

idomars Montre Connectée MT800sl

idomars Smartwatch User Manual

Model: Montre Connectée MT800sl

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your idomars Smartwatch. Please read it thoroughly before operating the device to ensure optimal performance and longevity. This smartwatch is designed to assist in monitoring various health and fitness parameters, and to provide convenient access to notifications and communication features.



Figure 1.1: The idomars Smartwatch, showcasing its main display with health tracking features and a side view of the watch.

2. GETTING STARTED

2.1 Charging the Device

Before first use, fully charge your smartwatch. The device features a 440mAh lithium-polymer battery. A full charge takes approximately 2.5 hours using the provided USB-C charging cable. Connect the magnetic charging base to the back of the watch and plug the USB-C end into a compatible power adapter (not included).

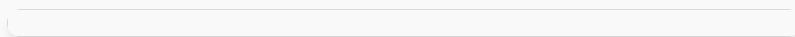


Figure 2.1: Battery specifications and charging method for the smartwatch. The watch offers 3-7 days of typical use and over 20 days of standby time.

2.2 Connecting to the App

To unlock the full functionality of your smartwatch, download and connect to the companion application, 'H-band App', from your device's app store. The smartwatch is compatible with Android 5.0+ and iOS 10.0+ devices, utilizing Bluetooth 5.3 for stable connectivity.

1. Download the 'H-band App' from your app store.
2. Activate Bluetooth on your mobile phone and search for available devices.
3. Open the 'H-band App', find 'MT800' or 'MT800s!' in the device list, and select to connect and pair.
4. Once paired, the watch can receive and make calls directly.



Figure 2.2: Step-by-step instructions for pairing the smartwatch with your smartphone via the H-band app.

3. KEY FEATURES & OPERATION

3.1 Display and Watch Faces

The smartwatch features a 1.56-inch spherical AMOLED display with a resolution of 480x480 pixels, providing clear and vibrant visuals. You can customize your watch face from over 100 available dials or create your own personalized designs.

1.56" AMOLED HD screen

1.56 inch AMOLED Screen

480*480 Resolution

Multiple dials available



Figure 3.1: The 1.56-inch AMOLED HD screen of the smartwatch, highlighting its resolution and multiple dial options.

Oltre 100 quadranti e fai da te

Un gran numero di quadranti sono aggiornati online e supportano impostazioni personalizzate, offrendo più scelte per il vostro smartwatch.

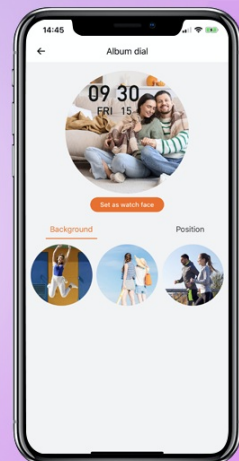


Figure 3.2: Examples of over 100 available watch faces and the DIY customization feature.

3.2 Health Monitoring

The smartwatch offers comprehensive health monitoring features, providing continuous data and alerts for your well-being. **Note: This product is not a professional medical device, and the data is for reference only.**

- **ECG and HRV Monitoring:** Advanced cardiovascular analysis with an EKG sensor chip. Place your finger on the side electrode for about 40 seconds to perform a real-time ECG measurement and HRV analysis. The device can help detect abnormalities and provide early detection of arrhythmias.



Smartwatch with EKG function

Adopts EKG sensor chip and intelligent pulse wave technology to help users detect abnormalities and assess emergencies in time.

1. Sit on a chair
2. Fit the wrist and face up
3. Place finger on the side electrode

ECG
Re.. 080 bpm

HRV Smart Analytics

Place your finger on the side of the watch and wait 60 seconds for the HRV to automatically check for you.

Note: This product is not a professional medical device, the data is for reference only

The advertisement features a background image of a man and a woman sitting on a couch. In the foreground, a smartwatch displays an ECG reading of 080 bpm. To the left, a smartphone displays HRV analytics, including a heart health index of 80, a Lorentz scatter diagram, and an HRV overview table.

