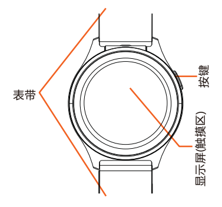
TWS智能手表

用户使用指南

一、外观说明

1.整机介绍



2.包装清单
手环表带×1 充电线×1 包装盒×1
备用耳机头X2 用户使用指南×1

二、初次使用说明

1.设备功能界面介绍
开机后进入时间界面，上下左右划动进入相应菜单

2.在主界面状态下按按键可进入子菜单，共用三种菜单风格可供选择

3.软件下载，安装APP：

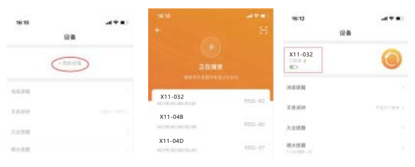
安卓手机可扫描二维码，或在各任用市场中搜索"FitCloudPro"进行下载安装

苹果手机可扫描二维码，或进APP Store 搜索"FitCloudPro"进行下载安装；

手环蓝牙连接如下：

X-Audio

打开手机APP” FitCloudPro "，在 “设备” 界面下” 添加设备” 搜索到设备型号"X11"点击进行连接。连接成功后在APP的 “设备” 下会显示设备型号 “X11（已连接）” 。



5.连接及配对注意事项
1)确保手机蓝牙为开启状态；
2)确保设备电量充足，使用前请先开机或充电；
3)配对连接时确保设备离手机50cm以内；
4)若在APP里搜不到设备, 请在手机权限设置里检查是否允"FitCloudPro "使用蓝牙；
5)耳机配对时需确保耳机从手环底座中取出来。
6)若期间手环或手机有配对过其他蓝牙设备则需要重新连接。
7)如有多台X11手环，在APP连接手环的时候，注意APP里手环蓝牙的ID地址是否与手环一致。

五、主要功能介绍

*注 意:为确保数据有效, 请在APP的个人资料里输入真实的性别、身高和肤色。

A.开/关机

设备在关机状态下长按触摸区3秒开机，切换到关机界面长按3秒进入关机选项。

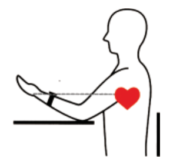
B.运动监测
进入运动监测界面，显示当前步数、距离以及消耗的卡路里。

C.睡眠监测
进入睡眠监测界面，显示昨晚的总睡眠时间。

D.心率/血压/血氧测试

切换到心率/血压/血氧测试界面，手环背面的LED灯点亮，心率/血压/血氧开始测试，1-2分钟后显示当前心率/血压/血氧值，点击触摸区退出当前测试。也可以通过手机APP进行心率/血压/血氧单项或者全项目同时测试，同步测试数据，设置心率整点测量,以及打开心率报警开关。

血压测试方式方法:请保持测试时身体放松、静止, 确保手表与心脏同高（如右图）,测试时也请不要说话；



*本产品所测量的数据仅为参考数据，不能作为医学诊断数据，与医学诊断使用的血压趋势，心率非同一概念，请勿作为诊断、治疗使用。

E.查找手环
只需点击手机APP里的智能查找手环功能，便可以方便快捷的通过手环所发出的震动来辨别所在位置。

F.闹钟
在APP端的闹钟设置界面可设置闹钟, 设备会相应提醒。

G.信息提醒/推送
有新的信息时，设备会震动提醒并显示消息内容；对应的消息显示对应的图标。

注：请先将APP提醒开关打开；如需显示通知内容，也需在对应的即时工具设置为显示消息内容。

H.遥控拍照
通过APP进入“摇一摇拍照”界面，按触摸中间按键或者快速晃动手环遥控手机拍照。

I.NFC
住宅房屋智能门锁，请按视频教程录入开锁信息，小区门禁，物业门禁请到所在小区管理处或相关机构录入开锁信息。

六、注意事项

1.禁止使用充电电压>5V,充电电流>2A的适配器。
2.禁止在有水渍的情况下充电。
3.本品支持防水。
4.本品为电子监测产品，不作为医疗参考，数据仅供参考；
5.剧烈运动时佩戴耳机可能会在运动时中脱落导致产品损坏或丢失。
6.光电传感器属高敏感元器件，要小心硬物碰伤。佩戴一段时间可能会有汗渍、灰尘附着在表面可用软布定期清洁。

七、常见问题

Q:心率(睡眠)测试为什么不准?
A:首先手环设备是通过电子传感器来监测人体活动的，属于消费级产品出现一定的误差属正常现象，请客观对待数据。
Q:在哪里设置APP权限?
A:安卓手机-设置-权限管理-找到“FitCloudPro ”应用-信任此软件。
1.如果手机安装了安全管理类或清理加速类应用，请将“FitCloudPro ”设置为白名单(信任名单)；
2.在手机系统的权限管理程序里，请将“FitCloudPro ”设为信任应用，来电显示等功能需要获取权限来实现功能。

