

***Popglory***®

**Smart Watch**

User Manual

Item Model: P22

## ◆ Appearance Introduction



### Full Touch Screen

(The user can use the touchscreen to react to what is displayed.)

### Side Button

(Press and hold the side button for three seconds to power on/off.)



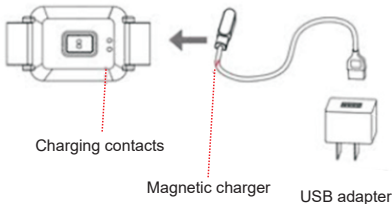
### Charging contacts

### Green light sensor

## ◆ How to Charge

**Please carefully follow the instructions below.**

- 1, In a well-ventilated area, please place the magnetic charging cable (included), a USB adapter on a flat surface.
- 2, Please place the P22 watch magnetic charging cable on the back of the P22 Watch. Make sure the charging contacts correctly attach to the back of the watch by magnetic force.
- 3, Connect it to the power adapter.
- 4, Connect the adapter to the power outlet.



**Important Note:** Use the original charger provided with the watch to avoid any charging issues.  
**Charging Time:** It typically takes 2-3 hours to fully charge the watch.

## ◆ Functions Introduction



Home screen: Shows date, time, steps, calories, etc.



View exercise data: Tap "EXERCISE", choose one physical training, the watch shows exercise time, heart rate, calories, etc. You can end or pause the current exercise mode by tapping the two icons in the upper right corner.



Heart rate: Tap "HR" icon to start to measure your current heart rate. You can view more heart rate data in the app HeroBand III.



Blood oxygen: Tap "SpO2" icon to start to measure your current blood oxygen. You can view more blood oxygen data in the app HeroBand III.



Steps: Record the current steps, calories, time and distance.



**Sleep data:** Wear the watch to fall asleep, and P22 Watch can track your sleep. After waking up, tap the "Sleep" icon to learn how long you slept and check your sleep trends for the past 7 days in the app HeroBand III.



**Blood pressure:** Tap "BP" icon to start to measure your current blood pressure. You can view more blood pressure data in the app HeroBand III.



**Exercise:** Tap "EXERCISE" icon, choose one physical training. The watch supports 7 sport modes like walking, running, cycling, skipping, badminton, basketball and football. Under one exercise mode, it will record exercise time, heart rate, calories, etc.



**Check weather conditions:** Check the current temperature and weather conditions of the day, as well as tomorrow's weather forecast. **N OTE:** This function requires to connect the APP, and turn on the GPS of the phone, allow the APP to have the permission to obtain the location of the phone.



Remote camera: Tap "SHUTTER" in the app HeroBandⅢ after connecting the watch with your phone, then you can use the watch to take a photo by clicking the "camera" icon on the watch screen or shaking your watch.



Settings: Tap "Settings" on the screen, you can adjust the screen brightness/set silent mode/custom watch face/reset/power off.



Message notifications: The watch can display text messages, calls and App notifications such as Facebook, WhatsApp, Twitter, etc. NOTE: This function requires to connect the APP, and tap "NOTIFICATIONS", turn on the push function in the app HeroBandⅢ.



Music control: You can play/pause music when paired with your phone. You must open the phone player before you use the feature.



Timer: Tap "Timer" on the screen to use the stopwatch function. Swipe left to exit the function.

## ◆ App Installation

The compatible App is HeroBandⅢ. You can directly scan the following QR code to download the App with your phone. For iPhones, you can also search for HeroBandⅢ in the App Store.

You can connect the watch with phone in the App to get better use. (Tip: Don't connect the watch with Bluetooth directly. Please bind the watch with App.)



**Supported Devices:** The sport watch is compatible with iOS 9.0, android 4.4 and above smartphones.

**Supported Phone Models:**

**iOS Devices:**

iPhone 16 Series iPhone 15 Series iPhone 14 Series

iPhone 13 Series

iPhone 12 Series iPhone 11 Series iPhone XR/XS Series

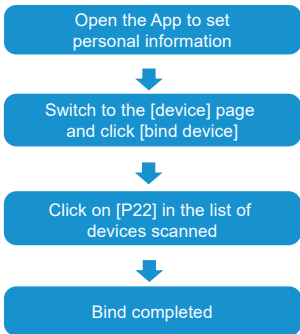
**Android Devices:**

Samsung Series

Google Pixel/ Nexus, Microsoft, Huawei, Xiaomi, HTC and More.

**Important Note:** Please check the compatibility of your device before purchasing to ensure optimal performance.

## ◆ How to Connect



**Note:** When the phone is connected to the watch, it needs to keep the Bluetooth of the phone on. Make sure there is no other matching device in the Bluetooth of the phone. Don't connect to your mobile phone directly via Bluetooth.

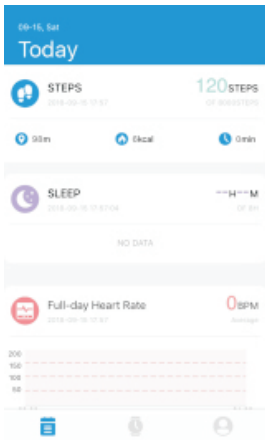
### Troubleshooting:

- Ensure both the watch and phone are within 1 meter of each other.
- Restart both devices if the connection fails.
- Check if the phone's Bluetooth is enabled and not connected to other devices.

