

## TAOPON Montre Connectée Homme

# TAOPON Smartwatch for Men User Manual

Model: Montre Connectée Homme

## 1. INTRODUCTION

This manual provides essential information for the proper use and maintenance of your TAOPON Smartwatch. Please read it thoroughly before using the device to ensure optimal performance and longevity.



Figure 1: TAOPON Smartwatch displaying various health metrics and time on its screen.

## 2. What's in the Box

- 1 x TAOPON Smartwatch
- 1 x Watch Strap
- 1 x Charging Cable
- 1 x User Manual (including French language section)



Figure 2: Package contents of the TAOPON Smartwatch, showing the watch, strap, magnetic charging cable, and user manual.

## 3. SETUP

### 3.1 Initial Charging

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

### 3.2 App Installation and Pairing

1. Scan the QR code in the manual or search for the companion app (e.g., 'H Band' as mentioned in reviews) on your smartphone's app store (Android 5.0+ or iOS 10.0+ required).
2. Install and open the app.
3. Enable Bluetooth on your smartphone.
4. Follow the in-app instructions to pair your smartwatch. Ensure the watch is sufficiently charged and within Bluetooth range.

### 3.3 Basic Settings

After pairing, you can customize settings such as time format, units of measurement, and personal profile information within the app.



Figure 3: The smartwatch is compatible with Android 5.0 and above, and iOS 10.0 and above, supporting Bluetooth 5.3.

## 4. OPERATING INSTRUCTIONS

### 4.1 Navigation

- **Touchscreen:** Swipe left, right, up, or down to navigate through menus and functions. Tap to select.
- **Rotary Crown:** Rotate the crown to scroll through interfaces. Press once to return to the home page or function page.
- **Side Button:** Long press to power on/off the device. A dedicated button is available for ECG measurements.





Figure 4: The rotary crown allows for quick scrolling through the watch interface.



Figure 5: Place your finger on the dedicated side button to initiate an ECG measurement.

## 4.2 Health Monitoring Features

The smartwatch supports various health monitoring functions. For accurate readings, ensure the watch is worn snugly on your wrist.

- **ECG, PPG, HRV:** Monitor heart electrical activity, pulse, and heart rate variability.
- **Blood Components & Uric Acid:** Provides indicative measurements of certain blood parameters.
- **Heart Rate & Blood Oxygen (SpO2):** Continuous or on-demand measurement of heart rate and blood oxygen saturation.
- **Blood Pressure:** Provides an estimate of blood pressure.
- **Stress & Sleep Tracking:** Monitors stress levels and analyzes sleep patterns (deep sleep, light sleep, wake time).
- **Body Temperature:** Measures skin temperature.
- **Breathing Training:** Guided breathing exercises to help reduce stress.

**Note: Health data provided by this device is for reference only and should not be used for medical diagnosis or treatment. Consult a medical professional for any health concerns.**



Figure 6: The smartwatch offers a comprehensive suite of health tracking features.



Figure 7: ECG and HRV measurements can be taken easily, providing insights into heart health.

### Mesure de ECG et du HPV

Surveillance facile sans piqûre au doigt  
 Cette smartwatch homme utilise le principe  
 de l'électrocardiogramme pour enregistrer  
 les signaux bioélectriques du cœur d'un  
 simple bouton. vous pouvez ainsi capturer  
 rapidement les données de  
 l'électrocardiogramme pour détecter  
 les arythmies

Figure 8: Monitor your heart rate and blood pressure to stay informed about your physical condition.





## Fréquence cardiaque Pression artérielle

*Soyez toujours attentif à votre condition physique et comprenez mieux votre état de santé*



Figure 9: Track blood composition and blood oxygen levels for general health awareness.



## Composition sanguine Oxygène sanguin

*Soignez toujours votre santé*



Figure 10: The app analyzes sleep cycles and provides stress monitoring and breathing training to improve rest and reduce anxiety.



## Sommeil/Stress Entraînement respiratoire

*Grâce à la surveillance du sommeil, l'application peut analyser votre cycle de sommeil et vous aider à optimiser la qualité de votre sommeil. elle intègre une fonction de suivi du niveau de stress et un entraînement respiratoire pour réduire l'anxiété. que vous travailliez ou que vous vous détendiez, elle peut vous fournir des données*

Figure 11: New functionalities include temperature and Micro-PE measurements. These data are for indicative purposes only and not for medical use.

### 4.3 Communication Features

- **Bluetooth Calls:** Make and receive calls directly from your watch using the built-in speaker and microphone. Access frequent contacts, call logs, and a dial pad.
- **Notifications:** Receive real-time alerts for SMS, Facebook, Twitter, WhatsApp, and other apps. Note:

Message content is not displayed, and replies are not supported directly from the watch.

