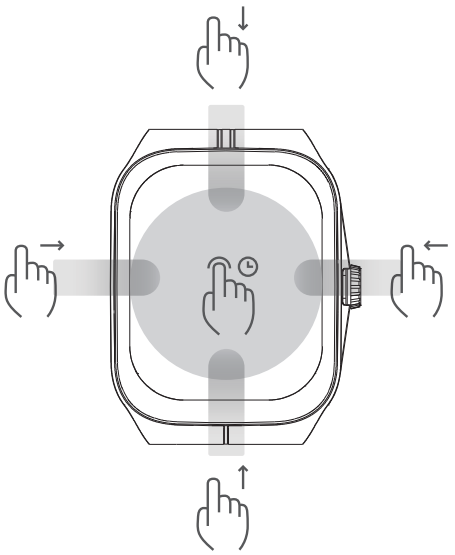
SMART WATCH

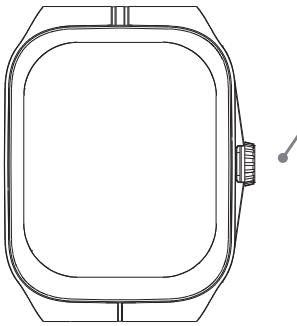
Quick Guide

Please read this manual carefully and reserve it for use

Touch and buttons



Downward: Control Panel
Swipe up: SMS notification
Right swipe: Quick sidebar
Left swipe: Shortcut function



Encoder

Short press: light up the screen, return to the watch face interface, and enter the menu interface
Double click: switch menu mode
Long press: enter the system interface
Rotate: switch dials, scroll interface

※ If the power button fails to turn on after pressing and holding for 3 seconds, please charge and try again

Connect your phone

(FitCloudPro)

Download App: For iOS phones, search for 'FitCloudPro' in the App Store, and for Android phones, search for 'FitCloudPro' in other app stores (such as App Store) to download and install; Or scan the code to download and install.

Pairing and connecting watches

View device Bluetooth name in [Settings>System>System Information]

↓

Open the app on your phone, log in or register your account

↓

Click on [Device>Add Device>Start Search] in the app

↓

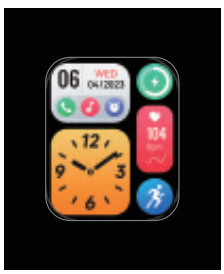
Select the Bluetooth name of the watch in the search results to complete pairing

※ Please keep the watch's battery level above 20% before pairing to avoid pairing failure due to insufficient battery.

※ During pairing and connection, ensure that the phone's Bluetooth is turned on and within a valid connection distance from the watch.

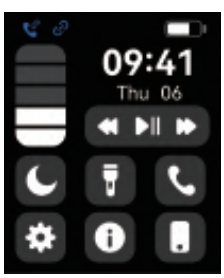
Function Introduction

Dial switching



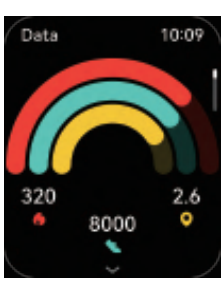
Long press for 2 seconds on the main screen to enter the dial switching interface, slide left and right to switch to the selected dial, and click to select the dial. You can also switch by rotating the button in the upper right corner.

Control panel



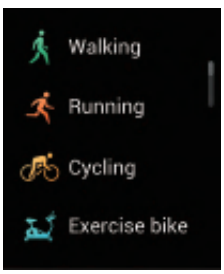
Function summary: do not disturb mode, brightness adjustment, settings, find mobile phone, audio call mode, etc.

Sports data



Display the daily recorded steps, kilometers, and calorie data, and the target can be set in the app.

Sport

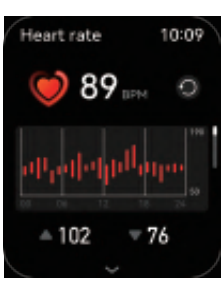


Sports mode options: walking, running, climbing, cycling, skipping, basketball, etc. When the watch is connected to the App, other sports modes can be added to the App.

Sports record

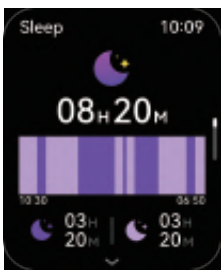
This interface saves your last 10 exercise history records and allows you to view data such as exercise duration, heart rate, calories, etc. during exercise.

Heart rate



Enable timed detection on the app, and this interface displays the heart rate data for the day;

Sleep

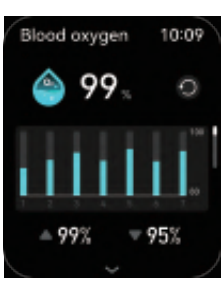


This interface displays the sleep monitoring status for the day, with data updated daily. By connecting to the app, data can be uploaded and saved synchronously.

blood pressure

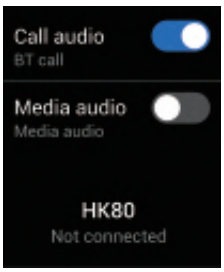
When entering the blood pressure measurement interface, the green light at the bottom lights up to start measuring, and the measurement is completed in 30-60 seconds. At this time, the measurement is based on PPG technology.

