Colesma d7bef7ce-c79d-47e0-a969-e15fdcbd68df

Colesma Smart Watch for Women User Manual
Model: d7bef7ce-c79d-47e0-a969-e15fdcbd68df

1. INTRODUCTION

This manual provides detailed instructions for setting up, operating, and maintaining your Colesma Smart Watch for Women. This device is designed to assist with daily activity tracking, health monitoring, and communication features when paired with a compatible smartphone.

Image 1.1: Colesma Smart Watch with included bands.

2. WHAT'S IN THE BOX

Please verify that all items are present in your package:

- Smart Watch Body (1 unit)
- Metal Watch Strap (1 unit)
- Silicone Watch Straps (2 units: white + pink)
- USB Magnetic Charging Cable (1 unit)
- User Manual (This document)

3. SETUP

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 standard USB power adapter (not included).

- **Charging Time:** Approximately 2.5 hours for a full charge.
- **Battery Life:** 3-5 days, depending on usage.
- **Important:** Do not use a power adapter exceeding 5V/2A to prevent damage to the device.
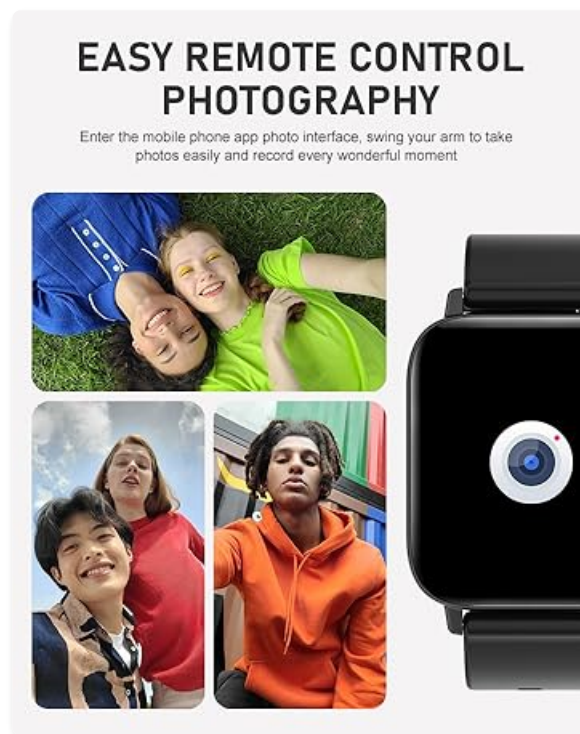

Image 3.1: Magnetic charging and IP67 waterproof feature.

3.2. App Installation

To unlock the full functionality of your smart watch, download and install the **FitcloudPro** application on your smartphone. Search for "FitcloudPro" in your device's app store (Apple App Store for iOS or Google Play Store for Android).

3.3. Device Pairing

After installing the app, follow these steps to pair your watch with your smartphone:

1. Ensure your smart 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 your smart watch from the list of available Bluetooth devices.

5. Confirm the pairing request on both your phone and watch if prompted.

The watch is compatible with Android 4.4+ and iOS 7.1+ systems. The Bluetooth connection range is typically 8-10 meters without significant obstacles. If the watch and phone move beyond this range, they will disconnect but should automatically reconnect when back within range.

Image 3.2: Smart watch compatibility with iOS and Android devices.

4. OPERATING INSTRUCTIONS

4.1. Basic Navigation

The smart watch features a 1.85-inch TFT full touch screen for intuitive operation:

- **Swipe Up/Down:** Navigate through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different data screens.
- **Tap:** Select an item or confirm an action.
- **Side Button:** Press to return to the home screen or wake the display.

Image 4.1: Examples of touch screen navigation.

4.2. Bluetooth Calls

Once paired via Bluetooth, you can make and answer calls directly from your watch using its built-in microphone and speaker.