- **Voice Assistant:** Connect to your smartphone's voice assistant (e.g., Siri) to ask questions, check weather, set alarms, etc.
- **SOS Alert Mode:** After adding emergency contacts in the mobile application, long-press the circular button and slide to activate the SOS function.



Figure 12: Make and receive Bluetooth calls directly from your smartwatch.



Figure 13: Receive real-time notifications from your favorite messaging and social media applications.



Figure 14: Access your smartphone's voice assistant for hands-free commands.



## Assistant vocal

Connectez-vous à l'assistant vocal de votre smartphone (comme Siri) pour poser des questions, consulter la météo, régler des alarmes, etc

At work in the company

Hello, hello?

What's going on?

Voice Assistant 09:30

Tap for Voice Assistant



Figure 15: Activate SOS alert mode to quickly contact emergency numbers.

## 4.4 Sports Modes

The smartwatch features over 130 sports modes to track various activities, including walking, running, cycling, and more. It records real-time exercise data such as calories burned, steps, and distance.

### COURONNE ROTATIVE

Faites défiler l'interface de la montre connectée en tournant la couronne, pratique et rapide

Appuyez une fois pour revenir à la page d'accueil ou à la page des fonctions, appuyez longuement pour allumer ou éteindre



Figure 16: Choose from over 130 sports modes to track your workouts and monitor progress.

## 4.5 Customization

- **Watch Faces:** Select from over 160 pre-installed watch faces or create custom watch faces using your own photos via the app.

### Bouton Dédié à la Fonction ECG

Posez votre doigt sur le côté de la montre et consultez les données détectées en 60 secondes. vous pouvez également consulter les données dans l'application



## 4.6 Other Features

The smartwatch includes additional functionalities for daily convenience:

- **Music Control:** Play, pause, skip tracks, and adjust volume for music playing on your connected smartphone.
- **Camera Control:** Remotely trigger your smartphone's camera shutter.
- **Alarm Clock:** Set multiple alarms.
- **Weather Forecast:** View current weather conditions.
- **Timer & Stopwatch:** Use for various timing needs.
- **Find Phone:** Locate your paired smartphone.
- **Flashlight:** Use the screen as a light source.
- **Calculator & Games:** Basic utility and entertainment functions.
- **Sedentary Reminder & Drinking Water Reminder:** Prompts to encourage activity and hydration.



Figure 18: Control music playback on your smartphone directly from the watch.

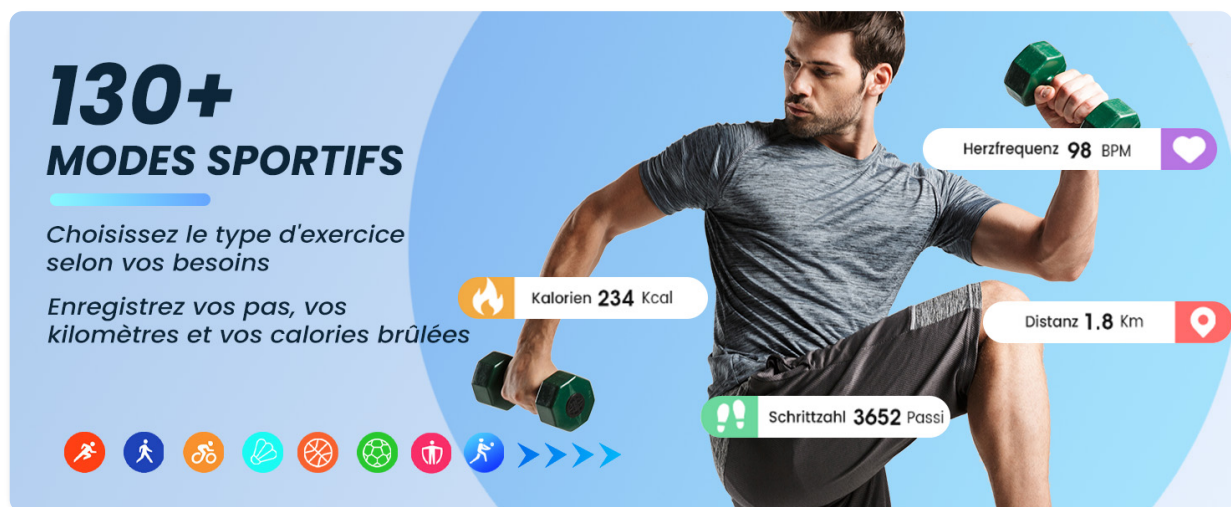


Figure 19: Remotely control your smartphone's camera for easy photo capture.



