

# Instruction manual

## SMART WATCH



\* Please read this manual before using this product



1

Open the package  
and take out the watch



2

Long press the Circular  
button to turn the  
smart watch on

## Watch client download and connect



3

Scan the QR code with your phone to open FitCloudPro on your phone to set up your device

Scan the QR code above to download the client

### 1. Download "FitCloudPro" APP

It can be downloaded and installed on the mobile phone by scanning the QR code on the manual, scanning the built-in QR code of the watch, or directly searching "FitCloudPro" in the stores.

### 2. Connect the Watch

1) Scan code connection: After Bluetooth is enabled on the mobile phone, enter the APP (Note: If the APP cannot be opened, please open the positioning and then open the APP) and click Device -> Add Device -> click Scan code binding (scan the QR code on the watch).

2) Manual connection: After Bluetooth is enabled on the mobile phone, enter the APP (Note: If the APP cannot be opened, Click Device -> Add Device -> Click Search Device (find the device with the corresponding Bluetooth name and MAC address in "Settings" -> "System" -> "System Information" in the sliding control center of the watch) -> click Connect.

3) Connect Bluetooth for calls: When the watch is in the initial state, Bluetooth for calls is enabled by default.

1. Mobile Android system: After the watch is successfully connected to the APP, the mobile terminal will prompt the watch to request Bluetooth pairing - click pairing - Talk Bluetooth connection success, you can dial and talk after the connection is successful.

2. Mobile iOS system: After the watch is successfully connected to the APP, the Bluetooth will automatically connect to the mobile phone. After the connection is successful, you can dial and talk. (Note: In the initial state of the watch, the media audio is turned off by default. Media audio opening method: Slide down from the main interface of the watch face (Control Center) - Click the phone icon - there are two options (call audio/ media audio) - click the media audio, the watch can play mobile music after opening.

## Charging and Activation

The magnetic charger and the magnetic suction hole on the back of the watch aligned fit, until the watch screen appears charging prompt, when the watch prompts low power, please charge in time, the device is an all-in-one machine, the back shell and battery can not be removed.



## Watch operation instruction

### 1. Dial page

Long press the screen and enter the dial to select the page. You can switch the dial on the left or right. (Note: The system presets 8 tables and pages, and the last dial is "customized". This dial will change with the download settings of the dial market and custom dial on the APP side)

### 2. Menu page

Press the Circular buttons on the dial page to enter the menu page. After entering the menu page, press the Circular buttons to switch the menu style twice in a row.

### 3. Function page

Click on the application icon to enter the corresponding function on the menu page, return to the right, and press the Circular buttons to return to the main table pages alone.

## Buttons and touch controls

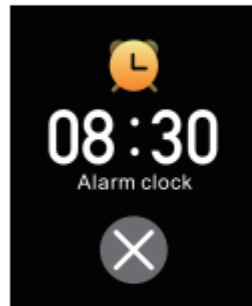


### Circular buttons

1. Press the circular buttons to turn off the watch to turn on the watch.
2. Press the circular buttons of the turnover state.
3. Press the circular button on the dial page to enter the menu, and quickly press the circular button twice to switch the menu style.

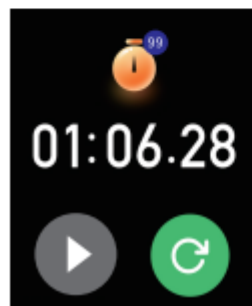


## Watch Function Introduction



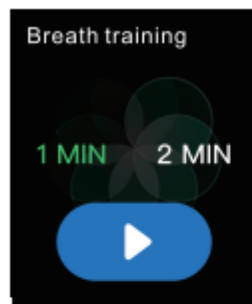
### Alarm

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



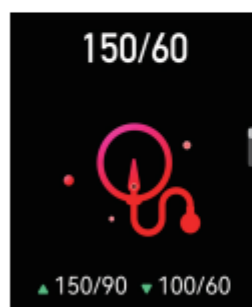
### Stopwatch

Click the Start button to time the start, click the pause button to time the pause, click the reset button to time zero. A maximum of 99 pieces of data can be saved.



