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> aeac Smart Watch for Women (Model B0FSKL8NH1) - Instruction Manual

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Brand: aeac
Model: B0FSKL8NH1

INTRODUCTION

Welcome to your new aeac Smart Watch. This manual provides detailed instructions for setting up, operating, and maintaining your device to ensure you get the most out of its features. Please read thoroughly before use.

WHAT'S IN THE BOX

- Smartwatch
- Silicone Strap
- Braided Strap
- Charging Cable
- User Manual

SETUP

Initial Charging

Before first use, please charge the smartwatch for more than 30 minutes until it is turned on. Connect the magnetic charging cable to the charging points on the back of the watch. The watch will display the charging status.



The aeac Smart Watch connected to its magnetic charging cable.

App Download and Pairing

To unlock the full functionality of your smartwatch, download the "VeryFit" app. You can find it on the Google Play Store (for Android devices) or the Apple App Store (for iOS devices).

Once the app is installed, open it and follow the on-screen instructions to pair your smartwatch. You may need to scan a QR code displayed on the watch screen or on the back of the product packaging. Ensure your phone's Bluetooth is enabled and the watch is nearby.

Video demonstrating the connection and setup process for the aeac Smart Watch with the VeryFit app.

OPERATING INSTRUCTIONS

Basic Navigation

The smartwatch features a responsive 1.85" HD touchscreen. Swipe left, right, up, or down to navigate through menus, view notifications, and access various features. The side button typically returns you to the home screen or opens the app list.

1.85" HD Display & Customised Watch Faces



The 1.85" HD display offers crisp visuals and supports customized watch faces.

Bluetooth Calls & Notifications

With Bluetooth 5.3 and a built-in DSP chip, enjoy ultra-clear call quality directly from your wrist. You can answer incoming calls or dial out using the watch. Stay connected with real-time SMS and app notifications (replying to messages is not supported).

Answer / Make Call



Bluetooth 5.3



DSP Chip



The smartwatch allows you to answer or make calls directly from your wrist.

Track your Health



Receive message reminders and app notifications to stay connected.

Other Smart Features

- **Music Control:** Control music playback on your connected smartphone directly from your watch.
- **Camera Shutter:** Use your watch as a remote shutter to take photos with your phone.
- **Weather Updates:** Get current weather information and forecasts.
- **Flashlight:** Activate the screen as a flashlight for convenience in low-light conditions.
- **Alarm/Timer:** Set alarms and timers for daily tasks or workouts.

10-Day Battery Life

10 Days
Heavy Usage

15 Days
Basic Usage

30 Days
Low Power Mode



The smartwatch offers a variety of additional features for daily convenience.

HEALTH MONITORING

The smartwatch is equipped with advanced sensors to track your health around the clock, helping you make informed choices for a healthier lifestyle.

Heart Rate Monitor

Continuously monitors your heart rate, providing real-time data and trends to help you understand your cardiovascular health.

Sleep Monitor

Tracks your sleep stages (deep sleep, light sleep, wake-up times) to provide insights into your sleep quality and patterns.

Blood Oxygen (SpO2) Monitor

Measures your blood oxygen saturation levels, offering an indication of your respiratory health.

Stress Monitoring

Monitors your stress levels throughout the day, helping you identify patterns and manage stress effectively.

24H Activity Tracking & 100+ Sport Modes



IP68 Waterproof: Can work at depths of up to 2 metres underwater

The smartwatch provides comprehensive health data, including heart rate, sleep, blood oxygen, and stress levels.

Smart Reminders

- **Water Intake Reminders:** Receive timely reminders to ensure adequate hydration throughout the day.
- **Menstrual Cycle Tracking:** Track your menstrual cycle, including predictions and PMS alerts.
- **Sedentary Alerts:** Get reminders to move after prolonged periods of inactivity.

FITNESS TRACKING

The aeac Smart Watch is designed to elevate your workouts and track your fitness progress with precision.

100+ Sport Modes

Choose from over 100 sport modes, including running, swimming, yoga, cycling, hiking, and many more, to accurately track your specific activities.

Activity Tracking

Monitor your daily steps, distance covered, and calories burned to keep an eye on your overall activity levels.

Next-Gen Connectivity | Zero Lag

Powered by Advanced DSP Chip, Bluetooth 5.3 DualSync Tech, Crystal-Clear Audio,
Ultra-Low Latency, 30% Faster Data Transfer | 2x More Stable



The smartwatch tracks 24-hour activity and supports over 100 sport modes.

IP68 Waterproof Design

The IP68 waterproof rating ensures your smartwatch is ready for your toughest adventures, from the gym to the pool. It can work at depths of up to 2 meters underwater.

BATTERY LIFE

The aeac Smart Watch offers impressive battery performance. Enjoy up to 7 days of battery life on a single charge, ensuring you stay connected and track your activities without frequent recharging.

More Features, All you Need



The smartwatch provides extended battery life for continuous use.

COMPATIBILITY

The aeac Smart Watch works effortlessly with a wide range of smartphones. It is compatible with iOS 9.0 or above and Android 6.0 or above.

SPECIFICATIONS

| Feature | Detail |
|----------------------|------------------------------------|
| Package Dimensions | 10.67 x 3.54 x 0.75 inches |
| Item Weight | 0.176 ounces |
| ASIN | B0FSKL8NH1 |
| Item Model Number | B0FSKL8NH1 |
| Batteries | 1 D batteries required. (included) |
| Date First Available | September 25, 2025 |

| | |
|------------------|---|
| Manufacturer | aeac |
| Language Support | English, French, German, Italian, Spanish |

MAINTENANCE

Cleaning

Regularly clean your smartwatch and wristbands to maintain hygiene and appearance. Use a soft, damp cloth to wipe the screen and straps. Avoid using harsh chemicals or abrasive materials, as these can damage the device.

Storage

When not in use for extended periods, store your smartwatch in a cool, dry place away from direct sunlight and extreme temperatures. Ensure it is fully charged before storing to prolong battery life.

TROUBLESHOOTING

Pairing Issues

- Ensure Bluetooth is enabled on your phone and the watch is within close range.
- If pairing fails, try forgetting the device in your phone's Bluetooth settings and then re-pairing through the VeryFit app.
- Restart both your phone and the smartwatch.

Notifications Not Received

- Check app permissions for "VeryFit" on your phone to ensure notifications are allowed.
- Verify that the watch is properly connected to the app and that notification settings are enabled within the app.
- Ensure your phone's "Do Not Disturb" mode is off.

Inaccurate Health Data

- Ensure the watch is worn snugly on your wrist, but not too tight, allowing the sensors to make proper contact with your skin.
- Keep the sensor clean and free from obstructions like dirt or sweat.

WARRANTY & SUPPORT

5-Year Warranty

Rest assured with aeac's industry-leading 5-year warranty covering hardware defects and accidental damage. This warranty provides peace of mind for your investment.

Technical Support

Our dedicated 24/7 technical team is available to assist you. We guarantee a response within 12 hours and aim for issue resolution within 24 hours. For support, please refer to the contact information provided in your product packaging or on the official aeac website.