DIZO Watch R

Training Material

Lenson.Li

DIZO

DISPLAY REIMAGINED
DIZO Watch R

CONTENT

01 **Design**

Parameters 02

03 **User guide**

04

Features

05

FAQ

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01 **Design**

Design

Classic Black

Golden Pink

Silver Grey

Classic Black

Golden Pink

Silver Grey

Your Favorite Color?

DIZO Watch R comes with 3 variants with different colors of straps and metal frames. Which one suits your style?

Design

Clearly Tougher

The fashionable 45mm dial is surrounded by a premium metal frame that not only gives you an elegant touch but also protects your watch from damages.

The exquisite 2.5D curved glass boasts 7H hardness and an anti-fingerprint coating, showing the content on you watch clearly while guarding the surface from scratches and smears.

And Clearly Thinner

AMOLED smartwatch is usually thinner than normal TFT-LCD watch due to the removal of the backlit pannel, but our engineers didn't want to stop there. We've redesigned the watch inner structure and made DIZO Watch R body only 9.9mm thin[2], the slimmest in the price segment, so that it won't look clumsy and you won't feel like wearing a burden.

10%[3]

thinner

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02 **Parameters**

Parameters

Category	Items	English	Remark
Appearance	Product Name（Marketing name）	DIZO Watch R	
	Product Model（Internal name）	DW2120	
	Color	Golden Pink/Classic Black/Silver Grey	
	Size	261.58mm*44.73mm*11.70mm（10.15mm）	**Strap included (thickness of heart rate cam not included)**
	Weight	**49±3g**	
	Button	2 button	
	watch strap type	Detachable watch band	
	watch strap width	22mm	
	watch strap material	Silicone	
	Adjustable wrist strap length	150-215mm	
	shell material	Metal	
	Cover material	Glass	
Hardware	MCU	RTL8762DT	
	Flash	128Mb	
	PSRAM	N/A	

Parameters

Category	Items	English	Remark
Watch faces	Live Watch faces	Yes	
	Watch faces	**150+**	Number of built-in dials 5: default dials 4 + 1 custom dial
	Accelerometer sensor	STK8321	
	Geomagnetic sensor	N/A	
	Gyroscope sensor	N/A	
	Heart rate sensor	HX3603	
	Wearing monitoring sensors	Support(HX3603)	
Battery	Charging Type	Magnetic suction charging	
	Theoretical charging time	2-2.5H	
	Theoretical working time	**12 days**	High frequency use: 7 days Normal frequency use: 12 days Normal frequency use + AOD clock: 2.5 days
	Standby time	20 days	
	Battery capacity	280mAh	

Parameters

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Category	Items	English	Remark
Featrures	Sport Functions	Outdoor Run, Indoor Walk, Outdoor Cycle, Indoor Run, Strength Training, Football, Step Training, Horse Riding, Hockey, Table Tennis, Badminton, Indoor Cycle, Elliptical trainer, Yoga, Cricket, etc.	111 sports modes
	Health monitoring	Automated heart rate measurement, 24-hour heart rate measurement , resting heart rate, exercise heart rate , heart rate alert, blood oxygen measurement,sleep detection, steps throughout the day, calories, distance, water reminder, sedentary reminder、 activity records	
	Other Features	music control, camera control, find phone, meditation, 12/24-hour, stopwatch, clock, weather forecast, date display, dial, cloud multi-dial, custom dial, AOD clock , 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 settings , Female cycle	

Parameters

Category	Items	English	Remark
Other	Vibration motor	0820 flat motor	
	Water Resistance Rating	5ATM	
	Working temperature range	0~45℃	
	Storage temperature range	-20~60℃	
	Pay	N/A	
	Bluetooth	BLE 5.1	
	APP	DIZO APP 2.0	
	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),German, French, Italian, Spanish, Dutch, Turkish, Polish , Greek, Czech , Portuguese , Japanese, Russian, Indonesian, Vietnamese, Thai,	
	APP Language	English (default),German, French, Italian, Spanish, Dutch, Turkish, Polish , Greek, Czech , Portuguese , Japanese, Russian, Indonesian, Vietnamese, Thai, Chinese	

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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.

