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› Boquaw P91 Smart Watch: User Guide for Fitness, Call, and Health Monitoring

Boquaw P91

Boquaw P91 Smart Watch User Manual

Model: P91

INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your Boquaw P91 Smart Watch. Please read this guide thoroughly to ensure proper use and to maximize the features of your device. The Boquaw P91 Smart Watch is designed to assist with fitness tracking, health monitoring, and communication functionalities, compatible with both Android and iOS smartphones.



Image: The Boquaw P91 Smart Watch, featuring a rectangular display with time, date, weather, and activity metrics, alongside a smaller view of the watch displaying an incoming call.

1. SETUP AND INITIAL USE

1.1 Package Contents

- Boquaw P91 Smart Watch
- Charging Cable
- Watch Band (additional band may be included)
- User Manual

1.2 Charging the Device

Before first use, fully charge your smart watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a standard USB power adapter (not included).

1.3 App Download and Pairing


To unlock the full functionality of your Boquaw P91 Smart Watch, you must connect it to your smartphone via the Zmoofit app.

1. Turn on the Bluetooth function on your smartphone.
2. Open the Google Play Store (for Android) or Apple App Store (for iOS).
3. Search for "Zmoofit" and download the app. You can also visit the official app download page [Zmoofit App](#).
4. Open the Zmoofit app, click "Please connect device," select "P91," and bind it.

How to connect the smart watch?


A: First of all, please be sure to connect our smart watch through the "Zmoofit" APP.

Step 1




1. Turn on the "Bluetooth" function of your phone.

Step 2




2. Open the "Google Play" on the "APP Store".

Step 3



3. Search for "Zmoofit" APP and download it.


Step 4



4. Open the APP, click "Please connect device", click "Select device", find "P91" and bind it.


B: Perform the following steps to enable the answer/call function.

Step 1



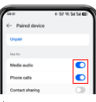
1. After selecting "P91" to connect, on the mobile phone system popup pairing request, select pairing.

Step 2




2. Turn on the call Bluetooth switch on the watch (used when the watch cannot make calls and play media sound).

Step 3



3. In the phone settings, in the system bluetooth, turn on these permissions of the P91

Step 4



4. Once connected, you could use the watch to answer/make calls anytime.

*If you don't need to use the call function, you can turn off the answer/call function so that the battery can last longer.

Image: Visual guide showing the steps to connect the smart watch via the Zmoofit app and enable Bluetooth call functionality.

1.4 Enabling Call Function

After initial pairing, perform the following steps to enable the answer/call function:

1. After selecting "P91" to connect in the app, confirm the Bluetooth pairing request on your phone.
2. On the watch, turn on the call Bluetooth switch. This allows the watch to make calls and play media sound.
3. In your phone's Bluetooth settings, grant necessary permissions for "P91."
4. Once connected, you can use the watch to answer/make calls.

Note: If you do not intend to use the call function, you can turn off the answer/call function to conserve battery life.

2. OPERATING THE SMART WATCH

2.1 Basic Navigation

The Boquaw P91 features a 1.85-inch HD touch screen for intuitive navigation. Swipe left, right, up, or down to access different menus and functions. The side button typically serves as a power button or a return-to-home function.

24-Hour Heart Rate Monitor

Keep track of your heart rate rhythm and know your health condition



Image: The watch display highlighting its large HD touch screen and broad color range for clear visuals.

2.2 Call and Message Functions

Once connected via Bluetooth, your watch can handle calls and display messages.

- **Answering/Making Calls:** Use the built-in speaker and microphone to answer incoming calls or dial numbers directly from the watch.
- **Message Notifications:** Receive notifications for SMS, WhatsApp, Facebook, and other apps directly on your watch screen.



Image: The smart watch interface showing an incoming call notification and options for call management.

Blood Oxygen Monitoring

Continuously measure Your BLOOD OXYGEN (SpO2) throughout the day to ensure your breathing and keep you safer

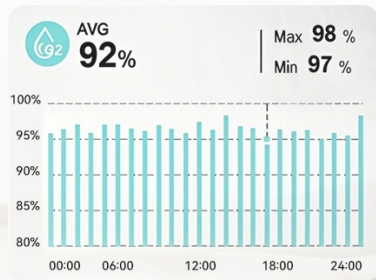


Image: The smart watch screen showing a list of recent message notifications from different applications.

2.3 Fitness Tracking

The watch accurately tracks your daily activity.

- **Steps, Distance, Calories:** Monitor your daily steps, distance covered, and calories burned.
- **Activity Goals:** Set and track personal activity goals within the Zmoofit app.

IPX8 Waterproof

Easily and perfectly meet daily waterproofing needs.



Image: The watch displaying all-day activity tracking data, including calories, distance, steps, and heart rate, with a person hiking in the background.

2.4 Sports Modes

The Boquaw P91 supports over 112 sports modes to provide detailed insights into your workouts.

- **Selection:** Swipe to the sports mode menu and select your desired activity (e.g., running, hiking, cycling, badminton).
- **Data Recording:** The watch will record duration, distance, calories, and heart rate during your activity.
- **GPS Tracking:** The watch can obtain GPS positioning through your mobile phone to map your movement path.



