Yihou F320

Yihou F320 Fall Detection Smart Watch User Manual

Model: F320

IMPORTANT SAFETY INFORMATION

Please read this manual carefully before using the Yihou F320 Smart Watch. Keep this manual for future reference. This device is designed to assist in monitoring certain health metrics and providing emergency alerts, but it is not a medical device and should not be used for diagnostic or treatment purposes. Consult a healthcare professional for any health concerns.

- Do not attempt to open or disassemble the device.
- Keep the device away from extreme temperatures and direct sunlight.
- Avoid exposing the device to strong impacts or vibrations.
- Use only the provided charging cable and adapter.
- If you experience skin irritation, discontinue use and consult a doctor.

PRODUCT OVERVIEW

The Yihou F320 Fall Detection Smart Watch is designed to provide essential health monitoring and safety features, particularly for seniors. Key functionalities include fall detection with automatic alerts, SOS emergency calling, remote family monitoring, heart rate tracking, sleep monitoring, pedometer, and Bluetooth calling capabilities.

Call for help if you fall around the clock

Turn on the fall detection switch of the watch, and automatically call for help after 10 seconds of accidental fall, which is a safety housekeeper who takes care of the elderly. Enter the APP to add emergency contacts.

"Fall detected, calling emergency contact"

10s

SOS

I'm Okay

This feature will have certain misjudgments or errors, and cannot be relied on completely.

Image: Yihou F320 Smart Watch displaying time and various health metrics on its screen.

WHAT'S IN THE BOX

Your Yihou F320 Smart Watch package includes the following items:

- Yihou F320 Smart Watch
- Charging Cable
- User Manual

SETUP

1. Attaching the Watch Band

The watch band may come detached from the watch body. To attach, align the pins on the band with the holes on the watch casing. Gently push the pin inwards and slide the band into place until the pin clicks securely into the hole. Repeat for the other side of the band.

Video: Demonstration of adjusting and attaching a watch band. Note: This video shows a metal band, but the principle of attachment is similar for silicone bands.

2. Charging the Device

Before first use, fully charge your smart watch. Connect the magnetic charging cable to the charging points on the back of the watch. Plug the USB end of the cable into a compatible USB power adapter (not included) or a computer USB port. The watch screen will indicate charging status.

3. Pairing with Your Smartphone

To unlock the full potential of your Yihou F320 Smart Watch, pair it with your smartphone using the dedicated app (e.g., Joeme Fit app, as indicated in some visuals). Follow these general steps:

1. Download and install the recommended companion app from your phone's app store (Android or iOS).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the app and follow the on-screen instructions to create an account or log in.
4. Navigate to the 'Device' or 'Add Device' section within the app.
5. Select your Yihou F320 Smart Watch from the list of available devices.
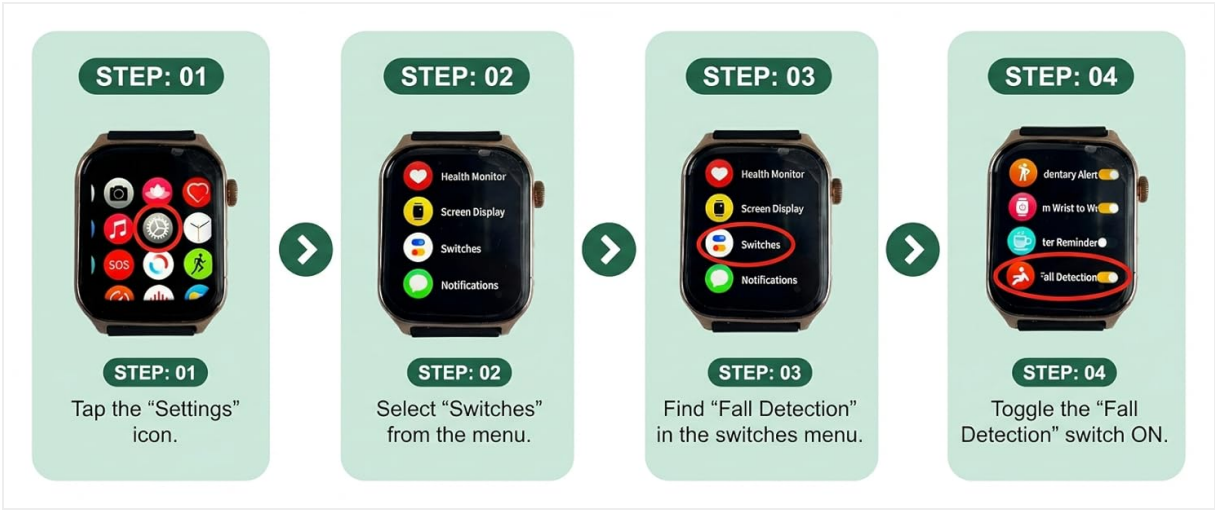6. Confirm the pairing on both your phone and the watch if prompted.

