

The background features several large, semi-transparent geometric shapes. On the left, a cyan diamond shape is partially visible. On the right, a blue diamond shape and a purple diamond shape are partially visible. At the bottom center, a light blue triangle points upwards. These shapes are arranged around the central text.

# DIZO Watch 2

Training Material

Lenson.Li  
DIZO



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**Design**

**01**

**Design**

# Design



Classic Black



Golden Pink

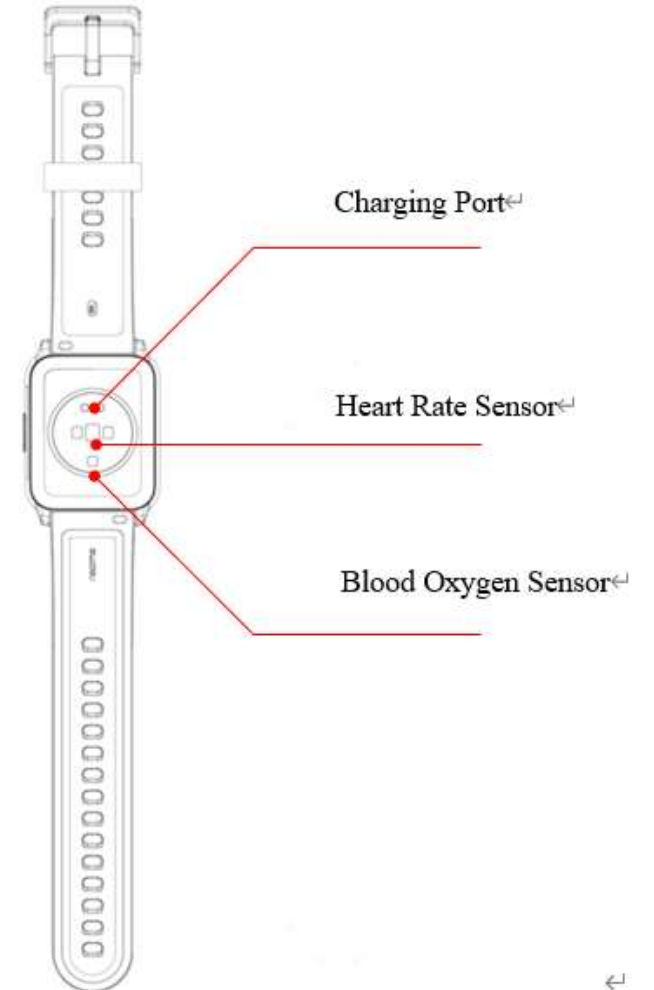
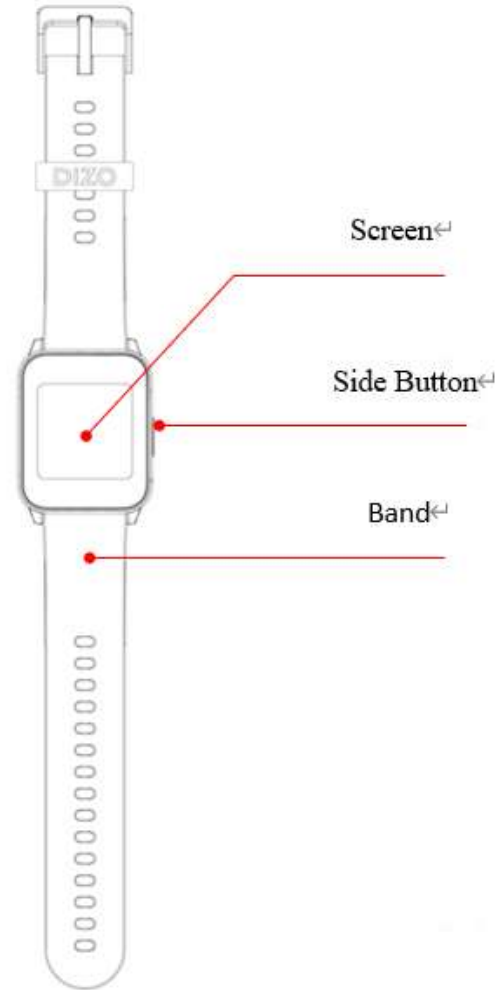


