

Smart watch manual



Please read the product manual carefully before using your smartwatch.

Phone system requirements



IOS 13,
IOS 13 and above



Android 8,
Android 8 and above

Product activation and charging

1. When using the smartwatch for the first time, use a 5V/1A power adapter to charge the machine for more than 30 minutes (The battery is fully charged for about 2.5 hours), Avoid low power and inability to turn on.

(※If the battery is low, please connect the charging cable and charge for more than 20~30 minutes after shutting down)

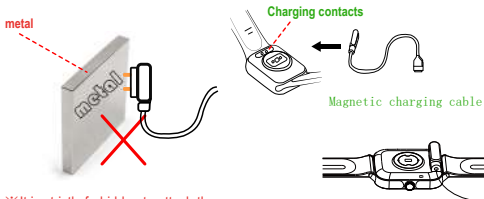
2. To ensure good charging contacts, keep metal contacts free of dirt, oxidation and impurities.

3. If you don't use your smartwatch for a long time, turn it off and make sure it is charged once a month to extend the life of your watch.

4. The charging cable that comes with the watch is a magnetic charging cable, please charge it as shown in the picture below.

5. After each charge, disconnect the charging cable from the power adapter.

6. After charging, please remove the charging cable from the charger to avoid sucking on the metal.



※It is strictly forbidden to attach the magnetic charging head to conductive items such as metal.

(Connection Charging Demo)

1.APP Connection Operation Guide:

Correct operation:

Please use your phone to scan the QR code below to download the "FitClouPro" app or search for the "FitClouPro" app from the Google Play Store and Apple Store. Then install it in your phone.



FitCloudPro

Error action:

Pair your smartwatch directly via Bluetooth in your phone settings.



Note: When installing and using the "FitClouPro" APP for the first time, you will be prompted to enable your phone's GPS, Bluetooth, files, camera, messages, notifications, etc. permissions, all prompts click "Allow" to ensure that all functions are normal.

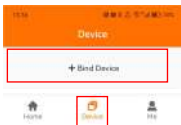
The smartwatch is bundled with the FitClouPro APP

Press and hold the button for 3 seconds to turn on the smartwatch

Turn on your phone's Bluetooth and GPS

Open the "FitClouPro" app, and then click "Bind Device" on the "Devices" interface.

On the search page, select U8. If "U8" is not in the list, please pull down to search, then select "U8" and click "Connect", agree to connect on the watch, and complete the binding.



2. Watch operation instructions



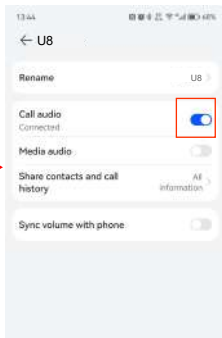
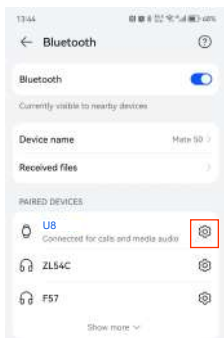
3. Call connection

After the smart watch is correctly connected to the “FitClouPro” APP, the call function will also be automatically connected at the same time, but due to the mobile phone system version, permissions and other reasons, it cannot be automatically connected.

Here's how to fix it:

1. Slide down to the control panel on the watch face interface, click the Bluetooth call icon, then tap the “Call Audio” switch, turn it off and back on.
2. Open the phone “Settings” - “Bluetooth Settings” and find the connected “U8”, click the settings icon, open “Call Audio”, and connect the pairing.





The watch face interface drop-down list, if the call icon is lit, it means that your smartwatch is connected to the phone normally, and you can use the watch to make calls and play music.



Remark:

1. The smart watch provides users with call function switch and media playback function switch, if you need to temporarily turn off, open call function and music playback function during use, you can turn it on or off in the shortcut menu of the watch.
2. In order to allow users to have a better experience, when using the connected smartwatch for the first time, the media audio is turned off by default, and the user can turn it on according to the actual situation.
3. Due to the update of the mobile phone system and APP version, the actual operation may be slightly different from the guide, please refer to the actual operation.

3. Message reminder function:

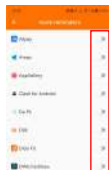
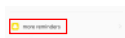
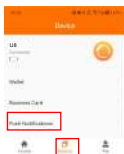
The message reminder push function requires users to manually set it according to actual usage.

Go to the Devices page

Click Message alerts

Turn on the switch on the back of the app that needs to be reminded

For apps that are not listed, you can open more reminders below and select the corresponding APP.



If your watch still doesn't receive an alert after following the manual, click the Help button in the upper-right corner of the settings page to check that the settings are correct and follow the prompts to complete the phone setup.

