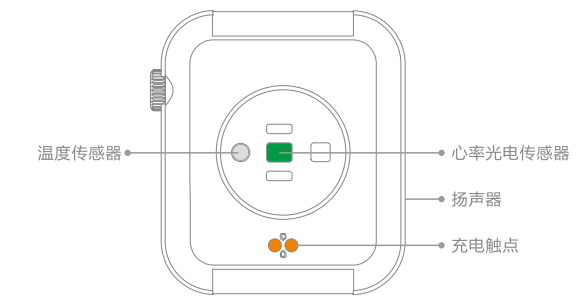
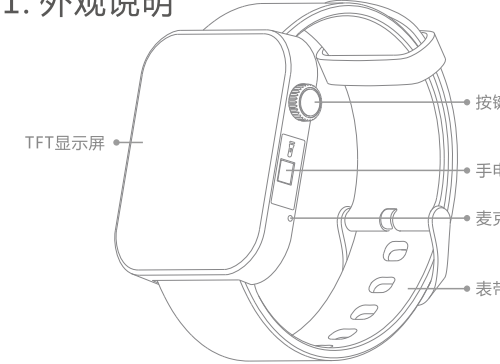


中文

## T68Plus使用指南

### 1. 外观说明



### 2. 充电说明

感谢您选购本公司智能健康手表，在第一次使用时请认真阅读说明书；首先长按侧面按键5秒开机，如果电量不足或电量已耗尽，请先充电。  
连接上充电线后，将USB接口插入（如电脑主机，移动电源，或标准的电源适配器）进行充电，要求输入电压为5V1A或5V2A。

### 3. 下载APP及蓝牙配对

**安装APP**  
在使用本设备前，请下载APP并安装，用手机扫一扫右边二维码，根据手机的系统，选择对应软件进行安装。  
也可以在苹果AppStore应用商店中搜索“FitCloud Pro”并安装它。安卓手机可在其它商店下载，如Android市场中搜索“FitCloudPro”下载并安装。  
(兼容系统：iOS11.4+Android6.0以上)



FitCloudPro  
(手表界面可扫码下载)

### 第一步：APP蓝牙配对

1.新用户第一次使用本设备时，下载并安装APP后，启动APP按要求注册，注册完成后，输入账号和密码登陆。  
2.打开手机蓝牙状态，然后打开APP连接手表即可完成配对。

### 第二步：音频蓝牙配对

完成音频蓝牙配对，步骤如下图所示。（Android/iOS通用）



### 4. 主界面选择

在主界面时，长按屏幕3秒可选择不同的主界面；当设备连接APP后，还可在APP表盘中心选择更多的主界面。



### 测量体温时，特别注意事项：

- 第一次测量时，**请先佩戴5分钟后**再进行体温测量。
- 建议在温度**18-32℃环境条件下**测量体温，否则影响测量精度。

### 5. 操作方法

**按键：**长按5秒开机/关机  
**长按屏幕：**在主表盘状态时，长按屏幕3秒，可选择不同表盘  
**左滑：**进入下一个界面  
**右滑：**返回或上一个界面  
**上滑：**在主表盘状态下，上滑屏幕可浏览信息  
**下滑：**在主表盘状态下，下滑屏幕可快速进入设置菜单

### 6. 产品参数

显示屏：1.69" TFT彩屏  
分辨率：240\*280  
防水等级：IP67  
腕带材料：TPU  
传感器：SC7A20  
兼容性：iOS11.4+Android6.0以上

心率芯片：HX3605  
电池容量：240mAh  
工作时间：约5-7天  
同步方式：蓝牙5.0  
工作温度：-10℃~50℃  
包装清单：主机\*充电线\*腕带\*说明书

### 7. APP语种

APP支持语言：简体中文、英语、德语、西班牙语、法语、意大利语、日语、波兰语、葡萄牙语、俄语，后续会不断加入更多的语种。

### 8. 主要功能

- 时间
- 步数
- 距离
- 卡路里
- 睡眠监测
- 多种运动模式
- 久坐提醒
- 关机
- 来电提醒
- 信息推送(可接收微信、QQ、Facebook、Line、WhatsApp、KakaoTalk等信息)
- 音乐播放
- 语音通话
- 计时器
- 查找手机
- 多国语言
- 心率监测
- 血压监测
- 血氧监测

### 9. 注意事项

- 切勿严重撞击主机。
- 切勿接触苯、稀释剂等化学物品。
- 请不要靠近强磁场、电车站。
- 请避开直射光线或发热器具。
- 切勿自行拆卸、修理、改造。
- 废弃包装、电池、旧电子产品，请分类妥善处理。
- 洗澡时不宜佩戴。（温度不能超过45℃）
- 温度不能超过45℃

### 保修卡

产品名称：\_\_\_\_\_

型号规格：\_\_\_\_\_

客户名称：\_\_\_\_\_

联系电话：\_\_\_\_\_

地址：\_\_\_\_\_

经销单位：\_\_\_\_\_

联系电话：\_\_\_\_\_

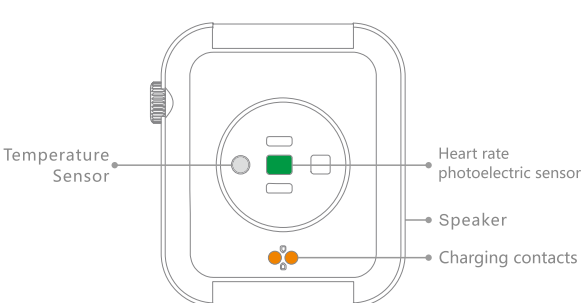
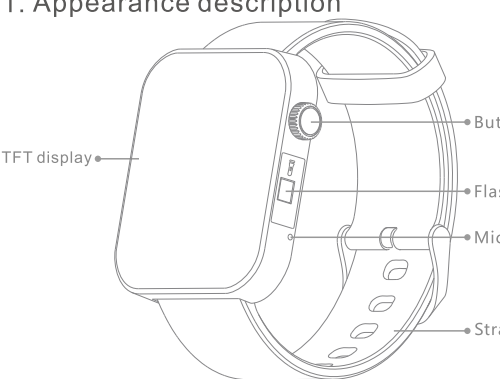
地址：\_\_\_\_\_

