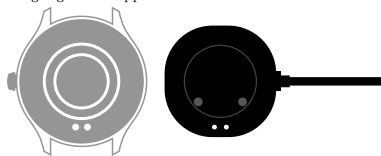


Active Pro



WATCH CHARGING AND PAIRING

Attach the magnetic charging wire to the metal contact of the charging port until the charging icon appears on the watch.



APP DOWNLOAD

Scan the QR code to download install the mobile app or manually download the "Fitcloud Pro" app from the App / Play store.



FUNCTIONS

Blood pressure

When the blood pressure measurement is open, the bottom green light lights up to start the measurement, and the watch will vibrate once the measurement is completed in about 45 seconds. This measurement is based on PPG technology. The memory can store and display the last seven values.



Sleep

Displays the sleep monitoring status for the day & the last seven days, the data is updated every day, and the data is saved when the watch syncs with the app and the device will recalculate the information of the new day. Sleep monitoring time period: 21:30-12:00.



Female Health

Keep the watch connected to the APP, you can open the female health reminder on the App and can view the female health reminder information on the watch.



Music

Once the watch is connected to the APP, You can control the music app of the phone, volume adjustment, and song switching.



Weather

After you connect your watch with the APP and allow permissions to the app, the weather app will display real time temperature and type.



Notification

After the watch is connected to the APP, notifications from relative apps can be set on the app. The watch can save up to 15 recent messages.



Alarm clock

After the watch is connected to the APP, you can set a single alarm clock and a circulating alarm clock, and you can set up 5 alarm clocks.



Stop watch

Click the Start button to start the timer, click the Pause button to pause the timer, and click the Reset button to reset the timer to zero.



Dial switch

Long press for 2s on the home screen to enter the dial selection menu. Slide left/right to browse and tap to select the dial.



Control center

Function Overview: Do Not Disturb, Flipping Hands to Display, AI Voice, Brightness Level, settings, search for phone, power-saving mode, system information.



Function menu

Slide the main screen to the right and enter the menu. Double click the button to switch menu modes, sharing 6 menu modes. The default is the 3D rotating menu.



Call function

This function needs to be connected to audio Bluetooth. When entering the dial, you can enter the phone number as needed, and then dial; long press 7 and 9 on the keyboard for 2s to enter * and #.



Timer

In the timer function, the system preset the common timer duration, and users can click the duration from the preset button to set the time. Click the start button to start the timer, click the pause button to pause the timer, click the reset button to reset the timer to zero. **Find my phone** After the watch is connected to the APP, click to find the mobile phone, and the mobile phone will ring to prompt, and the watch will display 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 settings include menu style, transition animation, screen display (switching dial, brightness adjustment, on-screen duration, wrist flip on screen duration, and off screen clock, battery, sound/vibration, language, QR code, time setting and system.



Breath training

During Breath training, there were 1 min and 2 min options. The user clicks on the corresponding duration for breathing training. Once ready, click start, follow the icons, zoom in and inhale, shrink and exhale.



Call records

This function can save the last 10 call records.



Call bluetooth

Call Bluetooth: Divided into "call audio" and "media audio" switches. Call audio: Use the Bluetooth connection switch for the watch to call. Media Audio: Switch for the watch to play media audio. (off by default).



1) The media audio can only be turned on when the call audio is turned on.
2) When the "media audio" is turned on, turning off the "call audio", and the "media audio" will also be turned off.
3) In the case of ②, turn on "Call Audio", and the "Media Audio" switch will also be turned on.

Sports

Options for sport patterns: 8+1 types (walking, running, mountaineering, cycling, skipping rope, basketball, badminton, football, yoga (as a pushable replacement exercise)), click the icon to start exercising, it supports push notifications on the App side.



Movement data

Display the number of steps, distance, and calories recorded on the day, and the number of steps in the last seven days. You can set the target number of steps, distance, and calories in the APP.



Sport record

Sports screen saves the recent 10 pieces of historical sports records. You can view the sport duration, heart rate and calories during the sport.



Heart rate

When entering the heart rate measurement screen, the bottom green light lights up and starts measuring. It will vibrate once complete in about 45 seconds. It will display the current heart rate and 24 hour curve.



Blood oxygen

When entering the blood oxygen measurement screen, the red light at the bottom lights up to start the measurement and the watch will vibrate once it completes in about 45 seconds. This measurement is based on PPG technology. The memory can store and display the last seven values.



warn:

Please consult your doctor before starting a new exercise program. Although smart watches can monitor real-time dynamic heart rate, they cannot be used for any medical purposes.

The bluetooth is not connected or cannot be connected

1. The bluetooth is not connected or cannot be connected.
2. Please restart the phone bluetooth and connect again.
3. Do not connect your mobile phone to other bluetooth device at the same time.

The measurement of heart rate/blood oxygen/ECG is inaccurate

1. General, it is caused by poor contact between the watch and the human body.
2. Please ensure that the sensor contacts the wrist well during measurement
3. Please keep your body still and the watch attached to your wrist tightly during measurement.

Sleep data is not accurate enough

1. Sleep monitoring simulates the status of natural sleep and getting up of human, and you should wear it as usual.
2. If you sleep too late or you do not wear the watch until you go to sleep, there may be some error.
3. It does not monitor the sleep data during daytime. The default time for sleep monitoring is from 9:30 in the evening to 12:00 at noon on the next day.

For more frequently asked questions, please view [MyFAQ] on the App

Frequently Asked Questions and Trouble Shooting

Fail to start the watch

Press the power button for more than 3s. If the battery level is too low. Please charge the watch first.

Sedentary reminder

You can open this function through phone sedentary reminder on the app, you can set the start time, end time and the period for Do Not Disturb.

