The measurement results of this product serve only as a reference and should not be used for medical purposes or as a basis. Please follow your doctor's instructions and do not use the measurement results for selfdiagnosis or treatment.

OPERATING GUIDE

SMART WATCH

***Please read the user manual before using product**

Packing list: watch host (including strap) x1, wireless charger x1, instruction manual x1

1. **Open the strap box. Follow the steps to connect the strap to the Watch.**
2. **Wear watches and hold the switch button to turn on it.**
3. **Pair with your phone by scanning the QR code. Follow the steps on the screen to set it up.**
4. **For charging, attach the charger to the back of the case magnetically.**

Scan code for quick connection

SMART WATCH APP DOWN-LOAD AND CONNECTION

Scan the QR code above to download

*After receiving the watch, if you do not turn on, please charge for more than 10 minutes before performing the watch activationaktivieren.

1、Download the "FitCloudPro" APP on your mobile phone and install it. You can scan the QR code in this manual, or scan the QR code on your watch, or directly search for "FitCloudPro" in the APP mall to download

2、Connect the smart watch

1) After the phone opens the Bluetooth, enter the APP (Note: If the APP can not be opened, please open the positioning first and then open the AP) click on the device -> click on add device -> click on the sweep code binding (sweep code on the watch).

2) After the phone opens the Bluetooth, enter the APP (Note: If the APP can't be opened, please open the location first and then open the APP) Click on Devices -> Click on Add Device -> Click on Search Devices (after you find the watch, slide down to “Settings” -> “System” in the Control Center) -> Click on Connect. “ -> “System Information” in the corresponding Bluetooth name and MAC address of the device) -> Click Connect. (Find the device corresponding to the Bluetooth name and MAC address in “Settings”->“System”->“System Info”) -> Tap Connect.

3) Call bluetooth (put after "Call records")

Call Bluetooth: Divided into "call audio" and "media audio" switches

Call audio: Bluetooth connection switch for bracelet calls.

Media Audio: For the bracelet to play media audio switch. (off by default)

1. Media audio can only be turned on when the call audio has been turned on

2. When "Media Audio" is turned on, turn off "Call Audio", and the "Media Audio" switch will be turned off synchronously;

3. In the second case, turn on "Calling Audio", and the "Media Audio" switch will be opened simultaneously.

INSTRUCTIONS FOR

1、Alipay interface: Double-click the screen on the dial page to enter the Alipay interface.
2、Dial page: Long press the screen to enter the dial selection page, left or right stroke can switch dials, confirm the dials and then click it. Note: The system presets 14 dial pages, the last dial is“customized”, this dial will change with the APP dial market and customized dials.(The last dial is “Customized”, this dial will be changed with the dial market of APP and the customized dial download settings)
3、Menu page : Press the side knob in the dial page to enter the menu page, after entering the menu page, press the side knob twice consecutively to enter the menu switching, single press to return to the main dial page.
4、Function page: Tap the application icon on the menu page to access the corresponding function, swipe right to return, and single press the side knob to return to the main dialing page.

FUNCTIONINTRODUCTION

Alarm clock

After the smart watch is connected to the APP, you can set a single mode alarm clock, a cycle mode alarm clock, and a maximum of 5 alarm clocks.

stopwatch

lick the start button to start timing, click the pause button to pause the timing, and click the reset button to reset the timing to zero. Up to 99 pieces of data can be saved.

Breathing training	There are 1 minute and 2 minute options for breathing training. The user clicks the corresponding duration to perform breathing training. After clicking start, follow the icons in the breathing training to zoom in and inhale, and zoom out and exhale.
Voice Assistant	Intelligent help quickly open the software, query information free hands
Women's health	After the device is connected to the APP, turn on the women's health reminder on the APP, and you can view the women's health reminder information on the watch.
WEATHER	After the device is connected to the APP, the weather interface will display the real-time weather temperature and content.
sports	Options for sports mode: walking, running, cycling, mountaineering, swimming, yoga, elliptical machine, basketball, etc., click the icon to start the exercise interface.
Calculator	The numerical input is in the upper limit of 7 digits (input ofnegative numbers is notprocessed), and the result of the calculation is within the upper limit of 8 digits.If theresult exceeds the calculated value, it will be displayed with "-------" that cannot be calculated
DND	Turn on the do not disturb mode when you rest, and blockall message reminders, so that you can have a better rest

Frequently used contacts

Frequent Contacts: You need to add them in the frequently used contacts column onthe app side. The frequently set contacts will be automatically synced to the deviceand up to 10 contacts can be added.

