

## HANDA HK8 Pro

# HANDA HK8 Pro Smart Watch User Manual

Model: HK8 Pro

## 1. INTRODUCTION

The HANDA HK8 Pro Smart Watch is a versatile device designed to assist with daily activities, fitness tracking, and communication. It features an AMOLED display, Bluetooth calling, health monitoring, and various smart functions. This manual provides detailed instructions for setting up, operating, and maintaining your smart watch.

### Package Contents:

- HANDA HK8 Pro Smart Watch (1)
- Interchangeable Strap (1) - *Note: Package includes two straps, one stainless steel and one silicone.*
- Magnetic Charging Cable (1)
- User Manual (1)

## 2. SAFETY INFORMATION

- Do not expose the watch to extreme temperatures or direct sunlight for prolonged periods.
- Avoid using abrasive cleaners or chemicals on the watch.
- The watch is IP68 waterproof, suitable for hand washing, rain, and swimming. However, it is not recommended for hot showers, saunas, or diving, as steam and hot water can compromise the seal.
- Keep the magnetic charging cable away from metal objects to prevent short circuits.
- Consult a medical professional before starting any new exercise regimen or if you have pre-existing health conditions. The health monitoring features are for reference only and should not be used for medical diagnosis.

## 3. SETUP

### 3.1 Charging the Smart Watch

Before first use, fully charge the watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a standard USB power adapter (not included). The watch display will indicate charging status. A full charge typically takes approximately 2 hours.

### 3.2 App Installation

To access all features and synchronize data, download the **FitCloudPro** app on your smartphone. Scan the QR code in the manual or search for "FitCloudPro" in your device's app store (compatible with Android 4.4 / iOS 9.0 and above).

### 3.3 Device Pairing

1. Ensure your watch is charged and powered on.
2. Enable Bluetooth on your smartphone.
3. Open the FitCloudPro app and follow the on-screen instructions to add a new device.
4. Select "HK8 Pro" from the list of available devices to establish a connection.
5. Confirm the pairing request on both your watch and smartphone.

### 3.4 Strap Installation/Replacement

The HK8 Pro Smart Watch comes with interchangeable straps. To attach or remove a strap, locate the quick-release pins on the underside of the strap. Slide the pin inwards to detach or attach the strap to the watch body. Ensure the pin is securely seated in the lug holes.

## Put your style on your hands

The scratch-resistant glass lens is transparent and wear-resistant, and it is not easy to leave marks on daily friction. With stainless steel forged bezel, it is very textured. The soft and pure leather strap is restrained and tasteful; the flexible and skin-friendly silicone strap is light and comfortable for a long time to wear; the elegant Milanese strap shows the elegant temperament of the wrist from time to time, allowing you to easily control various occasions .



## Colorful and delicate shocking the vision

Retina-level AMOLED colorful large screen, 390\*390 HD resolution, clearer, smoother, vivid and delicate.



Image: The HK8 Pro Smart Watch displayed with different strap materials and colors, illustrating the interchangeable design. A comparison highlights the clarity of the AMOLED screen.

## 4. OPERATING INSTRUCTIONS

### 4.1 Basic Navigation

- **Touch Screen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Side Buttons:** Typically, one button serves as a power/back button, while others may provide quick access to specific functions or sports modes. Refer to the watch interface for specific button assignments.

## 4.2 Power On/Off

- **Power On:** Press and hold the power button until the screen lights up.
- **Power Off:** Press and hold the power button, then select the 'Power Off' option on the screen.

## 4.3 Display Settings and Watch Faces

The HK8 Pro features an AMOLED display with an always-on function. You can customize watch faces directly on the watch or through the FitCloudPro app. The app offers a wide selection of dials and allows you to upload custom photos.

### High-definition beautiful dial Change anytime, anywhere

You can connect to the mobile app to download more beautiful dials from the dial market.



### 5 sets of menu interfaces

There are 5 sets of built-in menu interfaces, with different styles for you to choose.



Image: Multiple watch faces and five distinct menu interface styles are shown, demonstrating customization options for the HK8 Pro Smart Watch.

## 4.4 Bluetooth Calls and Notifications

Once paired with your smartphone, the watch supports Bluetooth calls. You can dial numbers, answer incoming calls, view call records, and access contacts directly from your wrist. The watch also synchronizes with your mobile phone to display SMS, social media (e.g., Facebook, Twitter, WhatsApp), and other app notifications.

## Don't miss call & information

The mobile phone and the watch keep Bluetooth interconnection, telephone, Facebook, Twitter, SMS and other information, vibration reminder, easy to handle important information.



