

Smart Watch Manual

Product Picture (Cover):

Please read this manual carefully before using the product and keep it properly



Packing list: watch host (including strap), charging cable, product manual

Product Description:



Rotate Button:
1. Rotate the button on the dial page to preview all data
2. Short press to enter the menu
3. Rotate the button on the menu page to zoom in or zoom out the icon
4. Short press on the remaining interfaces to return to the dial page

Power Button: short press to wake up/off, long press to switch the machine

Heart rate sensor
(Need to put the back view)

Charging port(need to put the back view)



APP download and connection:

1. Scan the QR code to download and install the "FitPro" APP



(Android 5.0 or IOS 9.0 and above)

- **IOS/Android phone users:** scan the above QR code to download and install the application.
- **Android:** Search for "FitPro" through the software application store to download and install the application.
- **Apple:** Search for "FitPro" through the App store to download and install the app.
- **WeChat:** Follow the official account "Deer Enjoy Planet", you can get the download link to download on the official account.

2. APP connection method:

- ① After the watch is turned on, slide the dial page to the right and out of the sidebar, click Settings, slide to the bottom of the settings interface, and click Enter to check the Bluetooth address.
- ② Turn on the Bluetooth of the mobile phone, enter the APP and click to add a device. After the search is completed, click the device to be connected to bind it.
- ③ Connect audio Bluetooth: Swipe on the dial page, click the Bluetooth icon, the Bluetooth icon turns blue after turning it on, enter the mobile

Bluetooth system, search for the Bluetooth name corresponding to the bracelet for binding (after the connection is successful, the Bluetooth icon in the notification bar is colored).

Note: When the watch is connected to the APP, the watch data will synchronize part of the data with the phone via Bluetooth, such as: information, weather, contacts, step counting, sleep, etc. After disconnecting or unbinding, data will not be synchronized.

Watch operating instructions:



1. Sidebar function: Swipe right to appear on the dial, swipe left to hide the screen to sleep.
2. Menu list: Swipe left on the dial to enter the menu list, click a menu icon to enter the corresponding function, slide right to return or press the side button to return to the dial.
3. Shortcut menu: Slide up and down on the dial to display shortcut functions (including: Bluetooth call switch, flashlight, brightness adjustment, scene mode, style switching, Bluetooth music, etc.). Click the icon to directly enter the function, slide right or single click to return Button to return.

Dial watch: Long press on the dial page to enter the dial preview interface, slide left and right to preview and select the corresponding dial, after clicking OK, the dial setting is successful.

Note: The other two dials are "System dial" and "Real push dial". The data will change with the settings of the APP-side dial and BT data.

Features:

- ① Dial-up: Connect to the mobile phone to dial out via Bluetooth, and you can make a call on the watch side.
- ② Contact: After the watch is successfully connected to the APP, you can add a contact in the APP. After the contact is successfully added, the phone book of the watch will be displayed synchronously, and the watch can click on the contact in the phone book to make a call (Note: The watch needs to be connected to the Bluetooth of the mobile phone).
- ③ Call history: display the call history of the watch, click on the phone number to dial

④ Information: It can display the content of the message push, such as: SMS, QQ, WeChat, etc. (The system above IOS12 will block SMS reminders by default)

⑤ Sports: 1. Enter the sport mode (running, walking, cycling, climbing, indoor running) selection interface, click again to start the corresponding sport mode data monitoring: exercise time, distance, calories burned and heart rate data
2. Record: record all exercise data

⑥ Pedometer: count the step count data of the day, swipe left to view the step count record, clear the data at 00:00 in the morning, or view it in the APP, the APP can set the number of steps per day to reach the standard value, and the watch will have Reminder of compliance

⑦ Sleep monitoring: Turn on sleep detection to monitor the quality of sleep while sleeping, and view data such as sleep duration, rapid eye movement, deep sleep, light sleep, etc.