Q:来电，设备上有提醒，但接通后耳机里听不到声音?
A:来电时蓝牙耳机上会有延迟，可在响铃几声后再接听。若是通过手机接通来电，请在手机上检查语音通道是手机还是耳机，若是手机切换到耳机，默认遵循从哪个设备接通在哪个设备上接听的原则。
Q:我戴着耳机，但来电时听不到铃声?
A:请确保耳机和手机在有效的蓝牙连接距离内，若手机连过很多蓝牙设备，请在手机蓝牙设置里清除无效连接。

八、基本参数

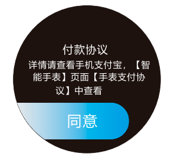
主控芯片：RTL8762D
充电电压：5V
充电电流：150mA
工作温度：-5~45 C
防水：IP67级
电池容量：240mAh+双25mAh
主体重：57g
蓝牙版本：蓝牙5.0,蓝牙4.0
电池类型：聚合物锂电池

设备要求：
Android 4.4及以上系统手机，并支持蓝牙4.0及以上安卓手机
IOS8.0及以上系统，iphone 4S及以上苹果手机

****附加功能***

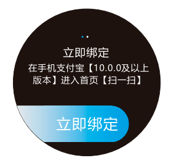
简体中文版支持支付宝功能，其它语言均不支持支付宝功能

在主界面（时间界面)中间快速双面屏幕，进入支付宝设置界面，点【同意】进入支付宝绑定界面

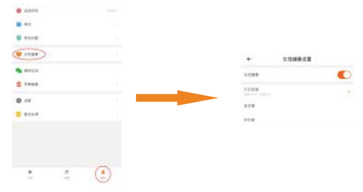

付款协议
详情请查看手机支付宝，【智能手表】页面【手表支付协议】中查看
同意

点击【立即绑定】，用手机支付宝扫描手表上的二维码进行绑定

在支付宝上设置好手表名称，每日消费限额即可使用


立即绑定
在手机支付宝【10.0.0及以上版本】进入首页【扫一扫】
立即绑定

*****女性健康*****



合格证
QUALIFIED CERTIFICATE
型　号：（MODEL）
检验员：（CHECKER）
出厂日期：（DATE）
检验合格 QUALIFIED

保修卡

请用户自行保存

产品名称		产品型号	
购买日期		出售单位	
产品序列号		用户姓名	
用户地址		联系电话	

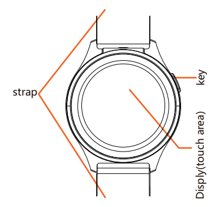
维修日期	故障内容	维修人员

1.请妥善保存此保修凭证，并在维修时出示
2.本凭证遗失恕不补发

Smart Watch TWS Headset

1 Appearance Description

1.1 Overall Introduction



1.2 Packing List
Bracelet strap x1, Charging cable x1, Packing box x1
Spare headphone head X2, User guidex1

2 Instructions to Initial Use

2.1 Introduction to Device Function Interface

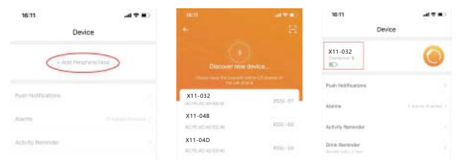
After booting, enter the time interface, swipe up, down, left and right to enter the corresponding menu.

2.2 In the main interface state, press the key to enter the submenu, and three styles are available.

2.3 Software download, install APP:
Android phones can scan the QR code, or search for "FitCloudPro" in the application market to download and install.
Apple phones can scan the QR code, or search for "FitCloudPro" in the APPStore to download and install.

2.4 Bluetooth Connection between Bracelet and Headset(this device is dual Bluetooth connection, Headset/Bracelet need to be connected once both.)

(2)Open the mobile APP "FitCloudPro", search for the device model "X11" in "Add Device" under the "Device" interface, and click to connect. After the connection is successful, the device model "X11 (connected)" will be displayed under "Device" in the APP.



2.4 Notes on Connection and Pairing
(1) Ensure that the Bluetooth of the mobile phone is turned on;
(2) Ensure that the device has sufficient power, and please turn on or charge it before use;
(3) Make sure that the device is within 50cm of the mobile phone when pairing and connecting;

(4) If the device cannot be found in the APP, please check in the mobile phone permission settingswhether to allow "FitCloudPro" to use Bluetooth;
(5) When pairing the headset , make sure that the headset is taken out from the base of the bracelet；
(6) If the bracelet or mobile phone has been paired with other Bluetooth devices during the period,you need to reconnect；
(7) If there are multiple X11 bracelets, when the APP is connected to Bracelet, you should pay attention to whether the Bluetooth ID address is consistent with the bracelet .

5 Main Function Introduction

*Note: To ensure that the data is valid, please enter the real gender, height and skin color in the personal information of the APP.

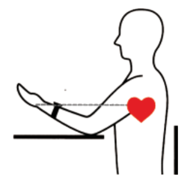
5.1 Turn On/Off
When the device is off, press and hold the touch area for 3 seconds to turn on, and switch to the shutdown interface and press and hold for 3 seconds to enter the shutdown option.

5.2 Exercise Monitoring
Enter the exercise monitoring interface, it displays the current number of steps, distance and calories burned.

