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Marsyu MT300

Marsyu MT300 Smartwatch User Manual

Model: MT300

Introduction

Thank you for choosing the Marsyu MT300 Smartwatch. This device is designed to enhance your daily life with advanced health monitoring, fitness tracking, and smart communication features. This manual provides detailed instructions for setup, operation, maintenance, and troubleshooting to ensure you get the most out of your smartwatch.

Important Safety Information and Disclaimers

1. **Not a Medical Device:** This product is not a medical device. Data provided for ECG, HRV, heart rate, blood pressure, blood oxygen, blood components (uric acid and blood lipids), body composition, and body temperature are for reference only and cannot be used as a basis for diagnosis. Heart rate alarm reminders and automatic measurement functions require activating the corresponding switch in the H Band app or on the watch.
2. **Independent Communication:** The product does not support independent communication. SOS emergency calls rely on the Bluetooth call function. Ensure the watch and mobile phone are connected via Bluetooth and emergency contacts are configured.
3. **HRV Function:** The HRV function must be activated for scientific sleep tracking via the APP and worn for more than 2.5 hours at night. Data is for reference only and does not constitute a basis for diagnosis.
4. **Private Mode:** The private mode for blood composition and blood pressure can be set in 'My Device' after connecting the watch via the application.
5. **Female Health Management:** Female health management must be connected to the APP, and the gender set to female in 'Personal Data' before use.
6. **Water Resistance:** The watch is dust and water-resistant only for daily water splashes and is not suitable for diving, hot showers, saunas, etc. The protective effect may decrease with daily wear.
7. **Battery Life:** Battery life can extend up to 7 days (with Bluetooth calls and music playback disabled) and is 2 to 3 days under normal use. With 24-hour health monitoring and message notifications activated, tracking time will be reduced to 1 to 2 days.

Package Contents

- Marsyu MT300 Smartwatch
- Charging Cable

- User Manual

Product Overview

The Marsyu MT300 Smartwatch features a sleek design with a 1.43-inch AMOLED display and a durable metal casing. It is equipped with a mechanical rotating crown for easy navigation and a side button for quick access to ECG functions.



Front view of the Marsyu MT300 Smartwatch, showcasing its round display and side buttons.

Display Features

The 1.43-inch AMOLED HD display offers clear and vibrant visuals with a resolution of 466x466 pixels. The ultra-sensitive tempered glass touchscreen is scratch and wear-resistant, ensuring durability and comfort. The watch also supports an Always-On Display mode for convenient time and notification viewing without waking the screen.



Visual representation of the 1.43-inch AMOLED display, highlighting its HD resolution and touch sensitivity.

Mechanical Rotating Crown

Navigate through watch faces and menus smoothly using the mechanical rotating crown. This feature provides tactile feedback, simulating a gear vibration sensation. A dedicated ECG button on the side allows for quick access to ECG data.



Image showing the mechanical rotating crown and the one-click ECG function button on the smartwatch.

Setup

Charging the Smartwatch

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a power adapter (not included). A full charge takes approximately 2.5 hours. The 440 mAh battery provides 2-5 days of normal use and up to 10-20 days of standby time, depending on feature usage.



The smartwatch connected to its magnetic charging cable.

Choses à noter

1. Ce produit n'est pas un dispositif médical. Les données fournies sur l'ECG, le VRC, la fréquence cardiaque, la pression artérielle, l'oxygène dans le sang, les composants sanguins (acide urique et lipides sanguins), la composition corporelle et la température corporelle sont fournies à titre de référence uniquement et ne peuvent pas être utilisées comme tel. une base de diagnostic. Le rappel d'alarme de fréquence cardiaque et les fonctions de mesure automatique doivent allumer l'interrupteur correspondant dans l'application H Band ou la montre.

2. Le produit ne prend pas en charge la communication indépendante. Les appels d'urgence SOS reposent sur la fonction d'appel Bluetooth. Vous devez vous assurer que la montre et le téléphone mobile sont connectés via Bluetooth et configurer les contacts d'urgence.

3. La fonction HRV doit être activée pour le sommeil scientifique via l'APP et portée pendant plus de 2,5 heures la nuit. Les données sont uniquement à titre de référence et ne constituent pas une base de diagnostic.

Visual guide to the 440mAh battery capacity, showing standby time, average usage, and charging time.

App Installation and Device Pairing

To unlock the full potential of your Marsyu MT300 Smartwatch, download the companion 'H Band' app on your smartphone. The watch is compatible with Android 4.4+ and iOS 8.0+ devices with Bluetooth 5.0 or higher.

