

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

- › [Efolen](#) /
- › [Efolen Smart Watch User Manual](#)

Efolen Efolen Smart Watch

Efolen Smart Watch User Manual

Model: Efolen Smart Watch (B0D2W5MBVM)

1. INTRODUCTION

Thank you for choosing the Efolen Smart Watch. This device is designed to be a comprehensive health and fitness companion, offering features such as accurate health monitoring, Bluetooth calling, and a wide range of sports modes. This manual provides detailed instructions to help you set up, operate, and maintain your smartwatch, ensuring you get the most out of its capabilities.



Image 1.1: The Efolen Smart Watch in rose gold with both Milanese mesh and silicone straps.

2. PACKAGE CONTENTS

Please verify that all items are present in your package:

- Efolen Smart Watch (with Milanese Steel Strap pre-installed)
- Silicone Strap (additional)
- Magnetic Charging Cable
- User Manual



Image 2.1: Contents of the Efole Smart Watch package, including the watch, two straps, charging cable, and user manual.

3. SETUP

3.1. Charging the Smart Watch

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. The watch display will indicate charging status.

Upgrade Bluetooth 5.2 Technology

Supports clear-e sound and stable connections.



Image 3.1: The Efolen Smart Watch connected to its magnetic charging cable, illustrating the charging process.

3.2. App Installation

To unlock the full functionality of your Efolen Smart Watch, download and install the **FitCloudPro** app on your smartphone. You can find it on the App Store (iOS) or Google Play Store (Android) by searching for "FitCloudPro" or by scanning the QR code provided in the quick start guide (if applicable).

3.3. Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the FitCloudPro app and follow the on-screen instructions to add your device.
3. The app will search for available devices. Select your Efolen Smart Watch from the list.
4. Confirm the pairing request on both your watch and smartphone.
5. For calling functionality, ensure the watch's Bluetooth for calls is also connected. This usually appears as a separate Bluetooth device (e.g., "Efolen_Call") in your phone's Bluetooth settings after initial pairing.



Image 3.2: Illustration of the watch's Bluetooth 5.2 technology, enabling stable connections for calls and data.

4. OPERATING THE SMART WATCH

4.1. Basic Navigation

- **Touch Screen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Side Button:** Press to wake the screen, return to the main dial, or access the app list.

4.2. Calling & Message Reminder

Once paired, your Efolen Smart Watch allows you to make and receive calls directly from your wrist, thanks to its built-in microphone and speaker. You will also receive notifications for incoming calls, texts, and app alerts (e.g., Facebook, Twitter, WhatsApp, Instagram, TikTok).

- **Making Calls:** Access the dial pad or contact list on your watch to initiate a call.
- **Answering Calls:** Tap the green icon on the watch screen when a call comes in.
- **Notifications:** Alerts will vibrate on your wrist, displaying the message content.

