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› Mingdaln NX8heise Smartwatch User Manual for Android and iPhone Devices

Mingdaln NX8heise

Mingdaln NX8heise Smartwatch User Manual

Model: NX8heise

Brand: Mingdaln

1. INTRODUCTION

Thank you for choosing the Mingdaln NX8heise Smartwatch. This manual provides essential information for setting up, operating, and maintaining your device. Please read it thoroughly to ensure optimal performance and longevity of your smartwatch.

The Mingdaln NX8heise is designed to enhance your daily life with features such as call management, comprehensive activity tracking, and various sport modes, all presented on a clear 1.85-inch display and protected by an IP68 waterproof rating.

2. PACKAGE CONTENTS

Please verify that all items are present in your package:

- Mingdaln NX8heise Smartwatch
- Magnetic Charging Cable
- User Manual

3. PRODUCT OVERVIEW

Familiarize yourself with the components of your Mingdaln NX8heise Smartwatch:



Figure 3.1: Mingdaln NX8heise Smartwatch Front View

The image displays the Mingdaln NX8heise Smartwatch with a black strap and a metallic grey bezel. The main watch face shows digital time (20:42), date (DIM. 26), steps (12345), heart rate (106), and battery level (100%). Icons for weather, heart rate, and battery are visible. The watch features two physical buttons on the right side, labeled "POWER" and "SPORT". An inset image in the bottom right corner shows the watch displaying an incoming call from "012-3456789" with options to answer or decline.

- **1.85-inch Touchscreen Display:** Main interface for interaction.
- **Power Button:** Located on the right side, typically used for power on/off, screen wake/sleep, and returning to the main screen.
- **Sport Button:** Located on the right side, provides quick access to sport modes.
- **Heart Rate Sensor:** Located on the back of the watch, for monitoring heart rate.
- **Charging Contacts:** Located on the back of the watch, for connecting the magnetic charging cable.
- **Speaker/Microphone:** For call functionality.

4. SETUP

4.1 Initial Charging

1. Connect the magnetic charging cable to the charging contacts on the back of the smartwatch. Ensure proper alignment.
2. Plug the USB end of the charging cable into a standard USB power adapter (5V/1A recommended) or a computer's USB port.
3. Charge the smartwatch for approximately 2-3 hours before first use, or until the battery indicator shows full.

4.2 App Installation and Pairing

To unlock the full potential of your smartwatch, you need to install the companion application on your smartphone.

1. **Download the App:** Scan the QR code provided in the quick start guide (if available) or search for the designated app name (e.g., "Wear OS" or a specific Mingdahn app) in the Apple App Store (for iPhone) or Google Play Store (for Android devices).
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open the App:** Launch the installed app on your smartphone and follow the on-screen instructions to create an account or log in.
4. **Add Device:** Within the app, navigate to the "Add Device" or "Pair Device" section.
5. **Select Smartwatch:** The app will search for nearby devices. Select "NX8heise" or the corresponding device name from the list.
6. **Confirm Pairing:** A pairing request will appear on both your smartphone and smartwatch. Confirm the pairing on both devices.
7. **Complete Setup:** Follow any remaining prompts in the app to complete the setup, including granting necessary permissions for notifications, health data, etc.

5. OPERATING INSTRUCTIONS

5.1 Basic Navigation

- **Wake Screen:** Press the Power button or raise your wrist.
- **Main Screen:** Swipe left/right to access different widgets (e.g., heart rate, steps, weather). Swipe up to view notifications. Swipe down to access quick settings.
- **Return to Home:** Press the Power button.
- **Access Menu:** From the main screen, swipe right or press the Power button twice (depending on configuration) to access the main application menu.

5.2 Call Functionality

Once paired with your smartphone, the smartwatch supports answering and making calls.

- **Answering Calls:** When an incoming call is received, the watch will display the caller ID. Tap the green phone icon on the screen to answer.
- **Declining Calls:** Tap the red phone icon to decline an incoming call.
- **Making Calls:** Access the dialer or contact list through the watch's menu. Tap to dial a number or select a contact to initiate a call.

5.3 Sport Modes

The smartwatch offers over 100 sport modes to track your physical activities.

1. **Access Sport Modes:** Press the Sport button or navigate to the "Sport" icon in the main menu.
2. **Select Activity:** Browse through the list of available sports (e.g., running, cycling, swimming, walking). Tap to select your desired activity.
3. **Start Tracking:** Tap "Start" to begin tracking your workout. The watch will display real-time data such as duration, calories burned, and heart rate.
4. **Pause/End Workout:** During a workout, swipe right or press the Power button to pause or end the activity. Confirm to save the data.

5.4 Activity Tracking

The smartwatch continuously monitors various health and fitness metrics.

- **Steps:** Tracks your daily step count.
- **Heart Rate:** Monitors your heart rate throughout the day. You can also initiate a manual measurement.
- **Sleep Monitoring:** Automatically tracks your sleep patterns, including deep sleep, light sleep, and wake times.
- **Calories Burned:** Estimates calories burned based on your activity level.
- **Data Synchronization:** All tracked data is synchronized with the companion app on your smartphone for detailed analysis and historical records.

5.5 IP68 Waterproof Rating

The Mingdaln NX8heise Smartwatch is IP68 rated, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. This makes it suitable for daily use, including hand washing, rain, and shallow water activities. However, it is not recommended for hot showers, saunas, or diving, as steam and high water pressure can compromise the seal.

6. MAINTENANCE

- **Cleaning:** Regularly clean your smartwatch and strap with a soft, dry, lint-free cloth. If necessary, use a slightly damp cloth with mild soap, then rinse and dry thoroughly. Avoid harsh chemicals.
- **Charging:** Use only the provided magnetic charging cable. Avoid exposing the charging contacts to water or sweat to prevent corrosion.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.
- **Software Updates:** Periodically check the companion app for available software updates to ensure optimal performance and access to new features.

7. TROUBLESHOOTING

Issue	Possible Solution
Watch does not power on.	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Unable to pair with smartphone.	<ul style="list-style-type: none">• Ensure Bluetooth is enabled on your phone and the watch.• Make sure the watch is within range of your phone.• Restart both the watch and your smartphone.• Forget the device in your phone's Bluetooth settings and try pairing again through the app.
Inaccurate activity data.	<ul style="list-style-type: none">• Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.• Check for software updates for both the watch and the companion app.• Calibrate the watch if the app provides such an option.

Issue	Possible Solution
Notifications not received.	<ul style="list-style-type: none">• Verify that notification permissions are granted to the companion app on your smartphone.• Ensure the watch is connected via Bluetooth.• Check the app's settings to confirm which notifications are enabled.

8. SPECIFICATIONS

- **Model:** NX8heise
- **Brand:** Mingdaln
- **Display:** 1.85-inch Touchscreen
- **Operating System:** Wear OS 1.1
- **Special Feature:** Activity Tracker
- **Water Resistance:** IP68 (Dust and water resistant)
- **Compatible Devices:** Android and iPhone Smartphones
- **Connectivity:** Bluetooth
- **UPC:** 607601920289

9. WARRANTY INFORMATION

The Mingdaln NX8heise Smartwatch comes with a standard manufacturer's warranty. Please refer to the warranty card included in your package or contact Mingdaln customer support for detailed terms and conditions regarding warranty coverage and duration.

10. SUPPORT

For further assistance, technical support, or inquiries not covered in this manual, please contact Mingdaln customer service. Contact details can typically be found on the official Mingdaln website or on the product packaging.

