

hellibito B0GTQJ5XJW

hellibito Smart Watch User Manual

Model: B0GTQJ5XJW

INTRODUCTION

Thank you for choosing the hellibito Smart Watch. This device is designed to enhance your daily life with advanced health monitoring, communication features, and activity tracking. It features a 1.56-inch AMOLED display, an innovative airbag blood pressure monitor, heart rate, blood oxygen, stress, and sleep tracking, along with Bluetooth calling and an SOS function. Please read this manual carefully to understand the proper operation and maintenance of your new smartwatch.

WHAT'S IN THE BOX

- Smart Watch
- Watch Band
- Air Bag
- Charging Cable
- User Manual



Image: Contents of the hellibito Smart Watch package, including the watch, band, airbag, charging cable, and user manual.

SETUP

1. Charging the Smart Watch

Before initial use, fully charge your smartwatch. Connect the magnetic charging cable to the charging port on the back of the watch and plug the USB end into a 5V charger (avoid chargers over 5V/2A). A full charge typically takes 2-3 hours. The watch has a 340mAh battery, providing 3-7 days of daily usage and over 15 days of standby time.



Image: Illustration of the smartwatch's battery life and charging process.

2. App Installation and Pairing

To unlock the full potential of your smartwatch, download and install the companion **G Band App** on your smartphone. The app is compatible with Android 8.0+ and iOS 13.0+ devices.

1. Scan the QR code in the user manual or search for "G Band" in your phone's app store.
2. Install the app and create an account or log in.
3. Ensure Bluetooth is enabled on your smartphone.
4. Open the G Band App, navigate to the device section, and follow the on-screen instructions to pair your smartwatch.
5. Grant all necessary permissions requested by the app for optimal functionality.

OPERATING INSTRUCTIONS

Display and Navigation

The smartwatch features a 1.56-inch 480x480 AMOLED touchscreen for clear and vibrant visuals. Navigation is intuitive using touch gestures, a rotating crown, and a side button.

- **Touchscreen:** Swipe up, down, left, or right to access different menus and functions. Tap to select.
- **Rotating Crown:** Rotate the crown to scroll through lists or adjust settings. Press the crown to return to the home screen or confirm selections.
- **Side Button:** Use the side button for quick access to specific functions, such as initiating blood pressure measurements.
- **Always-On Display:** The time remains visible without needing to wake up the screen.
- **Customizable Watch Faces:** Choose from multiple watch faces or create custom dials via the G Band App to match your style.

Guest Mode Measurement

In guest mode, measurement data will not be saved to your personal records.



Image: Detailed view of the smartwatch highlighting its 1.56-inch AMOLED full touch screen, physical button, rotating crown, and magnetic strap.

Health Monitoring

Your hellibito Smart Watch provides comprehensive health tracking features. For accurate readings, ensure the watch is worn snugly on your wrist.

Blood Pressure Monitoring

This smartwatch features an integrated soft inflatable cuff and pump for precise blood pressure measurements. It supports smart posture recognition, data calibration, and voice prompts.

