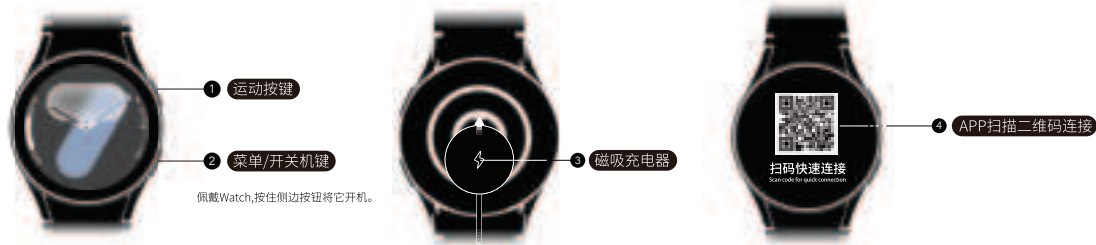
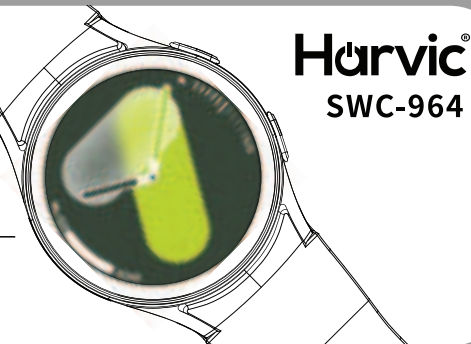


智能手表使用说明

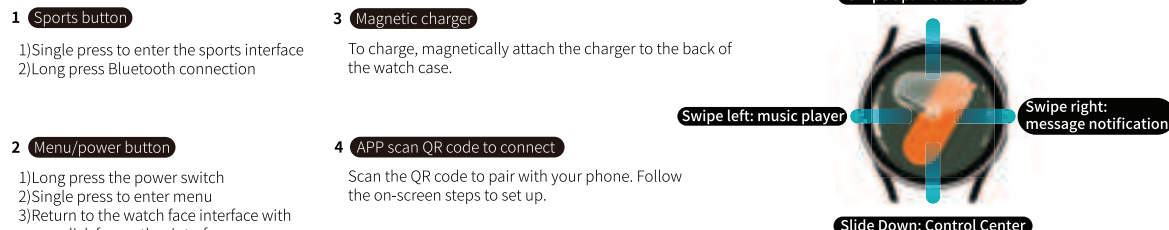
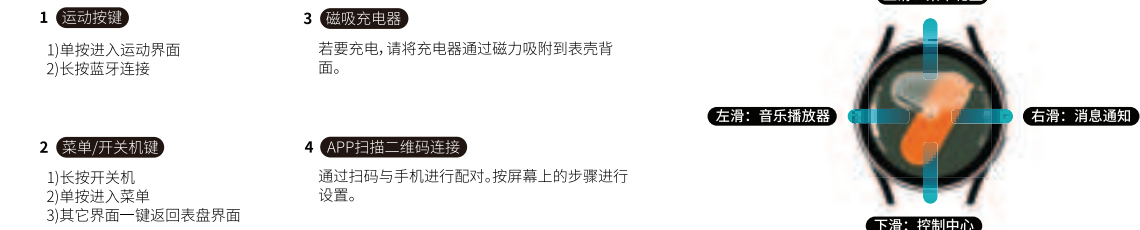
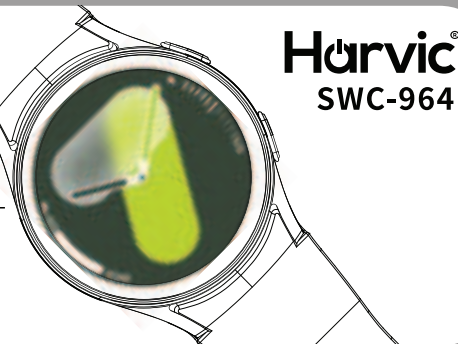
INSTRUCTIONS FOR SMART WATCH