- **Answering Calls:** When a call comes in, tap the green phone icon on the watch screen.
- **Making Calls:** Access the dial pad or your contact list (up to 10 contacts can be synced via the app) on the watch to initiate a call.
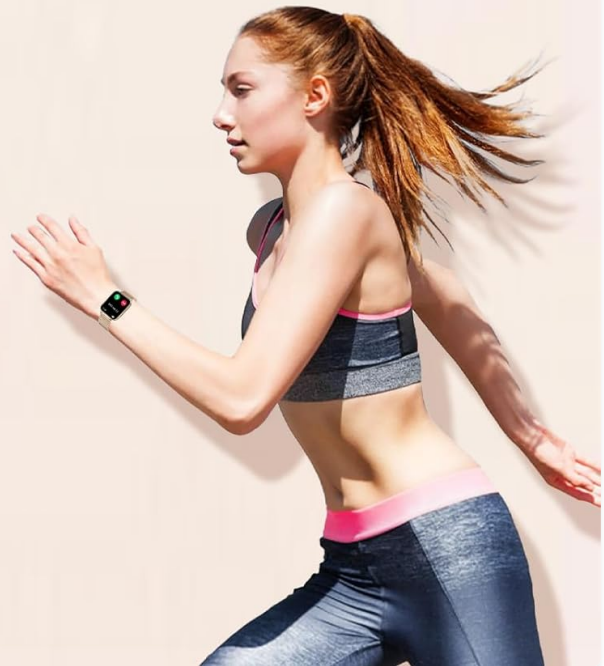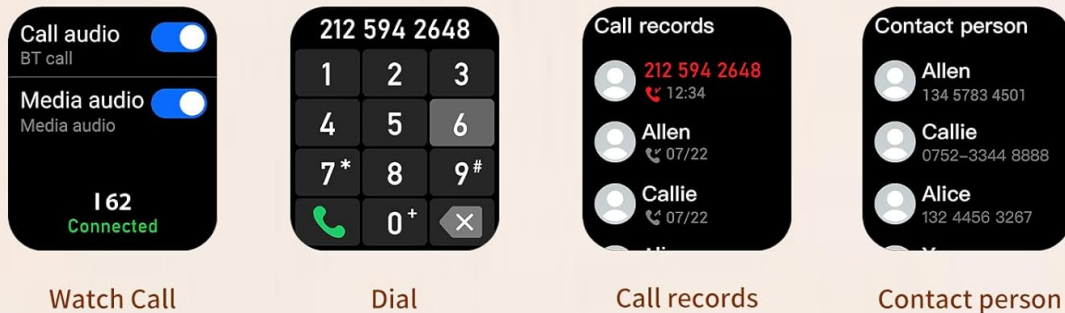- Call records are also accessible on the watch.
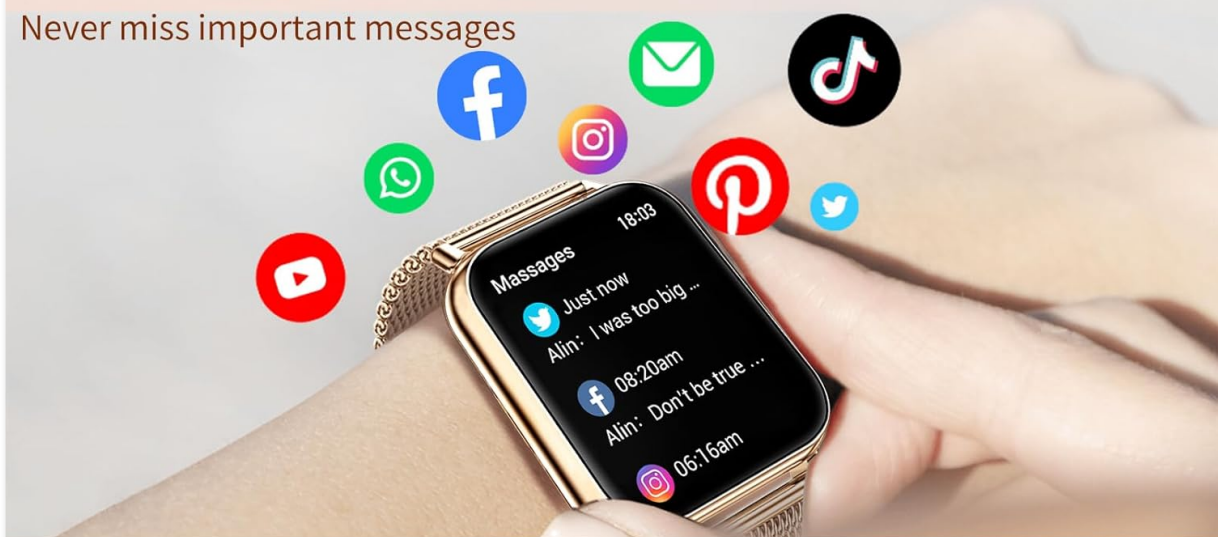
Image 4.2: Bluetooth phone call features.

