智能心率血压手环
使用说明书
User Guide

手环快速使用说明

部件介绍

充电方法

初次使用，请将手环取出，用对应的充电器对设备进行充电。充电时，手环会自动开机（充电方式如右图：将充电线磁铁端与手环充电口吸附，将USB端插入标准的USB接口（5V）即可进行充电。）

注意：由于充电线是磁吸方式，手环充满电后请将充电线远离金属物体或者将充电线拔下充电头。以防充电线吸到金属上面造成短路。

佩戴方法

1. 手环以尺骨茎突后佩戴最佳；
2. 根据调节孔调好适合手腕的大小；扣上腕带扣；
3. 传感器要紧贴皮肤,避免移动。

开/关机

1. 手环关机状态下，长按开关键三秒以上设备振动开机。
2. 在手环开机状态下，长按开关机键三秒或切换到设置功能--关机界面，长按上键或下键三秒，选择“YES”，长按三秒振动关机。

手环操作

1. 在手环开机状态下短按任意按键可点亮屏幕或上键/下键切换显示；
2. 无操作默认五秒息屏；
3. 切换至心率、血压、血氧界面自动测试，离开心率、血压、血氧界面停止测试。

操作系统

Android 4.4+　　iOS 8.2+　　Bluetooth 4.0+

安装手环APP

扫描以下二维码或进入各大应用市场下载并安装“FitcloudPro”

iOS　　Android　　Google play

- 使用手环时，请将手机GPS定位权限和通知权限打开，如不打开则收不到通知提醒和搜索不到手环。
- 为了获取更好的使用体验, 请你及时将APP升至最高版本。

设备连接

首次使用手环需连接APP进行校准，连接成功后手环会自动同步时间，否则计步和睡眠数据不准。

打开手机APP
点击我的图标
↓
添加设备（iOS）/
添加设备（Android）
↓
下拉找到设备
↓
点击连接

注：蓝牙名称可在设置功能--系统信息找到。

蓝牙连接：配对成功后，APP自动保存手环蓝牙地址，APP打开或在后台运行，都会自动搜索并连接手环。

数据同步：在APP主页手动下拉同步数据；数据量越多，同步时间越长，最长大约2分钟，同步完成后会有“同步完成”的提示。

APP功能及设定

个人信息和运动目标

进入APP后请先设定个人信息（首次进入根据提示完成设置）

- 点击头像可设置头像-性别-年龄-身高-体重，个人信息可以提高数据的精准度。
- 定制个人的运动目标，合理的运动规划，有助于身体素质的提高。

通知提醒

提醒功能需要在APP端设置中心开启，并保持手机与手环在蓝牙连接成功的状态，来消息时振动提醒。

来电　短信　QQ　微信　闹钟　久坐

来电提醒：来电时，手环会振动，并显示来电的姓名或号码。（如果来电方名字在手机通讯录中已保存有，则显示姓名，否则显示号码）

短信提醒：收到短信时，手环会振动，并显示短信图标提醒：当通讯录联系人的短信显示姓名，陌生人的短信显示号码。

QQ 提醒：收到QQ信息时，手环上会振动，并显示QQ内容。

微信提醒：收到微信信息到来时，手环上会振动，并显示微信内容。

久坐提醒：开启后, 如果用户在设定的时间内没有进行活动, 手环将会发出振动,提醒用户进行活动。

- 你还可以通过APP添加更多提醒功能

睡眠检测功能

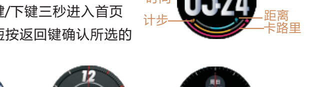
入睡时，手环会自动判断进入睡眠监测模式，自动检测您整晚深睡/浅睡/清醒时长，计算您的睡眠质量；详细的睡眠数据暂时只支持APP端查看。

注意：佩戴手环入睡才会有睡眠数据。

主要功能界面

主界面

首页显示蓝牙图标 时，表示手环连接成功。显示蓝牙图标 时，表示未连接；当手环和APP首次配对连接好以后，手环会同步手机的时间，日期和星期。在首页界面下，长按上键/下键三秒进入首页选择界面，短按返回键确认所选的首页界面。



血压界面

切换到血压界面开始测试血压，切换至下一界面停止测试；开始测试但未测出结果时显示上一次测试的结果或者“000/000”；也可连接手机APP，在血压界面进行测试。测试方法和注意事项同心率检测事项。

