Instruction manual

SMART WATCH

1 Open the package and take out the watch

2 Wearing the smartwatch and pressing and holding the up button/round encoder/down button will turn it on

* Please read this manual before using this product

Watch client download and connect

Scan the QR code above to download the client

1. Download "FitCloudPro" APP

It can be downloaded and installed on the mobile phone by scanning the QR code on the manual, scanning the built-in QR code of the watch, or directly searching "FitCloudPro" in the APP store.

2. Connect the watch

1) Scan code connection: After Bluetooth is enabled on the mobile phone, enter the APP (Note: If the APP cannot be opened, please open the positioning of the phone open the APP) and click Device → Add Device → click Scan code binding (scan the QR code on the watch).

2) Manual connection: After Bluetooth is enabled on the mobile phone, enter the APP (Note: If the APP cannot be opened, please open the positioning of the phone open the APP) and find the device with the corresponding Bluetooth name and MAC address in "Settings" → "System" → "System Information" in the sliding control center of the watch) → click Connect.

3) Connect Bluetooth for calls: When the watch is in the initial state, Bluetooth for calls is enabled by default.

1. Mobile Android system: After the watch is successfully connected to the APP, the mobile terminal will prompt the bracelet to request Bluetooth pairing - click pairing - Talk Bluetooth connection success, you can dial and talk after the connection is successful.

2. Mobile iOS system: After the watch is successfully connected to the APP, the Bluetooth will automatically connect to the mobile phone. After the connection is successful, you can dial and talk. (Note: In the initial state, the watch Bluetooth for calls is enabled by default. The mobile audio opening method: Slide down from the main interface of the watch face (Control Center) - Click the phone icon - there are two options (call audio/media audio) - click the media audio, the watch can play mobile music after opening.

3 Open the device on FitCloudPro by scanning the QR code with your phone

Charging and Activation

The magnetic charger and the magnetic suction hole on the back of the watch aligned fit, until the watch screen appears charging prompt, when the watch prompts low power, please charge in time, the device is an all-in-one machine, the back shell and battery can not be removed.

Watch operation instructions

1. Dial page

Long press the screen to enter the dial selection page, left or right stroke can switch the dial, confirm the dial after clicking (Note: The system presets 6 dial pages, and the last dial is "Custom". This dial will change according to the dial market of APP side and the download Settings of custom dial)

2. Menu page

Press the right-hand circular encoder on the dial page to enter the menu page. Once on the menu page, press the right-hand circular encoder twice in succession to switch between menu styles, and single press to return to the main dial page.

3. Function page

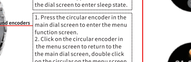
On the menu page tap the application icon to access the corresponding function, swipe right to return and single press on the upper button/ round encoder on the right to return to the main dial page.

Buttons and touch controls

1. Press and hold the upper button to switch on the device while it is switched off. Press and hold the upper button to switch off the machine in the user select screen
2. Click on the upper button in the dial screen to enter sleep state.

1. Press the circular encoder in the main dial screen to enter the menu function screen.
2. Click on the circular encoder in the menu screen to return to the the main dial screen, double click on the circular on the menu screen to switch between different menu styles.

1. Single press the button to enter the campaign screen



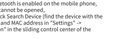
Watch Function Introduction

Alarm

After the watch is connected to the APP, you can set a single alarm clock, a cycle alarm clock, and up to 5 alarm clocks in the APP terminal.

Stopwatch

Click the Start button to start the timing, click the pause button to stop the timing, click the reset button to return the timing to zero.
A maximum of 99 records can be saved.



Breath training

During breathing training, there are 1 - and 2-minute options.
Users click on the corresponding time to perform breathing training.
After clicking Start, follow the icon in breathing training to zoom in and breathe in, zoom out and breathe out.

Blood pressure

When entering the blood pressure measurement interface, the green light at the bottom will start the test and there will be a vibration reminder when the measurement is completed within 30 to 60 seconds.The measurement is based on PPG technology.

Female

After the watch is connected to the APP, women's health alert can be enabled on APP to view women's health information on the watch.

Heart rate

When you enter the heart rate measurement interface, the green light at the bottom will start to measure. When the measurement is completed in about 40 seconds, there will be a vibration reminder. If the message "Please wear the watch correctly" is displayed, you need to wear the watch again.

