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› hellibito Smart Watch User Manual - Model B0FJRHC8MQ

hellibito B0FJRHC8MQ

hellibito Smart Watch User Manual - Model B0FJRHC8MQ

Your comprehensive guide to setup, operation, and maintenance.

1. INTRODUCTION

This manual provides detailed instructions for the hellibito Smart Watch, Model B0FJRHC8MQ. This device is designed to assist with daily activity tracking, health monitoring, and communication features. It features a 1.96-inch HD display, Bluetooth calling capabilities, and comprehensive health tracking functions.



Figure 1: hellibito Smart Watch, Model B0FJRHC8MQ. This image shows the watch face displaying various health metrics and the current time.

2. WHAT'S IN THE BOX

Upon opening your hellibito Smart Watch package, you should find the following items:

- Smart Watch
- Watch Band
- Charging Cable
- User Manual

Product Size and Packaging

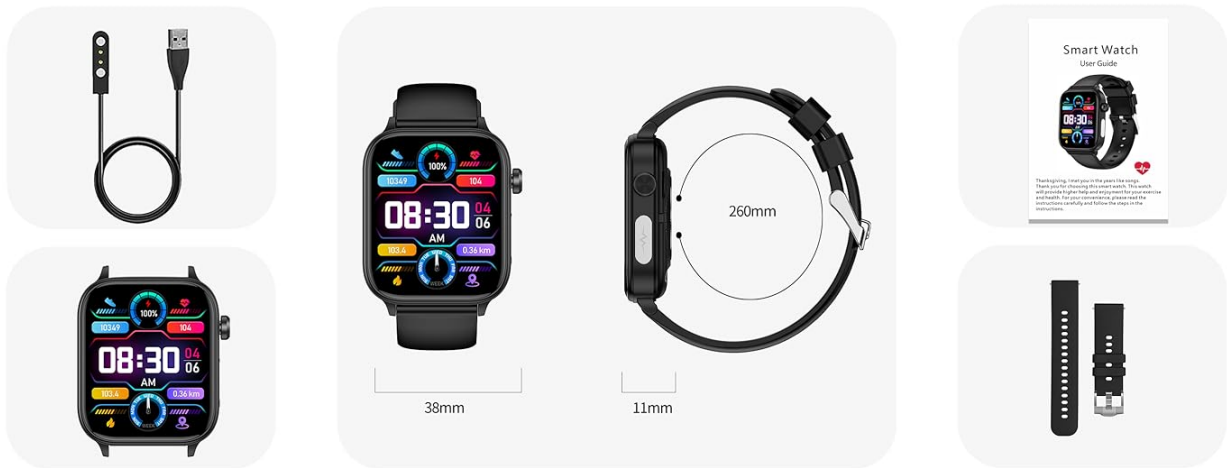


Figure 2: Product Size and Packaging. This image illustrates the components included in the hellibito Smart Watch package.

3. INITIAL SETUP

3.1 Charging the Device

Before first use, fully charge your hellibito Smart Watch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer USB port. A full charge typically takes 2-3 hours. The watch has a 340mAh battery, providing 5-8 days of typical use or over 20 days of standby time.



Figure 3: Battery Life Display. This image shows the watch screen indicating battery charge level and usage estimates.

3.2 App Installation

To unlock the full functionality of your smart watch, download the companion application on your smartphone. The watch is compatible with Android 4.4 and above, and iOS 8.2 and above. Search for the recommended app (e.g., 'HBand' or 'hellibito Fit') in your device's app store.

3.3 Device Pairing

1. Ensure Bluetooth is enabled on your smartphone.

2. Open the installed companion app.
3. Follow the in-app instructions to search for and connect to your hellibito Smart Watch. The watch's name should appear in the list of available devices.
4. Confirm the pairing request on both your phone and the watch if prompted.



Figure 4: Wide Compatibility. This image illustrates the range of iOS and Android devices compatible with the hellibito Smart Watch.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

The hellibito Smart Watch features a responsive 1.96-inch HD touchscreen. Swipe left, right, up, or down to navigate through menus and functions. Press the side button to return to the home screen or access the app list.

