

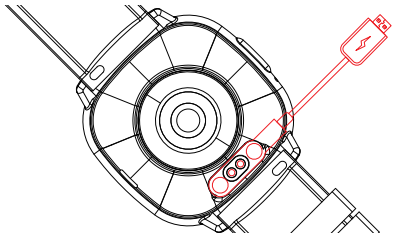
智能手表使用说明

Smart Watch
HD17air



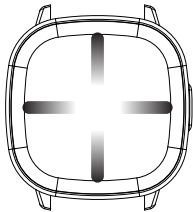
手表充电与激活

将磁吸充电器与手表背面磁吸孔对准贴合,直到手表屏幕出现充电提示,当手表提示电量低时,请及时充电,该设备属于一体机,后壳和电池不可拆卸。



*收到手表后,如遇不开机状况,请充电10分钟以上再进行手表激活

按键与触控



上滑:消息通知
下滑:控制中心
长按:切换表盘
左滑:运动数据
右滑:快捷栏



短按:进入菜单界面、返回表盘界面
双击:切换菜单样式
长按:进入关机、重启界面

手表客户端下载

扫描下方二维码下载并安装手机客户端



扫描下载手机客户端

手表连接

1、下载"FitCloudPro"APP到手机上并安装,可扫描本说明书上二维码、也可扫描手表二维码、或在APP商场直接搜索"FitCloudPro"进行下载。

2、连接手表

1)扫码连接:手机开启蓝牙后,进入APP(注:若遇APP打不开情况,请开启定位再打开APP)点击设备->点击添加设备->点击扫码绑定(扫描手表上二维码)。

2)手动连接:手机开启蓝牙后,进入APP(注:若遇APP打不开情况,请开启定位再打开APP)点击设备->点击添加设备->点击搜索设备(找到手表下滑控制中心中"设置"->"系统"->"系统信息"中对应的蓝牙名称与MAC地址的设备)->点击连接。

3)连接通话蓝牙:手表在初始状态下通话蓝牙是关闭的,此时通话与音乐功能是不能使用的。下滑打开控制中心,点击耳机图标,将音频模式打开后,打开手机系统内的通话蓝牙(手机蓝牙打开的状态下),找到相应的蓝牙名称,点击连接。连接成功后就可以正常使用通话和音乐功能。

手表功能介绍



闹钟

手表和APP连接后,可以设置单次闹钟、循环闹钟,最多可设置5个闹钟。



秒表

点击开始按钮计时开始,点击暂停按钮则计时暂停,点击复位按钮计时归零。最多可保存99条数据。



运动

运动模式选项:健走、跑步、骑行、登山、游泳、瑜伽、椭圆机、篮球等,点击图标开始运动。



心率

进入心率测量界面时,底部绿光亮起开始测量,约45秒完成测量时会有震动提醒,如提示"未佩戴手表",则需重新佩戴好手表。可展示用户当前心率区间和24小时心率曲线。



通话

可以通过最近通话记录、常用联系人以及拨号键来拨打电话呼叫。手机接到来电时,可以点击"接听按键"在手表上接听电话。



天气

手表与 APP 连接后,此天气界面会显示实时的天气温度以及天气类型。



呼吸训练

呼吸训练中,有1分钟和2分钟的选择。用户点击对应时长进行呼吸训练。点击开始后,跟随呼吸训练中的图标放大而吸气,缩小而呼气。



日历

显示当前年月日,下滑显示日历。

手表功能介绍

SOS 遇到危险, 按住快捷按钮 5 秒钟, 即可启动强力警报器寻求帮助。

+/= 数值输入是在 7 位数上限 (不处理负数的输入), 计算的结果在上限 8 位数内。结果超出计算值, 则用“...”显示无法计算。

联系人 需要在 app 端常用联系人栏设置添加, 设置的常用联系人将自动同步到设备, 最多可添加 10 位联系人。

计时器 计时功能中, 系统预置了常用计时时长, 用户可点击对应时长快速计时, 也可点击自定义按钮进行时间设置。点击开始按钮则计时开始, 点击暂停按钮则计时暂停, 点击复位按钮计时归零。



