

<h1>智能手表说明书</h1> <h2>使用说明书</h2> <p>适应平台要求: Android 5.0及以上手机 iOS 9.0及以上手机 支持蓝牙BT3.0</p> <p>APP下载方式: IOS/安卓手机用户: 扫描下方二维码下载安装应用 安卓: 通过软件应用商店搜索"FitCloudPro"下载安装应用 苹果: 通过App store搜索"FitCloudPro"下载安装应用</p> 	<p>初次使用事项</p> <ul style="list-style-type: none"> 确保手表正常使用,请先进行充电 已连接电源的充电器对准手表背部即可充电 <p>手表与APP的连接</p> <p>APP安装过程中的权限全同意,手表跟手机要连接APP和手机蓝牙才能实现所有功能。</p> <p>APP连接方法: 打开APP和手机蓝牙,APP提醒启用通知点击确定。点击添加设备,搜索设备名称点连接或扫描手表连接码连接手表。</p> <p>手机蓝牙连接: 须在手表端打开蓝牙,进入手机蓝牙,搜索机型名称的蓝牙设备点击连接配对。</p> <p>蓝牙常见问题简易处理方法: 由于各个手机品牌的蓝牙协议没有统一性,有时会出现手机跟手表蓝牙连接不稳定的情况,可将手机蓝牙关闭了在重新连接一次,或将手表恢复出厂设置。</p> <p>手表如果来电,QQ微信没有通知提醒,需要手机设置-通知设置,打开对应的应用将通知应用打开,才能接收到信息通知。</p>	<p>手表操作说明</p> <p>上键: 短按可进行返回,菜单界面双击切换风格; 下键: 短按亮屏灭屏,长按可以用于开关机。</p> <p>时钟界面: 左滑功能卡片,右滑侧边栏,上滑查看推送信息,下滑进入快捷界面。</p> <p>手表功能介绍</p> <ul style="list-style-type: none"> 拨号盘: 连接手机蓝牙拨出,可以在手表端实现通话。 常用联系人: 手环与APP成功连接后,可以在APP中添加联系人,联系人添加成功后手表联系人会同步显示,手表点击联系人可以拨打电话(备注: 手表需要连接手机蓝牙)。 通话记录: 可显示手环端通话记录,点击电话号码可拨号。 信息: 可显示消息推送内容,如: QQ、微信等 (IOS12以上系统会默认屏蔽短信提醒)。 多运动: 多种运动选择,可查看运动时长、卡路里、运动距离等,可在APP选择一种语言上传至手表。 睡眠监测: 开启睡眠检测能在睡觉时监测睡眠质量。 久坐提醒: 在app设置久坐时间,到点手表会震动提醒。 	<ul style="list-style-type: none"> 心率: 将手表贴紧手腕,最佳佩戴位置在手腕骨靠手臂上方,可测出实时的心率值,一般人正常值为60-100次/分。 血压: 将手表贴紧手腕,最佳佩戴位置在手腕骨靠手臂上方,可测出实时的血压值,成人舒张压: 60~80 (mmHg) 成人收缩压: 100~120 (mmHg)。 血氧监测: 将手表贴紧手腕,最佳佩戴位置在手腕骨靠手臂上方,可测出实时的血氧值,数值正常范围一般在95%到100%。 蓝牙拍照: 手机会自动弹出拍照界面,手表点击拍照,手机会拍照并将照片存储到手机。 蓝牙音乐: 可控制播放手机中的音乐 (需打开手表的媒体音频开关)。 天气: 显示当前天气温度度数。 秒表: 开始秒表计时和结束计时。 计时器: 计时倒数。 	<ul style="list-style-type: none"> 设置: 更多功能设置。 菜单风格: 可以设置更换UI风格。 系统信息: 显示本设备的MAC地址,蓝牙名称,及版本号。 亮度: 调节手表亮度。 二维码: 用于APP下载及设备连接。 蓝牙拍照: 手机会自动弹出拍照界面,手表点击拍照,手机会拍照并将照片存储到手机。 复位: 让您的设备重置并清除数据,如计步睡眠等。 语音助手: 连接音频蓝牙后,点击图标会启用手机语音助手。 计算器: 数字+、-、×、÷ 计算。 找手机: 手表和手机连接时,点击手表端找手机,手机铃声会响起。 天气: 显示当前天气温度度数。 秒表: 开始秒表计时和结束计时。 计时器: 计时倒数。 	<ul style="list-style-type: none"> 手电筒: 打开手电筒功能,手环屏幕会亮显示白色。 翻腕亮屏: 开启后,佩戴手环时抬起手腕手环屏幕会亮,放下会灭屏。 语言: 连接APP后,手表会自动同步APP语言,也可在手表设置-语言里更改手表语言。 呼吸训练: 呼吸训练能有效放松精神状态一级缓解压力,按屏幕提示作相应的呼气、吸气动作。 计算器: 数字+、-、×、÷ 计算。 喝水提醒: 在APP设置喝水时间,到点手表会震动提醒。 游戏: 手表内置小游戏。 日历: 首页显示当天日期,点击下方日历图标显示当月日历,左右划动查看月历。 离线支付: (部分机型支持): 双击待机界面进入离线支付,手机支付宝扫描手表绑定二维码,可使用手表离线支付。 闹钟: 在APP设置闹钟,到点手表震动提醒。 收款码: (部分机型支持): 将收款码上传至APP-钱包,可同步至手表使用。 	<p>使用注意事项:</p> <ul style="list-style-type: none"> 洗澡和游泳时不宜佩戴。 同步数据时请连接手表。 使用自带的充电线充电。 不要把手表长时间暴露在水分较高、温度极高或极低的地方。 <p>手表保养:</p> <ul style="list-style-type: none"> 不要划伤传感器,保护它避免受损; 可用湿布擦拭手表表面,用温和的肥皂水去油污或灰尘; 请勿将手表暴露在有强烈化学物质的环境中,如汽油,清洁溶剂、丙醇、酒精或驱虫剂,化学物质会损坏手表的密封性和外壳表面; 避免你的手表遭受强烈的撞击、极度高温的暴晒; 本产品不支持IP68防水,不支持淋雨、洗手、游泳佩戴,热水、沐浴或桑拿等不能佩戴,防不住水蒸气。 如因不按指示使用导致手表进水损坏,本公司不作免费保修。 	<p>常见问题:</p> <p>无法找到手表?</p> <p>答: 因为手表的蓝牙广播没有被手机搜索到,请确保手表与手机激活状态,且没有被其他手机连接上,将手表靠近手机重新搜索,如果仍然无效,关闭手机蓝牙20秒后重新开启蓝牙再次搜索。</p> <p>蓝牙连接一直开启? 关了的话会不会有影响?</p> <p>答: 没有同步数据前,启动和睡眠模式会保持在手表上,当手机和手表成功连接后,手表会主动将数据同步到手机,且手表存储的数据有限,大约只有前一周的数据,期间后台会自动发送最早的数据来产生最新数据,所以请及时将手表同步到手机。</p> <p>备注: 如果开启了来电提醒功能,则需要保持手表在连接状态,闹钟提醒支持离线。</p> <p>手表出现不能充电怎么办?</p> <p>1、请确认充电器的方向是否正确,充电器与手表接触是否良好; 2、当手表电量低于3.6V时,会有一段时间的电池充电时间。 备注: 支持插上充电器会立马进入充电状态,如果电量显示需要充3-5分钟就可以进入充电状态。</p> <p>手表长期佩戴会不会对人体造成伤害?</p> <p>答: 设备辐射远低于美国的FCC标准,基本可以忽略不计,长期佩戴不会对人体造成辐射伤害</p>
---	---	---	---	--	--	---	--

