

## Bestinn H32

# Bestinn H32 Smart Watch Fitness Tracker User Manual

Model: H32

## INTRODUCTION

Thank you for choosing the Bestinn H32 Smart Watch Fitness Tracker. This manual provides essential information for setting up, operating, and maintaining your device. Please read it carefully to ensure proper use and to maximize your experience.

### What's Included:

- Bestinn H32 Fitness Watch
- Charging Cable
- User Manual

## PRODUCT OVERVIEW

The Bestinn H32 Smart Watch is designed to assist with health monitoring and activity tracking. It features a 1.58-inch ultra-high resolution display with full touch controls and a side button for navigation. The device offers a range of functionalities including health metrics, sports modes, and smart notifications.

# Bestinn Activity & Fitness Tracker Watch

Designed for Sports



Light Weight



Comfortable Straps



High Resolution Display



Full Touch Screen



24/7 Health Monitoring



122+ Exercise Modes



Image: The Bestinn H32 Smart Watch displaying its 1.58-inch Ultra-HD Full Touch Always-on Display with multiple customizable watch face options.

## SETUP

### 1. Charging the Device

Before first use, fully charge your Bestinn H32 Smart Watch. Connect the provided charging cable to the charging port on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. The watch display will indicate charging status. A full charge typically provides 7-12 days of daily use or up to 35 days on standby.

## Easy-charging & Long Battery Life

Light Weight and Comfortable Straps for Sports



Image: The Bestinn H32 Smart Watch being charged with its magnetic charging cable, highlighting its lightweight design and comfortable strap.

## 2. App Installation and Pairing

1. Download the companion application from your smartphone's app store. The app is compatible with Android 4.4 / iOS 8.4 or above.
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the app and follow the on-screen instructions to create an account and pair your Bestinn H32 Smart Watch. The app will guide you through the pairing process.
4. During pairing, confirm the connection on your watch when prompted.

## 3. Initial Configuration

After successful pairing, use the app to set up your personal profile, including age, height, weight, and gender, for accurate health and activity tracking. You can also customize watch faces from over 250 options or create your own custom dials through the app.

# OPERATING INSTRUCTIONS

## Basic Navigation

- **Touch Screen:** Swipe left, right, up, or down to navigate through menus and screens. Tap to select an option.
- **Side Button:** Press the side button to return to the home screen or to wake the display.

## Health Monitoring

The Bestinn H32 provides continuous monitoring of several health metrics. Access these features directly from the watch or view detailed data in the companion app.

- **Heart Rate:** Monitors your heart rate 24/7.
- **Blood Oxygen (SpO2):** Measures blood oxygen levels.
- **Blood Pressure:** Provides blood pressure readings.
- **Sleep Tracking:** Records light sleep, deep sleep, and wake-up times to assess sleep quality.
- **Breath Training:** Guided breathing exercises for relaxation.
- **Menstrual Period Reminder:** Tracks and reminds users about their menstrual cycle.

# 24/7 Health Metrics Monitoring

Taking Care of your Well-being on the go



Image: The Bestinn H32 Smart Watch showing real-time heart rate data, alongside icons representing blood pressure, blood oxygen, breath training, and menstrual period tracking.



Image: Visual representation of the Bestinn H32's health tracking capabilities, including sleep patterns, 24/7 heart rate, blood oxygen, blood pressure, and breath training.

## Activity Tracking

The watch supports over 120 exercise modes and tracks daily activity.

- **Exercise Modes:** Select from a wide range of sports activities to track specific workout data.
- **All-Day Activity:** Monitors steps taken, distance traveled, and calories burned throughout the day.
- **GPS Connectivity:** Connects to your phone's GPS to map outdoor workout routes in the app.

# All-Day Activity Tracking

122 Exercise Modes with GPS Connectivity



Image: The Bestinn H32 Smart Watch showing a summary of daily activity data, including steps, distance, calories burned, and current weather.

