

VANIR VANIR-1

VANIR Smartwatch Model VANIR-1 User Manual

Comprehensive instructions for your VANIR Smartwatch, Model VANIR-1.

INTRODUCTION

Thank you for choosing the VANIR Smartwatch. This manual provides detailed instructions on how to set up, operate, and maintain your device. Please read this manual thoroughly before using the smartwatch to ensure proper function and to maximize your user experience.

The VANIR Smartwatch features a 2.01-inch HD touchscreen, Bluetooth call support, comprehensive health monitoring (heart rate, sleep), fitness tracking with over 100 sports modes, and smart notifications.

WHAT'S IN THE BOX

Upon opening your VANIR Smartwatch package, please verify that all components are present:

- VANIR Smartwatch (Model VANIR-1)
- Charging Cable
- User Manual (this document)
- Watch Band

SETUP GUIDE

1. Charging the Smartwatch

Before initial use, fully charge your smartwatch. Connect the provided charging cable to the charging port on the back of the watch and to a standard USB power adapter (not included). A full charge typically takes approximately 2 hours.



Image: The VANIR Smartwatch displaying its main interface with time, date, battery, heart rate, position, and calories. This image illustrates the watch's display during normal operation, which is relevant for understanding its charged state and readiness for use.

2. App Installation and Pairing

To unlock the full functionality of your VANIR Smartwatch, you need to install the companion application on your smartphone. The app is compatible with Android 5.0 and iOS operating systems.

1. Scan the QR code in the quick start guide (if provided) or search for the "VANIR Smartwatch" app in your phone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Download and install the application.
3. Open the app and follow the on-screen instructions to create an account or log in.
4. Ensure Bluetooth is enabled on your smartphone.
5. In the app, navigate to the device pairing section and select your VANIR Smartwatch from the list of available devices.
6. Confirm the pairing request on both your smartphone and the smartwatch.

