Wearable Health Tracker User Manual

Model: HealthWear X1
Version: 1.0

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1. Introduction

Thank you for choosing the HealthWear X1! This device helps you track your health and fitness stats in real-time. Please read this manual carefully before use.

2. Product Overview

- OLED Touchscreen Display
- Heart Rate Sensor
- Step Counter
- Sleep Monitor
- Wireless Charging
- Water Resistance (IP67)

3. Getting Started

1. Charge your HealthWear X1 using the provided charger.
2. Download the companion app from the App Store or Google Play.
3. Pair the device with your smartphone via Bluetooth.
4. Follow on-screen instructions to complete setup.

4. Basic Operations

- **Power On/Off:** Press and hold the side button.
- **Wake Screen:** Tap the display or raise your wrist.
- **Navigate:** Swipe left/right to access features.
- **Select:** Tap icons to open corresponding features.

5. Health Features

- **Heart Rate Monitoring:** Check real-time heart rate from the "Heart" screen.
- **Step Tracking:** View daily step count and distance covered.
- **Sleep Analysis:** Monitor sleep duration and quality each night.
- **Activity Reminders:** Set alerts to keep moving throughout the day.

6. Charging & Battery

- Attach the tracker to the charger using magnetic pins.
- Full charge takes approximately 2 hours.

- Battery lasts up to 7 days on typical use.
- Avoid exposure to extreme temperatures during charging.

7. Safety & Maintenance

- Keep device dry and clean.
- Do not wear for extended periods if skin irritation occurs.
- Use damp cloth for cleaning; avoid harsh chemicals.
- Keep away from strong magnetic fields.

8. Troubleshooting

- **Device won't turn on:** Charge your device fully.
- **Bluetooth not connecting:** Restart both device and smartphone.
- **Data not syncing:** Ensure internet connection and restart app.

9. Warranty & Support

- One-year limited warranty from date of purchase.
- Contact customer support via app or website for assistance.