Silver Grey



Ivory White

# Design



02

## Parameters

# Parameters



Category	Items	English	Remark
Appearance	Product Name (Marketing name)	DIZO Watch 2	
	Product Model (Internal name)	DW2118	
	Color	Classic Black/Dark Green/Mint Green/Silver Grey/Golden Pink/Ivory White	Red font is the first listing color
	Size	258.00mm*38.80mm*12.20mm ( 51.44mm*38.80mm*12.20mm )	With strap (Watch body only)
	Weight	52.5g ( 38g )	With strap (Watch body only)
	Button	1 button	
	Wristband type	Detachable watch band	
	Wristband width	20mm	
	Wristband material	Silicone	
	Adjustable wrist strap length	150-215mm	
	shell material	Zine-alloy	
Hardware	Cover material	glass	
	MCU	RTL8762CK	
	Flash	128Mb	
	PSRAM	N/A	

# Parameters



Category	Items	English	Remark
Screen	Display Type	TFT	1.69 inch high brightness and low power consumption screen
	screen size	1.69inch	
	Resolution	240*280	
	Number of screen colors	262K	
	Screen luminance	600nits	1.69 inch high brightness and low power consumption screen
	Touchscreen type	OGS	
Watch faces	Live Watch faces	N/A	
	Watch faces	100+	Number of built-in dials : 5 Default dials 4 + 1 custom dial
Sensor	Accelerometer sensor	STK8321	
	Geomagnetic sensor	N/A	
	Gyroscope sensor	N/A	
	Heart rate sensor	VC32S	
	Wearing monitoring sensors	Support(VC32S)	
Battery	Charging Type	Magnetic suction charging	
	Theoretical charging time	2-2.5H	



# Parameters



Category	Items	English	Remark
Featrures	Sport Functions	Outdoor Run, Outdoor Walk, Outdoor Cycle, Indoor Run, Strength Training, Football, Basketball, Cricket, Badminton, Jump Rope, Rowing, Matching, Elliptical, Yoga, Mountaineering, Free Training	15 sports modes
	Health monitoring	Automated heart rate measurement, 24-hour heart rate measurement , resting heart rate, exercise heart rate, blood oxygen measurement, sleep detection, steps throughout the day, calories, distance, water reminder, sedentary reminder, activity records	Water reminder, sedentary reminder and other switches can only be set on the APP, not in the watch.
	Other Features	music control, camera control, find phone, meditation, 12/24-hour, stopwatch, clock, weather forecast, date display, dial, cloud multi-dial, custom dial, OTA upgrade, multi-language UI interface, multi-language, multi-language UI interface, data storage, all-day data, call notification, message reminder, alarm reminder, step goal completion reminder, binding confirmation reminder, low battery reminder, brightness adjustment, shake adjustment, wear monitoring, lift wrist to wake screen, power saving mode, no disturb mode, quick setting, Female cycle	

# Parameters



Category	Items	English	Remark
Other	Vibration motor	0820 flat motor	
	Water Resistance Rating	5ATM	Note DIZO laboratory test results, can not press the button underwater, can not be used in a steam environment, such as when steaming sauna.
	Working temperature range	0~45℃	
	Storage temperature range	-20~60℃	
	Pay	N/A	
	Bluetooth	BLE 5.0	
	APP	DIZO APP	
	System Support	Android5.0 and above/iOS9.0 and above	
	NFC	N/A	
	GPS	N/A	
	Packing list	Color box, charging cable, manual	
Language	System Language	English (default), Japanese, Russian, Indonesian, Vietnamese, Thai, German, French, Italian, Spanish, Dutch, Turkish, Polish	
	APP Language	English (default), Japanese, Russian, Indonesian, Vietnamese, Thai, Chinese, German, French, Italian, Spanish, Dutch, Turkish, Polish	

03

## User guide

# User guide

## Paring

### Download DIZO app

The Watch needs to be used with DIZO app. You can download DIZO app in the following ways:

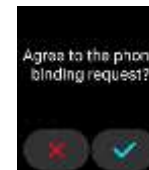
- Search for and download DIZO app in Google Play or App Store
- Scan the QR code of the watch for download and installation



### Bind the Watch

Enter the language selection screen after power on

- Scan the QR code to download DIZO app. If you have downloaded and logged in, scan the QR code to enter the binding process.
- Tap ✓ to enter the watch face after successful binding.



# User guide

## Firmware Update

Update the firmware version in time through DIZO app push to get a better experience

- After the watch is connected to DIZO app, a message will pop up in case of new firmware updates. Please tap “Update”.
- The Watch will start to download the firmware update package
- After the firmware package is downloaded, the watch will automatically enter the update process and resets after the update is successful.
- When the watch face is displayed, the update is completed.



