

AcclaFit P5

AcclaFit P5 Smart Watch User Manual

Your guide to setting up and utilizing all features of your AcclaFit P5 Smart Watch.

INTRODUCTION

The AcclaFit P5 Smart Watch is designed to enhance your daily life with its comprehensive health and fitness tracking capabilities, smart communication features, and durable design. This manual provides detailed instructions to help you get the most out of your device.



Image: The AcclaFit P5 Smart Watch, showcasing its sleek design and display.

WHAT'S IN THE BOX

Upon unboxing your AcclaFit P5 Smart Watch, please ensure all the following items are present:

- AcclaFit P5 Smart Watch
- Charging Cable
- User Manual
- Watch Band

SETUP GUIDE

1. Charging the Device

Before initial use, fully charge your AcclaFit P5 Smart Watch. Connect the charging cable to the watch's charging points and a USB power source. A full charge typically takes approximately 2 hours.

2. Installing the 'H Band' App

The AcclaFit P5 Smart Watch requires the 'H Band' application for full functionality and data synchronization. Download the app from your smartphone's app store (compatible with iOS 10.0/Android 5.0 or above) or scan the QR code below:



Image: Screenshot showing the 'H Band' app QR code and compatibility details for Android 5.0+ and iOS 10.0+.

Alternatively, visit the official H Band app website: www.vphband.com/hband/hband.html

3. Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the 'H Band' app and follow the on-screen instructions to add your device.
3. Select the AcclaFit P5 Smart Watch from the list of available devices to complete the pairing process.

Your browser does not support the video tag.

Video: An overview of the P5 Smart Watch features and basic setup. This video is provided by JUJUBANG-CC.

OPERATING INSTRUCTIONS

Basic Navigation

The AcclaFit P5 Smart Watch features a 1.85-inch HD full touch screen for intuitive navigation. Swipe across the screen to access different menus and functions. The side button can be used to return to the home screen or activate certain features.

Bluetooth Calling and Notifications

With its built-in microphone and Hi-Fi speaker, the watch allows you to make and answer calls directly from your wrist. Once synced with your smartphone, you will receive SMS, SNS messages (including Facebook, Twitter, WhatsApp, LinkedIn, Messenger), and app notifications via vibration alerts.

