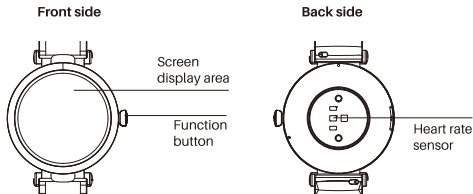




S8

User Manual

## 1.0 Introduction



**Note:**

\*Before using the watch for the first time, please click the activation button to power on and activate the device.

1. Open the package and carefully check its contents.
2. Package contents: TOZO S8 Smartwatch\*1 (built-in lithium battery), User Manual\*1, Charging Cable\*1.
3. To start using the watch, press and hold the button to power it on or connect the charging cable to the contacts on the back of the watch to activate it.
4. Search for "TOZO Health" in the app store or scan the provided QR code (located on the right) to download and install the app.



## 2.0 Device Connection

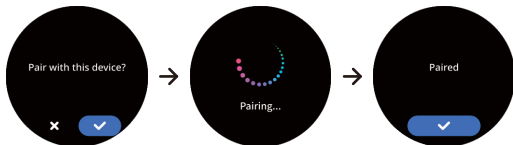
### 2.1 Search and Add Device

Open the app, go to the "Devices" interface, and click "Add Device" → Search for devices → Look for the device's MAC address → Select the corresponding MAC address to add the device → A pairing prompt will pop up on the watch → Confirm binding on the watch; after successful addition, a pairing request will pop up on the phone, click to connect, and the connection will be successful. You can then answer calls through the watch.

### 2.2 Scan to Add Device

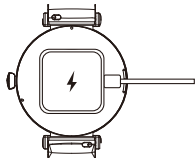
Open the app, go to the "Devices" interface, and click the scan icon in the upper right corner → Scan the device's QR code → A pairing prompt will pop up on the watch → Confirm binding on the watch; after successful addition, a pairing request will pop up on the phone, click to connect, and the connection will be successful. You can then answer calls through the watch.





### 3.0 Charging Instructions

Place the charger near the charging point on the back of the watch; the charger will automatically attach. The watch will display a charging interface, and upon completion, it will indicate that charging is at 100%.



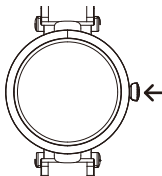
### 4.0 Watch Faces Switching

1. Long press on the main watch face, swipe left or right to select a watch face and tap the screen on the selected watch face to switch successfully.
2. In the app menu → Watch Faces → Swipe left or right to select a watch face, and tap the screen on the selected watch face to switch successfully.



## 5.0 Button Function

1. Long press for 5 seconds to power on/off.
2. Short press on the main page to enter the menu list.  
On the menu page, a short press returns to the main page.
3. When the screen is on, a short press on the app page returns to the main dial page.
4. In screen-on sports mode, a short press brings up the pause/continue/lock screen/volume operation page.



## 6.0 App Menu Description

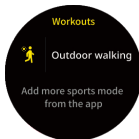
### 6.1 Vitality Metrics

Records of your daily steps, calories, distance, and standing times.



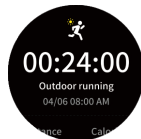
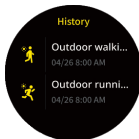
## 6.2 Exercise

The watch supports outdoor walking, indoor walking, outdoor running, indoor running, outdoor cycling, indoor cycling, yoga, dancing, stair stepping, etc. You can also update and replace your frequently used exercise modes through the App → Device → Exercise Mode Selection to display them on the watch. Additionally, you can set targets for specific sports activities, such as distance, duration, or calories burned.



## 6.3 Exercise Records

The watch stores up to 20 exercise records. When it exceeds 20 records, it will overwrite the first record.



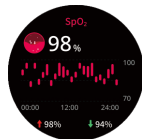
## 6.4 Quick Health Check

Stay still for 120 seconds while the watch measures three key health indicators—heart rate, blood oxygen saturation (SpO2), and stress—at the touch of a button.



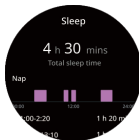
## 6.5 Blood Oxygen Saturation

The watch provides on-demand detection. You can enter the blood oxygen testing interface to begin testing.



