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## NORTH EDGE ET458

# NORTH EDGE ET458 Smartwatch User Manual

Your comprehensive guide to setting up and operating your ET458 Smartwatch.

## 1. INTRODUCTION

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The NORTH EDGE ET458 Smartwatch is designed to be a versatile health and fitness companion. It integrates advanced technology for monitoring various vital signs and activity levels. This manual provides detailed instructions to help you maximize the functionality of your smartwatch.

Key features include medical-grade ECG detection, real-time heart rate and blood oxygen (SpO<sub>2</sub>) monitoring, sleep quality analysis, and stress level tracking. The device features a vibrant AMOLED display, supports Bluetooth calling, and offers NFC access for convenience. Its IP68 waterproof rating ensures durability for various activities.



Image 1.1: Front view of the NORTH EDGE ET458 Smartwatch displaying various health metrics and the current time.

## 2. SETUP

### 2.1. Charging the Device

Before initial use, fully charge your NORTH EDGE ET458 Smartwatch. Connect the provided charging cable to the charging port on the back of the watch and to a standard USB power adapter. The watch display will indicate charging status.



Image 2.1: Rear view of the smartwatch, highlighting the charging contacts and health sensors.

## 2.2. Pairing with Your Smartphone

1. Download the official NORTH EDGE companion application from your smartphone's app store.
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the companion app and follow the on-screen instructions to search for and pair with your ET458 Smartwatch.
4. Confirm the pairing request on both your smartphone and the smartwatch.

## 3. OPERATING THE SMARTWATCH

### 3.1. Navigating the AMOLED Display

The ET458 features a 1.56-inch AMOLED touchscreen display with a resolution of 480 x 480 pixels. Swipe left, right, up, or down to access different functions, menus, and notifications. Tap to select items.

### 3.2. Health Monitoring Features

- **ECG Detection:** The smartwatch is equipped with a 500Hz Goodix 3228 ECG chip. To perform an ECG measurement, ensure the watch is securely on your wrist and place your finger on the designated electrode. The watch will capture bioelectrical signals and present key waveband data.
- **One-Touch Micro-Physical Examination:** This function allows for a 30-second scan to simultaneously detect 5 core health indicators: heart rate, blood oxygen, blood pressure, stress level, and body temperature. Access this feature from the health menu.
- **Heart Rate & SpO<sub>2</sub> Monitoring:** Real-time tracking of heart rate and blood oxygen saturation (SpO<sub>2</sub>) is available. Data can be viewed on the watch or in the companion app.
- **Sleep Tracking:** The watch monitors your sleep patterns, including deep sleep, light sleep, and awake times, providing insights into your sleep quality.
- **Stress & Emotional Fatigue Tracking:** The device tracks stress levels and can help quantify emotional fatigue, offering data-driven insights into your mental well-being.

# One-Touch Micro-Physical Examination

## Health at Your Fingertips

No need for individual settings—simply tap the watch to launch the micro-physical examination function. In just 30 seconds, it simultaneously detects 5 core health indicators: heart rate, blood oxygen, blood pressure, stress level, and body temperature.



Image 3.1: The smartwatch displaying the 'Health Glance' feature for a 30-second multi-indicator health measurement.

# Convenient ECG Detection Unlock the Secrets of Your Heart

Equipped with the 500HZ Goodix 3228 ECG chip, it forms a bio-electrical acquisition circuit through side electrodes and a back sensor. It accurately captures the weak bioelectrical signals generated by cardiac electrical activity, converts the electrical signals produced by heartbeats into visual ECG waveforms, and completely presents key waveband data such as P waves, QRS waves, and T waves.



Image 3.2: Illustration of proper finger placement for ECG detection on the smartwatch.

# Read **Emotions** Through Emojis Quantify **Fatigue** with Data

Feeling down but unsure how to adjust? Or struggling with reduced efficiency due to excessive fatigue? The smart watch acts as your 贴心 companion, transforming complex emotions into adorable emojis. Whether it's a busy workday, an intense workout, or a leisurely weekend, a quick glance at your wrist tells you how your body and mind are feeling. Plus, get personalized health recommendations tailored to your status.



Excited



Elevated



Stable

Image 3.3: The smartwatch interface showing emotional fatigue detection using emoji representations.

### 3.3. Communication and Connectivity

- **Bluetooth Calling:** Once paired with your smartphone, you can make and receive calls directly from your smartwatch.
- **Smart Notifications:** Receive alerts for calls, messages, and app notifications directly on your wrist.
- **NFC Access:** Utilize the NFC functionality for contactless access control or payment (e.g., Alipay, where supported).

## 3.4. Fitness and Activity Tracking

- **20+ Sports Modes:** The smartwatch supports over 20 different sports modes, allowing you to track specific activities like running, cycling, and more. Select your activity from the sports menu to begin tracking.
- **Activity Metrics:** Monitor steps, distance, calories burned, and active minutes throughout the day.

## 3.5. Additional Features

- **Ultra-Bright Flashlight:** Access the built-in flashlight feature for convenient illumination.

# 4. MAINTENANCE

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## 4.1. Cleaning

Regularly clean your smartwatch and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, as these can damage the device. Ensure the charging contacts and sensors on the back of the watch are clean and free of debris for optimal performance.

## 4.2. Water Resistance

The NORTH EDGE ET458 Smartwatch has an IP68 waterproof rating, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, showering, and swimming in shallow water. However, it is not recommended for diving, high-pressure water activities, or exposure to hot water/steam.

## 4.3. Battery Care

To prolong battery life, avoid fully discharging the watch frequently. Charge the device using only the provided charging cable.

# 5. TROUBLESHOOTING

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- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes before attempting to power it on.
- **Cannot pair with smartphone:**
  - Ensure Bluetooth is enabled on your phone and the watch.
  - Make sure the watch is within range of your phone.
  - Restart both the watch and your smartphone.
  - Clear any previous pairing records from your phone's Bluetooth settings.
- **Inaccurate health readings:**
  - Ensure the watch is worn snugly on your wrist, not too tight or too loose.
  - Clean the sensors on the back of the watch.
  - Avoid excessive movement during measurements.
  - Note that the watch is not a medical device; readings are for reference only.
- **Short battery life:**
  - Reduce screen brightness.
  - Limit background app refresh and excessive notifications.
  - Disable continuous health monitoring if not needed.

## 6. SPECIFICATIONS



Image 6.1: Dimensions of the NORTH EDGE ET458 Smartwatch, including case diameter and strap length.

Feature	Detail
Brand	NORTH EDGE
Model	ET458
Display Type	AMOLED
Screen Size	1.56 Inches
Resolution	480 x 480

Feature	Detail
Connectivity	Bluetooth
Material	Alloy metal
Water Resistance	IP68
Item Weight	199 g
Compatible Devices	Smartphone, Tablet
Special Features	Lightweight, ECG Detection, Heart Rate Monitor, SpO2 Monitor, Sleep Tracking, Stress Tracking, Bluetooth Calling, NFC Access, Flashlight, 20+ Sports Modes

## 7. WARRANTY AND SUPPORT

For information regarding product warranty, please refer to the warranty card included in your product packaging or visit the official NORTH EDGE website. For technical support or further assistance, please contact NORTH EDGE customer service through the contact details provided on their official website or in the companion application.