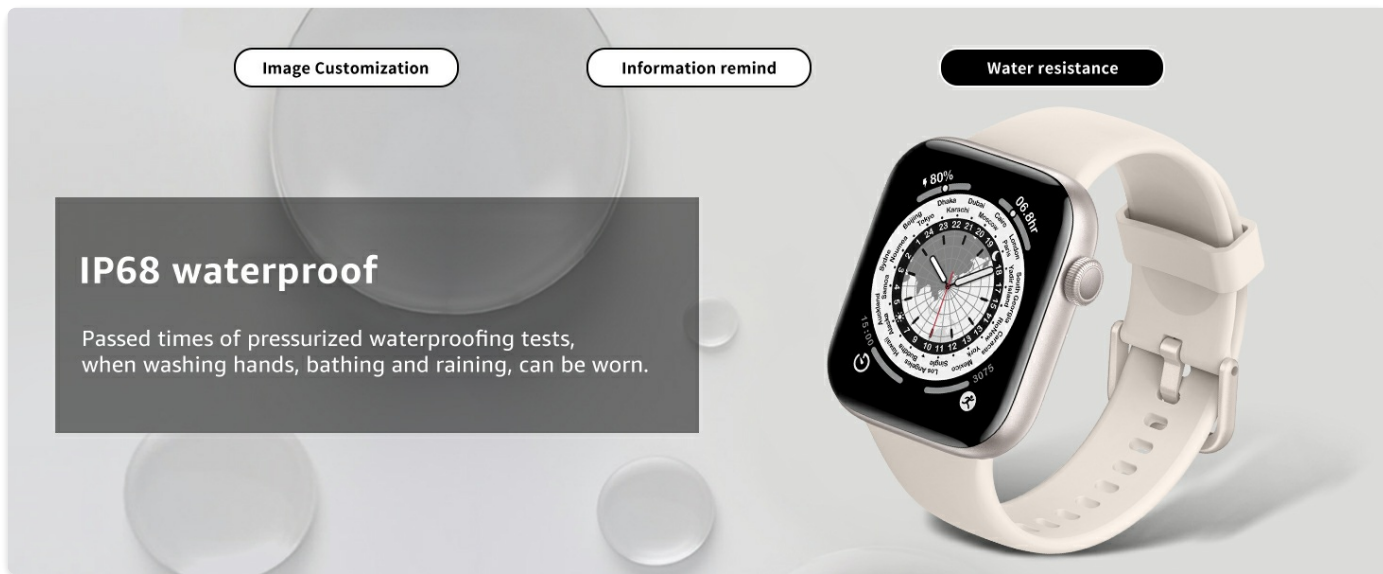


Image: The smartwatch screen showing an incoming call and various message notifications.

Music Control

Control your smartphone's music playback directly from your watch, allowing you to play, pause, skip tracks, and adjust volume.

Remote Photography

Use your watch as a remote shutter for your smartphone camera. This feature is useful for group photos or selfies.

Alarm and Reminders

Set alarms and sedentary reminders to help you stay on schedule and maintain an active lifestyle. The watch also provides weather reminders.



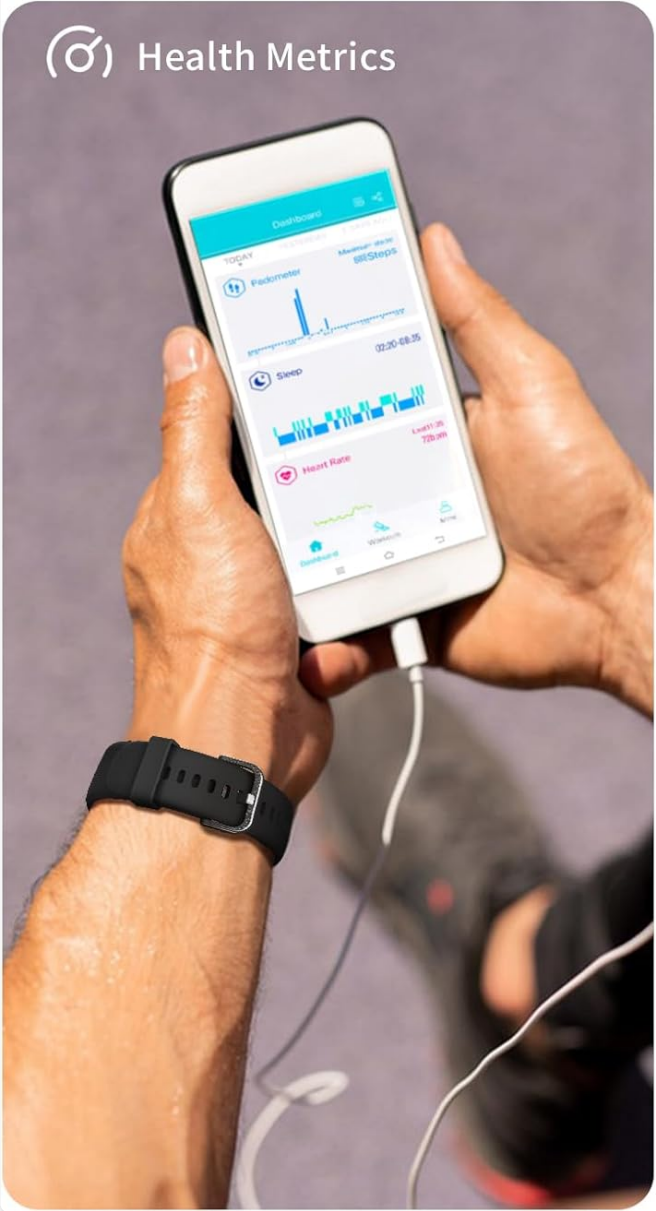
Image: A visual representation of the AcclaFit P5 Smart Watch's key features.