All-Day Health Monitoring

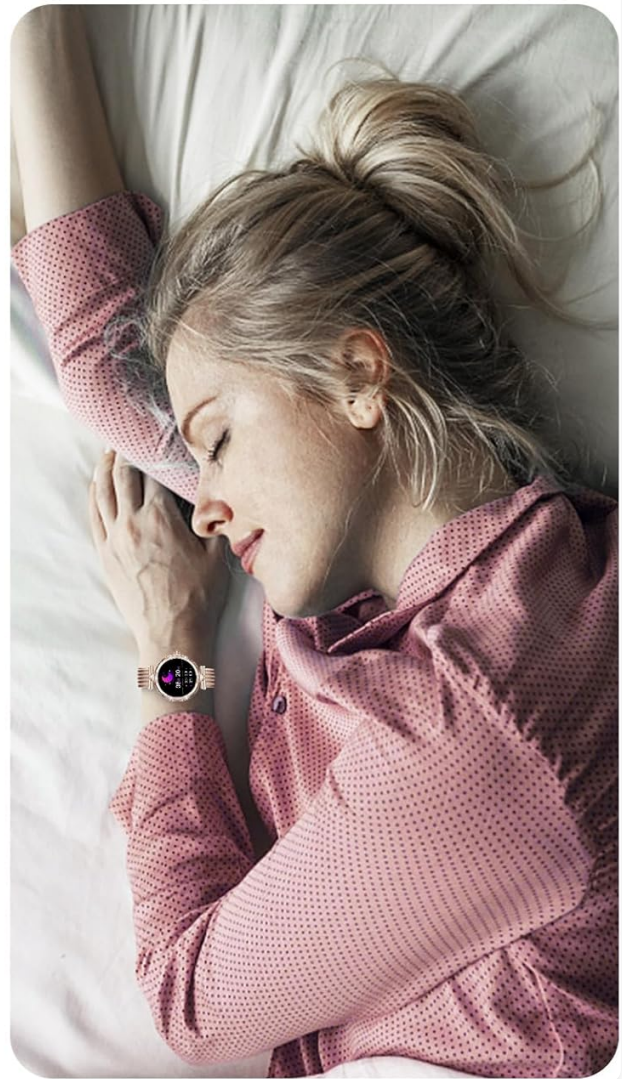


Image 4.1: The Efolen Smart Watch displaying call and message notification features, including a dial pad and call log.

1.1inch Small Diamond AMOLED Smartwatch for Dressier Occasions



AMOLED wonderful display-you can read it even in bright sunlight.



Diamond inlay, stainless steel surface, showing delicate, shiny, noble temperament.



Dial diameter of 1.1 inches and lightweight of 40g, perfect for wear for dressier and casual occasions.

Image 4.2: The Efolen Smart Watch receiving notifications from various social media and messaging applications.

4.3. Health Monitoring

The Efolen Smart Watch provides 24/7 accurate health monitoring, allowing you to track key health metrics directly from your wrist and view detailed data in the FitCloudPro app.

- **Heart Rate:** Continuous heart rate monitoring.
- **Blood Oxygen (SpO2):** Measures blood oxygen saturation levels.
- **Blood Pressure (BMP):** Provides estimated blood pressure readings.
- **Sleep Monitoring:** Tracks sleep patterns, including deep sleep, light sleep, and awake times, to help improve sleep habits.
- **Step Counter & Calories Burned:** Records daily steps and estimated calorie expenditure.
- **Stress Level:** Monitors and provides insights into your stress levels.
- **Female Menstrual Cycle Reminder:** Helps track and predict menstrual cycles.

Bluetooth Call 5.0 & Notifications



Bluetooth 5.0



Call Records



Make/Answer Call



Speaker



Message Reminder



Image 4.3: Visual representation of the watch's all-day health monitoring features, including sleep, heart rate, and blood oxygen/pressure tracking.

Comprehensive Care for Women's Health

Health data monitoring to help women understand themselves in a more detailed way.

Temperature Check



Menstruation Record

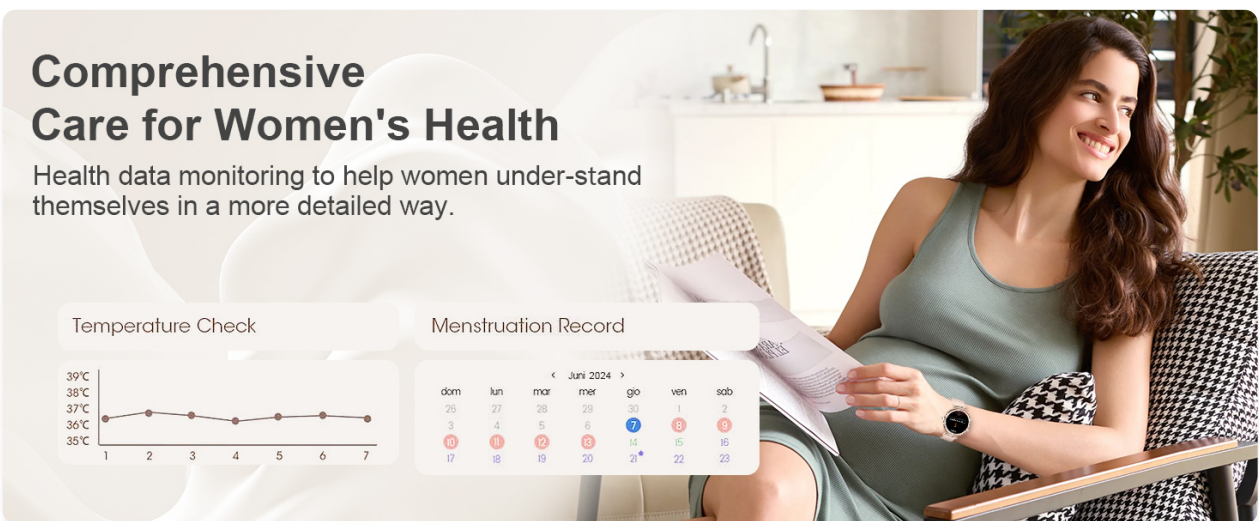
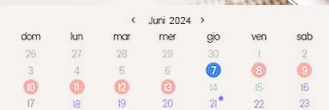


