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## Efolen 865f873f-8fce-4eb5-ab4f-9e631df0622b

# Efolen Smart Watch Instruction Manual

Model: 865f873f-8fce-4eb5-ab4f-9e631df0622b

## 1. INTRODUCTION

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This manual provides detailed instructions for the setup, operation, and maintenance of your Efolen Smart Watch. Please read this manual thoroughly before using the device to ensure proper function and to maximize your user experience. Keep this manual for future reference.



Figure 1.1: Efole Smart Watch in use, showcasing its display and design.

## 2. PRODUCT OVERVIEW

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The Efole Smart Watch is designed to be a versatile companion for your daily activities, offering communication, health monitoring, and fitness tracking features. It features a 1.32-inch high-resolution display and supports Bluetooth calling, allowing you to make and answer calls directly from your wrist.

### Key Features:

- **Bluetooth Call Functionality:** Make and answer calls directly from the watch.
- **Health Monitoring:** Includes heart rate, blood pressure, SpO2, and sleep tracking.
- **Multiple Sports Modes:** Track various physical activities with dedicated modes.
- **Customizable Watch Faces:** Choose from over 100 dials to personalize your device.
- **Smart Notifications:** Receive alerts for messages and app activities.
- **IP67 Waterproof Rating:** Designed to withstand splashes and brief immersion.



Figure 2.1: Efofen Smart Watch models, highlighting their design and fitness focus.

## 3. SETUP

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### 3.1. Connecting the Watch to Your Phone

To utilize all features of your Efofen Smart Watch, it must be paired with your smartphone via the companion application.

1. **Download the App:** Scan the QR code provided in the manual or on the watch screen, or search for the "FitCloudPro" app in your phone's app store (Android or iOS).
2. **Enable Bluetooth and Location:** On your phone, ensure Bluetooth and location services are enabled.
3. **Add Device:** Open the "FitCloudPro" app, navigate to the device section, and select "Add Device."
4. **Connect:** The app will search for available devices. Select your Efofen Smart Watch (e.g., "I32") from the list to connect.
5. **Enable Call Function:** After initial pairing, go to your phone's Bluetooth settings. Find the "watch call" device and connect to it to enable the call audio function.



Figure 3.1: Visual guide for connecting the watch and enabling Bluetooth call features. The QR code for the FitCloudPro app can be found at <http://fitcloud.hetangsmart.com/qrcode/>.

### 3.2. Attaching and Adjusting the Watch Band

The Efofen Smart Watch comes with interchangeable bands. Follow these steps to attach or adjust your watch band.

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Video 3.1: Demonstrates how to attach and remove the watch band, and how to adjust the length of a metal link band using the provided tool.

#### Attaching the Band:

1. Locate the spring bars for the watch band.
2. Align one end of the spring bar with the lug hole on the watch case.
3. Push the other end of the spring bar inward and guide it into the corresponding lug hole on the opposite side. Release the spring bar to secure the band.
4. Gently pull on the band to ensure it is securely attached.

#### Adjusting Metal Link Band Length:

If your watch comes with a metal link band, you may need to adjust its length for a comfortable fit. Use the included band

adjustment tool.

1. Place the watch band into the adjustment tool, aligning the pin of the tool with the recessed hole on the side of the watch link.
2. Rotate the tool's handle to the right to push the pin out of the link.
3. Remove the desired number of links.
4. Reassemble the band by inserting the pins back into the links, ensuring they are fully seated.



Figure 3.2: Instructions for adjusting the metal watch band length using the provided tool.

## 4. OPERATING INSTRUCTIONS

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### 4.1. Basic Navigation

- **Touch Screen:** Swipe left, right, up, or down to navigate through menus and features. Tap to select.
- **Side Button:** Press the side button to return to the home screen or wake the display.
- **Rotary Crown:** Rotate the crown to scroll through pages and change watch faces.

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Video 4.1: Overview of the Efofen Smart Watch features, including display, metallic style, rotary crown navigation, split screen, and various watch faces.

### 4.2. Making and Answering Calls

Once the Bluetooth call function is enabled (refer to Section 3.1), you can manage calls directly from your watch.

- **Making a Call:** Access the dial pad on your watch, enter the number, and tap the call icon. You can also access recent calls or contacts synced from your phone.
- **Answering a Call:** When a call comes in, the watch will display the caller ID. Tap the green answer icon to accept the call.
- **Rejecting a Call:** Tap the red reject icon to decline an incoming call.



