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Bestinn H32

Bestinn H32 Fitness Tracker Smart Watch User Manual

Model: H32

INTRODUCTION

This manual provides essential information for the proper setup, operation, and maintenance of your Bestinn H32 Fitness Tracker Smart Watch. Please read this manual thoroughly before using the device to ensure optimal performance and longevity. The Bestinn H32 features a 1.58-inch Ultra-HD display, comprehensive 24/7 health monitoring including heart rate, blood pressure, and blood oxygen, over 120 sports modes, and smart notifications for calls and messages. It is designed for daily wear and activity tracking.

WHAT'S IN THE BOX

- Bestinn H32 Fitness Tracker Watch
- Magnetic Charging Cable
- User Manual

SETUP

1. Charging the Device

Before first use, fully charge your Bestinn H32 Fitness Tracker. Connect the magnetic charging cable to the charging points on the back of the watch and to a USB power source. The watch screen will indicate charging status. A full charge typically takes less than 1.5 hours.

Easy-charging & Long Battery Life

Light Weight and Comfortable Straps for Sports

7 days
High frequency use

12 days
Daily use

35 days
Extra long standby



0.06lb Light Weight



Comfortable Straps



Image: The Bestinn H32 Fitness Tracker connected to its magnetic charging cable, illustrating the charging process.

2. App Download and Installation

To unlock all features and synchronize data, download the **"Keep Health"** application on your smartphone. Scan the QR code provided in the watch's packaging or on the watch screen itself, or search for "Keep Health" in your device's app store (compatible with Android 4.4 / iOS 8.4 or above).

1.58" Ultra-HD Full Touch Always on Display

With 200+ Options & Customizable Watch Faces

IPS
Wider View
Viewing Angle 178°

Color Accuracy
Color Accuracy
 $\Delta E < 2$

99.5% Adobe RGB
Wider Colour Gamut

Always on Display



Image: The Bestinn H32 Fitness Tracker screen showing a QR code, prompting the user to download the companion app.

3. Device Pairing

Open the "Keep Health" app and follow the on-screen instructions to pair your Bestinn H32. Ensure Bluetooth is enabled on your smartphone. Once paired, you can set your preferred language and allow the app to access and update health data (e.g., Active Energy, Heart Rate, Sleep, Steps, Walking + Running Distance).

OPERATING INSTRUCTIONS

Display and Navigation

The Bestinn H32 features a 1.58-inch Ultra-HD full touch display. Navigate through menus and functions by swiping across the screen. A side button provides additional control for returning to the home screen or accessing specific features.



Image: The Bestinn H32 Fitness Tracker showcasing its 1.58" Ultra-HD display with multiple customizable watch faces and an always-on display feature.

Customizing Watch Faces

Choose from over 250 watch face options or customize your own through the "Keep Health" app to match your style and display preferred information.

Wearing the Device

Wear the watch comfortably on your wrist, ensuring it is snug but not too tight. The skin-friendly silicone strap is designed for comfort during extended wear, including sleep tracking.

HEALTH MONITORING FEATURES

The Bestinn H32 provides comprehensive health monitoring capabilities:

- **24/7 Heart Rate Monitoring:** Continuously tracks your heart rate throughout the day.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen saturation levels.
- **Blood Pressure Monitoring:** Provides estimates of your blood pressure.
- **Sleep Tracking:** Monitors different sleep stages (light, deep, REM) and wake-up times to help you understand your sleep quality.
- **Breath Training:** Guided breathing exercises to help manage stress.
- **Women's Menstrual Period Reminder:** Tracks and predicts menstrual cycles.

All health data can be viewed in real-time on your wrist and detailed records are available in the "Keep Health" app.

