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> Lgnitek MT500 Smartwatch User Manual: 1.97 inch AMOLED Display, ECG, HRV, BMI, Uric Acid, Lipids, Heart Rate, SpO2, Sleep Monitor for Android and iOS

Lgnitek MT500

Lgnitek MT500 Smartwatch User Manual

Model: MT500 | Brand: Lgnitek

1. INTRODUCTION

Welcome to the Lgnitek MT500 Smartwatch user manual. This guide provides essential information for setting up, operating, and maintaining your new smartwatch. The Lgnitek MT500 is designed to enhance your daily life with advanced health monitoring, communication features, and fitness tracking capabilities. Please read this manual thoroughly to ensure proper use and to fully utilize all features of your device.



Figure 1.1: Lgnitek MT500 Smartwatch, displaying a watch face with time and health metrics.

2. SAFETY INFORMATION

Before using your Lgnitek MT500 Smartwatch, please observe the following safety precautions:

- **Medical Disclaimer:** The health data provided by this smartwatch (ECG, HRV, BMI, uric acid, lipids, heart rate, SpO2, blood pressure, temperature, etc.) is for reference purposes only and should not be used for medical diagnosis, treatment, or prevention of disease. Consult a medical professional for any health concerns.
- **Water Resistance:** The device is IP68 water-resistant, suitable for swimming and rain. Avoid hot water, steam, or prolonged submersion in deep water. Do not operate buttons underwater.
- **Charging:** Use only the provided charging cable. Ensure the charging contacts are dry and clean before charging to prevent corrosion or damage.
- **Battery:** Do not attempt to replace the battery yourself. Improper battery replacement can lead to explosion or injury. Dispose of batteries according to local regulations.
- **Operating Temperature:** Operate the device within a temperature range of 0°C to 45°C (32°F to 113°F).
- **Interference:** Keep the smartwatch away from strong magnetic fields to avoid interference with its functions.

3. PACKAGE CONTENTS

Verify that all items are present in your Lgnitek MT500 Smartwatch package:

- Lgnitek MT500 Smartwatch (with strap)
- Magnetic Charging Cable
- User Manual



Figure 3.1: Illustration of the smartwatch, charging cable, and user manual included in the package.

4. PRODUCT OVERVIEW

The Lgnitek MT500 Smartwatch features a sleek design with a high-definition AMOLED display and intuitive controls.



Figure 4.1: Front view of the smartwatch, showcasing the 1.97-inch AMOLED display.

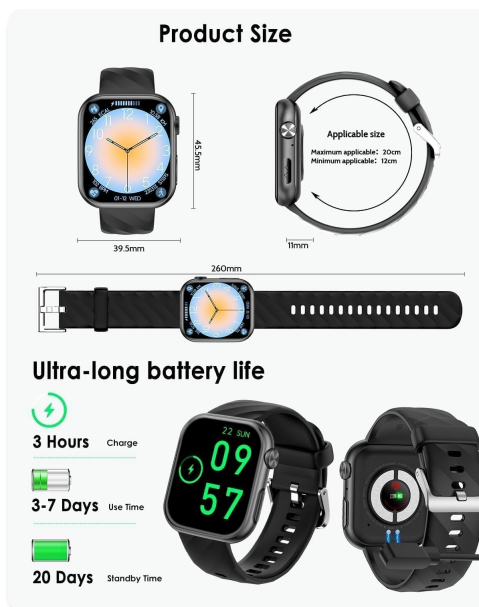


Figure 4.2: Side view, highlighting the physical buttons for navigation and interaction.



Figure 4.3: Rear view, showing the advanced health sensors for accurate monitoring.

Key Features:

- **Display:** 1.97-inch AMOLED HD touchscreen (390x450 pixels) for vibrant colors and deep blacks.
- **Durability:** IP68 water resistance for daily use and swimming.
- **Health Monitoring:** ECG, HRV, BMI, Uric Acid, Lipids, 24/7 Heart Rate, SpO2, Blood Pressure, Body Temperature, Sleep, and Stress monitoring.
- **Communication:** Bluetooth 5.3 for stable calls and smart notifications.
- **Fitness:** Over 50 sport modes, step, distance, and calorie tracking.
- **Battery Life:** Up to 7 days of normal use, 20 days standby.



Figure 4.4: Detailed view of the 1.97-inch AMOLED screen specifications and examples of customizable watch faces.

5. SETUP

5.1 Charging the Smartwatch

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer USB port.

