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> JYUAJOI Fitness Tracker H69 User Manual

## JYUAJOI H69

# JYUAJOI Fitness Tracker H69 User Manual

Model: H69

## INTRODUCTION

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This manual provides detailed instructions for setting up, operating, and maintaining your JYUAJOI Fitness Tracker H69. Please read this manual thoroughly to ensure proper use and to maximize the device's features. The JYUAJOI Fitness Tracker H69 is designed to help you monitor your health and fitness activities with features like continuous heart rate tracking, blood oxygen monitoring, sleep analysis, and multiple sports modes.



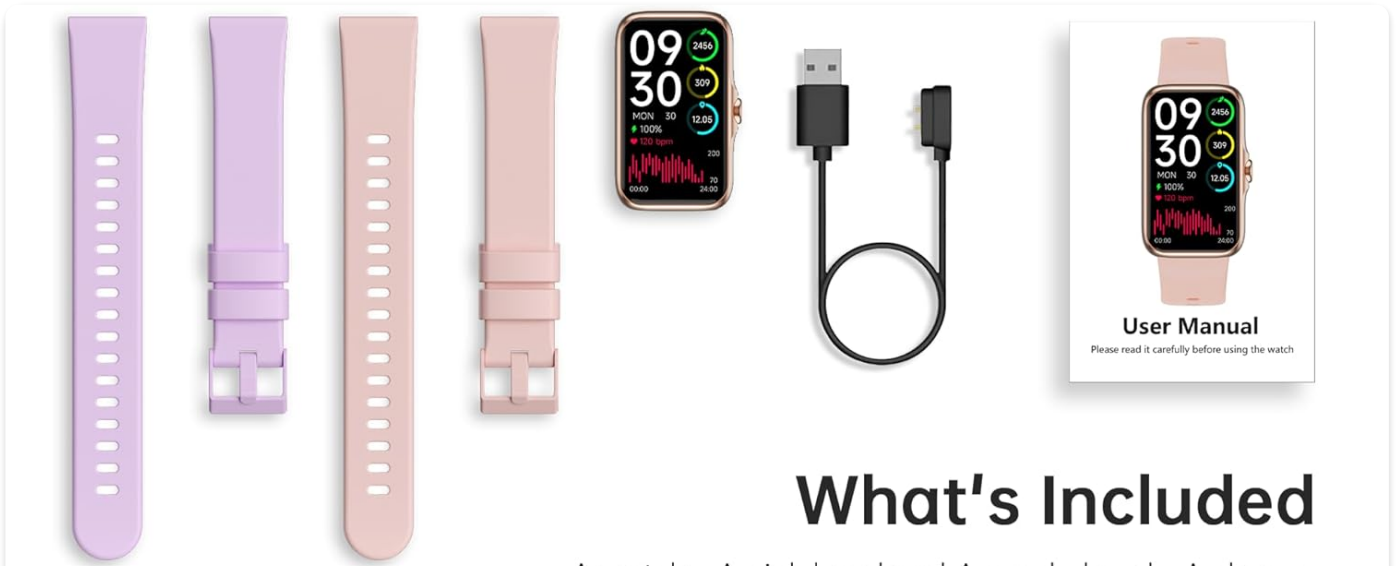
Image: The JYUAJOI Fitness Tracker H69, featuring a rectangular display and a pink silicone band.

## SETUP

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### 1. What's Included

- JYUAJOI Fitness Tracker H69 (Smart Watch)
- Charging Cable
- Replacement Band (Purple)
- User Manual



