

[Manuals.plus](#) /

› [EGQINR](#) /

› EGQINR H59 Smart Health Fitness Tracker User Manual

EGQINR H59

EGQINR H59 Smart Health Fitness Tracker User Manual

Model: H59 | Brand: EGQINR

1. PRODUCT OVERVIEW

The EGQINR H59 Smart Health Fitness Tracker is a lightweight, screenless wearable device designed for comprehensive health and activity monitoring. It tracks various physiological metrics and supports numerous sports modes, all managed through a dedicated mobile application.



Image 1: The EGQINR H59 Smart Health Fitness Tracker, shown with both the fabric and silicone bands. The main tracker unit is black with a metallic accent, and the bands are also black.

What's in the Box:

- 1x EGQINR H59 Smart Bracelet
- 1x Instruction Manual
- 1x Magnetic Charging Cable
- 2x Replacement Straps (one fabric, one silicone)

2. SETUP GUIDE

2.1 Charging the Device

Before initial use, fully charge your EGQINR H59 Smart Health Fitness Tracker. Connect the magnetic charging cable to the charging points on the back of the device and plug the USB-A end into a compatible power source. A full charge

typically takes approximately 2 hours.

1ATM
Waterproof



150mAh
Long-lasting Battery

20-30 Days
Daily Use Time

45-60 Days
Standby Mode

2 Hours
Charging Time

Image 2: The EGQINR H59 tracker connected to its magnetic charging cable, illustrating the charging process and highlighting its long battery life.

2.2 App Download and Pairing

The EGQINR H59 operates via a dedicated mobile application. Follow these steps to set up your device:

1. Scan the QR code provided in the manual or on the product packaging to download the 'QWatch Pro' app from your

device's app store (iOS & Android compatible). You can also visit <https://www.qcwireless.cn/QWatchPro/index.html>.

2. Ensure your phone's Bluetooth is turned on.
3. Open the 'QWatch Pro' app and navigate to the 'Device' page.
4. Tap 'Add device' at the top and search for 'H59'.
5. Select 'H59' from the search results to connect.
6. Confirm the Bluetooth pairing request and allow notifications if prompted.

How to Connect Your Phone with the Smart Bracelet (H59)