1.96" HD Screen 170+ Custom Faces

Your Style, Unlimited!



Figure 5: 1.96" HD Screen and Watch Faces. This image highlights the clear display and various customizable watch face options.

4.2 Bluetooth Calls and Smart Reminders

Once paired, the watch allows you to make and answer calls directly from your wrist using its built-in microphone and speaker. You can also receive real-time notifications from social media apps and messages.

- **Making Calls:** Access the dialer or contacts list on the watch.
- **Answering Calls:** Tap the green icon on the watch screen when an incoming call is displayed.
- **Notifications:** Ensure app notifications are enabled in your phone's settings and the companion app.

Bluetooth Call & Message Reminder



Voice Assistant



Dial



Call log



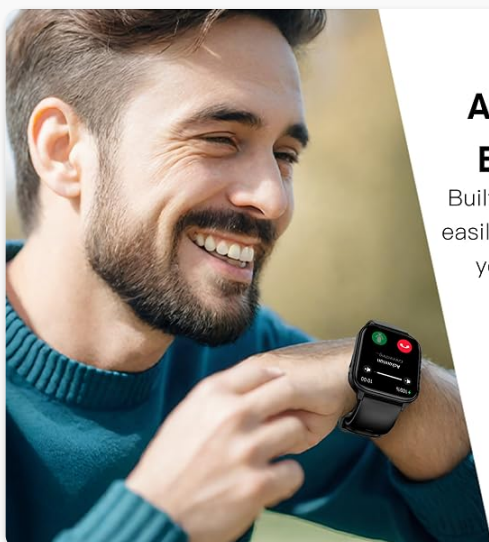
Contacts



Message Notification



Figure 6: Bluetooth Call & Message Reminder. This image displays the watch's interface for calls, contacts, and various app notifications.



AI Voice Assistant and Bluetooth 5.0 Calling

Built-in AI voice assistant allows you to easily make calls and play music, freeing your hands and enjoying smart life



SOS



Dial



Calls



Call Logs

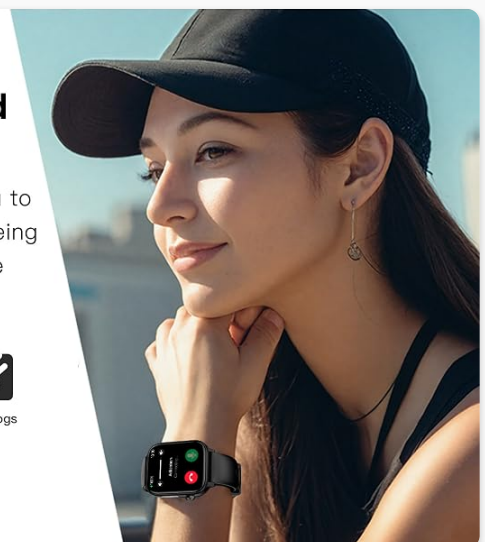


Figure 7: AI Voice Assistant and Bluetooth Calling. This image shows users interacting with the watch for calls and voice commands.

Information Notification

Real-time vibration reminders for text messages and social media messages ensure you don't miss any important notifications.



Figure 8: Information Notification. This image shows the watch receiving notifications from popular social media applications.

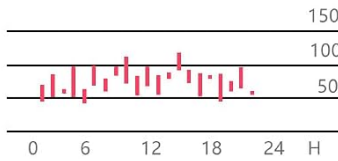
4.3 24/7 Health Tracking

The watch is equipped with advanced sensors for continuous health monitoring:

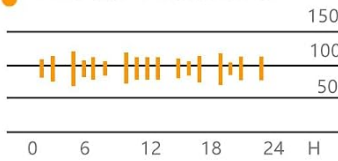
- **Heart Rate:** Monitors heart rate fluctuations throughout the day.
- **Blood Pressure:** Tracks blood pressure changes in real-time.
- **Blood Oxygen (SpO2):** Provides real-time blood oxygen saturation tracking.
- **Sleep Monitor:** Analyzes sleep patterns, including light, deep, and REM sleep.
- **Body Temperature:** Detects skin temperature and estimates changes.
- **Stress Monitor:** Assesses the body's response to stress.
- **Mood and Fatigue:** Measures mood and fatigue levels.
- **Female Cycle Tracking:** Provides personalized health reminders for women.
- **HRV Monitoring:** Tracks heart rate variability to analyze heart health status.

