Fempoin H33

Fempoin Smart Watch H33 Instruction Manual

Model: H33

Introduction

This manual provides detailed instructions for setting up, operating, and maintaining your Fempoin Smart Watch H33. Please read this manual thoroughly before using the device to ensure proper function and longevity.

Setup Guide

1. Charging the Smart Watch

Before first use, fully charge your smart watch. 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 1.5-2 hours.



Image: Smartwatch connected to a magnetic charging cable, displaying battery status and charging time information.

2. App Installation and Device Pairing

To unlock the full functionality of your Fempoin Smart Watch H33, you need to install the "GloryFit" application on your smartphone and pair the devices.

1. **Download the App:** Search for "GloryFit" in the Google Play Store (for Android) or Apple App Store (for iOS) and download it.
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open GloryFit App:** Launch the "GloryFit" application on your smartphone.
4. **Add Device:** Within the app, navigate to the "Device" section and select "Add Device" or "Select device". The app will search for available devices.
5. **Select Your Watch:** Choose "P99" (or similar model identifier) from the list of found devices to initiate pairing. Confirm the pairing request on both your phone and the watch if prompted.

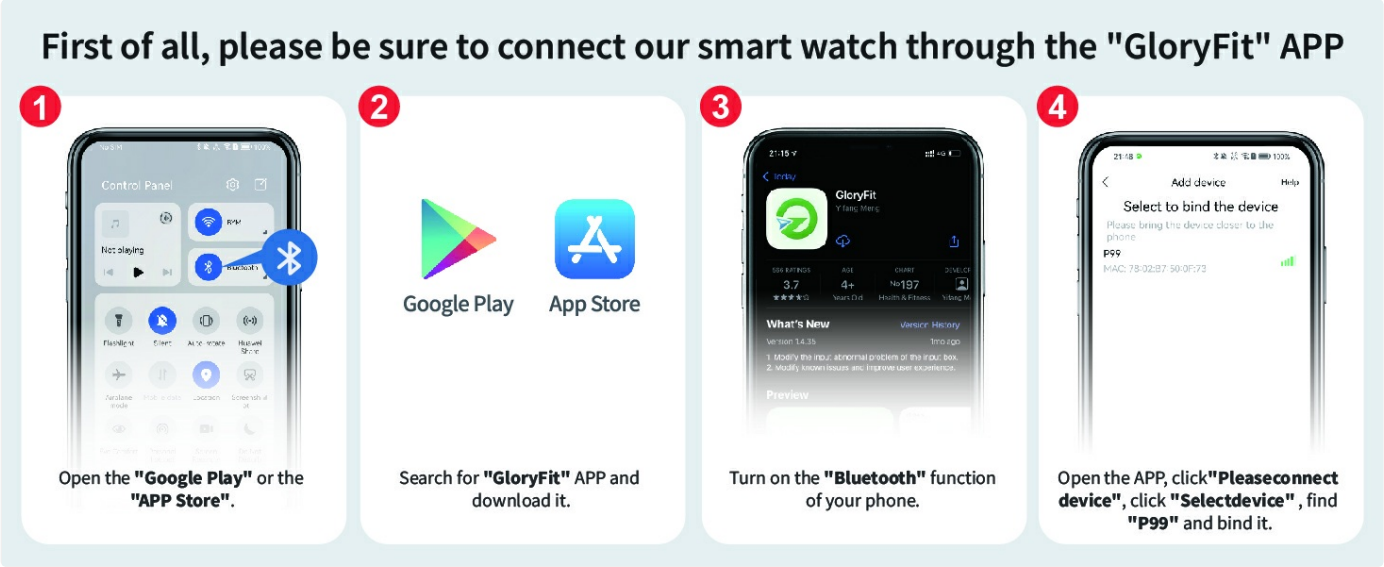


Image: Step-by-step guide showing how to download the GloryFit app, enable Bluetooth, and pair the smartwatch with a smartphone.

3. Wearing the Smart Watch

Wear the smart watch correctly for optimal comfort and accurate sensor readings. It should be neither too tight nor too loose, allowing for skin breathability and proper sensor contact.

