

User Instructions

Please read the instructions before use:

- The company reserves the right to modify the content of this notice without notice. According to normal circumstances, some functions are different in a specific software version.
- The product should be charged for more than 2 hours before use, but avoid prolonged charging in an unmanned environment when charging.
- Please attach the magnetic charging cable to the charging port of the bracelet automatically.
- Please use the input voltage: 5V/1A or 5V/2A charging head, with the original charging cable provided by the manufacturer.
- Before using the product, please download the login application to the mobile phone, which can use the wristband time to set personal information.
- It is forbidden to use the car charger for charging (the voltage of the car is unstable when the car is ignited and turned off).

APP download and login

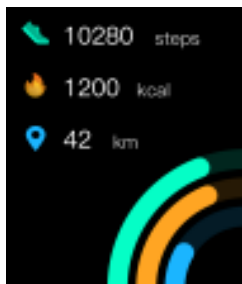
- APP download method "FitCloudPro":
 1. Apple mobile phones can be downloaded in the App Store;
 2. Android phones can be downloaded in Google play store and app treasure;
 3. Or scan the QR code in the watch to download the APP (compatible: IOS11.0 or above /Android6.0 or

above);

- Install the APP, please register and log in according to the interface prompts, you need to turn on the Bluetooth;
- In the device interface, select the Bluetooth name LW46 for binding, and the watch can be used normally.

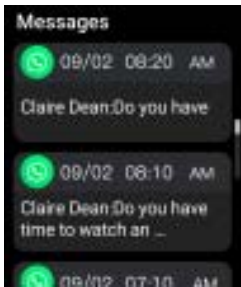
Method of operation

- On the dial interface, swipe from top to bottom to enter the shortcut interface
- In the dial interface, swipe from bottom to top to enter the information list interface
- On the dial interface, swipe from left to right to enter the menu style
- On the dial interface, swipe from right to left to enter the steps, heart rate, sleep and other interfaces



Exercise data

Swipe the touch screen from right to left to enter the exercise data interface to view the day's data: steps, distance, and calories.



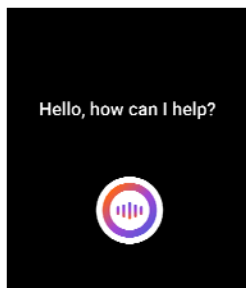
information

After the watch is connected to the mobile APP, the newly pop-up information on the mobile phone will be pushed to the watch side synchronously. The watch will store multiple pieces of information.



Frequent contacts

After the watch is connected to the mobile APP, find the frequently used contacts in the settings, and add contacts as required.



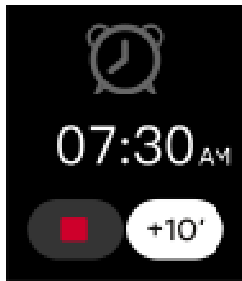
language assistant

After the watch is connected to the mobile APP, the language assistant function can be used directly.



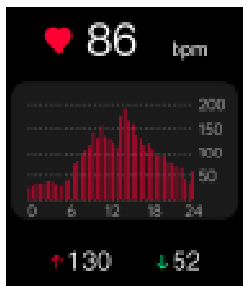
weather

After the watch is connected to the mobile app, the weather will be automatically synchronized to the watch



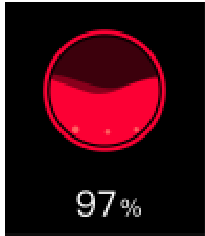
Alarm clock

Find the alarm function in the list, and add an alarm according to the corresponding settings.



Heart rate monitoring

Heart rate measurement: the green light at the bottom lights up to start the measurement, and the measurement is completed in about 30 to 60 seconds. The measured value at this time is based on the PPG technology.