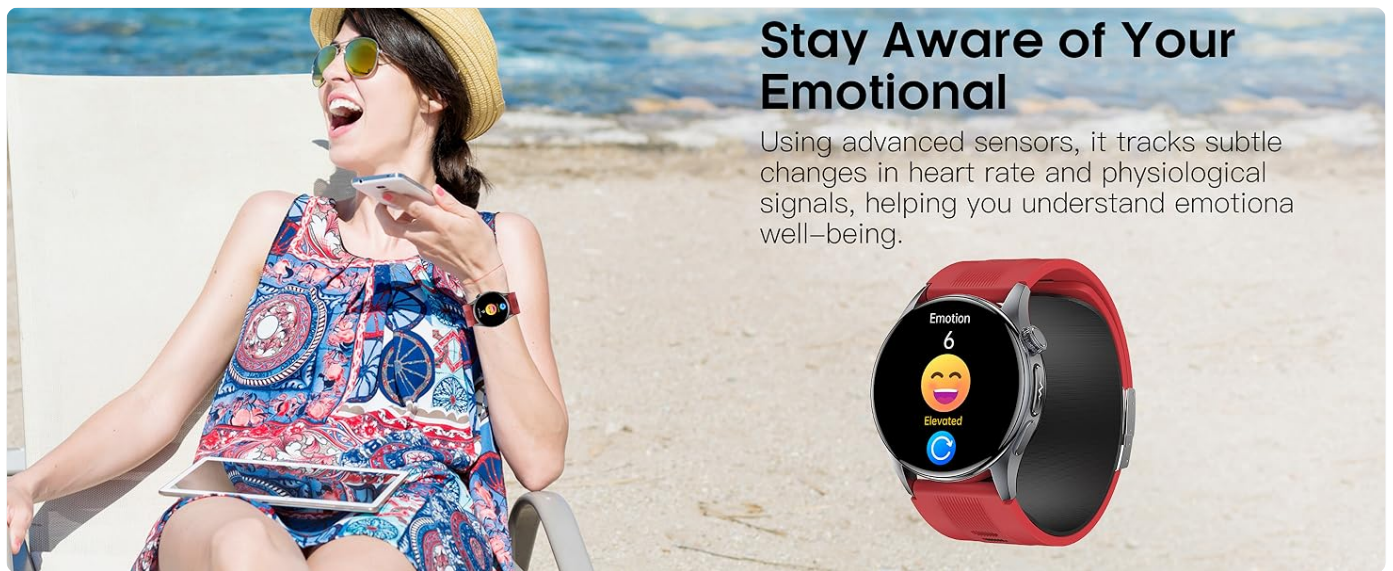
1. **Preparation:** Sit quietly for at least 5 minutes before measuring. Keep both feet flat on the ground, remain still, and avoid talking. Support your elbow and keep the watch level with your heart.
2. **Measurement:** Access the Blood Pressure function on your watch. The airbag will inflate and deflate to take a reading.
3. **Voice Broadcast:** You can enable voice prompts for clear announcements of your blood pressure readings.
4. **Guest Mode:** Use Guest Mode to take measurements without affecting your personal health data.
5. **Data Review:** Detailed health analysis reports are available via the G Band App.

Sealed Cavity Airbag & Air Pump

Built-in airbag and pump technology ensures comfortable inflation, combined with proper posture guidance, reduces measurement errors.



Image: The smartwatch showing current blood pressure (Systolic, Diastolic, Pulse) and a smartphone app displaying a graph of blood pressure trends over time.