- ⑧ Sedentary reminder: Set the sedentary time, the watch will vibrate when the time is up, and there will be a reminder icon on the interface
- ⑨ Heart rate: Put the watch close to your wrist, and the best place to wear it is the wrist bone above your arm. The real-time heart rate can be measured. The normal value is 60-100 beats per minute for ordinary people. Swipe left to view the heart rate record.
- ⑩ Blood pressure: Put the watch close to your wrist, and the best place to wear it is the wrist bone above your arm. Real-time blood pressure can be measured. Adult diastolic blood pressure: 60-80 (mmHg); Adult systolic blood pressure: 100-120 (mmHg), slide left Can view blood pressure records
- ⑪ Blood oxygen monitoring: Close the watch to the wrist, the best wearing position is on the wrist bone above the arm. Real-time blood oxygen value can be measured, the normal range of the value is generally 95% to 100%, swipe left to view the blood oxygen record
- ⑫ Temperature: Display the current body temperature (the normal body temperature of the human body is 36-37 °C)
- ⑬ Bluetooth camera: when the phone is not locked, when the app interface is opened, the watch enters the Bluetooth camera, the phone

enters the camera interface, the watch clicks to take a photo, the phone will take a photo and store the photo on the phone

⑭ Bluetooth music control: play music in the phone, "+" "-" to adjust the volume

⑮ Settings: Including time setting, scene mode, brightness, language setting, password lock, sidebar, factory reset, about this machine

⑯ Find the phone: When the watch and the phone are connected, click the "Start" button, the phone will sound a ringtone and a prompt box will pop up

⑰ Weather: Not connected to the APP, enter the weather display prompt, after connecting to the APP, the current weather temperature degree will be displayed

⑱ Drinking water reminder: Set a reminder time for drinking water.

When the time is up, the watch will have an interface reminder icon

⑲ Stopwatch: start stopwatch timing and end timing

⑳ Alarm bell: you can customize the alarm clock, long press to delete the alarm clock

㉑ Style: You can set and change the UI style

⑲ Keep talking for remote control

Disassembly:
Take off the watch, pinch one end of the strap and push it out along the vertical slot of the main unit, then the strap and main unit can be successfully removed.



Precautions:

- In daily use, avoid wearing the watch for hot showers, saunas and diving. When the water meter gets wet, please wipe the surface water stains dry with a soft cloth before operating.
- The measurement results of this product are for reference only, and the data provided by the product is not to be used as a basis for any medical purposes.
- If you use a power adapter for charging, you should use a power adapter that meets the requirements of the corresponding safety standards to avoid burning or fire caused by fake power adapters.
- common problem:**
Can't find the watch?
 - Answer: Because the Bluetooth broadcast of the watch has not been searched by the mobile phone, please make sure that the watch is powered and activated, and is not connected by other mobile phones. Move the watch close to the mobile phone and search again. If it still does not work, turn off the bluetooth of the mobile phone and turn it on again after 20 seconds, Bluetooth searches again.
- Is the Bluetooth connection always on? Will there be any data if it is turned off?
 - Answer: Before synchronizing the data, the exercise and sleep data

will remain on the watch host. When the Bluetooth connection between the mobile phone and the watch is successful, the watch will automatically upload data to the mobile phone, but the data stored by the watch is limited. It can only store Bluetooth data for about one week. When the space is full, the latest data will be automatically overwritten to generate the latest data, so please Sync your watch to your phone in time.
Note: If the call and SMS reminder function is turned on, you need to keep the Bluetooth connected, and the alarm clock reminder supports offline.

What should I do if the watch cannot be charged?

1. Please make sure that the direction of the charging stand is correct and the charging clip is in good contact with the watch.
2. When the power of the watch is lower than 3.6V, there will be a period of battery precharging time.
Remark: It will enter the charging state immediately after the charger is plugged in. If there is no display, you need to charge for 3-5 minutes to enter the charging state.

- Will the watch cause harm to the human body if worn for a long time?

Answer: The radiation of the equipment is much lower than the FCC standard of the United States, which is basically negligible. Long-term wearing will not cause radiation damage to the human body.

FCC STATEMENT

1. 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.

2. 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.

FCC Radiation Exposure Statement:
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.