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> Yowow BIT /

> Yowow BIT Blood Pressure Smart Watch B0FQ2CP985 User Manual

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Yowow BIT Blood Pressure Smart Watch User Manual

Model: B0FQ2CP985

INTRODUCTION

This manual provides instructions for the Yowow BIT Blood Pressure Smart Watch. It covers device setup, operational procedures, health monitoring features, fitness tracking, and general maintenance. Please read this manual thoroughly before using your smart watch to ensure proper function and accurate data collection.

WHAT'S IN THE BOX

- Smart Watch
- User Manual
- Charger
- Air Bag (integrated into wristband)

Product size and packaging

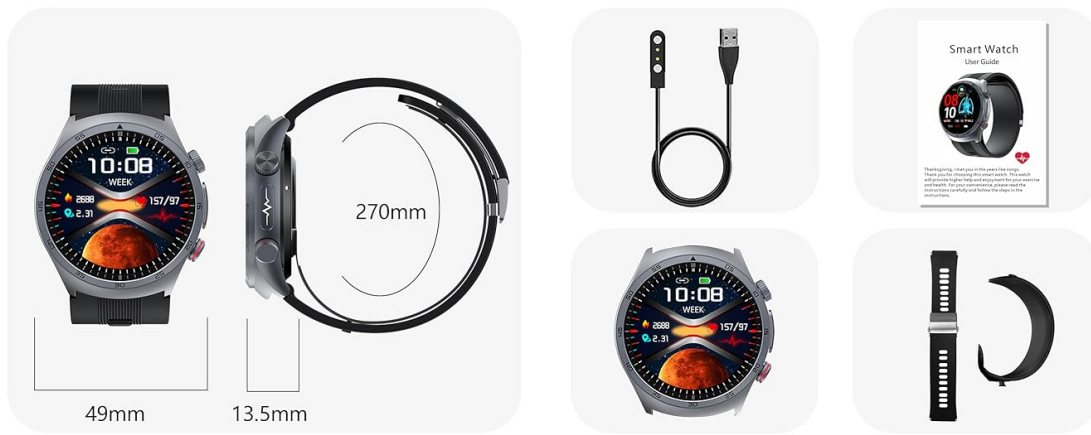


Image: Contents of the smart watch package, showing the watch, charger cable, and user guide.

1. Charging the Device

Before first use, fully charge the smart watch. Connect the magnetic charger to the charging points on the back of the watch and plug the USB end into a compatible power adapter (5V charger recommended, avoid chargers over 5V/2A). Charging typically takes 2-3 hours.



Image: Smart watch on a charger, showing battery life indicators for charging, usage, and standby time.

2. App Download and Connection

1. Download the "Healthwear" APP from your smartphone's app store.
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the "Healthwear" APP and follow the on-screen instructions to pair your smart watch.
4. Allow necessary permissions for the app to function correctly, including notifications and health data access.

3. Setting Emergency Contacts

Through the "Healthwear" APP, you can set emergency contacts. In an emergency, the watch supports a one-click SOS call feature to these pre-set contacts.

