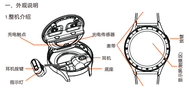
TWS智能手表

用户使用指南

一、外观说明

1.整机介绍



二、初次使用说明

1.设备功能界面介绍

开机后进入时间界面，上下左右划动进入相应菜单

2.在主界面状态下按按键可进入子菜单，共提三种菜单风格可供选择

3.软件下载，安装APP：

安卓手机可扫描二维码，或在各任用市场中搜索"FitCloudPro"进行下载安装

苹果手机可扫描二维码，或进APP Store 搜索"FitCloudPro"进行下载安装；

4.手环与耳机蓝牙连接（此手环为双蓝牙连接,耳机/手环需各连一次）

耳机蓝牙连接如下：

1）打开手环蓝牙，将耳机从手环中取出来，手环的蓝牙将会自动打开。

2）放下手打开手机，点设置，打开蓝牙，手机蓝牙将自动搜索手环蓝牙号，在下方可用设备中找到手环的蓝牙号"X10_Audio",点击进行配对，完成耳机的蓝牙连接

手环蓝牙连接如下：

打开手机APP"FitCloudPro"，在"设备"界面下"添加设备"搜索到设备型号"X10"点击进行连接，连接成功后在APP的"设备"下会显示设备型号"X10（已连接）"。

5.连接及配对注意事项

1)解除手机蓝牙方向控状态；

2)确保设备电量充足，使用前请先开机或充电；

3)配对连接时确保设备离手机50cm以内；

4)若在APP搜索不到设备，请在手机权限设置检查是否允"FitCloudPro"使用蓝牙；

5)因机配对时需确保耳机从手环或在中取出来。

6)若期间手环或手机有配对过其他蓝牙设备则需重新连接。

7)在有多台X10手环，在APP连接手环的时候，注意APP显手环蓝牙的ID地址是否与手环一致。

三、对耳机按键功能

1、配对模式在按键中两次提示音切换;

2、长按2只秒钟，长1.5秒能响电话，长按3秒关机;

3、双击按键·····接听/挂断电话;

4、4连按键·····唤醒Siri;

5、双击按键播放/暂停;

6、三击左耳按键：上一曲;三击右耳按键：下一曲

7、耳机恢复出厂设置：手机断开与耳机的连接，耳机从手表重拿出，快速双击并长按耳机5秒，仅双耳不能配对，可恢复出厂

四、耳机功能使用说明及注意事项

a.佩戴来电拒接

若耳机在手环或座中时有来电，从底座中取出来耳机并双击耳机按键即可接听。

b.拒接来电

当有来电时，设备会震动并有显示提醒，长按触摸区3秒可直接拒接，或者长按耳机按键3秒拒接。

c.自动来去自如了电话

4左耳机按键可激活手机的语音助手，可通过语音助手操作拨出电话等。（目前已支持iOS的Siri或支持Assistant的安卓手机，其它第二方开发商的安卓手机的语音助手需与经销商或店铺确认是否支持。）

激活语音助手后的指令执行成功率取决于各的智能模型有关。

激活语音助手时必须确保耳机佩开手环或座并和手机蓝牙处于有效连接状态。

五、主要功能介绍

*注 意为确保数据有效,请在APP的个人资料里输入真实的性别、身高和联色。

A.开/关机

设备在关机状态下长按触摸区4秒开机，切换到关机界面长按4秒进入关机选项。

B.运动监测

进入运动监测界面，显示当前步数，距离以及消耗的卡路里。

C.睡眠监测

进入睡眠监测界面，显示昨晚的总睡眠时间。

D.心率/血压/血氧测试

切换到心率/血压/血氧测试界面，手环现在的LED灯点亮，心率/血压/血氧开始测试，1-2分钟后显示当前心率/血压/血氧值，点击触摸区退出当前测试，也可以通过手机APP进行心率/血压/血氧单项或者全项日间时测试，同步测试数据，设置心率警点报量以及打开心率报警开关。