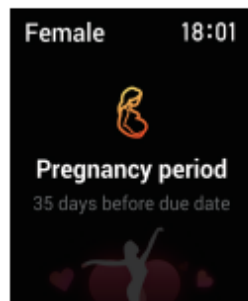
### Breath training

In breathing exercises, there is a choice between 1 minute and 2 minutes. The user taps the corresponding time for breathing training. After clicking Start, follow the icon in the breathing exercise to zoom in and inhale, zoom out and exhale.



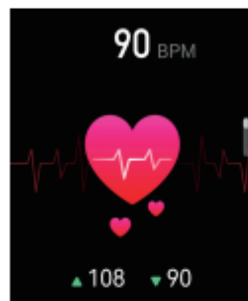
### Blood pressure

When entering the blood pressure measurement interface, the green light at the bottom will start the test and there will be a vibration reminder when the measurement is completed within 30 to 60 seconds.



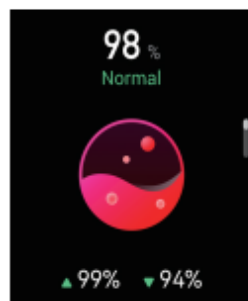
## Female

After the watch is connected to the APP, women's health alerts can be enabled on the APP to view women's health alerts on the watch.



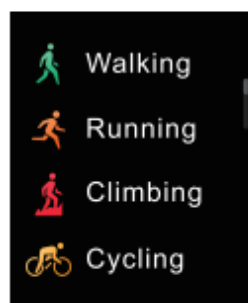
## Heart rate

When entering the heart rate measurement interface, the bottom of the bottom green light starts to measure. When the measurement is completed in about 40 seconds, there will be a vibration reminder. If you prompt, "Please wear a watch correctly", you need to wear a watch.



## Blood oxygen

When entering the blood oxygen measurement interface, the green light at the bottom will start the test and there will be a vibration reminder when the measurement is completed within 30~60 seconds.



## Movement

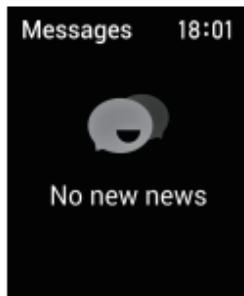
Sport mode options: walking, running, riding, climbing, badminton, football, basketball, etc., click the icon to start exercise.





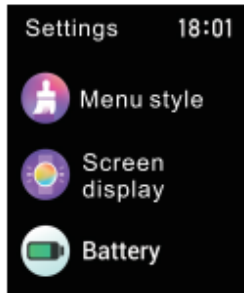
### Weather

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



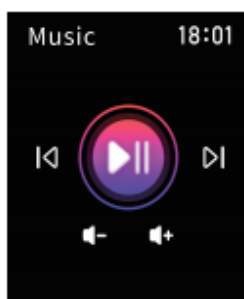
### Messages

After the watch is connected to the APP, open the push of relevant information in the APP terminal, and the watch terminal can receive the corresponding message push, and can save the latest 15 messages at most.



### Set up the

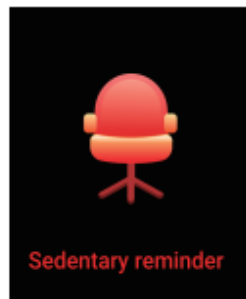
In the setting function, it contains screen display (switch dial, bright screen duration, brightness adjustment, turning the wrist and bright screen), language, sound & vibration, menu style, battery, password, time settings, QR code, system.



### Music

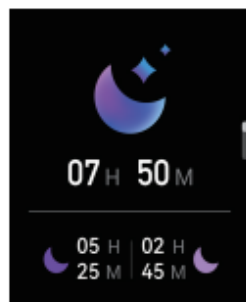
When the watch is connected to the APP, you can control the pause and start of the mobile music player, adjust the volume and switch songs.