4.APP Permission management

1. The first time the APP is installed and used, the APP will pop up the relevant permission request, in order to ensure the normal use of the function, please allow all of them.
2. If you do not pay attention to the permission request, you can check it through the permission management function of the APP and reset it according to the reminder.
3. In order to ensure the normal use of the function, the APP needs to ensure that the background runs, some mobile phone systems will automatically clear the background, please add the "FitClouPro" APP to the white list in the mobile phone, or enter the battery setting application startup management, turn off the automatic management, open all the allowed startup items of manual management, and lock the background running.
4. Some chat apps (such as WeChat and QQ) have their own information management settings, please open the information notification in the chat APP settings.
5. Some APP allows multi-client operation, and the mobile phone will no longer remind after reading the information at other ends, (such as WeChat computer and mobile phone login at the same time, if the computer reads the information, the mobile phone will not have a reminder), in this case, the watch will also have no reminder, closing the computer chat window can be solved.

5. Health function automatic detection switch

The watch provides a 24-hour health detection function, including heart rate, blood pressure, blood oxygen 24-hour detection, users can open the continuous test and set the time according to their own use.

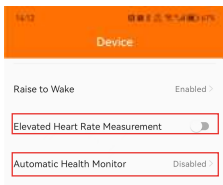
If the skin is darker or has a lot of body hair, the strengthening test needs to be opened.

(Turning on reinforcement test versus continuous test affects standby duration)

APP:It's mine



Corresponds to the switch setting



Health synchronization test

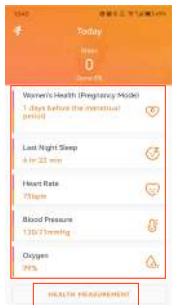
On the home page interface of the APP, click Health Measurement to test heart rate, blood pressure, blood oxygen and other health data at the same time.

Note: This feature can only be used after both the watch and the app are connected.

APP:home page



Health tests



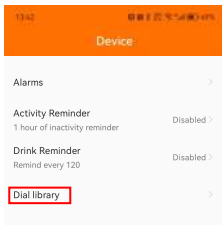
6. Watch face settings

The watch has six built-in exclusive watch faces, plus a custom watch face or a massive network watch face, and users can upload their own pictures to make a watch face.

Default 6 watch faces + 1 custom watch face or massive watch face, users can freely choose to switch.

Customized watch face: Users can freely upload pictures and make exclusive watch faces according to the instructions.

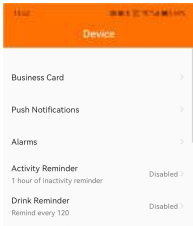
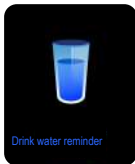
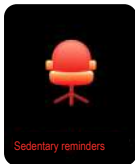
Massive watch faces: The APP provides a large number of watch faces, which are not updated from time to time, and users can choose their favorite watch faces to download to the watch.



Operation path:
The device → watch face library

7. Other settings

In addition to the above functions, APP and watch also provide functions such as wallet, business card, message reminder, drinking reminder, sedentary reminder, etc., due to limited space, users can experience it by themselves.



Introduction to the functions of the watch

Watch appearance



Boot: Press and hold the side button in the shutdown state for more than 5 seconds to turn on the watch.

Shutdown: Press and hold the side button for 3 seconds while powering on, pop up the shutdown confirmation interface, and click the shutdown option.

Black screen standby bright screen: Click the Side button button.

Go to the list of features:

Click the side button when the main interface is lit.

Exit the list of features:

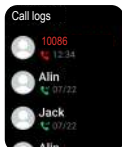
Click the Side button button in the function list state.

To change the menu theme:

In the feature list state, double-clicking the button changes the theme.

Dial, contacts, call logs

Note: To use the call-related function, you need to connect to the "FitClouPro" APP and connect the call function at the same time, the specific connection method is described in the above operation guide.

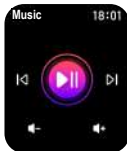


(Address book contacts need to be added through the "FitClouPro" APP)



notice

Displays unread messages from the phone. Such as SMS, WeChat, QQ, etc.



Music

You can use this feature to play music on your watch and control the music on your phone.

The watch is connected to the call function, and the media audio in the watch is turned on, so that the watch can play music, otherwise you can only control the phone to play music.



Sleep quality monitoring

The smartwatch monitors your sleep quality while you sleep and forms a report that will help you improve your sleep quality.

Remark:

A: The start time of sleep mode is from 9:30 pm to 12:00 am the next day, other times are not counted as sleep;

b: During sleep, if the sleep time is short, walking, hand movements are frequent, etc., the smartwatch may not recognize the sleep state or the data is inaccurate.