## Female Menstruation Period Reminder



Image: A user wearing the Bestinn H32 Smart Watch, which displays various exercise modes and detailed activity tracking metrics like walking, running, cycling, and exercise bike data.

### Notifications

Receive alerts for incoming calls and messages directly on your wrist when connected to your smartphone.

- **Call Notifications:** View caller ID and choose to accept, reject, or mute calls.
- **Message Notifications:** Read messages from various apps (e.g., SMS, Twitter, Facebook, Instagram, LinkedIn, WhatsApp) on the watch screen.

## Calls & Messages Notification on Your Wrist



Contacts  
Info



Reject  
Call



Mute

Image: The Bestinn H32 Smart Watch showing an incoming call notification on one screen and a list of message notifications from various social media platforms on another.



Image: A user interacting with the Bestinn H32 Smart Watch to manage real-time calls and messages, showing options to view contacts, reject calls, or mute notifications.

## Daily Assistant Features

The watch includes several features to assist with daily life:

- **Weather Display:** Provides real-time weather information.
- **Alarm Clock:** Set alarms for reminders.
- **Remote Camera Control:** Use the watch to trigger your phone's camera.
- **Music Control:** Play, pause, skip tracks on your smartphone's music player.
- **Timer & Stopwatch:** For timing activities.
- **Sedentary & Drinking Water Reminders:** Prompts to move or drink water.
- **Find Phone:** Helps locate your paired smartphone.
- **Do Not Disturb Mode:** Silences notifications.



Image: A collage of the Bestinn H32's daily assistant features, including weather display, alarm clock, remote camera control, music player control, timer, sedentary reminder, drinking water reminder, breath training, find phone, and stopwatch.

## MAINTENANCE

### Cleaning the Device

- Wipe the watch screen and body with a soft, damp cloth.
- For the strap, use mild soap and water if necessary. Ensure the strap is dry before reattaching to the watch. The strap is durable, replaceable, and washable.
- Avoid using harsh chemicals or abrasive materials, as these can damage the watch.

### Charging Best Practices

- Use only the provided charging cable.
- Avoid exposing the charging contacts to water or sweat. Ensure they are dry before charging.
- Do not leave the watch charging for extended periods after it is fully charged.

## TROUBLESHOOTING

### Common Issues and Solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with smartphone:**

- Ensure Bluetooth is enabled on your phone and the watch.
  - Make sure the watch is within range of your phone.
  - Restart both the watch and your phone.
  - Try unpairing and re-pairing through the app.
- **Inaccurate health readings:**
    - Ensure the watch is worn snugly on your wrist, not too tight or too loose.
    - Keep the sensor clean and free from debris.
    - Readings are for reference only and should not be used for medical diagnosis.
- **Short battery life:**
    - Reduce screen brightness.
    - Limit frequent use of power-intensive features like continuous heart rate monitoring.
    - Ensure background app refresh is optimized.

## Resetting the Device

If you encounter persistent issues, you may need to reset your watch. Refer to the settings menu on your watch or the companion app for the 'Factory Reset' option. This will erase all data on the watch and restore it to its original settings.

## SPECIFICATIONS

Feature	Specification
Model Number	H32
Brand	Bestinn
Screen Size	1.58 Inches
Operating System Compatibility	Android 4.4 / iOS 8.4 or above
Connectivity Technology	Bluetooth
Battery Cell Composition	Lithium Polymer
GPS Functionality	Via Smartphone
Special Feature	Always On Display
Waterproof Rating	IP68 (Implied from product title)
Item Weight	0.1 Kilograms

## WARRANTY AND SUPPORT

## Warranty Information

The Bestinn H32 Smart Watch comes with a 3-year manufacturer's warranty. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.

## Customer Support

For any questions, technical assistance, or warranty claims, please contact Bestinn customer service. Lifetime 24/7 customer service is promised to ensure you receive timely support.

Please refer to the product packaging or the official Bestinn website for specific contact details.