信息

手表和 APP 连接后, 在 APP 端打开相关信息的推送手表端可收到相应的消息推送, 最多可保存最近 15 条消息。



设置

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



音乐

手表与 APP 连接后, 可控制手机音乐播放器的暂停与开始, 音量调节以及歌曲切换。



久坐提醒

可在 APP [设备>久坐提醒] 开启, 开启后可设置开始、结束时间、勿扰时段。

手表功能介绍



睡眠

显示当天睡眠监测状况,数据每天更新,以连接 APP 时可同步保存数据,设备将重新计算新一天的数据信息。



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。



运动数据

显示当天记录的步数、距离、卡路里数据,可在 APP 设置目标步数、距离、卡路里。



喝水提醒

可在 App [设置> 喝水提醒] 开启,开启后可设置开始、结束时间、提醒间隔。



勿扰模式

休息时开启勿扰模式,屏蔽所有的消息提醒,才能够更好的休息。



语音助手

智能帮助快速打开软件,查询信息解放双手。



查找手机

可手表和 APP 连接后,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。



控制中心

功能概览:免打扰、翻腕亮屏、亮度、设置、查找手机、省电模式、系统信息。

常见问题

1.手表无法开机

请按住电源键时间超过 3 秒或可能电池电量过低请及时充电。

2.蓝牙未连接或无法连接

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

3.手表测量不准确

- 1) 一般为测量时,手表的感应器与人体接触不良导致。
- 2) 测量时请注意感应器与手腕充分接触。

4.睡眠数据不够准确

- 1) 睡眠监测是模拟人的自入睡及起床时间状态,需要正确佩戴。
- 2) 入睡太晚或入睡时才佩戴,可能出现误差。
- 3) 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> FAO]

蓝牙数据传输

与手机连接时,手表会通过蓝牙与手机及时同步部分数据,包括天气、通知消息、运动健康数据等。连接断开或关闭蓝牙后,将不会同步这些数据。

注意

- 1) 请勿擅自拆卸、修理或改装产品。
- 2) 请勿与产品强行碰撞,以免损坏。
- 3) 请避免在强磁场、阳光直射或高温环境中使用。
- 4) 本产品不用于疾病诊断、治疗或预防目的。
- 5) 请避免将表带戴得太紧,并保持手表与皮肤之间的接触清洁。
- 6) 儿童应在父母的指导下使用本产品,以免造成伤害。

注意事项

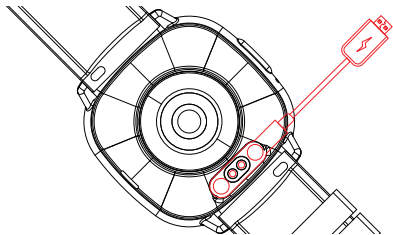
- 1、本产品的测量结果仅供参考,不作为任何医疗用途及依据请遵从医生指导,切不可以此测量结果自我诊断及治疗。
- 2、本产品防水等级为 IP68, 不可用于深度潜水以及长时间泡在水中。另外, 本产品不防热水, 因为水蒸气会对手表造成影响。
- 3、本公司保留不做任何通知的情况下, 对本说明书内容进行修改的权利, 恕不另行通知。部分功能在对应的软件版本中有区别, 为正常情况。

INSTRUCTIONS FOR SMART WATCH



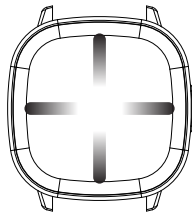
Watch Charging and Activation

Align the magnetic charger with the magnetic suction port on the back of the watch until the charging prompt appears on the watch screen. When the watch prompts low battery, charge it in time. This device is an integrated machine; the back cover and battery are non-removable.



Note: If the watch fails to turn on after receipt, charge it for at least 10 minutes before activating it.

Buttons and Touch Controls



Swipe up: Message notifications
Swipe down: Control center
Long press: Switch watch faces
Swipe left: Exercise data
Swipe right: Quick access bar



Short press: Enter menu interface
/ Return to watch face interface
Double tap: Switch menu styles
Long press: Enter power off
/ restart interface

Watch Client Download

Scan the QR code below to download and install the mobile client



Scan to download the mobile client

Watch Connection

1. Download and install the "FitCloudPro" app on your phone. You can scan the QR code in this manual, scan the QR code on the watch, or search for "FitCloudPro" directly in the app store to download it.

2. Connect the watch

1) QR code connection: After enabling Bluetooth on your phone, open the app (Note: If the app fails to open, enable location services before opening the app) -> Tap Device -> Tap Add Device -> Tap Scan QR Code to Bind (scan the QR code on the watch).

2) Manual connection: After enabling Bluetooth on your phone, open the app (Note: If the app fails to open, enable location services before opening the app) -> Tap Device -> Tap Add Device -> Tap Search for Device (find the device corresponding to the Bluetooth name and MAC address in "Settings" -> "System" -> "System Information" in the watch's control center accessed by swiping down) -> Tap Connect.

3) Connect call Bluetooth: The call Bluetooth of the watch is disabled in the initial state, so the call and music functions cannot be used at this time. Swipe down to open the control center, tap the headphone icon to turn on the audio mode, then enable the call Bluetooth in your phone's system (with the phone's Bluetooth turned on), find the corresponding Bluetooth name, and tap Connect. After successful connection, you can use the call and music functions normally.

Watch Function Introduction



Alarm

After the watch is connected to the app, you can set one-time alarms and recurring alarms. A maximum of 5 alarms can be configured.



Stopwatch

Tap the Start button to begin timing, tap the Pause button to pause timing, and tap the Reset button to reset the timing to zero. A maximum of 99 data records can be saved.