销售日期：\_\_\_\_\_

英文

## T68PLUS USER MANUAL

### 1. Appearance description



### 2. Charging instructions

Thank you for choosing our smart health bracelet. Please read the manual carefully when you use it for the first time; first, press and hold the side button for 5 seconds to turn it on. If the battery is low or exhausted, please charge it first.  
After connecting the charging cable, insert the USB interface (such as a computer host, a mobile power supply, or a standard power adapter) for charging. The input voltage is required to be 5V1A or 5V2A.

### 3. Download APP and Bluetooth pairing

**Install APP**  
Before using this device, please download the APP and install it. Scan the QR code on the right with your mobile phone, and select the corresponding software to install according to the mobile phone system.  
You can also search for "FitCloudPro" in the Apple AppStore and install it. Android phones can be downloaded from other stores. For example, search for "FitCloudPro" in the Android market to download and install. (Compatible system: iOS11.4+Android6.0 and above)



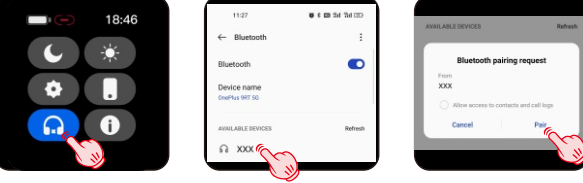
FitCloudPro  
(Scan the code to download on the bracelet interface)

### The first step: APP Bluetooth pairing.

- When a new user uses this device for the first time, after downloading and installing the APP, start the APP and register as required. After the registration is completed, enter the account and password to log in.
- Turn on the Bluetooth status of the phone, and then open the APP to connect to the watch to complete the pairing.

### Step 2: Audio Bluetooth pairing.

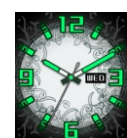
Complete the audio Bluetooth pairing, the steps are shown in the figure below. (Universal for Android/iOS.)



- Turn on the audio Bluetooth in the watch settings.
- Connect the watch audio bluetooth in the mobile bluetooth.
- The pop-up prompts, click on pairing. (There is no prompt on Apple phones.)

### 4. Main interface selection

In the main interface, long press the screen for 3 seconds to select different main interfaces; when the device is connected to the APP, you can also select more main interfaces in the center of the APP dial.



### When measuring body temperature, pay special attention to:

- For the first measurement, please wear it for 5 minutes before taking the temperature measurement.
- It is recommended to measure the body temperature under environmental conditions of 18-32℃, otherwise the measurement accuracy will be affected.

### 5. Method of operation

**Button:** Press and hold for 5 seconds to power on/off.  
**Long press on the screen:** In the main dial state, press and hold the screen for 3 seconds to select different dials.  
**Left slide:** Go to the next screen.  
**Swipe right:** Go back or the previous page.  
**Skip up:** In the main dial state, swipe up the screen to browse the information.  
**Sliding:** In the main dial state, the slide screen can quickly enter the setup menu.

### 6. Product parameters

Display: 1.69" TFT colour screen  
Resolution: 240\*280dpi  
Waterproof level: IP67  
Strap material: TPU  
Sensor: SC7A20  
System: iOS11.4+Android6.0 above

Heart rate chip: HX3605  
Battery: 240mAh  
Working time: 5-7 days  
Bluetooth: 5.0  
Operating Temperature: -10℃~50℃  
Packing list: \*Module\*Charging Cable \*Strap\*User Manual

### 7. APP language

APP supports languages: Simplified Chinese, English, German, Spanish, French, Italian, Japanese, Polish, Portuguese, Russian, and more languages will be added in the future.

### 8. The main function

- Time
- Steps
- Distance
- Calories
- Sleep
- Multi- sport modes
- Long seat reminder
- Shutdown
- Call reminder
- Information push (can receive WeChat, QQ, Facebook, Line, WhatsApp, KakaoTalk, etc.)
- Play music
- Timer
- Find the phone
- Multilingual
- Heart rate
- Blood pressure
- Blood oxygen
- Voice calls
- Body temperature monitoring

### 9. Precautions

- Do not hit the main unit seriously.
- Do not touch chemicals such as benzene or thinner.
- Please do not approach strong magnetic fields and electric shock stations.
- Please avoid direct light or heat appliances.
- Do not disassemble, repair or modify it yourself.
- Dispose of packaging, batteries, and old electronic products, please sort them properly.
- It is not suitable to wear when taking a bath. (The temperature cannot exceed 45℃)

### Warranty card

Product name: \_\_\_\_\_

Model: \_\_\_\_\_

Name: \_\_\_\_\_

Contact phone number: \_\_\_\_\_

Address: \_\_\_\_\_

Distribution company: \_\_\_\_\_

Contact phone number: \_\_\_\_\_

Address: \_\_\_\_\_

Sales date: \_\_\_\_\_

**FCC Warning:**

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.

**Caution:** Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.