24/7 Health Tracker

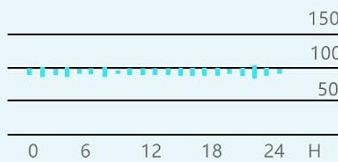
Heart Rate



Blood Pressure



Blood Oxygen



Sleep Monitor

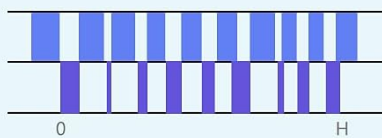


Figure 9: 24/7 Health Tracker. This image shows the watch's health monitoring capabilities, including heart rate, blood pressure, blood oxygen, and sleep tracking.

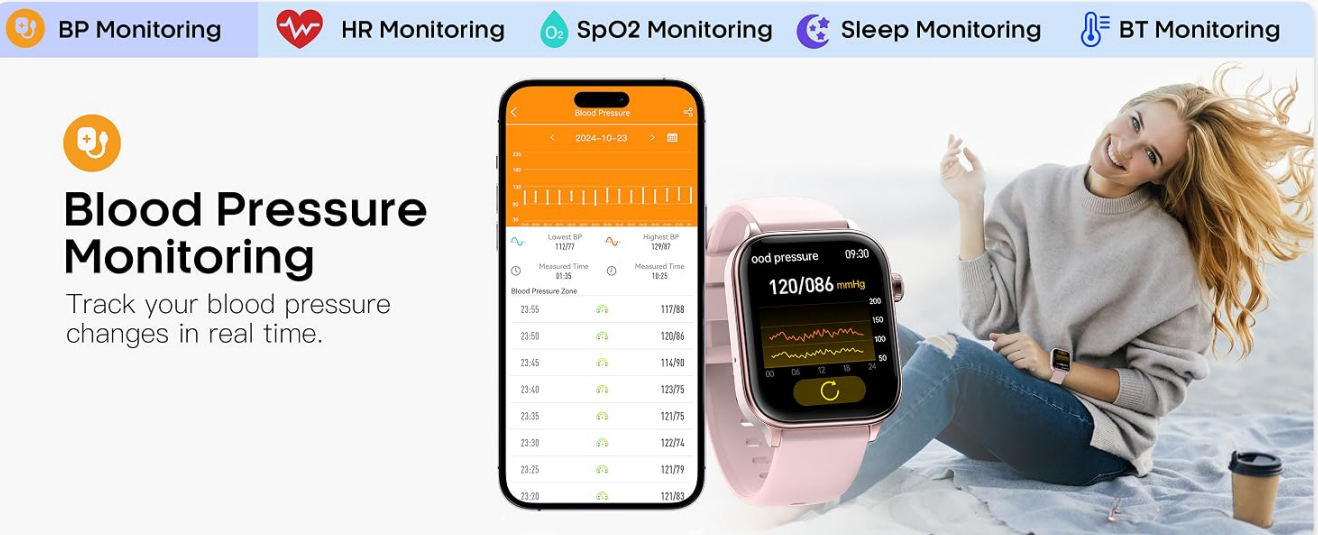


Figure 10: Blood Pressure Monitoring. This image illustrates the watch's ability to track blood pressure changes in real-time.

BP Monitoring

HR Monitoring

SpO2 Monitoring

Sleep Monitoring

BT Monitoring

Heart Rate Monitoring

24-hour dynamic heart rate monitors fluctuations and alarms for high rates.

