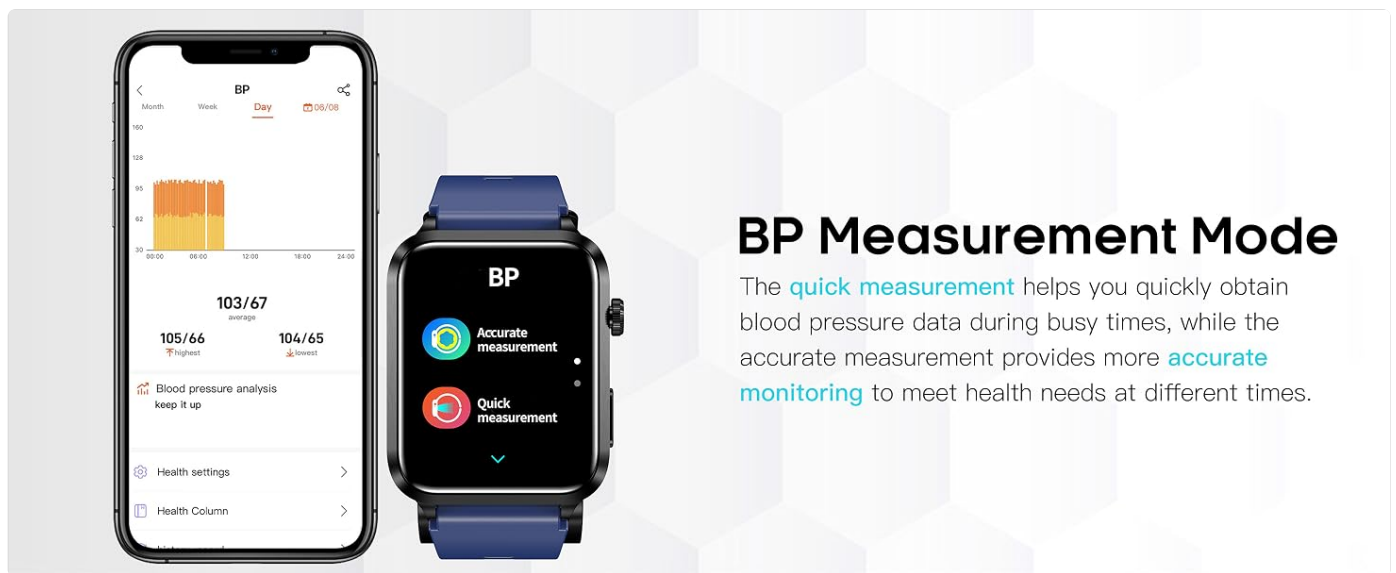


4: View the watch measurement successful

This composite image illustrates the four key steps for accurate blood pressure measurement: 1) Correctly wearing the airbag blood pressure watch, 2) Sitting quietly with feet flat and elbow supported, 3) Keeping the wrist at heart level, and 4) Viewing the successful measurement on the watch.

4.2.2. BP Measurement Modes

The watch offers both quick and accurate measurement modes. The quick measurement helps obtain data during busy times, while the accurate measurement provides more precise monitoring.