4.3. Notification Alerts

Receive real-time notifications for SMS, emails, and various social media platforms (e.g., Facebook, Instagram, WhatsApp) directly on your watch. Ensure message notification permissions are enabled in the FitcloudPro app.

Note: Replying to or sending messages directly from the watch is not supported.

Image 4.3: Smart notifications and voice assistant interaction.

4.4. Voice Assistant

Activate your phone's voice assistant (Siri, Bixby, or Google Assistant) by tapping the watch screen. You can then issue commands such as checking the weather, playing music, or sending texts.
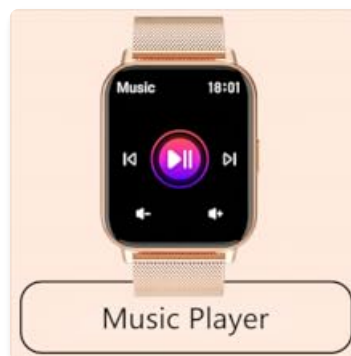

Image 4.4: Voice assistant feature.

4.5. Music Player Control

Control music playback on your smartphone directly from your watch. You can play, pause, skip tracks, and adjust volume.

Image 4.5: Music player control interface.

4.6. Remote Camera Control

Use your watch as a remote shutter for your smartphone's camera. Open the camera function in the FitcloudPro app, then tap the camera icon on your watch to take photos.

4.7. Other Features

- **Calculator:** Perform basic calculations directly on your wrist.
- **Weather Forecast:** View current weather conditions and forecasts (requires app synchronization).
- **Find Phone:** Locate your paired smartphone by triggering an audible alert from the watch.
- **Alarm Clock:** Set alarms through the app to vibrate on your watch.
- **Sedentary Reminder:** Receive alerts to move after periods of inactivity.
- **Drinking Water Reminder:** Get reminders to stay hydrated.

5. HEALTH MONITORING

The smart watch is equipped with a high-precision sensor chip to monitor various health metrics. All data is synchronized to the FitcloudPro app for detailed analysis.

Important Disclaimer: The health data provided by this device is for reference only and should not be used for medical purposes or as a substitute for professional medical advice.

5.1. Heart Rate Monitoring

The watch continuously monitors your heart rate throughout the day. You can view real-time readings on the watch or detailed trends in the app.

5.2. Blood Pressure Monitoring

Measure your blood pressure on demand directly from the watch or through the FitcloudPro app.

5.3. Blood Oxygen (SpO2) Monitoring

Check your blood oxygen saturation levels at any time using the watch.

5.4. Sleep Monitoring

The watch automatically tracks your sleep patterns, recording sleep duration and identifying different sleep stages (deep sleep, light sleep, awake time). Review your sleep analysis in the app to understand your sleep quality.

5.5. Female Cycle Reminder

Utilize the female cycle tracking feature to monitor menstruation, ovulation periods, and other related phases. This feature requires setup within the FitcloudPro app.

Image 5.1: Overview of health monitoring features.

