

## Efolen AMOLED, Smartwatch for Men Women

# Efolen Smart Watch User Manual

Model: AMOLED, Smartwatch for Men Women

## INTRODUCTION

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Thank you for choosing the Efolen Smart Watch. This user manual provides essential information for setting up, operating, and maintaining your new device. Please read this manual thoroughly before using the watch to ensure proper function and to maximize your user experience.

The Efolen Smart Watch is designed to enhance your daily life with features such as health monitoring, fitness tracking, and smart notifications, all accessible from your wrist.



Image: The Efolen Smart Watch with its magnetic charging cable and a second watch showing an incoming call screen.

## SAFETY INFORMATION

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To ensure safe and proper use of your Efolen Smart Watch, please observe the following precautions:

- Do not attempt to disassemble, repair, or modify the device. This may cause damage, electric shock, or fire.
- Keep the device away from extreme temperatures, direct sunlight, and high humidity.
- Avoid exposing the watch to strong impacts or drops.
- The watch is IP67 waterproof, suitable for hand washing and rainy days. Do not use it for swimming, diving, or in hot water/steam.
- This device is not a medical device. Health data provided is for reference only and should not be used for medical diagnosis or treatment. Consult a medical professional for any health concerns.
- Keep the charging contacts clean and dry to prevent corrosion and ensure proper charging.

## WHAT'S IN THE BOX

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

- 1 × Smart watch

- 1 × Black magnetic band
- 1 × Black silicone band
- 1 × USB magnetic charger
- 1 × User manual (this document)

## SETUP

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### 1. Charging the Smart Watch

Before first use, fully charge your Efolen Smart Watch. Connect the magnetic charger to the charging contacts on the back of the watch. Plug the USB end of the charger into a standard USB power adapter (not included) or a computer USB port. The watch screen will indicate charging status. A full charge typically takes about 2 hours.

### 2. App Installation and Pairing

To unlock the full functionality of your Efolen Smart Watch, you need to install the companion application on your smartphone.

1. **Download the App:** Scan the QR code provided in the watch's quick start guide or search for the designated app (e.g., "FitCloudPro" or similar, check watch packaging for exact name) in your smartphone's app store (App Store for iOS, Google Play Store for Android).
2. **Register/Log In:** Open the app and follow the on-screen instructions to register a new account or log in if you already have one.
3. **Pair the Watch:**
  - Ensure Bluetooth is enabled on your smartphone.
  - Open the app and navigate to the "Device" or "My Device" section.
  - Tap "Add Device" or "Bind Device" and select your Efolen Smart Watch from the list of nearby Bluetooth devices. The watch's name will typically appear as "Efolen Smart Watch" or a similar identifier.
  - Confirm the pairing request on both your watch and smartphone.
4. **Enable Permissions:** Grant necessary permissions (e.g., notifications, location, contacts) to the app for optimal performance.

### 3. Wearing the Watch

Wear the Efolen Smart Watch comfortably on your wrist, about one finger's width from your wrist bone. Ensure the back of the watch is in contact with your skin for accurate heart rate and blood oxygen measurements. Do not wear it too tightly or too loosely.



Image: A person wearing the Efole Smart Watch on their wrist, demonstrating proper fit.

## OPERATING THE SMART WATCH

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### 1. Basic Navigation

- **Touch Screen:** The 1.43-inch AMOLED touch screen allows for intuitive interaction.
- **Swipe Down:** Access quick settings (e.g., brightness, do not disturb, battery saver).
- **Swipe Up:** View notifications.
- **Swipe Left/Right:** Navigate through various widgets and functions (e.g., activity data, heart rate, weather, music control).
- **Press Side Button:** Return to the main watch face or access the app menu.

1.43" AMOLED  
High definition  
large screen

60Hz high  
refresh rate

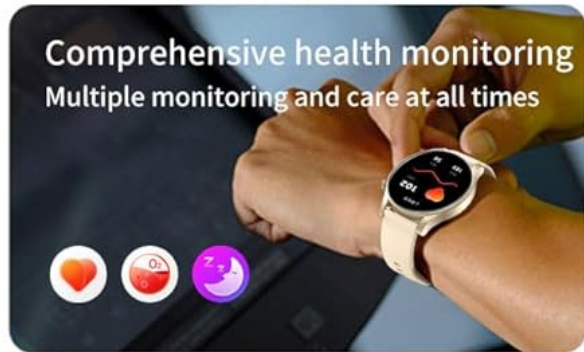


Massive dial/custom  
More diverse and versatile



100  
+

Comprehensive health monitoring  
Multiple monitoring and care at all times



Motion data  
synchronization

Watch data  
Synchronize  
mobile apps



Bluetooth call

You can contact me anytime  
by raising your hand



7 days Long  
endurance

\*Classic mode



Multiple power  
operation modes

Satisfy your love for sports



monitoring, motion data synchronization, Bluetooth call function, and long endurance.