Image: The watch interface showing a selection of over 112 sports modes, including running, walking, and cycling.

2.5 Health Monitoring

The watch is equipped with advanced optical sensors for health data collection.

- **Heart Rate Monitor:** Continuously tracks your heart rate throughout the day.
- **Blood Oxygen (SpO2) Monitor:** Measures your blood oxygen levels.
- **Sleep Monitoring:** Tracks deep sleep, light sleep, and wake-up times to provide a detailed sleep analysis.
- **Breath Training:** Guided breathing exercises for relaxation.

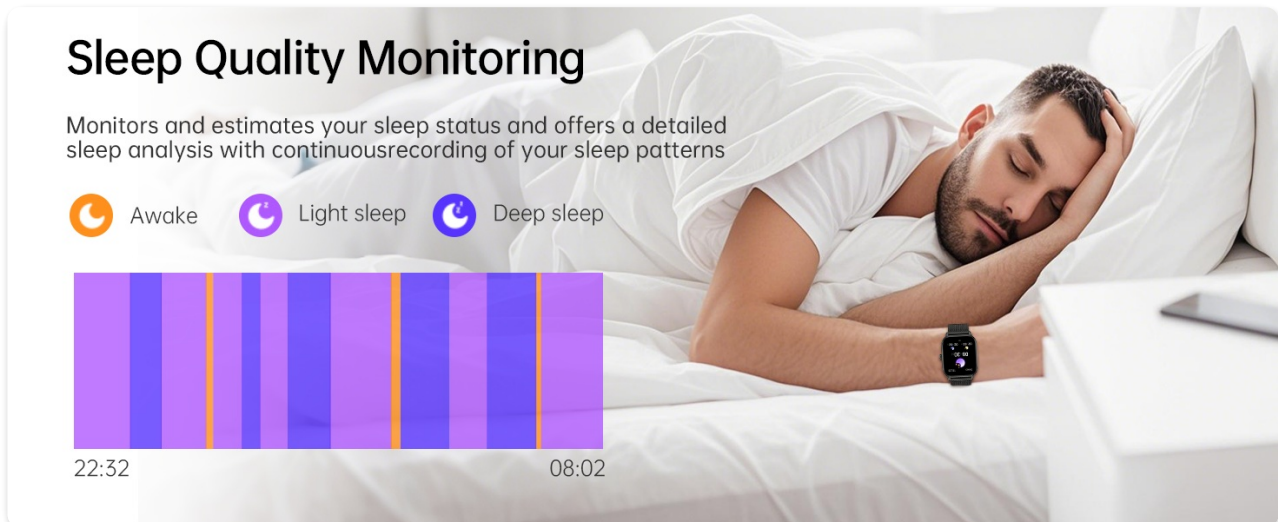


Image: The watch showing a 24-hour heart rate monitor display, with a person performing push-ups in the background.

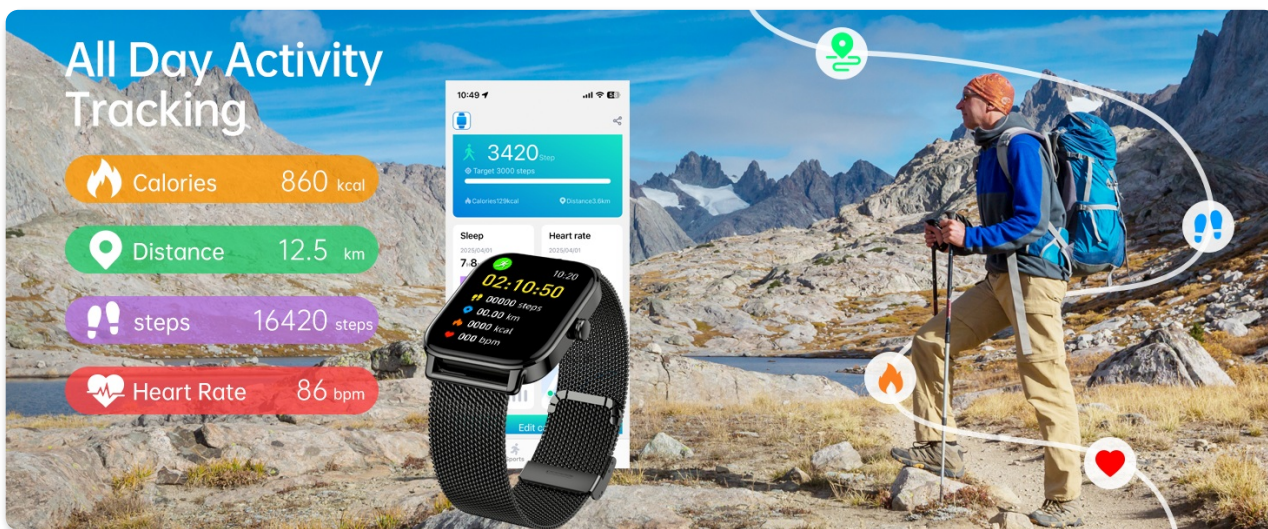


Image: The watch displaying sleep quality monitoring data, categorizing sleep into awake, light, and deep phases, with a person sleeping in bed.