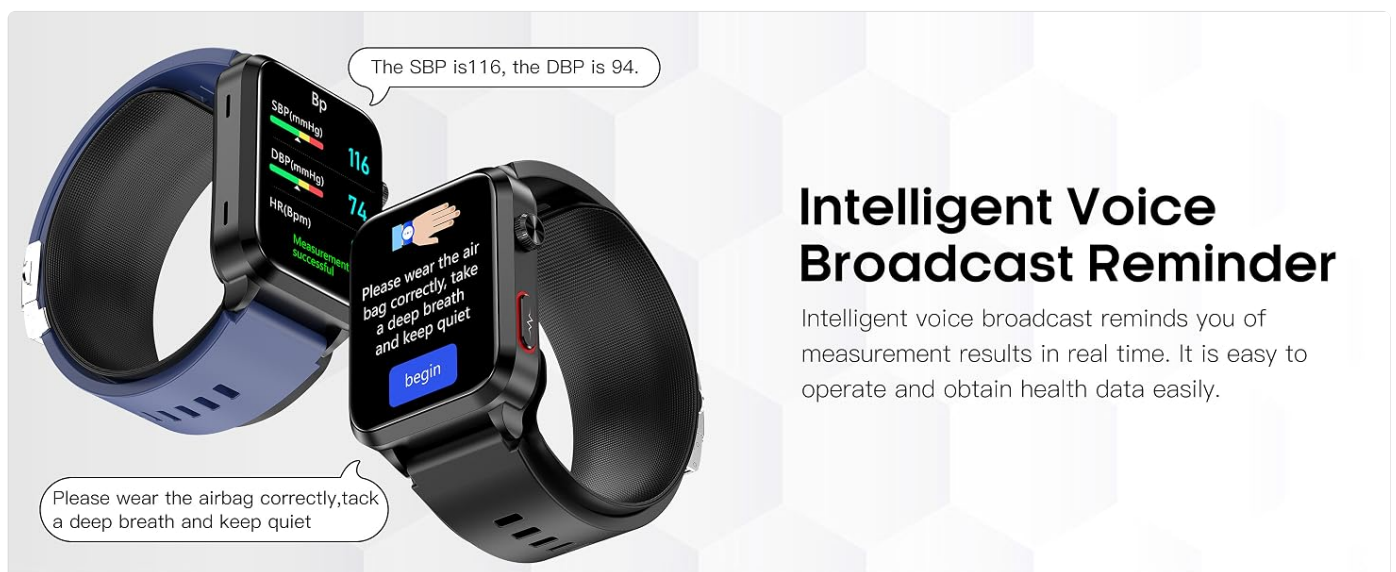
BP Measurement Mode

The **quick measurement** helps you quickly obtain blood pressure data during busy times, while the accurate measurement provides more **accurate monitoring** to meet health needs at different times.

The smart watch screen displays options for 'Accurate measurement' and 'Quick measurement'. The accompanying phone app shows a graph of blood pressure trends over time, with average, highest, and lowest readings.

4.2.3. Intelligent Voice Broadcast Reminder

The watch provides intelligent voice broadcast reminders of measurement results in real-time, making it easy to operate and obtain health data.



Intelligent Voice Broadcast Reminder

Intelligent voice broadcast reminds you of measurement results in real time. It is easy to operate and obtain health data easily.

Two smart watches are shown, both displaying blood pressure readings. One watch shows a prompt: 'Please wear the air bag correctly, take a deep breath and keep quiet, begin'. The other watch displays SBP 116 mmHg and DBP 94 mmHg, with a speech bubble indicating 'The SBP is 116, the DBP is 94'.

4.3. Heart Rate Monitoring

The watch continuously monitors your heart rate. When the heart rate exceeds a set range, a high heart rate alarm is triggered immediately.



Heart Rate Monitoring

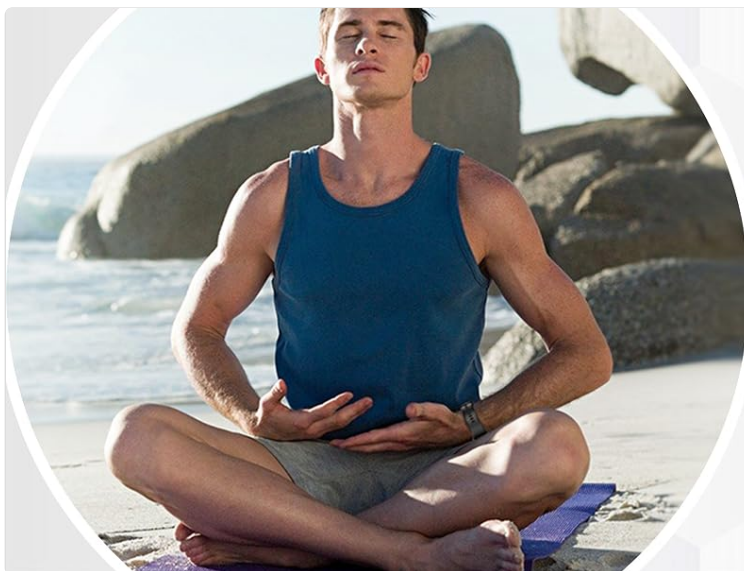
When the heart rate exceeds the set range, a **high heart rate alarm** is triggered immediately