*使用本产品前请阅读本说明书,并妥善保管
包装清单:手表主机(含表带)×1,无线充电器×1,使用说明书×1



SMART WATCH INSTRUCTIONS

*Please read this manual before using this product and keep it properly
Packing list: watch host (including watch strap) × 1, wireless charger × 1, instruction manual × 1



手表客户端下载与连接



扫描上方二维码下载客户端

手表与手机的连接

- 下载"FitCloudPro"APP到手机上并安装可扫描本说明书上二维码也可扫描手表二维码或在APP商场直接搜索"FitCloudPro"进行下载。
 - 连接手表/扫码链接
- 1)首次开机/恢复出厂设置时开机连接:开机选择语言后,会弹出下载APP二维码+配对二维码,直接使用APP扫描配对二维码添加设备即可
- 2)常规使用连接:打开设置-通用-连接手机,可查看下载APP二维码+配对二维码。直接使用APP扫描配对二维码添加设备即可

Watch client download and connection



Scan the QR code above to download the client

Watch to mobile phone

- Download the "FitCloudPro" APP to your mobile phone and install it. You can scan the QR code on this manual, scan the QR code on the watch, or directly search for "FitCloudPro" in the APP store to download.
 - Connect watch/scan code link
- 1)Power on and connect when powering on for the first time/restore to factory settings: After powering on and selecting the language, a download APP QR code + pairing QR code will pop up. Simply use the APP to scan the pairing QR code to add the device.
- 2)General use connection: Open Settings - General - Connect to the phone, you can view the download APP QR code + pairing QR code. Simply use the APP to scan the pairing QR code and add the device.

- 连接手表/手动连接
- 1)首次开机恢复出厂设置时开机连接:开机选择语言后,会弹出下载APP二维码+配对二维码,在配对二维码下方,会显示设备名称,在APP上点击添加设备,扫描到对应设备直接点击即可连接。
- 2)常规使用连接:打开设置-通用-连接手机,可查看下载APP二维码+配对二维码。在配对二维码下方,会显示设备名称,在APP上点击添加设备,扫描到对应设备直接点击即可连接。
- 连接通话蓝牙
- 手表在初始状态下通话蓝牙是关闭的,此时通话功能,音乐功能,语言助手不能使用。
点击通话蓝牙开关,开启后,可在手机系统内现通话蓝牙(手机蓝牙打开的状态下),找到相应的蓝牙名称。
点击连接。连接 成功后可使用通话、音乐功能及语音助手。

- Connect watch/manual connection
- 1)When you turn on the phone for the first time and restore to factory settings, power on and connect: After powering on and selecting the language, a QR code for downloading the APP + pairing QR code will pop up. Under the pairing QR code, the device name will be displayed. Click on the APP to add a device and scan to the corresponding device. Just click to connect.
- 2)General use connection: Open Settings - General - Connect to the phone, you can view the download APP QR code + pairing QR code. Under the pairing QR code, the device name will be displayed. Click on the APP to add a device, scan the corresponding device and click directly to connect.
- Connect call Bluetooth
- In the initial state of the watch, Bluetooth for calls is turned off. At this time, the call function, music function, and language assistant cannot be used.
Click the Bluetooth call switch. After turning it on, you can find the corresponding Bluetooth name in the phone system (when the phone's Bluetooth is turned on).
Click Connect. After successful connection, you can use call, music functions and voice assistant.

- 主要功能
- 表盘
- 1)内置表盘:内置多个表盘,可自由更改
2)表盘市场:APP内置表盘商城,可下载表盘,自由更换
3)自定义表盘:用户可在APP内上传图案,自定义表盘;
4)用户可以在手表和APP内体验AI问答;
- 基础功能
- 1)菜单方式:菜单界面双击,可切换菜单风格;
2)组件管理:表盘快捷功能,支持:心率、睡眠、短视频遥控器等功能;
3)消息提醒:可同步手机端推送消息内容;
4)设置:抬腕亮屏、常亮设置、亮度调节、息屏时间、健康提醒、语言、按键定义、声音与振动、勿扰模式、连接手机、关机、重启、关于手表、时间设置、恢复出厂等;
5)快捷功能:蓝牙通话、锁屏、勿扰、常亮、找手表、支付宝、抬腕亮屏、设置、定位、短视频遥控器;
6)语音提醒:用户使用手表运动等功能时,手表语音播报提醒;