Blood oxygen

When entering the blood oxygen measurement interface, the red light at the bottom will start the test for 30 to 60 seconds and there will be a vibration reminder when the measurement is completed. The measurement is based on PPG technology.

Movement

Sports mode options: hiking, running, cycling, mountaineering, badminton, football , basketball, etc. Click the icon to start sports.

Weather

After the watch is connected to the APP, this weather interface will display the real-time weather temperature and the weather for the next three days.

Messages

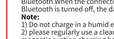
After the watch is connected to the APP, open the push of relevant information on the APP side, the watch side can receive the corresponding message, and Up to 15 recent messages can be saved.

Set up the

The setting function includes screen display (switch dial, bright screen duration, brightness adjustment, turn wrist bright screen duration), language, vibration intensity, menu style, battery, password, two-dimensional code, and system.

Music

When the watch is connected to the APP, you can control the pause and start of the mobile music player, adjust the volume and switch songs.

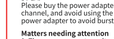


Timer

In the timing function, the system preset the common timing duration. You can click the corresponding duration to time quickly or click the custom button to set the time.Click the Start button to start the timing, click the pause button to pause the timing, click the reset button to reset the timing to zero.

Sleep

The watch displays total sleep duration as well as light and deep sleep duration last night, and the sleep screen slides up to show sleep data generated in the last seven days.



Computer

On the menu screen, click Calculator to enter the function screen of Calculator. On this screen, you can calculate addition, subtraction, multiplication and division.

Movement data

Display the number of steps, distance and calorie data recorded on that day. You can scroll up the data interface to view the number of steps in recent seven days, and set the target number of steps, distance and calorie in the APP.

Bluetooth phone

When the watch is connected to the Bluetooth of the mobile phone, it can synchronize to the watch after adding the common contacts in the APP. You can dial directly from the interface of the common contacts of the watch, or use the watch to dial and control the call of the mobile phone.

Looking for mobile phone

After the watch is connected to the APP, click to find the phone, the phone will ring and the watch will show that the search is successful.If the watch and the APP is not connected, watch side will prompt show bluetooth disconnect.

The control center

Function description: brightness adjustment, setting, search phone, system information, menu style, audio Bluetooth, do not disturb mode power saving mode.

Q&A

1. The watch cannot start

Press the power button for more than 6 seconds. The battery may be low. Charge it in time.

2. Bluetooth is not connected or cannot be connected

1) Please try to restart the watch and re-link.
2) Please try to restart Bluetooth and connect again.
3) Don't connect your phone to other Bluetooth devices at the same time .

3. watch measurement of heart rate/blood pressure/blood oxygen/error

1) Generally for measurement, the watch sensor and the human body is caused by poor contact.
2) Please pay attention to full contact between the sensor and the wrist during measurement.
3) For people with darker skin color and hairy arms, please enable enhanced measurement in App[Device > Enhanced measurement].

4. There are errors in sleep data

1) Sleep monitoring simulates people's self-perceived state of falling asleep and waking up, which needs to be worn correctly.
2) If you wear it too late or when you fall asleep, errors may occur.
3) Sleep data is not monitored during the day, and the default sleep monitoring is from 9:30 PM to 12:00 noon the next day.

For more frequently asked questions, please check the App[My >FAQ]

Bluetooth data transmission

When connected to a mobile phone, the watch synchronizes some data, including weather, notifications, sports and health data, with the phone via Bluetooth.When the connection is disconnected or Bluetooth is turned off, the data will not be synchronized.

Note:

1) Do not charge in a humid environment with water
2) please regularly use a clean flannelette to clean the magnetic suction charging hole on the back of the watch, to ensure that the magnetic suction charging hole and magnetic charger fit, to ensure normal charging
3) This product is not equipped with a power adapter, in order to ensure the safety of the product and property, when charging, you can use the computer USB interface or choose a power adapter whose output is not more than 5V 1A.
Please buy the power adapter through the regular channel, and avoid using the bottom quality and fake power adapter to avoid burning or fire.

Matters needing attention

1. The measurement results of this product are only for industrial examination and are not used as any medical use or basis. Please follow the doctor's guidance and do not use the measurement results for self-diagnosis and treatment.
2. this product waterproof grade is IP67, can not be used for deep diving and long time in the water,In addition, this product does not put hot water,because the steam will affect the watch.
3. The Company reserves the right to modify the contents of this manual without prior notice. Some functions are different in the corresponding

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.

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.

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

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