



Smart Watch

User Manual V3.0

#### 1. Warning

Please connect your device before starting a new sports event. Although the smart watch can monitor your dynamic heart rate in real time, it cannot serve any medical purpose. It is only intended to help people live a healthier life. Be sure to keep in mind that consult your doctor before starting any sports event and diet plan.

#### 2. Device Requirements

It is in support of Bluetooth 5.2 devices with the systems of Android 5.0, iOS 10 or above. It can be used only by connecting the GPS for devices with the systems of Android 6.0 or above.

#### 3. Charging

Please start charging with the back of the watch put on the surface of the wireless charger, or by aiming and attaching the magnetic attraction view to the charging point of the device for charging. The charging indication will be displayed on the screen of the watch.

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Notes:

1. Please never charge the watch in wet and watery environment.
2. Please guarantee that the back of the watch is in close and complete contact with the surface of the wireless charger.
3. Please clean the back of the watch and the surface of the wireless charger with clean flannel on a regular basis to guarantee that the watch and the surface of the wireless charger are in complete contact. It is not to guarantee normal charging.
4. This product is not provided with a power adapter. For the safety of your family and property, it is advisable to choose an electric USB interface or a power adapter with an output of not more than 5V to be for charging. Please purchase a power adapter to regular channels, do not to do an end to the use of low-quality, fake power adapters to avoid burning or fire.
5. It is splash-proof and water-resistant, but it is not recommended to involve the device into the water. You can wear or use the watch when doing exercise (it can be exposed to sweat and rain) or washing your hands. It is not suitable for bathing, swimming, scuba diving, water skiing, other washing activities, facing high-speed water flow or deep-water activities.

#### 4. Smart Watch and Mobile Phone Connection

1. Connect the watch



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Scan and download (Where: PPS)

Open the permissions  
Open self-starting permissions  
Protection against background power consumption  
Protection against background charging

Open message notification

1. Download the APP software "FitCloud Pro" on your mobile phone and install it. You can download the APP by directly searching for "FitCloud Pro" in the APP mall or scanning the QR code below to jump to download the code can be scanned by browsers, WeChat, etc.).
2. Connect the watch
- (1) Connection by code scanning: enter the dial page after turning on the watch, slide down to enter the interface of shortcut menu, click the icon of the mobile phone, and the QR code for connection will pop up. You can scan the code directly in the "FitCloud Pro".
- (2) Manual connection: enter the APP after turning on the mobile Bluetooth and directly search the device for manual connection.
- (3) Connection of Calling Bluetooth: the calling Bluetooth is turned off when the watch is in the initial state, during which the calling function and music function cannot be used. In this case, you need to slide down to open the shortcut menu and click the icon of calling Bluetooth. After turning it on, you can find calling Bluetooth on the mobile phone system (with the mobile Bluetooth on). Find the corresponding Bluetooth name "Watch Call" and click "Connect". After the connection is successful, you can use the calling function, music function and remote control of short video.

1. Uninstalling  
Uninstalling the Android device: click "Unlink" on the device in the APP to disconnect the smart watch from the APP.  
Uninstalling the Apple device: click "Unlink" on the device in the APP to disconnect the smart watch from the APP. After the unpairing of the mobile phone - Bluetooth, click the exclamation mark behind the Smart Watch of the Bluetooth device, and click "Ignore Device". In the pop-up dialog box to finally disconnect the smart watch.  
Remarks: After uninstalling the watch from the APP of the Apple mobile phone, you also need to unlink and cancel the pairing of the mobile Bluetooth.

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#### 1. Bluetooth Data Transmission

When connected to the mobile phone, the watch will instantly synchronize some data with the mobile phone via Bluetooth, covering weather information, notification messages, sports and health data, etc. These data will not be synchronized when the watch is disconnected or Bluetooth is turned off.

