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› EURANS Smart Watch (Model SF20250915B0FKBGGXX4) User Manual

EURANS SF20250915B0FKBGGXX4

EURANS Smart Watch User Manual

Model: SF20250915B0FKBGGXX4

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1. INTRODUCTION

Thank you for choosing the EURANS Smart Watch. This device is designed to provide comprehensive health and fitness tracking without requiring a smartphone app for its core functions. It features a vibrant 1.85-inch HD display, IP68 waterproof rating, and monitors heart rate, blood oxygen, and sleep. This manual will guide you through the setup, operation, and maintenance of your new smart watch.

NO App / Phone Required

No need to connect App or smartphone



Image: The EURANS Smart Watch displaying its interface on a user's wrist.

2. WHAT'S IN THE BOX

Please check the package contents to ensure all items are present:

- EURANS Smart Watch (Model: SF20250915B0FKBGGXX4)
- Charging Cable
- User Manual

3. SETUP

3.1 Initial Charge

Before first use, fully charge your smart watch. Connect the 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's USB port. The watch display will indicate charging status.

3.2 Power On/Off

- **Power On:** Press and hold the side button for a few seconds until the screen lights up.
- **Power Off:** Press and hold the side button, then select the 'Power Off' option on the screen.

3.3 Basic Settings (No App Required)

The EURANS Smart Watch is designed for immediate use without an app. You can set the time, date, and other basic preferences directly on the watch:

1. Swipe down from the main watch face to access the quick settings panel.
2. Tap the 'Settings' icon (usually a gear symbol).
3. Navigate through the menu to find options for 'Time', 'Date', 'Language', and 'Display Brightness'.
4. Adjust settings as desired using the touchscreen.

4. OPERATING INSTRUCTIONS

4.1 Navigation

- **Swipe Up:** View notifications (if paired with app).
- **Swipe Down:** Access quick settings (brightness, DND, battery, settings).
- **Swipe Left/Right:** Cycle through widgets (activity data, heart rate, weather, etc.).
- **Tap:** Select an item or open an application.
- **Side Button:** Press once to return to the main watch face or wake the screen. Press and hold for power options.

Animated and Vivid Retina Display

High Resolution



Dynamic watch face



Image: The watch display showcasing its high resolution and dynamic watch face.

5. HEALTH MONITORING FEATURES

Your EURANS Smart Watch provides continuous monitoring of key health metrics.

5.1 Heart Rate Monitor

The watch continuously tracks your heart rate throughout the day. To view your current heart rate, swipe left or right from the main watch face until you find the Heart Rate widget. For a manual measurement, tap on the widget.

5.2 Blood Oxygen Monitor

To measure your blood oxygen level (SpO2), navigate to the Blood Oxygen widget and initiate a measurement. Remain still during the measurement for accurate results.

5.3 Sleep Monitor

Wear your watch to bed, and it will automatically track your sleep patterns, including deep, light, and REM sleep stages.

View your sleep data on the watch the next morning.

5.4 Stress Monitor

The watch can also monitor your stress levels. Access the Stress Monitor widget to view your current stress score or initiate a measurement.



Image: The watch interface showing health monitoring features and multiple sports modes.

6. ACTIVITY TRACKING

The EURANS Smart Watch tracks your daily activity and supports various sports modes.

6.1 Daily Activity

The watch automatically records your steps, distance, and calories burned throughout the day. You can view today's and yesterday's data directly on the watch by swiping to the activity tracking widget.

6.2 Sports Modes

The watch includes over 20 built-in sports modes. To start a workout:

1. Swipe to the 'Sports' or 'Workout' application on your watch.
2. Select your desired activity (e.g., Outdoor Run, Indoor Run, Cycling, Swimming).
3. Tap to start the activity. The watch will record duration, heart rate, calories, and other relevant metrics.
4. To end the activity, swipe right or press the side button and select 'End'.



Image: The watch showing all-day activity tracking data, including steps, calories, and active time.

7. WATER RESISTANCE (IP68)

The EURANS 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. This allows for worry-free use during:

- Rain
- Swimming (in shallow water)
- Hand washing
- Sweaty workouts

Note: Avoid hot water, saunas, or diving, as extreme temperatures and high-pressure water jets may compromise the seal.