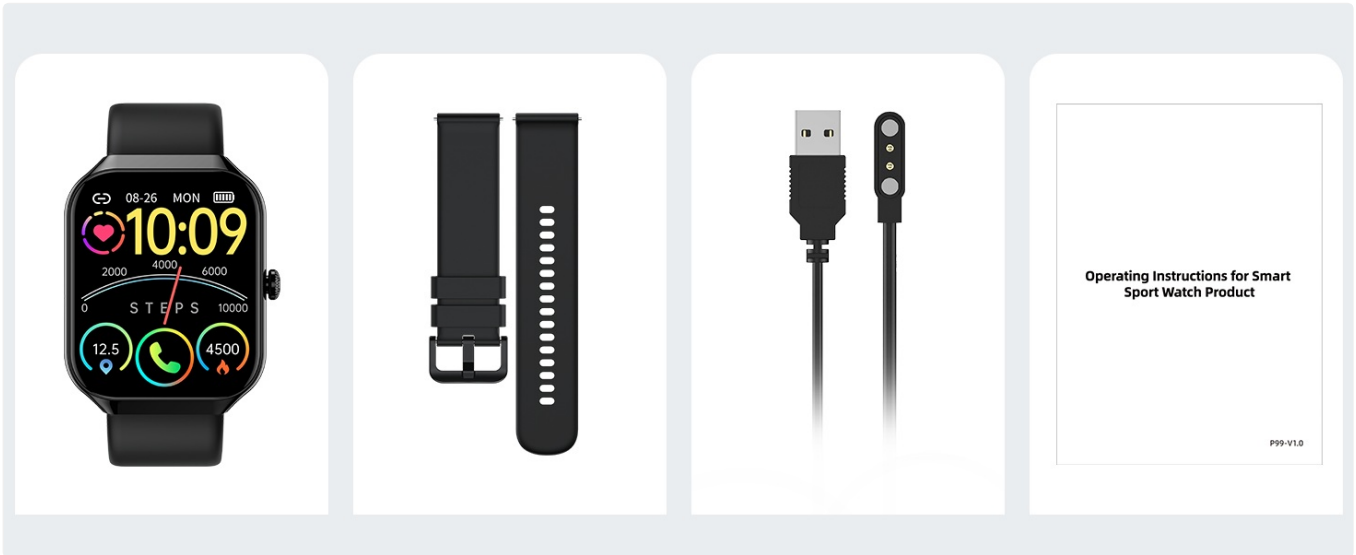


Image: Illustration of a smartwatch worn too loosely on a wrist, indicating incorrect placement for sensor accuracy.

Too Loosely:

If the watch slips around your wrist, or sensors do not read correctly, tighten the band slightly.



Image: Illustration of a smartwatch worn comfortably and correctly on a wrist, ensuring proper sensor function.

Just Right:

The smart watch should fit comfortably on your wrist.

Operating Instructions

1. Bluetooth Calls and Message Notifications

After connecting your smart watch to your smartphone via Bluetooth, you can manage calls and receive notifications directly on your wrist.

- **Making/Answering Calls:** Use the built-in microphone and HD speaker to answer or make calls, view call history, and store contacts.
- **Message Notifications:** Receive notifications from social media apps (WhatsApp, Twitter, Facebook, Instagram, YouTube, etc.) and SMS. Notifications are displayed on the watch and accompanied by vibration. Note: Replying to messages directly from the watch is not supported.

