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› Lgnitek GE30-D Smartwatch User Manual

Lgnitek GE30-D

Lgnitek GE30-D Smartwatch User Manual

Model: GE30-D

1. INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your Lgnitek GE30-D Smartwatch. Please read this manual thoroughly before using the device to ensure proper function and to maximize your user experience.

2. PACKAGE CONTENTS

Verify that all items are present in the package:

- 1 x Lgnitek GE30-D Smartwatch
- 1 x Elegant Gold Milanese Strap
- 1 x Breathable Beige Silicone Strap
- 1 x Magnetic Charging Cable
- 1 x Multi-language User Manual (including Spanish and Portuguese)

3. DEVICE OVERVIEW

The Lgnitek GE30-D Smartwatch features a 1.43-inch AMOLED HD touchscreen display with a resolution of 466x466 pixels. It includes a metal bezel and offers dual strap options for versatility. The watch is equipped with various health sensors and smart connectivity features.

ECG & HRV – Osservare in qualsiasi momento i problemi di salute del cuore

Rilevamento fine di fibrillazione atriale e battiti prematuri e generazione di report ECG sull'app per comprendere le condizioni di salute del cuore

Monitoraggio ECG in un solo passaggio, acquisizione delle forme d'onda, tracciatura dei punti, analisi delle anomalie e gestione degli utenti attraverso l'analisi del diagramma di Lorentz per il rilevamento precoce delle anomalie cardiache.



Image: Lgнитеk GE30-D Smartwatch with a gold Milanese strap, showcasing its round display and elegant design.

4. SETUP GUIDE

4.1 Charging the Smartwatch

Before initial 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.

Il miglior regalo



Image: The smartwatch display showing a charging icon and battery level, indicating the device is being charged.

4.2 Attaching/Changing Straps

The Lgnitek GE30-D Smartwatch comes with two interchangeable straps: a Milanese metal strap and a silicone strap. To attach or change a strap:

1. Locate the quick-release pins on the back of each strap.
2. Slide the pin inwards to detach the current strap.
3. Align the new strap with the watch lugs and slide one end of the pin into the watch lug hole.
4. Slide the quick-release pin inwards, align the other end with the opposite lug hole, and release the pin. Ensure the strap is securely fastened.



Image: Two Lgnitek smartwatches, one with a gold Milanese strap and another with a beige silicone strap, demonstrating the interchangeable strap options.

4.3 App Installation and Device Pairing

To unlock the full functionality of your smartwatch, you need to install the companion app and pair it with your smartphone. The smartwatch is compatible with Android 5.0 and above, and iOS 10.0 and above.

1. **Activate Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
2. **Download App:** Search for the "H Band" app in your smartphone's app store (Google Play Store for Android or Apple App Store for iOS) and download it.
3. **Open App:** After installation, open the "H Band" app.
4. **Find Device:** Navigate to the "My Device" section within the app and select "Device". The app will search for available devices.
5. **Connect:** Locate "GE30" or "GE30-D" in the list of found devices and tap to connect.
6. **Pair:** A Bluetooth pairing request will appear on your phone. Confirm by tapping "Pair".
7. **Verify Connection:** Once paired, the app will display the connection status, and you can view your smartwatch data.



Image: A visual guide showing six steps on a smartphone screen for connecting the smartwatch to the "H Band" application, from enabling Bluetooth to confirming the pairing.

5. OPERATING INSTRUCTIONS

5.1 Basic Navigation

The smartwatch features a full touchscreen display and physical buttons for navigation. Swipe left, right, up, or down to access different functions and menus. Press the side button to return to the home screen or power on/off the device.

5.2 Bluetooth Calling and Notifications

With its Bluetooth 5.3 chip and high-fidelity speakers, the smartwatch allows you to make and receive calls directly from your wrist. It also supports contact synchronization and call history display. You can receive real-time notifications for SMS and various app messages (e.g., WhatsApp, Facebook) directly on your watch.

Chiamate Bluetooth 5.3

Ascoltate ogni respiro e rendete più reali le vostre chiamate.