112+ Sport Modes

Smart watch support 112 + sport mode: running, riding, badminton, hiking etc to give you more detailed insight into whole day activity



Image: The watch displaying blood oxygen monitoring data, showing average, maximum, and minimum SpO2 levels, with a person stretching.

2.6 Other Functions

- **Music Control:** Control music playback (play, pause, skip tracks, adjust volume) 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.
- **Stopwatch & Timer:** Access stopwatch and timer functions for various activities.
- **Alarms:** Set multiple alarms.
- **Sedentary Reminder:** Receive alerts to move after periods of inactivity.
- **Drink Reminder:** Get reminders to drink water.
- **Menstrual Cycle Tracking:** For female users, track and predict menstrual cycles.

Further Convenience For Your Life



Alarm Clocks



Tracking Menstrual Cycle



Drink Reminder

Image: The watch displaying music control features, allowing users to manage playback from their wrist.



Stopwatch

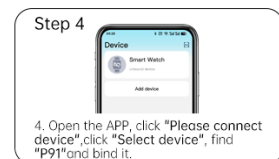
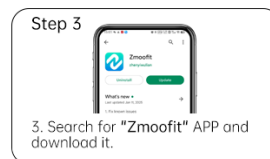
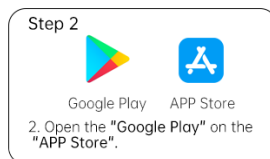


Check Weather

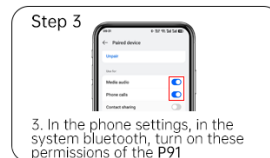
Image: The watch showing the camera control interface, enabling remote photo capture from a connected smartphone.

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B: Perform the following steps to enable the answer/call function.



*If you don't need to use the call function, you can turn off the answer/call function so that the battery can last longer.

Image: The watch displaying both stopwatch and weather forecast functions.

Image: The watch displaying additional convenience features such as alarm clocks, menstrual cycle tracking, and drink reminders.

2.7 Customization

Personalize your watch with various watch faces.

- **Built-in Watch Faces:** Choose from over 200 built-in watch faces available in the Zmoofit app.
- **DIY Watch Faces:** Customize your watch face using your own photos.

Music Control

Control music with your watch while you workout, tap play back, next song, pause and adjust the volume on the watch.



Image: The watch showcasing a variety of customizable watch faces, including options to use personal photos.

3. MAINTENANCE

3.1 Cleaning Your Watch

Regularly clean your watch to ensure optimal performance and hygiene.

- Wipe the screen and body with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts are clean and dry before charging.

3.2 Water Resistance (IPX8)

The Boquaw P91 Smart Watch is IPX8 waterproof, meaning it can withstand immersion in water under certain conditions.

- Suitable for daily activities such as washing hands, rain, and sweat.
- Not recommended for hot water baths, saunas, or diving.
- Avoid prolonged immersion in water.

Camera Control on your wrist

You can use your smartwatch to control your phone's camera shutter.



Image: The watch demonstrating its IPX8 waterproof capability, suitable for everyday water exposure like hand washing or rain.

3.3 Battery Care

- Avoid extreme temperatures that can damage the battery.
- Charge the watch regularly, but avoid leaving it fully discharged for extended periods.
- Use only the provided charging cable.

4. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Unable to pair with phone:**
 - Ensure Bluetooth is enabled on your phone and the watch.
 - Make sure the Zmoofit app is installed and running.
 - Restart both your phone and the watch.
 - Check if the watch is already paired with another device.
- **Call function not working:** Ensure the call Bluetooth switch is enabled on the watch and necessary permissions are granted in your phone's Bluetooth settings.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors regularly.
- **Notifications not appearing:** Check app notification settings on your phone and within the Zmoofit app to ensure they are enabled for the watch.

5. SPECIFICATIONS

Feature	Specification
Model Number	P91
Display Type	TFT LCD
Screen Size	1.85 inches
Connectivity	Bluetooth
Operating System	Android (5.0 and above), iOS (9.0 and above)
Water Resistance	IPX8
Battery Type	Lithium Ion
Battery Life	7-15 days (typical use)

Health Monitoring	Heart Rate, Blood Oxygen (SpO2), Sleep Monitoring
Activity Tracking	Steps, Distance, Calories, 112+ Sports Modes
Special Features	Bluetooth Call, Message Notifications, Music Control, Camera Control, Weather, Stopwatch, Alarms, Sedentary Reminder, Drink Reminder, Menstrual Cycle Tracking, Customizable Watch Faces
Item Weight	5.3 ounces

6. WARRANTY AND SUPPORT

Your Boquaw P91 Smart Watch comes with a standard manufacturer's warranty. For specific warranty details, please refer to the warranty card included in your product packaging or contact your retailer.

For technical support, troubleshooting assistance, or any questions regarding your device, please contact Boquaw customer service through the contact information provided on the official Boquaw website or your purchase platform.