Maximum	Minimum
134 ms	13 ms

Figure 3.3: The smartwatch's EKG function and HRV Smart Analytics, showing how to place a finger for measurement.



Monitoraggio ECG in tempo reale

Le misurazioni vengono effettuate con la semplice pressione di un pulsante, rendendo più semplice la valutazione delle prestazioni. Contatto del dito con l'elettrodo per circa 40 secondi.

Nota: questo prodotto non è un dispositivo medico e i dettagli del test sono solo di riferimento.



Figure 3.4: Real-time ECG monitoring interface on the smartwatch and the location of the electrode for measurement.

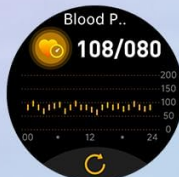
- **Heart Rate, Blood Oxygen (SpO2), and Blood Pressure:** Monitors these vital signs 24 hours a day to provide continuous insight into your physical condition.
- **Sleep Monitoring:** Professional sleep monitoring analyzes sleep cycles (light sleep, deep sleep, REM, awake time) to help optimize your rest quality.



Automatic monitoring protects your health



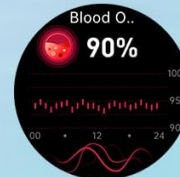
Heart rate monitoring



Blood pressure monitoring



Sleep Monitoring



Blood oxygen monitoring

Note: This product is not a professional medical device, the data is for reference only

Figure 3.5: Automatic monitoring of heart rate, blood pressure, sleep, and blood oxygen levels.

Monitoraggio scientifico del sonno

Individuazione dei disturbi del sonno, miglioramento della qualità del sonno e adattamento dei programmi di lavoro

4h:22m	Sommeil Léger	47min	Sommeil Profond
2h:53m	Mouvement Oculaire Rapide	10min	Sobriété

Figure 3.6: Scientific sleep monitoring, showing detection of sleep disturbances and optimization of sleep quality.

- **Body Composition Measurement:** Analyzes body composition including BMI, body fat, body oil, and protein in less than 10 seconds using advanced sensors and algorithms.

Temperature and blood lipid testing

Body temperature measurement can be combined with ambient temperature, the user's activity status (e.g., sleep/movement), and historical data



Body Composition Measurement

This men's smartwatch monitors your body composition with information such as BMI, body fat, body oil and protein



Note: This product is not a professional medical device, the data is for reference only

Figure 3.7: Body Composition Measurement feature, providing detailed insights into body metrics.



Analisi della composizione corporea

Grazie a sensori avanzati e ad algoritmi scientifici, è possibile effettuare il monitoraggio dall'orologio in meno di 10 secondi e analizzare dati quali massa muscolare, grasso corporeo, proteine e altri parametri nell'app.

Nota: questo prodotto non è un dispositivo medico e i dettagli del test sono solo di riferimento.



Figure 3.8: Body composition analysis, showing how the watch measures muscle mass, body fat, and protein.

3.3 Sports Modes

The smartwatch supports over 50 professional training modes, automatically recognizing specific movements for each activity. It monitors heart rate, steps, and calories burned in real-time, generating multi-dimensional training reports.

Bluetooth-Anrufe und Benachrichtigungen

*Bluetooth to answer and make calls so
you don't miss important messages*

Wie ist das Wetter heute?

Sehr gut.

There are over 50 training modes to choose from

*The smartwatch has various sports modes
that you can freely select, such as running,
brisk walking, mountain climbing, etc.*



Figure 3.9: The smartwatch's sports tracking capabilities, including over 50 training modes and real-time data display.

Modalità di esercizio multiple

L'interfaccia dell'esercizio viene visualizzata in base alla modalità di esercizio selezionata. Che si stia correndo, andando in bicicletta o giocando a palla, è possibile attivare la modalità di esercizio corrispondente e registrare facilmente il tempo di esercizio, la distanza, le calorie e altri dati.