血压测试方式方法请保持测试时身体放松；

静止，确保手表与心脏同高（如右图），测试时也请不要说话；

*本产品所测量的数据仅为参考数据，不能作为医学诊断数据，与医学诊断使用的血压趋势、心率非同一概念，请勿作为诊断、治疗使用。

E.查找手环

只需点击手机APP里的智能查找手环功能，便可以方便快捷的通过手环所发出的震动来辨别你在位置。

F.闹钟

在APP端的闹钟设置界面可设置闹钟. 设备会相应提醒。

G.信息提醒/推送

有新的信息时，设备会震动提醒并显示消息内容；对应的消息显示对应的图标。

注：请先将APP提醒开关打开；如需显示通知内容，也需在对应的相对工具设置为显示消息内容。

H.遥控拍照

通过APP进入“摇一摇拍照”界面，按触屏中间按键或者快速晃动手环遥控手机拍照。

H.NFC

住宅商贸智能门锁，请按说明书设置并开启相关信息，小迈门禁，物业门禁请到所在小区管理处或其代向录入开锁信息。

六、注意事项

1.禁止使用充电电压>5V,充电电流>2A的适配器。

2.禁止在有水浸的情况下充电。

3.本品支持防水。

4.本品为电子监测产品，不作为医疗参考，数据仅供参考；

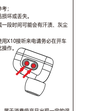
5.剧烈运动时佩戴耳机可能会在运动时中脱落导致产品损坏或丢失。

6.长时间佩戴高湿度或者长期在，要小心硬物碰伤。佩戴一段时间可能会有汗渍、灰尘附着在表面可用软布定期清洁。

7.为确保有效安全，请不要在开车时进行电话，有需使用X10耳机来电请务必在开车前从手环或座中取出耳机上，否则开车过程中做此操作，极容易发生交通事故。

8.在车上使用耳机功能请先在手机蓝牙设置里面取消与耳机蓝牙的连接。

9.发现耳机无电不充电，可能是耳机充电点有脏污或杂质，请用干棉签将充电点擦试干净后，



七、常见问题

Q:心率测量的测试为什么不准？

A:我们手环设备是通过电子传感器来监测人体活动的，属于消费级产品出现一定的误差属正常现象，请恢复好再测量。

Q:在哪里设置APP权限？

A:安卓手机-设置-权限管理-找到“FitCloudPro”-应用-信任此软件。

1.如果手机安装了安全管理类或清理加速类应用，请将“FitCloudPro”设置为白名单(信任名单)；

2.在手机系统的权限管理程序里，请将“FitCloudPro”设为信任应用，未电量沙等功能需要获取权限未实现功能。

Q:来电，设备上有提醒，但接通后耳机里听不到声音?

A:未电时蓝牙耳机上会有提示，可在相关几声后再接听，若是通过手机接通来电，请拿手机上检查设置通道是手机还是耳机，若是手机切换到耳机，默认通道从哪个设备接通打要个设备上排列的原因。

Q:我戴着耳机，但来电时听不到铃声?

A:请确保耳机和手机在有效的蓝牙连接距离内，若手机连过很多蓝牙设备，请在手机蓝牙设置里清除无效连接。

八、基本参数

主控芯片：RTL8762D

充电电压：5V

充电电流：150mA

工作温度：-5~45℃

防水：IP67级

电池容量：250mAh+双25mAh

主体重：57g

蓝牙版本：蓝牙5.0,蓝牙4.0

电池类型：聚合物锂电池

设备要求：

Android 4.4及以上系统手机，并支持蓝牙4.0及以上安卓手机

IOS8.0及以上系统，iphone 4S及以上苹果手机

****特别功能***

因体中文版支持支付宝功能，其它语言功不支持支付宝功能

在主界面（的如界面中间)中间向下滑动页面屏幕，进入支付宝设置界面，点（同意）进入支付宝初始界面

点击【立即绑定】，用手机支付宝打描手表上的二维码进行绑定

在支付宝上设置好手表名称，每日消费限额即可使用

保修卡

请用户自行保存

产品名称		产品型号	
购买日期		出售单位	
产品序列号		用户姓名	
用户地址		联系电话	

维修日期	故障内容	维修人员

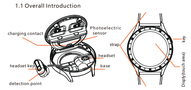
1.请妥善保存此保修凭证，并在维修时出示

2.本凭证遗失恕不补发

Smart Watch TWS Headset

1 Appearance Description

1.1 Overall Introduction



1.2 Packing List

Bracelet strap x1，Charging cable x1，Packing box x1
Bluetooth headset x1，Spare headphone head X2，User guidex1

2 Instructions to Initial Use

2.1 Introduction to Device Function Interface

After booting, enter the time interface, swipe up, down, left and right to enter the corresponding menu.

2.2 In the main interface state, press the key to enter the submenu, and three styles are available.

2.3 Software download, install APP:

Android phones can scan the QR code, or search for "FitCloudPro" in the application market to download and install.