1. Search for "H Band" on Google Play Store (for Android) or Apple App Store (for iOS).
2. Download and install the "H Band" application.
3. Ensure Bluetooth is enabled on your smartphone.
4. Open the H Band app and follow the on-screen instructions to connect your device.
5. Select the corresponding device model (MT300) from the list and click 'Connect'.
6. Once successfully paired, the watch model will be displayed in the app.



Visual guide illustrating the steps to download the H Band app and connect the smartwatch via Bluetooth.

Operating Instructions

Basic Navigation

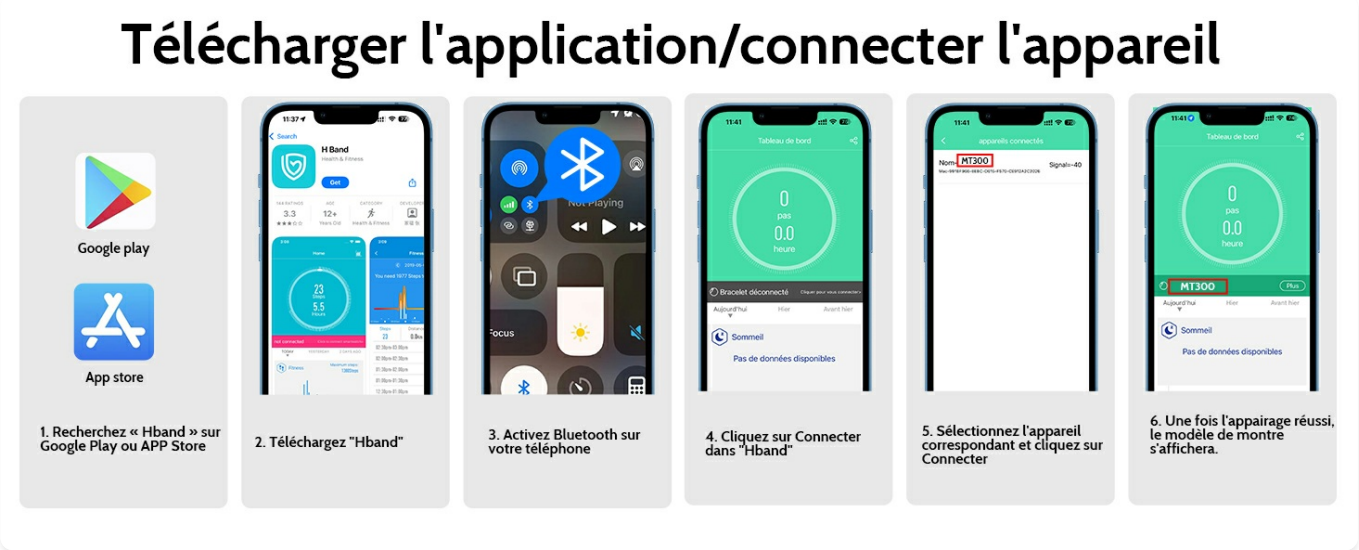
The smartwatch features a full touchscreen for intuitive interaction. Swipe left, right, up, or down to access different functions and menus. The mechanical rotating crown can also be used to scroll through options. Swipe left on the home screen to access recently used functions via the split-screen control.



Demonstration of split-screen control, allowing quick access to recent functions by swiping left.

Bluetooth Calling and Smart Notifications

With Bluetooth 5.0, the smartwatch supports hands-free calling. Connect to your smartphone to receive incoming calls directly on your watch. You can answer, reject, or view call logs. The watch also provides intelligent notifications for messages and app alerts with vibration, ensuring you stay informed even when your phone is not readily accessible. An AI voice assistant is also integrated for convenient control.



Illustrates Bluetooth call functionality, AI voice assistant interaction, and various smart notifications on the watch.

Health Monitoring

The Marsyu MT300 Smartwatch offers comprehensive 24/7 health monitoring features. Please remember that all health data is for reference only and should not be used for medical diagnosis.



An overview of the 24/7 health monitoring capabilities, including heart rate, blood oxygen, blood pressure, uric acid, blood lipids, and body temperature.

- **ECG + PPG Monitoring:** Equipped with innovative ECG+PPG technology, the watch can generate an ECG report in just 60 seconds, capturing real-time bioelectrical signals from the heart. Detailed reports on ECG and Heart Rate Variability (HRV) are available in the app.