Heart Rate Distribution	Zone	Time
Zone 1	00:00-00:05	00:00-00:05
Zone 2	00:05-00:10	00:05-00:10
Zone 3	00:10-00:15	00:10-00:15
Zone 4	00:15-00:20	00:15-00:20
Zone 5	00:20-00:25	00:20-00:25
Zone 6	00:25-00:30	00:25-00:30
Zone 7	00:30-00:35	00:30-00:35
Zone 8	00:35-00:40	00:35-00:40
Zone 9	00:40-00:45	00:40-00:45
Zone 10	00:45-00:50	00:45-00:50
Zone 11	00:50-00:55	00:50-00:55
Zone 12	00:55-01:00	00:55-01:00
Zone 13	01:00-01:05	01:00-01:05
Zone 14	01:05-01:10	01:05-01:10
Zone 15	01:10-01:15	01:10-01:15
Zone 16	01:15-01:20	01:15-01:20
Zone 17	01:20-01:25	01:20-01:25
Zone 18	01:25-01:30	01:25-01:30
Zone 19	01:30-01:35	01:30-01:35
Zone 20	01:35-01:40	01:35-01:40
Zone 21	01:40-01:45	01:40-01:45
Zone 22	01:45-01:50	01:45-01:50
Zone 23	01:50-01:55	01:50-01:55
Zone 24	01:55-02:00	01:55-02:00

Figure 11: Heart Rate Monitoring. This image depicts the watch's 24-hour dynamic heart rate monitoring feature.

BP Monitoring

HR Monitoring

SpO2 Monitoring

Sleep Monitoring

BT Monitoring

Blood Oxygen Monitoring

Care about respiratory health, real-time blood oxygen tracking.

Blood Oxygen Distribution	Zone	Time
Zone 1	00:00-00:05	00:00-00:05
Zone 2	00:05-00:10	00:05-00:10
Zone 3	00:10-00:15	00:10-00:15
Zone 4	00:15-00:20	00:15-00:20
Zone 5	00:20-00:25	00:20-00:25
Zone 6	00:25-00:30	00:25-00:30
Zone 7	00:30-00:35	00:30-00:35
Zone 8	00:35-00:40	00:35-00:40
Zone 9	00:40-00:45	00:40-00:45
Zone 10	00:45-00:50	00:45-00:50
Zone 11	00:50-00:55	00:50-00:55
Zone 12	00:55-01:00	00:55-01:00
Zone 13	01:00-01:05	01:00-01:05
Zone 14	01:05-01:10	01:05-01:10
Zone 15	01:10-01:15	01:10-01:15
Zone 16	01:15-01:20	01:15-01:20
Zone 17	01:20-01:25	01:20-01:25
Zone 18	01:25-01:30	01:25-01:30
Zone 19	01:30-01:35	01:30-01:35
Zone 20	01:35-01:40	01:35-01:40
Zone 21	01:40-01:45	01:40-01:45
Zone 22	01:45-01:50	01:45-01:50
Zone 23	01:50-01:55	01:50-01:55
Zone 24	01:55-02:00	01:55-02:00

Figure 12: Blood Oxygen Monitoring. This image highlights the watch's real-time blood oxygen tracking feature.

BP Monitoring

HR Monitoring

SpO2 Monitoring

Sleep Monitoring

BT Monitoring

Sleep Monitoring

24-hour dynamic heart rate monitors fluctuations and alarms for high rates.

Sleep Distribution	Zone	Time
Zone 1	00:00-00:05	00:00-00:05
Zone 2	00:05-00:10	00:05-00:10
Zone 3	00:10-00:15	00:10-00:15
Zone 4	00:15-00:20	00:15-00:20
Zone 5	00:20-00:25	00:20-00:25
Zone 6	00:25-00:30	00:25-00:30
Zone 7	00:30-00:35	00:30-00:35
Zone 8	00:35-00:40	00:35-00:40
Zone 9	00:40-00:45	00:40-00:45
Zone 10	00:45-00:50	00:45-00:50
Zone 11	00:50-00:55	00:50-00:55
Zone 12	00:55-01:00	00:55-01:00
Zone 13	01:00-01:05	01:00-01:05
Zone 14	01:05-01:10	01:05-01:10
Zone 15	01:10-01:15	01:10-01:15
Zone 16	01:15-01:20	01:15-01:20
Zone 17	01:20-01:25	01:20-01:25
Zone 18	01:25-01:30	01:25-01:30
Zone 19	01:30-01:35	01:30-01:35
Zone 20	01:35-01:40	01:35-01:40
Zone 21	01:40-01:45	01:40-01:45
Zone 22	01:45-01:50	01:45-01:50
Zone 23	01:50-01:55	01:50-01:55
Zone 24	01:55-02:00	01:55-02:00