## What's Included

A watch, A pink band and A purple band, A charger  
Instruction Manual

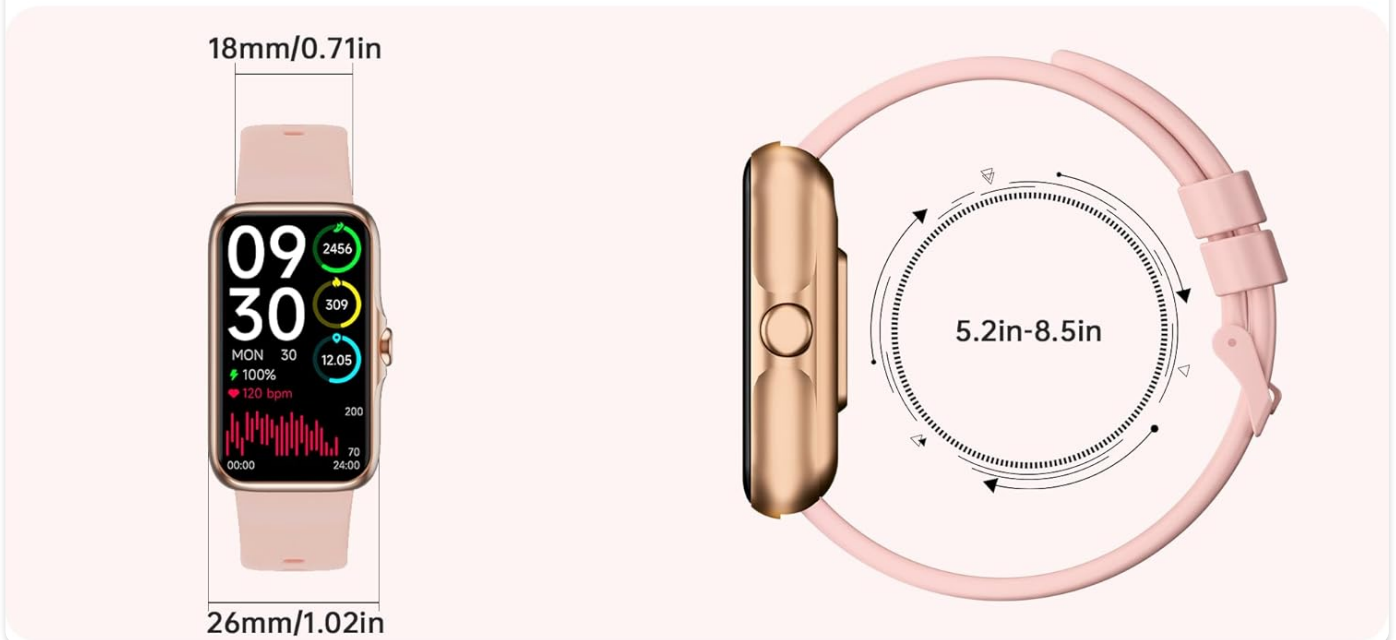


Image: A visual representation of the package contents, including the fitness tracker, charging cable, an extra purple band, and the user manual.

## 2. Charging the Device

Before first use, fully charge your fitness tracker. Connect the charging cable to the charging port on the back of the device and plug the USB end into a power adapter (not included) or a computer's USB port. A full charge typically takes about 2 hours and provides 5-7 days of normal use.

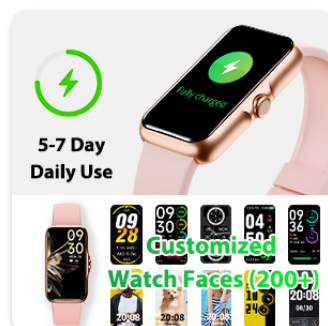


Image: The fitness tracker screen displaying a 'Fully charged' icon, indicating the device is ready for use.

### 3. App Installation and Pairing

1. **Download the Companion App:** Scan the QR code in your user manual or search for the designated app (refer to your physical manual for the exact app name) on the App Store (iOS) or Google Play Store (Android).
2. **Compatibility:** Ensure your smartphone runs Android 10.0+ or iOS 10.0+ and supports Bluetooth 5.0. The device is not compatible with PCs, iPads, or tablets.
3. **Enable Bluetooth:** Turn on Bluetooth on your smartphone.
4. **Pairing:** Open the app, create an account if prompted, and follow the on-screen instructions to search for and connect to your JYUAJOI Fitness Tracker H69.

## OPERATING YOUR FITNESS TRACKER

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### 1. Display and Watch Faces

The tracker features a 1.47-inch curved LED screen. You can personalize your device with over 200 watch faces available through the companion app, or even set your own photos as a watch face. To change the watch face, typically long-press the current watch face on the device or select from options within the app.

# Fashion surface design

Find Your Rhythm in Every Style

1.47"

Full Touch  
Screen



Lightweight

200+&Customized  
Watch Face

Image: The fitness tracker screen showing time, heart rate, steps, and calories, highlighting its full touch screen and customizable watch faces.

## 2. Health Monitoring

- **Real-Time Heart Rate Monitoring:** The device continuously monitors your heart rate and displays real-time data. Historical data can be viewed through dynamic charts in the companion app.
- **Blood Oxygen Monitoring:** Automatically monitors your blood oxygen levels throughout the day.
- **Sleep Tracking:** Automatically detects light sleep, deep sleep, and wake times, providing insights into your sleep quality.