Memorizzare i contatti

Cronologia delle chiamate

Ricezione /composizione di chiamate

Composizione con i tasti

iOS 10.0+
 Android 5.0+

Image: A smartwatch displaying incoming call and message notifications, with icons for various messaging applications shown below.

5.3 Health Monitoring Features

The Lgnitek GE30-D Smartwatch offers comprehensive 24/7 health monitoring. **Note: The data provided by this device is for reference only and should not replace professional medical equipment or advice.**

- **ECG Monitoring:** High-precision electrocardiogram (ECG) monitoring generates detailed analysis reports to help track heart health. It can intelligently recognize abnormal heartbeats (e.g., atrial fibrillation) and provide timely vibration alerts.

- **HRV Monitoring:** Monitors Heart Rate Variability (HRV) and uses Lorenz scatter diagram analysis to provide an intuitive heart health index.
- **BMI Monitoring:** Measures body composition, including fat percentage, muscle mass, and hydration, offering a comprehensive view of your physical condition.
- **SpO2 Monitoring:** Tracks blood oxygen levels in real-time.
- **Body Temperature Monitoring:** Continuously monitors your body temperature.
- **Heart Rate Monitoring:** Provides 24-hour heart rate tracking.
- **Sleep Tracking:** Analyzes sleep patterns, including deep sleep, light sleep, and REM stages, to help you understand and improve your sleep quality.
- **Blood Lipids & Uric Acid:** Real-time monitoring and historical data storage for blood uric acid, blood lipids, and cholesterol.
- **Women's Health Management:** Intelligently predicts menstrual periods and ovulation, providing gentle reminders.

Monitoraggio della frequenza cardiaca

Leggete il vostro battito cardiaco e godetevi il ritmo della vita.

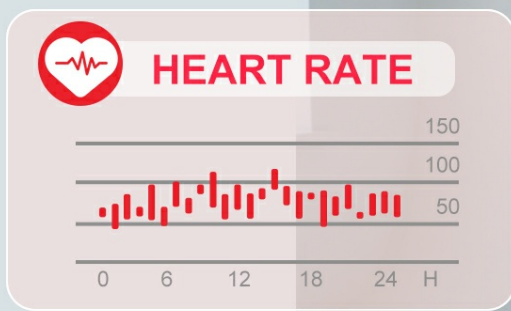
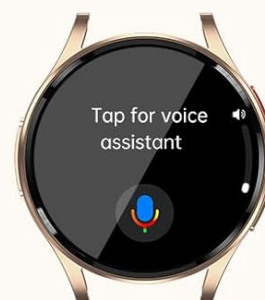


Image: A smartwatch displaying a heart rate graph and current heart rate, with a person exercising in the background, illustrating the heart rate monitoring feature.

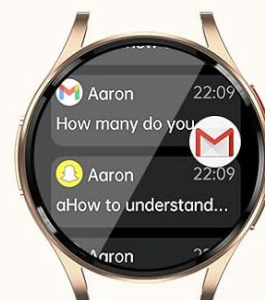
5.3 Bluetooth per contatti ininterrotti



Ricevere ed effettuare chiamate al polso



Assistente vocale integrato



Notifica intelligente dei messaggi



Image: A smartwatch displaying ECG and HRV data, with a woman wearing the watch in the foreground and a smartphone screen showing detailed health reports.

5.4 Sports Modes and Activity Tracking

The smartwatch offers over 130 sports modes (e.g., walking, running, hiking). It accurately records daily activity data such as steps, distance, calories burned, active minutes, and heart rate. The H Band app synchronizes GPS routes for personalized training. The MET (Metabolic Equivalent) function assesses exercise intensity and energy expenditure.

Monitoraggio dell' SpO2

Rileva le variazioni dell' SpO2 in tempo reale ed è il guardiano della respirazione.



Image: A collage showing different sports activities and a smartwatch display with icons representing various sports modes, highlighting the device's multi-sport tracking capabilities.