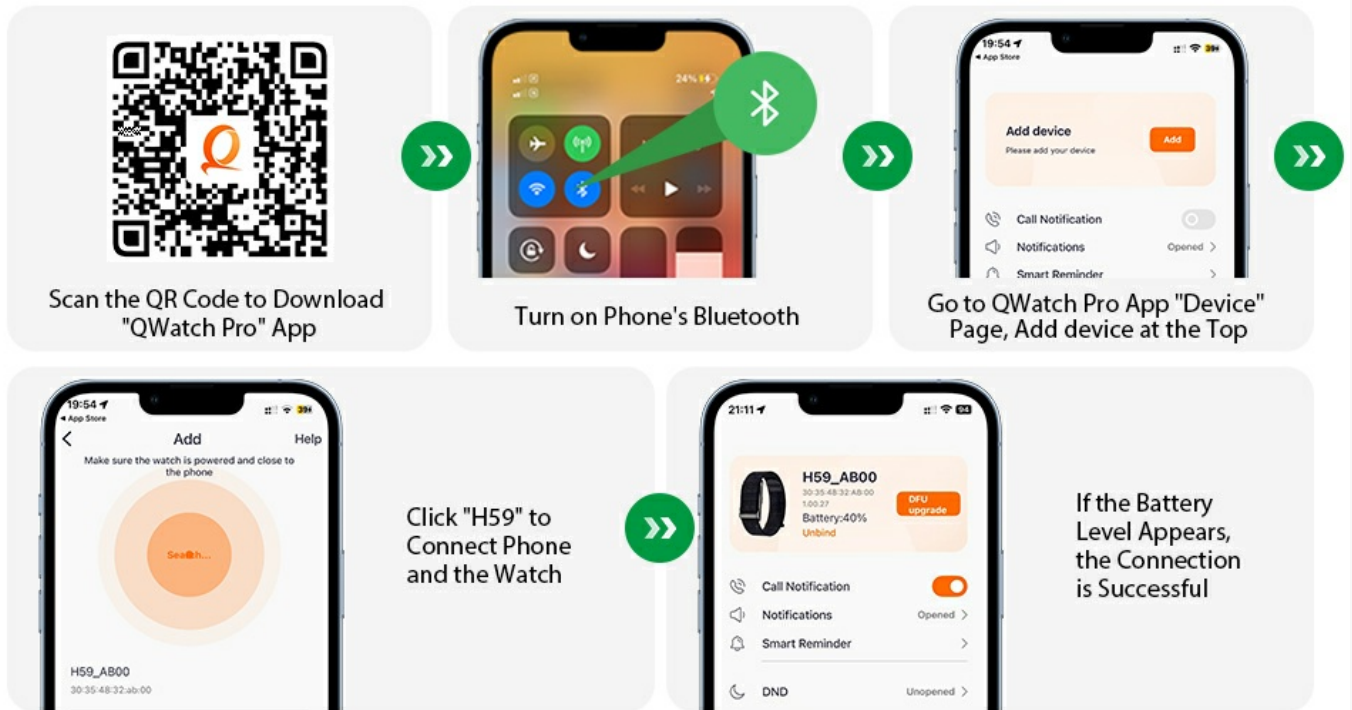


Image 3: Visual guide demonstrating the steps to connect the H59 tracker to the 'QWatch Pro' mobile application via QR code scan and Bluetooth pairing.

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Video 1: A step-by-step guide on how to connect the EGQINR H59 Smart Bracelet to your smartphone, including app download and Bluetooth pairing instructions.

2.3 Strap Installation

The device comes with two interchangeable straps. To attach a strap, align the pins on the strap with the holes on the tracker unit and slide them into place until they click securely. To remove, pull the quick-release lever on the strap and gently detach.

3. OPERATING INSTRUCTIONS

3.1 Health Monitoring

The H59 continuously monitors various health metrics throughout the day. View detailed data and analysis reports within the 'QWatch Pro' app.

- **Heart Rate:** Continuous monitoring of your heart rate.
- **Heart Rate Variability (HRV):** Provides insights into your autonomic nervous system.
- **Blood Pressure:** Tracks your blood pressure levels.

- **Blood Oxygen (SpO2):** Measures the oxygen saturation in your blood.
- **Stress Levels:** Monitors and analyzes your stress throughout the day.