VANIR

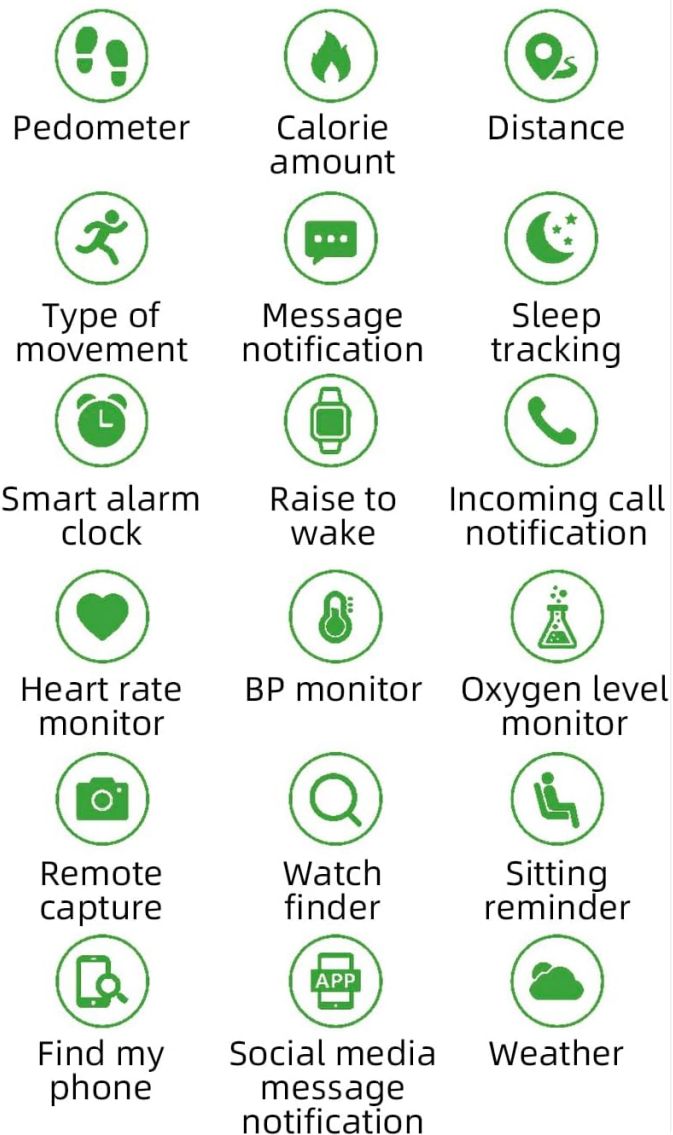


Image: A visual representation of the VANIR Smartwatch's key features, including pedometer, calorie amount, distance, type of movement, message notification, sleep tracking, smart alarm clock, raise to wake, incoming call notification, heart rate monitor, BP monitor, oxygen level monitor, remote capture, watch finder, sitting reminder, find my phone, social media message notification, and weather. This image helps users understand the range of functions available after successful pairing.

OPERATING INSTRUCTIONS

Basic Navigation

- **Touchscreen:** Swipe left/right, up/down to navigate through menus and features. Tap to select an option.
- **Side Button:** Press to return to the home screen or wake the display. Long press for power options.

Bluetooth Calling and Music Control

Once paired with your smartphone, you can make and receive calls directly from your smartwatch. You can also control music playback on your phone.

- **Making Calls:** Access the dialer or contacts list on your watch to initiate a call.
- **Receiving Calls:** When a call comes in, the watch will display the caller ID. Tap the green icon to answer or the red icon to reject.
- **Music Control:** Navigate to the music control interface on your watch to play, pause, skip tracks, or adjust volume.

Incoming call

Push notification to the watch timely

The speaker call notification is delivered to the watch in a timely manner, allowing you to receive and make calls through the watch, making communication more convenient.



Image: The VANIR Smartwatch on a user's wrist displaying an incoming call notification with the caller's number, alongside a smartphone showing the same call. This demonstrates the Bluetooth calling feature, allowing users to manage calls directly from their wrist.

Health Monitoring

The smartwatch is equipped with sensors to monitor various health metrics.

- **Heart Rate:** Access the heart rate monitor feature on the watch or through the app to measure your heart rate in real-time.
- **Sleep Monitoring:** Wear the watch while sleeping to track your sleep patterns, including deep sleep, light sleep, and wake times. Data is synchronized with the app for detailed analysis.
- **Blood Oxygen:** Measure your blood oxygen saturation levels on demand.

Sleep Better, Wake Refreshed Quality Sleep Every Night

Enable sleep mode and receive sleep support advice. Through the app, professional sleep data is generated, and by comparing and analyzing data for each stage, it helps you better understand your sleep condition and develop healthy sleep habits.



Image: A person sleeping with the VANIR Smartwatch on their wrist, accompanied by an infographic illustrating sleep data such as 8 hours 30 minutes total sleep, 3 hours 10 minutes deep sleep, 4 hours 5 minutes light sleep, and a 1 hour 15 minute alarm. This image highlights the smartwatch's sleep tracking capabilities and how it helps users understand their sleep quality.

Sports Modes

The smartwatch supports over 100 sports modes to track your physical activities. Select the appropriate mode before starting your workout to record specific data such as distance, calories burned, and exercise duration.

Various sports modes



Image: Two individuals engaged in a basketball activity, with one wearing the VANIR Smartwatch. The watch screen shows "Running" mode with details like total time (00:07:20), total steps (22306), and total heat (226 kcal). This image demonstrates the smartwatch's multi-sport tracking feature during physical activity.

Notifications and Alerts

Receive real-time notifications from your smartphone directly on your wrist. Ensure notification permissions are enabled in the companion app and your phone settings.

- Supported apps include WhatsApp, Facebook, Instagram, WeChat, QQ, and more.
- The watch will vibrate and display the notification content.

Remote Camera Control

Use your smartwatch as a remote shutter for your smartphone camera. Open the camera function in the companion app, then activate the remote control feature on your watch to take photos.

Find Phone/Watch

If you misplace your phone or watch, use the "Find Device" feature. From the watch, you can make your phone ring. From the app, you can locate your watch.

Find phone/watch

It can be searched from both the watch and the phone.



