ZTE SW2301

ZTE Smartwatch Live 3 (Model SW2301) User Manual

Your comprehensive guide to getting started and maximizing your smartwatch experience.

1. INTRODUCTION

Thank you for choosing the ZTE Smartwatch Live 3. This manual provides essential information for setting up, operating, and maintaining your device. Please read it carefully to ensure proper use and to fully utilize all features of your smartwatch.

Image 1.1: Front view of the ZTE Smartwatch Live 3. The watch features a rectangular black casing with a black silicone strap, displaying a digital watch face.

2. SETUP GUIDE

2.1 Unboxing and Initial Charge

Carefully remove the smartwatch and all accessories from the packaging. Before first use, fully charge the device.

- Connect the magnetic charging cable to the charging contacts on the back of the smartwatch.
- Plug the USB end of the cable into a standard USB power adapter (not included) or a computer's USB port.
- The watch display will indicate charging status. A full charge typically takes approximately 2 hours.

Image 2.1: The back of the ZTE Smartwatch Live 3 showing the magnetic charging cable connected to the charging pins.

2.2 Powering On/Off

- **To Power On:** Press and hold the side button until the ZTE logo appears on the screen.
- **To Power Off:** From the watch face, swipe down to access quick settings, then tap the power icon, or navigate to Settings > System > Power Off. Confirm your selection.

2.3 App Installation and Pairing

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

1. Scan the QR code in the watch's initial setup screen or search for the official ZTE smartwatch app in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Install the app and create an account or log in.
3. Enable Bluetooth on your smartphone.

4. Open the app, navigate to 'Add Device' or 'Pair Device', and select 'ZTE Smartwatch Live 3' from the list of available devices.

5. Follow the on-screen prompts on both your phone and watch to complete the pairing process. A confirmation message will appear once connected.

3. OPERATING INSTRUCTIONS

3.1 Navigating the Interface

- **Swipe Up:** View notifications.
- **Swipe Down:** Access quick settings (e.g., brightness, DND, battery saver).
- **Swipe Left/Right:** Cycle through widgets (e.g., activity, heart rate, weather).
- **Press Side Button:** Return to the watch face or open the app menu.
- **Tap:** Select an item or open an application.

3.2 Bluetooth Calling

The ZTE Smartwatch Live 3 supports Bluetooth calls, allowing you to answer or make calls directly from your wrist when connected to your smartphone.

- Ensure your smartwatch is paired and connected to your smartphone via Bluetooth.
- When a call comes in, the watch will display the caller ID. Tap the green icon to answer or the red icon to reject.
- To make a call, access the 'Phone' or 'Dialer' app on your watch and select a contact or dial a number.

3.3 Sports Modes

The smartwatch offers over 100 sports modes to track your physical activities. Each mode provides specific metrics relevant to the chosen activity.

- From the app menu, select the 'Workout' or 'Sports' icon.
- Browse and select your desired activity (e.g., Outdoor Run, Indoor Walk, Rower).
- Tap to start the workout. The watch will begin tracking time, calories, heart rate, and other relevant data.
- To pause or end a workout, swipe right or press the side button and follow the on-screen prompts.

Image 3.1: The ZTE Smartwatch Live 3 displaying a list of sports modes, including 'Outdoor run', 'Outdoor walk', 'Rower', and 'Indoor run'.

3.4 Health Monitoring

The ZTE Smartwatch Live 3 provides 24/7 health monitoring features, including heart rate, sleep tracking, stress monitoring, and breathing exercises.

- **Heart Rate:** Access the 'Heart Rate' app to view your current heart rate and historical data. The watch continuously monitors your heart rate throughout the day.

- **Sleep Tracking:** Wear the watch to bed for automatic sleep monitoring. View your sleep patterns (deep sleep, light sleep, awake time) in the companion app.