Blood oxygen



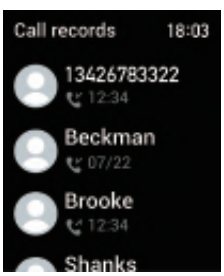
When entering the blood oxygen measurement interface, the green light at the bottom lights up to start measuring, and the measurement is completed in 30-60 seconds. At this time, the measurement is based on PPG technology.

Call Bluetooth



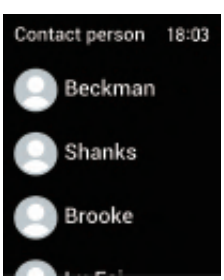
Click the button in the "Control Panel" to enter the Bluetooth settings for calling; After enabling searchable access, connect your phone to Bluetooth below to use the call function.

Call records



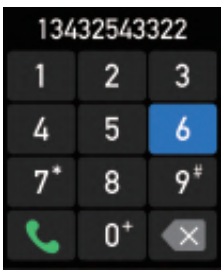
Up to 10 call records can be kept, and the latest call records will overwrite the oldest records.

Top contacts



You can add them through "App Device Common Contacts". Add, delete, sort, up to 10 frequently used contacts can be added.

Dial



After connecting the phone to Bluetooth for calling, the dialing function can be used normally.

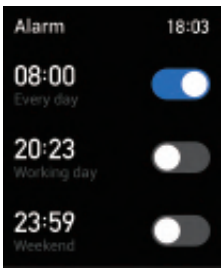
Music

Can control the music playback on the phone.

Weather

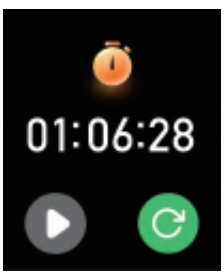
After connecting the watch to the app and enabling location permissions, this. The weather interface will display real-time weather temperature and weather type.

Alarm clock



You can set a single alarm or a recurring alarm, up to a maximum of 10 alarms.

Stopwatch

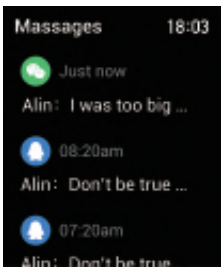


This interface has a stopwatch function and can also set segmented timing. It can save up to 10 pieces of data.

Timer

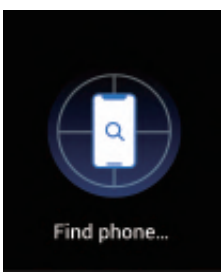
In the timer function, users can quickly start timing through the system preset time, or click the custom button to set the time.

Information



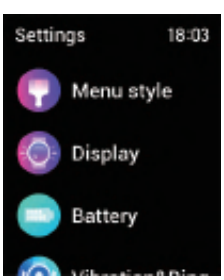
Enable relevant information push on the app, and the watch can receive corresponding message push. Up to 15 messages can be saved, and if exceeded, they will be automatically overwritten.

Find phone



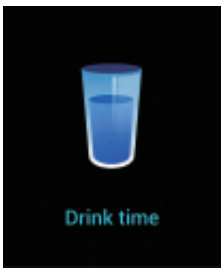
When the watch is connected to the app, click to search for the phone, and the phone will ring to prompt, while the watch will display a successful search; If the watch is not connected to the app, the watch end will prompt that it is not connected.

Set up



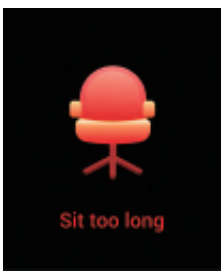
The settings function includes screen display (dial switching, screen duration, brightness adjustment, wrist flip screen duration), language, vibration intensity, menu style, QR code, and system settings.

[Notification function]



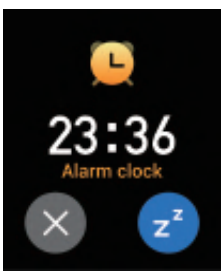
Water clock

You can turn it on in the App [Device>Water Reminder], and after turning it on, you can set the start and end times, as well as the reminder interval.



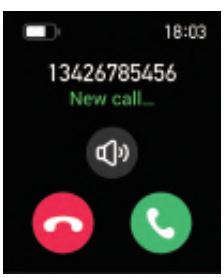
Sedentary reminder

It can be turned on in the App [Device>Sedentary Reminder], and the start and end times, as well as the Do Not Disturb period, can be set when turned on.



Alarm clock reminder

Set and activate an alarm to remind.



Call reminder

You can answer or reject incoming calls.

Matters needing attention

1. Do not disassemble, repair, or modify the product without authorization.
2. Do not violently bump the product, so as not to cause damage to the product.
3. Please avoid strong magnetic field, direct light or high temperature environment.
4. This product is not used for disease diagnosis, treatment and prevention purposes.
5. Please avoid wearing the watch strap too tightly and keep the place where the watch comes in contact with the skin clean.
6. Children please use this product under the guidance of their parents to avoid harm.

* This app is not a medical device. Data obtained during the use of this app is for reference only, and should not be used for clinical diagnosis,medical research, diagnostic, or treatment purposes.

FCC Warnning:

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 againstharmful interference in a residential installation. This equipment generates, uses and can radiateradio frequency energy and, if not installed and used in accordance with the instructions, maycause harmful interference to radio communications. However, there is no guarantee thatinterference will not occur in a particular installation. If this equipment does cause harmfulinterference to radio or television reception, which can be determined by turning the equipmentoff and on, the user is encouraged to try to correct the interference by one or more of thefollowing 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.