Figure 13: Sleep Monitoring. This image demonstrates the watch's capability to monitor and analyze sleep quality.



BP Monitoring



HR Monitoring



SpO2 Monitoring



Sleep Monitoring



BT Monitoring



Body Temperature Monitoring

Temperature sensor detects skin temp in real time, estimates changes, and alerts on high/low temps.



Figure 14: Body Temperature Monitoring. This image shows the watch's temperature sensor detecting skin temperature.

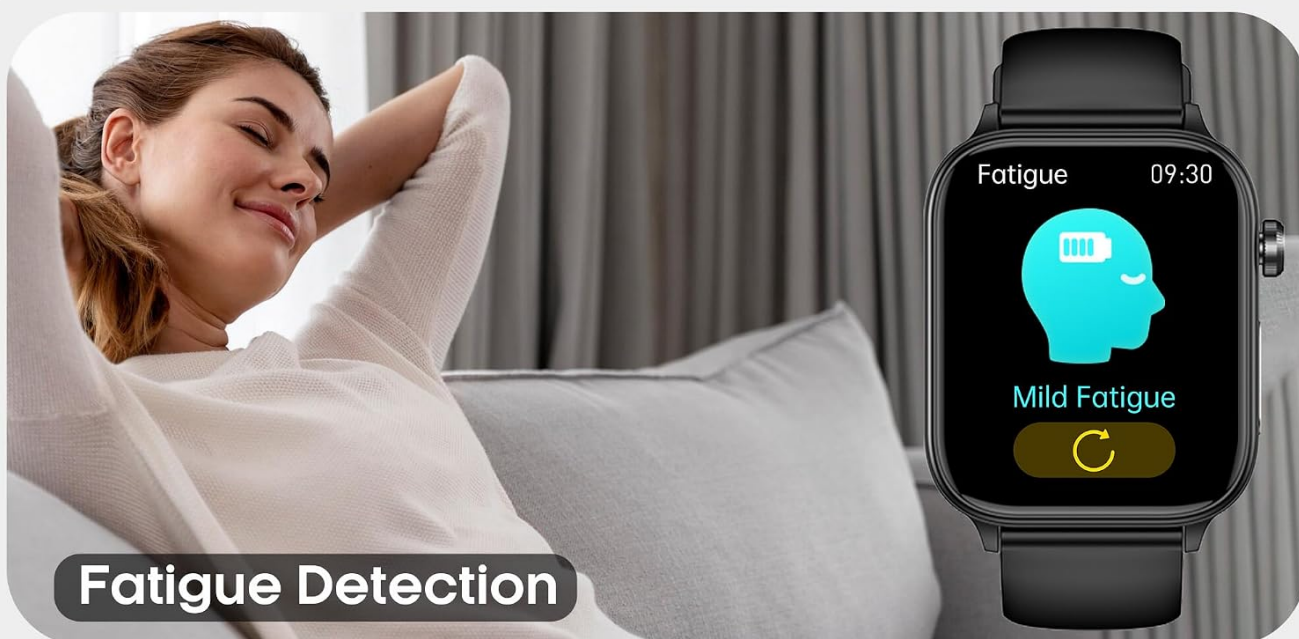


Figure 15: Fatigue and Emotion Detection. This image illustrates the watch's ability to detect and display fatigue and emotional states.

Pressure Monitoring

Comprehensively assess your body's response to stress and help you understand your current stress state.



