

1. Appearance Description



2. Charging Instructions

Thank you for purchasing our smart health watch. Please read the instruction manual carefully when using the watch function. First press and hold the main button of the watch for 5 seconds to turn it on. If the battery is low or exhausted, please charge it first. After connecting the charging cable, plug the USB interface into such as a computer, data mobile power supply, or standard power adapter for charging. The input voltage is required to be 5V at 500mA.

3. APP Download and Wireless Pairing

Install APP: Before using the watch, please download and install the APP. Scan the QR code on the right side with your mobile phone, and enter the corresponding software to install according to the system of your mobile phone. You can also search for "FITCOUPPO" in Apple AppStore and Google Play. But different system downloaded from other shops, such as search for "FITCOUPPO" in Android Market to download and install.



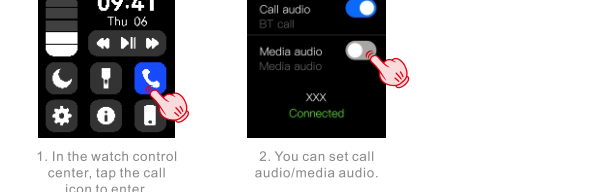
FITCOUPPO (Official Account)

1. APP Wireless Pairing

1. Turn on the watch for the first time, you need to download and install the APP, launch the APP and register as required; after registration is completed, enter the account number and password to log in. 2. Turn on the wireless on your mobile phone, then connect the watch on the APP to complete the pairing.

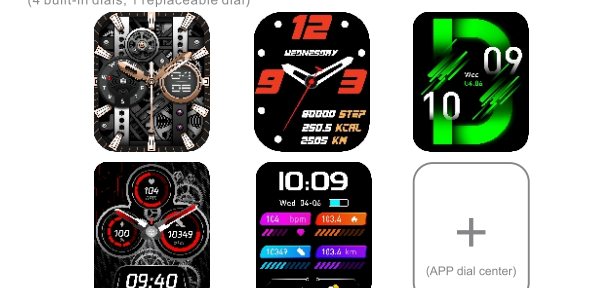
Step 2: Audio Wireless Pairing

Complete the audio wireless pairing, the steps are shown in the figure below.



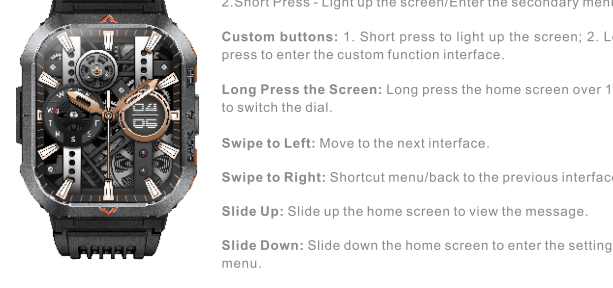
4. Change Dial

Turn on the smart watch, long press the dial over 1s to switch the dial. Control the watch switch to your phone, download more dials from dial library within FITCOUPPO APP. If failed, please try to re-download app.



5. Operating Method

Upper Buttons: 1. Long Press: Turn on/off the smart watch. 2. Short Press: Light up the screen/Enter the secondary menu. Custom Buttons: 1. Short press to light up the screen; 2. Long press to enter the custom function interface. Long Press the Screen: Long press the home screen over 1s to switch the dial. Swipe to Left: Move to the next interface. Swipe to Right: Shortcut menu back to the previous interface. Slide Up: Slide up the home screen to view the message. Slide Down: Slide down the home screen to enter the settings menu.



6. Product Information

Chip: MT8385BWE Battery Capacity: 400mAh Screen: 1.28" TFT Color Screen Resolution: 240*240 Pixels Working Time: 7-12 Days Charging Method: Wireless 5.2MHz Bluetooth: BLE4.2 Health Status Sensor: PPG/HR/SpO2 Compatibility: IOS 12 (Android 5.0 and above) Package Included: Smart Health Body, Charging Cable, Strap, User's Manual

7. Supported Languages

Languages Supported by the Smart Watch: Simplified Chinese, English, Russian, Spanish, German, Italian, French, Portuguese, Turkish, Hebrew, Arabic, Vietnamese, Thai, Farsi, Malayalam, and factory default English. Languages Supported by APP: English, Chinese (Simplified), Chinese (Traditional), Spanish, French, Indonesian, Czech, Slovak, Japanese, Farsi, Italian, Korean, Dutch, Polish, Portuguese, Russian, Hindi, Swedish, Thai, Hungarian, Slovak, Croatian, Albanian, Turkish, Ukrainian, Hindi, Malayalam, and more languages will be added continuously.

8. Main Functions

- Sleep • Heart Rate • Blood Pressure • Blood Oxygen • SpO2 • Pedometer • Calories • Heart Rate • Blood Pressure • Blood Oxygen • SpO2 • Pedometer • Calories • Heart Rate • Blood Pressure • Blood Oxygen • SpO2 • Pedometer • Calories

9. Precautionary Note

- 1. Prevent the watch from getting wet. 2. Prevent the watch from contacting chain links such as bracelets, shower gel. 3. Prevent the watch from exposing to strong magnetic field, electric shock system. 4. Prevent the watch from direct light or heat generating appliances. 5. Do not disassemble, repair, or modify by yourself. 6. Please properly classify and dispose the waste packaging, batteries and other electronic products. 7. Please update the app regularly. (Temperature on the screen 0-37°C)

FCC Warning:

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.

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 complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.