Image: The VANIR Smartwatch screen showing "Looking for" a phone, with a green phone icon, next to a smartphone displaying a magnifying glass icon. This visual illustrates the "Find Phone/Watch" feature, helping users locate their paired devices.

MAINTENANCE

Cleaning

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

Water Resistance

The VANIR Smartwatch has an IPX5 water resistance rating. This means it is resistant to splashes and sweat, making it suitable for workouts and light rain. It is not recommended for swimming, showering, or submersion in water.

Battery Life and Charging

The 400mAh battery provides up to 7 days of continuous use and 30 days of standby time. To prolong battery life, avoid extreme temperatures and fully charge the device when the battery is low.

TROUBLESHOOTING

If you encounter issues with your VANIR Smartwatch, refer to the following common solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
- **Cannot pair with smartphone:**
 - Ensure Bluetooth is enabled on your phone and the watch.
 - Make sure the watch is within range of your phone.
 - Restart both your phone and the smartwatch.
 - Check if the app has necessary permissions on your phone.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, about one finger's width above your wrist bone. Clean the sensors regularly.
- **Notifications not appearing:** Verify that notification permissions are granted to the companion app in your phone's settings. Also, check the app's settings to ensure notifications for specific applications are enabled.
- **Screen unresponsive:** Try restarting the watch by long-pressing the side button. If unresponsive, allow the battery to fully drain and then recharge.

SPECIFICATIONS

Feature	Detail
Model Number	VANIR-1
Display Size	2.01 Inches
Battery Capacity	400 mAh
Battery Type	Lithium Ion
Water Resistance	IPX5
Connectivity	Bluetooth 5.0
Operating System Compatibility	Android 5.0 & iOS (and above)
Memory Storage Capacity	256 MB
Item Weight	3.52 ounces (0.1 Kilograms)
Shape	Square
Special Features	Activity Tracker, Multisport Tracker, Heart Rate Monitor, Sleep Monitor, Bluetooth Call Support

WARRANTY AND SUPPORT






Your VANIR Smartwatch is covered by a standard manufacturer's warranty. For specific warranty terms and conditions, please refer to the warranty card included in your product packaging or contact VANIR customer support.

For technical support, troubleshooting assistance, or warranty claims, please contact VANIR customer service through the contact information provided on the official VANIR website or within the companion

application.

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Related Documents - VANIR-1

	<p>boAt Wave Call 2 Smartwatch User Manual: Features, Setup, and Maintenance</p> <p>Comprehensive user manual for the boAt Wave Call 2 smartwatch. Learn how to set up, connect, use features like fitness tracking, notifications, and manage your device. Includes product specifications and safety information.</p>
	<p>Fitbit Sense Smartwatch User Manual: Setup, Features, and Troubleshooting</p> <p>Comprehensive user manual for the Fitbit Sense smartwatch, covering setup, charging, app integration, health and wellness features, exercise tracking, notifications, Fitbit Pay, troubleshooting, and regulatory information.</p>
	<p>SOUYIE Smartwatch User Guide: Setup, Features, and Operation</p> <p>A comprehensive user guide for the SOUYIE Smartwatch, detailing setup, Bluetooth connectivity, phone permission settings, and all core functions including health monitoring, workouts, notifications, and device settings.</p>
	<p>WMK IDW19 Smart Watch User Manual: Features, Setup, and Operation</p> <p>Comprehensive user guide for the WMK IDW19 Smart Watch. Learn about setup, health monitoring (heart rate, SpO2, sleep), fitness tracking, Alexa integration, and smart features for Android and iOS users.</p>
	<p>ALE-HOP Smartwatch 1.69" User Manual</p> <p>Comprehensive user manual for the ALE-HOP Smartwatch 1.69". Learn about device setup, connection via the Fit Pro app, features like health tracking, notifications, sleep monitoring, and important usage precautions.</p>



[Noise ColorFit Vivid Call Smartwatch User Manual: Features, Setup, and Usage](#)

Comprehensive user manual for the Noise ColorFit Vivid Call smartwatch. Learn about its features, how to set it up, pair it with your phone, navigate its interface, and utilize its health and fitness tracking capabilities.