# ÉTANCHÉITÉ IP67

*Convient pour une utilisation quotidienne, notamment en cas de lavage des mains, de pluie, de transpiration pendant l'exercice, etc. Interdiction de nager, de se tremper dans l'eau, de se baigner, etc*



Figure 20: A visual representation of the diverse functions available on the smartwatch.

## 5. MAINTENANCE

### 5.1 Cleaning

Regularly clean your smartwatch and strap with a soft, dry cloth. If necessary, use a slightly damp cloth and mild soap, then rinse and dry thoroughly. Avoid harsh chemicals or abrasive materials.

### 5.2 Water Resistance (IP67)

The smartwatch is IP67 waterproof, meaning it is resistant to daily water exposure such as hand washing, rain, and sweating during exercise. It is **not** suitable for swimming, showering, or prolonged submersion in water.



Figure 21: The smartwatch features IP67 water resistance, suitable for daily use like hand washing and rain, but not for swimming or prolonged water immersion.

### 5.3 Battery Care

To prolong battery life, avoid extreme temperatures and do not allow the battery to fully discharge frequently. Charge the device regularly.



## 6. TROUBLESHOOTING

- **Device not turning on:** Ensure the watch is fully charged.
- **Cannot pair with smartphone:** Make sure Bluetooth is enabled on your phone, the app is open, and the watch is within range. Restart both devices if necessary.
- **Inaccurate health readings:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Avoid excessive movement during measurements.
- **Notifications not received:** Check app permissions on your smartphone to ensure the app has access to notifications. Verify Bluetooth connection.
- **Touchscreen unresponsive:** Try restarting the watch. If the issue persists, contact customer support.

## 7. SPECIFICATIONS

Feature	Specification
Brand	TAOPON
Model Number	Montre Connectée Homme
Color	Black
Operating System	Proprietary (compatible with iOS, Android)
Screen Size	1.97 Inches
Screen Type	AMOLED Touchscreen
Resolution	390 * 450 HD
Connectivity	Bluetooth 5.3
Compatible Devices	Android 5.0+ / iOS 10.0+
Battery Type	Lithium-ion
Battery Capacity	325mAh
Water Resistance Level	IP67 (Daily waterproof, not for swimming)

Special  
Features

Health monitoring (ECG, PPG, HRV, blood components, BMI, micro physical exam, heart rate, blood oxygen, blood pressure, stress, sleep, body temperature), breathing training, Bluetooth calls, message reminders, voice assistant, 130+ sports modes, 160+ watch faces, DIY watch faces, music control, camera control, timer, stopwatch, alarm, flashlight, calculator, games, weather forecast, sedentary reminder, drinking water reminder.

# 1.97 Inch AMOLED

## Full touch large screen

 **Broad View**

 **Full Touchscreen**

 **390\*450 Resolution**






**AMOLED**



**IPS**



**99% screen ratio**  
**Incomplete black edge display**

Figure 22: The 1.97-inch AMOLED display offers a broad view and high resolution for clear visuals.

# 160+ watch faces, support DIY watch faces



Figure 23: The watch supports over 160 watch faces and is IP67 waterproof.

## 8. WARRANTY AND SUPPORT

### 8.1 Manufacturer's Warranty

This product comes with a 1-year manufacturer's warranty. Please retain your proof of purchase for warranty claims.

### 8.2 Customer Support

For technical assistance, troubleshooting, or warranty inquiries, please refer to the contact information



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[Manuel d'instructions OOQE Watch Pro 7 : Guide complet et fonctionnalités](#)

<div><div><div>CRIVIT Smart &amp; Co. KG</div><div>Stübenstraße 1</div><div>73277 Tübingen</div><div>CRIVIT</div><div>Produkt-Nr.: HC-0004</div><div>Version: 01/2024</div></div><div><div>IAN 466448_2404</div><div>8</div></div></div>	<p><a href="#">CRIVIT Sport-Smartwatch CSG 430 A1 Kurzanleitung</a></p> <p>Kurzanleitung für die CRIVIT Sport-Smartwatch CSG 430 A1. Enthält Bedienungsanleitungen, Sicherheitshinweise und Garantieinformationen für das Sport-Smartwatch-Modell von CRIVIT.</p>
<div><div>ScanWatch</div><div><div>Montre connectée hybride - ECG, capteur de fréquence cardiaque et oxymètre</div><div>montre et accessoires (contenus)</div></div><div></div><div><div>WITHINGS</div><div>PDF-1</div></div></div>	<p><a href="#">ScanWatch : Guide d'installation et d'utilisation de la montre connectée hybride</a></p> <p>Manuel d'utilisation complet pour la Withings ScanWatch. Apprenez à installer, configurer et utiliser toutes les fonctionnalités de votre montre connectée hybride : ECG, SpO2, suivi cardiaque, activité, sommeil et plus encore.</p>