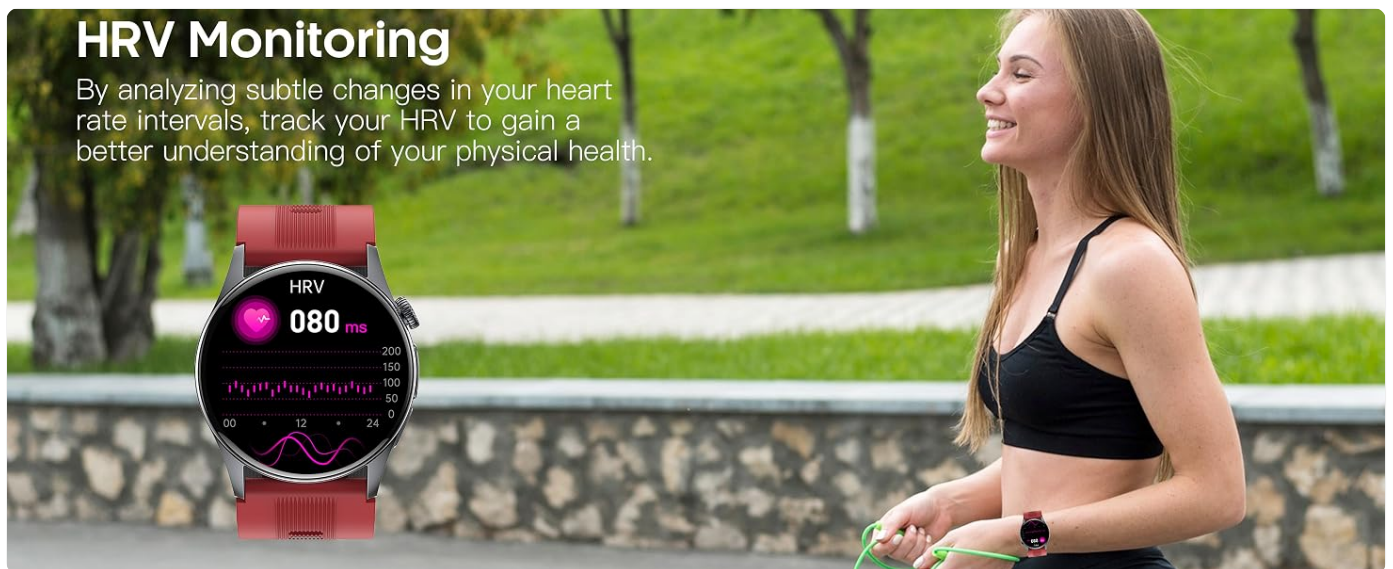
Stay Aware of Your Emotional

Using advanced sensors, it tracks subtle changes in heart rate and physiological signals, helping you understand emotional well-being.

Image: Visual guide on the correct posture and steps for accurate blood pressure measurement using the smartwatch.

Heart Rate Monitoring

The watch tracks your dynamic heart rate 24/7 and provides alerts for abnormal readings. View your heart rate data and trends in the G Band App.



HRV Monitoring

By analyzing subtle changes in your heart rate intervals, track your HRV to gain a better understanding of your physical health.

Image: The smartwatch showing current heart rate (BPM) and a smartphone app illustrating heart rate zones and historical data.

Blood Oxygen (SpO2) Monitoring

Quickly obtain your SpO2 levels to stay informed about your body's oxygenation status. Real-time data and long-term trends are available in the app.



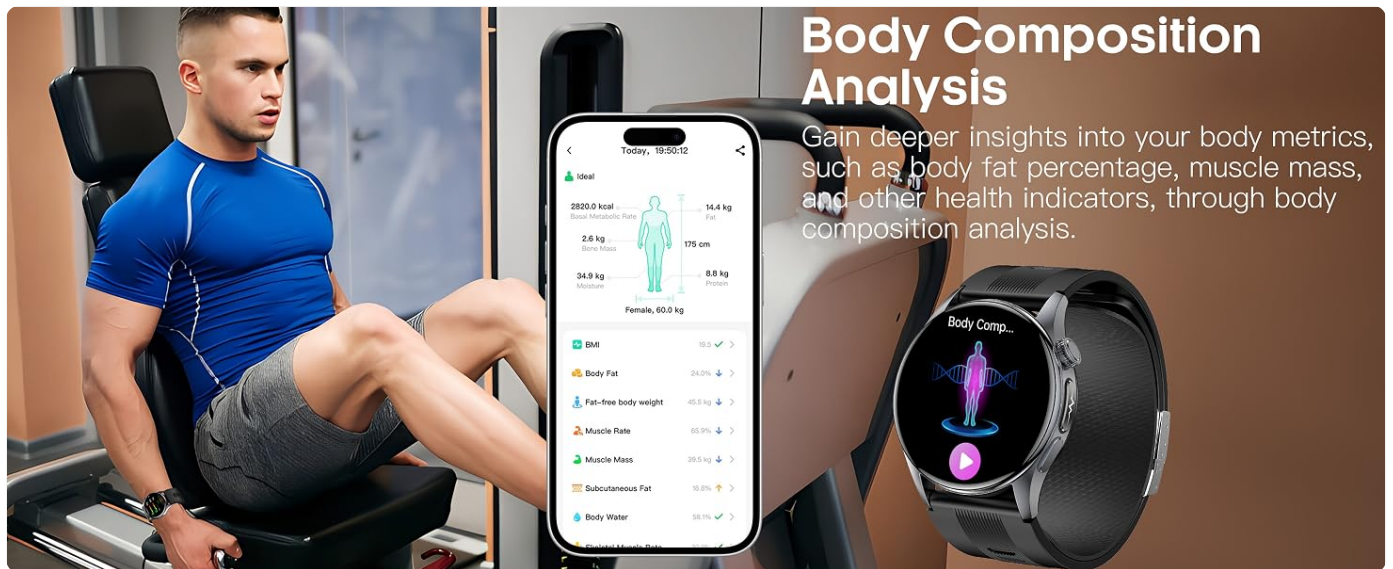
Breathing Training

Follow the breathing pattern displayed on your watch to help you relax and improve your focus during busy days.