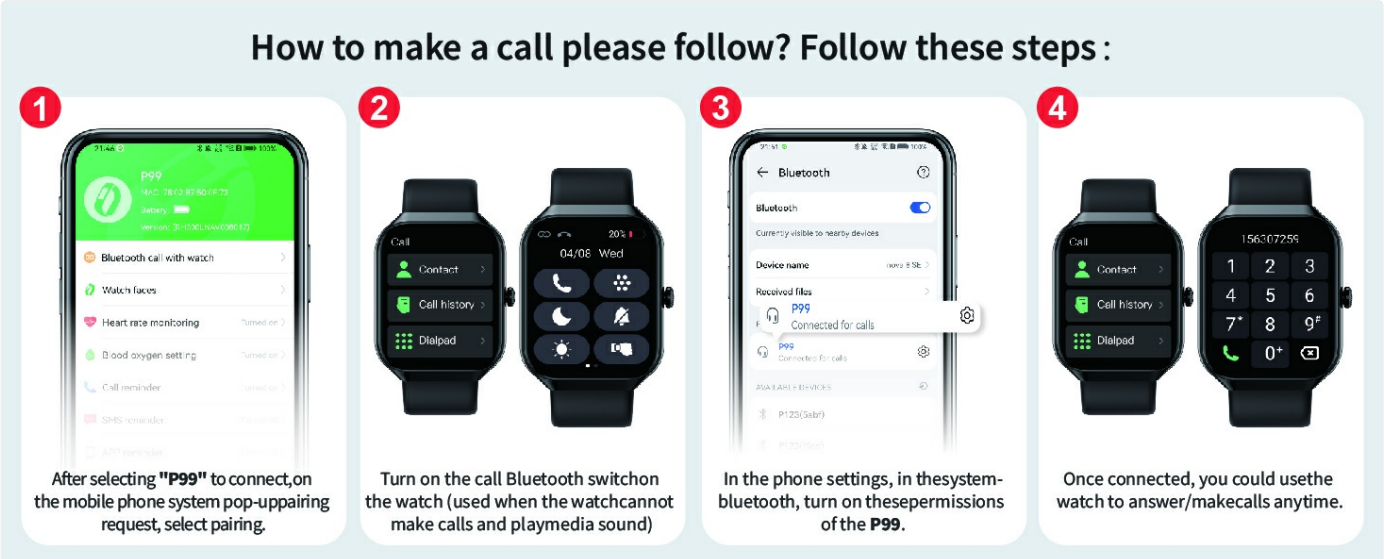


Image: Infographic detailing the four steps to make a call using the smartwatch, including phone pairing and dial pad usage.

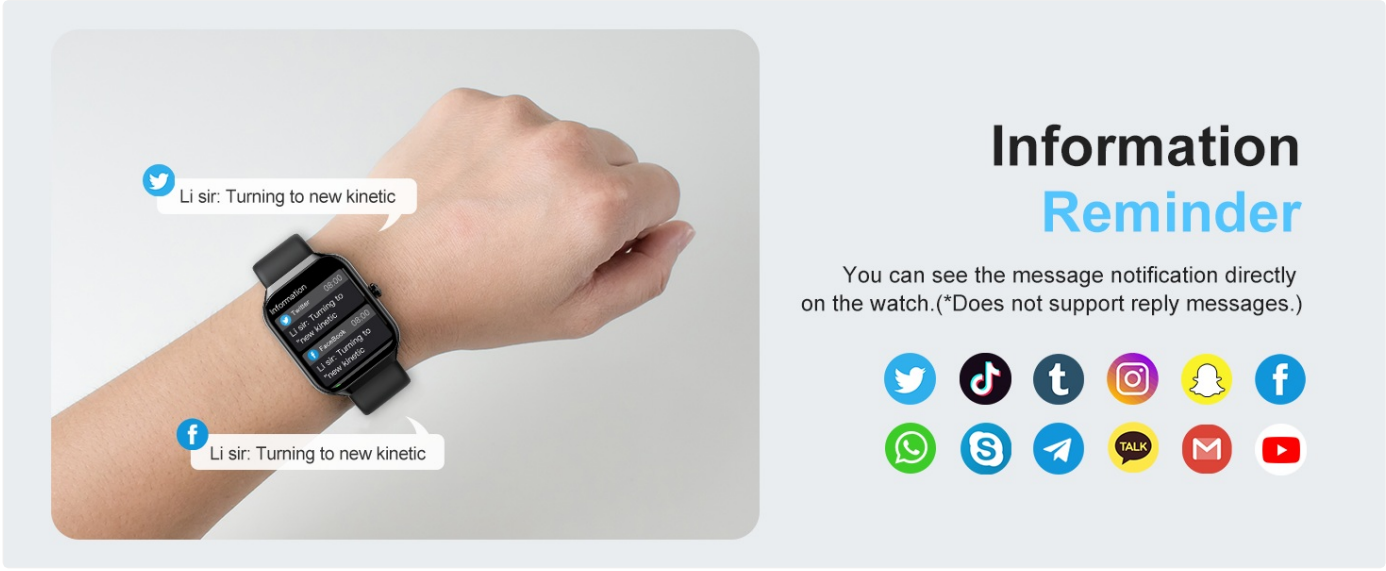


Image: A smartwatch displaying a message notification on the wrist, accompanied by icons of various social media applications.

