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VUHIGIB 8fb1b2f5-3b5f-45b8-9cd9-99a3ed5678cd

VUHIGIB Fitness Tracker Instruction Manual

Model: 8fb1b2f5-3b5f-45b8-9cd9-99a3ed5678cd

Brand: VUHIGIB

Introduction

Welcome to the VUHIGIB Fitness Tracker user manual. This device is designed to help you monitor your health and track your fitness activities with ease. It features 24/7 health indicator monitoring, multiple sports modes, smart notifications, and a customizable display. Please read this manual carefully to ensure proper use and to get the most out of your fitness tracker.

What's in the Box

- Fitness Tracker
- Charging Cable
- User Manual

Setup

1. Charging the Device

Before first use, fully charge your fitness tracker. The device uses magnetic fast charging. A full charge typically takes 1-2 hours and provides 7-10 days of regular use or up to 30 days in standby mode.



Image: Magnetic charging cable connected to the fitness tracker, indicating charging in progress.

2. App Installation and Pairing

Download the 'Keep Health' app from your device's app store. The fitness tracker is compatible with iOS 9.0+ and Android 4.4+ devices. Open the app and follow the on-screen instructions to pair your fitness tracker via Bluetooth. You may find a QR code in the included user manual to quickly download the app.

3. Wearing the Device

Wear the fitness tracker snugly on your wrist, about one finger's width from your wrist bone. Ensure the sensors on the back are in contact with your skin for accurate readings. The adjustable wristband ensures a comfortable fit for various wrist sizes.

Operating the Device

1. Display and Navigation

The device features a 1.1" AMOLED HD color touchscreen (126x294 resolution). Swipe up, down, left, or right on the screen to navigate through different functions and menus. Tap to select an option.

2. Health Monitoring

The fitness tracker supports 24/7 real-time monitoring of various health indicators. You can view these directly on your wrist or access detailed historical data in the 'Keep Health' app.

- **Heart Rate:** Continuously monitors your heart rate.
- **Blood Oxygen:** Measures your blood oxygen saturation levels.
- **Blood Pressure:** Provides blood pressure readings.
- **Body Temperature:** Tracks your body temperature.
- **Sleep Tracking:** Accurately tracks your sleep status (deep, shallow, awake stages) and analyzes sleep quality to help you adjust for better rest.



Image: The fitness tracker displaying continuous monitoring of health indicators, including heart rate, blood oxygen, blood pressure, and body temperature.



Image: The fitness tracker monitoring sleep patterns and providing detailed sleep quality analysis.

3. Activity Tracking

The tracker offers 25 sports modes to record your exercise data. It tracks all-day activities including steps, distance, and calories burned. For outdoor activities, you can use the GPS connected to your phone to get accurate distance, speed, and route information in the app.