## Raise your hand to communicate Call directly, reject the call View call records, view contacts, Call directly from the contact

Synchronize with your mobile phone, support SMS reminders, push social information such as Facebook, Twitter, etc., synchronous display of application message content, and synchronous display of various reminders.



Dial/answer



Call rejection



Sync address book



Sync call log



Image: Illustrations of the watch receiving messages and displaying options for dialing, answering, rejecting calls, and syncing contacts and call logs.

### 4.5 Health Monitoring

The HK8 Pro Smart Watch monitors several key health indicators:

- **Heart Rate:** Continuous monitoring throughout the day.
- **Blood Oxygen (SpO2):** Measures blood oxygen saturation levels.
- **Blood Pressure:** Provides estimated blood pressure readings.
- **Sleep Monitoring:** Tracks sleep stages (deep sleep, light sleep, wake-up time) and provides analysis in the app.

Access these features from the watch menu or view detailed historical data in the FitCloudPro app.

## Smart heart rate monitoring Heart health management

Using a high-performance heart rate sensor, the data is more

## Sleep monitoring Improve sleep quality

Record your sleep quality and sleep cycle (deep sleep, light sleep, etc.) to help you understand and improve

real-time and accurate, and it can intelligently identify abnormal heart rate and other situations, allowing you to understand your physical condition and enjoy a healthy life.



The new generation of sensor detection is faster and more accurate



Professional heart rate algorithm, Strenuous exercise is still accurately measured



Real-time sync app, View dynamic changes at any time



your own sleep quality and achieve quality sleep.



Autonomous intelligent detection



Professional algorithm analysis



Continuous testing throughout the night



Provide guidance and suggestions



## Continuous blood oxygen saturation monitoring

Better care is to prevent problems before they happen

Supports high-precision continuous blood oxygen saturation monitoring, which is convenient for you to observe the blood oxygen situation at any time. It can also synchronize the drip data to the mobile phone, present the weekly and monthly blood oxygen change trend, and review the recent health status.



## Physical health

It helps you to understand your health status more clearly, better regulate your life pressure, and check your heart rate, blood pressure, and blood oxygen at a glance, and you can check your heart rate changes through the App every day.



Image: Visuals demonstrating the watch's capabilities in monitoring heart rate, analyzing sleep quality, and measuring blood oxygen and blood pressure levels.

### 4.6 Activity Tracking and Sports Modes

The watch accurately records daily activities such as steps, calories burned, and distance. It includes multiple sports modes (e.g., Elliptical, Basketball, Running, Walking, Football, Cycling) to track specific workouts. During exercise, the watch can monitor your movement time, distance, and calories consumed, providing data to optimize your training.

## More exercise experience Make you fall in love with sports

All-weather monitoring of calories/steps/exercise mileage, etc., data can be synchronized and historical data can be viewed on the mobile phone, allowing you to experience the fun of smart wear.



### Routine exercise data

During the exercise, you can check your moving time and the distance you exercise at any time, and you can also check the calories consumed during exercise.



### Multiple sports data

Provides exercise steps and heart rate changes during exercise

## Multiple sports modes exclusive coaches

According to the sport mode you choose, the sport interface is displayed. Whether it is running, cycling or playing, you can turn on the matching sport mode, keep abreast of your exercise situation, and adjust your exercise plan.



Image: The watch interface displaying routine exercise data and icons representing different sports modes like walking, running, and cycling.

## 4.7 Multifunctional NFC

The HK8 Pro supports NFC for convenient access control and offline payments (e.g., Alipay). To use NFC, ensure it is enabled and configured through the FitCloudPro app. You can simulate access cards for compatible systems by touching the watch to the reader.

## Multifunctional NFC

### Swipe access control, touch to reach the application

The new function NFC is online, imitating the access card, and lifting the wrist to open the door. Touch to make a call, touch to call out the health code, touch to reach the application, and lift the wrist to swipe freely and conveniently.

- ① Support company, community, smart door lock access card simulation



## Intimate smart function

It can monitor the number of steps, calories, heart rate, blood pressure, sleep quality, etc. of the day. After connecting with your mobile phone, you can check information, weather conditions, take pictures remotely, retrieve your mobile phone, and remind you to sit for a long time, and other intimate, convenient and feature-rich functions. More smart functions are waiting for you to discover.