2. Display and Watch Faces

The watch features a 1.96-inch TFT-LCD touch screen with a 320*380 resolution. You can adjust brightness manually and wake the screen by raising your wrist.

- **Custom Watch Faces:** The "GloryFit" application offers over 200 unique online dials to personalize your watch face.



Image: A smartwatch showcasing its customizable display options, surrounded by examples of various digital and analog watch face designs.

3. Sports Modes and Activity Tracking

The fitness tracker supports over 110 sports modes, including running, cycling, walking, yoga, basketball, and badminton. It monitors real-time data such as calories burned, distance covered, and steps taken.

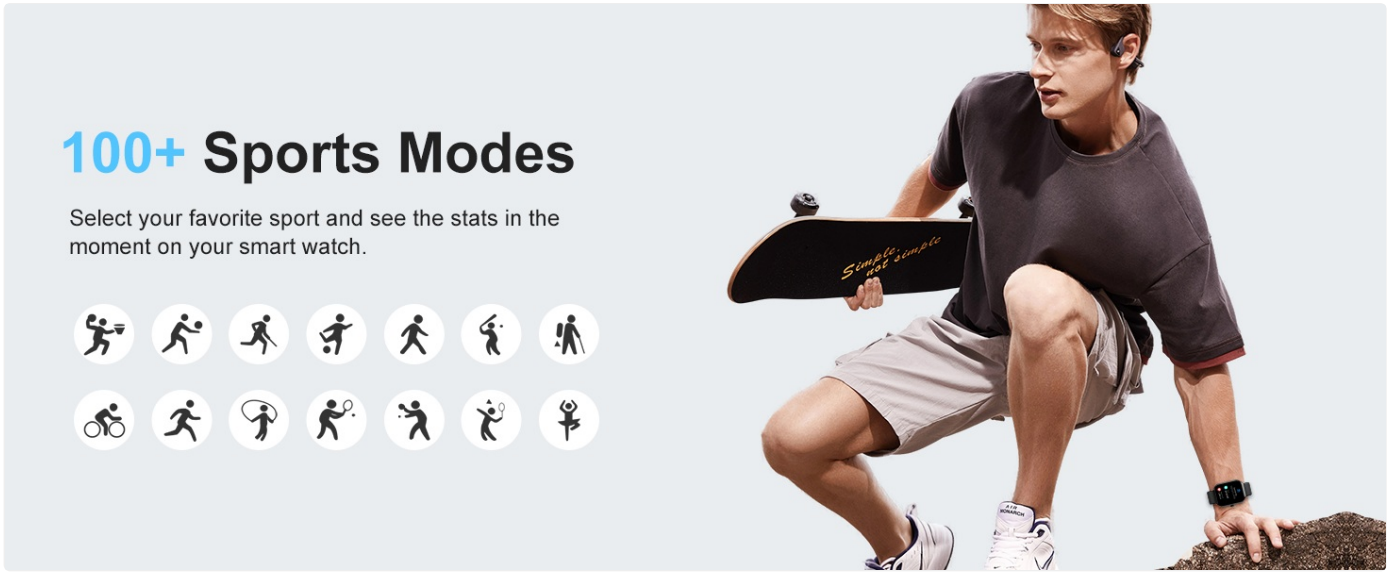


Image: An advertisement for the smartwatch highlighting its 100+ sports modes, with icons representing various physical activities.

Image: A smartwatch displaying fitness metrics such as calories, distance, and steps, alongside a smartphone showing a map of an activity route.

4. Health Monitoring

The smart watch continuously monitors various health metrics 24 hours a day. The "GloryFit" app provides detailed reports.

- **Heart Rate Monitoring:** Tracks your heart rate in real-time.
- **SpO2 (Blood Oxygen) Measurement:** Monitors your blood oxygen levels.
- **Sleep Tracking:** Analyzes your sleep status, including deep sleep, light sleep, and REM sleep.
- **Women's Health:** Provides features for tracking menstrual cycles and ovulation.