<h3>Smart watch manual</h3> <p>Adapt to platform requirements:</p> <ul style="list-style-type: none"> Android 5.0 and above mobile phones iOS 9.0 and above mobile phones Support Bluetooth BT 3.0 <p>APP download method:</p> <p>IOS/Android phone users: scan the QR code below to download and install the application.</p> <p>Android: Search for "FitCloudPro" through the software application store to download and install the application.</p> <p>Apple: Search for "FitCloudPro" through the App store to download and install the app.</p> 	<p>Initial use</p> <p>To ensure the normal use of the watch, please charge it first. Align the charger connected to the power supply with the back of the watch to charge it.</p> <p>Watch and APP connection</p> <p>The permissions during the APP installation process are fully agreed, and the watch and the mobile phone must be connected to the APP and the mobile phone Bluetooth to achieve all functions.</p> <p>APP connection method: Open the APP and Bluetooth on your phone, and the APP will remind you to enable notifications by clicking OK. Click Add a device, search for the device name to connect or scan the watch connection code to connect to the watch.</p> <p>Mobile phone Bluetooth connection: Bluetooth must be turned on on the watch side, enter the mobile phone Bluetooth, search for the Bluetooth device of the model name, and click Connect to pair.</p> <p>Simple solution to common Bluetooth problems: Due to the lack of uniformity in the Bluetooth protocol of various mobile phone brands, sometimes the Bluetooth connection between the mobile phone and the watch may be unstable. You can turn off the Bluetooth of the mobile phone and reconnect it again, or reset the watch to the factory settings.</p> <p>If the watch has an incoming call, there is no notification reminder on QQ WeChat, you need to set the phone settings-notification settings, open the corresponding application and open the notification application to receive information notification.</p>	<p>Watch operating instructions</p> <p>Up button: short press to return, Double click on the menu interface to switch styles.</p> <p>down button: Short press to turn on and off the screen, long press can be used to switch the machine.</p> <p>Clock interface: Left slide function card, right slide sidebar, swipe up to view push messages, down to enter the quick interface scroll.</p> <p>Watch function introduction</p> <p>Standby interface: enter the standby interface.</p> <p>Dial pad: connect to the mobile phone to dial out via Bluetooth, and you can make a call on the watch side.</p> <p>Common contacts: After successfully connecting the wristband to the app, you can add contacts in the app. After successfully adding a contact person, the watch contact person will be displayed synchronously. Clicking on the contact person on the bracelet can make a phone call (note: the watch needs to be connected to the phone via Bluetooth).</p> <p>Call record: can display the call record of the wristband, click the phone number to dial.</p> <p>Information: The content of the message push can be displayed, such as: QQ, WeChat, etc. (The system above IOS12 will block SMS reminders by default).</p> <p>Multi sport: Multiple sports options, can view exercise duration, calories, exercise distance. You can choose a sport on the app and upload it to your watch.</p> <p>Sleep monitoring: Turn on sleep detection to monitor the quality of sleep while sleeping.</p>	<ul style="list-style-type: none"> Sedentary reminder: Set the sedentary time on the app, and the watch will vibrate to remind you when it's time. Heart rate: Put the watch close to your wrist, and the best place to wear it is on the upper arm of the wrist bone. The real-time heart rate can be measured. The normal value of the average person is 60-100 beats/min. Blood pressure: Put the watch close to your wrist, and the best place to wear it is the wrist bone above the arm, you can measure the real-time blood pressure, adult diastolic blood pressure: 60~80 (
--	--	--	---

FCC Caution:

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.