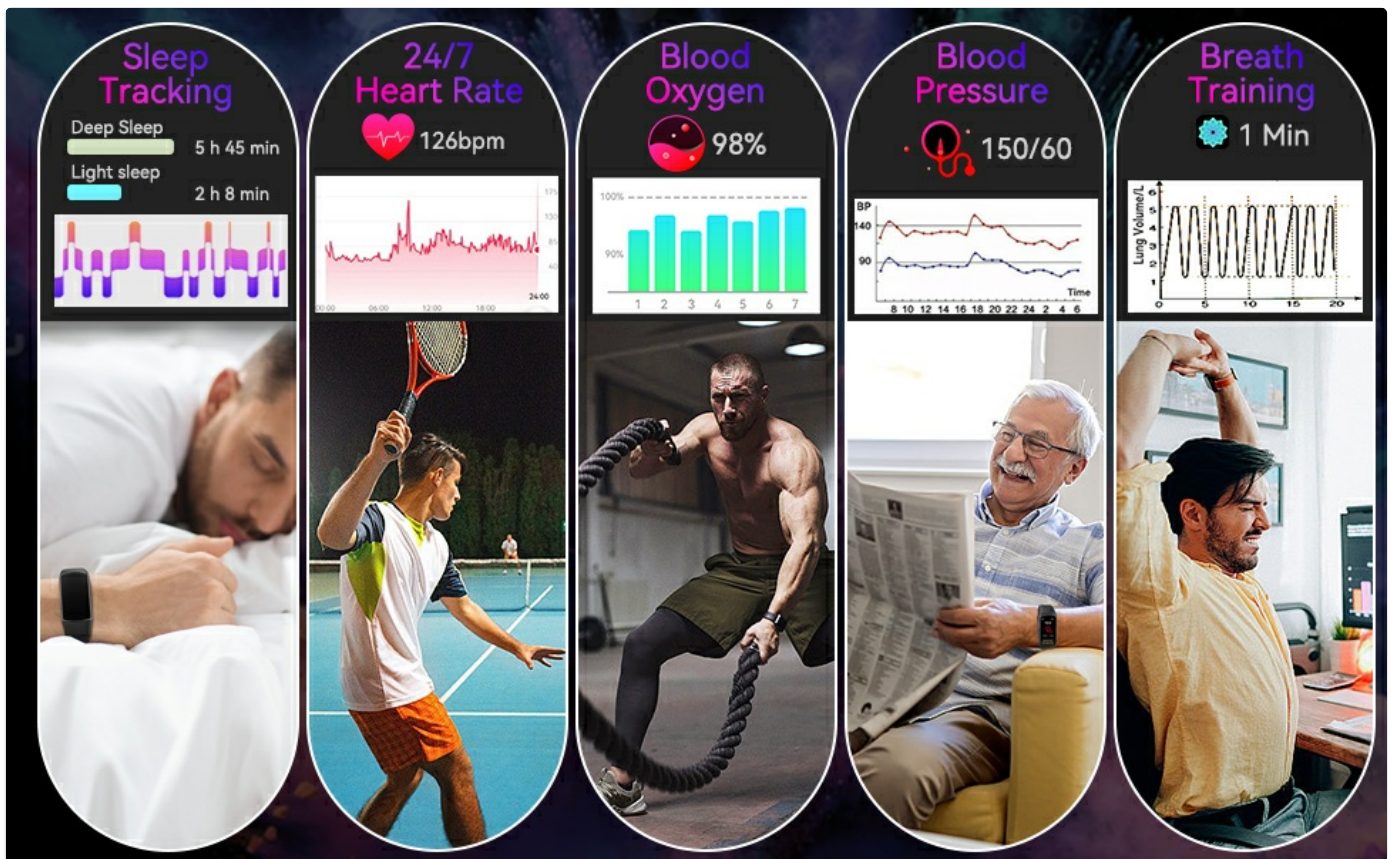


Image: The Bestinn H32 Fitness Tracker highlighting its 24/7 health monitoring features, including heart rate, blood pressure, blood oxygen, breath training, and menstrual period tracking.

ACTIVITY TRACKING

The Bestinn H32 supports over 120 exercise modes and provides all-day activity tracking:

- **120+ Sports Modes:** Select from a wide range of activities to track specific workout metrics.
- **All-Day Activity Tracking:** Monitors steps taken, distance covered, and calories burned throughout the day.
- **GPS Connectivity:** Connects to your phone's GPS to map your outdoor workout routes in the app.



Image: The Bestinn H32 Fitness Tracker displaying all-day activity tracking data, including steps, distance, and calories burned, with icons for various sports modes.

SMART NOTIFICATIONS & DAILY ASSISTANTS

Stay connected and organized with these features:

- **Messages & Incoming Calls Notification:** Receive alerts for calls and messages directly on your wrist. You can view messages, reject calls, or mute notifications.
- **Weather Display:** Get real-time weather updates.
- **Alarm Clock:** Set alarms for reminders.
- **Remote Camera Shooting:** Control your phone's camera remotely.
- **Music Control:** Manage music playback on your phone.
- **Drinking Water & Sedentary Reminders:** Prompts to stay hydrated and active.
- **Timer & Stopwatch:** For timing activities.
- **Find Phone:** Locate your misplaced smartphone.
- **Do Not Disturb Mode:** Silence notifications when needed.



Image: A collage of the Bestinn H32 Fitness Tracker's daily assistant features, including weather, alarm, camera control, music control, drinking water reminder, sedentary reminder, breath training, find phone, do not disturb mode, timer, and stopwatch.

MAINTENANCE

To ensure the longevity and optimal performance of your Bestinn H32 Fitness Tracker, follow these maintenance guidelines:

- **Cleaning:** Regularly clean the watch and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.
- **Water Resistance:** The device is IP68 waterproof, suitable for daily use like hand washing or rain. However, it is not recommended for hot showers, saunas, or diving, as steam and hot water can affect the seal.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.
- **Charging Cable:** Handle the magnetic charging cable with care. Avoid bending or twisting it excessively.

TROUBLESHOOTING

If you encounter issues with your Bestinn H32, refer to the following common solutions:

- **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 again.
- **Unable to Pair with App:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Make sure the watch is within Bluetooth range of your phone.
 - Restart both your phone and the watch.
 - Check if the "Keep Health" app has necessary permissions on your phone.
- **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.

- Note that fitness trackers are not medical devices and readings are for reference only.

- **Notifications Not Appearing:**

- Verify that notifications are enabled in the "Keep Health" app settings.
- Check your phone's notification settings to ensure the app has permission to send notifications.
- Ensure the watch is connected to your phone via Bluetooth.

SPECIFICATIONS

Feature	Detail
Model Name	Fitness Tracker (H32)
Brand	Bestinn
Screen Size	1.58 Inches
Display Type	Ultra-HD Full Touch, Always On Display
Material	Metal, Silicone
Color	Black
Water Resistance	IP68
Health Monitoring	24/7 Heart Rate, Blood Oxygen, Blood Pressure, Sleep Tracker, Breath Training, Menstrual Cycle Reminder
Activity Tracking	120+ Sports Modes, All-day Steps, Distance, Calories
GPS	Via Smartphone
Compatibility	Android 4.4 / iOS 8.4 or above
Included Components	Fitness Tracker Watch, Charging Cable, User Manual

WARRANTY AND SUPPORT

Your Bestinn H32 Fitness Tracker comes with a **3-Year Manufacturer Warranty** as specified in the product details. For any questions, technical assistance, or warranty claims, please contact Bestinn customer service. Lifetime 24/7 customer service is promised.

For additional support, refer to the "Keep Health" app or the official Bestinn website.