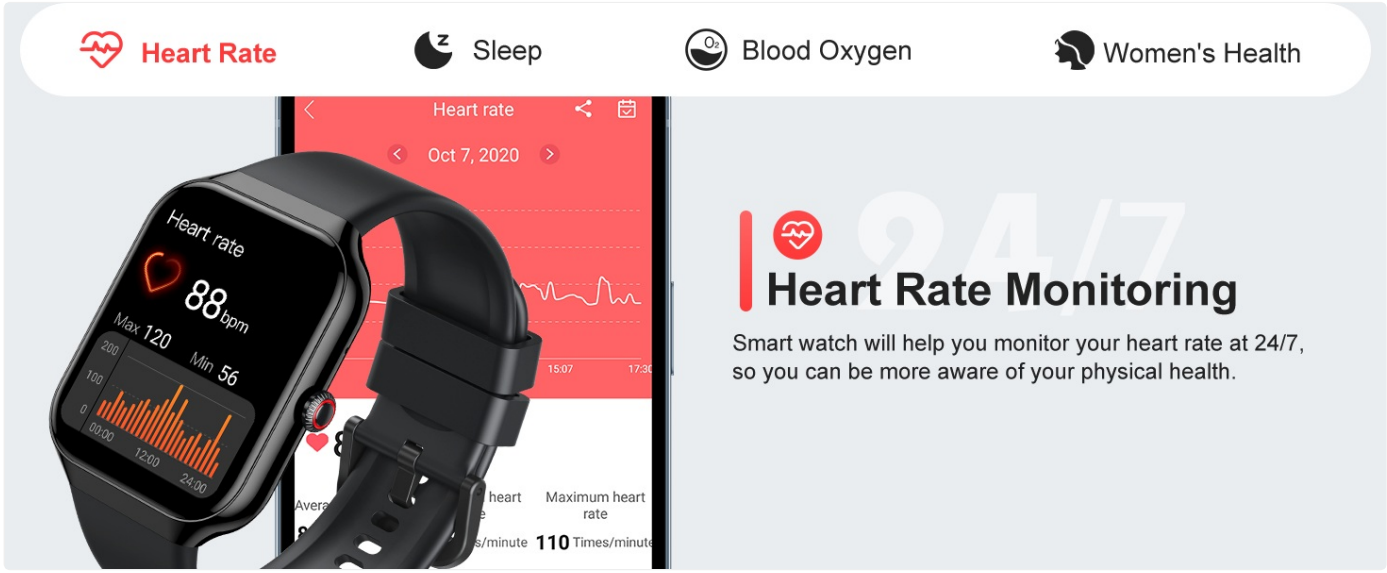


Image: A smartwatch screen showing the heart rate monitoring interface with a heart rate of 88 BPM and a graph of heart rate over time.



Image: A smartwatch screen displaying a blood oxygen saturation (SpO2) reading of 97%, along with a graph of blood oxygen levels.