运动数据界面

在运动数据界面，显示当天运动的计步、卡路里、距离数据。

运动界面

切换到运动界面，长按上键/下键三秒，可选择健走、跑步、骑行、登山等运动模式，长按上键/下键三秒进入运动计时模式，计时模式下短按下键/上键暂停和开始。短按返回键进入返回确认界面，再短按返回键退出计时模式。。

心率界面

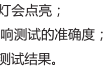
切换到心率界面开始测试心率，切换至下一界面停止测试；开始测试但未测出结果时显示上一次测试的结果或者“--”；也可连接手机APP，在心率界面进行测试。

心率/血压测试注意事项：

- 测试时，图标会跳动同时手环背部心率LED灯会点亮；
- 测试时传感器要紧贴皮肤，避免外部光线影响测试的准确度；
- 测试区域要保持清洁，汗水或污渍都会影响测试结果。

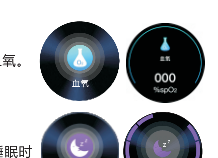
信息界面

在信息界面，长按上键/下键三秒即可查看信息，短按上/下键翻页，信息翻看完直接退出信息查看界面。（保存最近5条信息）



血氧界面

切换到血氧界面开始测试血氧。

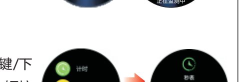


睡眠界面

切换到睡眠界面显示昨天睡眠时间。（未佩戴手环入睡显示00：00）

计时功能

切换到计时功能，长按上键/下键三秒即可进入计时界面，短按开始，再短按暂停，短按返回键退出。



查找手机功能

切换到查找手机功能，长按上键/下键三秒开始查找手机，手机会发出振动提醒或铃声提醒，查找完成后自动退出。（手环与手机处于连接状态方可生效）

亮度调节功能

在选中亮度调节后，长按上键/下键三秒切换亮度，共四档亮度，短按返回键确认和返回。

设置界面

切换到设置界面，长按上键或下键三秒可进入切换关机、系统信息、亮度调节、计时器，表盘选择，查找手机等功能选项。

系统界面

切换到设置界面，长按上键或下键三秒可进入系统信息选项。

关机界面

切换到设置界面，长按上键或下键三秒可进入关机选项。

注意事项

- 请避免手环遭受强烈撞击、极度高温和暴晒。
- 请勿自行拆卸、修理或改造本机。
- 本机使用5V500mA充电，严禁使用超电压负荷电源进行充电。
- 本机使用环境为0度~45度，禁止将其扔进火中，以免引起爆炸。
- 手环沾水时请用软布擦干后方可进行充电操作，否则会腐蚀充电接触点，导致充电故障。
- 请勿接触汽油、清洁溶剂、丙醇、酒精或驱虫剂等化学物质。
- 请勿在高压高磁环境中使用本产品。
- 若您拥有敏感皮性肤质或将手环佩戴过紧，可能会感到不适。
- 请及时擦干手腕上的汗滴，表带长时间接触皂类、汗水、过敏源或污染成分，可能造成皮肤过敏瘙痒。
- 如果经常使用，建议每周清洁手环。用湿布擦拭，用温和的肥皂祛除油污或灰尘。
- 不宜佩戴手环洗热水澡。
- 游泳后，请及时擦拭手环，以保持干燥。

常见问题

为什么测试心率要等待？

测试心率，需要采集较长时间的信号，才能准确计算您的心率。

蓝牙连接不上怎么办？（连接/重连失败或连接重连速度很慢）

确认您的设备是否是IOS8.2和安卓系统4.4及以上版本并支持蓝牙4.0。

1. 由于蓝牙无线连接存在信号干扰的问题，可能每次连接的时间不等，如果长时间连接不上，请确保操作在无磁场或无多蓝牙设备干扰环境下进行。
2. 关闭蓝牙再打开。
3. 关闭手机后台应用或重启手机。
4. 手机不要同时连接其他蓝牙设备或功能。
5. APP是否在后台正常运行，如果不在后台可能连接不上。

无法搜索到手环？

因为手环蓝牙广播时没有被手机搜索到，请确保手环处于有电，并激活状态，且未与其它手机绑定，然后将手环靠近手机，如果仍然无效，请关闭手机蓝牙，20秒后再重启手机蓝牙。

测量心率时为什么手环要戴的比较紧？

手环采用光反射原理，通过光源穿透皮肤后，采集反射到传感器的信号来计算您的心率，如果佩戴不紧，会有环境光进入传感器，会影响测量精度。

已开启提醒功能为什么没有收到提醒？

安卓手机：确认手机与手环是连着的，连上后在手机设置里打开对应的权限，允许“FitcloudPro”APP访问来电、短信、通讯录，并保持“FitcloudPro”在后台运行；如果手机安装有安全软件，请将“FitcloudPro”添加为信任。

