iTouch Air 5

iTouch AIR 5 Smartwatch User Manual

Model: Air 5

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Fitness   **Maintenance**   **Troubleshooting**   **Specifications**   **Warranty & Support**

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your iTouch AIR 5 Smartwatch. Please read these instructions thoroughly before using the device to ensure optimal performance and to prevent damage. The iTouch AIR 5 is designed to assist with health monitoring, fitness tracking, and smart notifications, featuring a vibrant 1.85" AMOLED display and Bluetooth calling capabilities.

2. WHAT'S IN THE BOX

Upon opening your iTouch AIR 5 Smartwatch package, you should find the following items:

- iTouch Air 5 Smartwatch
- Charging Cable
- Quick Start Guide

Image: The iTouch AIR 5 Smartwatch, its magnetic charging cable, and the included quick start guide.

3. Product Overview

The iTouch AIR 5 Smartwatch combines advanced technology with a user-friendly design to support your daily activities and wellness goals.

Key Features:

- **1.85" AMOLED Display:** Large, ultra-clear screen with 390×450 resolution and 700 nits brightness for crisp visuals.
- **Up to 7-Day Battery Life:** Optimized power management for extended use.
- **Bluetooth Calling:** Make and receive calls directly from your wrist.
- **Comprehensive Health Tracking:** 24/7 monitoring for heart rate, SpO_2, and stress levels.
- **Advanced Sleep Monitoring:** Tracks nap and nighttime sleep with personalized sleep scores.
- **100+ Sports Modes:** Track various workouts with connected GPS.
- **IP68 Water Resistance:** Suitable for sweat, splashes, and everyday adventures.

- **Smartphone Sync & Notifications:** Receive alerts and control music/camera.
- **Customizable Watch Faces & Always-On Display:** Personalize your device's appearance.

Image: The iTouch AIR 5 Smartwatch highlighting its 1.85-inch AMOLED full touchscreen display, 9.8mm thickness, 25.5g weight, and 22mm pin width. Also shows various colorways and band styles.

4. SETUP

4.1 Charging Your Smartwatch

Before initial use, fully charge your iTouch AIR 5 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) or a computer's USB port. A full charge typically takes 1-2 hours.

Image: The iTouch AIR 5 Smartwatch being charged with its magnetic charging cable, illustrating the 7+ day battery life and the charging process.

4.2 Installing the iTOUCH Wearables App

To unlock all features and synchronize data, download the official iTOUCH Wearables app on your smartphone. The app is compatible with Android 9.0+ and iOS 13.0+.

1. Scan the QR code provided in the Quick Start Guide or search for "iTOUCH Wearables" in the Apple App Store or Google Play Store.
2. Install the app and create an account or log in.

Multiple Workout Modes

24/7 Wellness Companion

Keep Track of Your Daily Stats

Sedentary and Hydration Reminders

Image: A smartphone displaying the iTOUCH Wearables app download options for App Store and Google Play. A QR code for app compatibility is also shown. The relevant link is https://qr.xwatch.io/ecommitapp.

4.3 Pairing Your Smartwatch

Ensure your smartphone's Bluetooth is enabled. Open the iTOUCH Wearables app and follow the on-screen instructions to pair your iTouch AIR 5. The app will guide you through the process of finding and connecting to your device.

5. OPERATING INSTRUCTIONS

5.1 Basic Navigation

- **Swipe Up/Down:** Access quick settings or notifications.
- **Swipe Left/Right:** Navigate through widgets and main features.
- **Tap:** Select an item or confirm an action.
- **Press Side Button:** Return to the home screen or access the app menu.

5.2 Bluetooth Calling

Once paired, you can make and receive calls directly from your smartwatch. Ensure your watch is within Bluetooth range of your phone.

- **Making a Call:** Access the phone icon on your watch, dial a number, or select from contacts synced via the app.
- **Receiving a Call:** When a call comes in, tap the green icon on your watch to answer or the red icon to decline.

Image: The iTouch AIR 5 Smartwatch showing an incoming call notification, demonstrating the Bluetooth calling feature.

5.3 Smart Notifications

Receive alerts for calls, texts, and app notifications directly on your wrist. Configure notification settings within the iTOUCH Wearables app.

Image: The iTouch AIR 5 Smartwatch displaying notifications from various applications like Instagram, WeChat, and Amazon, along with a reminder to get active.

5.4 Music and Camera Control

Control your smartphone's music playback and camera shutter remotely from your watch.

- **Music Control:** Open the music player on your watch to play, pause, skip tracks, and adjust volume.
- **Camera Remote:** Use the camera remote feature in the app to trigger your phone's camera.