Figure 16: Pressure Monitoring. This image demonstrates the watch's feature to assess and track stress levels.

One-click Micro physical Examination

30-second mini-physical check gives you a one-click overview of health indicators such as heart rate, blood pressure, blood oxygen, stress, and body temperature.



Figure 17: One-click Micro Physical Examination. This image shows the watch providing a quick overview of health indicators.

Female Cycle Tracking

Provide personalized health reminders for women and care for you every moment.

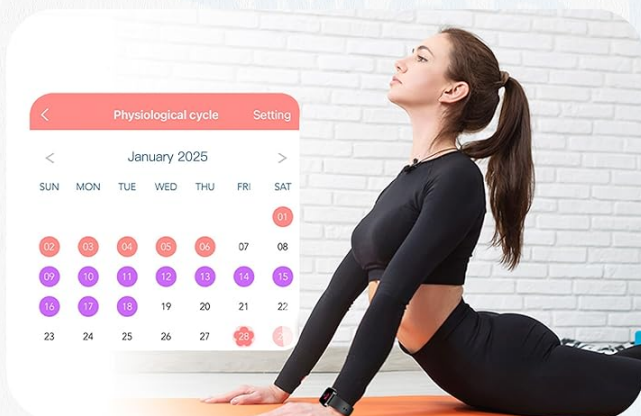


Figure 18: Female Cycle Tracking. This image illustrates the watch's function to provide personalized health reminders for women.

HRV Monitoring

Track and record your heart rate changes **every minute** to analyze your heart health status.



Figure 19: HRV Monitoring. This image shows the watch tracking and recording heart rate changes for health analysis.

4.4 Activity Tracking and Sports Modes

The watch supports over 20 indoor and outdoor workout modes. It accurately tracks steps, distance, and calories burned in real-time.

- Select your desired sport mode from the watch's menu before starting an activity.
- Review your exercise performance data in the companion app after your workout.



Multiple sport Modes

Fitness Tracker

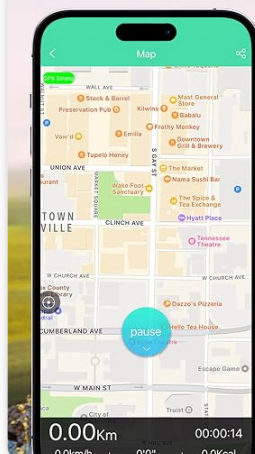


IP68 Waterproof



Figure 20: Multiple Sport Modes and IP68 Waterproof. This image highlights the watch's various fitness tracking options and its water resistance.

All-day Activity Tracker



Distance: 3.5 km
Steps: 13508 steps
Heart Rate: 85 bpm
Calories: 236 kcal



Figure 21: All-day Activity Tracker. This image shows the watch tracking various metrics during a hike.