苹果手机：若连上后没有提醒，建议重启手机重新连接，再次连接手环时，必须等手机弹出【蓝牙配对请求】，点击【配对】后才会有提醒。

蓝牙连接是否需要一直开启？断开后是否还有数据？

未同步数据前，数据保留在手环主机上。当手机和手环的蓝牙连接成功时，手环数据会自动上传到手机端，请及时同步数据到手机端。

注意：如果开启来电、短信提醒功能，则必须保持蓝牙处于连接状态，闹钟提醒支持离线。

手环是否防水？

通常情况下洗手、下雨、冷水淋浴、洗车可随心佩戴。

基本参数

产品尺寸	265*50*14mm
CPU	Realtek
显示屏	1.3寸IPS
分辨率	240X240dpi
电池容量	180mAh
待机时间	15-20天
工作时间	7-10天
表壳材质	碳纤+不锈钢
表带材质	真皮
兼容性	IOS8.2+Android 4.4

售后

购买本产品，在保修范围内属于品质问题的产品，公司实行三包政策 ,人为损害如需更换配件，需要收取相应的配件费用。

包装清单

- 1X手环　• 1X充电线　• 1X说明书

保 修 卡

用户名称：__________

用户电话：__________

机器型号：__________

购买日期：__________

保修年限：一年

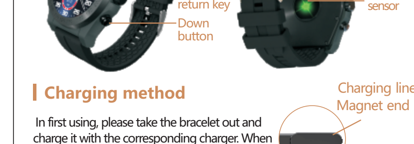
凭此卡保修

V2.0

Smart Heart Rate and Blood Pressure Bracelet
User Guide

Quick instructions for use

Part of introduction

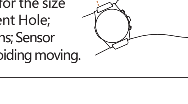


Charging method

In first using, please take the bracelet out and charge it with the corresponding charger. When charging, the bracelet will automatically turn on (charging mode is as shown on the right: adsorb the magnet end of the charging cable to the charging port of the bracelet, and insert the USB end into the standard USB interface (5V) to charge.)

Since the charging wire is magnetic absorption, please keep it away from the metal object or unplug it from the charging head after the bracelet is fully charged. In case the charging cable sucks onto the metal and causes a short circuit.

Wear method



1. Best wear the bracelet behind malleolus ulnaris;
2. Adjust the size suitable for the size of wrists via Adjustment Hole;
3. Fasten wrist strap buttons; Sensor shall be close to skin avoiding moving.

Power ON/OFF

1. In the OFF situation, long press touch the function key for 5s, the bracelet will vibrate and then turn ON.
2. In power ON, long press touch the power key for 5s or switch to Setting function--shutdown interface and then long press the up and down button for 5s,select "YES", the bracelet will vibrate and shut down.

Operation

1. When the device starts up, to touch function keys for a short time period can lighten screen or switch up/down button display;
2. The display will be turn OFF automatically while without any operation in 5s.
3. Switch to the heart rate and blood pressure interfaces to be tested automatically and leave the heart rate and blood pressure interfaces to stop tests.

Operating system

Android 4.4+　　iOS 8.2+　　Bluetooth 4.0+

Install the bracelet APP

Scan the following QR codes or enter into various large application markets to download and install “Fitcloud Pro”.

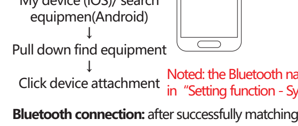
iOS　　Android　　Google play

- When using your bracelet, please turn on your phone’s GPS location and notification permissions. Couldn’t receive any notifications or search the bracelet if do not turn it on.
- Please update the app to the latest version timely to get a better use experience.

Device attachment

When being used for the first time, it is necessary to connect APP for alignment. After successful connection, bracelet will self-synchronize time, or otherwise, step calculation and sleep data won't be accurate.

Open mobile phone APP
Click to set up icons
↓
My device (iOS)/ search equipmen(Android)
↓
Pull down find equipment
↓
Click device attachment



Noted: the Bluetooth name could be found in “Setting function - System message”.

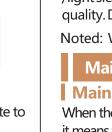
Bluetooth connection: after successfully matching, APP will automatically save the bracelet bluetooth address. When APP is opened or operated in background, it will automatically search and link with the bracelet.

Data Synchronism: manually pull down the synchronization data on the APP home page; the more data, the longer the synchronization time is, and the longest time is about 2 minutes. there will a reminder of "sync completed " while done.

