

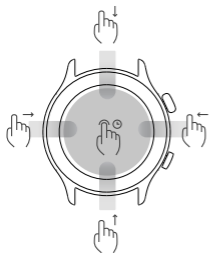
SMART WATCH

Quick guide

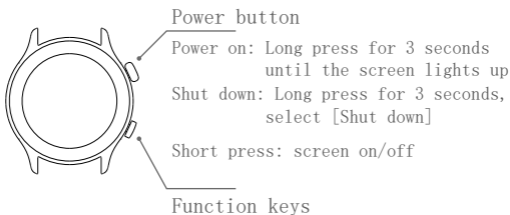


Please read this manual carefully before use and keep it for future use

Touch and button



- Decline: control panel
- Swipe up: SMS notification
- Swipe right: shortcut sidebar
- Left swipe: shortcut function
- Long press: dial switch
- Short press: return, enter the function list
- Lower right corner: sports mode



※ If the boot fails after you press and hold the power button for 3 seconds please charge and try again.

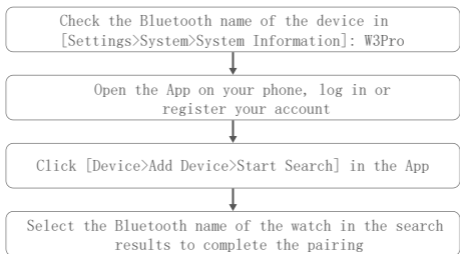
Connect to phone



download and install

Download App: IOS mobile phones can search for ‘FitCouldPro’ in the App Store, and Android mobile phones can search for ‘FitCouldPro’ in other app stores (such as App Store) to download and install; or scan the code to download and install.

Pair and connect the watch



- ※ Please keep the watch's battery level above 20% before pairing to avoid pairing failure due to insufficient battery.
- ※ During pairing and connection, make sure that the Bluetooth of the mobile phone is turned on and is within the effective connection distance with the watch.
- ※ This device requires Android4.4 and above system, IOS8.4 and above system.

Function introduction

Dial switch



Press and hold for 2 seconds on the main screen to enter the watch face switching interface, swipe left and right to switch the watch face to be selected, and click the selected watch face. You can also switch by rotating the button in the upper right corner.

Control panel



Function summary: Do not disturb mode, brightness adjustment, settings, find mobile phone, audio call mode

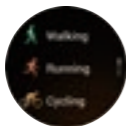
※ You can swipe down on the home screen to enter this function

Sport data



Shows the number of steps, kilometers, and calories recorded on the day, and the goal can be set in the APP.

Sport



Sports mode options: walking, running, climbing, cycling, swimming, yoga, elliptical trainer;

Click the icon to start the exercise.

Sport record



This interface saves your most recent 10 exercise history records, and you can view data such as exercise duration, heart rate, and calories during exercise.

Heart rate



Turn on the timing detection on the App, and the interface displays the heart rate data of the day;

Sleep



This interface displays the sleep monitoring status of the day, the data is updated every day, and the data can be uploaded and saved synchronously by connecting to the App.

Blood pressure



When entering the blood pressure measurement interface, the green light at the bottom lights up to start the measurement, and the measurement is completed within 30 to 60 seconds. The measurement at this time is based on the PPG technology.


Blood oxygen



When entering the blood oxygen measurement interface, the green light at the bottom lights up to start the measurement, and the measurement is completed within 30 to 60 seconds. The measurement at this time is based on the PPG technology.

Bluetooth for calls



Click on the "Control Panel"  to enter the Bluetooth settings for calling; after enabling the searchable function, use the mobile phone to connect to the Bluetooth below to use the calling function.

Call records



Up to 10 call records can be kept, and the latest call record will overwrite the oldest record.

Frequent contacts



It can be added through "App-Device-Frequent Contacts". Add, delete, sort, and add up to 10 frequently used contacts.

Dial



After using the mobile phone to connect and call Bluetooth, you can use the dialing function normally.

Music



Can control the phone's music playback.

Weather



After the watch is connected to the App and the location permission is turned on, this is the case. The weather interface will display the real-time weather temperature and weather type.

Alarm



You can set a single alarm clock, a recurring alarm clock, and up to 10 alarm clocks.

Stopwatch



This interface is a stopwatch function, and you can also set a segmented timer, and up to 10 pieces of data can be saved.

Timer



In the timer function, the user can quickly start timing through the system preset time, or click the custom button to set the time.

Message



Turn on the push of relevant information on the App side, and the watch side can receive the corresponding message push, up to 15 messages can be saved, and the upper limit will be automatically overwritten.

※ You can swipe up on the home screen to enter this function

Find phone



When the watch and the APP are connected, click to find the phone, the phone will ring and the watch will show that the search is successful; if the watch is not connected to the APP, the watch will prompt that it is not connected.

Settings



The setting function includes screen display (dial switching, bright screen duration, brightness adjustment, flip wrist bright screen duration), language, vibration intensity, menu style, QR code, and system settings.

[Notification function]



Drink water reminder

It can be turned on in the App[Device>Drinking Water Reminder], and the start, end time, and reminder interval can be set after it is turned on.



Sedentary reminder

It can be turned on in the App[Device>Sedentary Reminder], and it can be set to start, end time, and do not disturb time.



Alarm reminder

Remind after setting and turning on the alarm.



Incoming call

You can answer or reject the call.

Precautions

- ① Do not disassemble, repair, or modify the product without authorization.
- ② Do not violently bump the product, so as not to cause damage to the product.
- ③ Please avoid strong magnetic field, direct light or high temperature environment.
- ④ This product is not used for disease diagnosis, treatment and prevention purposes.
- ⑤ The waterproof rating of this product is IP67, avoid prolonged immersion in water.
- ⑥ Please avoid wearing the watch strap too tightly and keep the place where the watch comes in contact with the skin clean.
- ⑦ Children please use this product under the guidance of their parents to avoid harm.

Common problem handling

Watch won't turn on

- Please press and hold the power button for more than 3 seconds.
- Maybe the battery is too low, please charge it in time.

Bluetooth is not connected or unable to connect

- Please try to restart the watch and reconnect.
- Please try to restart the phone's Bluetooth and connect again.
- Do not connect the phone to other Bluetooth devices at the same time.

Inaccurate heart rate/blood pressure/blood oxygen/ECG measurement

- Generally, it is caused by poor contact between the sensor of the watch and the human body during measurement.
- Please make sure that the sensor is in full contact with your wrist during measurement.
- Please keep your body still and the watch close to your wrist during measurement.
- For people with darker skin and more hair on their arms, please turn on the enhanced measurement in the App[Device>Enhanced Measurement].

Sleep data is not accurate enough

- Sleep monitoring is to simulate the natural state of falling asleep and waking up, and needs to be worn normally.
- Wear it when you fall asleep too late or when you fall asleep, errors may occur.
- Sleep data is not monitored during the day, and the default sleep monitoring is from 9:30 pm to 12:00 noon the next day.

※ For more frequently asked questions, please check the App [My> FAQ]