Figure 4.1: The Bluetooth call feature in action, showing the watch's ability to make and receive calls.

### 4.3. Health Tracking

The watch continuously monitors various health metrics.

- **Heart Rate Monitoring:** The watch tracks your heart rate 24/7. View your current heart rate and historical data on the watch or in the app.
- **Blood Pressure & SpO2 Monitoring:** The watch provides blood pressure and blood oxygen (SpO2) data. These measurements are for reference only and should not be used for medical diagnosis.
- **Sleep Monitoring:** The watch automatically monitors your sleep patterns, including deep sleep, light sleep, and awake time.



Figure 4.2: Health tracking features, including heart rate, blood pressure, and blood oxygen monitoring.



Figure 4.3: Sleep monitoring and exercise data recording features of the watch.

### 4.4. Sports Modes

Select from a variety of sports modes to track your workouts accurately.

- **Access Sports Modes:** Swipe on the watch face or navigate through the app menu to find the sports modes.
- **Select Activity:** Choose your desired activity (e.g., Walking, Running, Cycling, Basketball, Football, Tennis, Climbing, Golf, Swimming, Yoga, Treadmill, Cricket, Training).
- **Start Tracking:** The watch will begin recording data such as duration, heart rate, distance, and calories burned.



Figure 4.4: The watch interface showing available sports modes and tracked metrics.

## 4.5. Smart Notifications

Receive notifications from your smartphone directly on your watch.

- **Enable Notifications:** In the "FitCloudPro" app settings, enable notifications for the apps you wish to receive alerts from (e.g., Facebook, WhatsApp, Instagram, SMS).
- **View Notifications:** Swipe down on the watch face to view recent notifications.



Figure 4.5: The watch displaying smart notifications from various social media and messaging applications.

## 4.6. Customizing Watch Faces

Personalize your watch with a wide selection of watch faces.

- **Through the App:** Open the "FitCloudPro" app, go to the dial settings, and browse through the available watch faces. Select one to sync it to your watch.
- **On the Watch:** Long-press the watch face to enter the customization menu. Swipe left or right to choose from pre-installed faces.



Figure 4.6: Examples of customizable watch faces available for the Efole Smart Watch.

# 5. MAINTENANCE

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## 5.1. Water Resistance (IP67)

The Efole Smart Watch has an IP67 waterproof rating, meaning it is protected against dust and can withstand immersion in water up to 1 meter for up to 30 minutes. It is suitable for daily use, such as hand washing, rain, and brief splashes. However, it is not recommended for hot showers, saunas, or diving, as steam and high water pressure can compromise the seal.

## 5.2. Charging

To charge your watch, align the magnetic charging pins with the charging contacts on the back of the watch. Ensure a secure connection. Connect the USB end of the charging cable to a power adapter (not included) or a computer's USB port. A full charge typically takes 2-3 hours.

## 5.3. Cleaning

Regularly clean your watch and band to prevent skin irritation and maintain optimal performance. Use a soft, damp cloth to wipe the watch face and body. For silicone bands, you can use mild soap and water. Ensure the watch is completely dry before wearing or charging.

# 6. TROUBLESHOOTING

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If you encounter issues with your Efolen Smart Watch, refer to the following common problems and solutions:

Problem	Possible Solution
Watch does not turn on.	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Cannot pair with phone.	Ensure Bluetooth is enabled on your phone and the watch. Make sure the watch is within range. Restart both the watch and phone. Clear previous Bluetooth connections.
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. Note that these measurements are for reference and not medical grade.
Notifications not received.	Check app notification settings on your phone and within the "FitCloudPro" app. Ensure the app is running in the background.
Short battery life.	Reduce screen brightness, turn off unnecessary features like continuous heart rate monitoring if not needed, and limit frequent screen wake-ups.

## 7. SPECIFICATIONS

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Technical details of the Efolen Smart Watch.

Feature	Detail
Model Number	865f873f-8fce-4eb5-ab4f-9e631df0622b
Display Size	1.32 Inches
Operating System	Android, iOS compatible
Connectivity	Bluetooth
Waterproof Rating	IP67
Item Weight	10.5 ounces
Manufacturer	Efolen

## 8. WARRANTY AND SUPPORT

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Efolen products are manufactured with high-quality standards. For information regarding warranty coverage, technical support, or service inquiries, please refer to the warranty card included with your product or visit the official Efolen support website. Keep your purchase receipt as proof of purchase for warranty claims.