Mindrose H80

Mindrose Health Fitness Tracker User Manual

Model: H80

Introduction

Welcome to the Mindrose Health Fitness Tracker user manual. This guide provides detailed instructions on how to set up, operate, and maintain your new fitness tracker. Designed to help you monitor your health and fitness goals, this device offers a wide range of features including 24/7 heart rate, blood oxygen, blood pressure, and sleep monitoring, along with tracking for over 100 sports modes. Its intuitive full-touch screen and long battery life make it an ideal companion for your daily routine.



Image: Mindrose Health Fitness Tracker in Golden Rose Pink, showcasing its sleek design and digital display.

Setup Guide

1. Unboxing and Initial Charge

Upon opening the package, you will find the Mindrose Health Fitness Tracker, a magnetic USB charging cable,

and this user manual. Before first use, it is recommended to fully charge the device.

- Connect the magnetic charging cable to the charging points on the back of the tracker.
- Plug the USB end into a standard USB power adapter (not included) or a computer USB port.
- A full charge typically takes **1.5 to 2 hours**.



Image: The Mindrose Health Fitness Tracker connected to its magnetic charging cable, illustrating the charging process.

2. App Download and Pairing

To unlock the full potential of your fitness tracker, download the companion app. The app is compatible with Android 4.4 / iOS 8.4 or above smartphones.

1. Scan the QR code provided in the user instructions or search for the 'GloryFit' app in your device's app store (Google Play Store for Android, Apple App Store for iOS).
2. Install and open the app.
3. Ensure Bluetooth is enabled on your smartphone.

4. In the app, navigate to the 'Device' page and select 'Add a device'.
5. Select 'H80' from the list of available devices to pair.
6. Follow any on-screen prompts to complete the pairing process and set up your personal profile (height, weight, gender, birthdate) for accurate data calibration.

3. Adjusting the Strap

The comfortable and durable strap is adjustable to fit wrist sizes between 5.0 inches and 9.05 inches. Adjust the strap to ensure a snug fit for accurate health monitoring, but not so tight as to cause discomfort.

Operating Your Device

1. Display and Navigation

The 1.47-inch HD-color full touch screen provides a clear and responsive interface. Swipe up, down, left, or right to navigate through menus and access various functions.



Image: Close-up of the fitness tracker's 1.47-inch curved HD-color full touch screen, highlighting its slim design and customizable watch face options.

2. Health Monitoring

Your Mindrose Health Fitness Tracker continuously monitors key health metrics:

- **24/7 Heart Rate Monitoring:** Provides continuous heart rate data throughout the day.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen saturation levels.
- **Blood Pressure Monitoring:** Offers on-demand blood pressure readings.
- **Sleep Tracking:** Automatically tracks your sleep patterns, including REM, light, and deep sleep stages, providing insights into your sleep quality.

Access these readings directly on your wrist or view detailed historical data in the companion app.

