Smart watch

User manual

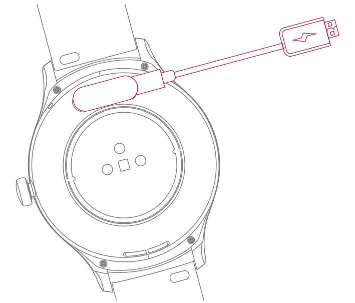
Open the package, take out the watch

Wear the smart watch, long press the button to turn it on

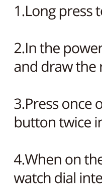
Scan the QR code with your phone to open the APP 'FitCloudPro' on your phone to setup the device.

CHARGE AND ACTIVATE

Align the magnetic charger with the magnetic hole on the back of the watch until it reaches the watch screen. When the charging prompt appears, please charge the watch in time when the power is low. The backup is an all-in-one machine, and the rear shell and battery cannot be removed.



BUTTONS AND TOUCH

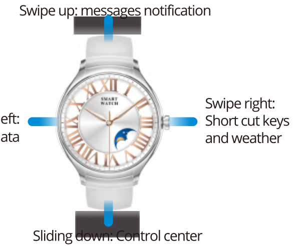


1.Long press to turn on the watch when off state.

2.In the power-on state, press and hold to display the shutdown page, and draw the right page to shut down.

3.Press once on the watch dial to enter the menu, and press the button twice in quick succession to switch the menu styles.

4.When on the other interfaces, press the button to return to the watch dial interface.


Swipe up: messages notification
Swipe left: Sports data
Swipe right: Short cut keys and weather
Sliding down: Control center

SMART WATCH APP DOWNLOAD AND CONNECTION

Scan the QR code above to download

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) Scan the QR code to connect: After the mobile phone turns on the Bluetooth, enter the APP (Note: If the APP cannot be opened, please turn on the positioning of your phone and then open the APP) Click on the device -> Click on 'Add Device' -> Click on 'Scan QR Code Binding' (scan the QR code on the watch).

2) Manual connection: After the mobile phone turns on Bluetooth, enter the APP (Note: If the APP cannot be opened, please enable the mobile phone positioning function andthen open the APP) Click 'Device' -> Click Add Device' -> Click 'Search Device' (Find the corresponding item in "Settings" -> "System" -> "System Information" in the watch sliding control center Bluetooth name and MAC address of the device) -> Click 'Connect'.

3)Connect to Bluetooth call: In the initial state of the watch, the Bluetooth call is turned off, and the call and music functions cannot be used at this time. Slide down to open the 'Control Center', click the ' Telephone ' icon, turn on the audio mode, and then turn on the Bluetooth call in the mobile phone system (when the mobile phone's Bluetooth is turned on/down), find the corresponding Bluetooth name, and click 'Connect'. After the connection is successful, the call and music functions can be used normally.

INSTRUCTIONS FOR USE

1. Dial interface: Long press the screen to enter the dial selection interface, swipe left or right to switch the dial, and click once after confirming the dial. (Note: The system presets 20+ watch dials, the last dial is "customize", this watch dial will change with the watch dial market updating of the APP port and the download settings of the custom watch dial).

2. Menu interface: On the dial interface, press the button on the side to enter the menu interface. After entering the menu interface, press the button twice in quick succession to enter the menu switching interface, and press it to return to the main interface.

3. Function interface: Click the application icon on the menu interface to enter the corresponding function interface, swipe right to return, and press the side button to return to the main watch dial interface.

FUNCTION INTRODUCTION

Alarm	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	Click 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.
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.
Heart rate	When entering the heart rate measurement interface, the bottom green light lights up to start the measurement, and there will be a vibration reminder when the measurement is completed in about 40 seconds. If it prompts "not wearing the watch", you need to re-wear the watch.
SPO2	When entering the blood oxygen measurement interface, the red light at the bottom lights up to start the test for 30~60 seconds, and there will be a vibration reminder when the measurement is completed. This measurement is a measurement based on PPG technology.
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.
Sports	Options for sports mode: walking, running, hiking, cycling, basketball,soccer, badminton etc., click the icon to start the exercise interface.
Settings	The functions of settings include display (switching watch face, brightness ,screen time,raise to wake), menu style,language, vibration & ring, date&time, battery, QR code, password 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.
Find Phone	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.
Control center	Overview of functions: Do not disturb, brightness, settings, find mobile phone, power saving mode, voice assistant, system information,call & media audio switch.
Timer	In the timing function, the system presets the commonly used timing duration. Users can click the corresponding duration to quickly time the timing, 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	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.
Dial switch	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.
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.
Drink 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.
Weather	After the device is connected to the APP, the weather interface will display the real-time weather temperature and content.
Calculator	It can add, subtract, multiply and divide
QR code	Scan QR code for pairing
Business card	The QR code containing the business card can be uploaded through the APP "business card". After binding, the business card can be synchronized to the bracelet.

FREQUENTLY ASKED QUESTIONS

1.The watch cannot be turned on
Please press and hold the power button for more than 3 seconds orthe 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 oxygen 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 selfrecognized 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 magnetic charging hole on the back of the watch with a clean flannelette to ensure that the magnetic charging hole of the watch fits the magnetic charger 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.

PRECAUTIONS

1.The measurement results of this product are only for maternity examinations, and are not used for any medical purpose or basis. Please follow the doctor's instructions. Do not self-diagnose and treat with this measurement result.
2.The waterproof level of this product is IP67, and it cannot be used for diving / swimming or soaking in water for a long time; in addition, this product cannot be used in hot water/sauna environment, because water vapor will cause damage to the equipment.
3.The company reserves the right to modify the contents of this manual without prior notice. Some functions are different in the corresponding software version, which is normal.

FCC Warning

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.

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

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.

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