

ET587

Generic ET587 Smartwatch User Manual

Model: ET587

INTRODUCTION

This manual provides comprehensive instructions for the Generic ET587 Smartwatch. Please read this guide carefully before using your device to ensure proper operation and to maximize its features. Keep this manual for future reference.

1. SETUP

1.1 Charging the Device

Before initial use, fully charge your ET587 Smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and to a USB power source. A full charge takes approximately 2 hours and provides 7-10 days of continuous use.



Image: The smartwatch connected to its magnetic charging cable, displaying charging status.

1.2 App Installation and Pairing

- Download the App:** Search for and download the "H Band" application from your smartphone's app store (compatible with Android 5.0+ and iOS 10.0+).
- Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
- Pair the Device:** Open the "H Band" app, navigate to the device section, and follow the on-screen instructions to find and pair your ET587 Smartwatch. The watch uses Bluetooth 5.3 for stable and efficient connection.

2. OPERATING INSTRUCTIONS

2.1 Basic Navigation

The ET587 Smartwatch features a 1.96-inch HD touch screen. Navigate through menus and functions by swiping up, down, left, or right on the display. The side button can be used for power on/off and returning to the home screen.



Image: The 1.96-inch HD AMOLED display showcasing vibrant colors and the functional rotating crown.

2.2 Customizing Watch Faces

The smartwatch comes with 6 pre-installed watch faces. Through the "H Band" app, you can access over 50 additional watch faces or customize your own using personal photos of family, friends, or pets.

文字盤自由変更

様々なスタイルやデザインの文字盤で自分の個性やお好みを合わせ、
私みのスタイルで腕元を演出しましょう



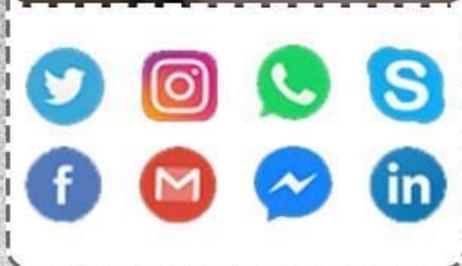
Image: Various customizable watch faces displayed on the smartwatch screen.

2.3 Communication Features

- **Call Function:** After connecting via Bluetooth, the watch supports synchronized mobile communication. You can make and receive calls directly from your wrist using the built-in microphone and speaker. Call history is also saved.
- **Notifications:** Receive vibration alerts for incoming calls, SMS messages, and notifications from apps like Line, Facebook, and Twitter. View message content directly on the watch without needing to take out your phone.
- **Voice Assistant:** The smartwatch supports voice assistant functionality, allowing you to initiate calls or perform other tasks without touching your phone.

電話/メッセージ通知

Bluetooth経由でスマホを取り出さずにウォッチで着信を表示したり拒否したりでき、内蔵のマイクとスピーカーで会話することも可能です。



通話



siri対応



キーパッド



電話帳

Image: The smartwatch showing an incoming call and various app notification icons.

2.4 Health Monitoring

The ET587 Smartwatch offers multiple health tracking functions. Data is stored on the watch and can be synchronized with the "H Band" app for detailed daily analysis.

- **Sleep Tracking:** Automatically monitors deep and light sleep durations, providing insights to improve sleep quality.
- **Activity Tracking:** Measures calorie consumption, steps taken (pedometer), and activity levels.
- **Vital Signs:** Monitors BPM (beats per minute), BG (blood glucose - note: this is likely an estimation and not medical grade), HRV (Heart Rate Variability), and SpO2 (blood oxygen saturation).
- **Stress Level:** Provides an estimation of stress levels.
- **Menstrual Cycle Tracking:** Supports tracking of menstrual cycles.

睡眠モニター

深い眠り、浅い眠りの睡眠時間を自動計測し、より良い睡眠の改善に役に立つ



Image: The smartwatch screen showing detailed sleep monitoring data, including deep and light sleep durations.