Image: The smartwatch showing current blood oxygen saturation (SpO2) and a smartphone app displaying a graph of blood oxygen levels over time.

Sleep Tracking

The watch automatically tracks sleep stages (deep/light sleep), duration, and overall sleep quality, helping you understand your habits and build healthier sleep routines.



Body Composition Analysis

Gain deeper insights into your body metrics, such as body fat percentage, muscle mass, and other health indicators, through body composition analysis.

Image: The smartwatch showing total sleep duration and a smartphone app providing a detailed breakdown of sleep stages and quality.

Stress Monitoring

Track your daily stress levels and better understand how your body responds to different situations. This feature provides insights into your mental well-being.

Never Miss a Call Message, or Alert

Stay informed in real-time without constantly checking your phone, making it easier to manage your day and stay connected.

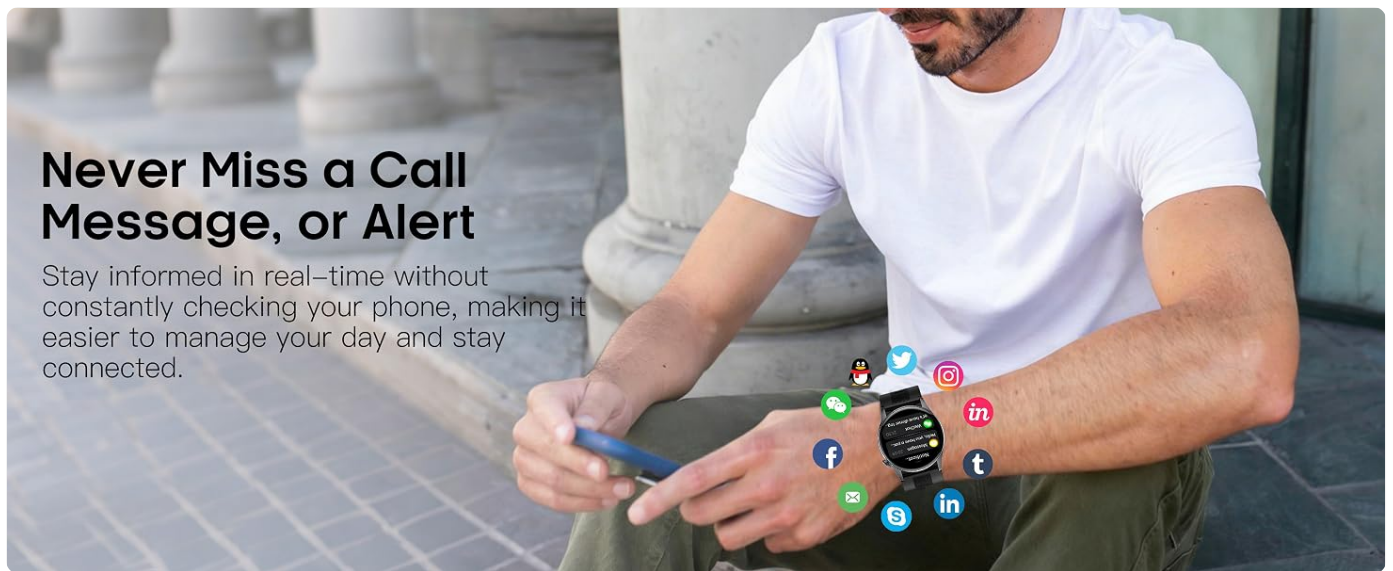


Image: The smartwatch showing a stress level reading, with a person working in the background, illustrating daily stress monitoring.

Body Temperature Monitoring

Quickly measure your body temperature and view readings directly on the watch or in the app.



Image: The smartwatch showing a body temperature reading and a smartphone app displaying a graph of temperature changes.

HRV Monitoring

By analyzing subtle changes in your heart rate intervals, the watch tracks your Heart Rate Variability (HRV) to provide a better understanding of your physical health and recovery.

340mAh

Long Battery Life

Note: Battery life depends on usage. For best results, use a 5V charger and avoid chargers over 5V/2A.



