F12 Smart Sports and Health Watch User Manual

HD screen   Normal screen

Please Read the User Manual Carefully Before Use

Ⅰ. Introduction

F12 is a type of full circular, full touchable, smart sports and health watch and provided with sports detection, heart rate detection, daily life assistant and other smart functions. It has sports and business style and is suitable for groups with different vocations and ages due to comfortable wearing.

Ⅱ. Components

F12 packing box includes: smart watch: 1 piece; magnetic charging USB line: 1 piece; user manual: 1 copy.

III. Appearance description

IV. Operation instructions

When the watch is used for the first time, ensure that it is fully charged. Please charge the watch fully first if it cannot power on due to low battery level. The charging time is about 2 hours. It can power on automatically after fully charged.

V. Main function interface

1.1 Function selection   1.2 Heart rate   1.3 Sports mode

Figure 1-1   Figure 1-2   Figure 1-3

1.4 Sports information   1.5 Sleep   1.6 More functions

Figure 1-4   Figure 1-5   Figure 1-6

HD screen

1.1 Function selection	1.2 Heart rate	1.3 Sports mode
Figure 1-1	Figure 1-2	Figure 1-3
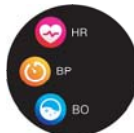
1.4 Sports information	1.5 Sleep	1.6 More functions
Figure 1-4	Figure 1-5	Figure 1-6

VI. Operation introduction

1.1 Touch function

DISPLAY AREA

A. Press the key or make double clicks to wake up the screen.

1)Slide the screen left: after entering the function options, you may select through sliding the screen up and down: sports data, heart rate, blood pressure, information, sleep, sports, two-dimensional code, second chronograph, brightness adjustment, search mobile phone, system and power off.

2)Slide the screen right: display the sports data.

3)Slide the screen downwards: enter the setting option to select: brightness adjustment, second chronograph, search mobile phone,
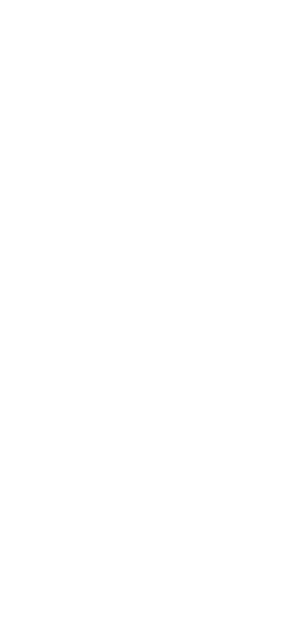
system and power off.

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

B. Hold down the "screen" on the watch. After the dial plate becomes small, slide left and right to change different dial plates.

1.2. Key function

1.One-key return

2.Hold down to power off/on.

1.3. Charging

A. Align the thimble of magnetic charging line with charging contact point of the watch to charge it normally.

B. When the watch is charged, the battery level grid displays in rolling manner. When the battery is fully charged, the battery symbol on the screen displays full grid. The charging time is about 2 hours. The watch powers off automatically when charging.

1.4. Health data

A. Sports mode: at the power-on state of the watch, slide the screen and select "sports" to enter multiple sports mode selection including: brisk walking, running, mountain climbing, riding, basket ball. To end the sports, slide the screen **right** to select exit.

B. Heart rate detection: slide the screen and select "heart rate". Click to enter heart rate detection mode. In the heart rate detection mode, the watch is worn on left wrist and clings to the skin closely. The light on the back of the watch is on and flashes. The heart rate detection begins until the watch vibrates with heart rate displayed (heart rate detection ends).

C. Data synchronism: After successful connection with APK Bluetooth, the step count/sleep/heart rate data at the watch will be synchronized to the mobile phone automatically in a real-time manner.

1.5. Configuration

A chip: Realtek RTK8762   Bluetooth: 5.0

B. Screen size: 1.28"   Screen pixel: 240*240

C. compatible system: Above Android 4.0 and IOS8.2.

D. Stand-by time: Standby time at normal state: 15 days; Standby time at use state: 5-7 days.

1.6. APP "FitCloudPro" Download

A. Downloads through application market:

For Android: search FitCloudPro in application market of "Myapp" and download.
For IOS: search FitCloudPro in App Store and download.
B.Scan the two-dimension code to download.

For Android: scan the two-dimension code through QQ, Wechat and other applications. The link skips to download interface to download.
For IOS: scan the two-dimension code through QQ, Wechat and other applications. qq may be selected.
The browser or local Safari browser link skips to download interface to download.

