

Smart Watch User Manual



V1.1

Thank you for choosing our smart watch. You can read this manual to get a comprehensive understanding of how to use the device. The device connects to a mobile phone through BT for adaptive use, provides a variety of practical functions and services, and has developed many functions for human sports and health. This device is not a medical device, and the measurement data and results are for reference only, not as a basis for diagnosis and treatment. The Company reserves the right to modify the contents of this manual without prior notice.

This product supports IP68, rain, hand washing and other wear without worry, after soaking in water, there will be water in the horn hole, please shake the water out, the sound can return to normal; and dry via soft cloth before the operation of the watch. Note: During hot shower or sauna, should not be worn to prevent vapors. If the watch is damaged by water because of not following the instructions, the company does not make a free warranty.

1.App Installation

You can use the "scan" function in wechat or browser to scan the "QR code" of the watch and download and install FitCloudPro. You can also download and install FitCloudPro by searching for FitCloudPro in App store, Google Play Store, etc.

Scan QR code to download
FitCloudPro



2.Watch Connection

QR code connection:

After you open the APP, if the dialog box for obtaining permission pops up on the mobile phone, please click Allow to obtain. In the "Device" interface of the APP, click "Add Peripheral now" and select the "Scan" function in the upper right corner of the "Binding Device" interface. The mobile phone can scan the QR code in the "Settings" of the watch. During the pairing process, the connection confirmation button will pop up on the watch and mobile phone. Please click "Allow pairing" to complete the pairing.

Manual connection:

after open mobile phone BT, open FitCloudPro and click on the "Device" interface and click on the "Add Peripheral now" and search the nearby BT in the binding device interface, you just need to find the name of the watch (models), click to enter matching, during the matching process, watch and the mobile phone and connection confirmation button will pop up on the watch and mobile phone . Please click "Allow pairing" to complete the pairing.

When you finish the above operations, slide down on the watch face, you will see the color change of the " BT " icon, and confirm the BT status through different icons.



BT Call Connect



BT Call Disconnect



APP BT Connect



APP BT Disconnect

3. BT Disconnection

In FitCloudPro, Click "Unbind" on the "Device" interface of the APP to unbind the watch. After the APP is unbound, manually enter the BT connection interface of the mobile phone again, find the name of the paired watch and click "Unpair" (click "Ignore Device" in IOS) to finish the complete unbind.

Note: The health data of the watch will be cleared after unbinding.

4. Key Manual

Function key:

1. In power off status, long press to power on. In power on status, long press to show “power off and reboot” page.
2. On watch face, short press to enter main menu.
3. On main menu, continuously press two times to switch to different styles of main menu.
4. On other function pages, short press to enter watch face.



5. Swipe Manual

Left swipe: Enter the function interface, including sports data, heart rate, sleep, weather and other interfaces



Swipe up: Enter the message notification interfaces, swipe up or down to view each message, swipe left to delete a message. Slide right to return to the watch face.



Right swipe: enter split Screen interface.

Swipe down: Enter the control center to view BT status, battery power and some common functions.



6. Charging Manual

1. The battery icon of the watch will become red when the battery capacity is less than 20%, the OS will automatically turn off the motor vibration function. If the power saving mode is enabled, the watch will turn off the BT, reduce the brightness to the lowest, turn off the raise to wake, turn off the automatic detection of heart rate, vibration motor and other functions.

2. The watch charging needs to use 5V power adapter and it is required to be 5V 500mA or 5V 1A. When the magnetic charging cable is aligned with the charging part of the watch, the watch will automatically attract the charging plug. When charging, the watch will be prompted by the charging interface, and the charging icon will be stationary after being fully charged.

3. Because the charging plug is magnetic, it's easy to absorb other conductive metal objects, please timely close the power adapter after the completion of charging, pay attention to the magnetic plug and do not touch other metal objects or be adsorbed on the metal objects, so as to avoid short circuit.

7. Functions Manual

Call function: This function needs to connect the audio BT, enter the dialing, you can dial the phone number according to the need; Long press 7 and 9 for two seconds on the keypad to enter * and #.

Common contacts: You need to set and add them in the common contacts bar of the APP. The common contacts you set will be automatically synchronized to the watch. A maximum of 10 contacts can be added.

Call History: This function can save the latest 10 call records.

Voice Assistant: This function requires an audio BT connection, and can evoke the phone's Siri voice assistant by tapping the voice ball.

Data: Display the data of steps, distance and calories. You can set the target number of steps, distance and calories in the APP.

Sports: including running, walking, badminton, tennis, basketball, table tennis, cycling, yoga, rope skipping, mountain climbing, indoor running, elliptical machine, rowing machine, lazy bike, exercise bike, baseball, rugby, cricket, strength training, etc.

Sports record: It saves your latest 10 history records, and you can view the exercise time, heart rate, calories and other data during exercise.

