

Smart Dial Watch Instructions



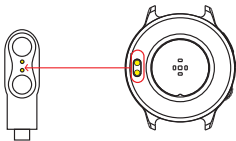
Please read this instruction carefully
before using

Instruction

When using the watch for the first time, please ensure that the watch has enough power. If the watch cannot be powered on due to low power, please charge it for about 2 hours. After charging, the watch will automatically power on.

Charging

Before using the watch, please ensure that the watch has enough power, and automatically attach the magnetic cable to the charging position of the watch, which can be seen in the figure.



Download APP "FitCloudPro"

Android terminal: Search FitCloudPro in "Myapp" to download.

IOS terminal: Search FitCloudPro in App Store to download.

Or download it by scanning the QR code



How to Operate

A Press the button to wake up the screen, or double touch to wake up the screen

1) Swipe the screen to the left: choose the functional options, including sports data, exercise, heart rate, sleeping, blood pressure, blood oxygen, weather and music

2) Swipe the screen to the right: choose the function options and enter the split screen mode

3) Slide down the screen: choose setting options, which can be selected such as brightness adjustment, non-disturbing mode, mobile phone searching, system and settings.

4) Slide up the screen: to display information

B "Long press the screen" on the watch. After the dial becomes smaller, slide the screen left or right to change the dial.



Key function

1. You can press the one-button to return, or long press to power off and on. Short press to choose the function options when the main dial shows up, and slide up and down the screen to select the function such as calling, sports data, exercise, sports record, heart rate, sleeping, blood pressure, blood oxygen, information, weather, women, music, stopwatch, timer, alarm clock, mobile phone searching, settings.

2. Single press to enter the sport mode

3. Click once to enter the menu, and then double click to switch styles.



Bluetooth connection operation steps

1. Download and open the FitCloudpro APP, search for the Bluetooth device "Y33", and connect to Bluetooth 5.0.
2. Connect and call Bluetooth: open the Bluetooth option in the phone settings, search for the "Y33-LE" device, after connection, you can use the Bluetooth call, the phone can play music and other audio transmission functions.

Function introduction



Span mode

On the home screen, swipe to the right in order to enter the span mode, and then select the corresponding icon to open the split screen.



Controlling center

Features introduced on: non-disturbing, brightness, settings, mobile phone searching, audio switch.



Sports data

It can display the number of sports steps, distance and calorie data recorded on the day, and it can also set the target number of sports steps, distance and calorie in APP



Call function

The call function is available when the bluetooth of the mobile phone and your wrist are connected successfully and also the APP needs to be running at the same time. You can use the watch to do the following things, such as making phone calls from the watch, or making hands-free calls, hanging up, checking phone call records, synchronizing the address book and adjusting the volume.



Sports

Sports mode options: Walking, running, mountaineering, cycling, basketball, badminton, football, elliptical machine, Yoga, table tennis, rope skipping, tennis, baseball, football, hula hoop, golf, long jump, sit-up, volleyball mode



Sports record

This interface saves your exercise history records of 10 days and allows you to check the data, such as sports duration, heart rate and calories.



Heart rate

When entering the interface of heart rate measurement, the bottom green light will be seen, and there will be a vibration reminder when the measurement is completed in about 40 seconds. If the message shows "do not wear the watch", you need to wear the watch again.



Sleeping mode

It shows the monitoring status of sleeping. The data is updated every day. When the APP is connected, the data can be saved synchronously, and the device will recalculate the data information of a new day.



Blood pressure

When entering the interface of blood pressure measurement, the green light at the bottom will start to show up and then it can measure for 30~60 seconds. There will be a vibration reminder when the measurement is completed. The measurement is based on PPG technology.



Blood oxygen

When entering the interface of blood pressure measurement, the green light at the bottom will start to show up and then it can measure for 30~60 seconds. There will be a vibration reminder when the measurement is completed. The measurement is based on PPG technology.



Women's Health

After the watch is connected to the APP, the APP will show the health reminder of women, and you can check the related information on the watch.



Music

After the watch is connected to the APP, it can control the pause or start of the phone's music player, volume adjustment and song switching.



Weather

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



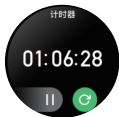
Alarm Clock

After the watch is connected to the APP, you can set a single alarm clock, a circular alarm clock and a maximum of five alarm clocks.



Stopwatch

Click the start button to start the timing, and click the pause button to pause the timing, or click the reset button to reset the timing to zero. A maximum of 99 pieces of data can be saved.



Timer

In the timer function, the system preset the common time duration. Users can click the corresponding time to do the quick timing, or click the custom button to set the time. Click the start button to start the timing, and click the pause button to pause the timing, or click the reset button to reset the timing to zero.



Message

After the watch is connected to the APP, if you choose to receive the relevant information in the APP terminal, then the watch terminal will also receive this corresponding message. It can save the latest 15 messages at most.



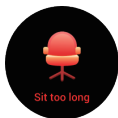
Mobile phone searching

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



Setting

The setting function includes screen display (dial switch, screen light, duration brightness adjustment, wrist light duration), language, vibration intensity, menu style, battery, two-dimensional code and system



Sedentary reminder

This function can be operated by APP [device]> [Sedentary Reminder], after which the start time, end time and non-disturbing period can be set.



Water-drinking reminder

It can be operated by App [device]> [Water-drinking reminder].After that, you can set the start time, end time and reminder interval.

Q&A

The watch cannot be turned on.

Hold down the power button for more than 3 seconds. Sometimes it is the battery that may have low power. So charge it in time.

Bluetooth is disconnected or unavailable

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

Incorrect measurement of heart rate/blood pressure/blood oxygen

1. The most common reason is that the contact between watch sensor and human body is not good.
2. When measuring, please note that the sensor is in full contact with the wrist
3. For those who have darker skin and more arm hair, please open the App[device]> [intensification measurement] to make it more intensified.

Sleeping data are not accurate enough

1. Sleeping monitoring is to simulate the natural state of falling asleep and getting up. When you use this function, you should wear the watch normally.
2. Wear it when you fall asleep too late or begin to sleep, which may cause errors
3. Sleeping data is not monitored during the day, and the sleeping monitoring is from 9:30 PM to the next day noon 12:00

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