

EGQINR H38 Smart Watch Fitness Tracker with Call & Health Monitoring

QUICK BUYER GUIDE



Ideal for fitness enthusiasts needing call alerts, 24/7 health tracking, and 114 sports modes

At a Glance Specs

 **SCREEN SIZE**
1.57" HD color display

 **BATTERY LIFE**
3-7 days with heavy use

 **WATER RESISTANCE**
IP67 rating for splashes

 **SPORTS MODES**
114+ modes for workouts

 **HEALTH TRACKING**
24/7 heart rate, SpO2

 **CONNECTIVITY**
Bluetooth for notifications



Who It Is For

- ✓ Users needing call alerts via Bluetooth
- ✓ Fitness trackers with sleep analysis
- ✓ People monitoring blood oxygen levels
- ✓ Athletes using multiple sports modes



Who It Is Not For

- ✗ Medical professionals requiring clinical devices
- ✗ Users without Bluetooth-enabled phones
- ✗ Those needing GPS navigation



Trade Offs to Consider

- Health data isn't medical-grade
- Depends on smartphone for GPS
- Requires app setup for full features



How It Compares

- Less accurate than medical devices
- Shorter battery than premium models
- Limited GPS compared to dedicated trackers



Choose This If...

- ✓ Need call notifications on the wrist
- ✓ Tracking multiple sports activities
- ✓ Monitoring basic health metrics

✗ Skip This If...

- ✗ Require medical-grade health data
- ✗ Need longer battery life
- ✗ Want standalone GPS functionality



Learn More



Read our Review

[Smart Watch Fitness Tracker Review: 24/7 Health Monitoring, 114 Sports Modes, and Long-Lasting Battery](#)



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