# Healthier Life

Continuous heart rate monitoring  
24/7 Blood Oxygen Monitor



Image: A woman wearing the fitness tracker, with an overlay showing continuous heart rate monitoring and 24/7 blood oxygen tracking.



Image: The companion app interface displaying 24/7 health tracking data, including heart rate, sleep, and weather information.

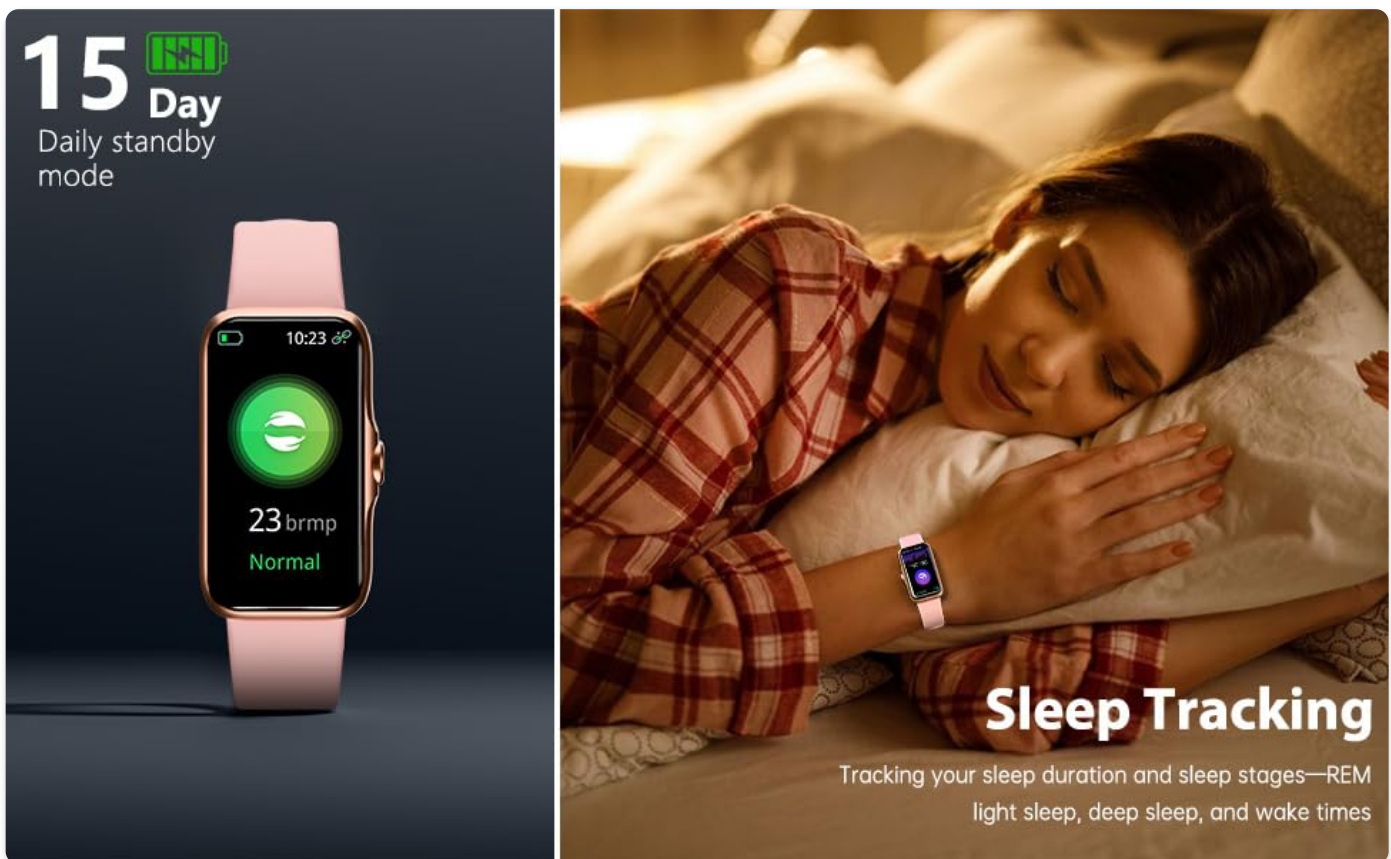


Image: A woman sleeping while wearing the fitness tracker, illustrating the device's sleep tracking capabilities for light, deep, and REM sleep stages.