5.3 Sleep monitoring
Enter the sleep monitoring interface and it displays the to tal sleep time last night.

5.4 Heart Rate/Blood Pressure/Blood Oxygen Test Switch to the heart rate/blood pressure/blood oxygen test interface, the LED light on the back of the bracelet will light up, the heart rate/blood pressure/blood oxygen test will start, and the current heart rate/blood pressure/blood oxygen value will be displayed after 1-2 minutes. Tap the touch area to exit the current test . You can also test the heart rate/blood pressure/oxygen single item or all items at the same time through the mobile APP, synchronize the test data, set the whole point measurement of the heart rate , and turn on the heart rate alarm switch.

Blood pressure test method: Please keep your body relaxed and still during the test, make sure that the bracelet is at the same height as your heart (as shown in the picture on the right), and do not talk during the test;



The data measured by this product is only for reference and cannot be used as medical diagnosis data. It is not the same concept as the blood pressure trend and heart rate used in medical diagnosis. Please do not use it for diagnosis or treatment.

5.5 Find the Bracelet
Just click the smart search bracelet function in the mobile APP, you can easily and quickly identify the location through the vibration of the bracelet.

5.6 Alarm Clock
In the alarm setting interface of the APP, alarm can be set, and the device will remind accordingly.

5.7 Information Reminder/Push
When there is new information, the device will vibrate to remind and display the content of the message. The corresponding message displays the corresponding icon. Note: Please turn on the reminder switch in the APP first. If

you need to display the notification content, you also need to set the corresponding instant tool to display the message content.

5.8 Remote Camera
Enter the "Shake and Shake to Take Photos" interface through the APP, press the middle button or quickly shake the bracelet to take pictures on the phone.

5.9 NFC
To register hourse lock,please follow the steps in the video.With compound or buildings locks, pleasd go to its property management to register the lock information.

6 Matters Needing Attention

(1)It is forbidden to use adapters with charging voltage>5V and charging current>2A.
(2)It is forbidden to charge in the presence of water stains.
(3)This product supports waterproofing.
(4)This product is an electronic monitoring product, not as a medical reference, the data is for reference only;
(5)Wearing earphones during strenuous exercise may fall off during exercise and cause damage or loss of the product.
(6)The photoelectric sensor is a highly sensitive component, so be, you should so be careful to prevent it being hit by hard objects. Perspiration and dust may adhere to the surface after wearing it for a period of time and you can use a soft cloth to clean it regularly.

7 Common Problems

Q1: Why is the heart rate (sleep) test inaccurate?
A1: First of all, the bracelet device monitors human activities through electronic sensors. It is normal for consumer-grade products to have certain errors. Please treat the data objectively.

Q2: Where can I set the APP permissions?
A2: Android phones-Settings-Authority management-find the "FitCloudPro" application-set to trust this software.

(1)If the mobile phone is installed with security management or cleaning acceleration applications, please set "FitCloudPro " as the daily list (trust list);

(2)In the authorization management program of the mobile phone system, please set "FitCloudPro" as a trusted application, functions such as caller ID need to obtain auth orization to realize the function.

Q3: Call incoming： there is a reminder on the device, but no sound can be heard in the headset after connecting?
A3: There will be a delay on the Bluetooth headset when there is an incoming call, you can answer it after a few rings. If the call is connected through a mobile phone, please check whether the voice channel is a mobile phone or a headset on the mobile phone. If the mobile phone is switched to a headset, the default is to follow the princip le of which device is connected to and answered on which device.

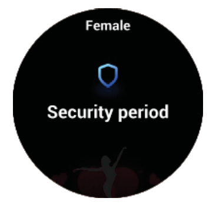
Q4: I am wearing headphones, but I cannot hear the ringtone when I call?
A4: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

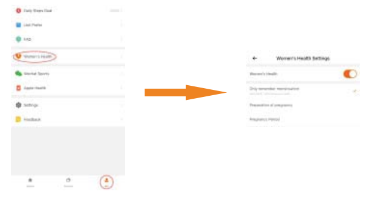
8 Basic Parameters

Main control chip: RTL8762D
Body weight: 57g
Bluetooth version: Bluetooth 5.0,Bluetooth 4.0
Battery type: polymer lithium battery
Battery capacity: Charging Module 240mAh ;Headset 25mAh .
Charging voltage: 5V
Charging current: 150mA
Working temperature: -5~45 °C
Waterproof: IP67 level

Equipment requirements:
Android 4.4 and above system phones, and support Bluetooth 4.0 and above Android phones. IOS 8.0 and above system, iPhone 4S and above iPhone.

*****Women's Health*****





QUALIFIED
CERTIFICATE
（MODEL）:
（CHECKER）:
（DATE）:
QC PASS 01

Warranty card

Please save it by yourself

Product name		Product model	
Date of purchase		Selling unit	
Product ID		User name	
User address		Contact number	

Maintenance date	Fault Content	Maintenance Staff

1. Please keep the warranty certificate properly and show it when repairing it.
2.Loss of this voucher will not be reissued.

FCC Warning Statement

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

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.The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restriction.