Image 4.4: Detailed sleep data displayed on the Efolen Smart Watch, showing deep sleep, light sleep, and awake periods.

4.4. Sports Modes

The watch supports over 110 sports modes, allowing you to track various activities and record your performance. Real-time statistics are displayed on your wrist and synced to the FitCloudPro app.

- **Supported Activities:** Running, walking, cycling, swimming, badminton, yoga, jump rope, and many more.
- **Automatic Exercise Detection:** The watch can automatically detect certain exercises and begin recording.

120+ Sports & All Day Activity



120+ Sports Mode



Calories Burned



Breath Training

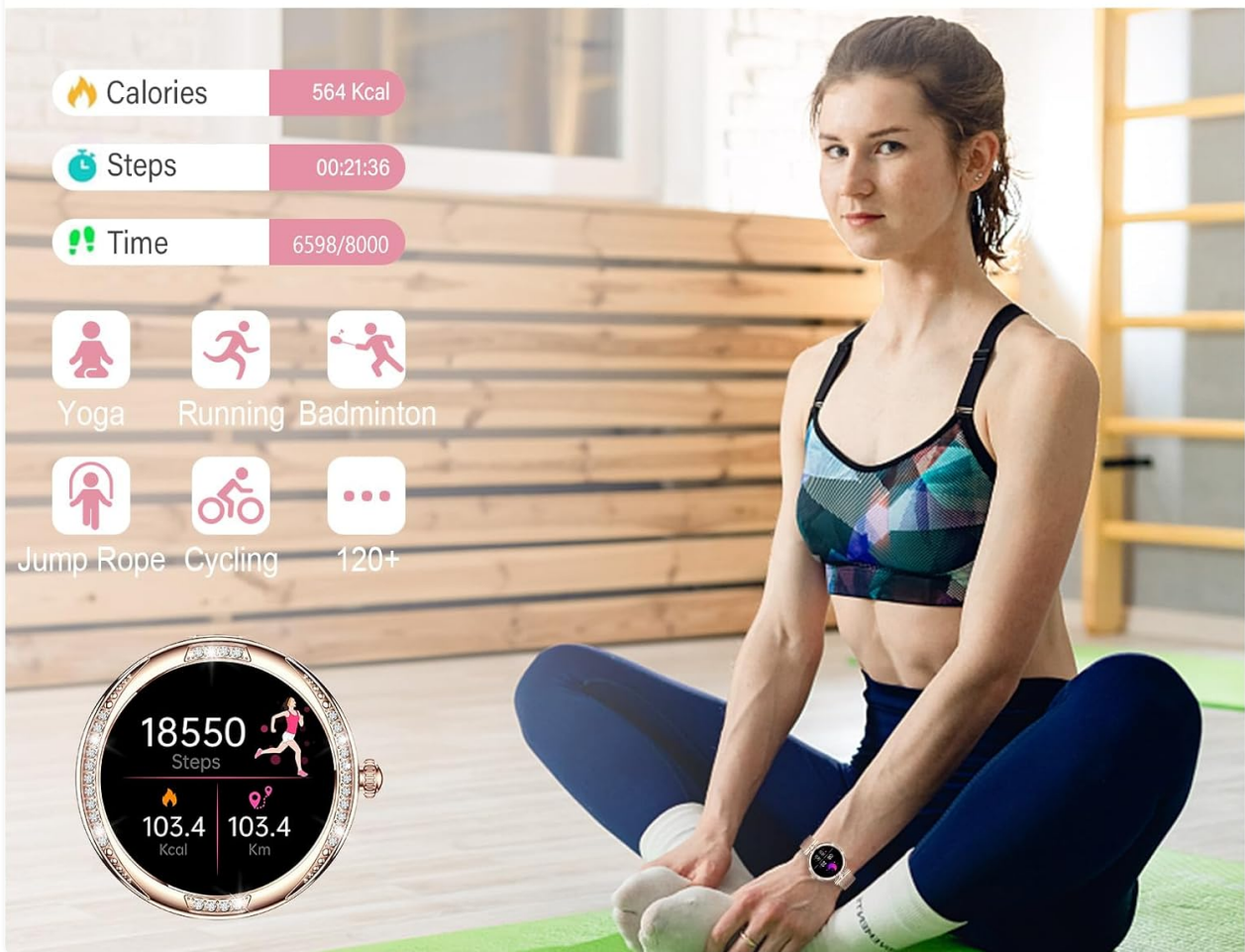


Image 4.5: A user engaging in fitness activities, highlighting the Efolen Smart Watch's capability to track over 120 sports modes.

Matching classic strap



Image 4.6: The Efolen Smart Watch displaying various fitness metrics and tailored training goals for activities like walking, running, and elliptical training.

4.5. Customization

Personalize your Efolen Smart Watch with various watch faces and other settings.

- **Watch Faces:** Choose from over 170 dials available in the FitCloudPro app.
- **DIY Watch Face:** Set any image from your phone as the watch face.
- **Brightness Adjustment:** Adjust screen brightness for optimal visibility.



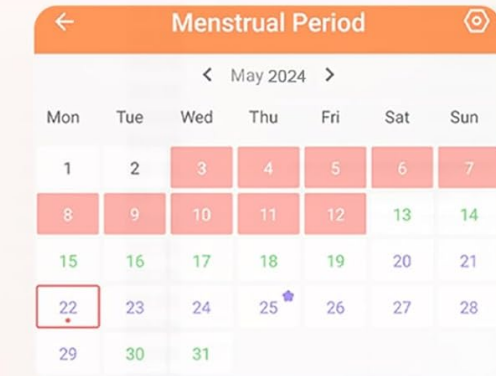
Image 4.7: The FitCloudPro app interface showing options for customizing watch dials, including setting personal photos as backgrounds.

4.6. Other Features

- **AI Voice Assistant:** Use voice commands for various functions (e.g., make calls, play music, check weather).
- **Music Control:** Control music playback on your smartphone from the watch.
- **Weather:** View current weather conditions.
- **Alarm Clock:** Set alarms directly on the watch.
- **Find Phone:** Locate your paired smartphone by making it ring.
- **Reminders:** Set sedentary alerts and water intake reminders.

Care for Women's Health

Remember your special day, it is a good companion in our everyday life.



Menstruation



Ovulation



Safe period



period ,Pregnancy

Image 4.8: The Efole Smart Watch demonstrating its AI voice assistant and music control features.

5. MAINTENANCE

5.1. Waterproof Rating

The Efole Smart Watch has an **IP68 waterproof rating**, meaning 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 showering.

Note: The watch is not suitable for use in hot water, saunas, or seawater, as these conditions may compromise the waterproof seals.



IP68 Resistente al agua

Satisface las necesidades diarias de impermeabilidad de la mayoría de las personas".

Image 5.1: A user washing hands while wearing the Efolen Smart Watch, demonstrating its IP68 water resistance.