HEALTH TRACKING FEATURES

The AcclaFit P5 Smart Watch is equipped with a high-precision PPG sensor to monitor various health metrics:

- **Heart Rate Monitoring:** Tracks your heart rate 24 hours a day and saves 7 days of resting heart rate data for long-term trend analysis via the 'H Band' app.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen levels using a reflective-light based sensor.
- **Blood Pressure Monitoring:** Provides blood pressure measurements.
- **Sleep Monitoring:** Tracks your sleep patterns to help you understand and improve your sleep quality.
- **Period Tracking:** Offers cycle tracking functionality for female users.
- **Breathing Exercise:** Guides you through breathing exercises for relaxation.

All-round Health and Fitness Tracking



Sleep Tracking



Heart Rate Notifications



Blood Oxygen Level (SpO2) Monitoring

Image: Health metrics displayed on the smartwatch and companion app.

Reasons to love P5

Track your fitness

Manage your health data

Fitness Motivation

Compatibility

Manage your health data and make improvements.

Track your heart rate and sleep,supports 7*24 hour heart rate monitoring through the optical heart rate sensor.

Want to know more? Your sensor shares how your body is responding to Pressure and your Sleep Quality tells you how your day affected your night.

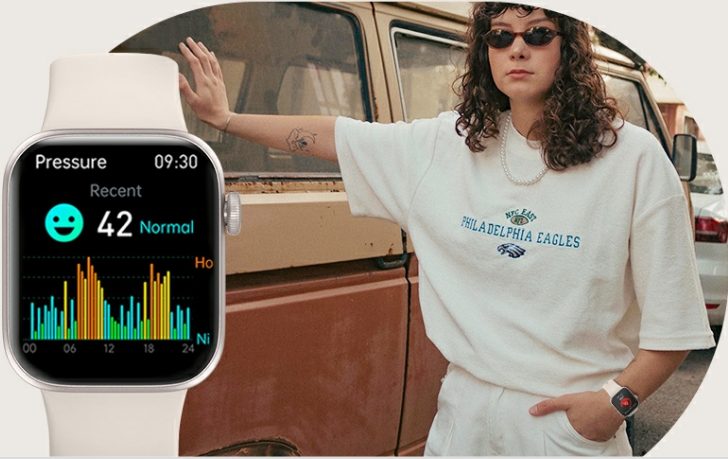


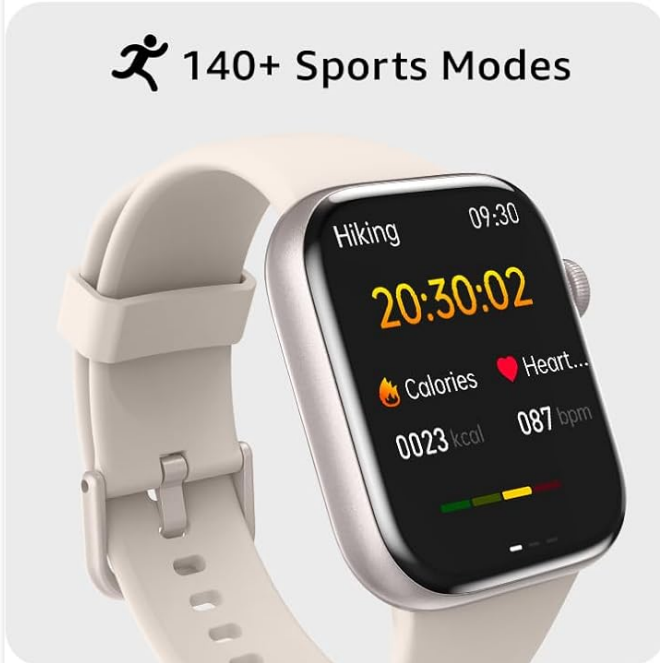
Image: The smartwatch showing blood pressure data, emphasizing health data management.

FITNESS MODES

The AcclaFit P5 Smart Watch supports over 140 professional and extended workout modes, including yoga, swimming, HIIT, running, skipping, cycling, badminton, and football. It tracks activity data such as steps, active minutes, distance, and calorie consumption, providing real-time exercise status.