#### 1. Operating Instructions of the Watch

1. You can switch the dial style by turning the button on the dial page or touching the dial for 3 seconds.
2. Change: slide up to enter the page of shortcut functions, voice assistant, calendar, camera, calculator, business card, stopwatch, breathing training and other functions.
3. Dial page: slide down to enter the page of message notification.

#### 1. Introduction to the Functions of the Watch

Heart rate: wear the watch close to the wrist, and it is the best to wear the watch above the wrist bone near the artery, which can display the heart rate in real time. The normal value of the average person is 60-90 beats/min. The watch can be used to record the data of nearly 7 times of measurement, and record the highest and lowest values.  
Blood pressure: wear the watch close to the wrist, and it is the best to wear it above the wrist bone near the artery, which can display the blood pressure. The watch can be used to record the data of nearly 7 times of measurement.  
Blood oxygen: wear the watch close to the wrist, and it is the best to wear it above the wrist bone near the artery, which can display the value of blood oxygen rate. The watch can be used to record the data of nearly 7 times of measurement, and record the highest and lowest values.

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Sports: covering indoor sports, outdoor running, indoor cycling, outdoor cycling, break walking, swimming in the pool, football, badminton, tennis, basketball, elliptical machine, hiking, yoga, strength training and mountain climbing.  
Records: major sports data during your exercise: steps, calories, heart rate, stride frequency and speed direction, and set sports goals to help analyze your sports details.  
Sleep: monitor your sleep conditions every night.

Telephone: contacts: 8 contact numbers can be added to the frequent contacts of the APP and synchronized with the watch on emergency contact can be set up as well.  
Call record: the call record in the watch can be displayed.  
Dialing keyboard: you can dial in the watch to make a call after connecting the mobile phone.

Sports data: record the sports data of the day, covering calories, activity times, steps and distances.  
Breathing: you can test your vital capacity and set your breathing duration and rhythm in consideration of your personal condition.

Smartwatch support app-based linking.  
Social business card: send an APP for social communication, open the QR code and ask the other party to scan your code and add friends.  
Timer: the watch becomes a timer as an alarm.  
Music: turn on the music player of the mobile phone after connecting the audio Bluetooth, and the watch can play the music on the mobile phone.

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Message: you can receive message notifications of the mobile phone after connecting to the APP, e.g., QQ, WeChat, Weibo, SMS, Facebook.

Metabolic equivalent: The watch utilizes the function of metabolic equivalent, which converts all the amount of daily exercise into the value of metabolic equivalent and presents it on the watch and APP. Records the metabolic equivalent of motion energy for one week, and forms a visual icon, so that users can have a sense of the amount of their own exercise.

Setting: covering wrist-lighting and night screen, always-on setting, brightness control, always-on time, health reminder, language, key definition, sound and vibration. "Do Not Disturb" mode: connecting mobile phone, power-off, silent, silent and factory resetting.

Voice assistant: after waking up the function of assistant with the wake-up word, you can control the function of Siri on the mobile phone and operate the mobile phone with Sound Bluetooth through the assistant of the watch.

#### 1. Functional Interface of Smart Watch

1. The smart watch fundamentally supports Bluetooth 5.2 devices with the systems of Android 5.0 or iOS10.0 or above. Not all mobile device models are supported. Please refer to the actual situation.
2. This device is charged with 5V/200mA, and it is forbidden to use over-voltage lead power supply, which may cause damage to the hardware.
3. The smart watch has built-in batteries, which cannot be disassembled. Please do not try to disassemble and replace the batteries.
4. The temperature of the environment for the use of the smart watch ranges from 0°C to 40°C, and the charging temperature ranges from 0°C to 40°C.
5. When wearing the watch, please note that you may feel uncomfortable if you have sensitive skin or wear your smart watch too tightly.

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6. When the smart watch is wet, please dry it before charging and operation, otherwise it will result in failure and corrode the contact point of charging.

#### 6. Basic Parameters

Product Name: Smart Watch  
Device Requirements: Android 5.0 or iOS 10.0 or above  
Bluetooth: Bluetooth 5.2

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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