5.5 Additional Features

- **Voice Assistant:** Integrated voice assistant for convenient control.
- **Music Control:** Control music playback on your connected smartphone.
- **Weather Forecast:** Get real-time weather updates.
- **Alarm Clock:** Set alarms directly from your watch.
- **Stopwatch & Timer:** Essential tools for timing activities.
- **Calculator:** Perform basic calculations on your wrist.
- **Flashlight:** Use the screen as a temporary light source.
- **Sedentary Reminder:** Get alerts to move after periods of inactivity.
- **Breathing Training:** Guided breathing exercises for relaxation.
- **Games:** Enjoy simple games on your smartwatch.
- **Always-On Display (AOD):** Keep the time visible without raising your wrist.
- **Customizable Watch Faces:** Choose from over 100 free watch faces or upload your own photos.

Classica fascia
in acciaio



Confortevole
silicone

Image: A collage showcasing various smartwatch features including weather display, sedentary reminders, calculator, alarm, and music control, with people using the watch in different scenarios.

6. MAINTENANCE AND CARE

6.1 Water Resistance

The Lgnitek GE30-D Smartwatch has an IP67 international protection rating, meaning it is resistant to daily splashes, rain, and sweat. It is suitable for hand washing. **Do not use the smartwatch in hot water, saunas, or during diving. Avoid prolonged submersion.**



Image: A woman washing her hands while wearing the smartwatch, illustrating its IP67 water resistance for everyday activities like hand washing, rain, and sweat. A warning against hot water is also shown.

6.2 Cleaning

Regularly clean your smartwatch and straps to prevent skin irritation and maintain optimal sensor performance. Use a soft, damp cloth to wipe the device. Ensure the watch is dry before charging.

6.3 Battery Care

To prolong battery life, avoid extreme temperatures. Charge the device using the provided magnetic charging cable. The 260 mAh battery provides 5-7 days of typical use and up to 15-30 days of standby time, depending on individual usage patterns.

Come collegare l'orologio:

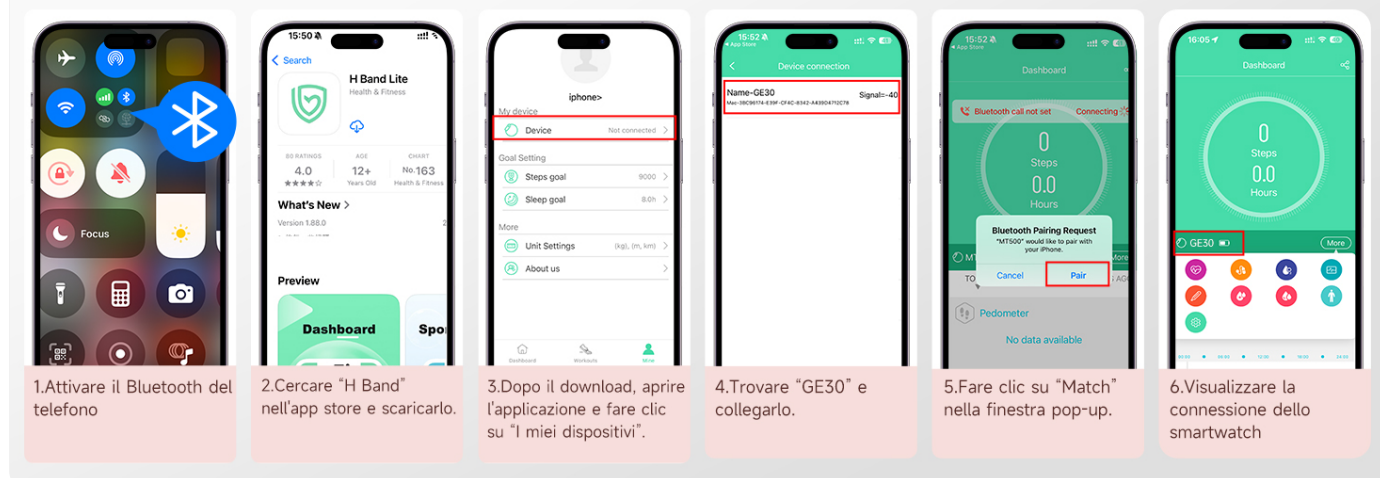


Image: A smartwatch on a charging cable, with visual indicators showing battery life duration for typical use (3-5 days) and standby (15+ days).