Apple phones can scan the QR code, or search for "FitCloudPro" in the APPStore to download and install.

2.4 Bluetooth Connection between Bracelet and Headset(this device is dual Bluetooth connection, Headset/Bracelet need to be connected once both.)

(1)Headset Bluetooth connection is as follows.

a. Turn on the Bluetooth of the bracelet: Take the headset out of the bracelet, and the Bluetooth of thebracelet will automatically turn on.

b. Next, turn on the phone, click Settings, turn on Bluetooth, the phone's Bluetooth will automatically search for the Bluetooth number of the bracelet, find the Bluetooth number "X10_Audio" of the bracelet in the available devices below,and click to pair to complete the Headset Bluetooth connection.

(2)Open the mobile APP "FitCloudPro", search for the device model "X10" in "Add Device" under the "Device" interface, and click to connect. After the connection is successful, the device model "X10 (connected)" will be displayed under "Device" in the APP.

2.4 Notes on Connection and Pairing

(1) Ensure that the Bluetooth of the mobile phone is turned on;

(2) Ensure that the device has sufficient power, and please turn on or charge it before use;

(3) Make sure that the device is within 50cm of the mobile phone when pairing and connecting;

(4) If the device cannot be found in the APP, please check in the mobile phone permission settingswhether to allow "FitCloudPro" to use Bluetooth;

(5) When pairing the headset , make sure that the headset is taken out from the base of the bracelet ;

(6) If the bracelet or mobile phone has been paired with other Bluetooth devices during the period,you need to reconnect ;

(7) If there are multiple X10 bracelets, when the APP is connected to Bracelet, you should pay attention to whether the Bluetooth ID address is consistent with the bracelet .

3 Earphone touch button function

3.1 4 times of click before pairing : Chinese and English switch ;
3.2 Press for 2S to turn on, 1.5S to reject the call, 3S to turn off;
3.3 Double click to pause / play music / hang up the call;
3.4 4 times of click : wake up Siri ;
3.5 Double click the key : Play/Pause ;
3.6 Triple click on the left: Previous, Triple click on the right: Next

3.7. Reset the headset to original settings: Disconnect the phone from the headset, take out the headset from the watch, quickly double-tap and hold the headset touch area for 5 seconds.(If the headset can't paired, can restore the original factory to pairing)

4 Instructions and Precautions for the Use of the Headset Function

4.1 If there is a call when the headset is in the base of the bracelet, take out the headset from the base and double-click the headset key to answer.

4.2 The Call Rejection

When there is an incoming call, the device will vibrate and display a reminder. Long press the touch area for 3 seconds to directly reject the call, or long press the headset key for 3 seconds to reject the call.

4.3 Voice Assistant and Call

4 times of the headset key to activate the phone's voice assistant, which can dial out the phone through the voice assistant operation.(Currently, Siri for IOS and Android phones that support Assistant are already supported. The voice assistant function of other third-party application development need to confirm with the dealer or shop whether they support it.)

The success rate of command execution after the voice assistant is activated is related to the intelligence of the mobile phone voice assistant itself.

When activating the voice assistant, you must ensure that the headset leaves the base of the bracelet and is in a valid connection with the Bluetooth of the mobile phone. The activation operation is only valid on the standby interface or the main time interface.

5 Main Function Introduction

*Note: To ensure that the data is valid, please enter the real gender, height and skin color in the personal information of the APP.

5.1 Turn On/Off

When the device is off, press and hold the touch area for 3 seconds to turn on, and switch to the shutdown interface and pwn; and hold for 3 seconds to enter the shutdown option.

5.2 Exercise Monitoring

Enter the exercise monitoring interface, it displays the current number of steps, distance and calories burned.

5.3 Sleep monitoring

Enter the sleep monitoring interface and it displays the to tal sleep time last night.

5.4 Heart Rate/Blood Pressure/Blood Oxygen Test Switch to the heart rate/blood pressure/blood oxygen test interface, the LED light on the back of the bracelet will light up, the heart rate/blood pressure/blood oxygen test will start, and the current heart rate/blood pressure/blood oxygen value will be displayed after 1-2 minutes. Tap the touch area to exit the current test. You can also test the heart rate/blood pressure/oxygen single item or all items at the same time through the mobile APP synchronize the test data, set the whole point measurement of the heart rate , and turn on the heart rate alarm switch.