Firmware Update

The new firmware version of the watch is pushed through DIZO APP. Please update it in time for a desirable experience.

• For the watch connected to DIZO APP, if a new firmware update is available, a notice window will be pop up, and please tap to upgrade.

• The watch will begin the firmware upgrade package download process.

• After the firmware package is downloaded, the watch will automatically begin the upgrade process, and the watch will automatically restart after successful upgrade.

• If the watch shows the main watch face, it means the upgrade is completed.
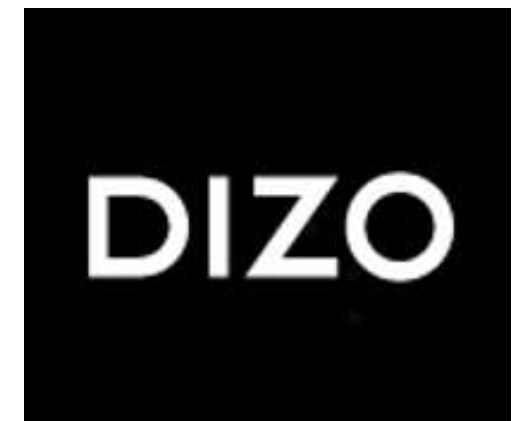
User guide

Basic Operations

- wipe downward on the main watch face to view the message list
- Swipe upward on the main watch face to open the application list
- Swipe left on the main watch face to view the quick cards
- Swipe right on the main watch face to enter the quick control center
- Press and hold the main watch face to switch watch face

A：Wake up the screen

- Return to the main watch face
- Press and hold for 3 seconds to enter the switch-off interface
- Pause the sports mode during exercise

B：Enter the sports list

User guide

Watch Charging

- The watch USB input voltage is 5 V, and the input current is 0.5 A. Please do not use a charger beyond the specifications to charge the watch.

- Place the watch flat on the charging base, so that the watch charging contacts and the metal contacts of the charging base are fitted well.

- The watch displays the current battery level percentage when charging.

04 **Features**

Display

3.3cm (1.3")
AMOLED Display

550nits
Brightness

360*360
resolution

The Biggest **AMOLED** Display

We made it, again. Introducing our first stylish round watch with the biggest AMOLED display in the price segment. The 1.3" Ultra Sharp AMOLED Display increases the resolution by an amazing 125%[1]. Clear, vivid, bright, smooth, you name it. DIZO Watch R will bring you with unbelievably high-res enjoyment and elevate your entire smartwatch experience to a new level.

DIZO Watch R
AMOLED Screen

360x360 High Resolution
550nits High Brightness
Colorful and High Contrast
Smooth Scrolling
Power-Saving

Normal Watch
TFT-LCD Screen

Pixelated Low Resolution
Low Brightness & Hard to Read
Dull Display
Laggy Scrolling Experience
High Power Consumption

Watch Faces

Watch That Matches Your OOTD

Make every day different by choosing from 150+ stylish watch faces[4] including dynamic ones to suit your mood of the day. You can even use your own picture as the wallpaper.

Watch Faces

150+ Stylish Watch Faces

- Over 150 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

12 DAYS

With a 280mAh battery and smart power-saving chip built-in,
DIZO Watch R can last for more than a week and get fully charged again in just 2hrs.