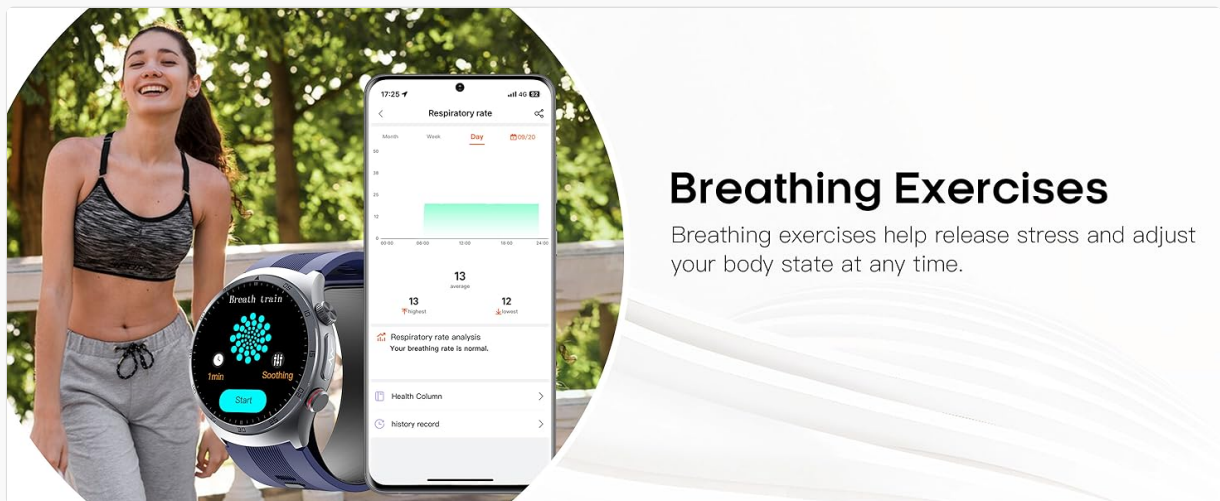


Image: Smart watch displaying the SOS emergency call setup screen.

OPERATING INSTRUCTIONS

1. Display and Navigation

The watch features a 1.43-inch AMOLED color screen with a 466x466 resolution. Navigate through menus and functions using the touchscreen and the metal rotating crown.

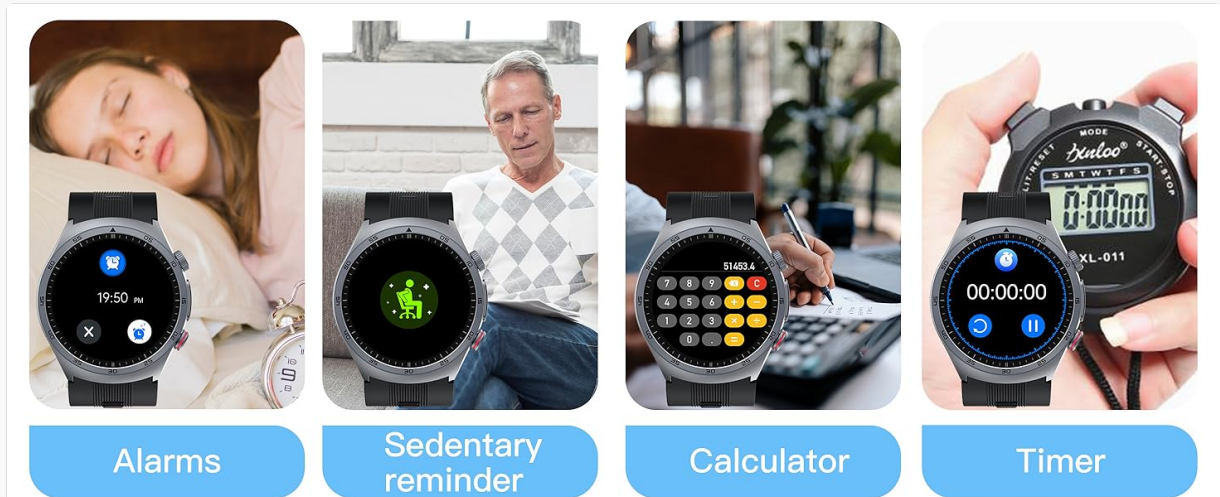


Image: The smart watch's AMOLED display, highlighting its visual clarity.

2. Blood Pressure Measurement

The watch is equipped with a soft pressurized airbag for blood pressure measurement. For accurate readings:

- Ensure the watch is worn level with your heart.
- Adjust the wristband to fit snugly but comfortably on your wrist.
- Initiate the blood pressure measurement through the watch interface.
- The watch provides a voice broadcast of the measurement results upon completion.



Image: The smart watch's airbag design for blood pressure measurement, showing a measurement record.

TPU Ultra-thin Skin-friendly Airbag Wristband

The integrated highly elastic skin-friendly airbag wristband can be flexibly adjusted, and is combined with an **air pump + high-performance sensor** to provide stable pressurization for more accurate blood pressure measurement.



Image: Voice broadcast feature of the smart watch, providing blood pressure readings and usage tips.

3. 24/7 Health Monitoring

The watch continuously monitors various health metrics:

- **Heart Rate:** Real-time monitoring with alerts for abnormal readings.
- **Body Temperature:** Real-time monitoring with reminders for high temperatures.
- **Blood Oxygen (SpO2):** Real-time monitoring with vibration alerts for low levels.
- **Sleep Quality:** Tracks deep sleep, light sleep, awake time, and sleep duration.