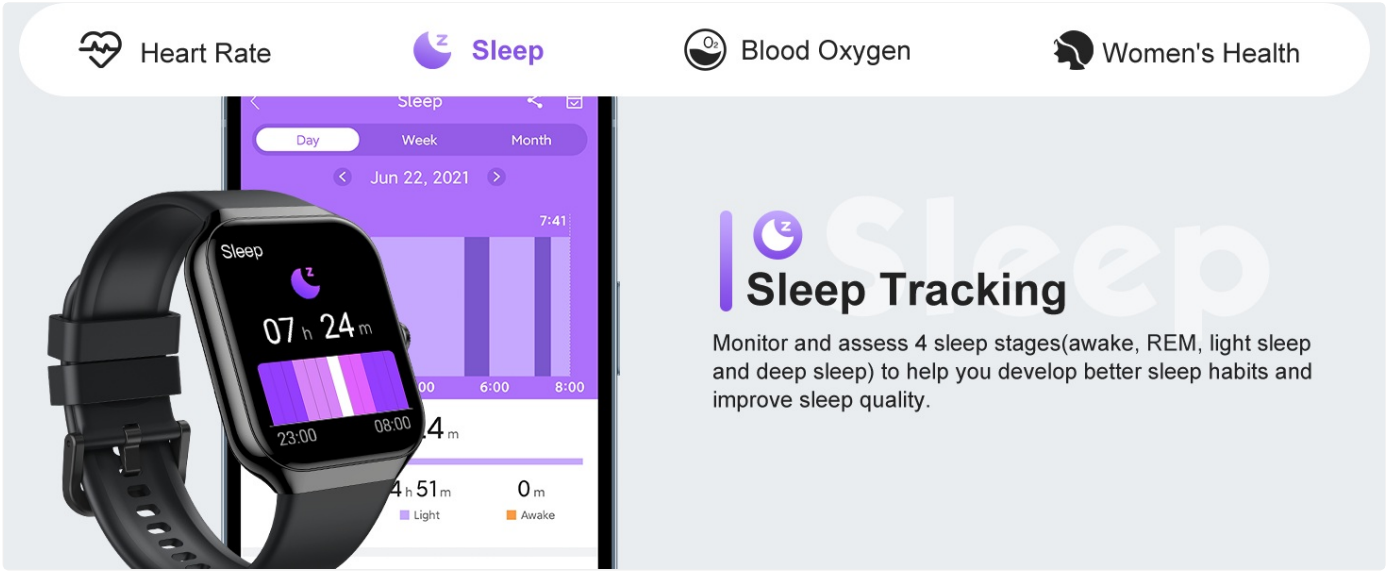


Image: A smartwatch displaying sleep tracking data, including total sleep duration and breakdown of sleep stages (deep, light, REM).

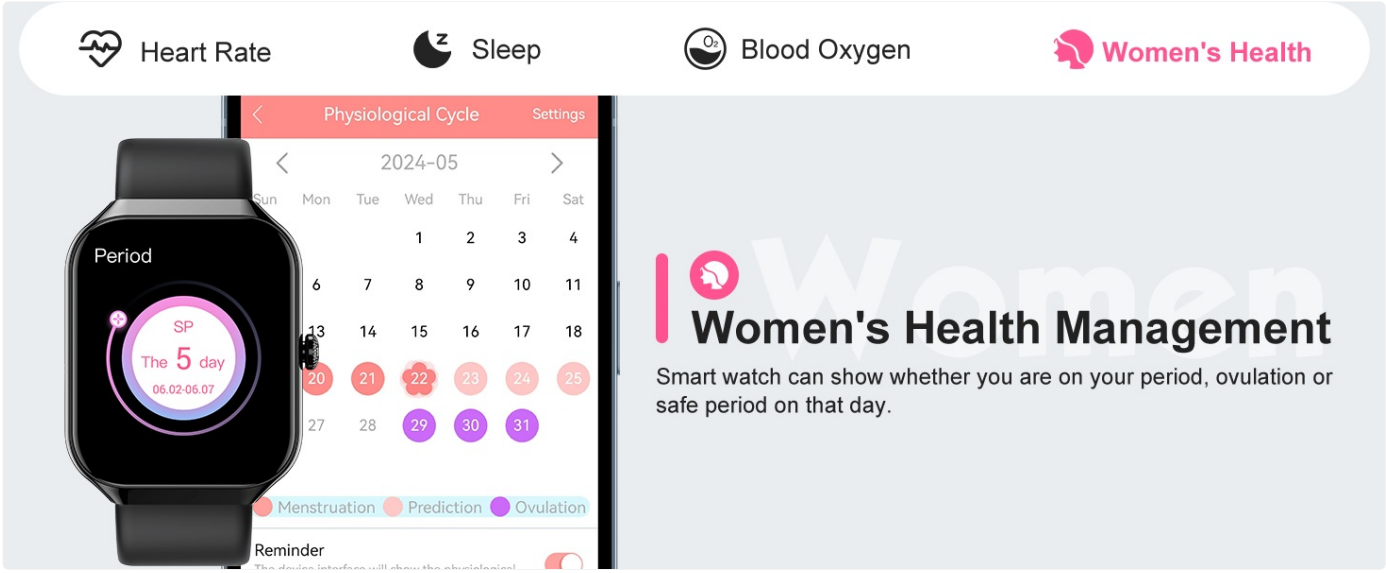


Image: A smartwatch screen showing the women's health management interface, including a calendar for tracking menstrual cycles and ovulation.