APP functions and setting

Personal information and exercise goals

- Please setting user information while enter APP (complete the Settings according to the prompts while enter APP at first time).
- You could set your Profile Photo-Gender-Height-Weight selection, your personal info will improve the accuracy of data.
- Set sports target, reasonable sports planning could improve physical fitness.



Promoting function

Remind functions need to set in APP, and keep the phone connected to the bracelet by Bluetooth, the bracelet will vibrate to remind while message coming.

Calling　Message　QQ　We-Chat　Alarm　Sedentary

Call reminder: While there is an incoming call, the bracelet will vibrate and display the name or number, could long press the touch button to reject it. (if the caller's name has been saved in the phone address book, the name is displayed, otherwise the display number).

SMS reminder : when a text message arrives, the bracelet will vibrate and display the SMS icon reminder; the address message of the address book contact person displays the name, and the short message number of the stranger.

QQ reminder : when the QQ information arrives, the bracelet will vibrate and display the QQ contents .

WeChat reminder : when the WeChat information is received, the bracelet will shake and the WeChat contents.

Sedentary reminder : while turn ON, if the user does not move within the set time, the bracelet will vibrate to remind the user to move. (reminder interval can be set by the user).

Sleep detection function

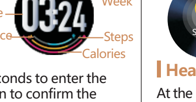
While fall asleep, the bracelet will automatically determine and enter sleep monitoring mode, monitoring your duration of deep sleep /light sleep/wakefulness during the night, analyze your sleep quality. Detailed sleep data support check in APP.

Noted: Wearing a bracelet to sleep will have sleep data.

Main functional interface

Main interface

When the Bluetooth icon appears, it means that the bracelet is not connected, and if bluetooth icon appears , it means the connection is successful. When bracelet are first paired and connected, the bracelet will sync the phone's time, date, and week. Long press the up/down key for three seconds to enter the main interface, short press the back button to confirm the selected main interface.

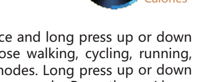


Blood pressure interface

Switch to the blood pressure interface, start testing blood pressure, switch to the next interface to stop testing, start testing, but do not measure the result, show the results of last test or “---/--” also connect to mobile phone APP, and test at the blood pressure interface. Test methods and attention items of concentric rate detection.

Steps interface

Switch to “steps” interface, the bracelet will show the real-time sports data.



Sports interface

Switch to “Sports” interface and long press up or down key for 3s, then could choose walking, cycling, running, climbing and other sports modes. Long press up or down key for 3s to enter sports time mode, Press the up/down button to pause and start in the timekeeping mode. Press the back button to enter the return confirmation interface, then press the back button to exit the timekeeping mode.

Heart rate interface

At the heart rate monitoring interface, it automatically enters the heart rate detection mode. In the heart rate test, the duration of the bracelet will be reduced.

Heart rate test note:

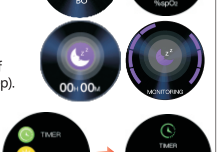
- When the test, the icon will beat and the back heart rate of the hand ring LED lights will be lit
- When testing, the sensor should stick to the skin to avoid the influence of external light on the accuracy of the test.
- To keep the test area clean, sweat or stains will affect the test results.

Message interface

In message interface, long press up /down key touch 3s to check the message, Short press the up/down key to turn the page, and the information will be viewed directly after exiting the information viewing interface. (Save the last 5 messages)

Blood oxygen interface

Switch to “Blood oxygen” interface to monitor the blood oxygen.



Sleep interface

Switch to sleep interface, the bracelet will show yesterday’s the sleep time(will show 00:00 if not wearing the bracelet to sleep).

Timer interface

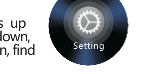
Switch to Timer interface, long press up/down key for 3s to enter timing interface, short press to start, and then short press to pause. And short press return to exit.

Find phone interface

Switch to Find phone interface, long press up /down key for 3s to start finding the cell phone, the cell phone will vibrate or ring to remind you, and it will exit automatically after the finding is completed(that is workable only when the bracelet is connected to the cell phone).

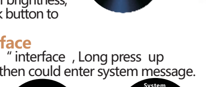
Setting interface

Switch to “Setting” interface, Long press up /down key for 3s , then could choose Shutdown, System、Brightness、Timers, dial selection, find phone options and more.



Brightness interface

In brightness interface, long press up /down key for 3s touch to choose the brightness level, A total of four levels of brightness, short press the back button to confirm and return.



