

Smart Watch User Manual



Please read this manual carefully before use

Step 1: Charge and activate:

In order to bring you a good experience, please charge the watch before use, and use the equipped magnetic charging cable to contact the metal contacts on the back of the watch to complete the charging. The charging time is 1-2 hours. After confirming that it is fully charged, press and hold the button for 5S to turn on the watch and use it!



Step 2: Download the APP to your phone :

Before use, please scan the following QR code or enter the major application market to download and install "FitCloudPro" on your mobile phone.



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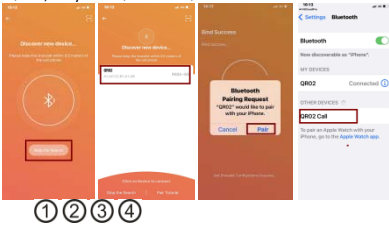
Step 3: Connect the watch Bluetooth in FitCouldPro :

1、 Open FitCloudPro--Choose "Device"--"Add Device"--"Start Search"--Click the "QR02" Bluetooth name--Click the "v" pop-up on the watch to agree to the binding--When

the pairing request window pops up, be sure to Select: "Pairing" and "Allow", and authorize the APP permission to use the Bluetooth connection function normally.

2、 If you are an Android mobile phone user, the pairing request window of "QR02 call" will pop up. At this time, please select "Pairing and Connecting", and the functions such as calling or audio playback can be used normally after the connection.

3、 If you are an iPhone user, you need to go to "Settings" - "Bluetooth" - search for the Bluetooth name "QR02 call" - click to connect "QR02 call", after the connection is successful, your phone's Bluetooth connection should be 2 QR02 , they are: QR02 and QR02call.



After the Bluetooth connection is successful, you can use the watch normally. You can customize many settings in the FitCloudPro APP, such as: synchronizing the phone book, enabling message reminders, downloading favorite watch faces, enabling weather forecasts, setting alarms, sedentary reminders, etc. Function.

Note: The watch transmits data to the mobile phone through Bluetooth, so please keep the mobile phone Bluetooth turned on, and the effective Bluetooth distance

between the watch and the mobile phone is 5-10 meters.
The APP can be refreshed at intervals to upload the latest health data.

General function:



swipe directionMenu 1Menu 2Menu 3
Full touch: swipe down to enter the status setting bar,
swipe up to view notifications, swipe left to enter the
main function interface, and swipe right to enter the split-
screen menu;

Button:

Short press: short press on the home page to enter the
menu style page, on the style interface - two consecutive
keys to switch the style, and short press on other
interfaces to return to the home page
Long press: long press to switch the machine (long press
to turn it on when it is off)



Watch face settings:

Press and hold on the dial interface for 3 seconds to enter
the dial switching interface, slide left and right to switch
the dial to be selected, and click the selected dial to switch
between different styles of dials in the watch;
After the Bluetooth connection is successful, go to APP-Dial
library-Dial center-custom watch face 。



Step count :

The watch has a built-in pedometer IC, please wear the watch correctly, swing your arms naturally when walking, the watch can automatically measure the number of steps, and can record the total number of steps in 24 hours and the number of walking steps in each period; more detailed data can be viewed in the mobile APP;



Heart rate :

Before heart rate monitoring, make sure that the watch is correctly worn on the wrist (the best position is one finger width above the wrist bone). Heart rate detection requires wearing
Tighten it to prevent light leakage and cannot be effectively detected, and then enter the heart rate detection. During the detection process, the wrist is required to remain still. After entering the heart rate measurement interface, the UI icon will jump to indicate the start of the measurement. When the measurement is completed in about 30~60 seconds, there will be a vibration reminder and the data will be generated. If it prompts "Watch not worn", you need to put on the watch again.



Call mode :

After the call mode is turned on, you can enter

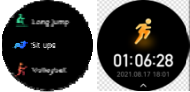
1. Call log, you can record the calls that have been made;
2. Common contacts, you can communicate by phone with common contacts;
3. Dial, you can call any phone you need to contact;



Sleep :

Please wear the watch correctly before falling asleep. The default sleep monitoring time is 21:30-12:00. When the activity decreases after falling asleep, the watch will automatically judge the sleep state. After getting up, when the number of active steps is > 100 steps, the watch will judge for awakening. Record and generate sleep data: deep sleep, light sleep, total sleep time. You can also synchronize the data to view it on the APP.

Note: Sleep monitoring is only judged by data algorithms, and it is normal to have some errors in different scene states.



Sport mode :

Click to enter the sports interface, you can choose 19 sports modes: walking, running, mountain climbing, cycling, basketball, badminton, football, elliptical machine, yoga, table tennis, skipping rope, tennis, baseball, rugby, hula hoop, golf, long jump , sit-ups, volleyball. After starting, the watch will record: exercise time, steps, heart rate, calories, mileage and other data;



Blood pressure:

Before blood pressure monitoring, please confirm that the watch is correctly worn on the wrist, and it is required to wear it tightly to prevent light leakage from affecting the monitoring data. After entering the blood pressure monitoring, keep the whole process still, and the UI icon beating indicates that the measurement has started. Wait for 30~60 seconds after the measurement is completed. Watch vibration reminder, data generation. The measurement data can be updated synchronously and viewed on the APP.