Image: A person in a pool wearing the watch, demonstrating its waterproof capability.

8. BATTERY LIFE

The EURANS Smart Watch is equipped with a long-lasting battery:

- **Typical Use:** Up to 7 days
- **Standby Mode:** Up to 30 days
- **Charging Time:** Approximately 2.5 hours for a full charge.

Battery life may vary based on usage patterns, frequency of health monitoring, and screen brightness settings.

9. DUAL USAGE MODES

The EURANS Smart Watch offers flexibility with two distinct usage modes:

9.1 Standalone Mode (No App Required)

This mode allows you to use the watch's core features without connecting to a smartphone or downloading an app. Ideal for users seeking simplicity or those who prefer not to use a smartphone.

Available Functions:

- Alarm Clock, Timer, Stopwatch
- 20 Sports Modes
- Relaxing Games
- Heart Rate, Blood Oxygen, Stress Monitor
- Calculator, Calendar
- Sleep Monitor
- 5 Built-in Watch Faces
- Activity Tracker (Today and Yesterday)

9.2 App-Connected Mode (Optional)









For enhanced functionality, you can pair your watch with a smartphone app. This unlocks advanced features and provides a more comprehensive data overview.

Additional Functions with App:

- Bluetooth Call/Answer
- Message Notifications
- Weather Information
- Find My Phone
- 100+ Watch Faces & Sports Modes
- Detailed Activity Tracking and Record Keeping in your phone

Two Usage Modes For Your Selection

Without APP: No smartphone required, but only built-in functions

- | | |
|---|--|
|  Alarm Clock/Timer/Stopwatch |  20 Sports Modes |
|  Relaxing Games |  Heart Rate/Blood Oxygen/
Stress Monitor |
|  Calculator/Calendar |  Sleep Monitor |
|  5 Built-in Watch Faces |  Activity Tracker
(Today and Yesterday) |

With APP: You can enjoy more fancy functions







- | | |
|--|---|
|  Bluetooth Call/Answer |  Weather Information |
|  Message Notification |  Find My Phone |
|  100+ Watch Faces &
Sports Modes |  Check and Record Your
Activity in Your Phone |

Image: A visual comparison of features available in standalone mode versus app-connected mode.

Your browser does not support the video tag.

Video: An official product video demonstrating the EURANS Smart Watch's functionality, emphasizing its ability to work without a phone or app.

10. TROUBLESHOOTING

If you encounter issues with your EURANS Smart Watch, please 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.
- **Screen unresponsive:** Try restarting the watch by pressing and holding the side button until the power options appear, then select restart. If unresponsive, allow the battery to drain completely and then recharge.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, about one finger's width above your wrist bone. Clean the sensor on the back of the watch. Avoid excessive movement during measurements.
- **Cannot pair with app (if applicable):** Ensure Bluetooth is enabled on your phone and the watch. Make sure the watch is within range. Try restarting both the watch and your phone.

- **Short battery life:** Reduce screen brightness, shorten screen-on time, disable continuous heart rate monitoring if not needed, and limit notifications (if paired with app).

11. SPECIFICATIONS

Model Number	SF20250915B0FKBGGXX4
Brand	EURANS
Screen Size	1.85 Inches
Display Type	Retina Display
Operating System	No APP/ Phone Required (Standalone)
Special Features	Sleep Monitor, Pedometer, Calorie Tracker, Heart Rate Monitor, Blood Oxygen Measurement
Water Resistance Level	IP68 (Waterproof up to 1.5 meters)
Battery Cell Composition	Lithium Polymer
Typical Battery Life	Up to 7 days
Standby Time	Up to 30 days
Band Material Type	Silicone
Case Material Type	Metal
Human Interface Input	Touchscreen
Compatible Phone Models (Optional App Use)	IOS 12.0+, Android 6.0+

12. WARRANTY AND SUPPORT

12.1 Warranty Information

The EURANS Smart Watch comes with a **1-Year Warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or normal wear and tear.

Please retain your proof of purchase for warranty claims.

12.2 Customer Support

For technical assistance, troubleshooting, or warranty inquiries, please contact EURANS customer support through the retailer where you purchased the product or visit the official EURANS website for contact information.

Manufacturer: EURANS

