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Mingdaln H76Plus

Mingdaln Smart Watch User Manual

Model: H76Plus

1. INTRODUCTION

Welcome to the Mingdaln Smart Watch user manual. This guide provides detailed instructions on how to set up, operate, and maintain your new smart watch. Designed for both men and women, this device offers comprehensive health tracking, communication features, and fitness monitoring to support your active lifestyle.



Figure 1.1: Mingdaln Smart Watch Overview

2. WHAT'S IN THE BOX

Upon opening your Mingdaln Smart Watch package, you should find the following items:

- Smartwatch
- Charging Cable
- User Manual

3. SETUP GUIDE

3.1 Charging the Smart Watch

Before initial use, fully charge your smart watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a power source. A full charge typically takes approximately 2 hours.



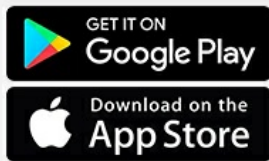
Figure 3.1: Charging the Smart Watch

3.2 Downloading the 'FitCloudPro' App

To unlock the full functionality of your smart watch, download the 'FitCloudPro' application on your smartphone. The app is available on both the Google Play Store for Android devices and the Apple App Store for iOS devices. You can also scan the QR code provided in your physical user manual or visit the official website.

Official App Download Link: <http://fitcloud.hetangsmart.com/qrcode/cn/>

A new smart platform for Sports and Health



FitCloudPro App Download

Note: It is recommended to scan the QR code in your user manual or download the correct app via the Google Play or App Store by searching "FitCloudPro".

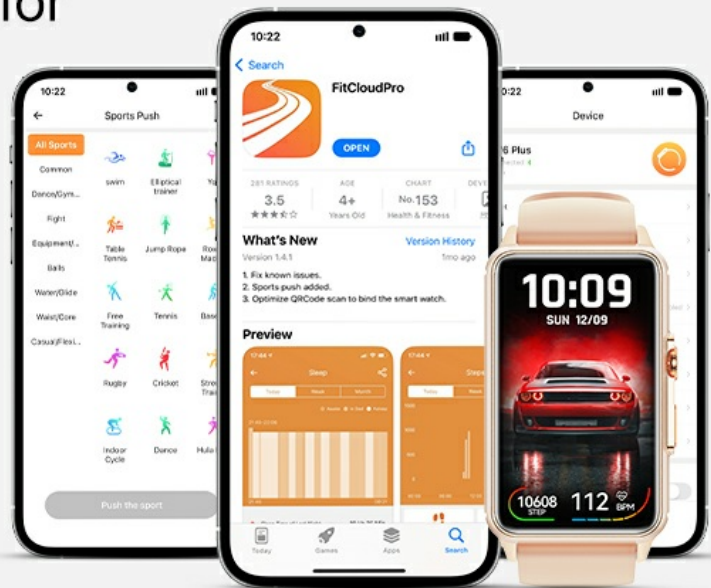


Figure 3.2: FitCloudPro App Download

3.3 Pairing with Your Smartphone

Follow these steps to connect your smart watch to the 'FitCloudPro' app via Bluetooth:

1. Download and open the 'FitCloudPro' App.
2. Enable necessary permissions on your phone (GPS, Bluetooth, notifications, etc.).
3. Turn on the smart watch.
4. In the app, navigate to the device connection section and select 'H76Plus' to initiate binding.
5. To enable Bluetooth Call functionality, slide down the main watch face, click the phone icon, and open Bluetooth Call. Then, go to the 'FitCloudPro' app, click Bluetooth call, and enable it. Finally, go to your phone's Bluetooth settings, search for 'H76Plus', and connect.

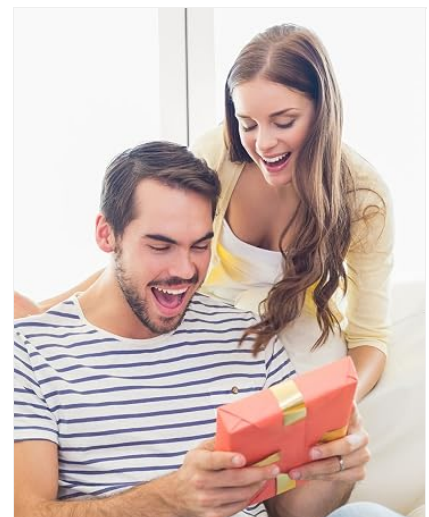


Figure 3.3: App Connection Steps

Your browser does not support the video tag.

Video 3.1: Demonstrates the process of connecting the smart watch to the phone, binding the bracelet, and syncing watch faces and features like call answering, voice assistant, and health monitoring.

4. OPERATING YOUR SMART WATCH

4.1 Touch Screen & Navigation

The smart watch features a 1.57-inch full-touch HD color screen for easy navigation. Swipe left, right, up, or down to access different functions and menus. Use the side buttons for quick access to specific features or to return to the home screen.