## 6.6 Sleep

The watch monitors sleep quality, including sleep start time, wake-up time, sleep stages (awake, light sleep, deep sleep, REM sleep), and sleep duration.



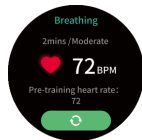
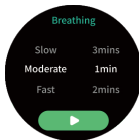
## 6.7 Stress

The watch displays average daily stress values, maximum stress values, minimum stress values, and stress level distribution (relaxed, normal, moderate, high).



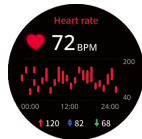
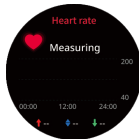
## 6.8 Breathing Training

The watch displays your current heart rate, heart rate before breathing, and training duration.



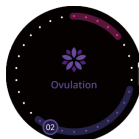
## 6.9 Heart Rate

Provides 24-hour real-time heart rate monitoring, recording heart rate every 5 minutes. You can view historical heart rate data through the app. The heart rate function is enabled by default and can be turned on/off in the app.



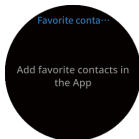
## 6.10 Women's Health

For timely reminders, women can track their menstrual cycle based on their needs. This feature can also be edited or hidden via APP → Health.



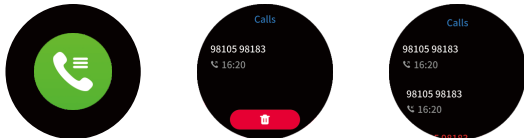
## 6.11 Frequent Contacts

You can add 10 contacts for quick dialing via the TOZO Health app.



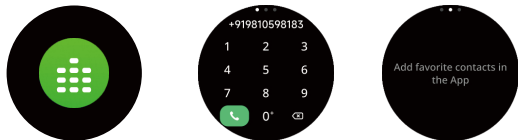
## 6.12 Call History

When your smartphone is nearby and connected to the watch, you can use voice calling features, including dialing, answering, muting, and rejecting calls.



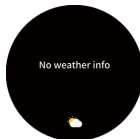
## 6.13 Dial Pad

You can dial a phone number or call contacts from the call history on the watch.



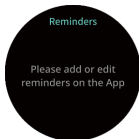
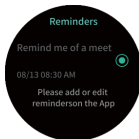
## 6.14 Weather

After a successful app connection, the watch can display today's weather and the next 3 days' weather for your location.



## 6.15 Event Reminders

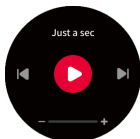
Set up event reminders through the app to keep track of important tasks.





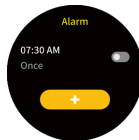
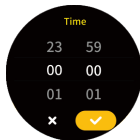
## 6.16 Music

When connected to the phone, you can control music playback on your phone through the watch; you can change songs, adjust playback mode, and control phone volume.



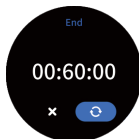
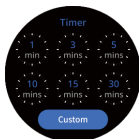
## 6.17 Alarm

You can set alarms on the watch or sync alarms from the app to the watch.



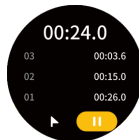
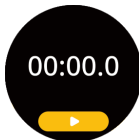
### 6.18 Timer

This feature allows you to set a countdown timer for up to 23 hours, 59 minutes, and 59 seconds.



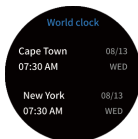
### 6.19 Stopwatch

This feature allows you to time events and mark intervals.



## 6.20 World Clock

Add up to five different country time zones via the app for easy global time tracking.



## 6.21 Find Your Phone

When connected to your phone, clicking this option on the watch will make your phone vibrate and ring.



## 6.22 Change Watch Face

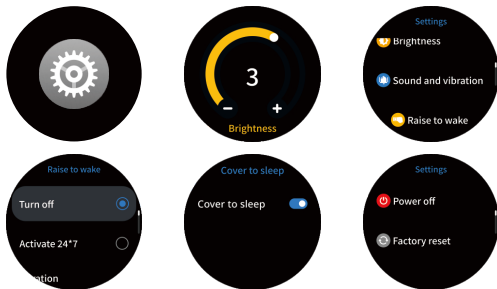
You can select a new watch face from available options.



