

Paukila H31

Paukila Smart Watch H31 User Manual

Model: H31

1. INTRODUCTION

Thank you for choosing the Paukila Smart Watch H31. This manual provides detailed instructions to help you set up, operate, and maintain your device, ensuring you get the most out of its features. The Paukila H31 is a versatile smart watch designed for fitness tracking, communication, and health monitoring, compatible with both Android and iOS smartphones.

2. SAFETY INFORMATION

- Do not attempt to disassemble or modify the watch.
- Keep the watch away from extreme temperatures and direct sunlight.
- Avoid exposing the watch to strong impacts or drops.
- Consult a medical professional before starting any new exercise regimen or if you have pre-existing health conditions. The health monitoring features are for reference only and should not replace professional medical advice.
- Ensure the charging contacts are clean and dry before charging to prevent corrosion.

3. PACKAGE CONTENTS

Please check the package for the following items:

- Paukila Smart Watch H31 (with one strap attached)
- Additional interchangeable strap
- Charging Cable
- User Manual

4. PRODUCT OVERVIEW

The Paukila Smart Watch H31 features a robust design with a clear LCD display and intuitive controls. Familiarize yourself with the watch's components:



The image displays the Paukila Smart Watch H31, featuring a rugged black rectangular case and a black silicone strap. The watch face shows a digital display with time, heart rate (120 bpm), and step count (20476). A smaller inset image shows the watch with a grey strap and a phone dialer interface.

- **Display:** Touch-sensitive LCD screen for navigation and information display.
- **Side Buttons:** Typically used for power on/off, screen wake, and menu navigation. Refer to specific button functions in the Operating Instructions.
- **Sensors:** Located on the back of the watch for heart rate, blood oxygen, and blood pressure monitoring.
- **Charging Contacts:** Magnetic contacts on the back for connecting the charging cable.

5. SETUP

5.1. Initial Charging

1. Connect the charging cable to a USB power adapter (not included) or a computer's USB port.
2. Align the magnetic end of the charging cable with the charging contacts on the back of the watch. The cable will snap into place.
3. Charge the watch fully before first use. A full charge typically takes 2-3 hours. The battery icon on the screen will indicate charging status.

5.2. App Installation

To unlock the full functionality of your Paukila Smart Watch H31, you need to install the companion application on your smartphone.

- Scan the QR code provided in the manual or on the watch packaging, or search for the app name (e.g., 'FitCloudPro' or similar, check packaging for exact name) in your phone's app store (Google Play Store for Android, Apple App Store for iOS).
- Download and install the application.
- Follow the on-screen instructions to create an account and set up your personal profile.

5.3. Pairing with Your Smartphone

Ensure your phone's Bluetooth is enabled and the watch is sufficiently charged.

1. Open the installed companion app on your smartphone.
2. Navigate to the 'Device' or 'Add Device' section within the app.
3. The app will search for available Bluetooth devices. Select 'H31' or the corresponding device name from the list.
4. Confirm the pairing request on both your phone and the watch if prompted.
5. Once paired, the watch will synchronize data with your phone, and you can customize settings through the app.

6. OPERATING INSTRUCTIONS

6.1. Basic Navigation

- **Power On/Off:** Press and hold the side button to power on or off.
- **Screen Wake:** Raise your wrist, press the side button, or tap the screen.
- **Touchscreen Gestures:**
 - Swipe up/down: Scroll through menus or notifications.
 - Swipe left/right: Access quick functions or different watch faces.
 - Tap: Select an item or confirm an action.
 - Press and hold: Customize watch faces (on some models).

6.2. Call and Message Functions

After successful Bluetooth pairing and enabling notifications in the app:

- **Make/Answer Calls:** The watch supports Bluetooth calls. You can dial numbers directly from the watch or answer incoming calls.
- **Message Notifications:** Receive real-time alerts for SMS, WhatsApp, Facebook, and other app

notifications directly on your wrist.

- **Contact Sync:** Sync your phone contacts to the watch via the app for quick dialing.

6.3. Fitness Tracking

- **Step Counter (Pedometer):** Automatically tracks your daily steps, distance, and calories burned.
- **Sport Modes:** The watch supports over 112 activity modes (e.g., running, cycling, badminton, hiking). Select a mode before starting your workout to track specific metrics.
- **Data Review:** View detailed workout data and summaries in the companion app.

6.4. Health Monitoring

- **Heart Rate Monitor:** Continuously monitors your heart rate throughout the day. Access real-time readings on the watch or detailed graphs in the app.
- **Blood Oxygen (SpO2):** Measure your blood oxygen saturation levels.
- **Blood Pressure:** Provides estimated blood pressure readings.
- **Sleep Tracking:** Analyzes your sleep patterns, including deep sleep, light sleep, and awake times, providing a comprehensive sleep quality report in the app.

6.5. Other Features

- **Camera Control:** Remotely control your phone's camera from the watch.
- **Music Playback/Control:** Control music playing on your phone (play, pause, skip tracks).
- **Weather Information:** Get real-time weather updates after syncing with your phone.
- **Alarms, Stopwatch, Timer:** Standard utility functions.
- **Sedentary Reminders:** Receive alerts to move if you've been inactive for too long.
- **Find Phone:** Use the watch to locate your paired smartphone.

7. MAINTENANCE

7.1. Cleaning

- Wipe the watch and strap regularly with a soft, dry cloth.
- For stubborn dirt, use a slightly damp cloth and then dry thoroughly.
- Avoid using harsh chemicals or abrasive materials.

7.2. Water Resistance

The Paukila Smart Watch H31 is IPX8 waterproof, meaning it can withstand immersion in water under certain conditions. It is suitable for daily use, handwashing, and exposure to rain. However, it is not recommended for hot showers, saunas, or diving, as steam and high water pressure can compromise the seals.

7.3. Battery Care

- Charge the watch regularly, avoiding complete discharge for extended periods.
- Store the watch in a cool, dry place if not used for a long time.
- The battery life is approximately 7 to 15 days on a single charge, depending on usage.

8. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with phone:**
 - Ensure Bluetooth is enabled on your phone.
 - Make sure the watch is within range of your phone.
 - Restart both your phone and the watch.
 - Clear previous Bluetooth connections on your phone.
- **Notifications not received:**
 - Check app notification permissions on your phone.
 - Ensure the watch is connected via Bluetooth.
 - Verify that notifications are enabled within the companion app.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor area regularly.

9. SPECIFICATIONS

Feature	Detail
Model Number	H31
Brand	Paukila
Operating System Compatibility	Android 5.0+ and iOS 9.0+
Connectivity Technology	Bluetooth
Display Type	LCD
Water Resistance Level	IPX8 (Waterproof)
Battery Type	Lithium Ion (1 required, included)
Battery Cell Composition	Lithium Polymer
Typical Battery Life	7 to 15 days
Item Weight	0.15 Kilograms
Manufacturer	Shenzhen Buzz Tech CO.,LTD

10. 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.