A man is shown exercising, with a smart watch on his wrist displaying heart rate data (078 bpm). The accompanying phone app shows a detailed heart rate graph and analysis, indicating average heart rate and progress.

4.4. Blood Oxygen Monitoring

The device provides 24-hour blood oxygen saturation monitoring to help protect your blood oxygen health.



Blood Oxygen Monitoring

24-hour blood oxygen saturation monitoring to protect your blood oxygen health.



A man is shown meditating, with a smart watch on his wrist displaying blood oxygen saturation (SpO2) at 96%. The phone app provides a detailed graph of SpO2 levels and analysis.

4.5. Sleep Monitoring

The watch automatically identifies sleep stages (Deep Sleep, Light Sleep, REM, Awake) every night and provides detailed sleep data reports to help improve your sleep quality.



Sleep Monitoring

Monitor your sleep quality every night in real time and provide **detailed analysis reports** to help you improve your sleep.



A woman is shown resting in bed, wearing the smart watch which displays sleep duration (08h 08m) and sleep stages (Deep, Light). The phone app provides a detailed sleep analysis graph, showing deep sleep, light sleep, and REM sleep durations.

4.6. Body Temperature Monitoring

Keep track of body temperature changes and receive high temperature alarms at any time.



A man is shown drinking coffee while wearing the smart watch, which displays a body temperature of 36.5°C. The phone app provides a temperature trend graph and analysis.

4.7. Respiration Rate Monitoring

Regulate your breathing rhythm through breathing exercises, promote physical and mental relaxation, and maintain optimal health.



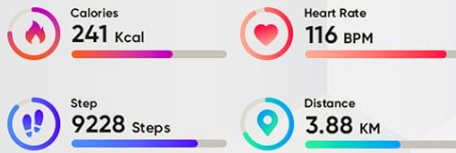
A woman is shown stretching, wearing the smart watch which displays a respiration rate of 14 rpm. The phone app provides a respiration rate graph and analysis.

4.8. Activity Tracking

The watch tracks your activity progress throughout the day, including steps, calories, distance, and heart rate. You can set daily activity goals to move towards a better life.

All-day Activity Tracker

Track your activity progress throughout the day and easily **set daily activity goals** to move towards a better life.



The smart watch displays various activity metrics such as steps, kilometers, calories, and BPM. The phone app shows a detailed step analysis graph and total steps, with a reminder to exercise more if the activity level is insufficient.

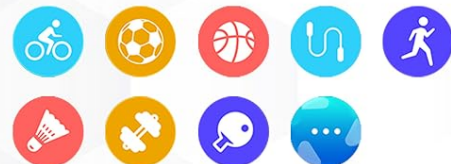
4.8.1. Multiple Sports Modes

The watch supports various sports modes such as running, cycling, and football, allowing you to track your performance for different activities.



