Instruction for the first user
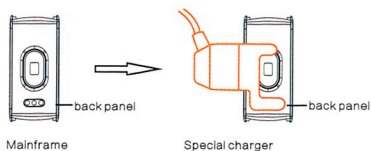

❶ TFT Display ❷ Touch area ❸ Watch strap

Instructions for the first user

Thanks for selecting the intelligent Health Watch from our company, please be sure to read the instruction manual carefully before using. In-proper operations will cause measurement accuracy problems and less comfortable experience. After you received the product, please turn on to check if it has power, or you will need to have it on charged.

1. Instruction photos by using charging clamp:

Mainframe   Special charger

Note:
1. The charging clip caught on the host of the smart bracelet during the charging, the palping foot on the charging lip align to the palping foot on the main body.
2. The screen will have light and in clock screen when touch button be clicked. Single click can switch different pages. The screen will out of light when no action happened after 6 seconds.
3. The light will on when wrist turnover on in APP.

Install APP

Scan the QR code or install the APP "FitCloud" from "App store" or "GooglePlay".
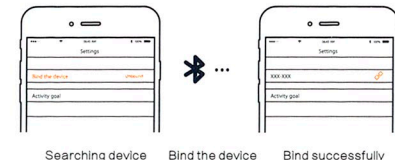

Android   iOS

Platform Requirements: Android4.4 and above, Bluetooth 4.0
Iphone 4s and above, IOS 8.0 and above

Band binding

a. Open the Bluetooth of your mobile
b. Open the APP → enter the settings page -> click 'Bind Device' to search the band automatically -> Click the band name which has been searched -> succeed
c. If it is iPhone, please click "Piar" when your phone pop up " the Bluetooth Pairing Request".

Searching device   Bind the device   Bind successfully

Functions

- ⏱ Time
- 👣 Steps
- 📍 Distance
- 🔥 Calories
- 🌙 Sleep monitoring
- 📷 Shark photograph
- 🏃 Idle alert
- ⏻ On/Off(Long press to On or Off)
- 📞 Incoming call reminder(Can display name or the phone number)
- ✉ Message push of Facebook, WhatsApp , Line etc. And can also display message content
- ⏲ Timer
- 🔍 Find the phone
- 🌐 Multi language
- ❤ Heart Rate
- 💧 Blood Oxygen
- 🩸 Blood Pressure

Main function

Device type: Smart band
Display type: 80*160 TFT display
Weight: 25g
Product length: 25cm
Band material: Silicone belt
Waterproof grade: IP68

Battery capacity: 90mAh
Battery type: polymer lithium battery
Working temperature: -10℃~50℃
Sync method: Bluetooth 4.0
Packing list:◇Host
◇Charging Cable ◇Instructions

Main interface

As shown in the figure on the left , it is the main interface of the bracelet. The interface displays the Bluetooth connection status, battery capacity information, time and date contents. When in the main interface state, long press button 3S to start selection of clock page. Click the key to select, then long press key 3S and it will be setting successfully .

Step interface

As shown in the figure on the left, it is the step interface of the bracelet. It mainly displays the total steps of the day. The content can also be viewed in the mobile phone APP after connecting the bracelet.

Training Home

Training is shown on the left page, hold button 3s under the page, switch to the training mode selection page.

Type of Training

There are some training modes, such as running, walking, etc. In the condition of training modes, click the button to change the page, and long press the target button for 3s to enter the selected mode training. On the return page, press button for 3S to back to the previous menu.

Sports Details

The bracelet will separately record the steps, distance, calories and the time for every training mode ,which shown as left page.During training ,long press button for 3s will exit the current training mode.
After finish training , detail data will be synchronized to Fit Cloud app.

Calories interface

As shown in the figure on the left, it is the calorie (energy consumption) interface of the bracelet. The interface mainly shows the total number of calories consumed on that day. The content can also be viewed in the mobile phone APP after connecting the bracelet.

Mileage interface

As shown in the left figure, it is the mileage (distance) interface of the bracelet. The interface mainly displays the total distance of the day. The content can also be viewed in the mobile phone APP after connecting the bracelet.

Sleep interface

As shown in the figure on the left, it is the sleep state page, which shows the total time of last night's sleep, and it can also be viewed in the phone APP after connecting the bracelet. No additional settings for sleep mode. The device can detect sleep and change to sleep mode automatically after 8pm. And automatically show sleep time after get up.

HR and BO measurement

As shown in the figure on the left, the blood oxygen and heart rate interface is measured, which can also be viewed in the phone APP after connecting the bracelet.
Measurement, the value will be real-time beating changes, the bracelet automatically stop measuring after 40 seconds, the device have a vibration once it stop, off screen after 3 seconds. Blood oxygen is same measurement method.