5. Additional Functions

The smart watch includes various other practical features:

- Women's health tracking
- Breathing training
- Stopwatch
- Timer
- Alarm clock
- Sedentary reminder
- Music control
- Weather forecast
- Camera control
- Calculator
- Find Phone
- Voice Assistant

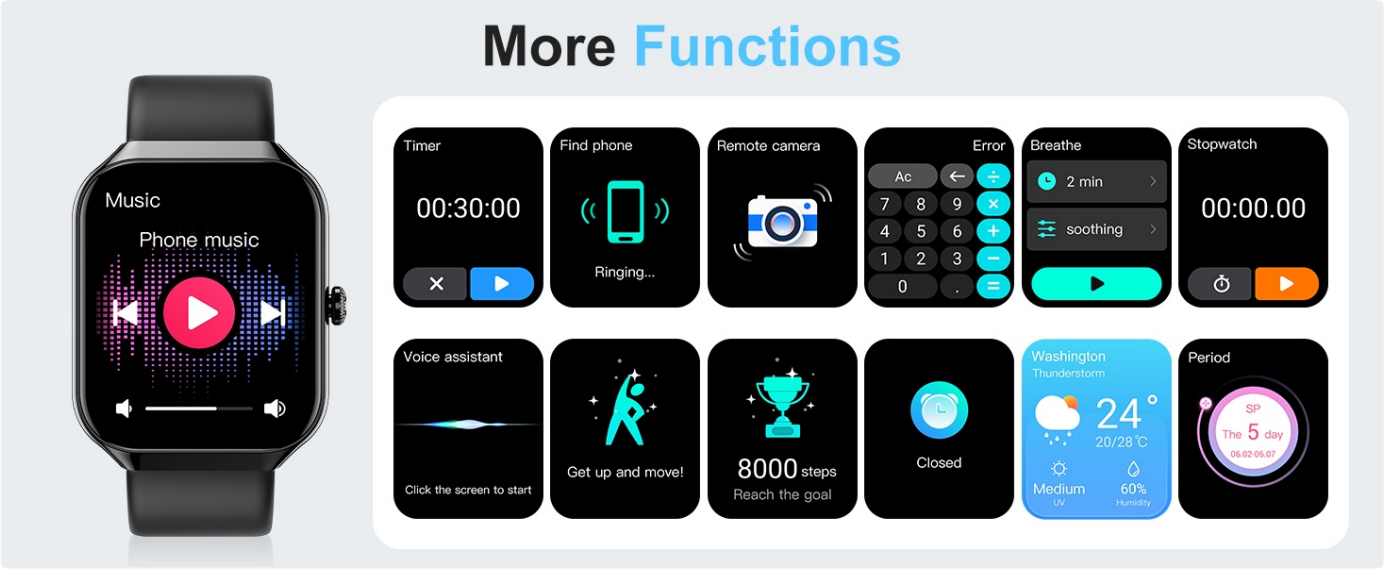


Image: A smartwatch screen showcasing multiple additional functions, including music playback control, timer, calculator, and weather information.

Maintenance

1. Waterproof Rating

The Fempoin Smart Watch H33 has an IP68 waterproof rating. This means it is suitable for daily activities such as washing hands or exercising in the rain. It is resistant to sweat and splashes.

Important Note:

- Do not use the watch in hot water (e.g., hot showers, saunas) or seawater.
- The waterproof rating is not permanent and may decrease over time with normal wear and tear.