# User guide

## Basic Operations

### Screen Gestures

- Slide down on the watch face to view the message list
- Slide up on the watch face to open the app list
- Slide left on the watch face to view the Shortcuts Cards
- Slide right on the watch face to enter the Quick Control Center
- Long press the watch face to switch watch faces



### Side Button

- When the watch is off, press the button to wake the screen.
- Press the button on other pages to return to the watch face
- During exercise, press the button, and the pause prompt pops up
- Long press the button for 3 seconds to power off

04

## Features



## 4.3cm (1.69") 2.5D Bright Full Touch Display

600nits  
Brightness

240\*280  
resolution

- Large touch screen with high solution can provide clear display and a more natural view
- Support full-screen touch
- Interface interaction is simple and user friendly, easy to use



# Watch Faces



## 100+ Stylish Watch Faces

- Over 100 dials, meets the fashion aesthetics and color pursuits of different groups of people

## Customizable Watch Face

- Three customizable watch faces with user-defined text styles, backgrounds, time positions.

\*Watch face and customizable watch face need to sync in the DIZO App



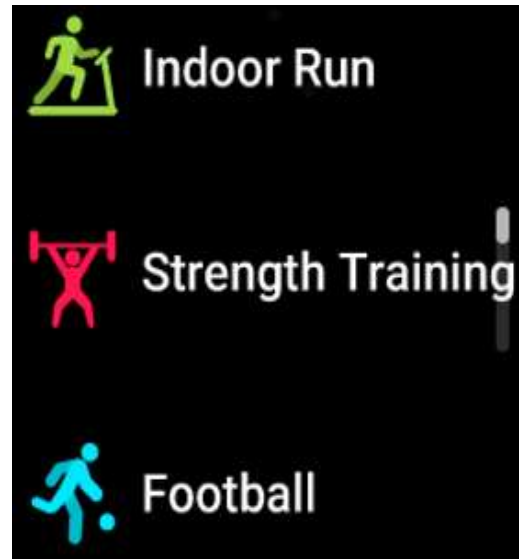
## 260mAh Battery

Featuring a 260mAh high efficient battery which can support for 10 days battery life

## Battery Optimization

Using low-power consumption chip and Bluetooth 5.0 to optimize the battery

# Sport Modes



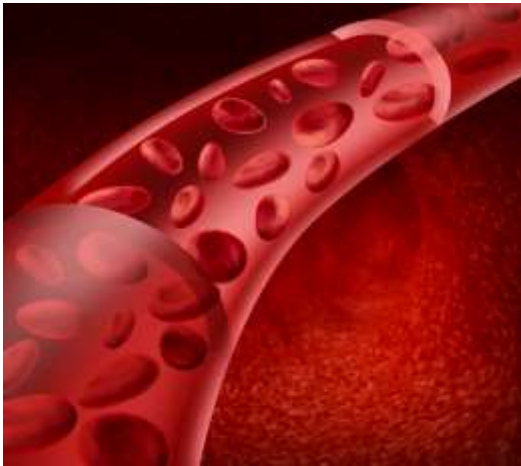
More

## 15 Sports Modes

- Supports recording daily and weekly total **exercise time** and **total calories burned**
- Supports recording the daily and weekly **exercise duration** and **calorie consumption** in a specific exercising mode

# Monitoring

DIZO Watch 2 can help to conduct these monitoring



Blood Oxygen Monitoring



Real-time Heart Rate Monitoring



Sleep Monitoring

# Blood Oxygen Monitor

What is blood oxygen?

Blood oxygen level is the amount of **oxygen circulating in the blood**. It can be a comprehensive known reference data for medical treatment

Who need to pay attention to blood oxygen situation?