Pneumatic

Real-time measurement of the barometric pressure index of the current

MESSAGE

After the device is connected to the APP, open the relevant message push on the APP port, the device port can receive the corresponding message push, and can save up to 15 recent messages.

Settings

The functions of settings include screen display (switching dials, brightness adjustment of the screen time, turning the wrist to brighten the screen), language, vibration intensity, menu style, battery, QR code, and system.

Music

After the device is connected to the APP, it can control the pause and start of the mobile phone music player, adjust the volume and switch songs.

Sedentary reminder

You can set the 'Sedentary reminder' to be turned on in the APP. After turning it on, you can set the start, end time, and do not disturb time period.

Sleep

Display the sleep monitoring status of the day, and the data is updated every day. When connecting to the APP, the data can be saved synchronously, and the device will recalculate the data information of the new day.

Watch dial switching

Press and hold for 2 seconds on the main interface screen to enter the watch dial switching interface, slide left and right to switch the waiting watch dial,and click to select the watch dial.

Sports data

Display the number of steps, distance, and calories recorded on the day. You can set the target number of steps, distance, and calories in the APP.

Drinking water reminder

It can be turned on in the 'Settings' ->'Drinking water reminder' of the App.After turning on, you can set the start, end time, and reminder interval.

Find mobilephone

After the device is connected to the APP, click to find the mobile phone, the mobile phone will ring to indicate that the search is successful; if the watch is not connected to the APP, the watch will prompt that it is not connected.

altitude

Measure the altitude of the current environment in real time

FREQUENTLY ASKED QUESTIONS

1、The watch cannot be turned on

Please press and hold the power button for more than 3 seconds or the battery may be low and need to be charged in time.

2、Bluetooth is not connected or cannot be connected

1) Please try to restart the watch and reconnect.

2) Please try to connect again after restarting your phone's Bluetooth.

3) Do not connect the phone to other Bluetooth devices at the same time.

3、Hand measurement of heart rate/blood pressure/blood oxygen/ECG is inaccurate

1) During general measurement, the sensor of the watch is not in correct contact with the human body.
2) When measuring, please pay attention to the full contact between the sensor and the wrist.
3) For people with darker skin and more arm hair, please turn on "Enhanced measurement" in "Device" ->Enhanced measurement in the App.

4、Sleep data is not accurate enough

1) Sleep monitoring is the state of simulating people's self-recognized time to fall asleep and wake up, and needs to wear the device correctly.
2) If you wear it too late or when you fall asleep, there may be errors.
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 device will synchronize some data with the mobile phone through Bluetooth in time, including weather, notification messages, sports health data, etc. This data will not be synced when the connection is dropped or Bluetooth is turned off.

Notice:

1) Do not charge in a humid and watery environment.

2) Please regularly clean the back of the watch and the surface of the wireless charger with a clean flannel to ensure.The watch and the wireless charger surface are in full contact to ensure normal charging.

3) This product is not equipped with a power adapter. In order to ensure the safety of family members and property, you can use the computer USB interface or choose a power adapter with an output of no more than 5V ⎓1A when charging. Please buy power adapters through regular channels, and avoid using low-quality, fake power adapters to avoid bursting or fire.

4) This product is waterproof according to IP68 and should not be used for deep diving or longer immersion in water. In addition, this product is not protected against hot water because water vapor can affect the watch.

5) The company reserves the right to revise the content of this manual without prior notice and without prior notice. Some functions differ in the corresponding software version and are normal.

FCC Statement

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 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.

FCC Radiation Exposure Statement
This device complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. The device can be used in portable exposure condition without restriction.