System interface

Switch to “Setting” interface, Long press up / down key for 3s , then could enter system message.

Shutdown interface

Switch to “Setting” interface, Long press up / down key for 3s , then could enter shutdown options.

Matters needing attention

- Please avoid strong impact, extreme heat and exposure to the bracelet .
- Please do not disassemble, repair or transform the machine on its own.
- This machine is charged with 5V 500mA, and it is strictly forbidden to use over voltage load power.
- The use of the environment is 0 degrees ~45 degrees, and it is forbidden to throw it into the fire so as not to cause an explosion.
- Please wipe the water, the bracelet can be used only for the charging
- operation with a soft cloth, otherwise it will cause corrosion of charging contact point, charging fault.
- Do not touch the chemical substances such as gasoline, clean solvent, propanol, alcohol or insect repellent.
- Please do not use this product in high pressure and high magnetic environment.
- If you have sensitive skin or tighten the bracelet , you may feel discomfort. Please dry the sweat drips on the wrist in time. The strap has long contact with soap, sweat, allergies or pollution ingredients, which may cause skin allergy itching.
- If it is often used, it is recommended to clean the bracelet every week. Wipe with wet cloth and remove oil or dust with mild soap.
- It is not appropriate to wear a hot bath with a bracelet .
  After swimming, please wipe the bracelet in time so as to keep dry.

Common problems

Why does the test of heart rate wait for?

To test your heart rate, you need to take a long time signal to accurately calculate your heart rate.

What do Bluetooth connections do? (connection / reconnection failure or connection speed is slow)

Confirm whether your device is 4.4 or more versions of IOS8.2 and Android system and support Bluetooth 4.0.

a. Because of the problem of signal interference in Bluetooth wireless connection, there may be no time to connect each other. If the connection is not long enough, please ensure that the operation is carried out without magnetic field or without multi Bluetooth device interference.
b. Turn off Bluetooth and open.
c. Turn off the mobile phone background application or restart the mobile phone.
d. Mobile phones do not connect to other Bluetooth devices or functions at the same time.
e. APP is running normally in the background and may not be connected if it is not in the background.

Can't search the bracelet ?

Since the bracelet is not searched by phone in Bluetooth broadcast, make sure the broadcast is in power and activated and is not connected to any other phones. Then, put the broadcast close to the phone, if it is still invalid, turn off the phone, and after about 20 seconds, restart the phone Bluetooth.

Why the bracelet should be worn more tightly when measuring heart rate?

The bracelet uses light reflection principle, penetrates the skin through the light source, and collects the signal reflected to the sensor, to calculate your heart rate. If you don't wear it tightly, there will be ambient light reaching into the sensor, which will affect measurement accuracy.

Why not remind when opening the reminder function?

Android phone: confirm that the phone and the bracelet are connected, and open the corresponding permissions in the phone settings, allowing the "Fitcloud Pro" APP access calls.

messages and address book, and keeping "Fitcloud Pro" running in the background; if the phone is installed with security software, add "Fitcloud Pro" to "trust".

Iphone: If there is no reminder after the connection, it is recommended to restart the phone to reconnect, when reconnecting the bracelet again, there will be reminder after popping up "Bluetooth pairing request" and clicking "Pairing".

Is the bracelet waterproof?

Usually, wash hands, rain, cold water shower, wash car can be worn with heart.

Does the Bluetooth connection need to be open all the time?
Is there any data after disconnection?

Before the data is synchronized, the data is kept on the bracelet host (seven days of data can be retained). When the Bluetooth connection of the bracelet and mobile phone is successful, the bracelet data will be automatically uploaded to the mobile terminal. Please synchronize the data to the mobile terminal in time.

Noted: if the caller and SMS alerts are opened, you must keep the Bluetooth connection, and the alarm is offline.

Basic parameter

Dimension	265*50*14mm
CPU	Realtek
Display screen	1.3"IPS
Resolution	240X240dpi
Battery capacity	180mAh
Standby time	15-20days
Working time	7-10days
Body material	Carbon fiber+Stainless steel
Band material	Leather
Compatibility	IOS8.2+Android 4.4

Warranty

The product is guaranteed by the manufacture for a period of 1 year from the date of purchase the guarantee does not cover defects arising from accident damage misuse or wear and tear and is available only to the original purchase of the product.

Contents of the packaging

- 1x Smart bracelet　• 1x User's Manual　• 1x Charging cable

WARRANTY CARD

User name: __________

Subscriber phone: __________

Reference: __________

Date of purchase: __________

Warranty period: One year

V2.0