

VITRO screenless watch product features

Function		Definition
Initial Connection		
Power on/off		Long press to power on. Vibrates once for 250ms when powered on.
Binding successful		Short vibration (2 seconds) for functional reminders.
Disconnect Bluetooth connection		Short vibration (2 seconds) for functional reminders.
Bluetooth Information		Bluetooth Name: VITRO
Health monitoring		
Activities	Step Counting	1. Records the total number of steps taken within 24 hours, including walking, running, brisk walking, and other activities. 2. Default goal: 8,000 steps (modifiable in the App).
	Activity Consumption	Records total calories burned during 24-hour activities, including walking, running, and other exercises.
	Distance Tracking	Records total distance covered in 24 hours, including walking, running, and brisk walking.
Sleep	Monitored Data	1. Total sleep duration = Long sleep + Short naps, with daily comparison. 2. Long sleep: Includes deep sleep, light sleep, REM sleep, awake time, time of falling asleep, wake-up time, and graphical data. 3. Short naps: Includes duration and time range. 4. Scientific Sleep Mode: Can be turned ON/OFF in the App.
Heart Rate	24H Heart Rate	Can be turned ON/OFF in the App. Measurement Rules: 1. When scientific sleep mode is ON: measured every 1 minute. 2. When scientific sleep mode is OFF: measured every 10 minutes. 3. Data uploaded every 30 minutes. Alert: Device vibrates 5 times when heart rate exceeds the set threshold.
	High Heart Rate	Can be turned ON/OFF in the App. Alert: Device vibrates 5 times when heart rate exceeds the set threshold.
Blood Pressure	24H Blood Pressure	Can be turned ON/OFF in the App. measured every 10 minutes. Data uploaded every 30 minutes.
	Manual Calibration	Can be turned ON/OFF in the App (default OFF). Can be adjusted manually based on actual measured data.
Blood oxygen	24H Blood oxygen	Can be turned ON/OFF in the App Measurement Rules: 1. When scientific sleep mode is ON: measured every 1 minute. 2. When scientific sleep mode is OFF: measured every 10 minutes. Data uploaded every 30 minutes.
HRV	24H HRV monitoring	Can be turned ON/OFF in the App (default ON). Measurement Rules: 1. When scientific sleep mode is ON: measured every 1 minute. 2. When scientific sleep mode is OFF: measured every 10 minutes. Data uploaded every 30 minutes.
	Range	1–29: Low, 30–60: Normal, 61–101: Good, 101 and above: Excellent
Blood Glucose Monitoring	24H monitoring	Can be turned ON/OFF in the App Measurement Rules: Measured every 10 minutes.
	Blood sugar calibration	Can be turned ON/OFF in the App (default OFF). Manual Adjustment: Users can freely modify blood glucose values for three meals.
Stress Monitoring	24H monitoring	Can be turned ON/OFF in the App. Measurement Rules: Measured every 10 minutes.
	Range	[1,29) — Relaxed; [30,59) — Normal; [60,79) — Moderate; [80,99] — High
ECG	Manual Measurement	In the App, tap Start Measurement to begin. Record Storage: The App will continuously retain all measurement records.
	Range	Valid Range: [1,99] [1,5] — No Risk, [5,50] — Low Risk, [50,70] — Medium Risk, [70,99] — High Risk, 0 indicates “—”
Body Composition	Manual Measurement	In the App, tap Start Measurement to begin. Record Storage: The App will continuously retain all measurement records.
	BMI Range	Underweight: [4, 18.5], Normal: [18.5, 24.0], Overweight: [24.0, 28.0], Obese: [28.0, 1114]
Blood Components	Manual Measurement	Can be turned ON/OFF in the App. Tap the button in the App to start measurement. One record is saved after each completed measurement. Measurement Rule: Measured every 10 minutes; one data point every 30 minutes.
	Blood Private Mode:	Can be turned ON/OFF in the App (default OFF). Manual adjustment available — users can modify their individual blood component data for calibration
Menstrual Cycle Tracking		Users can set the menstrual period in the App. The App displays the corresponding physiological status.