12Days
For typical Use

280mAh Battery
2hrs Full Charge

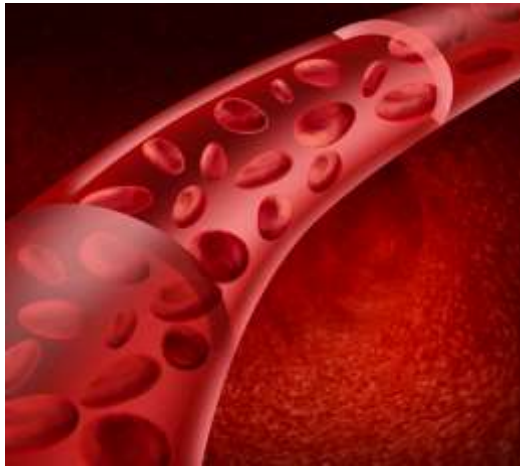**60Days**
Standby time

110 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

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DIZO Watch R 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?
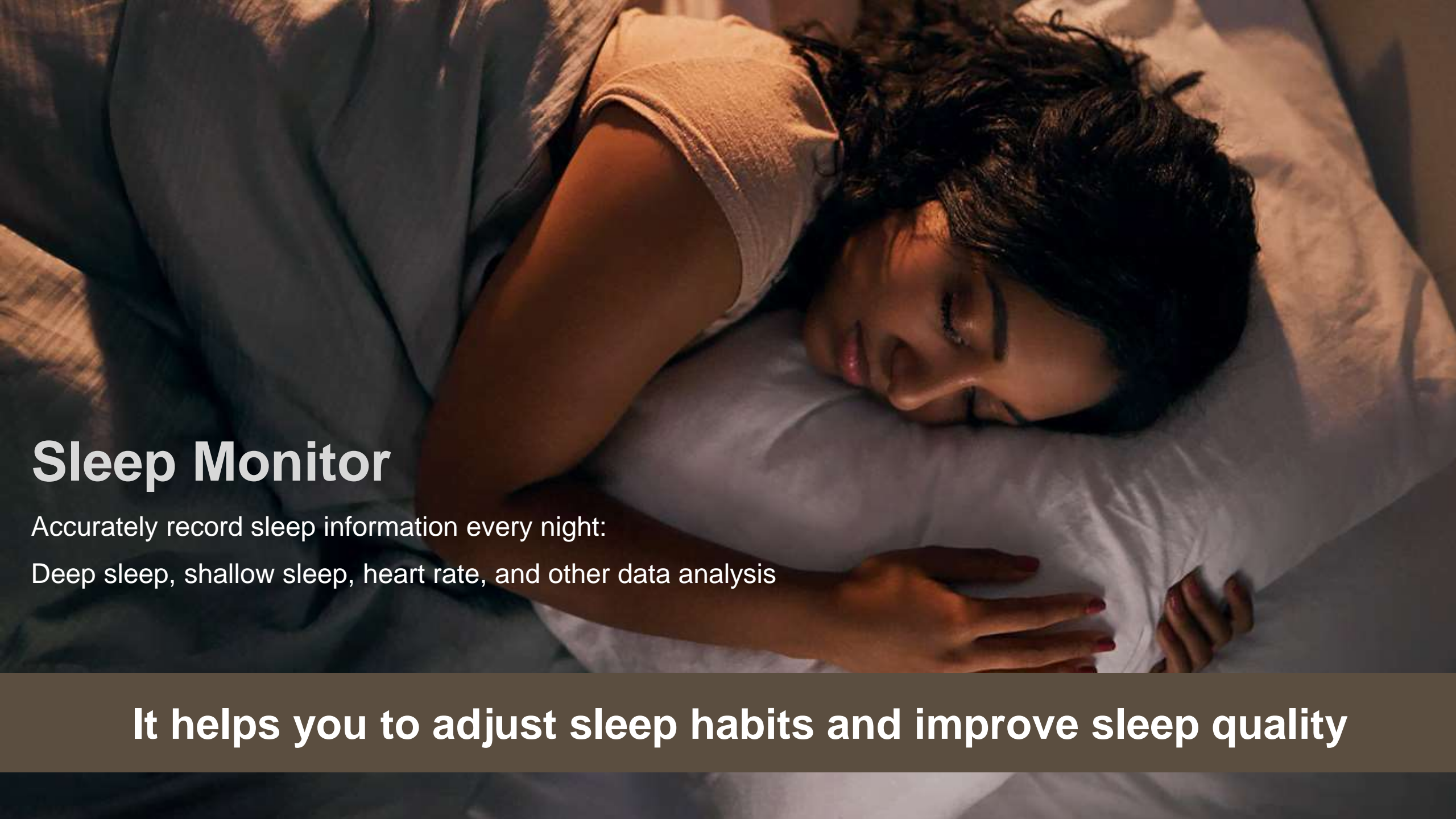
Snoring people