Heart rate: When entering the interface of heart rate measurement, the green light at the bottom will start to measure. When the measurement is completed in about 40 seconds, there will be a vibration reminder. If the prompt is "not wearing the watch", you need to wear the watch again. Note that the data obtained in this interface is only displayed in real time, and the results will not be saved to the APP side. The data recorded at the APP comes from the monitoring results obtained after the automatic monitoring function is enabled.

Sleep: Display the sleep monitoring status of the day, and the data is updated every day. When connected to the APP, the data can be saved synchronously. The sleep monitoring time is from 9:30 PM of the day to 12:00 AM of the next day.

Blood oxygen: When entering the blood oxygen measurement interface, the red light at the bottom will start measuring and there will be a vibration reminder when the measurement is completed in about 40 seconds.

Weather: After the watch is connected to the APP, the weather interface will display the weather temperature and weather type.

Female health: When registering on the APP for the first time, a female health function will be added to the APP after the gender is set as female. After setting the parameters according to the actual situation, the watch will budget the relevant information of female menstruation, pregnancy preparation, pregnancy period and so on.

Music: After connecting the APP, you can control the playing of music in the mobile phone.

Breathing exercises: 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, zoom in and inhale, zoom out and exhale

Stopwatch: Click the start button to calculate, click the pause button to stop, click another button to reset. During the timing process, click the clock icon on the right to mark the time, and a maximum of 99 pieces of data can be marked.

Timer: The system preset the common time duration. You can click the corresponding time duration to time quickly or click the custom button to set the time. Click the Start button to start the timing, click the pause button to pause the timing, click the reset button to reset the timing to zero.

Alarm clock: After connecting the watch to the APP, you can set a single alarm clock, a cycle alarm clock, and up to 5 alarm clocks.

Always-on clock: After this function is enabled, the time will be displayed on the screen-off , and the watch will increase the power consumption. Please use it according to your own needs.

8. Q&A

1. Sleep data is not accurate enough

- A. Sleep monitoring simulates people's natural sleep and wake up time, so it needs to be worn normally
- B. If you wear it too late or when you fall asleep, errors may occur
- C. sleep data is not monitored during the daytime, the default sleep monitoring period is 9-30 p.m. to 12-00 a.m. the next day

2. BT is not connected or cannot be connected

- A. Restart the watch and reconnect
- B. Please try to restart the mobile phone BT and connect again
- C. Do not connect the mobile phone to other BT devices at the same time. Try to connect the mobile phone again after untying other devices.

3. Inaccurate measurement of heart rate/blood oxygen

- A. Generally, when measuring, it is caused by poor contact between watch sensor and wrist
- B. Please pay attention to the full contact between the sensor and the wrist during measurement
- C. For people with darker skin and hairy arms, please go to the App to open [Devices-Enhanced measurement]

4. For more questions, please check the App[ME-FAQ].

智能手表使用说明书



V1.1

感谢您选择本公司智能手表。您可以通过阅读本手册，全面地了解设备的使用方法，此设备主要通过蓝牙连接手机进行适配使用，提供了多种实用的功能和服务，并开发了很多针对人类运动和健康的功能；此设备非医疗器械，测量数据和结果仅供参考，不作为诊疗依据。本公司保留在不作任何预先通知的情况下对本手册中内容作修改的权利，恕不另行通知。

本产品支持IP68级防水，雨淋、洗手等佩戴无忧，泡水后喇叭孔会有积水，请将积水甩出来，声音才能恢复正常；并软布擦干之后再操作使用手表。

注意：热水淋浴或桑拿等不能佩戴，防止蒸气入侵。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。

1. 安装APP

您可通过使用微信或浏览器中的“扫一扫”功能扫描手表的“二维码”，下载手机对应的操作系统即可进行下载安装；您还可以通过在“应用宝”、“google play”以及“AppStore”等应用商店中搜索“FitCloudPro”进行下载安装。

扫码下载
FitCloudPro



2. 连接手表

扫码链接：

当您打开下载好APP后，如手机端弹出获取权限的对话框，请点击允许获取。在APP“设备”界面，点击“添加设备”，在“绑定设备”界面的右上角选择“扫一扫”功能，手机可扫描手表端“设置”里面的二维码来实现连接APP。配对过程中，手表端和手机端会弹出连接确认配对按钮，请点击“允许配对”来完成配对。

手动连接：

手机开启蓝牙后进入APP，点击“设备”界面，在绑定设备界面中点击“开始搜索”来搜索附近手表的蓝牙来进行配对，您只需找到所拥有手表的名称（型号），点击后即可进入配对，配对过程中，手表端和手机端会弹出连接确认配对按钮，请点击“允许配对”来完成配对。