All data synchronizes to the "Healthwear" APP for long-term storage and analysis.

Thoughtful Voice Broadcast

The voice broadcast is clear and concise, and can be automatically **turned off** or **on** in the watch settings, making it more convenient to use.

Your blood pressure is 128 high and 83mm/Hg low |||

Keep the watch worn level with the heart |||

Image: Overview of 24/7 health monitoring features, including heart rate, blood pressure, blood oxygen, and sleep.

4. Communication Features

- **Bluetooth Calling:** Connects via Bluetooth to your phone, allowing you to make and answer calls directly from the watch. You can also view call logs and contacts.
- **Smart Notifications:** Receive instant notifications from text messages and various apps (e.g., Facebook, WhatsApp) on your wrist.
- **Voice Assistant:** Use voice commands for tasks like setting alarms or checking the weather.



Blood Oxygen Monitoring

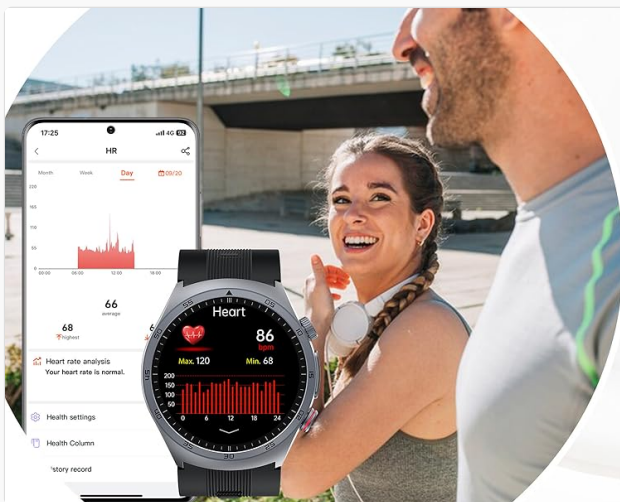
Once low blood oxygen saturation is detected, it will vibrate to remind you immediately to help you make timely adjustments.

Image: Smart watch displaying call functions (dial pad, contacts, call history) and notifications from social media apps.

5. Fitness Tracking

The watch supports multiple sports modes and tracks daily activity:

- **Sports Modes:** Includes running, cycling, mountaineering, and more.
- **Activity Tracking:** Monitors exercise duration, distance, calorie consumption, steps, and heart rate.



Heart Rate Monitoring

24-hour real-time heart rate monitoring, when the heart rate is abnormal, it will remind you immediately.

Image: Smart watch displaying multi-sport fitness tracking data during a cycling activity.

6. Other Functions

The watch includes additional practical features:

- Sedentary Reminder
- Alarm Clock
- Raise Hand to Light Up Screen
- Find Your Phone
- Music Control
- Camera Remote Control
- Weather Forecast
- Stopwatch
- Calculator