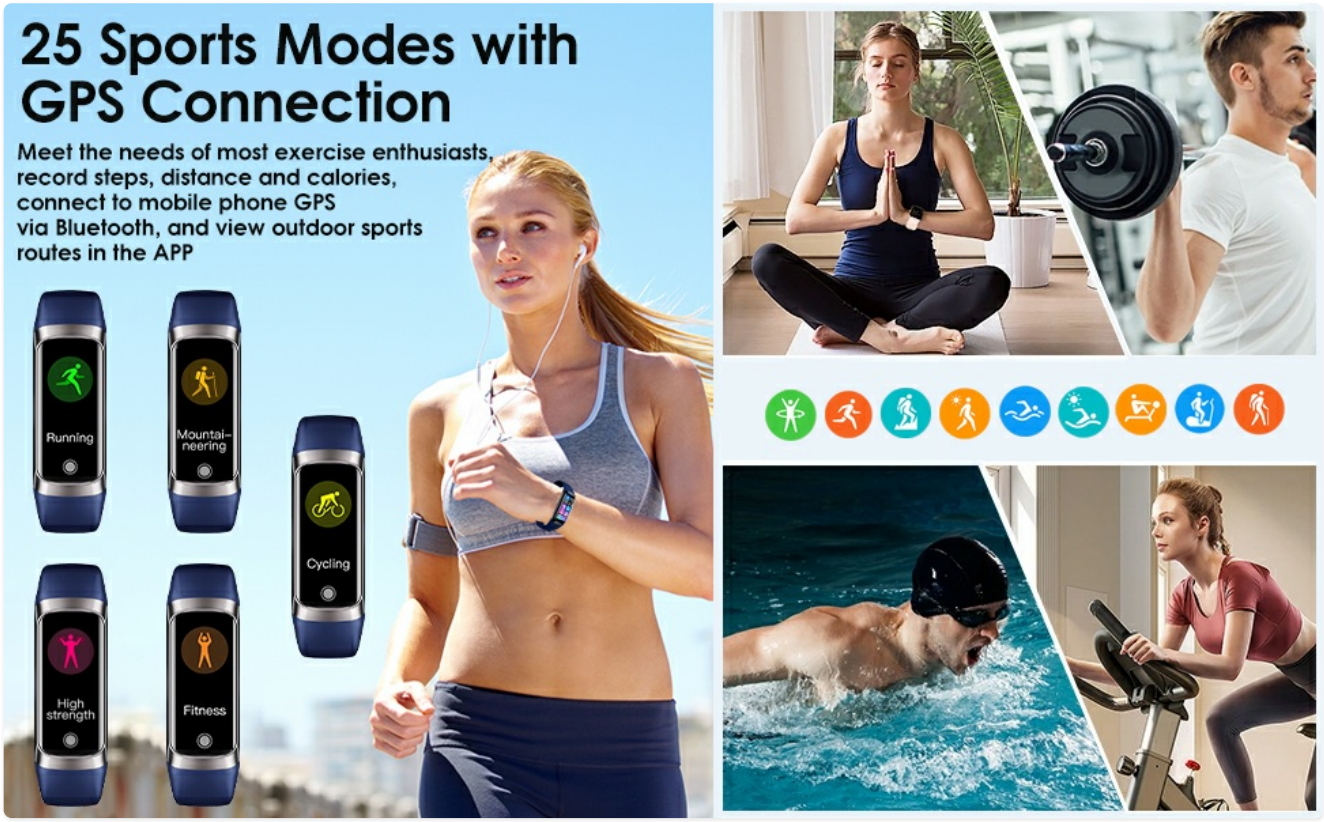


Image: The fitness tracker showcasing its 25 professional sports modes and all-day activity tracking capabilities.

4. Smart Features

Stay connected and organized with the following smart functions:

- **Message Notifications:** Receive incoming calls, text messages, and social media notifications (Facebook, Instagram, Twitter, WhatsApp, Messenger, etc.) directly on your wrist. You can also reject calls.
- **Reminders:** Includes drinking reminders and sedentary reminders to promote healthy habits.
- **Alarm Clock & Stopwatch:** Essential time management tools.
- **Do Not Disturb Mode:** Silence notifications when needed.
- **Flip Wrist Screen:** Activate the screen by raising your wrist.
- **Remote Photo Control:** Use your tracker to remotely control your phone's camera.
- **Family Health:** Monitor health data for family members (requires setup in the app).
- **Menstrual Cycle Reminder:** A dedicated function for women's physiological health management.



Image: The fitness tracker displaying smart message notifications and other multi-functional life assistant features.

5. Customization

Personalize your fitness tracker to match your style and mood. Choose from multiple dial styles available in the 'Keep Health' app, or upload your favorite photos to create custom watch faces.



Image: Various customizable watch faces available for the fitness tracker, including options to use personal photos.

Maintenance

1. Water Resistance

The fitness tracker is IP67 waterproof, meaning it can be safely used for washing hands, showering, and exercising in the rain. Avoid prolonged submersion or use in hot water/saunas.



Image: The fitness tracker demonstrating its IP67 waterproof rating, suitable for various water exposures.

2. Cleaning

Regularly clean your fitness tracker and wristband to prevent skin irritation and maintain hygiene. Use a soft, damp cloth to wipe the device. Ensure the charging contacts are dry before charging.

3. Battery Life and Charging

To maximize battery life, avoid extreme temperatures and keep the device charged regularly. Use the provided magnetic charging cable for optimal performance.

Troubleshooting

If you encounter any issues with your VUHIGIB Fitness Tracker, please try the following:

- **Device not turning on:** Ensure the device is fully charged.
- **Not connecting to app:** Check Bluetooth settings on your phone and ensure the app has necessary permissions. Restart both the tracker and your phone.
- **Inaccurate readings:** Ensure the tracker is worn snugly on your wrist and the sensors are clean and in proper contact with your skin.
- **Notifications not appearing:** Check app notification settings on your phone and within the 'Keep Health' app. Ensure Bluetooth connection is stable.

For further assistance, refer to the 'Keep Health' app's help section or contact customer support.

Specifications

Feature	Detail
Package Dimensions	4.06 x 3.39 x 0.94 inches
Item Weight	1.76 ounces
ASIN	B0FD24HWBW
Item Model Number	8fb1b2f5-3b5f-45b8-9cd9-99a3ed5678cd
Batteries	1 Nonstandard Battery (included)
Standing Screen Display Size	1.1 Inches
Memory Storage Capacity	32 MB
Operating System	Android 4.4 or above, iOS 9.0 or above
Special Feature	Activity Tracker, Cycle Tracking, Daily Workout Memory, Notifications, Sedentary Reminder
Battery Capacity	90 Milliamp Hours
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Polymer
GPS	GPS Via Smartphone
Shape	Rectangular
Screen Size	1.1 Inches
Manufacturer	VUHIGIB

Official Product Video

Your browser does not support the video tag.

Video: An official product video showcasing the features and design of the VUHIGIB Fitness Tracker Watch.

Warranty and Support

For warranty information and customer support, please refer to the documentation included with your product or visit the official VUHIGIB website. Keep your purchase receipt for any warranty claims.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

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