当您完成上述操作后，在手表表盘界面顶端下滑，将会看“蓝牙”图标颜色的变化，通过不同状态的图标来确认蓝牙状态



蓝牙通话连接



蓝牙通话未连



APP蓝牙已连接



APP蓝牙未连

3. 解绑蓝牙

在APP“设备”界面点击“解除绑定”来解绑手表，APP解绑后，需要手动再次进入到手机端的蓝牙连接界面，找到已配对的手表名称并点击“取消配对”（IOS系统点击“忽略设备”），来完成彻底解绑。

4. 按键操作说明



按键功能：

- 1、关机状态下长按此按键开机。在开机状态下长按按键弹出“关机、重启”选项的弹窗界面。
- 2、在表盘界面短按一次进入到主菜单界面。
- 3、主菜单界面快速连按2次按键，切换不同风格的主菜单。
- 4、在其它功能界面下短按返回到表盘界面。

5. 触控操作说明



6. 充电说明

- 1、当电池电量低于20%时，手表电池图标会变成红色，系统会自动关闭马达震动功能，若开启省电模式，手表将会关闭蓝牙，亮度降为最低，关闭抬腕亮屏，关闭自动检测心率、震动马达等功能。
- 2、手表支持5V电源适配器进行充电，要求电源输入为5V 500ma或5V 1A。将磁吸充电线对准手表充电端口，手表会自动吸住充电插头，充电时手表有充电界面提示，充满电后充电图标将静止不动。
- 3、因充电插头带有磁性，易吸附上其它导电的金属物品，充电完成后请及时关闭电源适配器，注意磁吸插头上的顶针勿接触到其它金属物品或吸附到金属物体上，造成充电线短路。

7. 功能介绍

电话功能：该功能需要连接音频蓝牙，进入拨号时，可根据需要输入电话号码后拨打；键盘7、9长按2s可输入*和#。

常用联系人：需要在app端常用联系人栏设置添加，设置的常用联系人将自动同步到手表，最多可添加10位联系人。

通话记录：该功能可保存最近10条通话记录。

语音助手：该功能需要连接音频蓝牙和APP，可通过轻点语音球唤起手机Siri语音助手。

数据：显示当天记录的步数、距离、卡路里数据，可在APP设置目标步数、距离、卡路里。

运动：包含健走，跑步，登山，骑行，跳绳，篮球，羽毛球，足球。

运动记录：该界面保存您最近的10条运动历史记录，可查看运动时的运动时长、心率、卡路里等数据。

心率：进入心率测量界面时，底部绿光亮起开始测量，约40秒完成测量时会有震动提醒，如提示“请正确佩戴手表”，则需重新佩戴好手表。注意，在此界面测试得到的数据只是实时显示，不会将结果保存到APP端。APP端的记录的数据来源于开启自动监测功能后得到监测结果。

睡眠：显示当天睡眠监测状况，数据每天更新，已连接APP时可同步保存数据，睡眠监测时间为：当天晚上9：30至次日12：00前。

血氧：进入血氧测量界面时，底部红光亮起开始测量 约40秒完成测量时会有震动提醒。

天气：手表与APP连接后，此天气界面会显示天气温度以及天气类型

女性健康：首次注册APP时，性别设定为女性后，APP端会增加一项女性健康功能，根据自身实际情况设置好参数后，手表端会预算出女性经期，备孕期，怀孕期等相关信息。

音乐：连接APP后，可控制播放手机中音乐。

呼吸训练：呼吸训练中，有1分钟和2分钟的选择。用户点击对应时长进行呼吸训练。点击开始后，跟随呼吸训练中的图标放大而吸气，缩小而呼气。

秒表：点击开始按钮则计时开始，点击暂停按钮则计时暂停，点击返回按钮图标计时归零。计时过程中点击右边时钟图标可标记时间，最多可标记99条数据。

计时器：系统预置了常用计时长，用户可点击对应时长快速计时，也可点击自定义按钮进行时间设置。点击开始按钮则计时开始，点击暂停按钮则计时暂停，点击复位按钮计时归零。

闹钟：手表和APP连接后，可以设置单次闹钟、循环闹钟，最多可设置5个闹钟。

熄屏时钟：打开此功能后，手表会在熄屏表盘长亮显示，手表会增加功耗。请根据自己需求酌情使用。

8. 常见问题

1、睡眠数据不够准确

- a、睡眠监测是模拟人的自然入睡及起床时间状态，需要正常佩戴
- b、入睡太晚或入睡时才佩戴，可能出现误差
- c、白天不监测睡眠数据，默认睡眠监测为晚上9-30至次日中午12-00

2、蓝牙未连接或无法连接

- a、请尝试重启手表，重新连接
- b、请尝试重启手机蓝牙后再次连接
- c、手机不要同时连接其它蓝牙设备，手机端解绑掉其它设备后再重新尝试连接。

3、测量心率/血氧不准确

- a、一般为测量时，手表的感应器与人体接触不良导致
- b、测量时请注意感应器与手腕充分接触
- c、对于肤色较深且手臂毛发较多的人，请在App[设备>加强测量]中开启加强测量

4、更多常见问题请查看App[我的>FAQ]