Figure 4.1: 1.57-inch HD Touch Screen

4.2 Bluetooth Call Functionality

With its built-in speaker and microphone, the smart watch allows you to answer and make calls directly from your wrist when connected to your phone via Bluetooth. This feature is convenient during workouts or when your phone is not immediately

accessible.

Answer or Make Bluetooth Calls

Answer and make calls when the smartwatch is connected to your phone via BT

2023 NEW

Microphone

Contacts

Call Records

Dial Function

Figure 4.2: Bluetooth Call Interface

4.3 Smart Notifications

Receive real-time notifications for calls, SMS messages, and app alerts (e.g., Facebook, Twitter, WhatsApp, Gmail) directly on your watch. The watch will vibrate to alert you, ensuring you don't miss important updates.

Ai Voice Assistant



Start running sport mode



Set an alarm for 12 o'clock



What's the weather like?



Smart Notification



Figure 4.3: Smart Notification Display

4.4 AI Voice Assistant

Utilize the integrated AI voice assistant for hands-free control. Ask questions, set alarms, check the weather, or initiate sport modes using voice commands.

Bluetooth Call & AI Voice Assistant

Answer and make calls when the smartwatch is connected to your phone via Bluetooth, and the watch also has a built-in Alexa.



Voice Assistant



Telephone Call



Set an alarm for 12 o'clock



Start running sport mode

Note: The Watch Can'T Reply To Message Notifications!

Figure 4.4: AI Voice Assistant in Use

4.5 Music and Camera Control

Control your smartphone's music playback (play, pause, skip tracks) and remotely trigger your phone's camera shutter directly from your smart watch.



Figure 4.5: Music Control and Alarm Function



Figure 4.6: Weather Display and Find Phone Feature

5. HEALTH MONITORING

The Mingdalu Smart Watch provides comprehensive health tracking features to help you monitor your well-being.

- **Heart Rate Monitoring:** Automatically tracks your real-time heart rate throughout the day.
- **Blood Oxygen (SpO2) Monitoring:** Monitors your blood oxygen saturation levels.
- **Blood Pressure Monitoring:** Provides blood pressure readings.
- **Sleep Monitoring:** Analyzes your sleep patterns and quality.
- **Activity Tracking:** Records steps, calories burned, and distance covered.
- **Reminders:** Includes reminders for drinking water and sedentary alerts to encourage a healthier lifestyle.

Health Monitor

24-hour health monitoring



Heart Rate



Blood Oxygen



Sleep Tracking



Figure 5.1: Health Monitoring Features

Your Personal Sports Health Assistant

let you pay more attention to your health.



Figure 5.2: Personal Sports Health Assistant Dashboard

6. SPORTS MODES & GPS TRACKING

The smart watch supports multiple sports modes to cater to various activities, allowing you to track your performance accurately.

- Includes common sports like walking, running, basketball, and more.
- You can select and push additional sports modes from the 'FitCloudPro' app.
- During exercise, real-time sports data (distance, calories, heart rate) is available on the watch.
- GPS enabled for tracking outdoor activities when connected to your phone.

Multiple Sports Modes

Your personal fitness tracker partner!