Blood pressure interface

As shown in the figure on the left, the blood pressure interface is measured. The content can also be viewed in the mobile phone APP after connecting the bracelet, as same measurement method as blood oxygen and heard rate.

Note: Please keep the static state during the measurement. Do not press the button to switch the interface. When the interface is switched, the bracelet will stop the measurement.

Message push

When the bracelet connected to the phone, the bracelet can receive text messages, telephone, WeChat and other three-way instant messaging push and tips.

Remark: smart bracelet need to connect with phone , and in the phone app -open the prompt switch in"setting" -> "notification configuration".

Find a cellphone

As shown on the left, it is to find the phone interface, in the page, press the bracelet button until the ringing will sound, according to the sound can find the phone.

Note: ensure that the Bluetooth is a normal connection when to find a cellphone.

Shutdown interface

1. press the button until it pop up on /off select in the interface, click the button to select, select off, press and hold the button for 5 seconds to turn off the bracelet, in the interface will display "goodbye", meanwhile the device have a vibration.
2. The interface display C92-xxx , it show the Bluetooth symbol, it mean it is the machine's Bluetooth ID number, when connected with the phone, the user can select the machine and connect.
Note: in the on /off interface, if not any operation, the device off the screen after 5 seconds , return to normal state.

Other functions

This product will continue to increase the functions and algorithms, support online upgrade software and firmware upgrades, support OTA air upgrade, unknow function or other problems, you can search it in the APP, enter the "Settings" -> "FAQ" to find the appropriate help (in this interface there are unknown answers and the corresponding video). Air upgrade steps: "Settings" -> "check the update" -> "the latest version"Upgrade" (the software upgrade) -> "latest firmware" -> "upgrade immediately" (OTA firmware upgrade).

Attention

1. Do not puncture the device.
2. Do not expose the band to solvents such as benzine ,thinner.
3. Do not expose the band to strong magnetic field and electric field.
4. Do not leave the device exposed to a heat source or in a high-temperature location, such as in the sun in an unattended vehicle.
5. Do not puncture or incinerate the device or battery.
6. Replaceable coin cell batteries may contain perchlorate material.Special handling may apply.
7. You cannot have a bath with it.(The temperature should be under 35 ℃)

FAQ

1. Can't find device when pairing device ?
   a. Please make sure the distance between phone and device is no more than 0.5m.
   b. Please make sure the device is not under low battery. if there is still problem after 1.5hours charging, please contact us.
2. Can't connect the device with app?
   Some smart phone Bluetooth service will be abnormal when reboot. Please reboot the smart phone for pairing device.
3. Why android mobile phone disconnect?
   Android mobile phone system memory management will be forced to turn off the background APP, you need to turn off the power saving mode or pull the APP into the system housekeeping green background inside, APP will not be forced to close. APP must be running in the background, Bluetooth will not automatically disconnect.
4. No incoming call or message notification?
   Please see the solutions of the APP into "setting" -> " FAQ" to find how to solve this problem.

FAQ

Declaration

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Heart Rate Tips

1. Most people has the heart rate of about 60-120.
2. Most people resting heart rate is 60 to 90 beats / minute, the optimal heart rate is up to 70 beats / minute.
3. The heart rate of athletes and trained people is 40 to 60 beats / minute.
4. Heart rate is always been changing and after exercise, after eating, personal circumstances factors, good or bad mood, etc., are heart rate constantly changing factors.
5. When doing Aerobic exercise to on effective and safe condition, people's heart rate is 170, minus age, people should hold the heart rate between 108 to 144.

Blood Oxygen Tips

Oxygen saturation is the percentage of oxygen-bound oxyhemoglobin (HbO2) capacity vs total hemoglobin (Hb) combined capacity, that is the concentration of oxygen in the blood.

Blood Pressure Tips

1. Systolic blood pressure, arterial blood delivered to the highest value when referred to as "high pressure" , the heart for the next time the lowest blood pressure value reserve dilate when blood is called "low-voltage" , are referred to as systolic and diastolic blood pressure.
2. Most people has the heart rate of 80 blood pressure (low pressure) to 120 (high pressure) around.
3. Within the normal range, blood pressure has differentiation of age, gender. Generally, the elderly have the higher blood pressure than the young, men have the higher blood pressure than the young, men have the high blood pressure than women.
4. Blood pressure is always been changing and after exercise, after eating, personal circumstances factors, good or bad mood, etc., are heart rate constantly changing factors.