Image: Visual guide showing the four steps to enable Fall Detection within the companion app, starting with opening the app and navigating to device settings.

KEY FEATURES AND OPERATION

1. Navigating the Watch Interface

The watch features a responsive touchscreen display. Swipe left, right, up, or down to access different functions and menus. Tap on icons to select applications or confirm actions. The side button typically serves as a home button or to wake the screen.

STEP 1:
Connect Device via Bluetooth

Joeme Fit

Make sure your device is successfully connected to the Joeme Fit app.

STEP 2:
Open "Device" Page & Tap "Settings"

Device
Face Gallery
Functions
Find Device   Camera
Phone Call   Notifications

Page & Tap "Settings"

STEP 3:
Enter "Health & Monitor"

Health reminders
Settings
Health & Monitor
Screen & Display
Prevented
Res Settings
Health   Device   Profile

Step3: Enter "Health & Monitor"

STEP 4:
Scroll to "Others"

Monitor
Calibration   Off
Others
Scientific Sleep
Monitor
Fall detection

STEP 4:
Scroll to "Others"

STEP 5:
Find "Fall Detection"

Calibration   Off
Others
Scientific Sleep
Monitor
Fall detection

STEP 5:
Find "Fall Detection"

STEP 6:
Turn Switch ON

Calibration   Off
Others
Scientific Sleep
Monitor
Fall detection

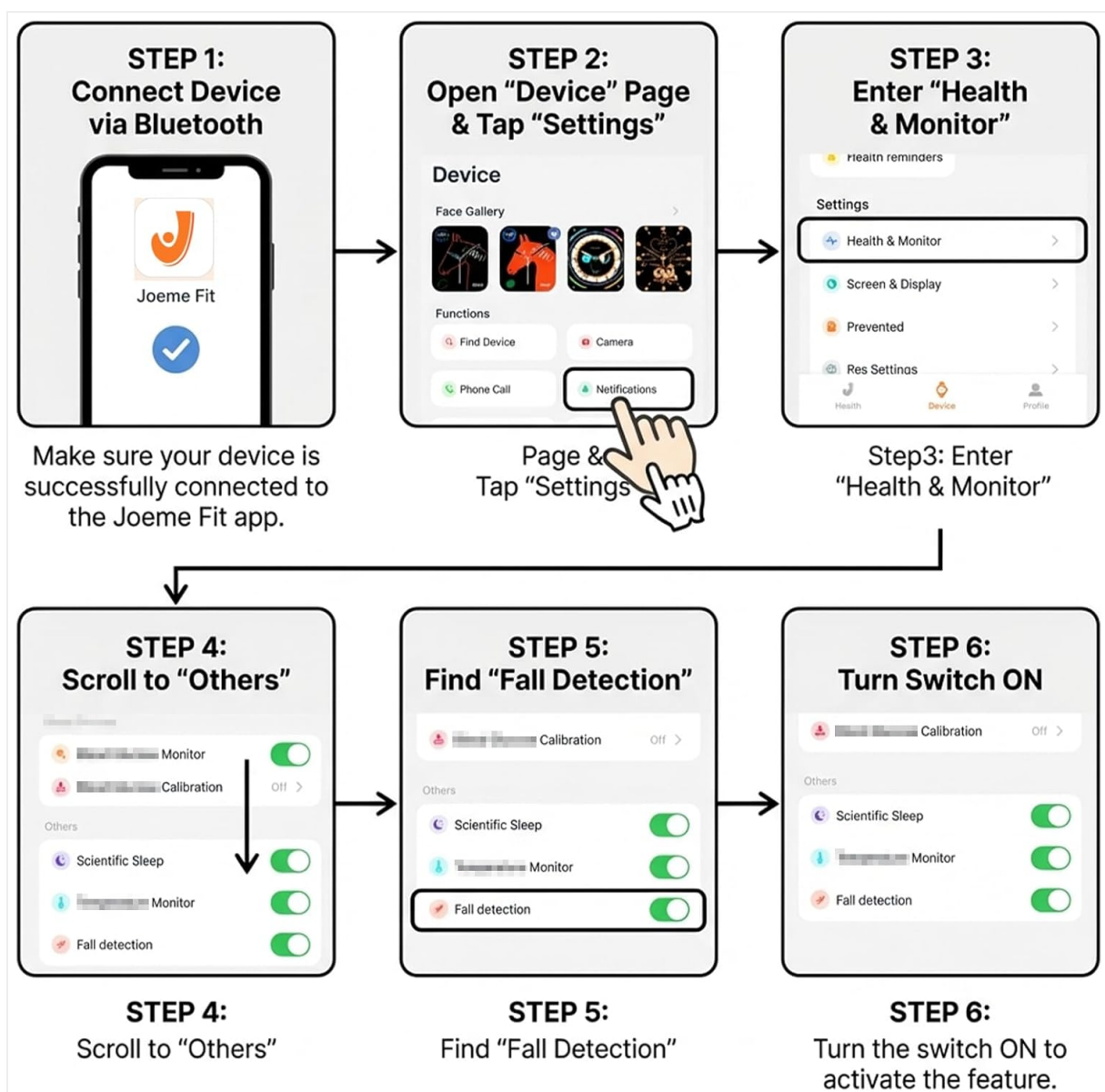STEP 6:
Turn the switch ON to activate the feature.

Image: The smart watch screen showing a grid of colorful application icons, including health, communication, and utility apps.

2. SOS Emergency Call

The SOS feature allows for immediate contact with pre-set emergency contacts. In an emergency, press and hold the designated SOS button (or follow specific on-screen prompts) to initiate a call or send an alert. This feature provides peace of mind for both users and their families.
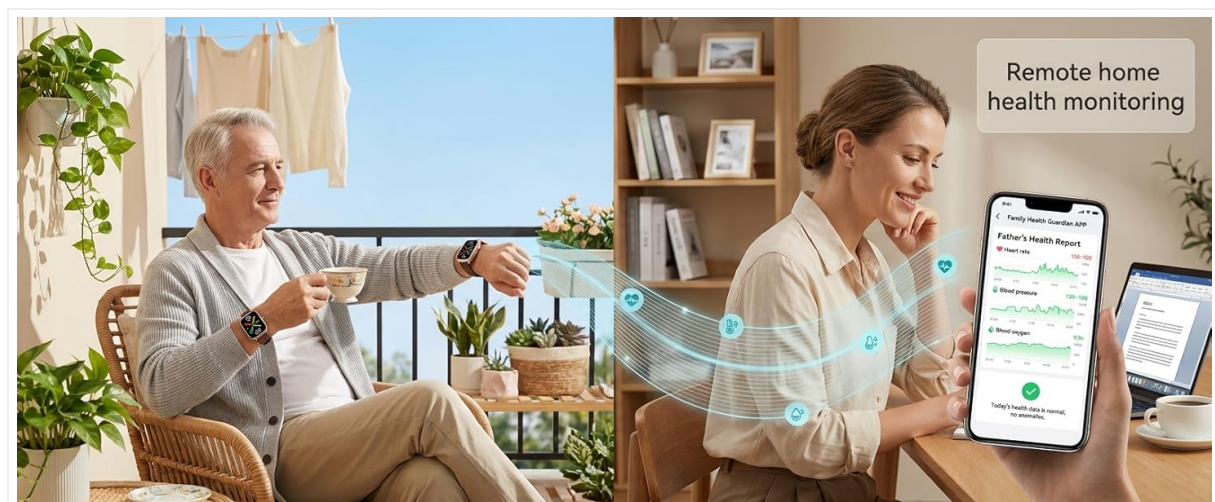