## 2. Making and Answering Calls

The Efolen Smart Watch supports Bluetooth calling, allowing you to make and receive calls directly from your wrist when connected to your smartphone.

- **Answering Calls:** When an incoming call is received, the watch will display the caller ID. Tap the green phone icon on the watch screen to answer.
- **Making Calls:** Access the call function from the watch's menu. You can dial numbers directly or select contacts synchronized from your phone.



Image: A woman interacting with her Efolen Smart Watch, which displays an incoming call. Insets show the call interface and a dial pad.

## 3. Notifications

Receive notifications for calls, messages, and social media apps directly on your watch. Ensure notification permissions are enabled in the companion app on your smartphone.

- Swipe up from the main watch face to view your notification history.
- The watch will vibrate to alert you of new notifications.

## 4. Health Monitoring

The Efolen Smart Watch provides comprehensive health monitoring features:

- **Heart Rate Monitoring:** The watch continuously monitors your heart rate throughout the day. View real-time data on the watch or detailed trends in the app.
- **Blood Oxygen (SpO2) Monitoring:** Measure your blood oxygen levels on demand.
- **Sleep Tracking:** The watch automatically tracks your sleep patterns, including deep sleep, light sleep, and awake times. Review your sleep quality analysis in the app.

**Note: The health data provided by this device is for reference only and is not intended for medical use or diagnosis.**

## 5. Sports Modes

The watch supports over 100 sports modes to accurately record your activity data, including steps, distance, and calories burned.

- Navigate to the "Sports" or "Workout" section on your watch.
- Select your desired activity (e.g., walking, running, cycling, climbing).
- The watch will begin tracking your workout. End the workout when finished to save data.

# Trendy and Cool Sports Make exercise more possible

The watch supports multiple sports modes to accurately monitor and analyze heart rate, distance key exercise data such as calorie consumption can help you improve more scientifically exercise effect.

**100<sup>+</sup>** Sports mode

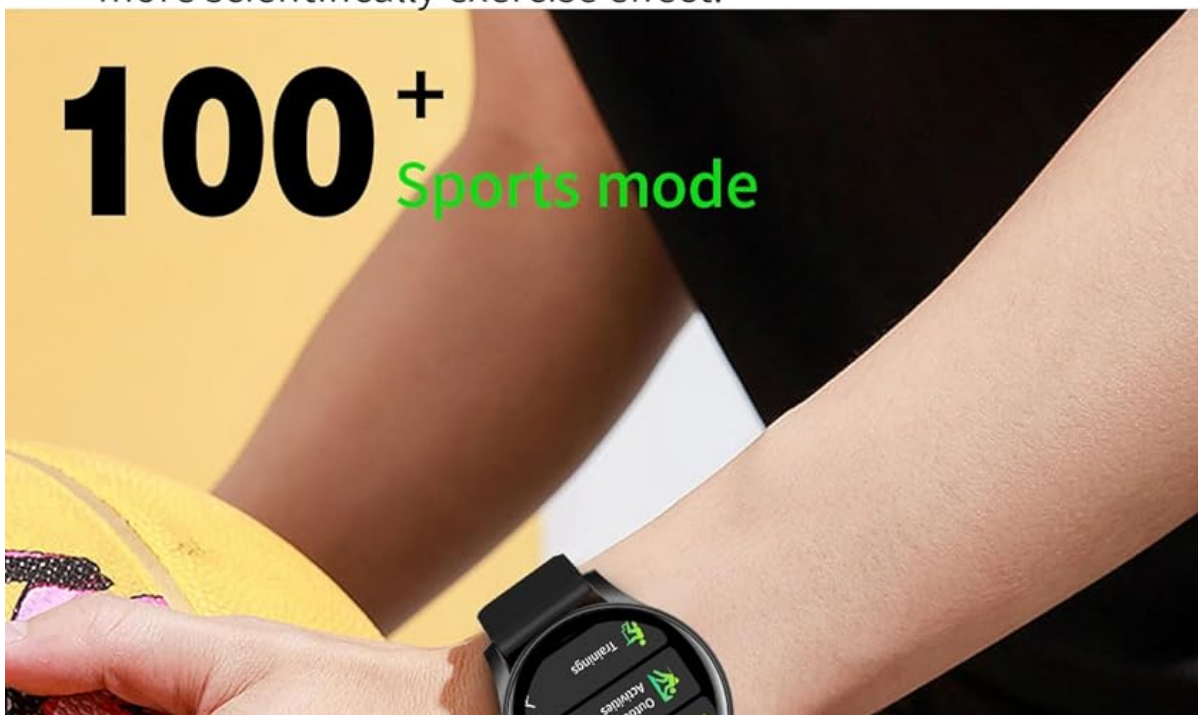




Image: A person wearing the Efolen Smart Watch during a workout, with the watch screen displaying various sports modes and activity metrics.

