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> taopodo JX523 Smartwatch User Manual - 1.27-inch AMOLED HD Display, Bluetooth 5.4

taopodo JX523

taopodo JX523 Smartwatch User Manual

Model: JX523 | Brand: taopodo

INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your taopodo JX523 Smartwatch. Please read this guide thoroughly to ensure proper use and to fully utilize all features of your device.

TAOPODO

1.27"
AMOLED
ÉCRAN TACTILE

Montre Connectée pour Femmes



Image: The taopodo JX523 Smartwatch highlighting its 1.27-inch AMOLED touchscreen and slim design.

WHAT'S IN THE BOX

- taopodo JX523 Smartwatch (with Milanese steel strap)
- Additional Hypoallergenic Silicone Strap
- Charging Cable
- User Manual (this document)

SETUP GUIDE

1. Charging the Smartwatch

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port.

A full charge typically takes approximately 1.5 hours. The watch has a battery life of up to 7 days with typical use and up to 30 days in standby mode.

IP68 Étanche



-  Résistant à l'eau
-  À la poussière
-  À la transpiration



-  7 Jours d'Utilisation
-  30 Jours en Veille
-  1.5 Heures de Charge Rapide

Longue Autonomie

Image: The smartwatch connected to its magnetic charging cable, illustrating the charging process and battery life details.

2. App Installation

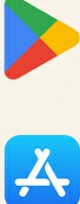
The taopodo JX523 Smartwatch requires the **Da Fit** application for full functionality and synchronization with your smartphone. Download the app from your device's app store:

- For Android devices: Search for "Da Fit" on [Google Play Store](#).
- For iOS devices: Search for "Da Fit" on [Apple App Store](#).

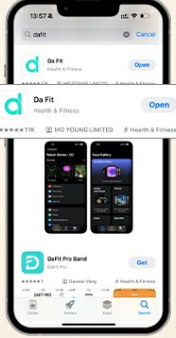
Apparez cette Smartwatch avec votre Téléphone



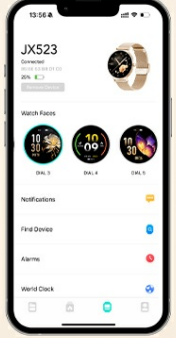
Activez le Bluetooth sur votre téléphone



Ouvrez "Google Play" ou "Apple Store"



Recherchez "Da Fit" et téléchargez-la



Ouvrez l'app et ajoutez "JX523" pour terminer l'appareillage

Image: Visual guide for downloading the Da Fit app and initiating the pairing process.

3. Pairing with Your Smartphone

1. Ensure your smartphone's Bluetooth is activated.
2. Open the Da Fit application on your smartphone.
3. In the app, navigate to the "Device" section and tap "Add Device" or similar option.
4. Select "JX523" from the list of available devices to initiate the pairing process.
5. Follow any on-screen prompts on both your watch and phone to confirm the connection.

Once paired, the watch will synchronize data with the app, and you can customize settings, watch faces, and notifications.

OPERATING INSTRUCTIONS

Basic Navigation

The taopodo JX523 Smartwatch features a 1.27-inch AMOLED HD touchscreen for intuitive control. Swipe across the screen to access different functions and menus. The side button typically serves as a power button or a return-to-home function.

Making and Receiving Calls

With Bluetooth 5.4 connectivity, you can make and receive calls directly from your smartwatch when it's connected to your phone. The watch is equipped with a high-resolution speaker and a premium microphone for clear hands-free communication.

- **To Answer a Call:** When an incoming call notification appears, tap the green answer icon on the watch screen.
- **To Decline a Call:** Tap the red decline icon.
- **To Make a Call:** Access the dialer or contacts list on your watch (via the Da Fit app settings) and select a contact or dial a number.

1.27" AMOLED Touchscreen & 7mm Ultra-Slim Body



32Bit Rich Color



360*360 HD Resolution



60FPS High Refresh Rate

Image: The smartwatch screen showing call management features, including incoming call alerts, a dial pad, and contact display.

Notifications

Receive vibrating alerts and full-screen notifications for SMS, WeChat messages, and social media updates directly on your watch. Ensure notification permissions are enabled in the Da Fit app and your phone's settings.

Customizing Watch Faces

The smartwatch offers over 200 customizable watch faces. You can also use your own photos as watch faces. To change or customize watch faces:

1. Open the Da Fit app on your smartphone.
2. Navigate to the "Watch Faces" or "Dial Settings" section.
3. Browse available watch faces or select an option to upload a custom photo.
4. Synchronize the selected watch face to your smartwatch.



Image: A selection of customizable watch faces, demonstrating the variety and personalization options available through the Da Fit app.