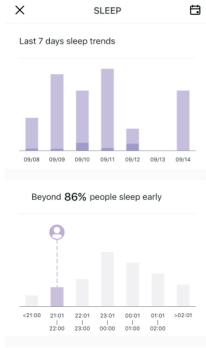
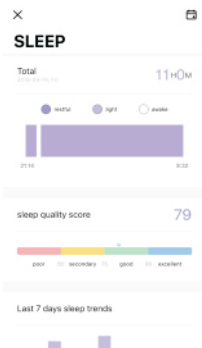


## ◆ App Instructions

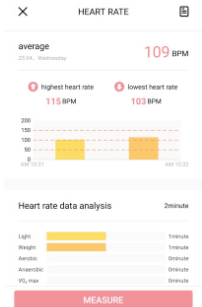
1. Enter the App and pull down on the main page to update the data.



2. Click the steps, sleep and other functional modules, view current or recent exercise and sleep data.



3. Click the exercise/heart rate/blood pressure modules to check current or recent data. You can also measure the heart rate and blood pressure in the app. The test data will be automatically saved in the app.



### Setting the Time and Sync Data:

- Connect the watch with app to sync the time.
- Pull down the home interface of app to synchronize the data, including the time, date, etc.

### Measuring Blood Pressure:

- Place the watch on your wrist and ensure it is snug but not too tight.
- Open the HerobandIII app on the watch.
- Follow the on-screen instructions to start the blood pressure measurement.

### Troubleshooting:

- If the watch does not sync data, ensure the phone and watch are connected and the app is updated.
- If the blood pressure measurement is inaccurate, ensure the watch is correctly positioned on your wrist.

## ◆ Attention

1. Use the matching charging cable for charging.
2. This product is an electronic monitoring product, which can not be used as medical treatment. The data is for reference only.
3. Don't wear this device when bathing or swimming.

## ◆ FAQs

Q: How to connect with mobile phone?

1.Download HeroBandIII then turn on bluetooth of your phone(Scan the QR code in the manual to download it).

Don't connect the device in Bluetooth.

While keeping the Bluetooth on, please bind the watch in the APP, Connecting the watch in the Bluetooth list directly is not available.

2.Please allow all notifications. When you turn on the app for the first time, it will search the device automatically. Keep the fitness tracker near your phone. Select your device after it shows on the app then confirm the device. You can pull down the homepage to synchronize the data.

Q: Inaccurate measurement results

The following suggestions can make your measurement results more accurate

1.Wear the watch correctly: The wearable device must fit the wrist skin and keep the arm still during the measurement.

2. In order to make the measurement results accurate, it is recommended that you measure blood pressure after wearing for 3-5min.

3. Please fill in your personal physical information correctly, which will make the step counting function more accurate.

Q: How to change the time?

The time of watch will keep the same as the time of phone.

1. Set time in your phone
  2. Connect the watch with app
  3. Go to "Homepage" and pull down to sync the data.
- Then, the watch will show the same time as the phone.

Q: Can not receive message notification

1. Connect the watch with app and turn to "Watch" → "Notification"
2. Choose the program you want to receive messages. For example, if you want to receive Facebook notification, turn on "Facebook" and allow notification then go to "Homepage" to pull down screen to sync the data.
3. Please confirm whether the message can be displayed normally in the notification bar of the phone. The watch receives messages by reading the notification bar of the phone. If there is no notification message on the phone, the watch will not receive the message.

Q: Why won't my watch charge?

- 1. Ensure you are using the original charger and that the charging port is clean. If the issue persists, contact our customer support.

Q: My watch won't connect to my phone. What should I do?  
- 1. Ensure both devices are within 1 meter of each other, and the phone's Bluetooth is enabled. Restart both devices and try again.

Q: The watch screen turns off too quickly. How can I fix this?  
- 1. Go to the settings menu on the watch and adjust the screen timeout settings.

Q: The blood pressure reading seems inaccurate.  
1.Wear the watch correctly: The wearable device must fit the wrist skin and keep the arm still during the measurement.  
FAQS1. Use the matching charging cable for charging.

2.This product is an electronic monitoring product, which can not be used as medical treatment. The data is for reference only.

3.Don't wear this device when bathing or swimming.  
Attention: In order to make the measurement results accurate, it is recommended that you measure blood pressure after wearing for 3-5min.  
Please fill in your personal physical information correctly, which will make the step counting function more accurate.

Q: About music control, weather and camera  
When the watch is correctly connected to the phone, click the corresponding button to use the above three functions normally.

Please allow the app to start automatically and run in the background. Because your phone may automatically clear programs running in the background, which will cause the above functions to be unavailable and no notifications will be received.

For more information, please contact us by  
e-mail: **info@Popglory.top**

Our formal website: **www.Popglory.top**



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