## 6. Customizing Watch Faces

Personalize your watch with a variety of pre-installed watch faces or create your own custom designs through the companion app.

- **On the Watch:** Long-press the main watch face to enter the watch face selection mode. Swipe left/right to browse and tap to select.
- **Via App:** Open the companion app, navigate to the "Dial Market" or "Watch Face" section to explore more options and upload custom images.

# Choose what you love

## Self styled fashion dial

Simplicity, sportiness, fashion Various styles of dials allow you to switch freely, Pair with different styles of clothing for sports, daily life, and business, Make it easy for you to navigate various occasions.



Image: The Efolen Smart Watch displaying various customizable watch faces, highlighting the "Self styled fashion dial" feature.

### 7. Music Control

Control music playback on your smartphone directly from your watch.

- Ensure your watch is connected to your phone via Bluetooth.
- Navigate to the music control interface on your watch.

- You can play/pause, skip tracks, and adjust volume.

## 8. Camera Control

Use your watch as a remote shutter for your smartphone camera.

- Open the camera function in the companion app on your phone.
- Navigate to the camera control feature on your watch.
- Tap the screen on your watch to remotely take a photo.

## MAINTENANCE

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### 1. Cleaning

- Regularly clean your watch and strap with a soft, damp cloth.
- For the watch body, use a lint-free cloth.
- Ensure the charging contacts are free of dust and debris.
- Do not use harsh chemicals or abrasive materials for cleaning.

### 2. Water Resistance (IP67)

The Efofen Smart Watch is rated IP67, meaning it is resistant to dust and can withstand immersion in water up to 1 meter for 30 minutes. It is suitable for daily use like hand washing or in rainy conditions. However, it is not recommended for swimming, showering with hot water, or diving, as steam and prolonged immersion can damage the device.

### 3. Battery Care

- Avoid fully discharging the battery frequently.
- Charge the watch regularly, even if not in constant use, to maintain battery health.
- Store the watch in a cool, dry place if not used for extended periods.

## TROUBLESHOOTING

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If you encounter issues with your Efofen Smart Watch, try the following solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes before attempting to power it on.
- **Unable to pair with phone:**
  - Ensure Bluetooth is enabled on your phone and the watch.
  - Make sure the watch is within Bluetooth range of your phone.
  - Restart both your phone and the watch.
  - Forget the device in your phone's Bluetooth settings and try pairing again through the app.
- **No notifications:**
  - Check if notification permissions are enabled for the app in your phone's settings.
  - Ensure the app is running in the background and not being closed by your phone's power-saving features.
  - Verify that "Do Not Disturb" mode is not active on either the watch or your phone.
- **Inaccurate health data:**

- Ensure the watch is worn correctly, snug but not too tight, with the sensors in contact with your skin.
- Clean the sensor area on the back of the watch.
- **Screen unresponsive:** Try restarting the watch by pressing and holding the side button until it powers off, then power it back on.

## SPECIFICATIONS

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Feature	Detail
<b>Brand</b>	Efolen
<b>Model Number</b>	AMOLED, Smartwatch for Men Women
<b>Screen Size</b>	1.43 Inches AMOLED
<b>Resolution</b>	466 x 466 pixels (HD)
<b>Connectivity</b>	Bluetooth 5.2
<b>Battery Capacity</b>	230 Milliamp Hours (Lithium Polymer)
<b>Battery Life</b>	Up to 15 days (typical usage)
<b>Water Resistance</b>	IP67
<b>Memory Storage</b>	128 MB
<b>Compatibility</b>	iOS & Android Phones
<b>Item Weight</b>	5.9 ounces
<b>Product Dimensions</b>	0.98 x 0.2 x 0.06 inches

# Specification parameters



Image: A technical diagram illustrating the dimensions of the Efolen Smart Watch, including its diameter and thickness.

## WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the contact details provided on the product packaging or visit the official Efolen website. Keep your purchase receipt as proof of purchase for warranty claims.

If you experience any issues not covered in this manual, please contact Efolen customer service for assistance.

**Efolen Store Link:** [Visit the Efolen Store on Amazon](#)