Blood oxygen :

Before blood oxygen monitoring, please confirm that the watch is correctly worn on the wrist. It is required to wear it tightly to prevent light leakage from affecting the monitoring data. After entering blood oxygen monitoring, keep the whole process still, the UI icon beating to prove that the measurement starts, and wait for 30~60 seconds

to complete the measurement. There will be vibration reminders from time to time, and data will be generated. The measurement data can be updated synchronously and viewed on the APP.



Weather :

After the watch is connected to the APP, open the "Weather Push" button in the APP to push the local weather forecast to the watch in real time. The weather forecast is to obtain the local weather through the APP, so please be sure to keep the APP bluetooth connection status, and open and refresh the APP bluetooth connection from time to time.



Music control :

After the watch is connected to the APP, the watch can control the music player of the mobile phone: pause/start/volume adjustment/previous/next.



Message push :

The watch can receive and display messages or calls from the mobile phone, and vibrate to remind. Historical messages can be viewed on the "Messages" interface of the watch, and up to 15 recent messages can be stored. When there is a call reminder, there is a reject button function on the watch, you can choose to answer or reject. Note: For this function, you need to open the corresponding function button in the "Message Reminder" in the APP.



Timer:

In the timer function, the system presets the commonly used time duration, and the time can also be customized. After entering the selected time, you can choose to pause/start/resume.



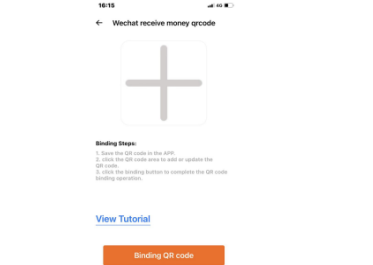
Set up :

The setting function includes menu style (screen display, battery, vibration intensity, language, QR code, password, system)

Receipt code/business card :

Currently supports QQ/WeChat/Alipay/PayPal payment code, select in the APP: wallet - select the target setting, such as "WeChat" - click the "+" picture box, enter the mobile phone album, select the picture - click bind, at this time, The corresponding QR code will be automatically generated on the watch.

The business card function settings are also similar.
If you are still unclear, you can view the operation tutorial in the APP



A note about IP67 water resistance:

The waterproof performance of this product is not permanent and may deteriorate over time. It supports short-term use such as washing hands, raining, etc., but does not support hot water bathing, showering, swimming, diving, diving, surfing and other use scenarios. The watch is not waterproof against corrosive liquids such as seawater, acid and alkali, solutions, chemical reagents, etc. If you touch it accidentally, please use clean water. Wash and dry. Damage due to abuse or misuse is not covered under warranty.

Common problem:

1. Can't connect or search watch Bluetooth?

A: Please search for the watch's Bluetooth in FitCouldPro first. Do not directly connect the watch in the Bluetooth settings of the mobile phone. If it is already connected in the Bluetooth settings, please disconnect and unbind it first, and then search in the APP. If you connect directly in

the set Bluetooth, it will affect the Bluetooth of the watch cannot be searched in the APP.

2. Inaccurate pedometer/heart rate/blood pressure measurement values?

A: The test values are different in different scenarios, such as step counting: the watch uses a three-axis gravity sensor combined with an algorithm to obtain the value. Regular users often compare the number of steps with the mobile phone, but considering the difference between the mobile phone usage scenario and the watch scenario, the watch is worn on the wrist, and the daily movements such as raising the hand and walking are easy to calculate as the number of steps, so there are differences between the two scenarios. Direct comparison is not possible.

Inaccurate heart rate/blood pressure values: The measurement of heart rate and blood pressure is enabled by the heart rate photosensitive light behind the watch combined with the big data algorithm to obtain the value. Currently, it cannot reach the medical level, so the test data is for reference only. In addition, the measurement value is limited by the measurement environment. For example, the human body needs to be in a static state and be properly worn for measurement. Different scenarios can affect the test data.

3. Unable to charge/unable to turn on?

Answer: Do not leave electronic products for a long time. If they have not been used for a long time, please charge them for more than 30 minutes to see if they are turned on. In addition, do not use high-power plugs to charge the watch every day. Pay attention to waterproof and moisture-proof, do not wear swimming to take hot baths, etc.

4. The watch cannot receive information? A: Please confirm whether the Bluetooth of the watch is correctly connected in the FitCouldPro APP, and the permission to

receive information on the watch is enabled in the APP settings.

5. The watch has no sleep monitoring data?

A: The default time for sleep monitoring is from 21:00 pm to 12:00 am. During this period, the changes in activity are recorded according to the number of times the user turns over, arm movement, and heart rate test values after falling asleep. Combined with big data algorithms, sleep values are obtained. Therefore, please wear the watch correctly to fall asleep. If the physical activity is too frequent during sleep and the sleep quality is poor, the watch will recognize it as a non-sleep state. In addition, please

Fall asleep during the monitoring time.

Warning:

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. 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
NOTE: This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter
The device has been evaluated to meet general RF exposure requirement.