7. TROUBLESHOOTING

If you encounter issues with your Lgnitek GE30-D Smartwatch, 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.
- **Cannot Pair with Phone:**
 - Ensure Bluetooth is enabled on your phone and the watch.
 - Make sure the watch is within the Bluetooth range of your phone.
 - Restart both your phone and the smartwatch.
 - Check if the "H Band" app is updated to the latest version.
 - If previously paired, try unpairing the device from your phone's Bluetooth settings and then re-pairing through the app.
- **Inaccurate Health Readings:**
 - Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.
 - Clean the sensor area on the back of the watch.
 - Avoid excessive movement during measurements.
 - Remember that readings are for reference only and not for medical diagnosis.
- **Notifications Not Appearing:**
 - Check app notification settings within the "H Band" app.
 - Ensure your phone's notification permissions are granted to the "H Band" app.
 - Verify that the watch is connected to your phone via Bluetooth.
- **Short Battery Life:**
 - Reduce screen brightness.
 - Disable Always-On Display if not needed.
 - Limit frequent use of power-intensive features like continuous heart rate monitoring or frequent calls.
 - Ensure the watch is fully charged each time.

If the problem persists, please contact customer support.

8. SPECIFICATIONS

Feature	Detail
Model Name	GE30-D
Display	1.43-inch AMOLED HD Touchscreen
Resolution	466 x 466 pixels
Connectivity	Bluetooth 5.3
Battery Capacity	260 mAh
Typical Battery Life	5-7 days
Standby Time	15-30 days
Internal Memory	128 MB
Operating System Compatibility	Android 5.0+ / iOS 10.0+

Feature	Detail
Water Resistance Rating	IP67
Sensors	ECG, Heart Rate, SpO2, Body Temperature
Strap Material	Silicone and Metal
Strap Width	2 cm
User Interface Interaction	Microphone, Buttons, Touchscreen
GPS	Via smartphone

9. WARRANTY AND SUPPORT

Lgnitek is committed to providing high-quality products and customer satisfaction. For any questions, concerns, or issues not covered in this manual, please contact our customer support team.

- If the product was not delivered on time.
- If you are not satisfied with the product.
- If you encountered problems during use.
- For any other suggestions or inquiries.

Our online customer service is available 24 hours a day to assist you.

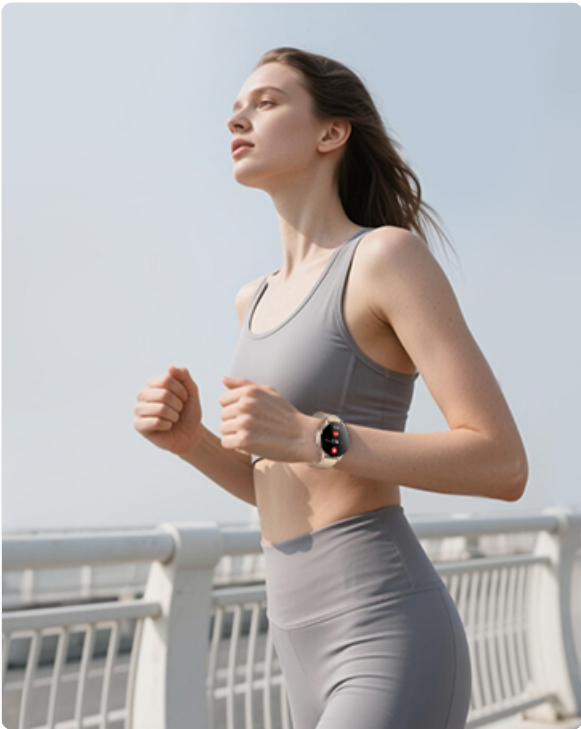


Image: An icon representing 24-hour online customer service, with a headset-wearing figure at a laptop, indicating support availability.

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