



您好!

H53 智能手表 使用说明

尊敬的awei用户：
感谢您选用awei产品！您的选择对于我们至关重要，这意味着awei又增加了一名新用户。希望通过我们的产品和服务，为您带来上佳的体验。也希望您在产品体验过程中，通过官方客户热线、微博、微信、等提出好的意见和建议，帮助awei不断完善产品和服务。

如果您在产品使用过程中遇到任何问题，请参照服务流程，方便、快捷地获取帮助。您的支持是我们成长的动力，您的每一次认可和评价都是对awei莫大的鼓励。谢谢！

用维营销团队

介绍

非常感谢您使用awei-H53 蓝牙通话智能手表，在使用本产品之前，请仔细阅读本手册。

警告

开始新的运动项目之前请咨询您的医生。手表尽管可以监测您的心率，但不能用作任何医疗用途，它只是为了帮助人们更健康的生活，切记在开始任何运动和饮食计划前咨询医生。

附件清单

- 1X 智能手表
- 1X USB充电线
- 1X 说明书
- 1X表带(赠送)



2

如何使用

适应平台要求:

- Android 5.0及以上手机
- iOS 9.0及以上手机
- 鸿蒙4.0以上版本

APP下载方式:

- IOS/安卓手机用户:扫描上叙二维码下载安装
- 安卓:通过软件应用商店搜索“awei SPORT”下载安装应用
- 苹果:通过App store搜索“awei SPORT”下载安装

配对

打开awei SPORT应用程序 -> 在手机上激活蓝牙连接 -> 在应用程序中搜索要配对的设备(或扫描设备上的二维码) -> 在应用程序(或设备上)完成绑定。

3

屏幕操作

上/下滑动

1. 切换菜单。
2. 查看长文本/详细信息。

左/右滑动

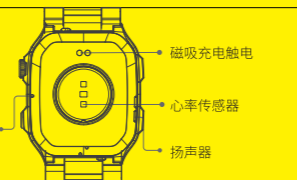
1. 切换菜单。

点击屏幕

1. 进入菜单。
2. 根据提示进行操作。

长按屏幕

1. 更换表盘。



4

物理按键操作说明

编码器表冠

旋转

1. 翻页

上按键短按:

1. 亮屏状态下，主表盘界面单击上按键，进入应用列表
2. 亮屏状态下，非主表盘非运动中界面，单击按键，返回主表盘
3. 亮屏状态下，在运动中短按暂停
4. 灭屏状态下，单击按键，亮屏

上按键长按:

1. 开机状态下，长按5s调出关机/重启界面
2. 关机状态下，长按2s开机
3. 在运动中长按按键结束运动

下按键-短按:

1. 灭屏状态下，单击按键，亮屏
2. 亮屏状态下，单击调出运动模式

下按键-长按:

1. 无

5

开机/关机

开机

1. 如图所示连接磁吸充电底座开始充电，如果手表处于关机状态，它将自动启动



2. 长按编码器表冠开机

注意:在第一次给手表充电激活时,必须使用原厂电源适配器

关机

1. 进入设置 -> 关机菜单。
2. 长按编码器表冠5s, 调出关机/重启界面, 点击关机。

6

参数规格

规格参数

- 屏幕尺寸:1.85-inch 320*385
- 电池容量:400mAh
- 使用时间:5-7天
- 防水等级:5ATM

系统要求

- 安卓5.0及以上版本
- iOS9.0以上版本
- 鸿蒙4.0以上版本

特征

“awei-H53”是一款兼具时尚和科技感的多功能智能手表，具有5ATM防水、GPS、指南针、100种锻炼模式和多个云表盘等功能特点，它支持全天心率检测和压力监测，血氧监测和睡眠监测等。有关这些功能的操作说明和常见问题解答，请打开应用程序并进入“用户指南”部分查看

7

保养和维护

使用维护三点建议:

1. 保持产品清洁;
 2. 保持产品干燥;
 3. 请勿将产品佩戴得太紧;
- * 清洁产品时请勿使用家用清洁剂。请使用不含肥皂的清洁剂。
* 对于顽固污渍，建议用酒精擦洗去除。

安全守则

- 请勿将产品及其配件放置在极端温度下，否则可能会导致产品故障、火灾或爆炸等危险。
- 保护产品免受强烈冲击或震动，以免损坏产品及其配件，从而避免产品故障。
- 请勿自行拆卸、改造产品及其配件。当产品出现故障时，请联系我们获取售后服务。

8

常见问题与解答

■ 血压数据为什么跟血压计有偏差?