Making fitness simple

 140+ Sports Modes



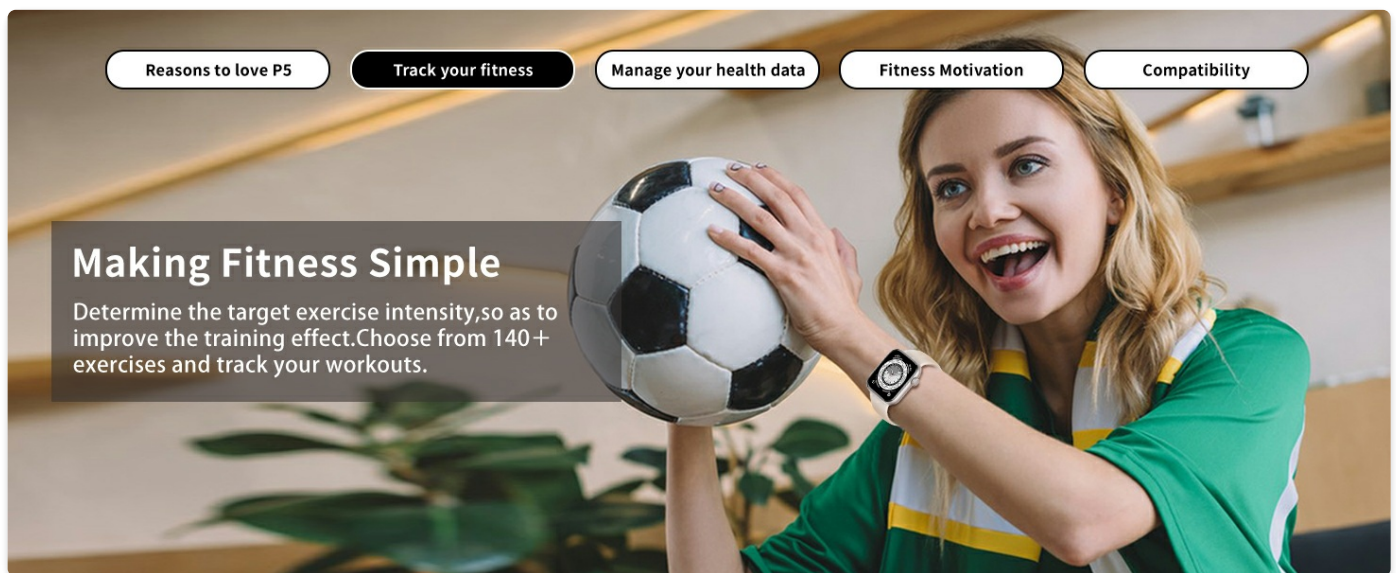
 Music Controls

 IP68 Waterproof

 Daily Activity data



Image: The smartwatch highlighting its extensive sports modes and fitness tracking capabilities.

[Reasons to love P5](#)[Track your fitness](#)[Manage your health data](#)[Fitness Motivation](#)[Compatibility](#)

Making Fitness Simple

Determine the target exercise intensity, so as to improve the training effect. Choose from 140+ exercises and track your workouts.

Image: A woman engaged in physical activity, demonstrating the watch's fitness tracking in action.

WATER RESISTANCE

The AcclaFit P5 Smart Watch has an IP68 water resistance rating. This means it can withstand water exposure during activities such as hand washing, showering, swimming, and diving. Avoid wearing the watch in hot water, including hot showers, as this may compromise its water resistance.



Image: The smartwatch demonstrating its IP68 water resistance.

BATTERY LIFE

The AcclaFit P5 Smart Watch is equipped with a 250 mAh battery, providing approximately 7 days of normal usage and up to 30 days of standby time. A full charge takes about 2 hours.

More connected to everything you care about



**Smart
Notifications**



**Ultra-long
Battery Life**

Image: The smartwatch highlighting its smart notification capabilities and extended battery life.

CUSTOMIZATION

Personalize your AcclaFit P5 Smart Watch with over 100 dial options or by uploading your own custom pictures to display on the watch face.