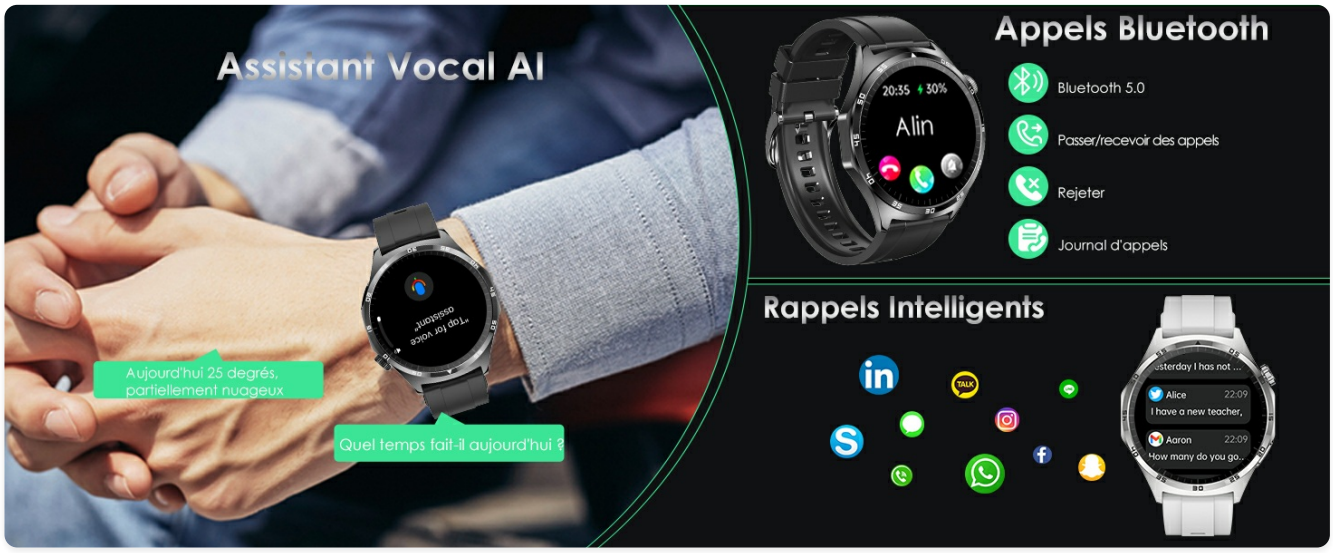
Detailed view of the innovative ECG and PPG monitoring feature, showing real-time heart signals and app integration.

- **HRV Analysis:** The watch provides Lorenz Plot HRV analysis, helping to detect early cardiac anomalies by collecting waveform data and point diagrams.



Image illustrating the Lorenz Plot HRV analysis, showing data points and interpretation for heart health.

- **Heart Rate, SpO2, Blood Pressure, Body Temperature:** Real-time monitoring of these vital signs is available through the optical heart rate sensor and advanced algorithms.
- **Uric Acid and Blood Lipids Monitoring:** The watch can monitor uric acid and blood lipid levels in real-time, generating H-Band data to help understand your body indicators.



Display of uric acid and blood lipid monitoring feature on the smartwatch and companion app.

- **Body Composition Measurement:** In 15 seconds, the watch collects body composition data such as body fat percentage, muscle mass, subcutaneous fat, and protein, providing an analysis report in the H Band app.