### Sedentary reminder

You can open it in the APP[Device > Sedentary Reminder]. After opening it, you can set the start time, end time and do not disturb time.



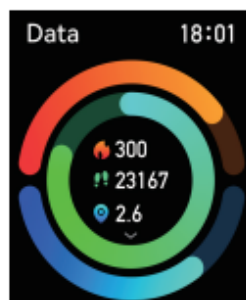
### Sleep

Display the sleep monitoring status of the day, the data is updated daily, and the data can be saved simultaneously when connecting the APP. Sleeping the sleep interface can display the sleep data generated for nearly seven days.



### Timer

Click the timer function, start to timing, click the pause button to timely stop, and click the reset button to count the time to zero.



### Movement data

The number of steps, distance and calories recorded on the day are displayed, and the target number of steps, distance and calories can be set in the APP.



### Drink time

You can open it in the App[Settings > Water Reminder], and set the start time, end time and reminder interval after opening.



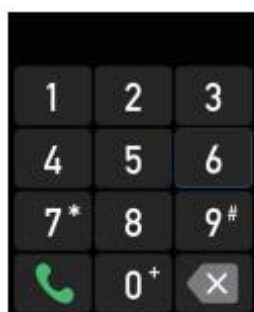
### Looking for mobile phone

After the watch is connected to the APP, click to find the phone, the phone will ring and the watch will show that the search is successful. If the watch and the APP is not connected, watch side will prompt show bluetooth disconnect.



### The control center

Function description: screen brightness adjustment, Do not disturb mode, flashlight, audio Bluetooth, Settings, system information, phone search, music playback.



### Bluetooth phone

Dialing interface After connecting to a mobile phone, you can quickly search for contacts based on the address book and recent call list, or dial directly. (Audio Bluetooth connection required)

## Q&A

### 1. The watch cannot start

Please hold down the power button for more than 6 seconds or the battery may be low. Please charge it in time.

### 2. Bluetooth is not connected or cannot be connected

- 1) Please try to restart the watch and re-link.
- 2) Please try to restart Bluetooth and connect again.
- 3) Don't connect your phone to other Bluetooth devices at the same time.

### 3. Watch measuring heart rate/blood pressure/blood oxygen/error

- 1) Generally for measurement, the watch sensor and the human body is caused by poor contact.
- 2) Please pay attention to full contact between the sensor and the wrist during measurement.
- 3) For people with darker skin color and hairy arms, please enable enhanced measurement in App[Device > Enhanced measurement].

### 4. Sleep data is not accurate enough

- 1) Sleep monitoring simulates people's self-perceived state of falling asleep and waking up, which needs to be worn correctly.
- 2) If you wear it too late or when you fall asleep, errors may occur.
- 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

>FAQ]

## Bluetooth data transmission

When connected to a mobile phone, the watch synchronizes some data, including weather, notifications, sports and health data, with the phone via Bluetooth. When the connection is disconnected or Bluetooth is turned off, the data will not be synchronized.

### Note:

- 1) Do not charge in a humid environment with water
- 2) please regularly use a clean flannelette to clean the magnetic suction charging hole on the back of the watch, to ensure that the magnetic suction charging hole and magnetic charger fit, to ensure normal charging
- 3) This product is not equipped with a power adapter, in order to ensure the safety of family and property, when charging, you can use the computer USB interface or choose a power adapter whose output is not more than 5V 1A.

Please buy the power adapter through the regular channel, and avoid using the bottom quality and fake power adapter to avoid bursting or fire.

## Matters needing attention

1. The measurement results of this product are only for industrial examination and are not used as any medical use or basis. Please follow the doctor's guidance and do not use the measurement results for self-diagnosis and treatment.
- 2, this product waterproof grade is IP67, can not be used for deep diving and long time in the water.  
In addition, this product does not put hot water, because the steam will affect the watch.
3. The Company reserves the right to modify the contents of this manual without prior notice.  
Some functions are different in the corresponding software version.  
This is normal.

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.

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

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.

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