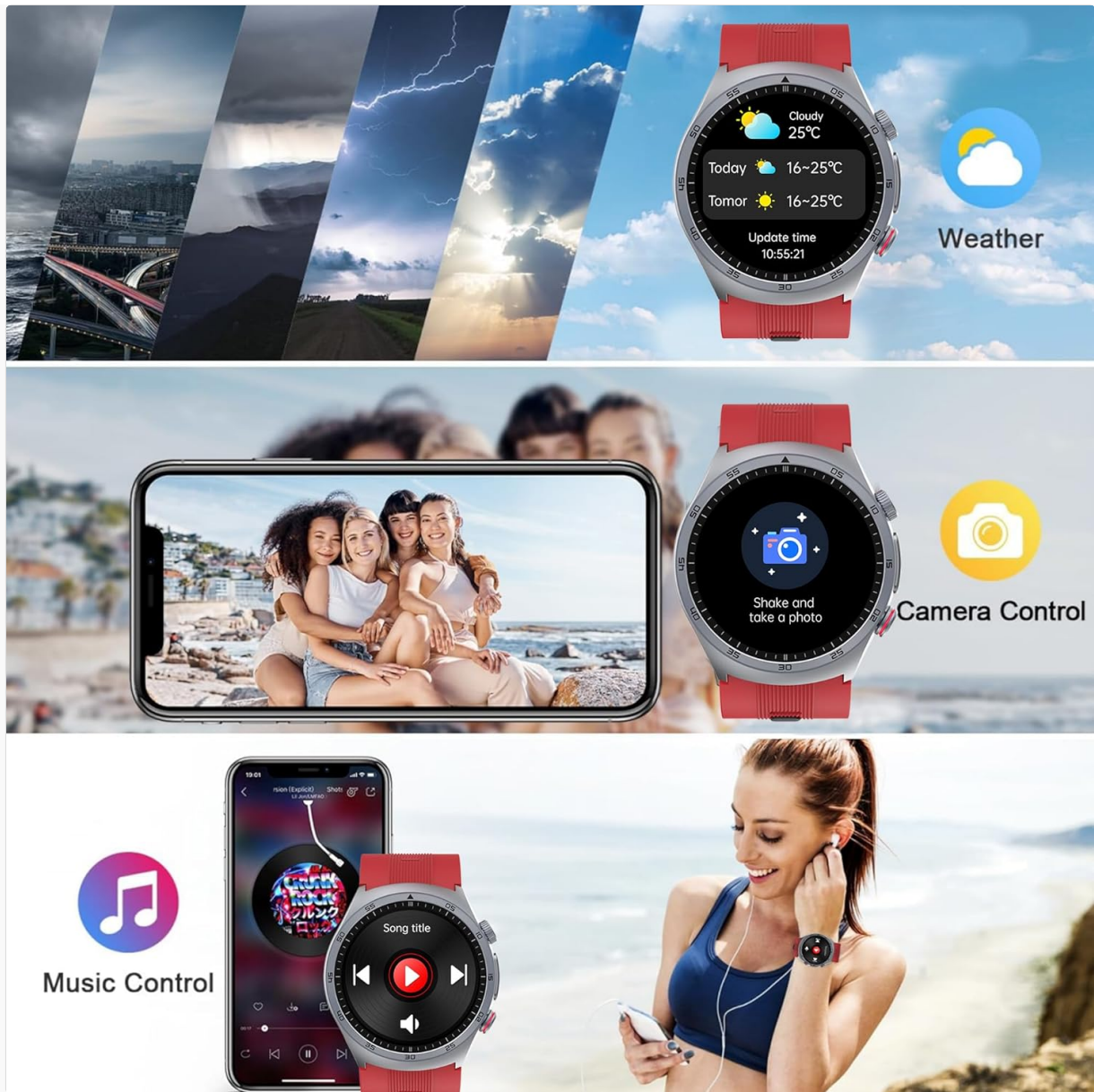


Image: Smart watch screens showing weather, music control, and camera control functions.

MAINTENANCE

1. Battery Life and Charging

The watch has a 530mAh battery, providing 7-12 days of typical use and over 30 days of standby time. To prolong battery life, avoid extreme temperatures and use the provided charger.

2. Cleaning the Watch

Wipe the watch and wristband regularly with a soft, dry cloth. Avoid using harsh chemicals or abrasive materials that could damage the device.

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged.
- **Cannot connect to APP:** Check if Bluetooth is enabled on your phone and the watch. Ensure the "Healthwear" APP has necessary permissions. Try restarting both the watch and your phone.
- **Inaccurate health readings:** Ensure the watch is worn correctly and snugly on your wrist. For blood pressure, ensure the watch is level with your heart during measurement. Environmental factors and

movement can affect accuracy.

- **Notifications not appearing:** Verify that app notifications are enabled in your phone's settings and within the "Healthwear" APP.

SPECIFICATIONS

Feature	Detail
Model Number	B0FQ2CP985
Display	1.43-inch AMOLED, 466x466 resolution
Battery Capacity	530mAh Lithium Polymer
Battery Life	7-12 days (typical use), 30+ days (standby)
Compatibility	Android 8.0 and above, iOS 11.0 and above
Connectivity	Bluetooth 5.3
Sensors	Air Pump for Blood Pressure, Heart Rate, SpO2, Temperature
Memory Storage Capacity	64 GB
Item Weight	9.3 ounces
Package Dimensions	4.7 x 4.1 x 3 inches

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or contact the manufacturer directly. Keep your purchase receipt as proof of purchase.