- The main function
- dial
- 1)Built-in dials: Multiple built-in dials, which can be changed freely
2)Dial Market: The APP has a built-in dial mall where you can download dials and change them freely.
3)Customized watch face: Users can upload patterns in the APP to customize the watch face;
4)users can experience AI Q&A on the watch and APP;
- basic function
- 1)Menu mode: Double-click on the menu interface to switch the menu style;
2)Component management: watch face shortcut function, supports: heart rate, sleep, short video remote control and other functions;
3)Message reminder: Message content can be pushed to the mobile phone simultaneously;
4)Settings: Raise your wrist to turn on the screen, always-on setting, brightness adjustment, screen off time, health reminder, language, button definition, sound and vibration, do not disturb mode, connect to mobile phone, shut down, restart, about watch, time setting, factory reset, etc.;
5)Quick functions: Bluetooth calling, lock screen, do not disturb, always on, find mobile phone, Alipay, raise your wrist to light up the screen, settings, positioning, short video remote control, etc.;
6)Voice reminder: When the user uses watch exercise and other functions, the watch will broadcast a voice reminder;

- 运动
- 包含多种运动模式,室内跑步、室内骑行、室外骑行、健步、足球、羽毛球、篮球、徒步、爬山、自由运动等;
- 健康
- 1)睡眠监控:每天晚上到第二天早上会记录您的睡眠时长跟质量,帮助您更好的调整您的作息时间,提高睡眠质量。在睡眠功能界面,查询关于睡眠功能的选项;
2)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60-90次/分;
- 3)血氧:将手表贴紧手腕,最佳佩戴位置在手腕骨靠手臂上方,可测出血氧值;
4)呼吸训练:能快速放松自己、缓解压力以及能快速给身体补充氧气的方式;
5)血压:将手表贴近手腕,最佳位置在手腕骨靠手上方,可测量出血压;
6)压力:手表支持持续的的压力监控,监控用户24小时的压力变化,运用科学的健康算法将压力用图标像显示出来,让用户随时可调整自己的状态。压力范围显示:1-29放松;30-59正常;60-79中等;80-99偏高。
7)SOS:遇到危险,按住快捷按钮5秒钟,即可启动强力警报器寻求帮助

- sports
- Contains a variety of sports modes, including indoor running, indoor cycling, outdoor cycling, walking, football, badminton, basketball, hiking, mountain climbing, free sports, etc.;
- healthy
- 1)Sleep monitoring: Your sleep duration and quality will be recorded every night to the next morning to help you better adjust your work and rest time and improve sleep quality. In the sleep function interface, check the options about
2)Heart rate: Place the watch close to your wrist. The best wearing position is above the wrist bone and arm. You can measure the real-time heart rate value. The normal value for ordinary people is 60-90 times/minute;
3)Blood oxygen: Place the watch close to your wrist, and the best wearing position is above the wrist bone and above the arm to measure the blood oxygen value;
4)Breathing training: a way to quickly relax yourself, relieve stress, and quickly replenish oxygen to the body;
5)Blood pressure: Place the watch close to the wrist, the best position is near the top of the wrist, and the blood pressure can be measured;
6)Pressure: The watch supports continuous pressure monitoring, monitors the user's 24-hour pressure changes, and uses scientific health algorithms to map the pressure as icons, allowing users to adjust their status at any time. The pressure range shows: 1-29 relaxed; 30-59 normal; 60-79 medium; 80-99 high.
7)SOS: When in danger, press and hold the shortcut button for 5 seconds to activate the powerful alarm for help