Remote home health monitoring

Family Health Guardian APP
Father's Health Report
Heart rate
Blood pressure
Blood oxygen
Today's health data is normal, no anomalies.

Image: An elderly person activating the SOS function on their smart watch, with a smartphone displaying an incoming emergency call from the watch.

3. Fall Detection with Automatic Alerts

The watch is equipped with fall detection technology. If a fall is detected, the watch will initiate a countdown. If the user does not respond within the countdown period (e.g., by pressing 'I'm Okay'), an automatic alert will be sent to pre-set emergency contacts. This ensures a rapid response in critical situations.

Image: An elderly person on the ground after a fall, with their smart watch screen showing a 'Fall detected, calling emergency contact' message and a countdown.

To enable Fall Detection:

1. Tap the 'Settings' icon on your watch.
2. Select 'Switches' from the menu.
3. Find 'Fall Detection' and toggle the switch ON.

Image: A four-step visual guide demonstrating how to enable the Fall Detection feature directly on the smart watch interface.

4. Remote Family Monitoring

Through the companion app, designated family members can monitor the user's health data, including steps, heart rate, and sleep patterns. This feature allows families to stay informed about the well-being of elderly members, even from a distance.

Image: A split image showing an elderly person wearing the smart watch on one side, and a younger person viewing the elderly person's health data on a smartphone on the other side, illustrating remote monitoring.

5. Health Tracking (Heart Rate, Sleep, Pedometer)

The watch continuously monitors various health metrics:

- **Heart Rate:** Provides round-the-clock heart rate monitoring, helping users track their cardiovascular health.
- **Sleep Monitoring:** Tracks sleep duration and stages, offering insights into sleep quality.
- **Pedometer:** Counts steps taken throughout the day, encouraging physical activity.

Image: A smart watch displaying sleep duration and a smartphone showing detailed sleep stage analysis, with an elderly person sleeping in the background.

Image: A smart watch displaying a heart rate reading of 88 beats per minute (bpm) with a graph of heart rate over time.

6. Bluetooth Calling & Daily Reminders

The watch supports Bluetooth calling, allowing you to answer or dial calls directly from your wrist when connected to your smartphone. It also provides daily reminders such as alarms, sedentary alerts, and notifications for enhanced convenience.

MAINTENANCE

Cleaning the Watch

Regularly clean your smart watch to ensure optimal performance and hygiene. Use a soft, lint-free cloth to wipe the screen and body. For stubborn dirt, dampen the cloth slightly with water. Avoid using harsh chemicals or abrasive materials.

Battery Care

To prolong battery life, avoid fully discharging the watch frequently. Charge the device regularly, ideally before the battery level drops too low. Store the watch in a cool, dry place when not in use for extended periods.

TROUBLESHOOTING

Health Measurement Failures

If the watch displays "Failed to Measure" or provides inconsistent readings for heart rate, blood oxygen, or body composition, consider the following:

- **Ensure Proper Fit:** The watch should be worn snugly on your wrist, but not uncomfortably tight. The sensors on the back need good contact with your skin.
- **Keep Still:** Remain still during measurements. Movement can interfere with sensor accuracy.
- **Clean Sensors:** Ensure the sensors on the back of the watch are clean and free from dirt, sweat, or lotions.
- **Finger Placement (for Body Composition):** For body composition measurements, ensure your finger is correctly placed on the electrode as instructed by the watch.

