

90mm

- Open the package and connect the strap to the smartwatch by following the steps:
 
 - Wear the watch. Press and hold the button to turn on the watch.
 
 - Open the H2Wear app on your smartphone to pair and set up your device.
 
 - To change the display, press the button.
 



Swipe Down:
Open the quick settings menu.

- Press and hold for 3 seconds: (Reboot, Power Off, S.O.G.I.)
- Short Press/Touch on the screen when it is off. Turns off the screen when it is on.

Rotary Knob:

- On the Watch Face: Rotate to cycle through different watch faces.
- In the App List: Rotate to scroll through and preview the list of applications.
- General Navigation: Rotating the knob can be used to scroll up and down in any list. Rotating the knob can be used to scroll left and right in any interface.

Throne Screen Touch Gestures:

- **Swipe Right:**
Opens the Quick Access Panel (e.g., status tiles). Swipe left to return to the watch face.
- **Swipe Left:**
Enters the **Widget Gallery** (any system with 6 widgets). To add a widget, Press and hold any widget – press the “+” icon at the top.
- **Open the Notification Center (displays up to 6 recent messages):**
Swipe down to return to the watch face.
- **Swipe Down:**
Opens the **Control Center** (quick settings) Swipe up to close and return to the watch face.

- Before using the device, **please** charge it to activate, turn it on, and then **place** the wireless charger on the back of the watch.
- Search for "H2 View" in your app store (App Store, Google Play, etc.) or scan the QR code to download and **install** the application.

Scan to download
"H2 View"

- Log in to "H2 View" and grant **all** required permissions.
- Add Device: Go to "Device" > "Add Device". The app will search devices. Select yours from the list and confirm pairing on both devices.
- QR Method: Alternatively, find "QR Code" in the watch's Settings. Scan it with the app's scanner to connect.

Scheme	Bluetooth	APP	M2 Wear
Screen	1.46 inch	PIX	360 * 360 px
System	Android 4.4 and above and IOS 8.0 and above	Bluetooth Version	BLE 5.3
Chip	AB5491F	PPG Chip	HRS 3602
Battery	250 mAh	Memory	64 M
Standby Time	35 Days	Battery Life	7-10 Days

Charging Way	Wireless Magnetic Charging	Motor/V	Built in, Vibration Reminder
Waterproof Level	IP 67	Material	Zinc alloy + Plastic
Sensor	Support	Watch Size	48 mm*55 mm
Band Width	22 mm	Giftbox Size	203 mm * 103 mm * 29 mm
Packing Weight	207.5 g	Weight of Single Head + Strap	67.2 g

[illegible]

- [illegible]

Place the back of the watch on the surface of the wireless charger to begin charging, and the charging indicator **W** will appear on the watch screen.



1. Do not charge the watch in wet or humid environments.
2. Please ensure the back of the watch and the surface of the wireless charger are clean and in full contact.
3. Regularly clean the back of the watch and the surface of the wireless charger with a soft, clean cloth to ensure full contact for proper charging.
4. This product does not include a power adapter. For safety, charge using USB port or a power adapter with output of 5V/1A. Always purchase adapters from reputable sources to avoid risks of explosion or fire from low-quality products.

When connected to your phone, the watch syncs data via Bluetooth in real-time, including weather updates, notifications, and health/activity data. Note: Data will not sync if the connection is lost or Bluetooth is turned off.

1. The measurements provided by this product are for reference only and are not intended for medical use or diagnosis. Please follow your doctor's guidance. Do not use these measurements for self-diagnosis or treatment. 2. This product has a water resistance rating of IP67. It is not suitable for deep-water diving or prolonged submersion. Avoid contact with hot water as steam may damage the device. 3. Our company reserves the right to modify the content of this manual without prior notice. Some features may vary depending on the software version, which is normal.

Product Name: Smartwatch
Case Material: Zinc Alloy
Display Material: Liquid SDCone
Bluetooth Version: Bluetooth 5.3
System Requirements: Android 5.0 or iOS 10.0 and later



FCC Warning:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.