- **Charging Time:** Approximately 3 hours for a full charge.
- Ensure the charging contacts are clean and dry.



Figure 5.1: Illustration showing the smartwatch connected to its magnetic charging cable and a USB power source.

5.2 App Installation and Bluetooth Pairing

To unlock the full potential of your Lgnitek MT500, download and install the companion app on your smartphone.

1. **Download the App:** Scan the QR code in the manual or search for "H Band" in your smartphone's app store (iOS or Android).

2. **Enable Bluetooth:** On your smartphone, go to settings and enable Bluetooth.
3. **Pair Device:** Open the H Band app, navigate to the device section, and search for "MT500". Select it to connect and pair.
4. **Grant Permissions:** Follow the on-screen prompts to grant necessary permissions for notifications, location, etc.

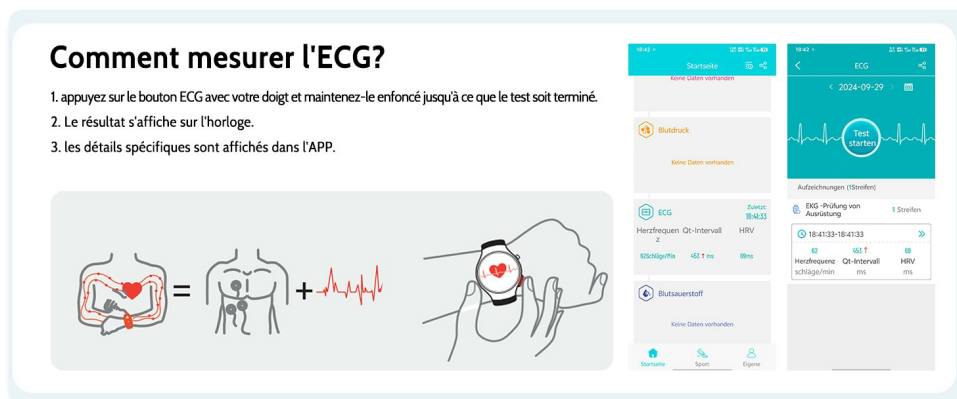


Figure 5.2: Visual guide for downloading the H Band app, enabling Bluetooth, pairing the MT500, and confirming connection.



Figure 5.3: The smartwatch uses Bluetooth 5.3 for seamless synchronization and connectivity with both Android and iOS devices.

6. OPERATING INSTRUCTIONS

6.1 Basic Navigation

- **Touch Screen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Side Button:** Press to wake the screen, return to the home screen, or access the app list. Long press for power options or SOS function (if configured).

7. HEALTH MONITORING FEATURES

The Lgnitek MT500 offers comprehensive health tracking capabilities. Remember, data is for reference only.

7.1 ECG Monitoring

The smartwatch is equipped with an ECG function to detect bioelectrical signals from the heart. You can view your ECG data within 60 seconds.

1. Press and hold the ECG button with your finger until the test is complete.
2. The result will be displayed on the watch.

3. Specific details and waveform reports are available in the H Band app.



Figure 7.1: Visual instructions for performing an ECG measurement on the smartwatch and viewing results in the app.



Figure 7.2: The smartwatch screen displaying an ECG waveform and heart rate during a test.

7.2 Uric Acid and Lipids Detection

Monitor your uric acid and blood lipid levels in real-time. Historical data can be stored in the app for trend analysis and preventive alerts.



Figure 7.3: Smartwatch display showing uric acid and lipid monitoring, with corresponding app interface for detailed tracking.

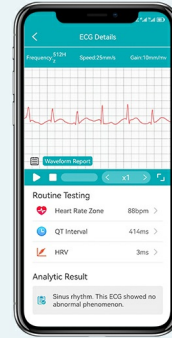
7.3 Heart Rate Variability (HRV) Analysis

The smartwatch monitors HRV, providing insights into your heart's health and stress levels. Lorentz scatter diagrams can be used for early detection of arrhythmias.

Types d'électrodes

ECG et PPG

Grâce aux puces de capteurs ECG et à la technologie de la métallurgie des poudres, la supraconductivité permet à l'utilisateur de détecter les anomalies et d'évaluer les situations d'urgence en temps utile



*Ce produit n'est pas un appareil médical et les données de mesure et les résultats ne sont donnés qu'à titre indicatif.