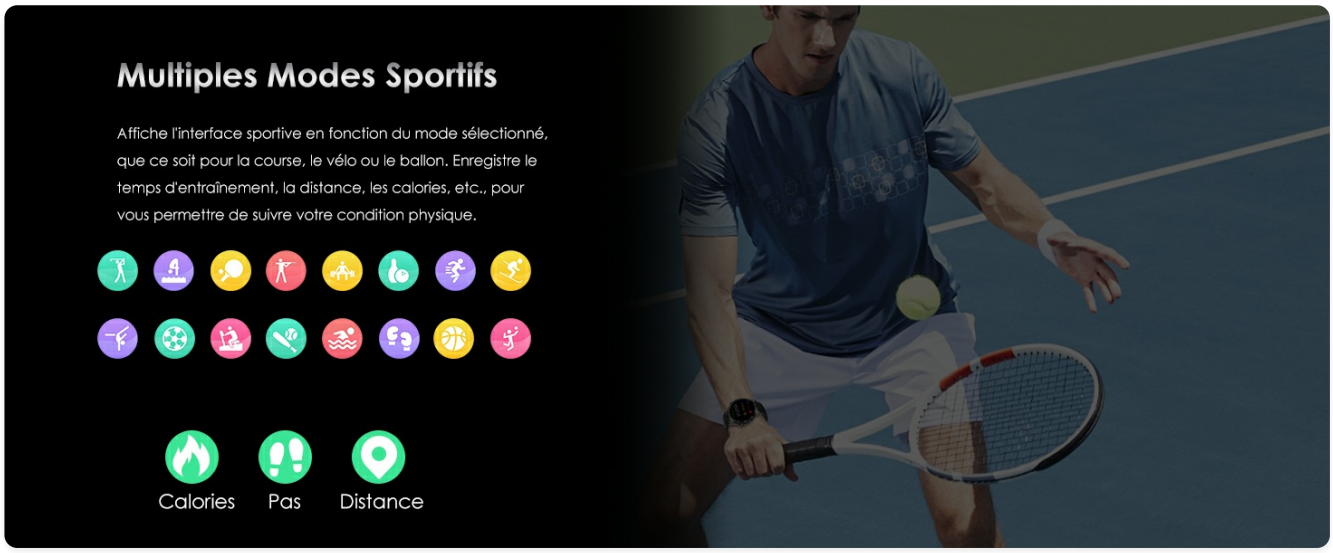


Illustration of the body composition measurement feature, showing data collection and app display.

- **Sleep Monitoring:** The watch tracks your sleep quality, recording deep sleep, light sleep, and nocturnal sleep, quantifying your sleep patterns for better understanding and improvement.



Visual representation of the sleep monitoring function, showing sleep stages and quality analysis.

- **Stress Tests and Breathing Exercises:** Manage your stress levels with guided breathing exercises and stress monitoring features.
- **Female Health Tracking:** The watch supports menstrual cycle tracking, providing insights and reminders for female users (requires app connection and gender setting).



Image depicting the female health tracking feature, showing cycle prediction and management.

Fitness Tracking

The smartwatch offers over 50 sports modes, including running, cycling, walking, and various ball sports. It tracks your workout time, distance, calories burned, and steps, helping you monitor your physical condition and achieve fitness goals.



Visual display of multiple sports modes available on the smartwatch, tracking calories, steps, and distance.

- **MET Monitoring:** Control exercise intensity to improve metabolism. MET (Metabolic Equivalent of Task) can estimate calorie expenditure during exercise and help adjust your training plan for better results.



Image showing the MET monitoring interface on the smartwatch, indicating exercise intensity and metabolic data.

Other Smart Features

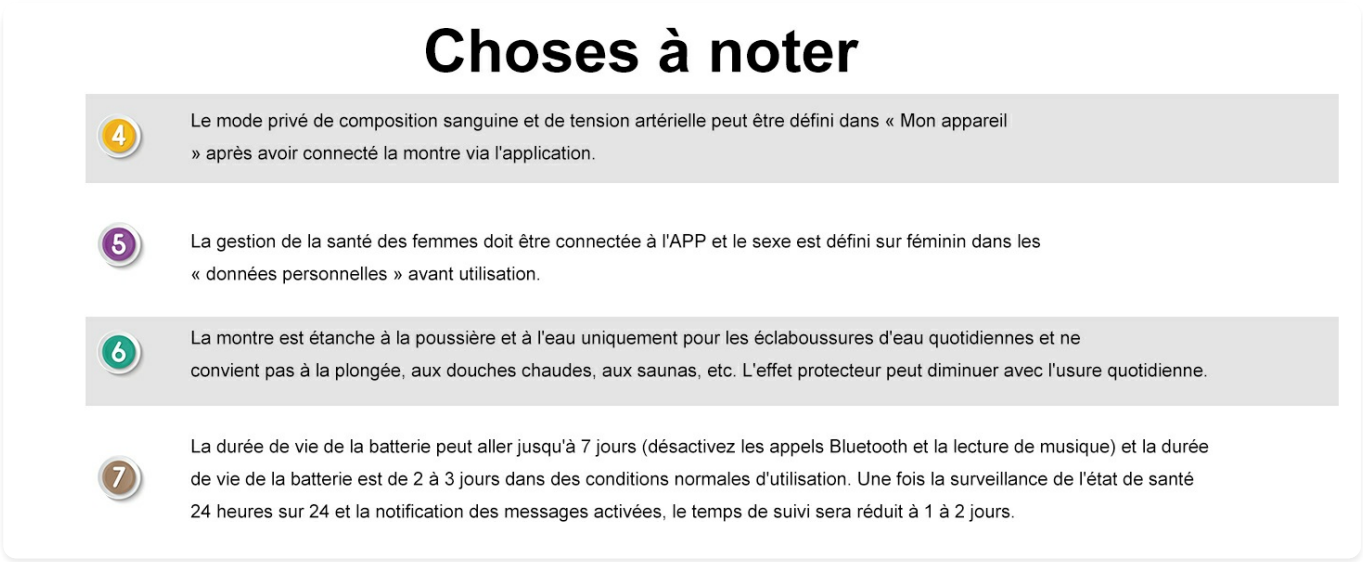
- **SOS Emergency Call:** In case of emergency, use the SOS function to quickly contact pre-configured emergency contacts (requires Bluetooth connection to smartphone).
- **Music Control:** Control music playback on your smartphone directly from your watch.
- **Weather Forecasts:** Get real-time weather updates on your wrist.
- **Alarm, Stopwatch, Timer:** Essential time management tools.
- **Find My Phone:** Locate your misplaced smartphone by triggering an alert from your watch.
- **Remote Camera Control:** Use your watch as a remote shutter for your smartphone camera.
- **Sedentary Reminder:** Get alerts to move after periods of inactivity.