手表和血压计测量数值出现的偏差是有多种因素决定的，血压计测量部位是在肱动脉，手表测量部位是在微动脉的两个主要分支，正常情况下主动脉血压测量值和微动脉血压测量值会相差三到四十；如果你是用手表和血压计同时进行测量，由于动脉里流动的是离心方向的血液，血压计测量时绑定带使你的肘正中以下部位处于受压状态，暂时血液无法顺畅的向下面的动脉分支流动；血管紧张感增加，将使上下血压测量值偏差会更大。

■ 为什么不能佩戴手表洗热水澡?

洗澡水的温度比较高，会产生很多的水蒸气，而且水蒸气又是气体，其分子半径小，容易从手表的壳体空隙渗入进去，当温度降下来后又会重新凝结成液相的水滴，容易造成手表内部线路短路，损伤手表电路板，从而损坏手表。

注:

仅适用于非浸泡式生活防水，游泳、潜水、洗澡、桑拿等不享受保修服务!

9

常见问题与解答

■ 为什么手表接收不到消息推送?

安卓手机设置:
1. 确认在手机客户端开启消息推送的开关;
2. 确认消息在手机通知栏都可以正常显示, 手表消息推送是通过读取手机通知消息进行推送;若手机通知栏没有消息, 手表将无法接收推送;
(需要在手机设置中找到通知设置, 开启微信、QQ、电话、短信、手机客户端的通知开关)

苹果手机设置:

1. 确认在手机客户端开启消息推送的开关;
2. 确认消息在手机通知栏都可以正常显示;
(需要在手机设置中找到通知设置, 开启微信、QQ、电话、短信、手机客户端的通知开关)

10

香港雅乐国际有限公司 监制

深圳市雅乐电子有限公司 出品
厂址:中国深圳市龙华区大浪裕景泰科技园

消费者服务热线/传真:

服务热线:400-998-3899
合作邮箱:yale@awei.hk
售后服务:service@awei.hk

获取更多信息请访问:

www.awei.hk



国外社区:

twitter : <https://www.twitter.com/Aweiglobal>
facebook : <https://www.facebook.com/aweiproducts>
instagram : https://www.instagram.com/awei_official

11

产品售后服务指南

一、七天包退细则

A.包退原则:用户在awei直属专营店或经awei授权的分销店所购买的产品,自购买之日起7天内,产品未受到任何人为或外力的损害而发生的产品质量问题,厂家包退货。

B.退货流程:用户将产品、包装和票据完整地拿到(或自费邮寄到)购买地点给卖家检测——卖家按质保鉴定规则检测,鉴定该产品实属产品质量问题——卖家退还用户购买产品时所付的费用。

二、十五天包换细则

A.包换原则:用户在awei直属专营店或经awei授权的分销店所购买的产品,自购买之日起15天内,产品未受到任何人为或外力的损害而发生的产品质量问题,厂家包换货。

B.换货流程:用户将产品、包装和票据完整地拿到(或自费邮寄到)购买地点给卖家检测——卖家按质保鉴定规则检测,鉴定该产品实有产品质量问题——卖家为用户更换货品并开具新票据。

三、十二个月保修细则

A.保修原则:用户在awei直属专营店或经awei授权的

12

产品售后服务指南

分销店所购买的产品,自购买之日起十二个月内,产品未受到任何人为或外力的损害而发生的产品质量问题,厂家包修。

B.包修流程:用户将产品、包装和票据完整地拿到(或自费邮寄到)购买地点给卖家检测——卖家按质保鉴定规则检测,鉴定该产品有产品质量问题——卖家填写产品质保卡并盖公章——卖家将产品邮寄给厂家维修——厂家维修好邮寄给卖家——卖家通知用户取货。

四、质保鉴定规则

A.无质保产品:包装盒、收纳袋、耳机夹、耳套等附属部件;不在三包期内的产品;非awei授权或非正规渠道所购买的产品;非awei正品;赠品;被人为损害的产品;被外力损害的产品。

B.质保鉴定:查三包期(以票据为证)——查正品(进awei官方网站查防伪编码)——查产品损坏情况(有无明显人为造成的破损、有无被水、火、化学物品或重物损害的痕迹)——查产品质量(在符合产品使用的情况下测试效果是否与产品描述相符)——查购买渠道(限厂家查证)。

13

awei产品保修卡 (请认真填写完整)

产品型号		条形码	
用户名字		用户电话	
用户住址			
商家名称		商家电话	
商家地址			
购买日期		报修日期	
损坏情况		维修时间	
备注			



Hello!