APP name of Android mobile phone: FitCloudPro
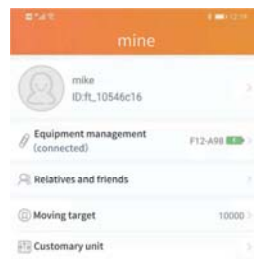
APP name of Apple mobile phone: FitCloudPro

1.7. Log in

Open FitCloudPro as shown in the figure below:

1.8 Bluetooth connection

A. After the watch powers on, the Bluetooth is at searched state. Open
"Bluetooth" of the mobile phone in "setting" of the mobile phone. Enter
"FitCloudPro" APP interface and click "My" option and click
"add equipment". It begins to

search equipment name of the watch. Select the equipment name of the watch to be connected. Click "connect" until "successful connection" is displayed.

B. After the Bluetooth is connected successfully, time of the watch is synchronized to time of the mobile phone. Click to search the watch at APP terminal. The watch lights the screen and vibrates to display the prompt icon.

C: Automatic reconnection of Bluetooth

1). When the Bluetooth connection scope is exceeded, the watch does not prompt. When the watch is within the Bluetooth connection scope, APK Bluetooth will open to connect automatically.

2). After the application is closed or the mobile phone is rebooted again or one-key cleaning attached to the mobile phone is clicked, it enters "FitCloudPro" again. Within the effective scope for Bluetooth connection, the Bluetooth will reconnect again.

1.9. Other functions: the following functions can be achieved only under the condition that apk is logged in successfully and Bluetooth connection is successful.

2.0. Message prompt: including call notification, message notification, QQ message notification, Wechat message notification (for example: open call notification in setting. When the mobile phone receives one piece of incoming call, the watch vibrates and lights the screen to prompt. The interface will display call icon. Click the touch key to stop prompt).

2.1. Enhanced measurement: The data will be more accurate if enhanced measurement is opened.

2.2. Sedentary prompt: set the time period from beginning to ending and time interval for sedentariness (minutes), threshold value (step number). Click to enter repeat setting and select sedentary prompt date (week). When the time for sedentariness is due, the watch lights the screen and vibrates to display the prompt icon.

2.3 Alarm clock prompt: At the APK terminal, click alarm clock prompt setting to add alarm time. When the alarm time is due, the watch lights the screen to prompt with display of alarm clock icon.

2.4. Prompt mode:
A Light the screen: When the set alarm clock time at mobile phone APK
terminal is due or push information is received, the watch only lights
the screen to prompt.
B. Vibration: When the set alarm clock time at mobile phone APK
terminal is due or push information is received, the watch only vibrates
to prompt.

2.5. Gesture smart control (screen on by wrist turnover): After screen on
by wrist turnover is open, make 90° rotation to cause the watch to incline
inwards and face you. The watch lights the screen.

2.6. Health monitoring: you may select time interval for automatic
detection to detect heart rate and other health data automatically.

2.7. Search mobile phone: at the state that the watch is connected with
mobile phone
APK, if the mobile phone cannot be found, searching the mobile phone
may be started on the watch. The mobile phone will give out buzz.

2.8. Wearing manner: choose to wear on left or right hand at will.

2.9. Time format: the 24-hour time system or 12-hour time system may be selected.

3.0. Shake to take photo: the watch may control camera function of the mobile phone to conduct remote camera.

3.1. Unbind equipment: open "FitCloudPro"; in "My" interface, click "equipment management" and select "unbind". When "disconnect with current equipment" is clicked, "whether to unbind the equipment" will appear. Select "Yes" to unbind (under the condition that Bluetooth is connected successfully). Go to "setting" in mobile phone system to disconnect with Bluetooth equipment in synchronously.

Considerations:
1. Support the mobile phones above Android4.4 and IOS8.2 with Bluetooth 5.0.
2. When it is used for the first time, please connect the charger to activate the watch.

3. Bluetooth connection

A. Ensure that the mobile phone Bluetooth is at open-state and the watch is at power-on state.

B. When the Bluetooth is searched, please ensure that the watch is not bound with other accounts.

C. When the Bluetooth is searched, the watch and the mobile phone should be within the near distance as possible.

4. If the watch does not receive push message, please ensure that "FitCloudPro" runs in the background and the message notification is at open state (the auxiliary function should be also open).

5. If the data of sports, sleep and heart rate is not synchronized to APK, please try to disconnect the Bluetooth and make connection again.

6. Before the watch is bound with another account, it should be unbound with the current account.

7. If the watch's screen is not on, please connect the watch with a charger.

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.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.