2.5 Sport Modes

The watch supports over 200 sport modes, allowing you to track various physical activities. Real-time data for calorie consumption, heart rate, and exercise duration can be viewed during workouts, making your exercise more efficient.

多運動モード

消費カロリー・心拍数・運動時間などをリアルタイムで確認できるため、運動をより効率的に。



Image: The smartwatch interface showing multiple sport mode icons and real-time activity data.

2.6 Daily Life Support Functions

- **Music Control:** Control your smartphone's music playback (play/pause, previous/next track, volume adjustment) directly from the watch.
- **Weather Forecast:** View current weather conditions and forecasts.
- **Camera Control:** Use the watch as a remote shutter for your smartphone camera.
- **Alarm & Timer:** Set alarms, use the stopwatch, and timer functions.
- **Reminders:** Includes sedentary reminders for office workers and water intake reminders.
- **Find Phone:** Locate your paired smartphone by triggering an alert sound.
- **Raise-to-Wake:** The screen automatically lights up when you raise your wrist.
- **SOS Function:** In emergencies, long-press the designated button to quickly contact pre-set emergency contacts.

便利な機能 満載

昼も夜も24時間365日の守る



Image: A user controlling music playback via the smartwatch and another user swimming while wearing the watch, highlighting various convenient functions.

3. MAINTENANCE

3.1 Water Resistance

The ET587 Smartwatch has an IP67 water resistance rating. This means it is protected against dust and can withstand immersion in water up to 1 meter for up to 30 minutes. It is suitable for daily use, such as washing hands or light rain. However, it is not recommended for swimming, diving, or hot showers/saunas, as steam and hot water can compromise the seal.

3.2 Cleaning and Care

To maintain your smartwatch, regularly clean the device and strap with a soft, dry cloth. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.

4. TROUBLESHOOTING

- **Device not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes before attempting to power it on.

- **Cannot pair with smartphone:**
 - a. Ensure Bluetooth is enabled on your smartphone.
 - b. Make sure the watch is within range of your smartphone.
 - c. Restart both the smartwatch and your smartphone.
 - d. Check if the "H Band" app is updated to the latest version.
 - e. If previously paired, try unpairing and re-pairing the device through the app.

- **Notifications not received:**
 - a. Verify that notifications are enabled in the "H Band" app settings.
 - b. Check your smartphone's notification settings to ensure the app has permission to send notifications.
 - c. Ensure the watch is connected via Bluetooth.

- **Inaccurate health data:**
 - a. Ensure the watch is worn snugly on your wrist, not too loose or too tight.
 - b. Clean the sensor on the back of the watch.
 - c. Note that health data from smartwatches is for reference only and should not be used for medical diagnosis.

- **Short battery life:**
 - a. Reduce screen brightness.
 - b. Disable unnecessary features or frequent monitoring.
 - c. Ensure the watch is fully charged each time.

5. SPECIFICATIONS

Below are the technical specifications for the Generic ET587 Smartwatch:

製品仕様



型番:ET587

Bluetooth: 5.3BLE

防水: IP68

電池容量: 380mAh

ケース材質: 合金+PC 充電方式: 磁吸充電

重さ: 59g

スクリーンインチ: 1.96 HD大画面

対応システム: Android5.0+, iOS10.0+

Image: A visual representation of the smartwatch's dimensions and core specifications.

Feature	Specification
Model Number	ET587
Screen Size	1.96 inches
Display Type	AMOLED
Bluetooth Version	5.3 BLE
Battery Capacity	380 mAh
Charging Method	Magnetic Charging
Water Resistance	IP67
Case Material	Alloy + PC
Weight	59 g
Compatible OS	Android 5.0+, iOS 10.0+

Feature	Specification
Included Accessories	Smartwatch body *1, Strap *1, Charging Cable *1, User Manual *1

6. WARRANTY AND SUPPORT

Information regarding product warranty and customer support contact details is not provided in the available product data. Please refer to the packaging or the seller's website for specific warranty terms and support options.