Blood pressure test method: Please keep your body relaxed and still during the test, make sure the device is at the same height as your heart (as shown in the picture on the right), and do not talk during the test.

The data measured by this product is only for reference and cannot be used as medical diagnosis data. It is not the same concept as the blood pressure trend and heart rate used in medical diagnosis. Please do not use it for diagnosis or treatment.

5.5 Find the Bracelet

Just click the smart search bracelet function in the mobile APP, you can easily and quickly identify the location through the vibration of the bracelet.

5.6 Alarm Clock

In the alarm setting interface of the APP, alarm can be set, and the device will remind accordingly.

5.7 Information Reminder/Push

When there is new information, the device will vibrate to remind and display the content of the message. The corresponding message displays the corresponding icon. Note: Please turn on the reminder switch in the APP first. If

you need to display the notification content, you also need to set the corresponding instant tool to display the message content.

5.8 Remote Camera

Enter the "Shake and Shake to Take Photos" interface through the APP, press the middle button or quickly shake the bracelet to take pictures on the phone.

5.9 NFC

To register house lock,please follow the steps in the video With compound or buildings locks, plead go to its property management to register the lock information.

6 Matters Needing Attention

(1)It is forbidden to use adapters with charging voltage>5V and charging current>2A.

(2)It is forbidden to charge in the presence of water stains.

(3)This product supports waterproofing.

(4)This product is an electronic monitoring product, not as a medical reference, the data is for reference only;

(5)Wearing earphones during strenuous exercise may fall off during exercise and cause damage or loss of the product.

(6)The photoelectric sensor is a highly sensitive component, so be, you should so be careful to prevent it being hit by hard objects. Perspiration and dust may adhere to the surface after wearing it for a period of time and you can use a soft cloth to clean it regularly.

(7)In order to ensure driving safety, please do not make calls while driving. If you need to use X10 to answer calls, please be sure to remove the earphones from the base of the bracelet before driving and put on them. Do not do this operation while driving.

(8)To use the headset function in the car, please ignore the connection with the car Bluetooth in the Bluetooth settings of the mobile phone.

(9)If the earphone charging is not good, maybe dirty or water stains on the earphone charging point. Please wipe the charging point dry with a dry cotton swab.

7 Common Problems

Q1: Why is the heart rate (sleep) test inaccurate?

A1: First of all, the bracelet device monitors human activities through electronic sensors. It is normal for consumer-grade products to have certain errors. Please treat the data objectively.

Q2: Where can I set the APP permissions?

A2: Android phones-Settings-Authority management-find the "FitCloudPro" application-set to trust this software.

(1)If the mobile phone is installed with security management or cleaning acceleration applications, please set "FitCloudPro " as the daily list (trust list).

(2)In the authorization management program of the mobile phone system, please set "FitCloudPro" as a trusted application, functions such as caller ID need to obtain auth orization to realize the function.

Q3: Call incoming： there is a reminder on the device, but no sound can be heard in the headset after connecting?

A3: You will be a delay on the Bluetooth headset when there is an incoming call, you can answer it after a few rings. If the call is connected through a mobile phone, please check whether the voice channel is a mobile phone or a headset on the mobile phone. If the mobile phone is switched to a headset, the default is to follow the princip le of which device is connected to and answered on which device.

Q4: I am wearing headphones, but I cannot hear the ringtone when I call?

A4: Please make sure that the headset and the phone are within the effective Bluetooth connection distance. If the phone has been connected to many Bluetooth devices, please clear the invalid connection in the phone's Bluetooth settings.

8 Basic Parameters

Main control chip: RTL8762D
Body weight: 57g
Bluetooth version: Bluetooth 5.0,Bluetooth 4.0
Battery type: polymer lithium battery
Battery capacity: Charging Module 250mAh ;Headset 25mAh .
Charging voltage: 5V
Charging current: 150mA
Working temperature: -5~45 C
Waterproof: IP67 level

Equipment requirements:
Android 4.4 and above system phones, and support Bluetooth 4.0 and above Android phones. IOS 8.0 and above system, iPhone 4S and above iPhone.

Warranty card

Please save it by yourself

Product name		Product model	
Date of Purchase		Selling unit	
Product ID		User name	
User address		Contact number	

Maintenance date	Fault Content	Maintenance Staff

1、Please keep the warranty certificate properly and show it when repairing it.

2、Loss of this voucher will not be reissued.

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.