24/7 Accurate Health Monitoring

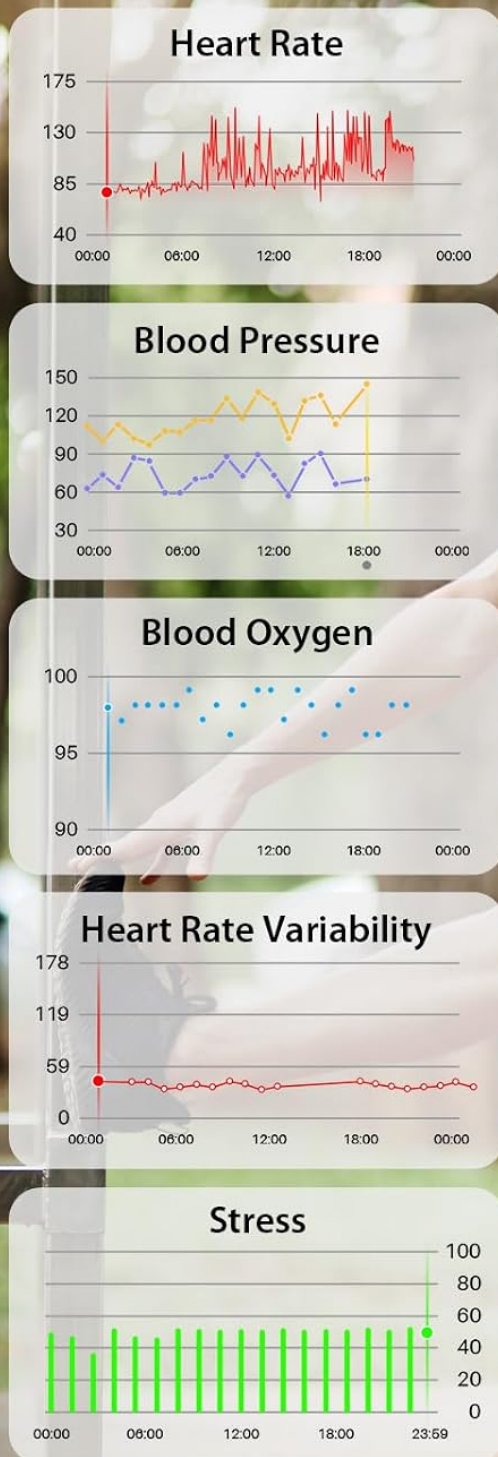


Image 4: A visual representation of the 24/7 accurate health monitoring features of the EGQINR H59, including graphs for heart rate, blood pressure, blood oxygen, heart rate variability, and stress levels.

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Video 2: An overview of the EGQINR Smart Bracelet's capabilities, highlighting its 24-hour sleep, heart rate, blood pressure, and HRV monitoring, along with its 173 sport modes.

3.2 Sleep Tracking

The H59 tracks both nighttime sleep and daytime naps. It analyzes sleep stages (deep sleep, light sleep, wake-up time) to help you understand and improve your sleep patterns.



Image 5: Detailed sleep tracking data from the EGQINR H59, showing sleep duration, deep sleep, light sleep, and awake time for both day and night.

3.3 Activity Tracking

The tracker monitors steps, distance, and calories burned. It supports 173 sports modes, including skipping, swimming, yoga, and basketball. For outdoor activities like walking, running, and cycling, it offers 3 GPS modes that utilize your smartphone's GPS to map your movement trajectory in real-time within the app.

24/7 Activity Tracking

120+ Sports Modes, Feature 3GPS Sports Modes

4.00 Km 260 Kcal 26200 Steps



Image 6: The EGQINR H59's 24/7 activity tracking features, showcasing various sports modes and real-time data like distance, calories, and steps.

3.4 Smart Functions

The H59 offers several practical smart features:

- **Call & Message Notifications:** Receive vibration alerts for incoming calls and messages (SMS, social media apps).
Note: The smart bracelet does not support viewing or replying to messages.
- **Alarm Clock:** Set silent alarms.
- **Sedentary Reminder:** Get alerts to move after periods of inactivity.
- **Do-Not-Disturb Mode:** Silence notifications during specific times.
- **Find Device:** Locate your connected smartphone.
- **Photo Control:** Remotely control your phone's camera.
- **Female Function:** Specific tracking features for women's health.
- **Apple Health Sync:** Syncs health data with Apple Health.

Never Miss a Beat with Smart Alerts

Receive vibration alerts of calls, emails, text messages, WhatsApp and other app notifications, you will never miss an important call or message!

