



For all kinds of music

Hello!

H57 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 H57 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



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Connect the watch

- Watch app download**
Scan the QR code below to download and install the watch app.

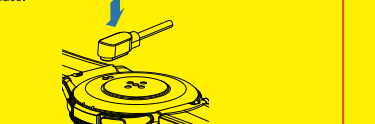


AWEI FIT APP

Scan the code to download the mobile app

Charging

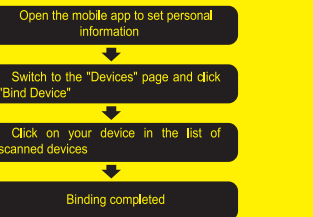
Before using the watch for the first time, it needs to be charged and activated.
Using the equipped magnetic charging cable to attach to the metal contact on the back of the watch, and connect the other end of the charging cable to a USB charging head or computer USB interface.



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How To Use

- Watch app download**
Scan the QR code below to download and install the watch app.



In the watch settings menu, the MAC address of the watch will be displayed on the interface, and your device can be determined by the MAC address in the device list; After the watch is successfully bound, every time the app is opened in the future, the watch will automatically connect to the phone, and data can be synchronized by pulling down the data page on the app.

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How To Use

Watch Operation Guide



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How To Use

Introduction to Call Functions

After connecting the watch to the phone, you can use the watch to dial and control the phone to make calls, and you can also answer calls from the phone on the watch.

You can also view the call history information of the watch. When using the call function, it is necessary to ensure that the connection between the watch and the phone is stable.

Introduction to Watch Functions

Heart rate
The watch can record and display 24-hour heart rate values throughout the day. Click on the heart rate interface to measure the current heart rate value. More detailed information analysis and data records can be viewed in the app.

Blood oxygen
Click on the blood oxygen interface to measure the current blood oxygen value. More detailed information analysis and data records can be viewed in the app.

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How To Use

Blood pressure

Click on the blood pressure interface to measure the current blood pressure value. More detailed information analysis and data records can be viewed in the app.

Sports information

The watch can record and display the number of steps taken each day, heat consumption and mileage information. More detailed information analysis and data records can be viewed in the app.

Exercise

Multiple sports modes are available to choose from, including walking, running, cycling, basketball, football, badminton, jump rope, and swimming. More detailed information analysis and data records can be viewed in the app.

Sleep

The watch can record and display the total duration of sleep last night, as well as the duration of deep and light sleep. More detailed information analysis and data records can be viewed in the app.

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How To Use

Music control

After connecting the phone, the watch can control the music player on the phone.

Camera control

After connecting the phone, the watch can serve as a remote control for the phone's camera. After opening the camera on the phone, click on the camera control page of the watch to trigger the phone camera shutter.

Message push

The watch can receive notifications and push notifications displayed on the phone. The push item switch can be set in the app. The watch message page can store the last 5 message records.

Other functions

Other features of the watch include a stopwatch, alarm dock, timer, brightness adjustment, vibration switch, cinema mode reset to factory settings, and shutdown operation.

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How To Use

Weather information

The weather page will display current weather, air quality information, and tomorrow's conditions. The weather information needs to be connected to the app before data can be obtained. If the connection is disconnected for a long time, the weather information will not be updated.

Long sitting reminder

After sitting for an hour, the watch will prompt you to get up and walk. The sedentary reminder function can be set on/off in the app.

Water reminder

The watch will prompt you "It's time to drink water," at the planned drinking time. The water reminder function can be set in the app.

Period

The menstrual period and ovulation period can be set in the customer period to remind and predict the ovulation peak.

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Specifications

Specifications
Screen size: 1.43-inch AMOLED
Battery capacity: 300mAh
Working time: ~7-9 Days
Waterproof rating: 3ATM

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

Q&A

Why can't I wear a watch to take a hot shower?
The temperature of shower water is relatively high, which generates a lot of water vapor. Moreover, water vapor is in the gas phase and has a small molecular radius, making it easy to penetrate through the gaps in the watch casing. When the temperature drops, it will condense back into liquid droplets, which can easily cause short circuits in the watch's internal circuit, damage the watch's circuit board, and ultimately damage the watch.

Note:
The waterproof is only for non-underwater life scenarios. Swimming, diving, boating, sauna etc do not meet the warranty terms.

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Q&A

Why does the blood pressure value deviate from the blood pressure monitor?
The deviation in the measurement values of watches and blood pressure monitors is determined by various factors. The measurement site of blood pressure monitors is in the brachial artery, while the measurement site of watches is in the two main branches of the arterioles. Under normal circumstances, the measurement values of aortic blood pressure and arterial blood pressure will differ by 30 to 40 mmHg. If you use a watch and a sphygmomanometer to measure simultaneously, due to the centrifugal direction of blood flowing in the arteries, the strap on the sphygmomanometer during measurement puts pressure on the area below the center of your elbow, temporarily preventing smooth blood flow to the arterial branches below. An increase in vascular tension will result in greater deviation in upper and lower blood pressure measurements.

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)

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Safety And Maintenance

Please read suggests below in order to help prolong the product lifespan and clearly understand the warranty clauses.

- ★ Keep the product dry, do not put it in humid circumstance to avoid short circuit.
- ★ Do not expose it to the sun or high heat. High heating will short lifespan of electronic components, damage battery and deform some plastic parts.
- ★ Do not put it in cold circumstance to avoid damage to PCB board.
- ★ Do not attempt to take apart the product, especially non-professionals.
- ★ Do not fall, vibrate strongly, strike with hard objects, to avoid damage to inner electronic circuit.
- ★ Do not use high chemical products, detergent to clean the item.
- ★ Do not scratch the surface with sharp items to avert damaging the case and appearance.
- ★ Do not make it charging 10 hours continuously for the sake of lifespan.

If the product can not work properly, please send it to AWEI authorized maintenance agents. Our staff will help to solve the problems for you.

Statement: In order to improve product performance we will upgrade products, the content may change without notice, pls forgive! Thank you for your purchase.

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For more information please visit:
www.awei.hk



AWEI WeChat

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

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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			

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