Sports Modes

The smartwatch supports over 120 sports modes, providing real-time data tracking for activities such as steps, calories burned, heart rate, and distance. To access sports modes:

1. Swipe on the watch screen to find the "Sports" or "Workout" menu.
2. Select your desired activity from the list.
3. Start your workout. The watch will begin tracking relevant metrics.
4. End your workout to save the data, which will then sync with the Da Fit app.

Health Monitoring



Image: The smartwatch displaying real-time activity data and icons representing over 120 sports modes.

Health Monitoring

The taopodo JX523 Smartwatch provides comprehensive health monitoring features, including heart rate, blood oxygen (SpO2), sleep tracking, and menstrual cycle monitoring.

- **Heart Rate (HR) & Blood Oxygen (SpO2):** The watch continuously monitors your heart rate and can measure your SpO2 levels using the built-in VC30F sensor. View real-time data on the watch or detailed historical data in the Da Fit app.
- **Sleep Tracking:** Wear the watch during sleep to track your sleep patterns, including deep sleep, light sleep, and awake times. This data helps you understand and improve your sleep quality.
- **Menstrual Cycle Monitoring:** This feature helps track menstrual cycles, predict periods, ovulation, and identify safe days. Set up your profile in the Da Fit app to utilize this function.

Bluetooth Call & Message Notifications



Image: The smartwatch displaying health monitoring data, including sleep duration, heart rate, and stress levels.

120+ Sports Modes

Real-time data tracking.



Steps: 6024 Steps



Calories: 367 Kcal



Heart Rate: 149 Bpm



Distance: 5.04 Km



Image: The smartwatch screen showing the menstrual cycle monitoring interface with a calendar view.

MAINTENANCE

Cleaning Your Smartwatch

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

Water Resistance (IP68)

The taopodo JX523 Smartwatch is IP68 rated, meaning it is resistant to dust, splashes, and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for daily use, hand washing, and light rain. However, it is not recommended for hot showers, saunas, or diving, as steam and high water pressure can compromise the seal.

Strap Replacement

Your smartwatch comes with two interchangeable straps: a Milanese steel strap and a hypoallergenic silicone strap. To replace a strap:

1. Locate the quick-release pins on the underside of the strap where it connects to the watch body.
2. Slide the pin inwards to detach the strap.
3. Align the new strap with the watch body and slide the pin back into place until it clicks securely.

Menstrual Cycle Monitoring

Smart Prediction, Caring for Women's Health

 Period is expected to start on 1 days

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	
21	22	23	24	25	26	
28	29	30	31	1		

Predict period

Menstruation

Ovulation

Ovulation day



Image: A diagram illustrating the dimensions of the smartwatch and its straps, useful for understanding strap replacement.

TROUBLESHOOTING

Problem	Possible Solution
Watch does not turn on	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Unable to pair with phone	• Ensure Bluetooth is enabled on your phone. • Make sure the watch is within Bluetooth range (approx. 10 meters). • Restart both your phone and the smartwatch. • Check if the Da Fit app has necessary permissions. • If previously paired, try unpairing from phone's Bluetooth settings and re-pairing through the app.
No notifications received	• Verify the watch is successfully paired with the Da Fit app. • Check notification settings within the Da Fit app and your phone's system settings. • Ensure the app is running in the background and not restricted by battery optimization.
Inaccurate health data	• Ensure the watch is worn snugly on your wrist, not too loose or too tight. • Clean the sensor on the back of the watch. • Environmental factors or movement can affect readings. For medical accuracy, consult a professional device.

SPECIFICATIONS

Model Number	JX523
Brand	taopodo
Display	1.27-inch AMOLED HD Touchscreen (360 x 360 pixels)
Connectivity	Bluetooth 5.4
Compatibility	Android and iOS devices
Special Features	Voice Call, 120+ Sports Modes, 200+ Watch Faces, 24/7 Heart Rate Monitor, SpO2 Monitor, Sleep Tracker, Menstrual Cycle Tracker
GPS	No built-in GPS
Water Resistance	IP68 (Dust and water resistant up to 1.5m for 30 minutes)
Battery Life	Up to 7 days (typical use), 30 days (standby)
Charging Time	Approx. 1.5 hours

Strap Material	Milanese Steel, Hypoallergenic Silicone
Input Method	Touchscreen

WARRANTY AND SUPPORT

Warranty Information

The taopodo JX523 Smartwatch comes with a **1-year limited warranty** from the date of purchase. This warranty covers manufacturing defects and workmanship under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or failure to follow the instructions in this manual. Please retain your proof of purchase for warranty claims.

Customer Support

For any questions, technical assistance, or warranty inquiries, please contact taopodo customer support through the retailer where you purchased the product or visit the official taopodo website for contact information.

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

Open the live page

<https://manuals.plus/asin/B0G9DVF9CT>

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