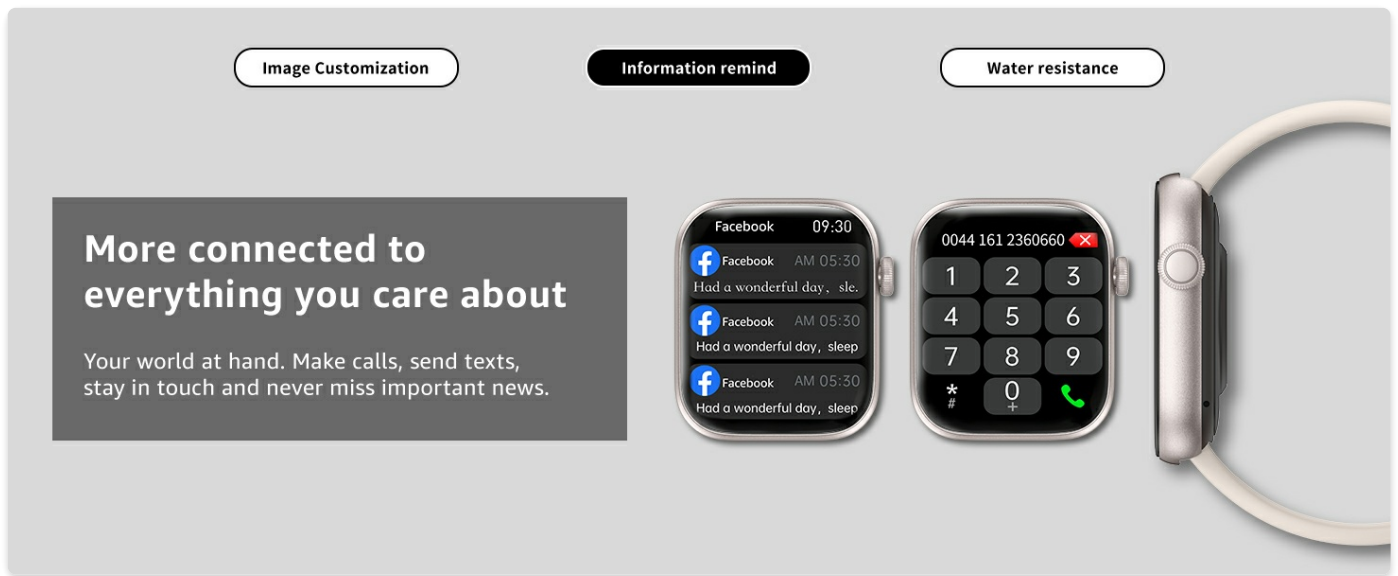


Image: Various customizable watch faces available for the AcclaFit P5 Smart Watch.

MAINTENANCE

To ensure the longevity and optimal performance of your AcclaFit P5 Smart Watch, follow these maintenance guidelines:

- **Cleaning:** Regularly clean the watch screen and band with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.
- **Charging:** Use only the provided charging cable. Ensure the charging contacts are clean and dry before charging.
- **Storage:** Store the watch in a cool, dry place when not in use.
- **Avoid Extreme Temperatures:** Do not expose the watch to extremely high or low temperatures.

TROUBLESHOOTING

If you encounter issues with your AcclaFit P5 Smart Watch, consider the following common solutions:

- **Watch Not Turning On:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Connectivity Issues:** Verify that Bluetooth is enabled on your smartphone and the watch is within range. Restart both your watch and smartphone, then attempt to re-pair via the 'H Band' app.
- **Inaccurate Data:** Ensure the watch is worn snugly on your wrist, but not too tight. Clean the sensors on the back of the watch.
- **Notifications Not Appearing:** Check your smartphone's app notification settings and ensure the 'H Band' app has the necessary permissions. Also, confirm notifications are enabled within the 'H Band' app settings.
- **App Syncing Problems:** Ensure your 'H Band' app is up to date. Close and reopen the app, or restart your phone.

If problems persist, refer to the 'H Band' app's help section or contact AcclaFit customer support.

SPECIFICATIONS

Feature	Detail
Model Number	P5
Brand	AcclaFit