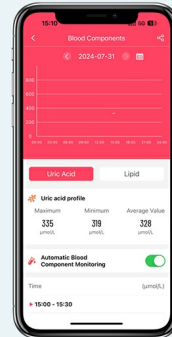
Figure 7.4: Smartwatch displaying HRV data, with the app showing a Lorenz scatter diagram for detailed analysis.

7.4 Body Composition Analysis (BMI)

Analyze body composition data such as body fat percentage, muscle percentage, subcutaneous fat, and protein levels. Data is collected in 15 seconds and reports are generated in the H Band app.

Acide urique/lipides

L'acide urique et les lipides sanguins peuvent être surveillés en temps réel et les données historiques peuvent être stockées pour une meilleure compréhension des indicateurs corporels et la prévention des maladies causées par des niveaux élevés d'acide urique dans le sang.



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Figure 7.5: Smartwatch showing body composition analysis, with the app displaying a detailed report of various body metrics.

7.5 Continuous Monitoring (HR, SpO2, BP, Temp, Sleep, Stress)

The smartwatch continuously monitors your heart rate, blood oxygen (SpO2), blood pressure, body temperature, and sleep patterns. It also includes a microphysical control function for a 30-second one-click measurement of five health indicators.

Surveillance du sommeil

La montre prend en charge la surveillance de la qualité du sommeil, qui peut enregistrer le sommeil profond, le sommeil léger et le sommeil nocturne, et quantifier la qualité du sommeil, afin que vous puissiez mieux comprendre votre état de sommeil.




-  Total sleep time 06 h 50 min
-  Deep sleep time 05 h 25 min
-  Light sleep time 01 h 25 min



Figure 7.6: Displays of Blood Oxygen, Blood Pressure, Body Temperature, and Stress monitoring on the smartwatch interface.

7.6 Sleep Monitoring

The watch tracks your sleep quality, recording deep sleep, light sleep, and nocturnal sleep, helping you understand and improve your sleep patterns.

Variabilité de la fréquence cardiaque

- Analyse lorentzienne

La surveillance de l'ECG, l'enregistrement des signaux de forme d'onde et les diagrammes en points permettent d'analyser les anomalies pour améliorer la gestion de l'utilisateur. Le diagramme de Lorenz peut être utilisé pour la détection précoce des arythmies.



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Figure 7.7: Smartwatch displaying sleep duration and quality, with a user sleeping in the background.

7.7 MET Monitoring

MET (Metabolic Equivalent of Task) monitoring helps control exercise intensity and boosts metabolism. It evaluates calories burned during workouts and adjusts training programs accordingly for better fat loss.

Composition corporelle

Collecte des données corporelles telles que le pourcentage de graisse, le pourcentage de muscle, la graisse sous-cutanée et les protéines en 15 secondes et fournit des rapports d'analyse dans l'application H Band. Entraînez-vous efficacement pour un corps plus sain.



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Figure 7.8: Smartwatch displaying MET data, with individuals exercising in the background.

8. COMMUNICATION FEATURES

8.1 Bluetooth Calls

Stay connected with stable Bluetooth 5.3 calls. You can make and receive calls directly from your smartwatch, add contacts, and view call history.

8.2 Smart Notifications

Receive messages and notifications from various applications directly on your watch, without needing to take out your phone.

Lgnitek®



Grand écran AMOLED 1,97
pouce 390*450 HD full-touch

La montre est équipée d'un grand écran IPS HD qui offre un affichage clair et détaillé. Grâce à l'écran tactile haute résolution, toutes les informations sont visibles d'un seul coup d'œil.

341
PPI

1,97"

Grand écran AMOLED

93%
Rapport d'écran

100%

Largeur de bande NTSC



Figure 8.1: Smartwatch displaying incoming calls, contact lists, call history, and various app notification icons.

9. OTHER SMART FEATURES

- **AI Emotional & Fatigue Detection:** An AI algorithm analyzes mood and fatigue via Heart Rate Variability (HRV), helping you adjust your lifestyle.
- **Voice Assistant:** Use the intelligent voice assistant for questions, music control, alarms, timers, and weather updates.
- **Interactive Games & Calculator:** Enjoy interactive games and a built-in calculator.
- **Sedentary Reminder:** Get alerts to move after periods of inactivity.
- **Weather Forecast:** Real-time weather updates.
- **Music Control:** Control music playback on your connected smartphone.
- **Alarms & Timers:** Set alarms and use countdown timers.
- **Menstrual Tracking:** Monitor your menstrual cycle.
- **Breathing Exercises:** Guided breathing exercises to reduce stress.
- **SOS Emergency Call:** Configure an emergency contact for quick access.



