



Please read the instructions carefully before using it.

The Charging and Activation of Smartwatch

1. When using the smartwatch for the first time, you need to ensure that its power is sufficient. The low electricity will make it not be turned on, so firstly please charge it for more than 2 hours. Then the watch will be automatically turned on after charging.
2. As shown in the figure, the magnetic cable is automatically adsorbed to the charging position of the watch.



APP "FitCloudPro" downloading

Android: Search for FitCloudPro in the App marketplace to download it.

IOS: Search FitCloudPro in the App Store for downloading.
Or download it by scanning the QR code.



Procedure for bluetooth connection

1. Download and open the FitCloudpro APP, then turn on call audio as well as media audio of the watch and bluetooth of the mobile phone at the same time, search for Bluetooth Device KM68, finally link AAP with audio bluetooth in one click.

Operation Introduction

- 1) Swiping screen to the left: Enter function options, exercise data, exercise, heart rate, sleep, blood pressure, blood oxygen, weather, music and more options.
- 2) Swiping screen to the right: Enter the split screen mode of selection function.
- 3) Sliding down the screen: Enter the settings option, which can be selected: brightness adjustment, non-disturbing mode, tracking phone, system, settings.
- 4) Sliding up the screen: Display information.
- 5) "Long press the screen" on the watch, such as the dial becomes smaller, sliding around to replace different dial.
- 6) On the "main interface" of the watch, the rotary encoder switches different dials and turns other pages.



Key function

1. Previous key: Short press to turn off the screen on the dial interface of the home page, turn off the screen, short press to turn on the screen, short press to return to the dial interface on other pages, long press for 3 seconds on any page to call up the shutdown page, long press for 3 seconds in the shutdown state to start the machine;
2. Press the button: to customize the side button function. Default Click: Motion, Long Press: Dial. (The corresponding function jump can be modified).
Supported options (no features, menus. Screen, Return, Motion, Data, Heart Rate. Blood pressure, music, voice assistant, breathing training. Stopwatch, chronograph, female, dial. Favorite contacts, camera).
3. Middle button (encoder + button): long press any page for 3 seconds to enter the voice assistant interface, short press in the dial interface to enter the menu style, double click the button in the menu style interface to switch the menu style, click the button in other interfaces to return to the dial interface, short press to light the screen when the screen is off, long press for 3 seconds when the power is off, turn the button to turn the page or switch the dial.



Dial switching

Long press the home screen for 2 seconds to enter the dial switching screen. Swipe left and right to the screen to switch the showing dials, and click the selected dial.



Control center

Function overview: non-disturbing, Power-saving mode, flashlight, Voice assistant, audio switch, brightness, settings, phone tracking, power saving mode, system information



Call function

This function requires the connection of audio bluetooth. When entering the dial, you can press the phone number and dial it as required. Long press 2s on keyboard 7 and 9 to enter * and #.



Common contact

Common contacts: You need to set and add them in the common contacts bar of the app side, and the set common contacts will be automatically synchronized to the device. A maximum of 10 contacts can be added.



Call record

You can save the latest 10 call records.



Voice bluetooth

Call Bluetooth: Divided into "call audio" and "media audio" switch.

Call audio: It is used to switch to call by bluetooth.

Media audio: It is used to switch to play media audio. (Disabled by default.)

1) You can turn on the media audio only when the voice audio is enabled.

2) When "media audio" is on, turn off "call audio," media audio "switch will be closed simultaneously;

3) In the case of (2), turn on "call audio", and the "media audio" switch will be opened synchronously



sports data

Display the number of steps, distance and calorie data recorded on the day and the number of steps in the latest seven days. You can set the target number of steps, distance and calorie in the APP



sports

Sports mode options: 8+1 (walking, running, mountaineering, cycling, skipping, basketball, badminton, football, yoga (as alternative sports that can be pushed), click the icon to start sports, you can support 110+ kinds of sports push in the APP terminal



sports record

On this screen, you can view your latest 10 exercise history records, including exercise duration, heart rate, and calories



heart rate

When entering the heart rate measurement interface, the green light at the bottom will start to measure. When the measurement is completed in about 45 seconds, there will be a vibration reminder. If the warning is "no watch", you need to wear the watch again. It can display the user's current heart rate interval and 24-hour heart rate curve.



blood pressure

When entering the blood pressure measurement interface, the green light at the bottom will start to measure, and there will be a vibration reminder when the measurement is completed in about 45 seconds. The measurement is based on PPG technology. The user's last seven blood pressure readings can be displayed.



