

F96

F96 Health Smartwatch User Manual

Model: F96

INTRODUCTION

Thank you for choosing the F96 Health Smartwatch. This manual provides essential information for setting up, operating, and maintaining your device. The F96 Smartwatch is designed to offer comprehensive health monitoring, including ECG, blood pressure, SpO2, blood sugar, and body temperature tracking, alongside smart features like Bluetooth calling and GPS. Please read this manual thoroughly before use to ensure optimal performance and safety.



Image: The F96 Health Smartwatch, showcasing its display and sleek design.

WHAT'S IN THE BOX

Upon opening your F96 Health Smartwatch package, please verify that all the following items are included:

- F96 Health Smartwatch
- Charging Cable
- User Manual (this document)

SETUP

1. Charging the Smartwatch

Before first use, fully charge your F96 Smartwatch. Connect the provided charging cable to the charging port on the back of the smartwatch and plug the other end into a standard USB power adapter (not included). A full charge typically takes approximately 2 hours. The battery level indicator on the screen will show charging progress.

2. Powering On/Off

- **To Power On:** Press and hold the side button for a few seconds until the screen lights up.
- **To Power Off:** Press and hold the side button, then select the 'Power Off' option on the screen.

3. App Installation and Pairing

To unlock the full potential of your F96 Smartwatch, including data synchronization and advanced settings, you need to install the companion application on your smartphone. The smartwatch is compatible with iOS smartphones.

1. Scan the QR code provided in the quick start guide or search for the designated app in your smartphone's app store.
2. Install the application and create an account if prompted.
3. Enable Bluetooth on your smartphone.
4. Open the app, navigate to the device pairing section, and select your F96 Smartwatch from the list of available devices.
5. Follow the on-screen instructions to complete the pairing process. Ensure the smartwatch is close to your phone during pairing.

OPERATING INSTRUCTIONS

1. Display and Navigation

The F96 Smartwatch features a 4.83 cm (1.90-inch) LCD touchscreen display and intuitive button controls. Swipe left, right, up, or down on the screen to navigate through menus and features. Press the side button to return to the home screen or access the main menu.

2. Health Monitoring

The F96 Smartwatch offers comprehensive real-time tracking of various vital signs. Access these features through the main menu on your smartwatch.

- **ECG Monitoring:** Follow on-screen instructions to take an electrocardiogram reading.
- **Blood Pressure Monitoring:** Ensure the watch is worn correctly for accurate readings.
- **SpO2 Tracking:** Measures blood oxygen saturation levels.
- **Blood Sugar Levels:** Provides insights into blood glucose trends.
- **Body Temperature Measurements:** Monitors your body temperature.



Image: The F96 Health Smartwatch and its companion app displaying blood sugar monitoring data.

3. Bluetooth Calling

Once paired with your smartphone, the F96 Smartwatch allows you to make and receive calls directly from your wrist. Access the call function through the smartwatch menu.

4. GPS Tracking

The built-in GPS functionality allows for tracking your outdoor activities and routes without needing your phone. This feature is particularly useful during workouts like running or cycling.

5. Smart Notifications

Receive notifications for calls, messages, and app alerts directly on your smartwatch. Ensure notification

permissions are enabled in the companion app on your smartphone.



Image: The F96 Health Smartwatch showing smart notification reminders from various applications.

6. Sleep Analysis

The smartwatch monitors your sleep patterns, including night sleep and provides a detailed analysis of your sleep quality. View your sleep data in the companion app.



Image: The F96 Health Smartwatch and its app providing sleep analysis, including time asleep and deep sleep duration.

7. Sports Modes

The F96 Smartwatch supports 108 sports modes, allowing you to track various physical activities. Select your desired activity from the sports menu to monitor metrics such as calories burned, distance, and heart rate.



Image: The F96 Health Smartwatch showcasing multiple sports tracking modes, including outdoor run, cycling, hiking, and more.

8. SOS Emergency Call

For enhanced safety, the smartwatch includes an SOS emergency call function. Configure emergency contacts in the companion app. In an emergency, activate the SOS function to alert your designated contacts.

MAINTENANCE

1. Cleaning

Regularly clean your smartwatch and band to prevent skin irritation and maintain device hygiene. Use a soft, lint-free cloth. If necessary, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.

2. Water Resistance

The F96 Smartwatch is IP67-rated, meaning it is protected against splashes and brief immersion in water up to 30 meters. It is suitable for daily use and light water exposure. However, it is not recommended for swimming, diving, or high-pressure water activities. Avoid exposing the watch to hot water or steam.

TROUBLESHOOTING

If you encounter issues with your F96 Health Smartwatch, refer to the following common solutions:

- **Device Not Powering On:** Ensure the smartwatch is fully charged. Connect it to the charging cable and a power source for at least 15 minutes.
- **Cannot Pair with Smartphone:** Make sure Bluetooth is enabled on your phone and the smartwatch. Restart both devices and try pairing again. Ensure the companion app has necessary permissions.
- **Inaccurate Health Readings:** Ensure the smartwatch is worn snugly on your wrist, about one finger's width above the wrist bone. Clean the sensor on the back of the watch. Avoid excessive movement during readings.
- **Notifications Not Appearing:** Check that notifications are enabled in both your phone's settings and the smartwatch's companion app. Ensure the smartwatch is connected via Bluetooth.
- **Short Battery Life:** Reduce screen brightness, disable unnecessary features, and limit background app refresh. Ensure the watch is fully charged before use.

If problems persist, consult the support section of the companion app or contact customer support.

SPECIFICATIONS

Feature	Specification
Model	F96
Display Size	4.83 cm (1.90 Inches)
Display Type	LCD
Resolution	240 x 280 pixels
Brightness	500 nit
Health Monitoring	ECG, Blood Pressure, SpO2, Blood Sugar, Body Temperature
Connectivity	Bluetooth
Special Features	Bluetooth Calling, GPS Tracking, SOS Emergency Call
Water Resistance	IP67 (up to 30 meters)
Battery Capacity	99.98 Milliamp Hours
Charging Time	2 Hours
Compatible Devices	Smartphone (iOS)
Operating System	Proprietary OS
Memory Storage Capacity	100 GB
Device Interface	Buttons, Touchscreen

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or visit the manufacturer's official website. Keep your proof of purchase for warranty claims. For technical assistance or inquiries, contact the customer service provided by the retailer or manufacturer.