Multiple Sports Modes

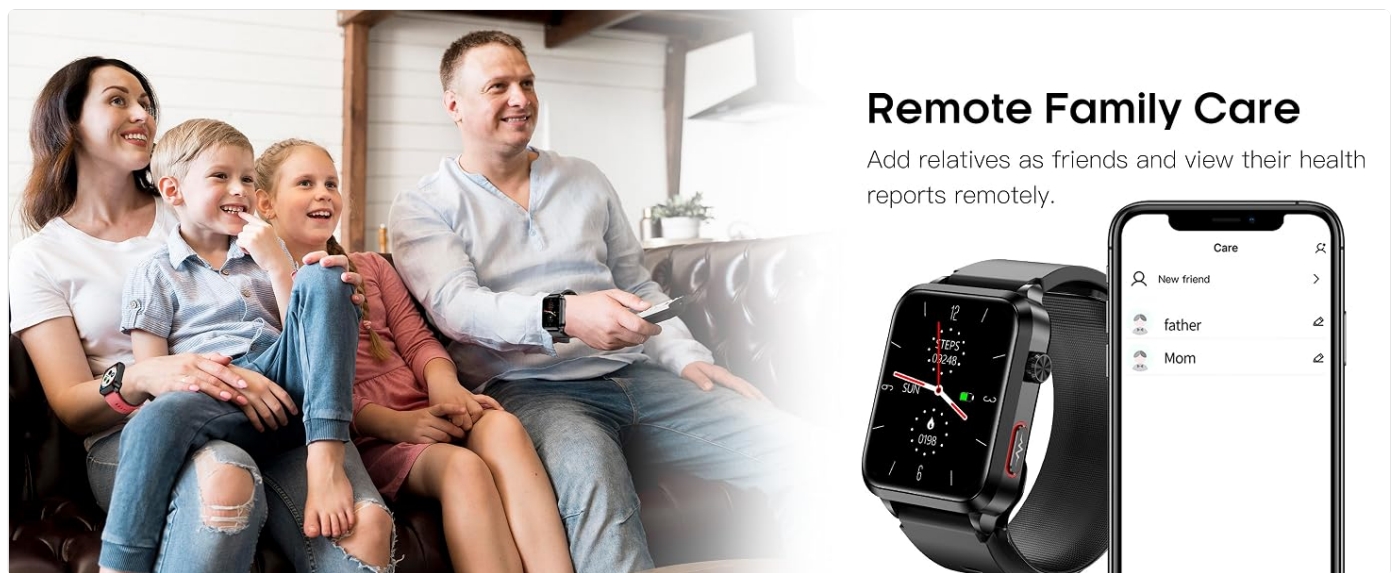
Various sports modes such as running, cycling, football, meet your sports choices at different times.



A man is shown cycling, wearing the smart watch. Alongside are icons representing various sports modes supported by the watch, including cycling, football, basketball, jump rope, running, badminton, dumbbell, and table tennis.

4.9. Smart Features and Applications

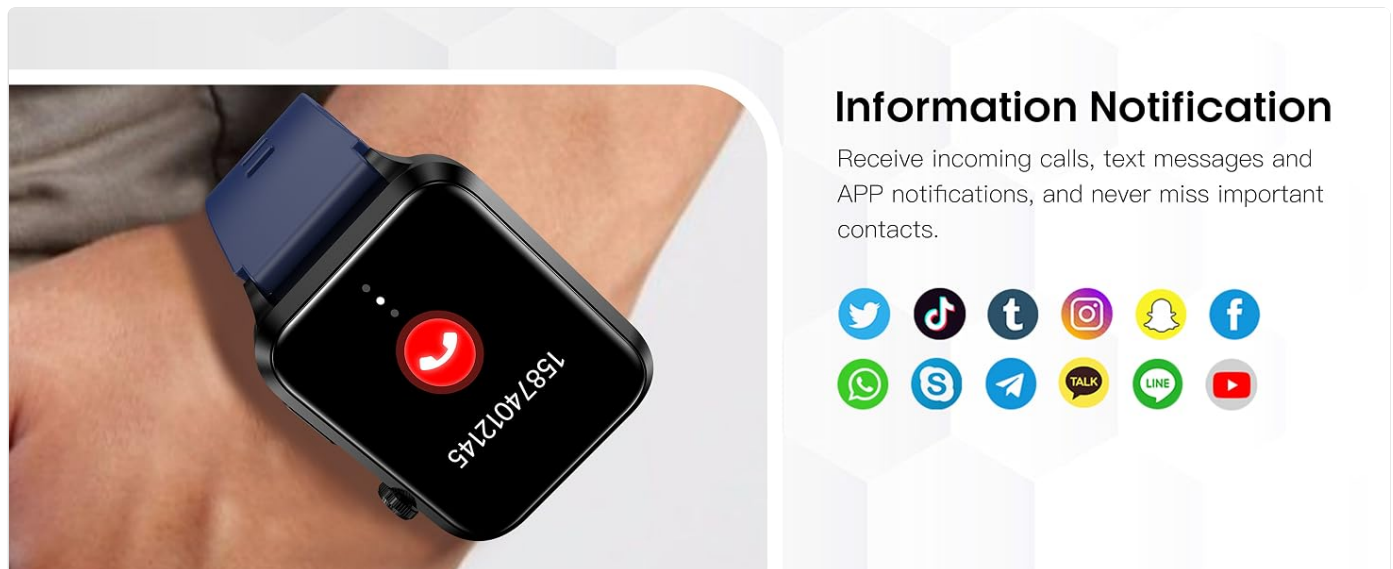
- **Remote Family Care:** Add relatives as friends in the app and view their health reports remotely.
- **Information Notification:** Receive incoming calls, text messages, and app notifications directly on your watch.
- **Music Control:** Control music playback on your connected smartphone.
- **Camera Control:** Use your watch as a remote shutter for your phone's camera.
- **Weather Forecast:** View current weather conditions and forecasts.
- **Alarm Reminder:** Set alarms directly from your watch.
- **Sedentary Reminder:** Get alerts to move after periods of inactivity.
- **Find Phone:** Locate your misplaced smartphone using the watch.
- **Custom Watch Faces:** Choose from over 50 online watch faces or customize your own.