Your browser does not support the video tag.

Video: This video demonstrates various features of the iTouch AIR 5 Smartwatch, including sleep tracking, starting a yoga workout, initiating a dog walk, taking photos remotely, and controlling music playback. It highlights the watch's integration into daily life for health, fitness, and convenience.

6. Health and Fitness Tracking

6.1 Heart Rate, SpO₂, and Stress Tracking

The iTouch AIR 5 continuously monitors your heart rate, blood oxygen (SpO$_2$), and stress levels. View your data on the watch or in the app for detailed insights.

- For accurate readings, ensure the watch is snug on your wrist.
- Use guided breathing exercises for stress management.

Image: The iTouch AIR 5 Smartwatch displaying heart rate monitoring data, showing a graph of heart rate over time and current BPM.

6.2 Sleep Monitoring

The smartwatch automatically tracks your sleep patterns, including naps and nighttime sleep. Review your sleep duration, consistency, and stages in the app to receive a personalized sleep score.

Image: The iTouch AIR 5 Smartwatch displaying sleep tracking data, showing sleep duration and sleep stages.

6.3 Sports Modes and Connected GPS

Choose from over 100 sports modes to track your workouts. For outdoor activities, connect to your phone's GPS to record distance, pace, and routes accurately.

Bluetooth Calling

Smart Notifications

Download the iTOUCH Wearables App

Available on the App Store   Available on Google Play

iTOUCH Wearables App Compatibility

Weather	Camera	Languages	Calculator	Music	Alarm

PLUS MUCH MORE WAITING FOR YOU TO EXPLORE

Image: The iTouch AIR 5 Smartwatch displaying a list of sports modes including walking, running, cycling, jump rope, and badminton. Icons for various activities like hiking, swimming, yoga, and weightlifting are also shown.

7. MAINTENANCE

7.1 Cleaning Your Smartwatch

Regularly clean your smartwatch to maintain its appearance and functionality. Use a soft, lint-free cloth to wipe the screen and casing. For the band, follow specific cleaning instructions based on its material (silicone, metal, etc.). Avoid harsh chemicals or abrasive materials.

7.2 Water Resistance (IP68)

The iTouch AIR 5 is IP68 water-resistant, meaning it is protected against dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for everyday use, such as washing hands, rain, and light splashes. It is not recommended for swimming, showering with hot water, or diving.

IP 68 Water Resistant

Ready for sweat, splashes, and everyday adventures

Image: The iTouch AIR 5 Smartwatch being splashed with water, illustrating its IP68 water resistance for sweat, splashes, and everyday use.

8. TROUBLESHOOTING

Problem	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Cannot pair with smartphone	- Ensure Bluetooth is enabled on your phone. - Make sure the watch is close to your phone. - Restart both your watch and phone. - Check if the iTOUCH Wearables app is updated to the latest version. - Forget the device in your phone's Bluetooth settings and try pairing again through the app.

Problem	Possible Solution
Notifications not appearing	- Verify that notifications are enabled in the iTOUCH Wearables app. - Check your phone's system settings to ensure the app has permission to send notifications. - Ensure the watch is connected via Bluetooth.
Inaccurate health data	- Ensure the watch is worn snugly on your wrist, not too tight or too loose. - Clean the sensors on the back of the watch. - Avoid excessive movement during measurements (e.g., SpO_2).
Short battery life	- Reduce screen brightness. - Disable Always-On Display (AOD) if enabled, as it significantly reduces battery life. - Limit frequent use of power-intensive features like Bluetooth calling. - Ensure background app refresh is optimized on your phone.

9. SPECIFICATIONS

Feature	Detail
Model Number	Air 5
Display	1.85" AMOLED Full Touchscreen (390x450 resolution, 700 nits brightness)
Connectivity	Bluetooth
Battery Life	Up to 7 days (typical use), 4 days (heavy use), 14 days (battery saver mode)
Water Resistance	IP68
Health Tracking	Heart Rate, SpO_2, Stress, Sleep Monitoring
Sports Modes	100+ with Connected GPS
Operating System	Proprietary OS
App Compatibility	Android 9.0+ / iOS 13.0+
Product Dimensions	6.5 x 4.5 x 2 inches
Item Weight	9.1 ounces
Battery Capacity	300 Milliamp Hours

10. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your product or visit the official iTouch Wearables website. You can also contact their customer service for assistance with product issues, technical support, or warranty claims.

Manufacturer: iTouch
Official Store: iTOUCH Wearables Amazon Store