- **Stress Monitoring & Breathing Exercises:** Use the dedicated apps to measure your stress levels and follow guided breathing exercises to relax.
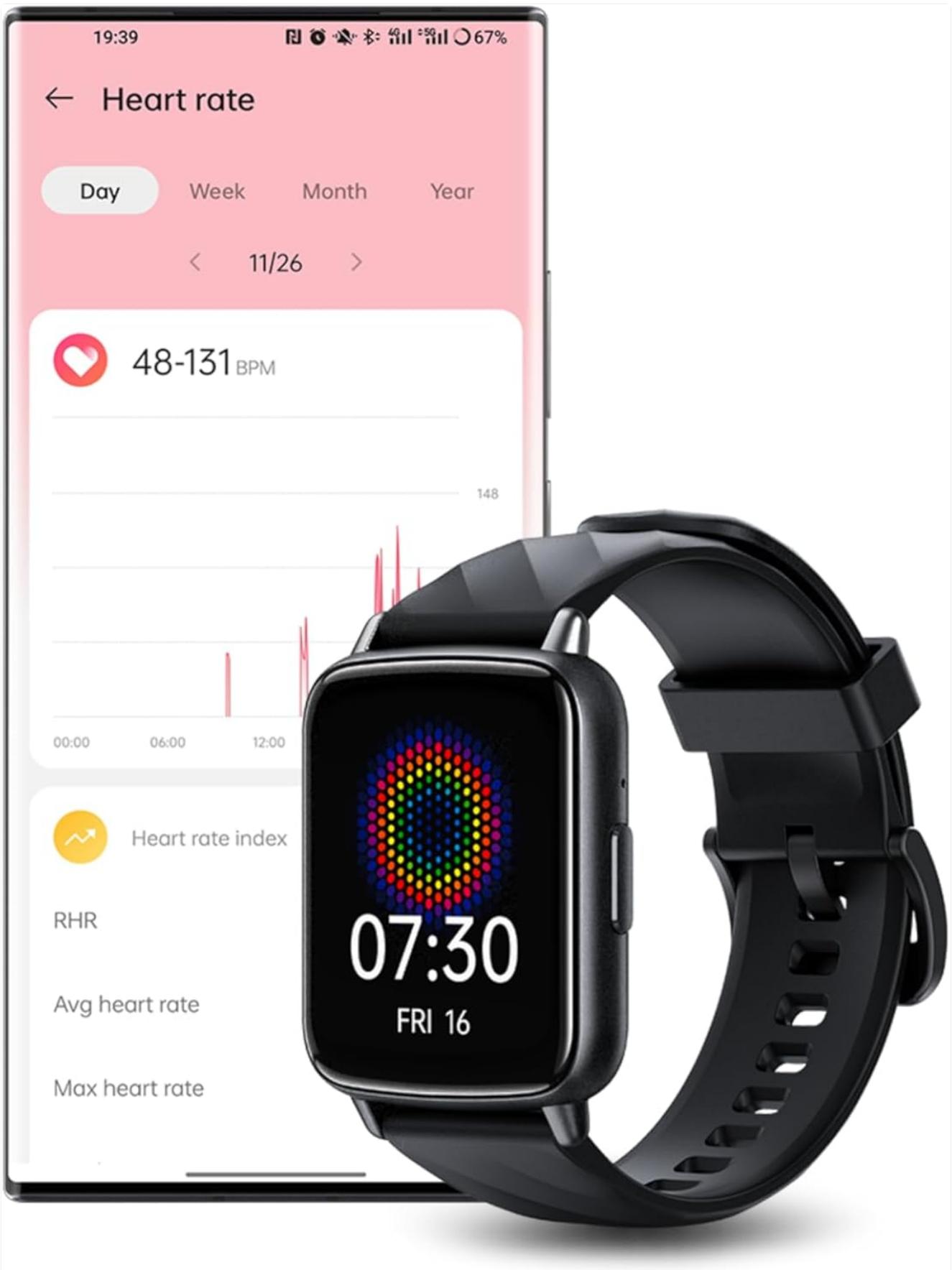
Image 3.2: The ZTE Smartwatch Live 3 displaying heart rate data on its screen, alongside a smartphone showing a detailed heart rate graph.