Snoring people



Excessive mental workers



Elderly or ventilator users



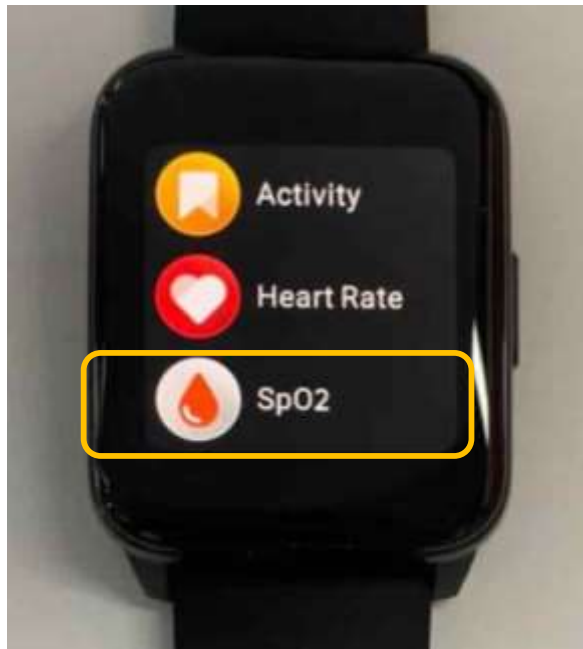
When drinking



People in high altitude/plateau hypoxia environment

# Blood Oxygen Monitor

How to use ?



*Click the "SpO2"*



*Follow the instruction*



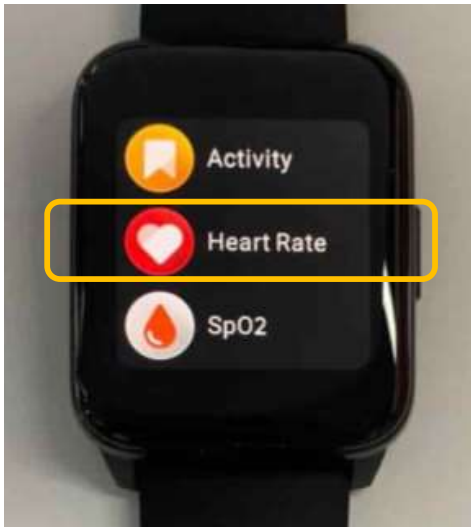
*The watch starts measuring*

# Real-time Heart Rate Monitor

## Why is it important to monitor the heart rate?

- The heart rate shows the health situations of heart. Unusually high or low heart rates and irregular heart rhythms (known as arrhythmias) could be signs of a serious condition
- The DIZO Watch 2 can monitor the heart rate continuously by advanced PPG sensors

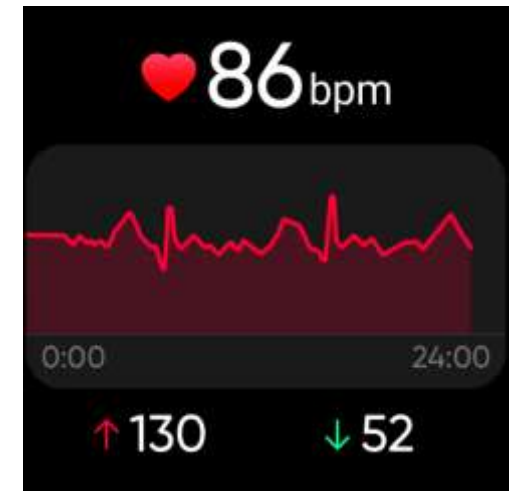
## How to use ?



*Click the “Heart Rate”*



*Follow the instruction*



*The result will be displayed automatically*





# Sleep Monitor

Accurately record sleep information every night:

Deep sleep, shallow sleep, heart rate, and other data analysis

**It helps you to adjust sleep habits and improve sleep quality**



## 5ATM Water Resistant

Do not need to take off the watch when Swimming.  
Meanwhile, no need to worry about sweating when exercising.



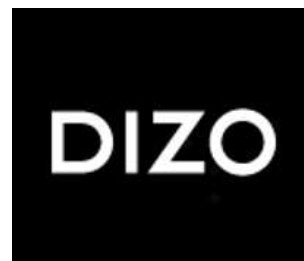
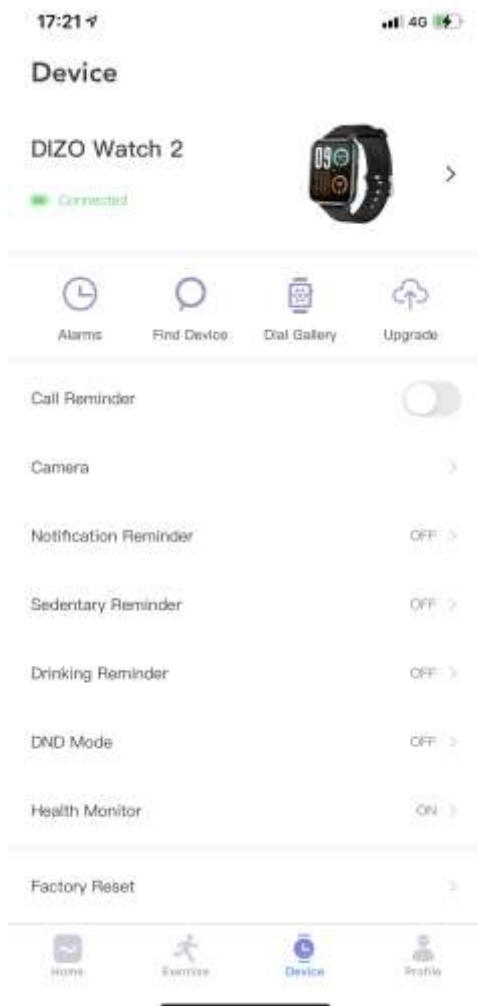
Truly  waterproof