H53 Smart Watch User Manual

Dear AWEI User,
Thank you for choosing AWEI product. Your choice is crucial for us, which means AWEI has added a new user. Hope that we will bring you a good experience through our products and services. Also hope you will put forward the good advice and suggestions by official customer hotline, Weibo and Wechat in the process of product experience, which can help AWEI to constantly improve product and service.

If you encounter any problems in the using product, please refer to service process. Your support is our strongest power, also your recognition and evaluation are a great encouragement to AWEI. Thank you!

AWEI sales team

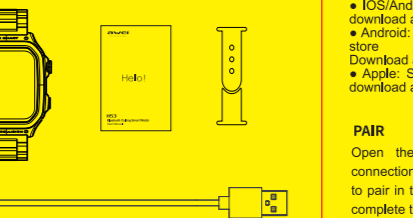
Introduction

Thank you for purchasing the model AWEI H53 Bluetooth Calling Smart Watch. Please read this manual before use.

Warning
Consult your doctor before starting a new exercise program. Although the watch can monitor your heart rate, it cannot be used for any medical purpose, it is only to help people live a healthier life, remember to consult a doctor before starting any exercise and diet plan.

Accessories List

- 1X Smart Watch
- 1X USB Charging Cable
- 1X User Manual
- 1X Watch Strap



How to use

Applicable System Requirement:

- Android 5.0 and above mobile phones
- iOS 9.0 and above mobile phones
- HarmonyOS 3.0 and above mobile phones

(APP Download Method:)



- IOS/Android phone users: Scan the QR code above to download and install
- Android: Search for "AWEI SPORT" in the software app store Download and install it.
- Apple: Search for "AWEI SPORT" in the App store to download and install

PAIR

Open the AWEI SPORT app -> activate Bluetooth connection on your phone -> search for the device you want to pair in the app (or scan the QR code on the device) -> complete the binding in the app (or on the device).

Screen Operation

Swipe up/down

1. Switch menu.
2. View long text /detailed information.

Swipe left/right

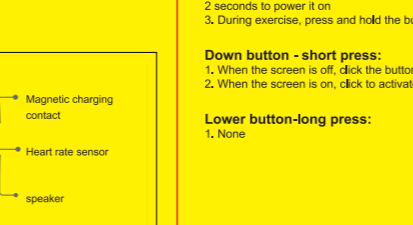
1. Switch menu.

Tap the screen

1. Enter the menu.
2. Follow the prompts.

Long press the screen

1. Change the watch face.



Physical button operation instructions

Encoder crown Rotate

1. Turn the page

Short press of the upper button:

1. When the screen is on, click the up button on the main dial interface to enter the application list
2. When the screen is on, in an interface other than the main dial or in motion, click the button to return to the main dial
3. When the screen is on, during exercise, a short press pauses.
4. When the screen is off, click the button to turn the screen on

Long press the upper button:

1. When the device is powered on, press and hold for 5 seconds to bring up the shutdown/restart interface
2. When the device is powered off, press and hold for 2 seconds to power it on
3. During exercise, press and hold the button to end the exercise

Down button - short press:

1. When the screen is off, click the button to turn on the screen
2. When the screen is on, click to activate the sports mode

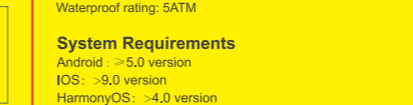
Lower button-long press:

1. None

Power on/off

Power on

1. Connect the magnetic charging base as shown in the picture to start charging. If the watch is turned off, it will automatically start



2. Press and hold the encoder crown to turn on the device

Note: When charging and activating the watch for the first time, you must use the original power adapter.

Shutdown

1. Enter Settings -> Shutdown menu.
2. Press and hold the encoder crown for 5 seconds to bring up the shutdown/restart interface and click Shutdown.

