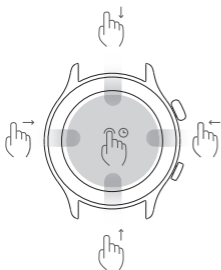# SMART WATCH

Quick guide

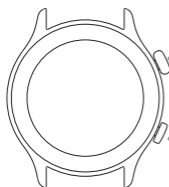Please read this manual carefully before use and keep it for future use

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

Power button
Power on: Long press for 3 seconds
      until the screen lights up
Shut down: Long press for 3 seconds,
      select [Shut down]

Short press: screen on/off

Function keys

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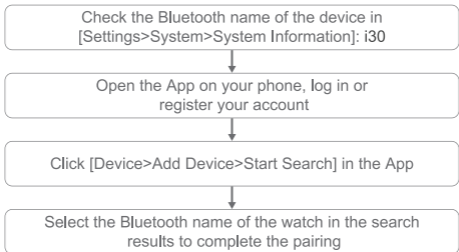please charge and try again.

Connect to phone

download and install

Download App: IOS mobile phones can search for 'FitCould-Pro' 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

Check the Bluetooth name of the device in [Settings>System>System Information]: i30

↓

Open the App on your phone, log in or register your account

↓

Click [Device>Add Device>Start Search] in the App

↓

Select the Bluetooth name of the watch in the search results to complete the pairing

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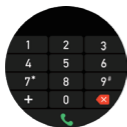
Call records
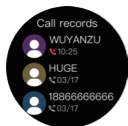
Up to 10 call records can be kept, and the latest call record will overwrite the oldest record.

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

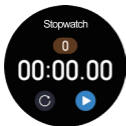Can control the phone's music playback.

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
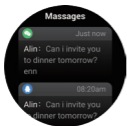alarm clocks.

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 IP68, 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]
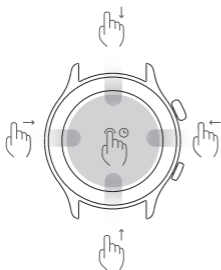
智能手表

快速指南

使用前请仔细阅读本手册并保留备用

触控与按键

下滑：控制面板
上滑：短信通知
右滑：快捷侧边栏
左滑：快捷功能
长按：表盘切换
短按：返回、进入功能
　　　列表
右下角：运动模式

电源键

开机：长按3秒至屏幕亮起
关机：长按3秒，选择［关机］
短按：亮屏／灭屏

功能键

※ 如长按电源键3秒后开机失败，请充电后再次尝试。

连接手机

下载 App： IOS 系统手机在 App Store 应用商店搜索 'FitCouldPro'，安卓手机可在其它应用商店（如应用宝）中搜索 'FitCouldPro' 下载安装； 或扫码下载并安装。

