

Smart bracelet

Instructions

Please read this manual carefully and keep standby before
use

Directory

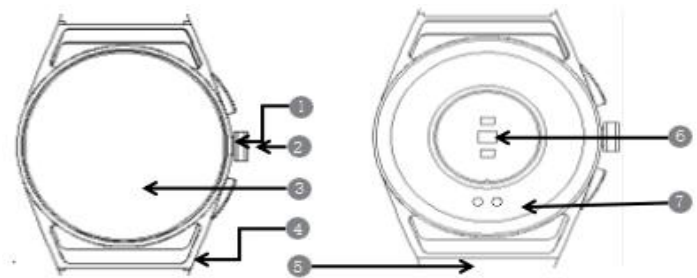
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Packaging list

Watch Host x1 strap x1

Charger x1 Instructions x1

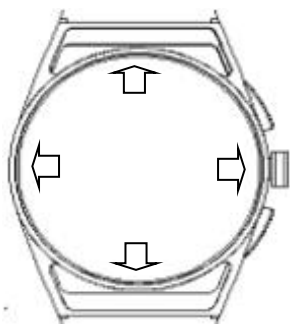
Product Overview



- ①power key ②function key ③TFT monitor
- ④strap card ⑤wristband ⑥sensor
- ⑦charging port

To be more accurate, wear the watch on the wrist to avoid the wrist bone; fit the skin but not too tight

Touch and button



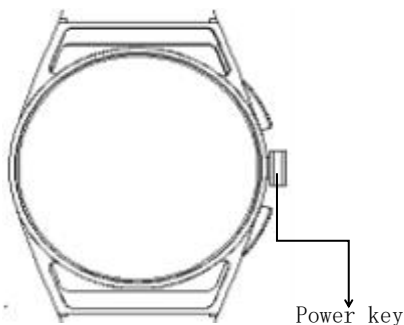
Slide: Call out the control center

Slide up: Call out the notification center

Slide right: call out function menu

Left slide: call out quick function

Long press: call out the dial switch



Power on: press for 3 seconds until the screen opens

Shutdown: 3 seconds, short press bright screen / off the screen

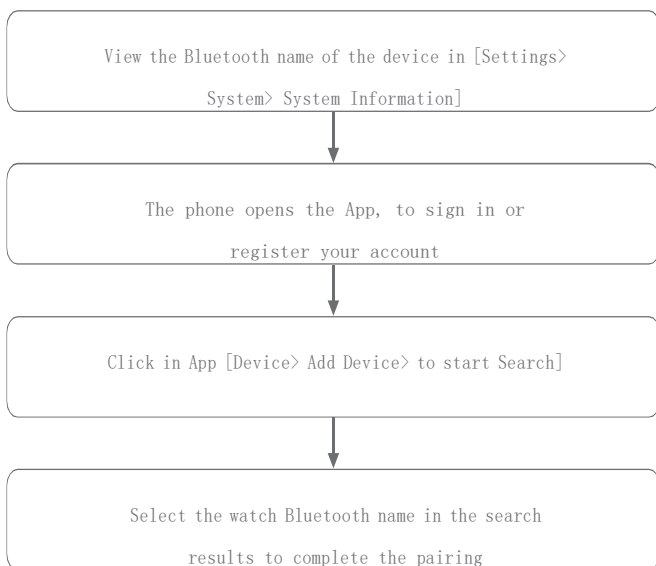
If the power button fails to turn on after 3 seconds, please
try again after charging

Connect the phone



Scan the code to download and install it

Download App: IOS System Phone Search at App Store Store 'FitCouldPro', Android phone can search for 'FitCouldPro' download installation in other app stores (such as app treasure); or scan the code to download and install.



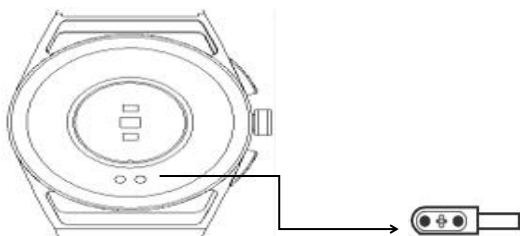
Pair it with a connected watch

※Keep your watch power above 20% before pairing to avoid pairing failure due to insufficient power

※In pairing and connection, make sure the phone Bluetooth is on and within a valid connection distance from the watch

※The equipment requires Android4.4 and above systems, IOS8.4 and above systems

Charging



Position the magnetic suction charging line at the metal touch pad of the charging port until the watch screen has a charging indication.

The device is an all-in-one machine, and the rear housing and battery are not removable. Please also note the following items:

1. Do not open or reclick the device rear shell.
2. Do not remove, replace, and open the battery.

Treatment of

3. equipment and batteries must be complied with by local environmental protection laws.

※An adapter with a rated output voltage of 5V 1A/5V 2A is required.

※Keep the charging port clean and dry before charging to cause corrosion of metal contacts or other risks.

Profile of function

① Disk Switch



Press on the main screen for 2 seconds, and enter the dial switch interface, Slide left and right to switch to the selected dial, and click the selected dial

② Control Panel



Function overview:interference-free, setting, brightness adjustment, System information, call Bluetooth. ※Slide down on the home screen into the feature

③ motion data



Displays the number of steps, distances, and calories recorded on that day, The target can be set up at the App.