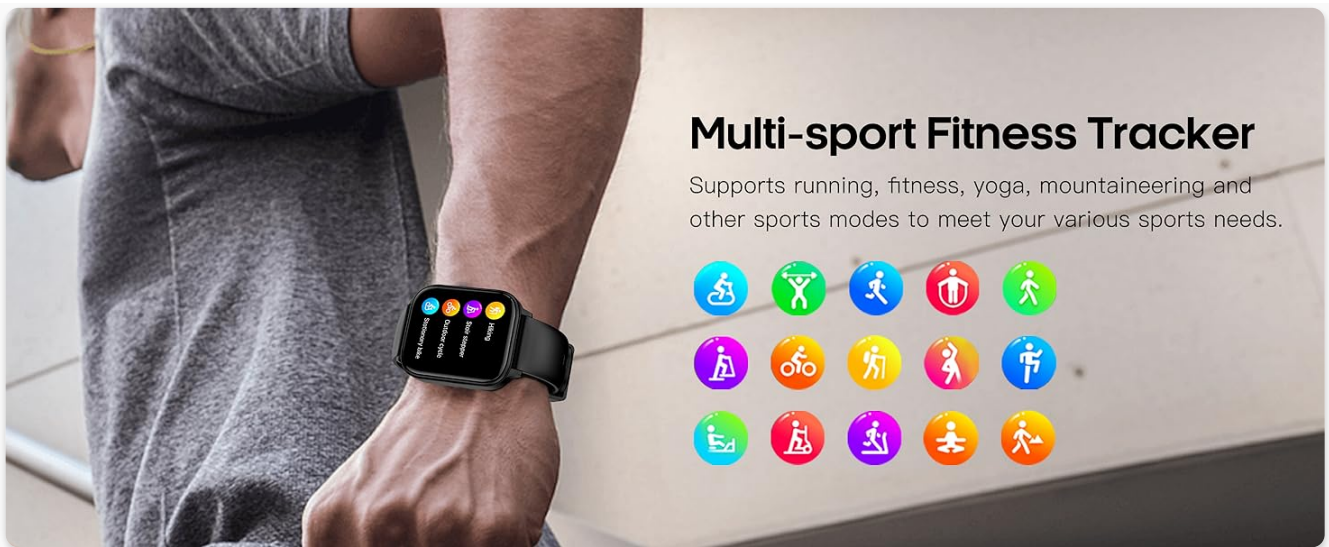


Figure 22: Multi-sport Fitness Tracker. This image illustrates the watch's support for various sports modes like running, fitness, and yoga.

4.5 Smart Life Assistant Features

The hellibito Smart Watch includes several practical functions to enhance daily convenience:

- **Alarm Clock:** Set alarms directly from the watch or app.
- **Flashlight:** Activate the screen as a flashlight.
- **Sedentary Reminder:** Receive alerts to move after periods of inactivity.
- **Music Player Control:** Control music playback on your paired smartphone.
- **AI Voice Assistant:** Use voice commands for various tasks.
- **Camera Control:** Remotely trigger your phone's camera shutter.
- **Weather Forecast:** View current weather conditions and forecasts.
- **Games:** Access simple games on the watch.



Figure 23: Smart Life Assistant. This image displays the array of convenient features available on the watch.



Figure 24: Weather Forecast. This image shows the watch displaying local weather information.

4.6 SOS Emergency Call Function

In an emergency, the watch features an SOS button. When activated, it can notify pre-set family contacts via the companion app and send out a distress signal.

- Configure emergency contacts within the companion app.
- Press and hold the designated SOS button on the watch (refer to the app for specific button assignment) to activate the function.

