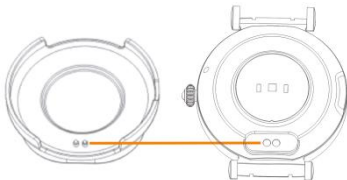


Instructions for smart watches

Please read the instructions carefully before use.

Watch charging and activation

1. When using the watch for the first time, make sure that the watch is fully charged. If it can't be turned on at low power, please fully charge the watch for more than 2.5 hours, and the watch will automatically turn on after charging.
2. Attach the charger to the charging position of the watch, as shown in the figure.



APP"FitCloudPro "download

Android: Search FitCloudPro in the "App Bao" application market to download.

IOS side: App Store searches FitCloudPro to download.

Or download by scanning the QR code.



Introduction to operation

Bluetooth connection operation step 1. Download and open the FitCloudPro APP, then call on the watch side.

Audio and media audio are turned on at the same time with Bluetooth on the mobile phone. Search for the corresponding Bluetooth device name, and AAP and audio Bluetooth are linked by one button.

1) Slide the screen to the left: enter the function options, and more options can be added for exercise data, exercise, heart rate, sleep, blood pressure, blood oxygen, weather and music.

2) Slide the screen to the right: enter the split screen mode selection function.

3) Slide down the screen: enter the setting options, which can be selected: brightness level, do not disturb mode, mobile phone search, system, settings, etc.

4) Slide up the screen: display the information content.

5) "Long press the screen" on the watch, and when the dial becomes smaller, slide it left and right to replace a different dial.

Key function

Key: Short pressing the homepage dial to enter the menu style, double-click the switching style in the menu style interface, return to the homepage on other pages, long press to enter the shutdown page, and press the long press to turn on.

Function introduction



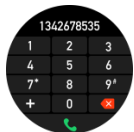
Dial switching

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



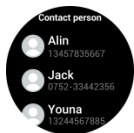
CONTROL CENTER

Function Overview: Do Not Disturb, Alipay, Voice Assistant, Brightness, Settings, Searching for Mobile Phone, Audio Switch, System Information.



Call function

This function needs to be connected with audio Bluetooth. When dialing, you can enter the phone number and dial it as needed. Keyboard 7, 9 Long press 2s to enter * and #.



Frequent contacts

Commonly used contacts: you need to set up and add in the frequently used contacts column on the app side, and the set frequently used contacts will be automatically synchronized to the device, and up to 10 contacts can be added.



call log

Function can save the last 10 call records.



Call bluetooth

Call Bluetooth: divided into "call audio" and "media audio" switches. Call audio: Bluetooth connection switch for bracelet call.

Media audio: used for playing media audio switch on the bracelet.



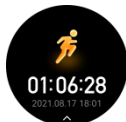
Motion data

Display the data of steps, distances and calories recorded in the current day, and the data of steps in the last seven days. You can set the target steps, distances and calories in the APP.



sports

Sports mode options: 8+1, (walking, running, climbing, cycling, basketball, swimming, badminton, football (as an alternative sport that can be pushed)), click the icon to start sports, which can support a variety of sports push on the APP side.



Sports record

This interface saves your recent 10 sports history records.

You can view the exercise duration, heart rate, calories and other data during exercise.



heart rate

When entering the heart rate measurement interface, the green light at the bottom lights up to start measuring, and it takes about 45 seconds to complete the measurement. If you are prompted "No watch", you need to wear your watch again. Can display the user's current heart rate interval and 24-hour heart rate curve



blood pressure

When entering the blood pressure measurement interface, the bottom green light lights up to start the measurement, and the measurement is completed in about 45 seconds. This measurement is based on PPG technology.

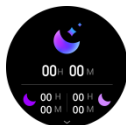
Can display the user's blood pressure values for the last seven times.



Blood oxygen

When entering the blood oxygen measurement interface, the green light at the bottom lights up to start measuring, and the measurement is completed in about 45-60 seconds.

Can display the user's blood oxygen values for the last seven times.



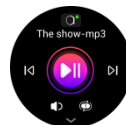
sleep

Display the current sleep & the sleep monitoring status of the last seven days. The data is updated every day. When the APP is connected, the data can be saved synchronously, and the device will recalculate the data information of the new day. Sleep monitoring period: 21:30-12:00.



Female health

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



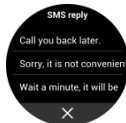
music

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



Respiratory training

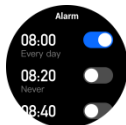
After the watch is connected to the APP, the watch interface will display the real-time weather temperature and weather type.



information

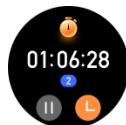
After the watch is connected to the APP, open the related watch on the APP side.

For information push, the watch can receive the corresponding message push, and can save up to 15 recent messages.



alarm clock

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



stopwatch

Click the Start button to start the timer. Click the Pause button to pause the timer. and click the Reset button to reset the timer to zero. Up to 99 pieces of data can be saved.



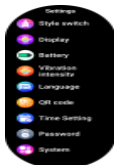
timer

In the timer function, the system preset the common timer duration, and users can click the corresponding duration to quickly time, or click the self/defined button to set the time. Click the start button to start the timer, click the pause button to pause the timer, and click the reset button to reset the timer to zero.



Find a mobile phone

After the watch is connected to the APP, click to find the mobile phone, and the mobile phone will ring to prompt, and the watch will display that the search is successful; If the watch is not connected to the APP, the watch will prompt that it is not connected.



set up

Under the setting function, there are screen display (switching dial, brightness level for screen-lighting duration, and wrist-turning for screen-lighting duration), language, vibration intensity, menu style, battery, QR code and system.



calculator

The numerical input is within the upper limit of 7 digits, and the calculation result is within the upper limit of 8 digits. If the result exceeds the calculated value, use "-----" to indicate that it cannot be calculated.



calendar

Displays the current year, month and day, and slides down to display the calendar.



Drink time

Drinking water reminder

It can be turned on in App [device > drinking water reminder], and the start time, end time and reminder interval can be set after turning on.



Sit too long

Sedentary reminder

It can be turned on in APP[device > sedentary reminder], and the start time, end time and do not disturb period can be set after turning on.

Hello, how can I help?



Voice assistant

Voice Assistant: After the watch links to the APP, enter the voice assistant and tell the functions and software you want to open on your mobile phone.



camera

The watch side is activated to shake and take pictures.

FCC Warning Statement

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.

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.

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

The watch won't start.

Please hold down the power button for more than 5 seconds or the battery may be low, please charge it in time.

Bluetooth is not connected or cannot be connected.

1. Please try to restart the watch and reconnect it.
- 2, please try to restart the phone Bluetooth and then connect again.
3. Don't connect other Bluetooth devices at the same time.

Measure heart rate/blood pressure/blood oxygen/inaccurate .

1. Generally, it is caused by poor contact between the sensor of the watch and the human body during measurement.
- 2, please pay attention to the sensor and wrist full contact when measuring.
3. For people with darker skin and more hair on their arms, please turn on the heart rate enhancement measurement in App [Device].

Sleep data is not accurate enough.

1. Sleep monitoring is to simulate people's natural state of falling asleep and getting up, and it needs to be worn normally.
2. Wear it when you fall asleep too late or when you fall asleep, and 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 > Frequently Asked Questions].