Remote Family Care

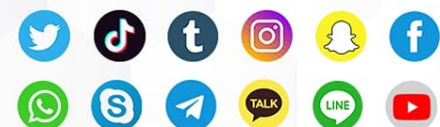
Add relatives as friends and view their health reports remotely.

A family is shown on a couch, with the smart watch displayed alongside a phone app interface. The app screen shows a 'New Friend' option and a list of family members (father, mom) for remote health report viewing, illustrating the remote family care feature.



Information Notification

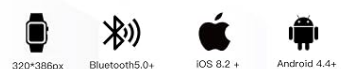
Receive incoming calls, text messages and APP notifications, and never miss important contacts.



A smart watch on a wrist displays an incoming call notification with a phone number. Adjacent to it are icons of various social media and messaging applications, indicating the watch's capability to receive notifications from these platforms.



50+ Online Watch Faces



This image showcases a variety of watch faces available for the smart watch, ranging from digital to analog designs, some displaying health metrics. A phone app interface is also shown, demonstrating how users can customize watch faces, including uploading personal pictures

and adjusting text color.

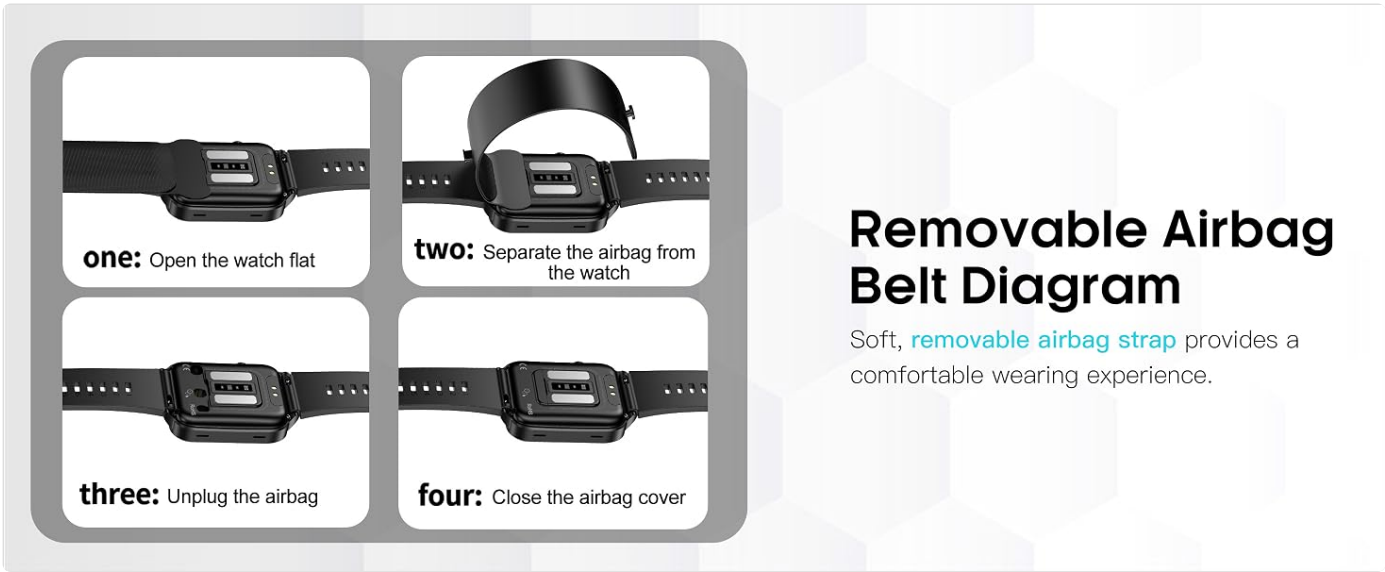
5. MAINTENANCE

5.1. Cleaning the Device

Wipe the watch and strap regularly with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, which can damage the device.

5.2. Airbag Belt Removal (if applicable)

The soft, removable airbag strap provides a comfortable wearing experience and can be detached for cleaning or replacement.



This diagram illustrates four steps for removing the airbag belt: 1) Open the watch flat, 2) Separate the airbag from the watch, 3) Unplug the airbag, and 4) Close the airbag cover.

5.3. Battery Care

To prolong battery life, avoid fully discharging the watch frequently. Charge the device using a 5V/1A or 5V/2A power adapter. Do not use adapters exceeding 5V/2A.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Inaccurate Blood Pressure Readings	Incorrect wearing posture, movement during measurement, low battery, improper cuff inflation.	Ensure correct posture (refer to section 4.2.1), remain still, fully charge the device, ensure the airbag cuff is properly positioned and inflated.