Blood oxygen

When entering the Blood oxygen measurement interface, the green light at the bottom will start to measure, and there will be a vibration reminder when the measurement is completed in about 45-60 seconds. The measurement is based on PPG technology. The user's last seven Blood oxygen readings can be displayed.



sleeping

21:30-12:00 Display the sleep monitoring status of the day and the latest seven days. The data is updated every day, which can be synchronously saved when connected to the APP, and the device will recalculate the data information of the next day. Sleep monitoring period: 21:30-12:00



woman health

After the watch is connected to the APP, women's health alert can be shown on the APP to view women's health alert information on the watch



music

When the watch is connected to the APP, it can control the pause and start of the mobile music player, volume adjustment and song switching



weather

After the watch is connected to the APP, the weather interface will display real-time weather temperature and weather type.



information

After the watch is connected to the APP, you can open the push to read the relevant information on the APP terminal. The watch terminal can receive the corresponding push messages and save up to 15 latest messages



clock

After the watch is connected to the APP, you can set a single alarm clock, or a cyclic alarm clock, or up to five alarms



stop watch

Click the start button to start the timing, click the pause button to stop the timing, click the reset button to return the timing to zero. A maximum of 99 records can be saved



timer

In the timer function, the system preset a common time period. You can click the corresponding time period to start the time quickly or click the customized button to set the time. Click the start button to start the timing, click the pause button to stop the timing, click the reset button to return the timing to zero



mobile phone checking

After the watch is connected to the APP, click to find the mobile phone, the mobile phone terminal will ring and the watch terminal will show that the search is successful; If the watch is not connected to the APP, the watch terminal will prompt that it is not connected.



setting

The settings function includes screen display (switching dial, brightness adjustment for screen duration, turning wrist screen duration), language, vibration intensity menu style, battery, two-dimensional code, and system



Breathing training

During breathing exercises, there are options of 1 minute and 2 minutes. Users click on the corresponding time to perform breathing training. Click start and follow the icons in the breathing training to inhale when zooming in and exhale when zooming out



calculator

Numeric input is up to 7 digits (negative input is not processed), and the calculated result is up to 8 digits. If the result exceeds the calculated value, the ----- display means it cannot be calculated



calendar

Display the current year, month and day, slide down to display the calendar.



water-drinking reminder

It can be opened in App[device-drink water reminder], after opening, you can set the start time, ending time and reminder interval



sedentary reminder

It can be opened in APP[device - sedentary reminder], after opening, you can set the start time, ending time and non-disturbing period



Voice assistant:

After the watch is connected to the APP, enter the voice assistant and say the functions and software you want to open on the phone.



Business card

Support social business card push



Camera

Activate the watch end and shake it to take a picture

F&Q

The watch cannot be turned on.

Press and hold the power button for more than 3 seconds. Or the power of battery is low. Charge it in time.

The bluetooth is not connected or cannot be connected

1. Restart the watch and reconnect it
2. Please try to restart the bluetooth of the phone and connect it again
3. Do not connect the phone to other bluetooth devices at the same time

Measuring heart rate/blood pressure/oxygen/ECG is not accurate

- 1, Generally when doing the measurement, the watch sensor and the human body have poor contact.
- 2, Please pay attention to the full contact of the sensor and wrist when measuring
3. For people with darker skin and more arm hair, please do the enhanced measurement in App[device -enhanced measurement]

Sleep data are not accurate enough

1. Sleep monitoring simulates the natural time of falling asleep and getting up. The watch should be worn normally.
2. Sleep too late or sleep before wearing, there may be errors
3. 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 visit the App[my-FAQ].

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