Real-time heart rate detection

Always keep an eye on your heart health, the watch provides real-time heart rate measurement, 24-hour heart rate monitoring.

The heart rate detection provided by the watch is a real-time heart rate detection, which enters the heart rate screen and begins the test until the vibration prompt ends. 24-hour heart rate monitoring requires opening the continuous test in the APP and setting the time.



Blood oxygen testing

The body's blood oxygen levels are checked to track changes in the body, and the watch provides 24-hour blood oxygen monitoring in addition to a manual blood oxygen test.

(24-hour blood oxygen monitoring requires opening the continuous test in the app and setting the time.)

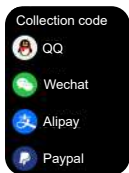


Blood pressure measurement

Measure blood pressure in real time, keep abreast of the body, give yourself more health protection, and provide 24-hour blood oxygen monitoring.

(24-hour blood pressure monitoring requires opening the continuous test in the app and setting the time.)

※ This product is not a medical product, the data and results obtained from the above tests are for reference only, it is convenient to understand the changes in the physical condition, please do not use for any medical purposes, such as physical discomfort, please go to a regular medical institution as soon as possible for medical examination!



Collection code

You can use QQ, WeChat, Alipay, PayPal and other APP collection codes with payment functions.

(Need to enter FitClouPro to bind with related apps)

Business card



Business card

You can use QQ, WeChat, Facebook, Twitter, Whats APP and other APP QR codes with social functions.

(Need to enter FitClouPro to bind with related apps)

Please click



Voice assistants

Start the voice assistant, it will call the voice assistant of the mobile phone, such as Siri, Xiaoai, Xiaoyi, etc. to complete the call, music playback, etc.

Note: This feature requires a watch call connection to be available.

female 18:01



Safe period

Feminine features

Open "Women's Health" in the "My" page in the APP to have this function, female users can have three states in the settings: menstruation, pregnancy preparation, and pregnancy.

Sport mode

In this function, the smartwatch offers 8 + 115 sport modes. Each sport mode is expertly tuned, and the watch monitors exercise time, heart rate, calories and other exercise data during exercise to help you exercise more effectively. (115 sports modes require APP to open sports push)



frequently asked questions

1.The FitClouPro App failed to bind to the watch.

- ① It is recommended to update the FitClouPro App to the latest version.
- ② Please make sure your phone Bluetooth is turned on and confirm that your phone system complies with Android 8 and 8 or iOS 13 and 13 or above.
- ③ It is recommended to close all programs, restart the phone's Bluetooth, and then open the FitClouPro APP to search again.

2.The smartwatch does not receive messages or phone notifications.

- ① Make sure your phone's Bluetooth is turned on.
- ② You need to turn on Smart Reminder and Call Reminder in the FitClouPro App.
- ③ Please make sure that your tracker is connected to your phone through the FitClouPro APP, and that FitClouPro remains running in the background of your phone.

3.Do I need to always connect my smartband with my phone to use my watch?

- ① For the following functions: step counting, heart rate monitoring, blood oxygen monitoring, blood pressure monitoring, sleep monitoring, distance, calories and exercise mode, countdown, timer, alarm, brightness adjustment, etc., you can use it without connecting to the APP, and after connecting the smart bracelet with the mobile phone again within three days, the relevant data will be synchronized to the APP.
- ② For the following functions: call, call reminder, message notification, watch play music, find mobile phone, take photos and other functions that need to be used with mobile phones, it is necessary to ensure that the smart watch is normally connected with the FitClouPro APP before it can be used.

4.Why can't I wear a smartwatch when taking a hot bath?

The temperature of the bath water is high and a lot of steam is generated. When the temperature drops, the water flow condenses into droplets, which can easily lead to internal short circuits and damage. If you are active in the water for a long time, such as diving and bathing, please remove your watch to avoid changes in water pressure that affect the function.

5.Why is there a gap between the heart rate, blood oxygen, blood pressure and other physical health values of smart watches and the measured values of medical equipment.

- 1.Different devices use different measurement principles, and their measurement results will also be different.
- 2.Watch measurements also have measurement errors within the permissible range.
- 3.Smart watch is not a professional treatment equipment, the measured health data is only used as a reference for the user's daily body management direction, it can not be used as a medical device.

Note:We recommend using a 5V/1A adapter to charge for 2~3 hours.

To avoid malfunctions, do not use an unqualified charger for charging. After charging, disconnect the charger and charging cable in time.



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.

NOTE 1: 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

NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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