### 3. Activity Tracking

The tracker supports over 24 built-in sports modes to track your steps, distance, calories burned, and heart rate in real-time during workouts. Access these modes through the device's menu.

# Multiple Sports

All Day Activity Tracking



Mile 3.08/10



128 Steps/min



Bumed Calories 5500 Kcal



IP68 Waterproof

Image: A woman stretching outdoors, with the fitness tracker displaying activity metrics such as distance, steps, calories, and heart rate, indicating multiple sports tracking.

# Multiple Sports

## All Day Activity Tracking



Image: A woman engaged in floor exercises, with the fitness tracker displaying workout duration, distance, steps, calories, and heart rate, illustrating its multi-sport tracking capabilities.

#### 4. Smart Daily Features

The fitness tracker offers various smart features to keep you connected and organized:

- Call and Message Alerts
- Weather Updates
- Music Control
- Breathing Exercises
- Female Health Tracking
- Alarms
- Shutter Control (for phone camera)
- Find Phone function
- Stopwatch
- Sedentary Reminders

# MULTIFUNCTIONAL ASSISTANT



Image: A person working on a laptop, with the fitness tracker on their wrist displaying various smart features like alarm clock, weather forecast, message notifications, and sedentary reminders.



Image: A close-up of the fitness tracker on a wrist, showing the music control interface for playing, pausing, and skipping tracks.

## 5. Water Resistance

The device has an IP68 waterproof rating, meaning it is designed to handle rain, sweat, and even swimming. You can wear it during daily activities without concern for water damage.

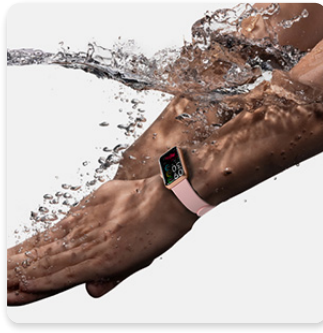


Image: The fitness tracker partially submerged in water, demonstrating its IP68 waterproof capability.

## MAINTENANCE

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### 1. Cleaning

Regularly clean your fitness tracker and band to prevent skin irritation and maintain device functionality. Use a soft, damp cloth to wipe the screen and band. Avoid harsh chemicals or abrasive materials.

### 2. Charging Best Practices

- Use the provided charging cable.
- Ensure the charging contacts on the device and cable are clean and dry before charging.
- Avoid exposing the device to extreme temperatures during charging.

## TROUBLESHOOTING

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- **Device Not Turning On:** Ensure the device is fully charged. Connect it to the charger for at least 10 minutes before attempting to power it on again.
- **Difficulty Pairing with App:**
  - a. Confirm Bluetooth is enabled on your smartphone.
  - b. Ensure the app has necessary permissions.
  - c. Restart both your phone and the fitness tracker.
  - d. Make sure the app is up to date.
- **Inaccurate Data Readings:** Ensure the tracker is worn snugly on your wrist, about one finger's width above your wrist bone. Clean the sensors on the back of the device.
- **Syncing Issues (e.g., Weather):** Sometimes, data like weather updates may experience minor syncing delays. Ensure your phone has an active internet connection and the app is running in the background.
- **Screen Unresponsive:** Try restarting the device. If the issue persists, perform a factory reset (refer to the 'Settings' menu on the device or within the app).

## SPECIFICATIONS

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Feature	Detail
Model Number	H69
Screen Size	1.47 Inches

Feature	Detail
Display Type	Curved LED
Item Weight	30 Grams (1.06 ounces)
Battery Capacity	170 Milliamp Hours
Battery Life	5-7 days (typical use)
Charging Time	Approx. 2 hours
Water Resistance	IP68
Connectivity	Bluetooth 5.0
Operating System	Android Wear 2.6 (Internal)
Compatibility	Android 10.0+, iOS 10.0+
Special Features	Continuous Heart Rate Monitor, Blood Oxygen Monitor, Lightweight, Multisport Tracker, Sleep Monitor

## WARRANTY AND SUPPORT

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JYUAJOI is committed to providing quality products and customer satisfaction. For warranty information, product support, or if you encounter any issues with your device, please contact JYUAJOI customer service. The manufacturer's customer service team is known for assisting with replacements if any components are broken. Additionally, registering your warranty may entitle you to an extra charging cable.

Please refer to the contact information provided in your product packaging or on the official JYUAJOI website for the most up-to-date support channels.