## 6.23 Settings Menu

1. Screen Brightness: You can adjust screen brightness.
2. Sound and Vibration: You can set vibration intensity and toggle silent mode on/off.
3. Raise Wrist to Wake: You can turn on/off the Raise Wrist to Wake feature. The default setting is on, with options for all-day on and scheduled on.
4. Cover to Sleep: You can turn on/off the Cover to Sleep feature. The default setting is on.
5. Screen On Duration: You can set the screen on duration. The default is 7 seconds.
6. Screen-Off Display: This feature is off by default. You can enable it for all-day display or set a specific time range. When activated, the time remains visible even after the screen turns off.
7. Do Not Disturb Mode: The watch supports scheduled and smart activation. When on, all app messages will be received without notifications, and calls will not be notified.
8. App Layout: The watch supports selecting and changing the app menu layout on the watch.
9. Exercise Recognition: You can enable smart exercise recognition.
10. About Calls: Provides an overview of the watch's calling features.
11. About the Watch: Displays watch details, including the model name, MAC address, and software version.

12. QR Code: Scan the QR code to download the app for iOS and Android devices.
13. System Operations: Includes options to power off, restart, or restore factory settings.



## 6.24 Pull-up Menu

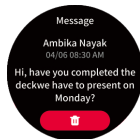
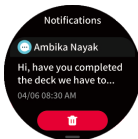
1. Ejecting Water: Tap the icon to start ejecting water, playing specific frequency sounds with vibrations.
2. Raise Wrist to Wake: Tap the icon to activate the Raise Wrist to Wake feature. This feature allows you to raise your wrist to wake the watch and drop your wrist to put it to sleep.
3. Power Saving Mode: When the Power Saving Mode is on, the watch will not receive notifications, and the screen brightness will be minimized.
4. Do Not Disturb Mode: Tap the icon to enable all-day Do Not Disturb Mode; when on, all app messages will be received without notifications, and calls will not be notified.

5. Silent Mode: Tap the icon to activate Silent Mode; after activation, call notifications will only vibrate instead of ringing.
6. Settings: Access to the settings menu.



## 6.25 Pull-down Menu

Messages: Notifications must be enabled in the app; once enabled, phone messages will sync to display on the watch.



## 7.0 EU Battery Regulation



This symbol on the battery(ies) or on the packaging indicates that the battery(ies) provided with this product shall not be treated as household waste. Instead, please separate battery(ies) from other types of waste and recycle it (them) through your local recycling system to protect environment and health. (When Cd is more than 20ppm or Pb is more than 40ppm, the chemical symbol of the excess substance shall be marked under the separate collection symbol) For more detailed information about recycling of this battery(ies), please contact your local authority or the shop where you purchased the product or battery(ies).

## 8.0 FCC Compliance Statements

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.

Caution: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: 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.

#### RF Exposure Compliance

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

## 9.0 ISD Compliance Statements

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s).

Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- (1) L'appareil ne doit pas produire de brouillage;
- (2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.



This equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment.

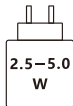
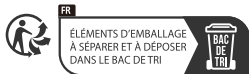
This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Cet équipement est conforme aux limites d'exposition aux radiations IC CNR-102 établies pour un environnement non contrôlé. Cet émetteur ne doit pas être colocalisé ou fonctionner en conjonction avec une autre antenne ou un autre émetteur.

## 10.0 CE-DOC

Hereby, [Manufacturer] declares that the radio equipment type [Model No.] is in compliance with Directive 2014/53/EU.

The full text of the EU declaration of conformity is available at the following internet address:  
[www.tozostore.com](http://www.tozostore.com)



The power delivered by the charger must be between min 2.5 Watts required by the radio equipment, and max 5.0 Watts in order to achieve the maximum charging speed.

**Warning****EN**

**Warning:** Avoid dropping and do not disassemble. Do not charge when the products are wet. Avoid extreme high or low temperatures. Do not expose this product to excessive temperatures such as sunlight or fire. Use original or certified cables. Keep away from children. The included small parts may cause a choking hazard.