Watch not pairing with phone	Bluetooth off, app not open, watch out of range, watch not discoverable.	Ensure phone Bluetooth is on, open the companion app, keep watch close to phone, restart both devices.
Short battery life	Frequent use of power-intensive features, high screen brightness, continuous monitoring.	Reduce screen brightness, disable unnecessary notifications, adjust continuous monitoring settings, ensure proper charging.

Problem	Possible Cause	Solution
No notifications	App permissions not granted, notifications disabled in app/watch settings, watch not connected.	Check app permissions on phone, enable notifications in the app and watch settings, ensure Bluetooth connection is stable.

7. SPECIFICATIONS

Feature	Detail
Model Number	ef3259a8-61e7-4a3b-aad0-2a05ba5a81bd
Brand	hellibito
Wearable Computer Type	Smart Watch
Screen Size	1.92 Inches
Resolution	390 x 390
Human Interface Input	Touchscreen
Wireless Communication	Bluetooth
Supported Applications	Blood Pressure Monitor, Fitness Tracker, Heart Rate Monitor, Pedometer, Sleep Monitor
Metrics Measured	Blood Oxygen, Body Temperature, Heart Rate, Sleep Duration
Item Weight	9.12 ounces
Manufacturer	Hellibito
Date First Available	July 1, 2025

8. WARRANTY INFORMATION

This product comes with a standard warranty. For specific details regarding warranty coverage, duration, and claims process, please refer to the warranty card included in your product packaging or contact hellibito customer support.

9. CUSTOMER SUPPORT

If you encounter any issues or have questions not covered in this manual, please contact hellibito customer support. Contact information can typically be found on the product packaging, the official hellibito website, or within the companion application.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question