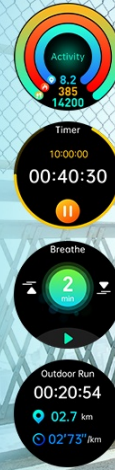


Figure 3.10: Multiple exercise modes available on the smartwatch, allowing users to track various activities like running, cycling, and ball games.

3.4 Notifications and Calls

Receive real-time notifications from social media applications like WhatsApp and Instagram directly on your watch. The smartwatch supports Bluetooth calls, allowing you to answer and make calls without needing to take out your phone.

Notifica dei messaggi

Connettività Bluetooth, notifica in tempo reale, per non perdere informazioni importanti



Figure 3.11: Message notification feature, showing real-time alerts from various social media platforms.

3.5 SOS Function

In case of emergency, pressing the SOS button on the smartwatch automatically sends a notification to a pre-set emergency contact. This feature requires the watch to be connected to your mobile phone, and up to 5 emergency contacts can be set.

3.6 LED Flashlight

The smartwatch includes a convenient LED flashlight mode, useful in various situations such as outdoor activities, mountain climbing, or camping. It offers different lighting modes including fixed light, intermittent, and flash.

440 mAh Large Battery



Capacity:
440mAh



Battery standby time:
about 30 days



Battery life:
9-14 days



Charge for :
2 hours



Convenient flashlight mode Turn on/switch lighting mode



Outdoor activities



Camping



Mountain climbing



Figure 3.12: The convenient flashlight mode, illustrating its utility in various outdoor settings.

Prévisions météo  26°

Réveil  Sun Mon Wed... **08:30 AM**

Calculatrice 

C	%	÷	±
7	8	9	×
4	5	6	-
1	2	3	+
0	.	=	

Trouver mon téléphone 

Torca a Mano 

Suivi des cycles menstruels 

Jeux 

Rappel de sédentarité 

Figure 3.13: The handheld flashlight feature, alongside other useful functions like weather forecasts, alarms, and a calculator.

4. MAINTENANCE

4.1 Water Resistance

The smartwatch has an IP67 waterproof rating, making it reliable for use during workouts, in the rain, or in humid environments. It is resistant to splashes and brief immersion. However, it is **not suitable** for extremely high temperatures, hot springs, or seawater, and should not be used for swimming or diving.



Figure 4.1: The IP67 water resistance feature, indicating suitability for various environments but cautioning against extreme conditions.

4.2 Cleaning

Wipe the watch and strap regularly with a soft, dry cloth. Avoid using harsh chemicals or abrasive materials that could damage the device.

5. TROUBLESHOOTING

- **Device not turning on:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes before attempting to power it on again.
- **Cannot connect to phone:** Ensure Bluetooth is enabled on your phone and the watch. Make sure the 'H-band App' is open and you are attempting to pair within the app. If issues persist, try restarting both the watch and your phone.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, but not too tight. Clean the sensors on the back of the watch regularly. Remember that the data is for reference only and not for medical diagnosis.
- **Notifications not appearing:** Check app permissions in your phone settings to ensure the 'H-band App' has access to notifications. Verify that notifications are enabled within the app settings for specific applications.

6. SPECIFICATIONS

Feature	Specification
Brand	idomars
Model Number	Montre Connectée MT800sl

Feature	Specification
Screen Size	1.56 Inches
Display Type	AMOLED (480x480 resolution)
Battery Capacity	440 mAh Lithium-Polymer
Battery Life (Typical Use)	Up to 7 days
Standby Time	Up to 30 days
Charging Time	Approx. 2.5 hours
Wireless Type	Bluetooth 5.3
Human Interface Input	Touchscreen
Water Resistance	IP67
Item Weight	150 g
Package Dimensions	17.2 x 10 x 3.1 cm
Compatibility	Android 5.0+, iOS 10.0+



Figure 6.1: Product dimensions, including watch face diameter, thickness, and strap length.

7. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or contact the manufacturer directly through their official website. Keep your proof of purchase for any warranty claims.