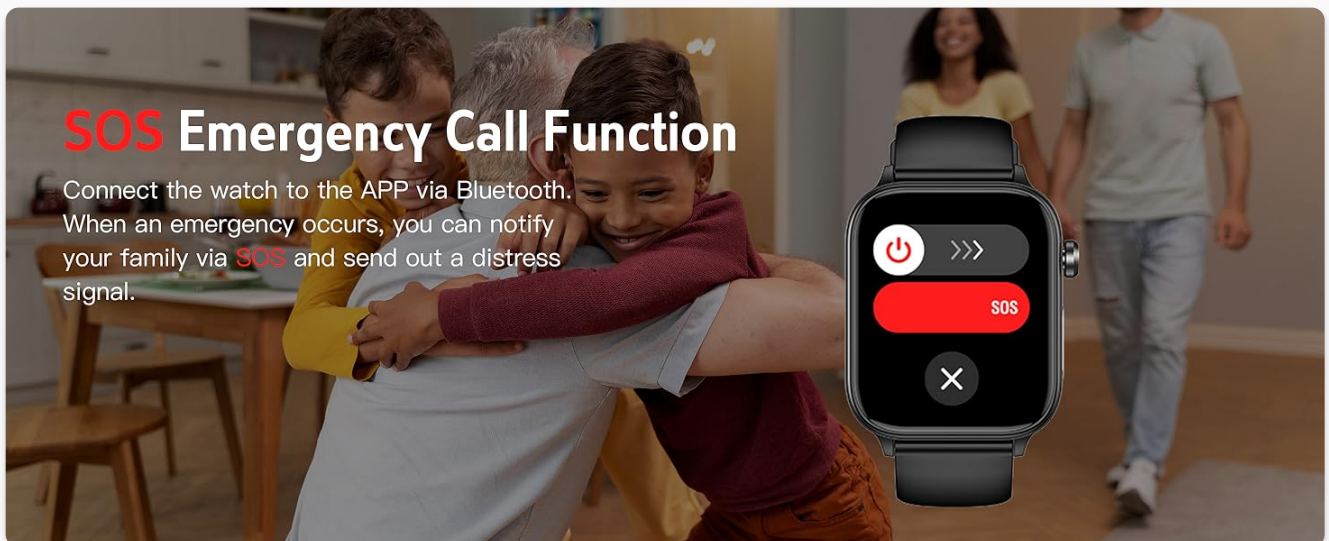


Figure 25: SOS Emergency Call Function. This image illustrates the watch's emergency notification feature.

5. MAINTENANCE

5.1 Water Resistance

The hellibito Smart Watch has an IP68 waterproof rating, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use such as hand washing, face cleansing, and sweating during exercise. However, it is not recommended for hot showers, saunas, or diving.

IP68 Waterproof and Dustproof

Suitable for daily use — whether hand washing, face cleansing, or intense workouts with sweat. It keeps up with both your active lifestyle and everyday needs.



Figure 26: IP68 Waterproof and Dustproof. This image demonstrates the watch's durability against water exposure.

5.2 Cleaning

To maintain the watch's appearance and functionality, regularly clean the watch body and strap with a soft, dry cloth. If necessary, a slightly damp cloth can be used, followed by immediate drying. Avoid using harsh chemicals or abrasive materials.

6. TROUBLESHOOTING

If you encounter issues with your hellibito Smart Watch, refer to the following common solutions:

Problem	Possible Solution
Watch does not turn on	Ensure the watch is fully charged. Connect it to the charging cable for at least 30 minutes.
Cannot pair with smartphone	Ensure Bluetooth is enabled on your phone. Restart both the watch and your phone. Make sure the watch is within Bluetooth range. Check the companion app for pairing instructions.
Inaccurate health readings	Ensure the watch is worn snugly on your wrist, not too tight or too loose. Avoid excessive movement during measurements. Note that smartwatches are not medical devices and readings are for reference only.
Notifications not received	Verify that notifications are enabled in both your phone's system settings and the companion app. Ensure the watch is connected via Bluetooth.
Weather forecast not updating	Ensure the watch is connected to your phone and the companion app has location permissions enabled. Check if the app is running in the background.
Short battery life	Reduce screen brightness, disable continuous heart rate monitoring if not needed, and limit frequent use of power-intensive features like calls.

7. SPECIFICATIONS

Brand:

hellibito

Model Number:

B0FJRHC8MQ

Screen Size:

1.96 Inches

Display Type:

IPS (implied from A+ content)

Operating System:

Android & iOS compatible (Android 4.4+, iOS 8.2+)

Connectivity Technology:

Bluetooth

Battery Capacity:

340 Milliamp Hours

Water Resistance Rating:

IP68

Special Features:

Activity Tracker, Heart Rate Monitor, Blood Pressure Monitor, Blood Oxygen Monitor, Sleep Monitor, Body Temperature Monitor, Stress Monitor, SOS Button, Bluetooth Calling, AI Voice Assistant

Item Weight:

6.4 ounces

Package Dimensions:

6.73 x 3.78 x 1.29 inches



Figure 27: 1.96" IPS Display. This image emphasizes the visual clarity and broad viewing angle of the watch screen.

8. WARRANTY AND SUPPORT

8.1 Warranty Information

Warranty details for your hellibito Smart Watch are typically provided with the product packaging or can be found on the official hellibito website. Please retain your proof of purchase for warranty claims.

8.2 Customer Support

For further assistance, technical support, or inquiries regarding your hellibito Smart Watch, please refer to the contact information provided in your product documentation or visit the hellibito official support channels.