Connectivity Issues

If the watch is not connecting to your smartphone via Bluetooth:

- **Restart Devices:** Restart both your smart watch and your smartphone.
- **Check Bluetooth:** Ensure Bluetooth is enabled on your phone and the watch is in pairing mode.
- **App Status:** Verify that the companion app is running and has the necessary permissions.
- **Distance:** Keep the watch and phone within Bluetooth range (typically 10 meters or 33 feet).
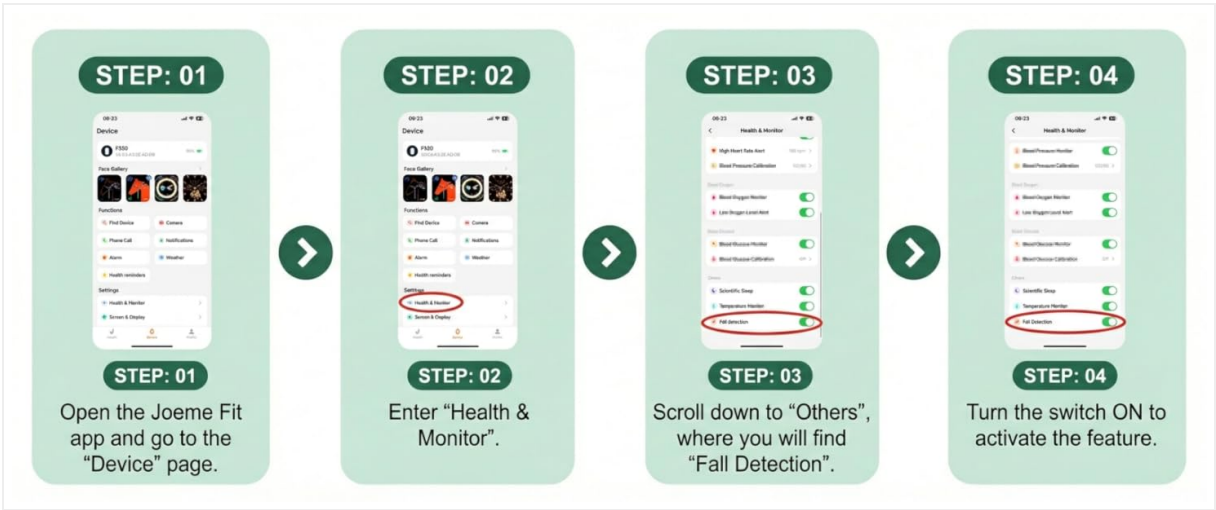
SPECIFICATIONS

Image: A detailed diagram illustrating the dimensions of the Yihou F320 Smart Watch and its product parameters.

Feature	Detail
Model Name	F320
Brand	Yihou
Screen Size	1.9 Inches

Screen Resolution	280*320
Battery Capacity	260 Milliamp Hours
Endurance Time	10-12 Days
Connectivity Technology	Bluetooth
Operating System	Proprietary OS
Special Features	Fall Detection, SOS Emergency Call, Remote Family Monitoring
Material	Silicone (for rosegold-silicone variant)
Item Package Dimensions	8.66 x 3.07 x 1.26 inches
Package Weight	135 Grams

WARRANTY AND SUPPORT

Warranty Coverage

We stand behind the quality of our products. This product comes with a 12-month limited warranty from the date of purchase, covering manufacturing defects and hardware failures under normal use.

Warranty Includes:

- Defects in materials or workmanship.
- Malfunctions caused by normal use.

Not Covered Under Warranty:

- Damage caused by misuse, accidents, or unauthorized repairs.
- Normal wear and tear (e.g., scratches, dents).
- Water damage beyond the specified waterproof rating.

Customer Support

For any questions, technical assistance, or warranty claims, please contact our customer support team. Refer to the product packaging or the official brand website for contact details.