Excessive mental workers

Elderly or ventilator users

When drinking

People in high altitude/plateau hypoxia environment

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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

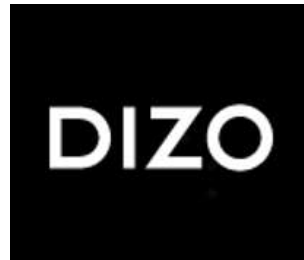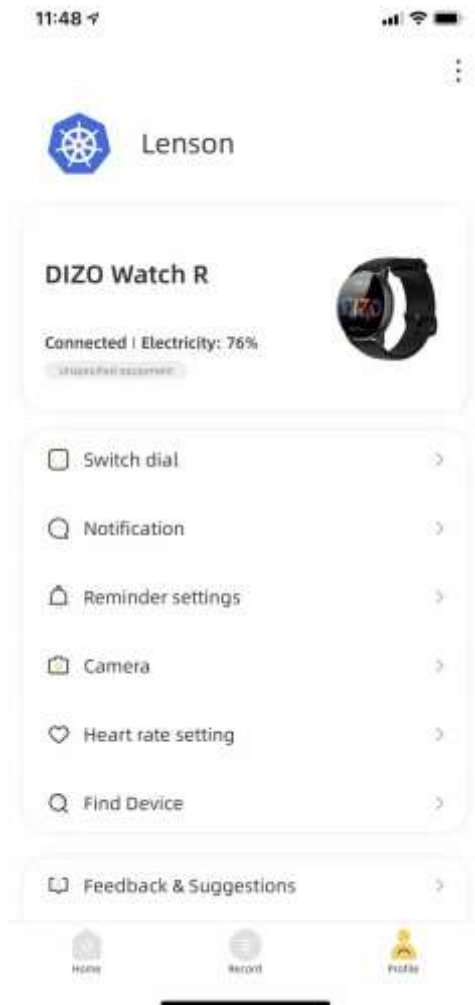More Health Function

5ATM Water Resistant

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

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.
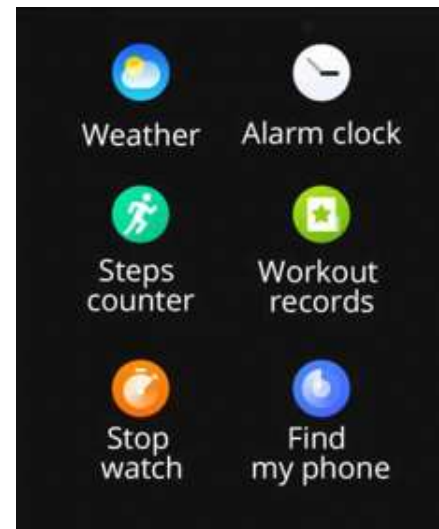
DIZO App 2.0

DIZO APP Upgraded

Enjoy DIZO App 2.0 that features brand new UI, watch settings, workout reports sharing and even running route tracking.

**More features
for you
To explore**

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.

Why the data is not synchronized？

1. Please ensure that the watch and DIZO app are connected when you are exercising or monitoring.
2. automatically synchronize data when connected and the app is opened.
3. After you finish exercising or monitoring, please pull down the home page of DIZO app to refresh, so that the latest data can be synchronized and updated.
4. If you still can't synchronize, please switch the Bluetooth on and off once or restart the app and try again.

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Heart rate and SpO2 are monitoring when not worn

In order to ensure the accuracy of the monitoring data, DIZO technical team collects data for different people and makes relevant optimization on the sensor algorithm, which may cause the sensor to be too sensitive and lead to the situation that the object is incorrectly monitored. Please don't worry and feel free to use the monitoring function, and thank you for your support and understanding.

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 R 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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