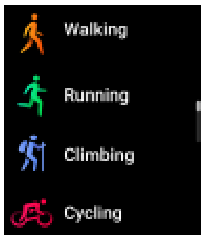
Blood oxygen monitoring

Blood oxygen measurement: the red light at the bottom lights up to start the measurement, and the measurement is completed in about 30 to 60 seconds. The measurement value at this time is based on the PPG technology measurement.



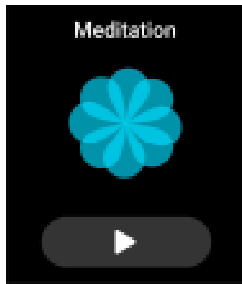
Sleep monitoring

Shows the sleep monitoring status of the day, the data is updated every day, and the specific data can be synchronized to the APP to view.



Sport mode

Enter the interface to perform various sports modes: outdoor running, walking, treadmill, mountain climbing, cycling, basketball, yoga, elliptical machine and other sports modes.



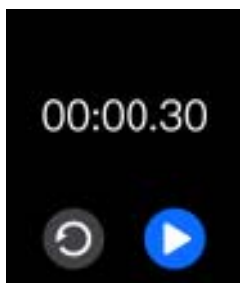
Breath training

Breathing training: select the corresponding time, inhale and exhale according to the interface, in order to achieve the purpose of exercise.



Women's health

Women's health: link to the app, you need to set the gender as female in the app, according to the physical health prompt settings, the watch will prompt the corresponding status.



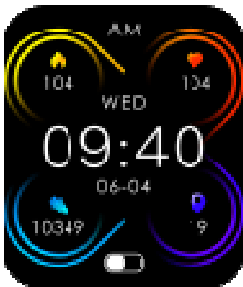
Stopwatch

Stopwatch timing-click on the triangle to start, click again to pause, after pausing, click on the left button to restore.



Music

Remote control music: After connecting to the APP, open the music player to remotely control the music playback of the mobile phone.



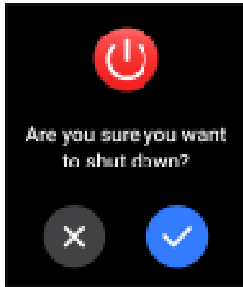
Dial switch

The dial can be selected, and the dial can be switched by long pressing the dial, and it supports push dial (multiple dials are built in the watch).



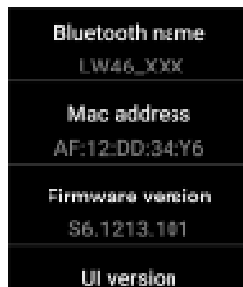
Timer

Timer function-After selecting the corresponding time, start the timer, and the timer will end the vibration reminder.



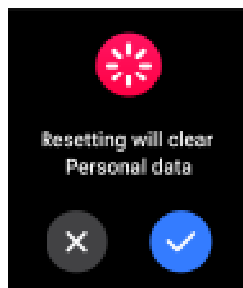
Switch machine

Press and hold the button for 3 seconds to power on. The watch will automatically turn on when charging. Click the shutdown icon



System message

View the Bluetooth name, Mac address, firmware version number and other information of the watch.



Restore Factory

Confirming that the factory reset will erase all personal data.

Product parameter

Please read this manual first to ensure safe and correct use

- The data of this product is for health management reference only. Please do not use it as medical data. If abnormal physical data is found, the hospital's inspection shall prevail.
- The waterproof rating of the watch is IP68. You can use it normally in daily life situations such as washing your hands, raining, etc. Please do not put the watch in hot water, do not perform operations such as underwater pressing or deep diving, and do not expose the watch to corrosion Sexual liquid to prevent damage to the watch.

Waterproof rating: IP68

Sensor: 3-axis G-sensor

Battery capacity: 210mAh

Synchronization method: Bluetooth

Resolution: 240*280

Display screen: 1.69-inch TFT

Working time: about 7-10 days

Working temperature: -10°C ~ 50°C

Packing list: host, charging cable

Compatible system: IOS 11.0 or above, Android 6.0 or above

FCC Statement

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

RF Exposure Information

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.