Figure 9.1: A collage of various smartwatch functions including music control, weather, calculator, alarms, and more.

9.1 Setting up SOS Emergency Call

1. In the H Band app, go to your profile page and click on "MT500".
2. Select "Contacts".
3. Add an emergency contact and enable the "SOS" function for them.
4. On the watch, long-press the power button and slide to the right to activate "SOS".
5. The watch will then initiate an emergency SOS call to your designated contact.



Figure 9.2: Step-by-step visual guide on how to configure and activate the SOS emergency call feature on the smartwatch and app.

10. FITNESS TRACKING

The Lgnitek MT500 is equipped with a precise gravity sensor to track your steps, distance, and calories burned. Choose from over 50 training modes to suit your activity.

10.1 Sport Modes

Select your preferred workout mode from the watch to get accurate tracking for various activities.



Figure 10.1: Smartwatch displaying a list of sport modes, with lifestyle images of people engaging in various physical activities.

11. CUSTOMIZATION

11.1 Watch Faces

Personalize your smartwatch with over 150 DIY watch faces. A large number of watch faces are constantly updated online, supporting personalized dial settings for more options.



Figure 11.1: Examples of various customizable watch faces available for the smartwatch, including a DIY option in the app.

12. BATTERY INFORMATION

The Lgnitek MT500 is equipped with a 325 mAh lithium-polymer battery, offering extended usage times.

- **Charging Time:** Approximately 3 hours.
- **Normal Use:** 3-7 days.
- **Standby Time:** Over 20 days.



Figure 12.1: Visual representation of the smartwatch dimensions and battery life statistics (3 hours charge, 3-7 days use, 20 days standby).

13. MAINTENANCE

- **Cleaning:** Wipe the watch and strap regularly with a soft, dry cloth. For stubborn dirt, use a slightly damp cloth and dry thoroughly.
- **Water Resistance:** While IP68 rated, avoid exposing the watch to hot water, steam, or high-pressure water jets. Rinse with fresh water after exposure to saltwater.
- **Avoid Chemicals:** Do not use harsh chemicals, cleaning solvents, or strong detergents, as they may damage the watch's finish or seals.
- **Storage:** Store the watch in a cool, dry place when not in use for extended periods.

14. TROUBLESHOOTING

If you encounter issues with your Lgnitek MT500 Smartwatch, try the following solutions:

Problem	Possible Solution
Watch does not turn on	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Cannot pair with smartphone	<ol style="list-style-type: none"> 1. Ensure Bluetooth is enabled on your phone and the watch is discoverable. 2. Make sure the H Band app is installed and has necessary permissions. 3. Restart both the watch and your smartphone. 4. Try unpairing and re-pairing the device in the app.
Notifications not received	<ol style="list-style-type: none"> 1. Check app permissions for notifications on your phone. 2. Ensure the watch is connected via Bluetooth. 3. Verify notification settings within the H Band app.
Inaccurate health data	<ol style="list-style-type: none"> 1. Ensure the watch is worn snugly on your wrist, not too tight or too loose. 2. Clean the sensors on the back of the watch. 3. Remember that data is for reference only and not for medical use.
Short battery life	<ol style="list-style-type: none"> 1. Reduce screen brightness. 2. Turn off continuous monitoring for features you don't need 24/7. 3. Limit frequent use of power-intensive features like calls or games.

If the problem persists, please refer to the support section for further assistance.

15. SPECIFICATIONS

Feature	Detail
Brand	Lgnitek
Model Number	MT500
Color	Black
Operating System	iOS, Android
Screen Size	1.97 Inches
Connectivity	Bluetooth 5.3
Special Features	ECG, HRV, BMI, Uric Acid, Lipids, Heart Rate, SpO2, Blood Pressure, Body Temperature, Sleep Monitoring, AI Emotional Detection, Voice Assistant, Bluetooth Calls
Compatible Devices	Smartphone, Tablet
Battery Type	Lithium-polymer
Battery Capacity	325 mAh
Water Resistance	IP68
GPS	No GPS
Memory Storage Capacity	128 MB

16. WARRANTY AND SUPPORT

Lgnitek products are designed for reliability and performance. For warranty information, please refer to the documentation provided with your purchase or contact your retailer. If you have any questions or require technical assistance, please contact Lgnitek customer support via the contact information provided on the official website or through your purchase platform. We aim to respond to inquiries within 12 hours.