Specifications

Screen size: 1.85-inch 320*385
Battery capacity: 400mAh
Working time :5-7 Days
Waterproof rating: 5ATM

System Requirements

Android: >=5.0 version
IOS: >9.0 version
HarmonyOS: >4.0 version

Feature

"AWEI-H53" is a multifunctional smartwatch that combines fashion and technology, with 5ATM waterproof, GPS, compass, 100 exercise modes and multiple cloud dials. It supports all-day heart rate detection and stress monitoring, blood oxygen monitoring and sleep monitoring, etc. For operating instructions and FAQs for these functions, please open the app and enter the "User Guide" section to view

Care and maintenance

Three suggestions for use and maintenance:

1. Keep the product clean;
2. Keep the product dry;
3. Do not wear the product too tightly;
- * Do not use household cleaners when cleaning the product. Please use a detergent without soap.
- * For stubborn stains, it is recommended to wipe with alcohol to remove.

Safety Rules

Do not expose the product and its accessories to extreme temperatures, as this may result in product failure, fire, or explosion.
Protect the product from strong shock or vibration to avoid damage to the product and its accessories, thereby avoiding product failure.
Do not disassemble or modify the product and its accessories by yourself. When the product fails, please contact us for after-sales service.

Q&A

Why can't the watch receive message push notifications?

Android phone settings:
1. Confirm that the message push switch is enabled on the mobile app.
2. Confirm that messages can be displayed normally in the mobile notification bar. Watch message push is achieved by reading messages from the mobile notification bar. If there is no message in the notification bar of the phone, the watch will not be able to receive push notifications.
(You need to find the notification settings in your phone settings and turn on the notification switch for WeChat, QQ, Calling, and SMS mobile applications.)
3. Open the auxiliary function settings of the wristband app. Find the auxiliary function in the phone settings and open the auxiliary function settings of the wristband app

Apple phone settings:

1. Confirm that the message push switch is enabled on the mobile app.
2. Confirm that the message can be displayed normally in the mobile notification bar (you need to find the notification settings in the mobile settings, turn on WeChat, QQ, Calling, SMS, and the notification switch on the mobile app)

Products after-sales service

1. 7 Days Refund Policy

- A. Guarantee of Refund: Within 7 days since the date of purchase, the manufacturer promises to refund if the product bought from AWEI immediate store or authorized distributor shops is in quality problem (artificial and external force damage excluded).
- B. Refund Procedure: Please take the product, whole set of package and original invoice to (or please freight pre-paid to) the shop you bought the product for checking. The seller will check by Quality Assurance Identification Rules to clarify the problem. If yes, the seller should refund the money to the user paid for the product.

2. 15 Days Replacement Policy

- A. Guarantee of Replacement: Within 15 days since the date of purchase, the manufacturer promises to replace if the product bought from AWEI immediate store or authorized distributor shops is in quality problem (artificial and external force damage excluded).
- B. Replacement Procedure: Please take the product, whole set of package and original invoice to (or please freight pre-paid to) the shop you bought the product for checking. The seller will check by Quality Assurance Identification Rules to clarify the problem. If yes, the seller should replace the product and issue a new invoice to the user. Freight arrangements please check with the shop you contact.

3. Twelve-Month Warranty Policy

Supervised by H.K. Yale International Co., Ltd
Produced by Shenzhen Yale Electronics Co., Ltd
Factory Add: 4th Floor, Building 2, Yujingtai Industrial Park, Huaxing Road, Longhua District, Shenzhen, China.

Customer service hotline:
Hotline: 400-998-3899
Cooperation mailbox: yale@awei.hk
After-sales service: service@awei.hk

For more information please visit:
www.awei.hk

Contact:
twitter : https://www.twitter.com/aweiearphone
facebook : https://www.facebook.com/aweiprducts
instagram : http://www.instagram.com/aweiearphone

Products after-sales service

4. Quality Assurance Identification Rules

- A. Quality Assurance is NOT applicable to those items: accessories like packing box, pouch, ear clip and earmuffs; product beyond warranty period; product got from unauthorized agents or informal channels; fake AWEI product; AWEI premium; artificial damaged product; external force damaged product.
- B. Quality Assurance Identification Procedure: Check warranty period (by original invoice) —— confirm original product (check security code on AWEI official website) —— check product damage (clarity artificial damage and external force like water, fire, chemicals or weight crush damages) —— check product quality (to confirm if the testing result is conform to description) —— check buying channel (subject to manufacturer's verification).

AWEI Warranty Card (please fill this carefully)

Model No.		Barcode	
User Name		TEL	
Address			
Seller		Seller Tel	
Seller Add			
Date of purchase		Date for Maintenance	
Damage situation		Maintenance time	
Remark			