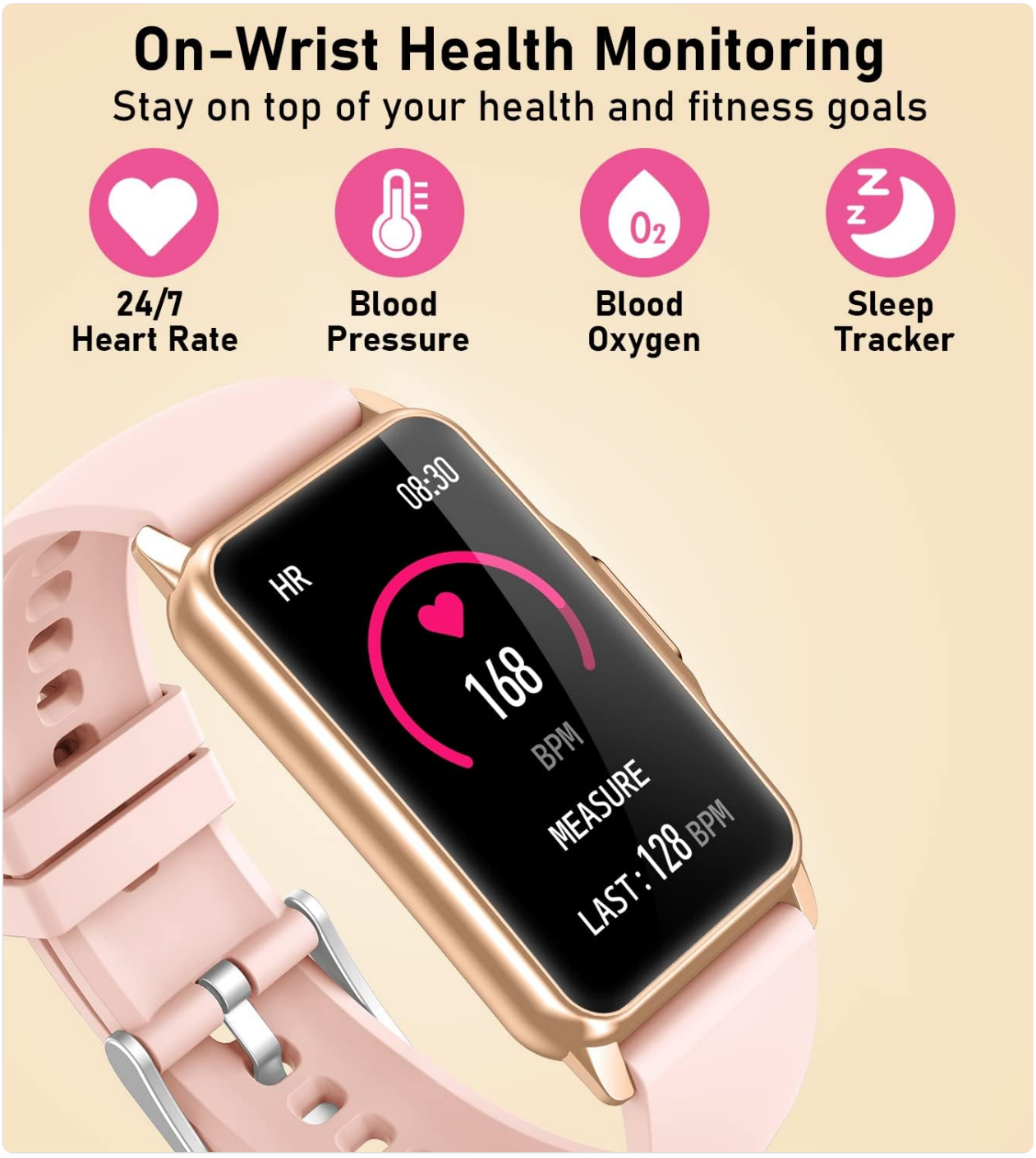


Image: The fitness tracker's display showing icons for 24/7 Heart Rate, Blood Pressure, Blood Oxygen, and Sleep Tracker, indicating its health monitoring capabilities.

3. Sports Modes and Activity Tracking

The tracker supports over 115 sports modes, allowing you to accurately track various physical activities. It monitors steps, distance, and calories burned throughout the day.

- Select your desired sport mode from the 'Training' menu on the device.
- For outdoor activities, connect to your phone's GPS via the app to map your workout route.



Image: A user exercising with the fitness tracker, with an overlay showing icons for over 100 sports modes and a map of a tracked route, demonstrating its activity tracking features.

4. Notifications and Reminders

Stay connected with notifications delivered directly to your wrist:

- **Call & Message Notifications:** Receive alerts for incoming calls and text messages. You can see the caller's name, reject calls, mute ringtones, and read full messages.
- **Drinking Water Reminder:** Get gentle nudges to stay hydrated.

- **Sedentary Reminder:** Prompts you to move after periods of inactivity.
- **Menstrual Cycle Reminder:** A unique feature for female users to track their cycle.



Image: A user wearing the fitness tracker, with an overlay showing call and message notifications, along with icons for drinking water, sedentary, and menstrual cycle reminders.

5. Life Assistant Features

The tracker offers several convenient features to assist your daily life:

- **Real-time Weather Display:** Get current weather information directly on your watch face.
- **Music Control:** Control music playback on your connected smartphone.
- **Remote Camera Shooting:** Use your tracker as a remote shutter for your phone's camera.
- **Timer:** Access a built-in timer function.
- **Do-Not-Disturb Mode:** Silence notifications during specific times.
- **Find Phone:** Locate your misplaced smartphone by triggering an alarm from your tracker.

- **Breath Training:** Guided breathing exercises for relaxation.

6. Customization

Personalize your fitness tracker to match your style:

- Choose from over 150 watch face options available in the app.
- Customize your watch face with photos from your own album.

Maintenance

1. Waterproof Rating

The Mindrose Health Fitness Tracker is **IP68 waterproof**, making it safe for:

- Washing hands
- Taking a shower
- Working out in the rain
- Swimming

Note: Avoid hot water, steam, or prolonged submersion in deep water to prevent damage.



Image: A person in water wearing the fitness tracker, with icons indicating its IPX8 waterproof rating for rain, swimming, washing hands, and showering.

2. Cleaning

To keep your tracker clean and functioning optimally:

- Wipe the screen and strap regularly with a soft, damp cloth.
- Ensure the charging contacts on the back of the device are clean and dry before charging.

3. Battery Life

The tracker boasts an ultra-long battery life:

- **Heavy Use:** 6-7 days
- **Daily Use:** 10-12 days
- **Standby Time:** Up to 30 days

Troubleshooting

1. Connectivity Issues

If your tracker fails to connect or maintain a connection with the app:

- Ensure Bluetooth is active on your smartphone.
- Check that the app is updated to the latest version.
- Restart both your smartphone and the fitness tracker.
- Try unpairing and re-pairing the device through the app's settings.

2. Inaccurate Readings

For optimal accuracy of health metrics and activity tracking:

- Ensure the tracker is worn snugly on your wrist, about one finger's width above your wrist bone.
- Keep the sensor area on the back of the tracker clean.
- Ensure your personal information (height, weight, gender, age) is accurately entered in the app.
- Avoid excessive movement or talking during blood pressure/oxygen measurements.

3. Screen Not Responding / Display Issues

If the screen is unresponsive or shows lines:

- Try restarting the device (if possible, via the 'Power-off' option in settings).
- Ensure the device is sufficiently charged.
- If issues persist, contact customer support.

Specifications

Feature	Detail
Model Name	Fitness Tracker Watch
Part Number	H80
Brand	Mindrose
Screen Size	1.47 Inches
Display Type	HD-color Full Touch Screen
Waterproof Rating	IP68
Battery Life (Daily Use)	10-12 days
Battery Life (Heavy Use)	6-7 days
Standby Time	Up to 30 days
Charging Time	1.5-2 hours
Connectivity	Bluetooth
Operating System Compatibility	Android 4.4 / iOS 8.4 or above

Included Components	Fitness Watch, User Manual, Charging Cable

Warranty & Support

Mindrose offers a **3-Year Manufacturer Warranty** for this Health Fitness Tracker. For any support inquiries, technical assistance, or warranty claims, please refer to the contact information provided on the product packaging or visit the official Mindrose website.
For additional resources and frequently asked questions, please visit theMindrose Brand Store on Amazon.

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