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> Pautios Pedometer Watch User Manual - Model d6197b4c-5a4b-4700-a156-d664f883d57c

Pautios d6197b4c-5a4b-4700-a156-d664f883d57c

Pautios Pedometer Watch User Manual

Model: d6197b4c-5a4b-4700-a156-d664f883d57c

INTRODUCTION

The Pautios Pedometer Watch is a user-friendly fitness tracker designed for simplicity and functionality, requiring no smartphone app for its core features. This manual provides essential information for setting up, operating, and maintaining your watch.

No App & Phone Required

Simpler Smart Watch Easier to use



Image: A family wearing Pautios Pedometer Watches, highlighting the watch's independence from smartphone applications.

SETUP

1. Unboxing and Initial Charge

Upon unboxing, you will find the Pautios Pedometer Watch, a charging cable, and this user manual. Before first use, fully charge the watch. A full charge takes approximately 1.5 hours, providing up to 7 days of typical use and 30 days of standby time.

Large, Bright, Easy to Read

- 1.91" Inch Screen
- Large number, easy to read
- Bright, can read under sunlight



Image: The Pautios Pedometer Watch being charged with its magnetic cable, indicating a full battery.

2. Power On/Off

To power on the watch, press and hold the function button located on the side until the screen illuminates. To power off, navigate to the settings menu on the watch, select 'Power Off', and confirm.

3. Basic Navigation

The watch features a single function button for navigation. Press the button to wake the screen or return to the home screen. Swipe across the touchscreen to access different features and menus.

OPERATING INSTRUCTIONS

1. Display and Readability

The watch features a 1.91-inch ultra-clear HD display, designed for easy readability even under direct sunlight. The large numbers and rich colors enhance the user experience.

Activity Tracking

Enjoy free movement without connecting to an app or phone



Calories 426 kcal



Heart Rate 115 bpm



Distance 3.96 Km



Steps 9973 steps



Image: A detailed view of the watch face, demonstrating its large, easy-to-read display with clear metrics.

2. Activity Tracking

The Pautios Pedometer Watch accurately monitors and records your daily activities. Key metrics include:

- **Steps:** Counts the total number of steps taken throughout the day.
- **Calories:** Estimates calories burned based on your activity.
- **Distance:** Calculates the distance covered during your walks or runs.
- **Activity Time:** Tracks the duration of your active periods.

Best Gift for Your Loved Ones



Activity Tracker



Heart Rate Monitor



Blood Oxygen



Sleep Monitor



IP68 Waterproof



Alarm Clock



Timer and Stopwatch



Image: A visual representation of the watch tracking activity metrics like calories, steps, and distance during a run.

3. Health Monitoring

This smartwatch provides comprehensive health monitoring features:

- **Heart Rate Monitor:** Measures your heart rate continuously throughout the day.
- **Blood Oxygen (SpO2) Measurement:** Provides on-demand blood oxygen level readings.
- **Sleep Tracker:** Analyzes your sleep patterns, distinguishing between deep sleep, light sleep, and REM sleep.



Image: The watch interface displaying detailed health data, including blood oxygen, sleep analysis, and heart rate.

4. Water Resistance

The Pautios Pedometer Watch is waterproof, making it suitable for daily wear, including showering and swimming. Avoid prolonged exposure to hot water or steam.

5. Additional Features

The watch includes several convenient tools:

- **Alarm Clock:** Set alarms directly on the watch.
- **Timer and Stopwatch:** Utilize these functions for various activities.
- **Flashlight:** A quick access flashlight feature is available.

While the watch operates independently, an optional companion app may offer additional features like Bluetooth calling, more watch faces, and message notifications. These advanced features require smartphone pairing and are not necessary for the watch's core functionality.



Image: A comparison showing the watch's core functions without a phone and expanded capabilities when connected to an app.

MAINTENANCE

1. Cleaning

Regularly clean your watch and band with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, which can damage the device.

2. Charging

Use only the provided charging cable. Ensure the charging pins are clean and dry before connecting to prevent corrosion or damage.

3. Water Resistance Care

While waterproof, avoid exposing the watch to high-pressure water jets or prolonged submersion in saltwater. Rinse with fresh water after exposure to chlorine or saltwater.

TROUBLESHOOTING

Issue	Possible Solution
Watch does not turn on.	Ensure the watch is fully charged. Press and hold the function button for several seconds.
Screen is unresponsive.	Restart the watch by holding the function button until it powers off, then power it back on. Ensure the screen is clean and dry.
Activity tracking seems inaccurate.	Ensure the watch is worn snugly on your wrist. Calibrate the watch if an option is available in settings (refer to on-screen instructions).

Issue	Possible Solution
Battery drains quickly.	Reduce screen brightness. Limit frequent use of power-intensive features like continuous heart rate monitoring if not needed. Ensure background processes are minimized.

SPECIFICATIONS

Feature	Detail
Model Number	d6197b4c-5a4b-4700-a156-d664f883d57c
Screen Size	1.91 inches
Battery Life (Typical Use)	Up to 7 days
Standby Time	Up to 30 days
Charging Time	Approximately 1.5 hours
Water Resistance	Waterproof (suitable for showering and swimming)
Item Weight	3.2 ounces
Band Material	Silicone

Standalone Without A Phone




**No
Phone
Needed**

Access More Functions with APP

-  **Bluetooth Calling**
-  **100+ Watch Faces**
-  **100+ Spots Modes**
-  **Message Notification/
Reminder**
-  **Music Control**

And more

Image: A visual summary of the watch's key features and physical dimensions.

WARRANTY AND SUPPORT

Pautios products come with a standard manufacturer's warranty. For detailed warranty information, product support, or service inquiries, please refer to the official Pautios website or contact customer service through your purchase platform. Keep your proof of purchase for warranty claims.