A collage of various smartwatch functions, including SOS emergency calls, sedentary reminders, alarm, music control, find phone, MET test, breathing exercises, and weather forecasts.

Customizable Dials and Always-On Display

Personalize your smartwatch with over 200 customizable watch faces available through the H Band app. The Always-On Display feature allows you to view time and notifications at a glance without activating the full screen, optimizing power consumption.



Examples of over 200 customizable watch faces available through the app, allowing users to personalize their smartwatch display.

Maintenance

Water Resistance and Care

The Marsyu MT300 Smartwatch has an IP67 rating, meaning it is resistant to dust and daily water splashes, sweat, and rain. It is suitable for everyday use and sports activities. However, it is **not suitable for diving, hot showers, saunas, or exposure to hot water, seawater, or corrosive liquids.** The protective effect may diminish with daily wear and tear.



Illustration of the IP67 water resistance, showing suitability for hand washing, rain, and sweat, with a disclaimer about hot water and diving.

Cleaning

To clean your smartwatch, gently wipe it with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, as these can damage the device. Ensure the charging contacts are clean and dry before charging.

Troubleshooting

- **Connectivity Issues:** If the watch fails to connect to your phone, ensure Bluetooth is enabled on both devices and the H Band app is open. Try restarting both the watch and your phone. If the issue persists, unpair the device from

your phone's Bluetooth settings and re-attempt the pairing process through the H Band app.

- **Inaccurate Health Data:** Remember that health data is for reference only and not for medical diagnosis. Ensure the watch is worn snugly on your wrist, but not too tight, for optimal sensor readings. Clean the sensor area regularly.
- **Short Battery Life:** Refer to the 'Important Safety Information and Disclaimers' section for details on how different features impact battery life. Disabling Bluetooth calls, music playback, and continuous 24-hour health monitoring can extend battery duration.
- **Display Not Responding:** If the display is unresponsive, try restarting the watch. Ensure the watch is charged.

Specifications

Model Number	MT300
Brand	Marsyu
Display Size	1.43 Inches
Display Type	AMOLED
Display Resolution	466 x 466
Battery Capacity	440 mAh (Lithium-polymer)
Charging Time	2.5 hours
Average Battery Life	3 days (up to 7 days with limited features, 1-2 days with 24/7 monitoring)
Connectivity	Bluetooth 5.0
Compatible OS	Android 4.4+, iOS 8.0+
Water Resistance Level	IP67 (Splash, sweat, rain resistant; not for diving, hot showers, saunas)
Case Material	Metal
Band Material	Silicone
GPS Functionality	GPS via smartphone
Health Monitoring	ECG+PPG, Heart Rate, SpO2, Blood Pressure, Uric Acid, Blood Lipids, Body Temperature, Sleep, Stress, HRV, Body Composition

Special Features	Bluetooth Calls, AI Voice Assistant, 50+ Sports Modes, SOS Emergency Call, Music Control, Weather, Alarm, Stopwatch, Timer, Find Phone, Remote Camera, Sedentary Reminder, Breathing Exercises, Female Health Tracking, Customizable Dials, Always-On Display

Warranty and Support

The Marsyu MT300 Smartwatch comes with a limited warranty. For specific warranty terms and conditions, please refer to the documentation provided with your purchase or contact Marsyu customer support. If you encounter any issues or have questions not covered in this manual, please reach out to Marsyu customer service for assistance.

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

Anonymous

Email

you@example.com

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