**JP**

**警告:** 落下や商品の分解を避けてください。製品が濡れているときには充電しないでください。また、極端な高温や低温、日光や火などの過度の温度にさらさないようにしてください。ぜひ認定済みのケーブルをご使用ください。お子様の手の届かない場所に保管し、付属の小さな部品は窒息の危険がありますのでご注意ください。

**DE**

**Warnung:** Nicht fallen lassen und nicht auseinandernehmen. Nicht aufladen, wenn die Produkte nass sind. Extrem hohe oder niedrige Temperaturen vermeiden. Dieses Produkt keinen übermäßigen Temperaturen wie Sonnenlicht oder Feuer aussetzen. Verwenden Sie Originalkabel oder zertifizierte Kabel. Von Kindern fernhalten. Die enthaltenen Kleinteile können eine Erstickungsgefahr darstellen.

**FR**

**Attention:** Évitez de le faire tomber et ne le démontez pas. Ne chargez pas les produits lorsqu'ils sont mouillés. Évitez les températures extrêmement élevées ou basses. N'exposez pas ce produit à des températures excessives telles que la lumière du soleil ou le feu. Utilisez des câbles d'origine ou certifiés. Tenir hors de portée des enfants. Les petites pièces fournies peuvent présenter un risque d'étouffement.

**IT**

**Attenzione:** evitare di far cadere e non smontare. Non caricare i prodotti quando sono bagnati. Evitare temperature estremamente alte o basse. Non esporre questo prodotto a temperature eccessive come luce solare o fuoco. Utilizzare cavi originali o certificati. Tenere lontano dalla portata dei bambini. Le piccole parti incluse possono causare un rischio di soffocamento.

**ES**

**Advertencia:** Evite que se caigan y no desarme. No cargue el producto cuando esté mojado. Evite temperaturas extremadamente altas o bajas. No exponga este producto a temperaturas excesivas, como la luz solar o el fuego. Utilice cables originales o certificados. Manténgalo alejado de los niños. Las piezas pequeñas incluidas pueden provocar peligro de asfixia.

**NL**

**Waarschuwing:** Laat het niet vallen en haal het niet uit elkaar. Laad het product niet op als het nat is. Vermijd extreem hoge of lage temperaturen. Stel dit product niet bloot aan extreme temperaturen zoals zonlicht of vuur. Gebruik originele of gecertificeerde kabels. Houd het buiten bereik van kinderen. De meegeleverde kleine onderdelen kunnen verstikkingsgevaar opleveren.

**SE**

**Varning:** Undvik att tappa och ta inte isär. Ladda inte när produkterna är blöta. Undvik extremt höga eller låga temperaturer. Utsätt inte denna produkt för höga temperaturer som solljus eller eld. Använd original eller certifierade kablar. Förvaras åtskilt från barn. De medföljande små delarna kan orsaka kvävningsrisk.

**TR.**

**Uyarı:** Düşürmeyin ve sökmeyin. Ürünler ıslakken şarj etmeyin. Aşırı yüksek veya düşük sıcaklıklardan kaçının. Bu ürünü güneş ışığı veya ateş gibi aşırı sıcaklıklara maruz bırakmayın. Orijinal veya sertifikalı kablolar kullanın. Çocuklardan uzak tutun. Dahil edilen küçük parçalar boğulma tehlikesine neden olabilir.

**PL.**

**Ostrzeżenie:** Unikaj upuszczania i nie rozmontowuj. Nie ładuj, gdy produkty są mokre. Unikaj ekstremalnie wysokich lub niskich temperatur. Nie wystawiaj tego produktu na działanie nadmiernych temperatur, takich jak światło słoneczne lub ogień. Używaj oryginalnych lub certyfikowanych kabli. Trzymaj z dala od dzieci. Dołączone małe części mogą powodować ryzyko zadławienia.



Scan the QR code to get the  
manual in other languages



**RoHS**



Thank you for purchasing the TOZO authentic product.

For more latest products, parts and accessories,  
please visit: **[www.tozostore.com](http://www.tozostore.com)**

For any assistance please contact Email: **[info@tozostore.com](mailto:info@tozostore.com)**