- 日常工具
- 1)天气:连接APP可同步天气;
2)音乐播放器:连接APP可控制音乐播放;
3)控拍照:APP内打相机,可手表操作拍照;
4)找手机:手机非静音状态下,操作手表,使手机响铃;
5)支付宝:手表支付宝,可绑定手机支付宝,二维码支付功能;
6)秒表:手表支持秒表计时;
- 7)电话:连接手机通话蓝牙,可以在手机端实现通话;
8)语音助手:手表快捷呼唤手机语音助手;
9)闹钟:手表支持设置闹钟;
10)计算器:可进行简易计算;
11)计时器:手表支持计时器;
12)钱包/名片:提前在APP中上传收款码和社交二维码。下滑快捷菜单打开钱包功能,支持微信、支付宝、PayPal等。下滑快捷菜单打开名片功能,支持微信、QQ、Facebook、WhatsApp、Twitter等;
- 13)指南针:携带地磁感应,可以准确指出您所朝向的方向;

注意事项
1. 本产品的测量结果仅供参考,不作为任何医疗用户及依据。请遵医嘱指导,切勿以此测量结果自拟诊断及治疗。
2. 本产品不可用于深潜水以及长时间浸泡在水中。另外,本产品不防水,因为水蒸气会对手环造成影响。
3. 本公司保留不做任何通知的情况下,对本说明书内容进行修改的权力,恕不另行通知,部分功能在对应的软件版本中有区别,为正常情况。

- everyday tools
- 1)Weather: Connect the APP to synchronize the weather;
2)Music player: Connect to APP to control music playback;
3)Controllable photography: Check in the camera in the APP, and you can operate the watch to take pictures;
4)Find the mobile phone: When the mobile phone is not silent, operate the watch to make the mobile phone ring;
5)Alipay: watch Alipay, can be bound to mobile Alipay, QR code payment function;
- 6)Stopwatch: The watch supports stopwatch timing;
7)Phone: Connect the mobile phone to Bluetooth, and you can make calls on the mobile phone;
8)Voice Assistant: The watch can quickly call the mobile phone voice assistant;
9)Alarm clock: supports setting alarm clock on watch;
10)Calculator: allows for simple calculations;
11)Timer: The watch supports timer;
12)Wallet/Business Card: Upload the payment code and social QR code in the APP in advance. Slide down the shortcut menu to open the wallet function, which supports WeChat, Alipay, PayPal, etc. Slide down the shortcut menu to open the business card function, which supports WeChat, QQ, Facebook, WhatsApp, Twitter, etc.;
- 13)Compass: carries geomagnetic induction and can accurately point out the direction you are facing;

Precautions
1. The measurement results of this product are for reference only and are not used as a basis for any medical user. Please follow the instructions of your doctor and do not rely on the measurement results for self-diagnosis or treatment.
2. This product cannot be used for deep diving or prolonged immersion in water. In addition, this product is not resistant to hot water, because water vapor will affect the bracelet.
3. The company reserves the right to modify the contents of this manual without any prior notice. It is normal for some functions to be different in the corresponding software version.

注意危险

- 请勿在潮湿有水的环境下充电;
- 请确保手表背面与无线充电器表面干净完全接触;
- 请定期用干净的绒布清洁手表背面和无线充电器表面确保手表和无线充电器表面完全接触以保证正常充电;
- 本产品不具备电源适配器,为了保证家人以及财产安全,在充电时,可以使用电脑USB接口或选用输出补超过5V-1A的电源适配器。请通过正规渠道购买电源适配器,杜绝使用低质、劣劣的电源适配器,避免引起爆裂或起火;
- 电池(或电池组)不得暴露在高温环境下使用;
- 用错误型号电池更换会有爆炸危险,务必按照说明处置用完的电池

CAUTION

- Do not charge in humid and watery environments;
- Please ensure that the back of the watch is in clean and complete contact with the surface of the wireless charger;
- Please regularly clean the back of the watch and the surface of the wireless charger with a clean flannel cloth to ensure complete contact between the watch and the surface of the wireless charger to ensure normal charging;
- This product does not have a power adapter. In order to ensure the safety of your family and property, you can use the computer USB interface or choose a power adapter with an output voltage exceeding 5V-1A when charging. Please purchase power adapters through regular channels and avoid using low-quality or shoddy power adapters to avoid bursting or catching fire;
- Batteries (or battery packs) must not be exposed to high temperatures;
- There is a risk of explosion if you replace the battery with the wrong type. Be sure to dispose of the used battery according to the instructions.

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.

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.