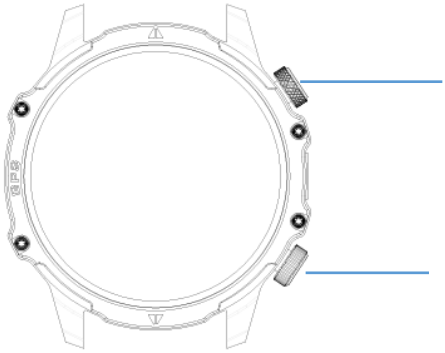
Smart Watch

User Manual



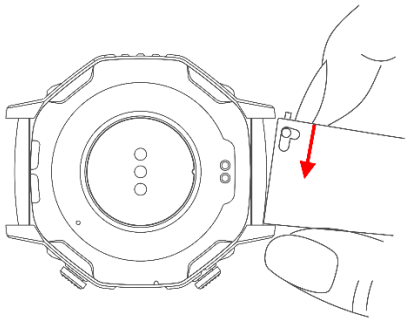
Button Function



Top button : Long press to turn on/off, short press to enter the menu interface/return to the dial interface, double press in the menu interface to switch menu styles.

Down buttonOn ： first use, you can customize the short-press and long-press functions. Subsequent modifications to the down key function can be made in the settings

Watch strap installation



1. Hold one side first.
2. Plug out the raw ears.
3. Switch to push inwards.

Watch Charging and Activation

Align the magnetic charging cable with the metal charging interface until the charging indicator appears on the watch screen. When the watch shows low battery, please charge it in time. The device is an all-in-one device and the back cover and battery cannot be removed.



Watch settings

1. After turning on the watch, please select your language, scan the QR code with your mobile phone, go to the Google Mall or Apple App Store, and download the "FitCloudPro" application.
2. Open the FitCloudPro app and enter "Device - Bind Device". (1) Search for the device model and connect the watch. (2) Scan the QR code on the watch to complete the connection.
3. Confirm mobile phone binding. NOTE: A wireless pairing request will pop up on your phone and you will need to confirm the pairing.
After success, a wireless docking request will pop up, select to allow access to the address book (after turning this feature on, notes will be displayed when calling)

Special function



GPS
Outdoor trajectory recording, providing practical data for outdoor enthusiasts



Compass
Helps you find directions and gives useful info for outdoor enthusiasts



Air pressure, altitude
Monitor the environmental air pressure in real time and automatically calculate the altitude, providing practical data for outdoor enthusiasts.

Common functions (6)



Heart rate

When entering the heart rate measurement interface, the green light at the bottom lights up to start the measurement. After about 45 seconds, there will be a vibration reminder when the measurement is completed. If it prompts "not wearing the watch", the watch needs to be worn again. (More information is marked on the interface).



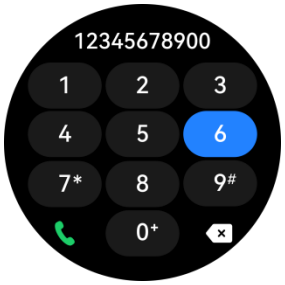
Sleep

Display the sleep status for the current day and the sleep monitoring status for the past seven days (visible by swiping on the interface), and save the data synchronously when connecting to the app. Sleep monitoring time period: 21:30-12:00



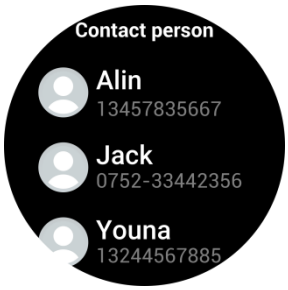
Control Center

Function Overview: Do Not Disturb Mode, Power saving Mode, Brightness Adjustment, Settings, Search for Phone, System Information, Flashlight, Call Switch Quick Switch



Call function

This function requires an audio Wireless connection. When entering dialing, you can input the phone number as needed and make the call; Press and hold keyboards 7 and 9 for 2 seconds to enter * and #.



Frequent Contacts

Common contacts: You need to add them in the app's common contacts column. The set common contacts will be automatically synchronized to the device, and up to 10 contacts can be added.



Sports data

Display the daily recorded step count, distance, and calorie data, with detailed daily exercise data (visible by swiping on the interface). Target step count, distance, and calorie can be set in the app

FAQ

Watch cannot be turned on

1、Please press and hold the power button for more than 3 seconds.

2、The watch will automatically turn on if the charging time is longer.

Watch not charging

1、You can change the charging head for testing, or plug it into the computer USB for testing.

2、Check whether the charging cable is correct and whether it is damaged.

3、When the battery is severely depleted, a black screen will appear after charging with a charging symbol. It needs to be charged for 20-40 minutes before checking again.

Wireless is not connected or cannot connect

1. Please try to restore the watch to factory settings and reconnect.
2. Please try to restart your phone’s Wireless and connect again.
3. Do not connect your mobile phone to other Wireless devices at the same time

Inaccurate heart rate/blood oxygen measurement

1. Generally, it is caused by poor contact between the sensor of the watch and the human body during measurement, and full contact is required.
2. The data is different for people with darker skin and more arm hair.

Sleep data is not accurate enough

1. Sleep monitoring simulates a person’s natural sleep and wake-up time and needs to be worn normally.
2. If you fall asleep too late or wear it when you fall asleep, errors may occur.
3. Sleep data is not monitored during the day. The default sleep monitoring is from 21:30 pm to

12:00 noon the next day.

Safety Information

1. Do not use in bathing, diving, water skiing, or other activities involving high temperatures, hot air, or high-speed water flow.
2. The interface or usage of the watch may change due to firmware upgrades. This is a normal phenomenon. Please refer to the introduction after the product upgrade.
3. Do not use a power adapter with an output current exceeding 2A to charge, otherwise the smartwatch will be damaged.
4. Do not use this device in damp environments to avoid electric shock or equipment damage.
If you encounter any problems while using the product, you can enter "My" → "Frequently Asked Questions or Feedback" in the FitCloudPro application.

User Instructions

This device complies with the regulations of Part 15 of the Federal Communications Commission (FCC) in the United States. The operation is constrained by two conditions: (1) the device may not cause harmful interference, and (2) the device must accept any received interference, including interference that may cause unexpected operations.

Important Notice

Changes or modifications made without the explicit approval of the responsible compliance party may render the user's access to operate the device invalid.

Note:

The device has been tested and meets the limitations of Class B digital devices as stipulated in FCC Part 15. These restrictions aim to provide reasonable protection against harmful interference in residential installations. This device generates and radiates radio frequency energy during use, and if not installed and used according to instructions, it may cause harmful interference to wireless communication. We cannot guarantee that interference will not occur during a specific installation. If this device does cause harmful interference to radio or television reception, it can be determined by turning off and on the device, and users are encouraged to try one or more of the following measures to correct the interference:

- Adjust the direction or position of the receiving antenna.
- Increase the distance between the device and the receiver.
- Connect the device to a socket that is different from the circuit connected to the receiver.
- Please consult with dealers or experienced radio/television technicians for assistance.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.

The test data of this watch is reference data and cannot be used as medical parameters.