6. Sport Modes

The smart watch offers over 100 sport modes to track your physical activities. It automatically records steps, distance, and calories burned. View activity tracks and detailed statistics in the FitcloudPro app.

Examples of supported sport modes include: gym, dance, yoga, ball games, treadmill, indoor cycling, outdoor cycling, power walking, aerobics, elliptical, swimming, hula hoop, rowing machine, free training, jump rope, and more.

Image 6.1: Tracking various sports activities.

7. CUSTOMIZATION

7.1. Watch Faces

Personalize your smart watch with over 200 watch face styles available in the FitcloudPro app. You can also upload any photo from your phone to create a custom watch face.

7.2. Menu Styles

The watch offers multiple menu styles to suit your preference, enhancing your user experience.

Image 7.1: Examples of customizable watch faces.

8. Maintenance

8.1. Water Resistance

The smart watch has an IP67 waterproof rating, meaning it is resistant to splashes and brief immersion in water. It is suitable for daily use, such as washing hands or light rain.

Important: We do not recommend wearing this watch in hot showers, spas, or saunas (steam rooms), as steam and hot water can affect its water resistance and internal components.

8.2. Cleaning

Regularly clean your watch and straps with a soft, dry cloth. If necessary, use a slightly damp cloth for the watch body. Avoid using harsh chemicals or abrasive materials.

9. Troubleshooting

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 10 minutes.

- **Watch not charging:** Check if the magnetic charging cable is properly aligned with the charging points

on the back of the watch. Ensure the USB adapter is working and does not exceed 5V/2A.

- **Cannot pair with phone:**

  a. Ensure Bluetooth is enabled on your phone.

  b. Make sure the watch is within the 8-10 meter Bluetooth range of your phone.

  c. Restart both your phone and the watch.

  d. Check the FitcloudPro app for any pending permissions or updates.

  e. If previously paired, try unpairing and re-pairing the device through the app.

- **Notifications not received:**

  a. Verify that notification permissions are enabled for the FitcloudPro app in your phone's settings.

  b. Ensure the app is running in the background and the watch is connected via Bluetooth.

  c. Check the app's settings to confirm which app notifications are enabled for the watch.

- **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. Remember that data is for reference only and not for medical diagnosis.

- **Screen not responding:** Restart the watch by pressing and holding the side button. If the issue persists, ensure the screen is clean and dry.

If you encounter any other problems, please refer to the Warranty and Support section for contact information.

10. SPECIFICATIONS

Feature	Specification
Model Number	d7bef7ce-c79d-47e0-a969-e15fdcbd68df
Screen Size	1.85 Inches
Screen Type	TFT Full Touch Screen
Battery Capacity	270 mAh Lithium Polymer
Connectivity	Bluetooth
Operating System Compatibility	Android 4.4+ & iOS 7.1+
Water Resistance Rating	IP67
Memory Storage Capacity	128 MB
Item Weight	8.4 ounces
Package Dimensions	11.3 x 4.06 x 0.75 inches

Image 10.1: Smart watch dimensions and strap details.

11. WARRANTY AND SUPPORT

Colesma is committed to providing quality products and customer satisfaction.

- **Lifetime Support:** We offer lifetime support and aim to provide satisfactory solutions for any issues you may encounter.
- **24-Hour Service:** Quick service is available via email.
- **Return Policy:** Enjoy a 30-day no-reason return policy.
- **Warranty:** The product includes a 2-year free replacement warranty.

For assistance, please contact customer support through your purchase platform (e.g., Amazon: Go to Your Order > Find the order ID > Click 'Contact with us'). We aim to reply within 24 hours.

Related Documents - d7bef7ce-c79d-47e0-a969-e15fdcbd68df

[RC Drone Compatibility List: Brands, Models, and Deviation Protocols](#)
A comprehensive list of remote control (RC) drone and vehicle models, detailing their brands, types, communication modules, and compatible DeviationTX protocols. Includes specific comments and links to relevant online discussions.