Sports		
Sports	Sports	Enable device exercise in the app.
	Sports record data	The exercise data generated by the device will be synced to the app's exercise history for viewing.
	Default Sports	A Total of 188 Sports Activities 1. Running & Walking (12 types): Outdoor Running, Outdoor Walking, Power Walking, Treadmill Running, Indoor Walking, Indoor Running, Cross-country Running, Race Walking, Long-distance Running, Variable-speed Running, Sprinting, Marathon. 2. Cycling (5 types): Outdoor Cycling, Indoor Cycling, Mountain Biking, BMX, Track Cycling. 3. Outdoor Sports (13 types): Mountaineering, Outdoor Hiking, Orienteering, Rock Climbing, Fishing, Hunting, Skateboarding, Roller Skating, Parkour, Beach Buggy, Off-road Motorcycling, Triathlon, Track and Field. 4. Indoor Sports (36 types): Elliptical Machine, Rowing Machine, Stair Climber, Stepper, Spinning Bike, Indoor Fitness, Mixed Aerobics, Cross Training, Aerobics, Group Exercise, Combat Aerobics, Bodybuilding, Strength Training, Step Training, Core Training, Flexibility Training, Free Training, HIIT (High-Intensity Interval Training), Yoga, Pilates, Gymnastics, Horizontal Bar, Parallel Bars, Battle Rope, Stretching, Seated Shoulder Press, Seated Chest Press, Squat Training, Weightlifting, Dumbbell Training, Gym Ball, Free Gymnastics, Barbell, Trampoline, General Fitness, Stair Climbing. 5. Dance (16 types): Square Dance, Ballroom Dance, Belly Dance, Ballet, Street Dance, Zumba, Latin Dance, Jazz Dance, Hip-hop, Pole Dance, Break Dance, Folk Dance, General Dance, Modern Dance, Disco, Tap Dance. 6. Combat Sports (12 types): Boxing, Wrestling, Martial Arts, Tai Chi, Muay Thai, Judo, Taekwondo, Karate, Free Combat, Swordsmanship, Jujitsu, Fencing. 7. Ball Sports (33 types): Football, Beach Football, Basketball, Volleyball, Beach Volleyball, Baseball, Softball, Rugby, Field Hockey, Table Tennis, Tennis, Badminton, Squash, Gateball, Cricket, Handball, Bowling, Polo, Racquetball, Billiards, Sepak Takraw, Dodgeball, Water Polo, Ice Hockey, Shuttlecock Kicking, Indoor Football, Sandbag Ball, Bocce, Jai Alai, Floorball, Baseball/Softball, Golf, General Ball Games. 8. Water Sports (11 types): Outdoor Rowing, Sailing, Kayaking, Rowboat Racing, Dragon Boat, Paddle Surfing, Indoor Surfing, Rafting, Water Skiing, Diving, Swimming. 9. Ice and Snow Sports (15 types): Alpine Skiing, Snowboarding, Cross-country Skiing, Freestyle Skiing, Orienteering Skiing, Winter Skiing, Outdoor Skating, Indoor Skating, Curling, Bobsled, Toboggan, Speed Skating, Figure Skating, Ice Hockey. 10. Other Sports (10 types): Archery, Badminton, Baseball, Basketball, Billiards, Bowling, Boxing, Canoeing, Chess, Climbing, Darts, Fishing, Golf, Gymnastics, Hiking, Judo, Karate, Kung Fu, Lawn Tennis, Martial Arts, Motorcycling, Mountaineering, Netball, Outdoor Running, Outdoor Walking, Power Walking, Racquetball, Reading, Roller Skating, Rowing, Running, Sailing, Sevens, Shooting, Soccer, Softball, Squash, Stair Climbing, Table Tennis, Taekwondo, Tennis, Triathlon, Volleyball, Water Polo, Weightlifting, Winter Skiing, Wrestling, Yoga, Zumba.
Common functions		
Find Device		The App sends a “Find Device” command. The smartwatch will vibrate continuously for 60 seconds (strong vibration).
Alarm		Up to 10 alarms can be set in the App and synchronized with the smartwatch. Alarm reminder pattern: Vibrate for 250 ms, pause for 750 ms, repeating for a total duration of 60 seconds.
Fall Detection		Can be turned ON/OFF in the App. When a fall is detected, the device vibrates for 30 seconds. If there is no response within 30 seconds, the device will automatically dial the SOS emergency contact. Pressing the device side button will stop the vibration
Remote Camera Control		When the App camera function is activated, shaking the smartwatch will trigger the camera shutter. When the App exits the camera interface, the smartwatch will also exit the shake-to-shoot mode simultaneously.
SOS		Triple short press the power button to immediately trigger the phone to automatically call the preset emergency contact. After SOS is triggered, the smartwatch will continuously vibrate until the call is answered, ended, or the smartwatch button is pressed to stop the vibration.
Reminders		
Incoming call reminders		1. Reminders must be enabled in the app; otherwise, no notifications will be given. App reminders are enabled by default. 2. Reminder rules: Vibrate for 250ms, pause for 750ms, and continue vibrating. Vibration stops when the phone answers or hangs up, or when a button is pressed on the wristband. 3. Health and message reminders: 4 consecutive vibrations.
Text message reminders		
Multi-app message reminders		
Sedentary reminders		
Exercise goal reminders		
Drink water reminders		
Looking out reminders		
Medication reminders		
Reading reminders		
Handwashing reminders		
Exercise reminders		