2-3 Hours
Charging time



3-7 Days
Use time



15+ Days
Standby time



Image: The smartwatch showing HRV (Heart Rate Variability) data, with a woman skipping rope in the background.

Body Composition Analysis

Gain deeper insights into your body metrics, such as body fat percentage, muscle mass, and other health indicators, through body composition analysis available in the app.

Always-On Display

The time is always visible without waking up the screen.



Image: The smartwatch showing a body composition icon and a smartphone app displaying detailed body metrics like BMI, body fat, muscle mass, and body water.

Emotion and Fatigue Detection

The watch uses advanced sensors to track subtle changes in heart rate and physiological signals, helping you understand emotional well-being and monitor your fatigue level to optimize rest and activities.

SOS Emergency Call

You can set up SOS emergency contacts in the companion G Band App. In case of an emergency, simply press and hold the side button for 3s and swipe, and the watch will immediately contact your preset emergency contacts.



Image: The smartwatch showing an emotion level reading, with a woman relaxing on a beach in the background.

Multiple Sports Modes for Every Workout

Support a wide range of sports modes designed for different workout scenarios such as running, hiking, cycling, and more. Analyzes key workout metrics like cadence, pace, and distance, helping you track progress.



Image: The smartwatch showing a fatigue level reading, with a man stretching in a park in the background.

Breathing Training

Follow the breathing pattern displayed on your watch to help you relax and improve your focus during busy days.

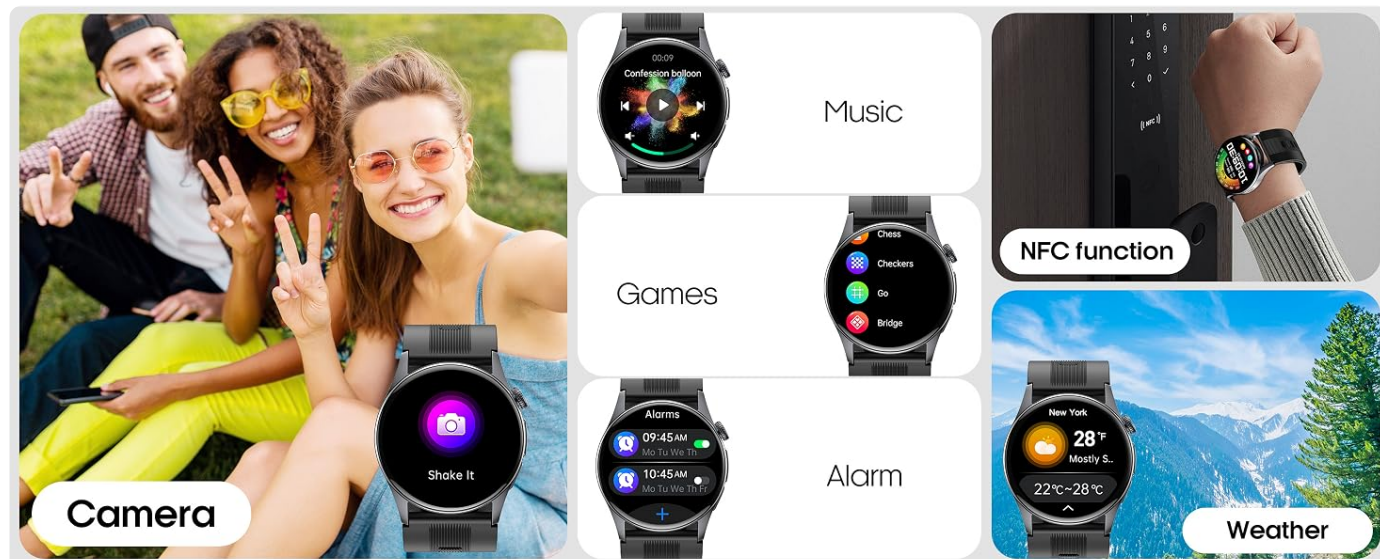


Image: The smartwatch showing a breathing exercise timer, with a woman meditating on a beach in the background.

Remote Family Care

With the accompanying G Band App, you can add family or friends and check their key health data such as heart rate and blood pressure at any time, providing peace of mind.