***Note:** Smart bracelet do not support viewing and replying.

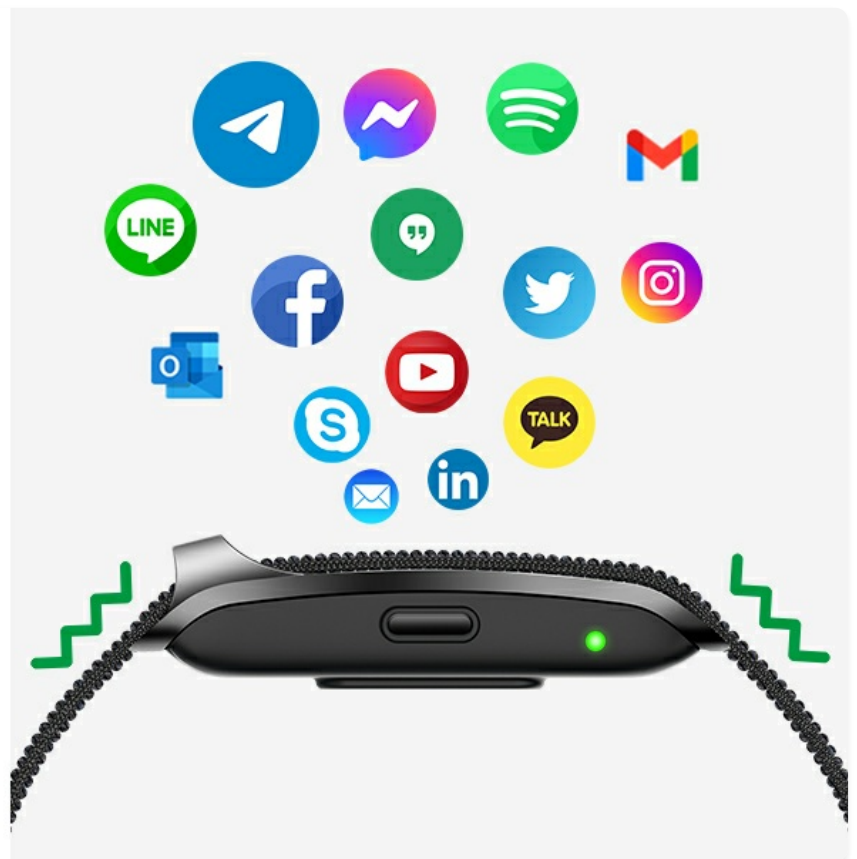


Image 7: The EGQINR H59 receiving smart alerts for various applications, indicating its notification capabilities.

4. MAINTENANCE

4.1 Water Resistance

The EGQINR H59 has an IP68 waterproof rating, making it resistant to water splashes, sweat, and light rain. It can be worn confidently during hand washing or light water-related tasks. Avoid prolonged submersion or use in hot water/steam.

4.2 Cleaning

Regularly clean your tracker and bands with a soft, damp cloth. Ensure the charging contacts are free of dirt and debris to maintain optimal charging performance.

4.3 Battery Life

The device features a 150mAh battery. A full charge provides approximately 20-30 days of continuous operation and 45-60 days in standby mode, depending on usage.

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Video 3: This video highlights the impressive battery life of the EGQINR H59 Smart Bracelet, emphasizing its extended usage on a single charge.

5. TROUBLESHOOTING

5.1 Device Not Turning On

- Ensure the device is fully charged. Connect it to the charger for at least 30 minutes.
- Press and hold the side button for 2-3 seconds to power on.

5.2 Connectivity Issues

- Make sure Bluetooth is enabled on your smartphone.
- Ensure the tracker is within Bluetooth range of your phone.
- Restart both your phone and the tracker.
- Unpair and re-pair the device through the 'QWatch Pro' app.

5.3 Inaccurate Readings

- Ensure the tracker is worn snugly on your wrist, not too tight or too loose.
- Clean the sensor area on the back of the device.
- Avoid excessive movement during measurements for static readings (e.g., blood pressure).

6. SPECIFICATIONS

Feature	Detail
Model Number	H59
Dimensions	4.37 x 4.33 x 2.44 inches (Package)
Item Weight	5.3 ounces
Memory Storage Capacity	64 MB
Operating System	Android & iOS
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
GPS	GPS Via Smartphone
Waterproof Rating	IP68
Battery Life (Regular Use)	20-30 Days
Battery Life (Standby)	45-60 Days
Charging Time	Approx. 2 Hours

7. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your product or visit the official EGQINR website. Ensure you retain your proof of purchase for any warranty claims.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question