Image 3.3: The ZTE Smartwatch Live 3 displaying sleep tracking data, showing total sleep duration and a breakdown of sleep stages.

4. MAINTENANCE AND CARE

4.1 Cleaning Your Smartwatch

To maintain optimal performance and appearance, regularly clean your smartwatch.

- Wipe the screen and casing with a soft, lint-free cloth. If necessary, dampen the cloth slightly with water.
- Clean the charging contacts and heart rate sensor on the back of the watch with a dry cotton swab to remove any dust or debris.
- Avoid using harsh chemicals, abrasive cleaners, or solvents, as these can damage the device.

4.2 Water and Dust Resistance (IP68)

The ZTE Smartwatch Live 3 is rated IP68, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. This makes it suitable for daily use, including showering and swimming in shallow water.

- Do not use the watch in hot water, saunas, or steam rooms.

- Avoid exposing the watch to high-velocity water (e.g., high-pressure washing).

- After exposure to water, especially saltwater, rinse the watch with clean fresh water and dry it thoroughly before charging or using the buttons.

- The IP68 rating is not permanent and may decrease over time with normal wear and tear.

Image 4.1: The ZTE Smartwatch Live 3 with water droplets on its screen and casing, illustrating its IP68 water resistance.

4.3 Battery Information

The smartwatch is equipped with a 290 mAh battery, providing approximately 7 to 10 days of typical use. Battery life may vary based on usage patterns, enabled features (e.g., continuous heart rate monitoring, Bluetooth calls), and environmental factors.

- To prolong battery life, consider reducing screen brightness, disabling unnecessary notifications, and limiting continuous health monitoring features.

- Charge the device regularly to prevent deep discharge, which can affect battery longevity.

5. TROUBLESHOOTING

If you encounter issues with your ZTE Smartwatch Live 3, refer to the following common solutions:

Problem	Possible Solution
Watch does not power on	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes. If it still doesn't turn on, perform a hard reset by pressing and holding the side button for 10-15 seconds.
Cannot pair with smartphone	Verify Bluetooth is enabled on your phone and the watch. Ensure the watch is in pairing mode. Restart both the watch and your phone. Clear Bluetooth cache on your phone if issues persist. Make sure the watch is not already paired with another device.
Inaccurate health data	Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Clean the sensor on the back of the watch. Avoid excessive movement during measurements. Note that smartwatches are not medical devices and data is for reference only.
Notifications not received	Check if the watch is connected to your phone. Ensure notification permissions are granted to the companion app on your phone. Verify that 'Do Not Disturb' mode is not active on either the watch or phone. Check app-specific notification settings within the companion app.
Short battery life	Reduce screen brightness, disable 'Always-On Display' (if available), limit continuous heart rate monitoring, and turn off unnecessary notifications. Ensure no background apps are excessively draining power.

6. SPECIFICATIONS

Key technical specifications for the ZTE Smartwatch Live 3 (Model SW2301):

- **Model Number:** SW2301
- **Brand:** ZTE
- **Display:** 1.83 inch HD Screen
- **Connectivity:** Bluetooth
- **Water Resistance:** IP68 (Dust and water resistant)
- **Battery Capacity:** 290 mAh
- **Battery Life:** Up to 7-10 days (typical usage)
- **Special Features:** 24/7 Health Monitoring (Heart Rate, Sleep, Stress, Breathing Exercises), 100+ Sports Modes, Bluetooth Calling (built-in speaker and microphone)
- **Compatible Devices:** Smartphone
- **Memory Storage Capacity:** 512 MB
- **Weight:** Approximately 39g (watch body only)
- **Strap:** Universal 22mm

7. WARRANTY AND SUPPORT

Information regarding product warranty and customer support contact details is typically provided with your purchase documentation or on the official ZTE website. Please refer to those resources for specific warranty terms, service centers, and technical assistance.

This manual does not contain specific warranty or support contact information.