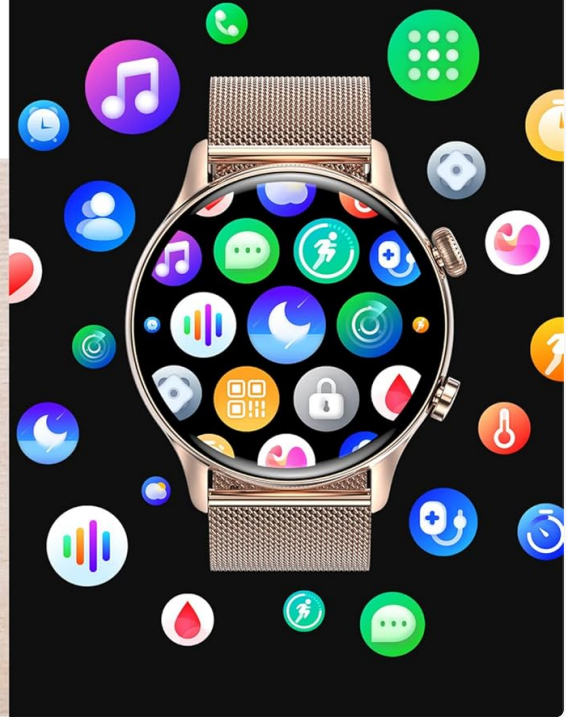


Image: A user interacting with an NFC access control panel using the HK8 Pro Smart Watch, illustrating the swipe access feature.

## 4.8 Other Smart Functions

- **Voice Control:** Interact with your watch using voice commands.
- **Music Control:** Control music playback on your paired smartphone.
- **Weather Forecast:** Get real-time weather updates.
- **Female Physiological Cycle:** Track and predict menstrual cycles.
- **Sedentary Reminder:** Alerts you to move after periods of inactivity.
- **Find Phone:** Locate your paired smartphone.

## 5. MAINTENANCE

### 5.1 Cleaning the Watch

Wipe the watch screen and body with a soft, lint-free cloth. For stubborn dirt, dampen the cloth slightly with water. Avoid using harsh chemicals or abrasive materials that could damage the finish.

### 5.2 Water Resistance

The HK8 Pro is IP68 waterproof. This means it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, such as hand washing, rain, and shallow swimming. However, it is not designed for diving, high-pressure water activities, or exposure to hot water/steam, which can compromise its water resistance.

## Typical usage scenarios can last up to 10 days

The 300mAh battery capacity and the in-depth intelligent optimization of the power-saving algorithm create a balance between power consumption and performance, bringing about 10 days of use.



5-7 days  
Audio call mode

30 days  
Daily standby time

## IP68 deep waterproof

It can be used safely in daily life scenes such as hand washing and raining, and it can easily cope with the waterproof test.



Image: The HK8 Pro Smart Watch shown submerged in water, illustrating its IP68 waterproof rating. Battery life estimates for typical use and standby are also displayed.

### 5.3 Battery Care

To prolong battery life, avoid fully discharging the watch frequently. Charge the watch regularly, ideally before the battery level drops below 20%. Store the watch in a cool, dry place when not in use for extended periods.

## 6. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes before attempting to power on again.
- **Unable to pair with phone:** Make sure Bluetooth is enabled on your phone and the watch. Restart both devices and try pairing again. Ensure the FitCloudPro app has necessary permissions.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch. Readings can be affected by movement, skin tone, and environmental factors.
- **Notifications not appearing:** Check app permissions on your phone for FitCloudPro. Ensure notifications are enabled within the app and on your phone's system settings for the relevant applications.
- **Short battery life:** Reduce screen brightness, disable always-on display if not needed, limit frequent heart rate monitoring, and close unused background apps on the watch.

## 7. SPECIFICATIONS

Feature	Specification
Display	1.36" AMOLED, 390*390 Resolution
CPU	Realtek 8762DT
Sensor	SC7A20
Waterproof Level	IP68
Memory	128M Flash
Bluetooth	BT5.0
Battery	300mAh Lithium Polymer
Charging Method	Magnetic charging wire
Compatible System	Android 4.4 / iOS 9.0 and above
Dimensions	44.8 x 44.8 x 11 mm (1.76 x 1.76 x 0.43 inches)
Weight	48.3g (1.7 ounces)
Wristband Size	Total length 220mm, adjustable length 145-190mm

## Product size



## Product parameter

# Product parameter

Display	1.36" AMOLED screen, 390*390
CPU	Realtek 8762DT
Sensor	SC7A20
Waterproof	IP68
Memory	128M
Bluetooth	BT5.0
Battery	300mAh
System	Support iOS9.0+, Android 4.4+

Image: A diagram illustrating the physical dimensions of the HK8 Pro Smart Watch, alongside a table detailing its product parameters such as display type, CPU, and battery capacity.

## 8. WARRANTY AND SUPPORT

The HANDA HK8 Pro Smart Watch comes with a standard manufacturer's warranty. For specific warranty terms, conditions, and support inquiries, please refer to the warranty card included in your package or contact the manufacturer directly through their official website or customer service channels. Please retain your proof of purchase for warranty claims.