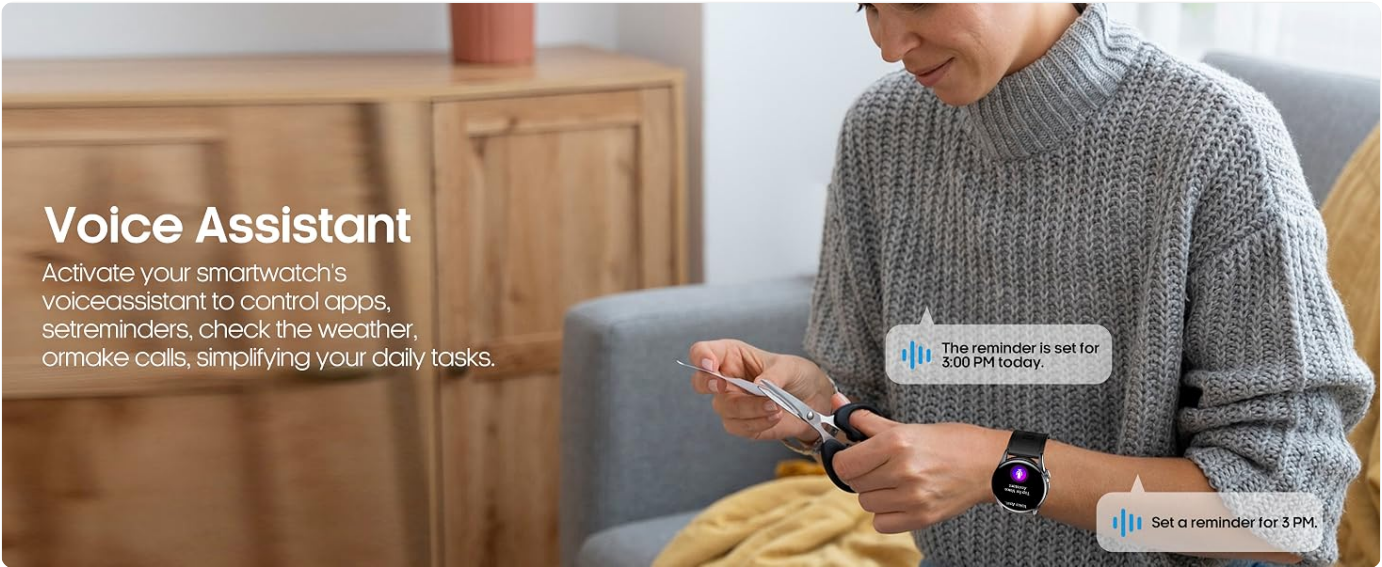


Image: A smartphone screen displaying the G Band App's remote care feature, showing health data for connected family members.

Communication Features

Bluetooth Calling

Adopting Bluetooth 5.3 technology, this smartwatch allows you to make and receive calls directly from your wrist, perfect for workouts and daily use. Ensure your watch is connected to your smartphone via Bluetooth.

Size & Package Contents



Image: The smartwatch showing an incoming call screen, demonstrating the Bluetooth calling feature while a person is driving.

Smart Notifications

Stay informed in real-time without constantly checking your phone. The watch displays notifications for calls, messages, and app alerts (e.g., Facebook, Instagram, WhatsApp, SMS).