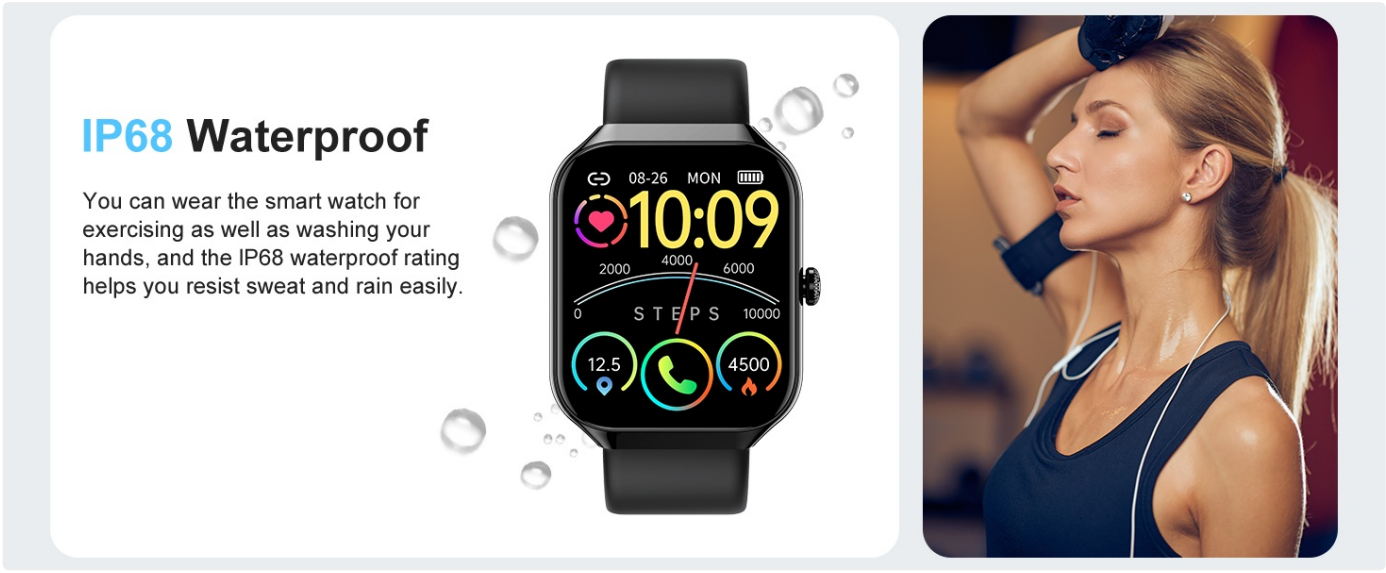


Image: A smartwatch with water droplets, illustrating its IP68 waterproof rating, suitable for handwashing and rain exposure.

2. Cleaning

Regularly clean your watch and strap to prevent skin irritation and maintain device hygiene. Use a soft, damp cloth. Avoid harsh chemicals or abrasive materials.

3. Battery Life

The watch features a large-capacity battery. A full charge provides approximately 5-7 days of usage time and up to 30 days of standby time.

Troubleshooting

- **Watch Not Turning On:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Connection Issues:**
  - Ensure Bluetooth is enabled on your smartphone and the watch.
  - Restart both your smartphone and the watch.
  - Try unpairing and re-pairing the device through the "GloryFit" app.
  - Ensure the "GloryFit" app has necessary permissions (e.g., location, notifications).
- **Inaccurate Health Data (e.g., Sleep, Heart Rate):**
  - Ensure the watch is worn correctly, snug but not too tight, on your wrist.
  - Clean the sensors on the back of the watch.
  - Environmental factors or movement during sleep can affect sleep tracking accuracy.
- **No Low Battery Warning:** The watch may not provide an explicit low battery warning before shutting off. Monitor the battery level periodically through the watch interface or the GloryFit app.
- **Notifications Not Appearing:**
  - Check notification settings within the "GloryFit" app to ensure desired apps are enabled.
  - Verify that your phone's notification settings allow the GloryFit app to display alerts.
  - Ensure the watch is connected via Bluetooth.

Specifications

Model Name	H33
Brand	Fempoin
Screen Size	1.96 Inches
Operating System	Android Wear 2.9 (Compatible with Android 9.0+ and iOS 10.0+)
Memory Storage Capacity	512 MB
Connectivity Technology	Bluetooth 5.3, USB (for charging)
Battery Cell Composition	Lithium Polymer
Charging Time	1.5-2 hours
Usage Time	5-7 days
Standby Time	Up to 30 days
Water Resistance Level	IP68 Waterproof
Special Features	Touchscreen, Bluetooth Call, Health Monitoring (HR, SpO2, Sleep), 110+ Sports Modes, Message Notifications, Customizable Watch Faces, Women's Health, Breathing Training, Stopwatch, Timer, Alarm, Sedentary Reminder, Music Control, Weather, Camera Control, Calculator, Find Phone, Voice Assistant

Warranty Information

The Fempoin Smart Watch H33 comes with a 1-year limited warranty from the date of purchase. This warranty covers manufacturing defects. It does not cover damage caused by misuse, accidents, unauthorized modifications, or normal wear and tear. Please retain your proof of purchase for warranty claims.

Customer Support

For technical assistance, troubleshooting, or warranty inquiries, please contact Fempoin customer support. Refer to the contact information provided with your product packaging or visit the official Fempoin website for support details.

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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.

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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