配对与连接手表

在［设置>系统>系统信息］中查看设备蓝牙名称:i30

⬇

手机打开 App， 登录或注册您的账号

⬇

在 App 中点击［设备 > 添加设备 > 开始搜索］

⬇

搜索结果中选择手表蓝牙名称以完成配对

※ 配对前请保持手表电量高于20%，以免因电量不足导致配对失败。

※ 配对与连接中，确保手机蓝牙开启，且与手表在有效连接距离内。

※ 本设备要求Android4.4及以上系统，IOS8.4及以上系统。

功能简介

表盘切换

在主屏幕长按2秒，进入表盘切换界面，左右滑动切换待选表盘，单击选定表盘。也可以通过旋转右上角按键进行切换。

控制面板

功能概括：勿扰模式、亮度调节、设置、找手机、音频通话模式

※ 可在主屏幕向下滑动进入该功能

运动数据

显示当天记录的步数、公里数、卡路里数据，目标可在APP中设置。

运动

运动模式选项：健走、跑步、登山、骑行、游泳、瑜伽、椭圆机；

点击图标开始运动。

运动记录

该界面保存您最近的10条运动历史录，可查看运动时的运动时长、心率、卡路里等数据。

心率

App端开启定时检测，该界面显示当天的心率数据情况；

睡眠

此界面显示当天睡眠监测状况，数据每天更新，连接App可同步上传保存数据。

血压

进入血压测量界面时，底部绿光亮起开始测量，30~60秒完成测量，此时的测量是基于PPG技术的测量。

血氧

进入血氧测量界面时，底部绿光亮起开始测量，30~60秒完成测量，此时的测量是基于PPG技术的测量。

通话蓝牙

可被搜索

连接正常，您可使用通话功能。

XXXXXxxxxxxx
已连接

在「控制面板」点击 📞 ，进入通话蓝牙设置；开启可被搜索后使用手机连接下方蓝牙，即可使用通话功能。

通话记录

通话记录
吴彦祖
📞10:25
胡歌
📞03/17
18866666666
📞03/17

最多可保持10条通话记录，最新通话记录将覆盖最旧的记录。

常用联系人

常用联系人
吴彦祖
134 3456 7654
胡歌
158 7312 7767
胡歌
158 7312 7767

可通过「App-设备-常用联系人」添。加、删除、排序，最多可添加10位常用联系人。

拨号
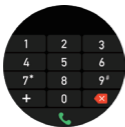
使用手机连接通话蓝牙后，即可正常使用
拨号功能。

音乐

可控制手机的音乐播放。

天气

手表与App连接且开启位置权限后，此。
天气界面会显示实时的天气温度以及天气
类型。

闹钟

可以设置单次闹钟、循环闹钟，最多可设置10个闹钟。

秒表

该界面为秒表功能，也可设置分段计时，最多可保存10条数据。

计时器

计时器功能中，用户可通过系统预设时间快速开始计时，也可点击自定义按钮行时间设置。

信息

在App端开启相关信息的推送，手表端可收到相应的消息推送，至多可保存15条，超过上限将自动往前覆盖。

※ 可在主屏幕向上滑动进入该功能

找手机

在手表和APP连接的情况下，点击查找手机，手机端会响铃提示，手表端显示查找成功；若手表与APP未连接，手表端则会提示未连接。

设置

设置功能下包含屏幕显示（表盘切换、亮屏时长、亮度调节、翻腕亮屏时长）、语言、震动强度、菜单风格、二维码、系统设置。

[通知功能]

喝水提醒

可在App[设备>喝水提醒]开启，开启后可
设置开始、结束时间、提醒间隔。

久坐提醒

可在App[设备>久坐提醒]开启，开启可设
置开始、结束时间、勿扰时段。

闹钟提醒

设置并开启闹钟后提醒。

08:36
长按关闭

来电提醒

您可接听或拒接来电。

08:30
吴彦祖
正在来电

注意事项

① 请勿擅自拆卸、 修理、 改造产品。

② 请勿暴力碰撞产品， 以免导致产品损坏。

③ 请避开强磁场、 直射光线或高温环境使用。

④ 本产品不作为疾病诊断、 治疗及预防用途。

⑤ 本产品防水等级为 IP68， 避免长时间浸没在水中。

⑥ 请避免表带佩戴过紧， 且手表与皮肤接触位置保持洁净。

⑦ 儿童请在家长的指导下使用本产品， 以免造成危害。

常见问题处理

手表无法开机

· 请按住电源键时间超过3秒。
· 可能电池电量过低请及时充电。

蓝牙未连接或无法连接

· 请尝试重启手表，重新连接。
· 请尝试重启手机蓝牙后再次连接。
· 手机不要同时连接其它蓝牙设备。

测量心率/血压/血氧/心电不准确

· 一般为测量时，手表的感应器与人体接触不 良导致。
· 测量时请注意感应器与手腕充分接触。
· 测量时请保持身体静止且手表贴紧手腕。
· 对于肤色较深且手臂毛发较多的人，请在App[设备>加强测量]中，开启加强测量。

睡眠数据不够准确

· 睡眠监测是模拟人的自然入睡及起床时间状态，需要正常佩戴。

· 入睡太晚或入睡时才佩戴，可能出现误差。

· 白天不监测睡眠数据，默认睡眠监测为晚上9 : 30至次日中午12 : 00。

※ 更多常见问题请查看App［我的 ＞ FAQ］