Figure 6.1: Multiple Sports Modes

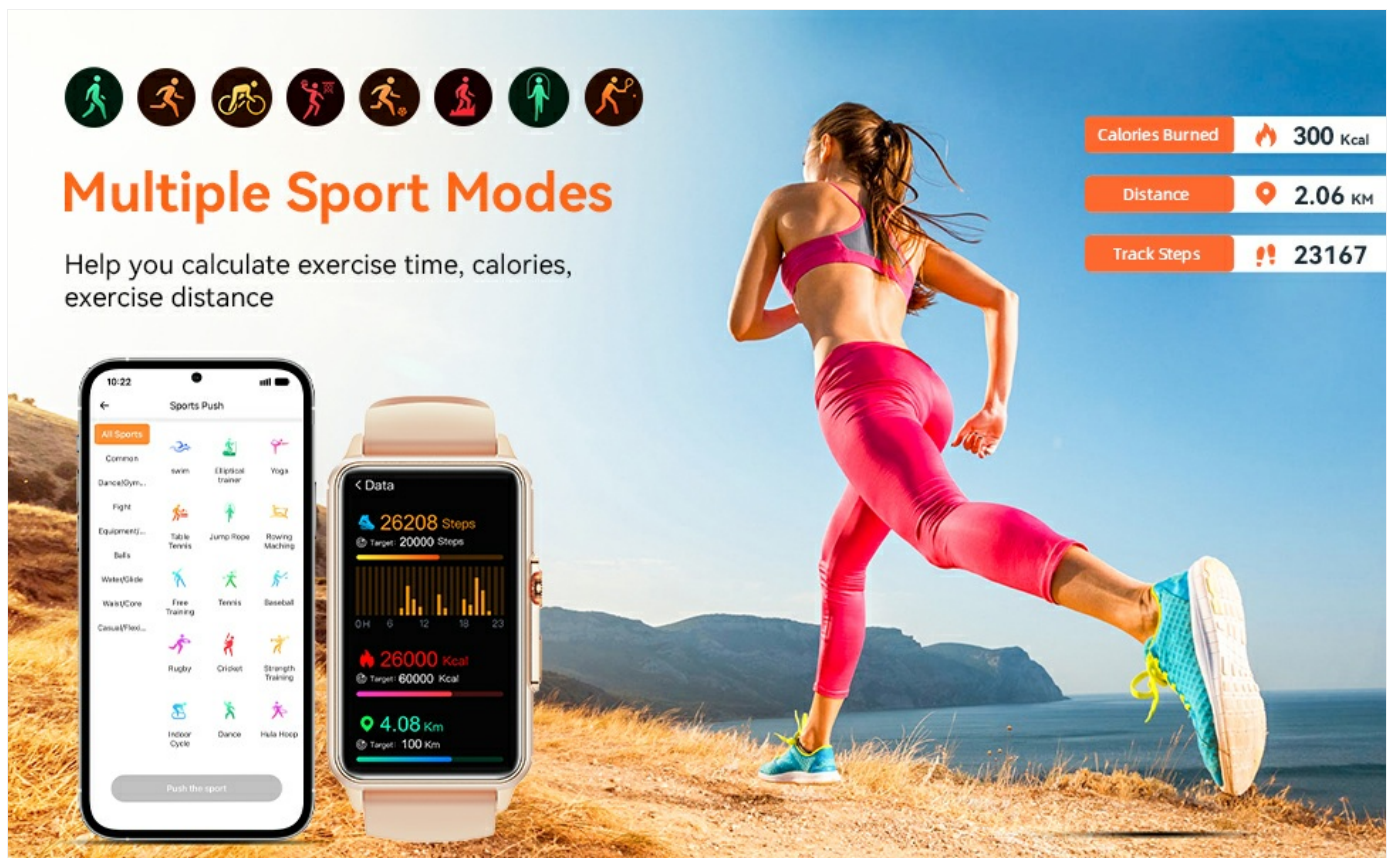


Figure 6.2: Sports Tracking with App Integration

7. BATTERY LIFE

The Mingdahn Smart Watch is designed for extended use with efficient power management.

- Up to 30 days of standby time.
- Approximately 5 days of typical battery life with regular use.
- Full charging time is about 2 hours.

8. CUSTOMIZATION

Personalize your smart watch experience with a variety of watch faces.

- The 'FitCloudPro' app offers a wide selection of cloud watch faces.
- You can also upload your favorite photos to create custom watch faces, allowing you to express your personal style.



Figure 8.1: Watch Face Customization

9. SPECIFICATIONS

Feature	Detail
Model	H76Plus
Screen Size	1.57 Inches
Display Type	HD Color Touch Screen
Waterproof Rating	IP67
Battery Capacity	220 Milliamp Hours
Connectivity	Bluetooth
Operating System Compatibility	Android 5.0+, iOS 10+
Health Monitoring	Heart Rate, SpO2, Blood Pressure, Sleep Monitor
Activity Tracking	Steps, Calories, Distance, Multiple Sports Modes
Special Features	Bluetooth Call, AI Voice Assistant, Notifications, Music/Camera Control, Alarm, Calculator, Calendar, Weather, Find Phone
Item Weight	4.97 Ounces

10. TROUBLESHOOTING

10.1 Watch Cannot Receive SMS and Notifications

If your watch is not receiving messages or notifications, please check the following:

1. **App Permissions:** Ensure that all necessary permissions (messages, calls, notifications, etc.) are allowed for the 'FitCloudPro' app on your phone. This is crucial during the initial app download and setup.
2. **Phone Notification Settings:** Verify that the 'FitCloudPro' app is allowed to send notifications in your phone's settings. Navigate to Phone Settings > Apps > 'FitCloudPro' > Notifications. Ensure 'Allow Notifications' is enabled and that Lock Screen, Notification Center, and Banners are ticked. Also, set 'Show Previews' to 'Always (Default)'.
3. **In-App Notification Reminder:** Within the 'FitCloudPro' app, go to 'Device' > 'SMS/APP' and ensure that notification reminders are switched on for SMS, Facebook, WhatsApp, and other desired applications.
4. **Phone Pop-up Messages:** Confirm that messages from the relevant apps appear as pop-up notifications on your mobile phone. If they do not appear on your phone, the watch will not receive them. Adjust your phone's notification settings for those specific apps if needed (Phone Settings > Notifications > [App Name] > Allow Notifications).

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Answered questions about this manual

My Mingdaln H76Plus smart watch has been sitting in a drawer for over two months; I put it on the charger, but I can't get it to turn on. How can I fix this?

When a smart watch like the Mingdaln H76Plus is left uncharged for an extended period (such as two months), the battery can enter a "deep discharge" state. This often requires a longer charging period...

[Read full answer](#)

The calendar on my Mingdaln H76Plus smart watch is incorrect for 2026; how do I correct it?

On the Mingdahn H76Plus smart watch, the date, time, and calendar are not set manually on the watch itself. Instead, they are automatically synchronized from your smartphone once the device is paired. To correct the...

[Read full answer](#)