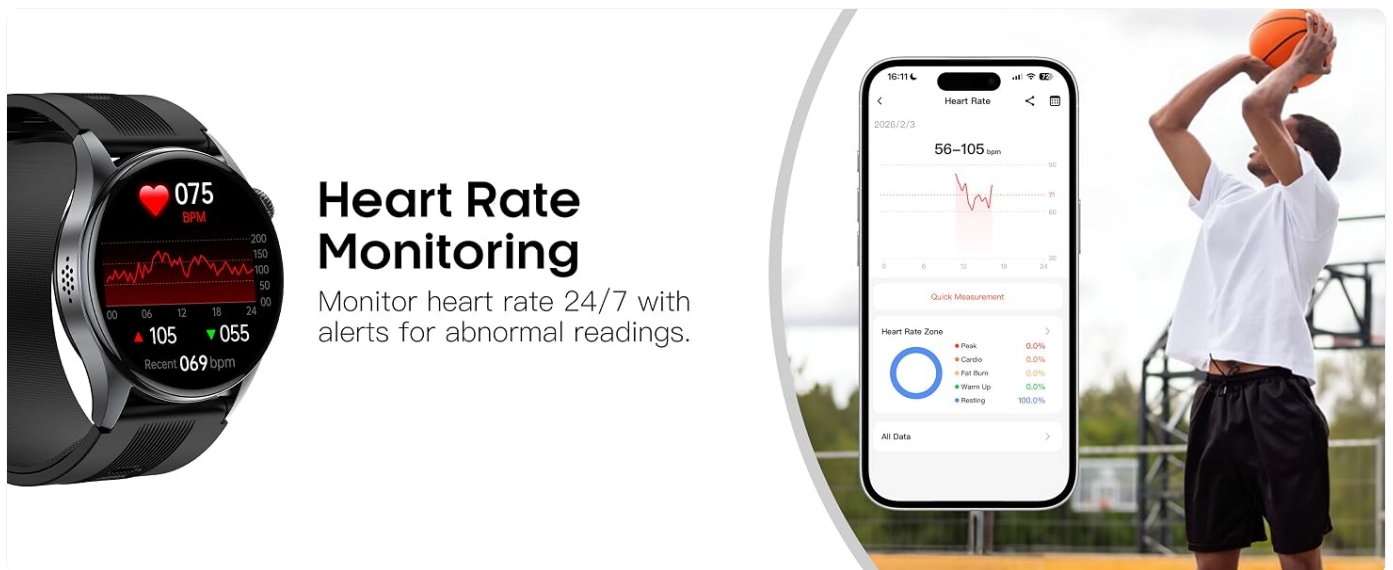
Multiple Watch Faces & DIY Dails

Swap, edit, and customize your watch faces anytime directly from the app.

Image: The smartwatch displaying notifications from various social media and messaging apps, with a person checking their phone in the background.

SOS Function

The built-in SOS call function provides an extra layer of security. You can set up to 10 emergency contacts in the G Band App. In case of an emergency, press and hold the side button for 3 seconds and swipe to immediately contact your preset emergency contacts.



Heart Rate Monitoring

Monitor heart rate 24/7 with alerts for abnormal readings.

Image: The smartwatch screen showing the SOS emergency interface, indicating a long press for 3 seconds to activate.

Voice Assistant

Activate your smartwatch's voice assistant to control apps, set reminders, check the weather, or make calls, simplifying your daily tasks.

Premium Airbag Blood Pressure Smartwatch



Image: The smartwatch showing the voice assistant interface, with a woman setting a reminder using voice commands.

Activity Tracking

Multiple Sports Modes

The fitness watch supports a wide range of sports modes for different workout scenarios such as running, hiking, cycling, and more. It analyzes key workout metrics like cadence, pace, and distance, helping you track progress.

Measurement Steps

Note: The smartwatch will provide posture suggestions during the measurement process. Please sit quietly for at least 5 minutes before measurement, keep your body relaxed, and avoid talking.

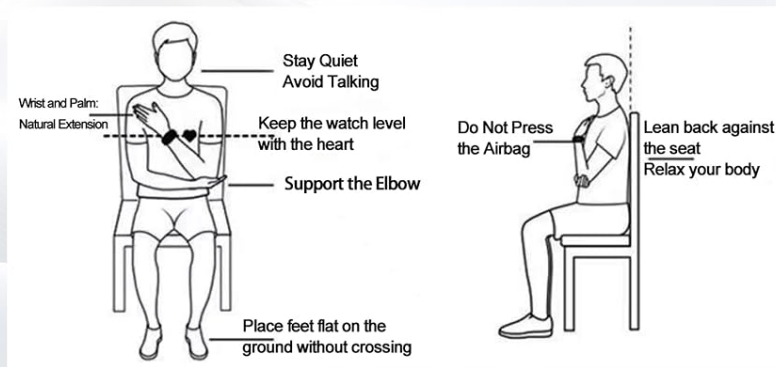


Image: The smartwatch displaying outdoor run data (time, calories, BPM) and a person skiing, illustrating sports mode tracking.