④ motion mode



Sports mode options: walking, running, mountaineering, cycling,Swimming, Yoga, Elliptical Machine;Click on the icon to start the motion.

⑤ motion record



The interface saves your most recent 10 motion history,You can view the exercise length, heart rate, calories during the exercise Wait for data.

⑥ heart rate



The App terminal opens the timing detection, which shows the heart rate data of the day; enter this interface to automatically measure the single heart rate value.

⑦ sleep



This interface shows the sleep monitoring status of the day, the data is updated every day, and the connection App can synchronously upload and save the data.

⑧ blood pressure



When entering the blood pressure measurement interface, the bottom is green. Start measurement in 30~60 seconds at this time.

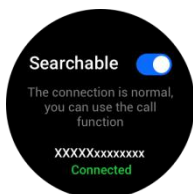
The measurements are based on measurements using the PPG technique.

⑨ blood oxygen



When entering the blood oxygen measurement interface, the green light at the bottom began and was completed in 30~60 seconds, when the measurement is based on the PPG technique.

⑩ Call Bluetooth



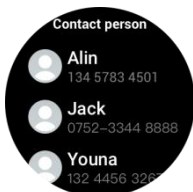
Click on the Control Panel, and enter  Call Bluetooth settings; use hands after being searched Bluetooth below the machine can use the call function.

⑪ Calling records of the PRC



Up to 10 call records, up to date
The words records will override the oldest records.

⑫ A common contact person in the Chinese medicine



You can add, delete, and sort through App-Device-Common contacts, adding up to 10 common contacts.

⑬Permian dial number



After using the mobile phone to connect to the call Bluetooth, you can use the dial function normally.

⑭Permian music



Click the lower right button to choose the source of play (play built-in music or control mobile phone music); play built-in music can be uploaded to the music list page.

⑮Seasonal weather



After the watch is connected to the App and has location privileges on, this weather interface displays real-time weather temperature and weather type.

⑩Permian alarm clock



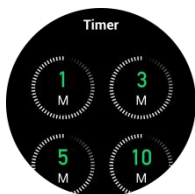
You can set a single alarm clock, cycle alarm clock, and set up to 10 alarm clocks.

⑪Angiosecc table



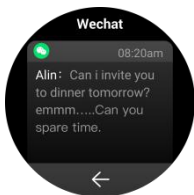
The interface is a stopwatch function and also sets segmented timing to save up to 10 data.

⑫PRC timer



In the timer function, the user can quickly start the timing through the preset time of the system, or click the custom button to make the time setting.

⑲Fact information



Open the push of relevant information on the App end, the watch end can receive the corresponding message push, up to 15, beyond the upper limit will be automatically covered forward.

Enter the feature by swiping up on the home screen

⑳Disable contact search mobile phone



If the watch and APP are connected, click Find the phone ring the phone and if the watch is not connected to the APP, the watch side is not connected.

㉑Permian setting



The setting function includes the screen display (dial switch, bright screen length, brightness adjustment, wrist turning bright screen length), language, vibration

intensity, menu style, QR code, and system settings.

Notification function

Drink water reminder



It can be turned on at the App[device> water reminder], which can set the start, end time, and reminder interval.

sedentary reminder



It can be turned on in the App[device> sedentary reminder], open can set the start, end time, no interference time.

Alarm alarm warning



Remind it after setting up and opening the alarm clock.

Call remind



You can answer or reject incoming calls.

Note

- ❶ Do not remove, repair or transform the products without authorization.
- ❷ Do not violently collide with the products to avoid product damage.
- ❸ Please avoid strong magnetic field, direct light or high temperature environment.
- ❹ This product is not used for disease diagnosis, treatment, and preventive purposes.
- ❺ This product is waterproof at IP67, to avoid prolonged immersion in water.
- ❻ Avoid wearing a tight strap and keep the watch clean in contact with the skin.
- ❼ Children should use the product under the guidance of their parents to do not cause harm.

Performance parameters

Display screen: 1.32TF color screen, 360x360 pixel resolution

Waterproof grade: IP67

Sensor: 3-axis G-sensor

Battery Life: 5-7 days

Operating temperature: -10 °C ~ 50 °C

Battery type: lithium polymer battery

Battery capacity: 240mAh

Compatible systems: Android4.4 and above systems, IOS8.4 or above systems

Common problem processing

The watch cannot be turned on

- Please hold down the power button for more than 3 seconds.
- Please charge timely if the battery power is too low.

Bluetooth is not connected or unable not connect

- Please try to restart the watch and reconnect.
- Please try to restart your phone with Bluetooth and connect again.
- Do not connect to other Bluetooth devices at the same time.

Measure of heart rate / blood pressure / blood oxygen is inaccurate

- Generally, when measured, the sensor of the watch results in poor contact with the human body.
- Please pay attention to the full contact between the sensor and the wrist when measuring.
- Keep yourself still and keep your watch tight on your wrist when measuring.
- For people with darker skin tone and more arm hair, please add to the App[device>

In the strong measurement], open the enhanced measurement.

Sleep data are not accurate enough

- Sleep monitoring is a simulation of people's natural sleep and get up time state, which needs to be positive

Often wear.

- Wear too late or when wearing, there may be errors.
- Sleep data is not monitored during the day, and the default sleep monitoring is 9:30 pm to the next day

At 12:00 noon.

For more FAQ please check out App [for my> FAQ]

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

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.

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