FitCloudPro

USER MANUAL

SMART WATCH

Watch Introduction

Full screen touch: slide down to enter the status setting bar, slide up to view the notice, slide left to enter the main function interface, and slide right to enter the sport mode interface.
POWER key: wake up the screen/enter the function menu/return to the dial.

Charging guide

Before using the watch for the first time, it can be activated by charging. Use the equipped magnetic charger to attach it to the metal contact on the back of the watch, Connect the other end of the charging line to the 5V1A USB charging head or the computer USB interface.

App-Download

1. Download and install through Google Play Store.

2. Download and install through AppStore.

3. Download and install by scanning QR code.

Binding device

1. Binding devices with Android phones
Open the FitCloudPro application, enter the device page, and click Bind Device.

Click the device with Bluetooth name ss on the search device page to bind.

You need to agree to the following permissions to use the Bluetooth call function.

When this pop-up window is displayed on the App page, you need to click Agree on the watch to complete the device binding.

2. Binding devices with iOS mobile phones
Use iOS mobile phone to bind device Open FitCloudPro application, enter the device page, click bind device.

Click the device with Bluetooth name ss on the search device page to bind.

When this pop-up window is displayed on the App page, you need to agree the following permissions to make the watch function work normally and Bluetooth call function.

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Audio setup

Open the watch Bluetooth call function and play mobile media audio function.

Dial setting

Dial switch: press and hold for 2s in the dial interface to switch the dial, and slide left and right to switch the dial.

Dial push: you can select your favorite dial in the app dial push and download it to the watch.

Function Introduction

Daily data

Support daily calories, steps, distance data and target records.
It supports recording the total steps in 24 hours and the walking steps in each period.
Support to view the history of steps in the past seven days.

Sleep

Support daily light sleep and deep sleep records.
Support to view sleep history of nearly seven days.

Heart rate monitoring

Before heart rate monitoring, first make sure that the watch is correctly worn on the wrist (the best position is at a finger width above the wrist bone), Heart rate detection requires that the watch be worn tightly to avoid light leakage and cannot be effectively detected. Then enter the heart rate detection. During the detection process, the wrist is required to remain stationary. When entering the heart rate measurement interface, the bottom green light lights up to start the measurements. When the measurement is completed, The measurement is based on PPG technology.

Support measuring current heart rate data
Support 24-hour detection
Support heart rate interval keeping duration record

Sport mode

The watch supports 8 built-in sports modes+100+sports modes pushed by App.

Blood oxygen monitoring

Before blood oxygen monitoring, first make sure that the watch is correctly worn on the wrist (the best position is at a finger width above the wrist bone), Blood oxygen detection requires that the watch be worn tightly to avoid light leakage and unable to detect effectively. Then enter the blood oxygen detection. During the detection process, the wrist is required to remain stationary. When entering the blood oxygen measurement interface, the bottom green light will light up to start measuring for 30~60 seconds, and there will be a vibration reminder when the measurement is completed. The measurement is based on PPG technology.

Support to measure the current blood oxygen data
Support to view the blood oxygen history data for the last seven times

Weather

After the watch is connected to the APP, this weather interface will display the real-time weather temperature and weather type.
Support to view the weather data of the day.

Music control

After the watch is connected to the APP, you can control the pause and start of the mobile music player, volume adjustment and song switching.
When the phone plays music, you can use the watch control phone to play/pause, the previous song, and the next song.

Other functions

Bluetooth calls, common contacts, call records, voice assistant, sports records, women's health, blood pressure monitoring, breathing training, stopwatch, timer, alarm clock, message push, calendar, rest screen display and other functions.

FAQ

1. Why is there a reminder on QQ, WeChat and other information, but not on the bracelet?

1.1 Confirm whether the messages can be displayed normally in the mobile notification bar, The device pushes messages by reading the messages in the mobile notification bar If there is no message in the mobile notification bar, the device cannot receive the push,You need to find the notification and status bar in the mobile phone settings, and turn on the phone, SMS, etc.).
1.2 Open the APP and enter the APP device bar - click the message reminder - open the corresponding application switch button to receive message push.
1.3 The Bluetooth connection between the device and the mobile phone is always maintained.

2. How can the device be unbound from the phone?

Android phone

On the "Device" page of the APP, click the "Unbind" button and select OK to unbind, **iPhone**

2.1 On the "My" - "Device Information" page of APP, click the "Unbind" button;
2.2 Under "Settings" - "Bluetooth" - "My device" of the iPhone, select the bracelet to be unbound, click the blue "!" sign at the back, and then click "Ignore this device".
Note: If the iPhone does not ignore the device, it will not be able to search the device when it is bound again, and it will still receive a reminder notice when there are reminders such as information and phone calls.

3. Why are Android phones easy to disconnect?

The APP must be running in the background so that Bluetooth will not automatically disconnect, but the Android mobile phone system memory management will force the APP to close, We need to manually turn off the power saving mode of the mobile phone system or add the APP to the green background of system management so that the APP will not be forced to close

FCC Statement

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.
To assure continued compliance, any changes or modifications not expressly approved by the party
Responsible for compliance could void the user's authority to operate this equipment. (Example- use only shielded interface cables when connecting to computer or peripheral devices).
This equipment 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.

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

Warning:
The data is for reference only and cannot be used as medical data.If you need more help,please contact a professional doctor.