All-Day Activity Tracking

Track your daily steps, distance, calories burned, and activity time, and visualize your progress at a glance through the watch and the G Band App.

Premium Airbag Blood Pressure Smartwatch



Image: The smartwatch displaying various activity tracking metrics such as outdoor run time, calories burned, and distance covered.

MET Activity Intensity Tracking

It displays the energy you expend during exercise (Metabolic Equivalent of Task), helping you better understand your workout performance and intensity.

All-Day Activity Tracking

Track your daily steps, distance, calories burned, and activity time, and visualize your progress at a glance.



Image: The smartwatch showing MET (Metabolic Equivalent of Task) activity intensity data, with a man stretching in the background.

Other Smart Functions

The smartwatch includes practical smart functions such as a flashlight, weather forecast, alarm clock, music control, camera control, games, sedentary reminder, calculator, and stopwatch.

Premium Airbag Blood Pressure Smartwatch



Image: A collage of smartwatch screens demonstrating various features including camera remote, music control, games, alarm settings, weather forecast, and NFC functionality.

MAINTENANCE

To ensure the longevity and optimal performance of your hellibito Smart Watch, follow these maintenance guidelines:

- **Cleaning:** Regularly clean the watch and band with a soft, dry cloth. If necessary, use a slightly damp cloth and mild soap, then dry thoroughly. Avoid harsh chemicals or abrasive materials.
- **Water Resistance:** While the watch is designed for daily use, avoid prolonged submersion in water or exposure to high-pressure water jets. Do not wear it during hot showers, saunas, or diving.
- **Charging:** Use only the provided charging cable. Ensure the charging contacts are clean and dry before charging.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.
- **Airbag Care:** Handle the airbag cuff gently. Avoid puncturing or excessive bending, which could damage the inflation mechanism.

TROUBLESHOOTING

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

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with smartphone:**
 - Ensure Bluetooth is enabled on your phone and the watch.
 - Make sure the watch is within range of your phone.
 - Restart both your phone and the watch.
 - Check if the G Band App has all necessary permissions.
 - If previously paired, try unpairing and re-pairing the device through the app.
- **Inaccurate health readings:**
 - Ensure the watch is worn snugly on your wrist, not too tight or too loose.
 - For blood pressure, follow the correct posture guidelines as described in the manual.
 - Avoid movement or talking during measurements.
 - Clean the sensors on the back of the watch.
- **Notifications not appearing:**

- Ensure the watch is connected to your phone via Bluetooth.
 - Check notification settings in the G Band App and your phone's system settings to ensure permissions are granted.
 - Make sure the app is running in the background.
- **Short battery life:**
 - Frequent use of features like Bluetooth calling, continuous health monitoring, and high screen brightness can reduce battery life.
 - Adjust settings to optimize battery usage.
 - Ensure you are using a 5V charger and not one over 5V/2A.

SPECIFICATIONS

Operating System	Android (compatible with Android 8.0+ and iOS 13.0+)
Display	1.56 Inches AMOLED, 480x480 HD Resolution
Battery Capacity	340 Milliamp Hours (Lithium Polymer)
Connectivity	Bluetooth 5.3
Health Features	Airbag Blood Pressure Monitor, Heart Rate, Blood Oxygen, Body Temperature, Stress, HRV, Sleep Tracking, Emotion Detection, Fatigue Detection, Body Composition Analysis
Activity Tracking	Multiple Sports Modes, All-Day Activity Tracking (steps, calories, distance), MET Activity Intensity Tracking
Communication	Bluetooth Calling, Smart Notifications, SOS Function, Voice Assistant
GPS	GPS Via Smartphone
Additional Features	Always-On Display, Customizable Watch Faces, Music Control, Camera Control, Games, Alarm, Weather, Sedentary Reminder, Calculator, Stopwatch, Flashlight, NFC function
Manufacturer	hellibito

WARRANTY

The hellibito Smart Watch comes with a **1-year manufacturer's warranty** from the date of purchase. This warranty covers defects in materials 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.

SUPPORT

For further assistance, technical support, or warranty inquiries, please contact hellibito customer service through the contact information provided on the product packaging or the official hellibito website. Please have your product model number (B0GTQJ5XJW) and proof of purchase ready when contacting support.

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