Exercise

Exercise mode options: brisk walking, running, cycling, hiking, swimming, yoga, elliptical trainer, basketball, etc. Tap the icon to start exercising.



Heart Rate

When entering the heart rate interface, the bottom green light activates measurement. It vibrates to alert when done ($\approx 45s$). If "Watch not worn" appears, re-wear it correctly. It shows your current heart rate range and 24-hour curve.



Calls

You can make calls via recent call records, frequently used contacts, and the dial pad. When your phone receives an incoming call, you can tap the "Answer Button" on the watch to answer the call.



Weather

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



Breathing Training

In breathing training, you can choose 1-minute or 2-minute sessions. Tap the corresponding duration to start the training. After tapping Start, inhale when the icon in the training enlarges, and exhale when it shrinks.



Calendar

Displays the current year, month, and day; swipe down to show the calendar.

Watch Function Introduction

SOS

SOS One-Tap
Emergency

Hold the shortcut button for 5 seconds in danger to activate the loud alarm for help.



Calculator

Input max 7 digits (no negative numbers); result max 8 digits. If exceeded, "..." shows "unable to calculate".



Contacts

Add frequent contacts in the app; they sync to the watch automatically (max 10 contacts).



Timer

Pre-set common durations (tap to start quickly) or custom time. Tap Start to begin, Pause to pause, Reset to zero.



Messages

When connected to the app, enable push notifications in the app to receive them on the watch (saves up to 15 recent messages).



Settings

Includes screen display (switch watch faces, adjust screen-on time/brightness, wrist-flick wake time), language, vibration intensity, menu style, battery, QR code, and system.



Music

When connected to the app, control phone music playback (play/pause), volume, and track switching.



Sedentary
Reminder

Enable in app [Device > Sedentary Reminder]; set start/end times and do-not-disturb periods.

Watch Function Introduction



Sleep

Displays the day's sleep monitoring status; data updates daily. Sync and save data when connected to the app, and the device recalculates the new day's data.



Watch Face Switching

Long-press the home screen for 2 seconds to enter the watch face switching interface. Swipe left/right to switch optional watch faces, then tap to select one.



Activity Data

Shows the day's recorded step count, distance, and calorie data. Set target steps, distance, and calories in the app.



Water Reminder

Enable in the App [Settings > Water Reminder]; set start/end times and reminder intervals after enabling.



Do Not Disturb Mode

Enable DND mode when resting to block all message alerts for better rest.



Voice Assistant

The smart assistant lets you open apps quickly and query information hands-free.



Find Phone

When the watch is connected to the app, tap "Find Phone" to make your phone ring (the watch shows "Success"). If not connected, the watch prompts "Not Connected".



Control Center

Function overview: Do Not Disturb, wrist-flick wake-up, brightness, settings, Find Phone, power-saving mode, system info.

Common Issues

1. Watch Won't Turn On

Press and hold the power button for more than 3 seconds, or charge it promptly if the battery is too low.

2. Bluetooth Not Connected or Unconnectable

- 1) Try restarting the watch and reconnecting.
- 2) Try restarting your phone's Bluetooth and then reconnect.
- 3) Do not connect your phone to other Bluetooth devices at the same time.

3. Inaccurate Watch Measurements

- 1) This is usually caused by poor contact between the watch's sensor and your body during measurement.
- 2) Ensure the sensor is in full contact with your wrist during measurement.

4. Inaccurate Sleep Data

- 1) Sleep monitoring simulates your sleep and wake-up states, so proper wearing is required.
- 2) Errors may occur if you go to sleep too late or only put on the watch when you sleep.
- 3) Sleep data is not monitored during the day; the default monitoring period is 9:30 PM to 12:00 PM the next day.

Bluetooth Data Transmission

When connected to a phone, the watch synchronizes data (weather, notifications, sports/health data, etc.) with the phone in real time via Bluetooth. These data will not be synchronized if the connection is disconnected or Bluetooth is turned off.

Notes

- 1) Do not disassemble, repair, or modify the product without permission.
- 2) Do not forcefully collide with the product to avoid damage.
- 3) Avoid using it in strong magnetic fields, direct sunlight, or high-temperature environments.
- 4) This product is not intended for disease diagnosis, treatment, or prevention.
- 5) Do not wear the strap too tightly; keep the contact area between the watch and your skin clean.
- 6) Children should use this product under parental supervision to avoid injury.



For more FAQs, check the App [My > FAQ].

Precautions

- 1、The measurement results of this product are for reference only and are not intended for any medical use or as a basis for medical decisions. Please follow your doctor's guidance—do not self-diagnose or treat based on these results.
- 2、This product has an IP68 waterproof rating, but it cannot be used for deep diving or prolonged immersion in water. Additionally, it is not resistant to hot water, as water vapor may damage the watch.
- 3、Our company reserves the right to modify the content of this manual without prior notice. It is normal for some functions to vary between different software versions.

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.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: 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.

FCC Radiation Exposure statement

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