- 50m deep
- Splash- resistant and sweat-proof

### Note:

1. Waterproof function is not permanent, the protection performance may be reduced due to daily wear and tear.
2. The watch cannot be operated underwater, and it should be wiped in time after swimming.

# DIZO App



## First product with DIZO App

You can connect to DIZO APP to update the dial, enter OTA upgrade, and get more personalized settings and functions.



- Set the desired reminder function as required.



05

# FAQ



## **The watch cannot be charged or is charging abnormally**

1. the device does not charge after the movement may be because the device in contact with the skin when the residual sweat did not disappear, can manually wipe the device charging port with paper or fabric and try again.
2. regular alcohol wiping of the charging contacts of the device can play a certain maintenance role on the charging port of the device and extend the service life.
3. to keep the device stationary during the charging process, otherwise the charging cable will easily detach from the device resulting in the device not being charged.
4. if the charging port of the device still can not be charged after wiping, please check whether the charging cable is damaged.

## **Incorrect sleep monitoring report**

1. people are generally at rest when sleeping, and when turning over or moving the arms, the sensors of the device will record the changes generated by the body movement to determine whether the person is in a sleep state, in order to monitor sleep accurately and effectively, only the data of the device that really meets the conditions will be recorded as valid sleep data;.
2. if more than 50 steps of walking are generated during sleep, the person will be recognized as exiting sleep and subsequent sleep will not be recorded.
3. only sleep between 21:00 of the day and 12:00 of the next day will be recorded, sleep not within this time period will not be recorded.
4. too much physical activity during sleep and too poor sleep quality will not be recorded after the device recognizes it as non-sleep.



## **Fail to wake my watch on wrist raise**

1. make sure that the wrist-up screen switch is turned on.
2. Please make sure that the Do Not Disturb mode is not on for the time set by the app.
3. Please make sure the Do Not Disturb mode of the device is not turned on.
4. Please make sure the power saving mode of the device is not on.

## **No message notification**

1. ensure that you have allowed sharing of system notifications when connecting to the APP for the first time.
2. make sure that the notification alert switch in the APP is turned on.
3. make sure that the current page of the phone is not in the message screen in the App.
4. make sure the message can be prompted in the notification bar of the phone normally, the device message push is by reading the phone notification bar message; if the phone notification bar is not prompted, the device will not receive the push.
5. Make sure the device and APP are not in Do Not Disturb mode or not in Do Not Disturb mode setting time.  
Android system notification bar message permission setting: Settings->>Applications->>Select the corresponding application->>notification in the settings.  
iOS system notification bar message permission settings: Settings->>Select the application->>Notification in the settings.
6. Make sure the Bluetooth of your phone is on and the Bluetooth of your watch is linked.

# FAQ



## **Can I wear this watch while swimming?**

It can be used for daily life, swimming, snorkeling, etc. It is not suitable for diving, seawater, diving, hot tubs, sauna, other wading or deep water activities under high speed water; leather and metal straps are not suitable for swimming. Waterproof function is not permanent, the protection performance may be reduced due to daily wear and tear, the watch cannot be operated underwater, and it should be wiped in time after swimming.

## **Fail to connect DIZO Watch 2 to my phone/ fail to pair with DIZO APP**

1. please try to turn off the Bluetooth of the cell phone, turn it back on and then connect.
  2. please try to reboot the device and then connect.
  3. please try to restart the App and then connect.
  4. Please try to reboot the phone and open the app before connecting
- 
1. ensure that the device is in a connectable distance from the phone.
  2. ensure that the watch is not in power saving mode.
  3. reconnect after restarting Bluetooth.
  4. Unbind the device and then re-bind it.

# Thanks.

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