5.2. Cleaning and Care

To maintain your watch's appearance and functionality:

- Wipe the watch and straps regularly with a soft, dry cloth.
- If necessary, use a slightly damp cloth for cleaning, then dry thoroughly.
- Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts are clean and dry before charging.

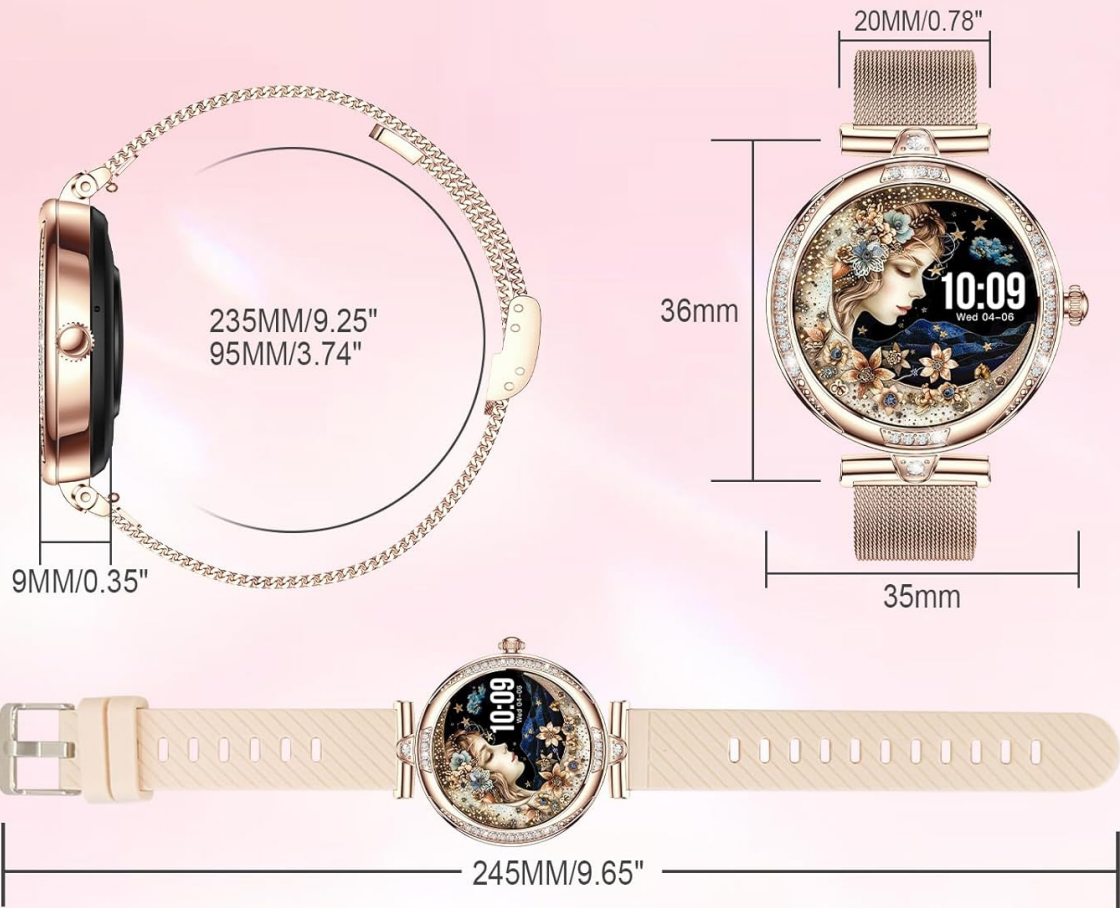
6. TROUBLESHOOTING

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

Problem	Possible Solution
Watch not turning on/charging	Ensure the charging cable is properly connected to the watch and power source. Try a different USB port or power adapter. Allow it to charge for at least 30 minutes before attempting to turn it on.
Unable to pair with phone	Make sure Bluetooth is enabled on your phone. Restart both the watch and your phone. Ensure the FitCloudPro app has necessary permissions. Try unpairing and re-pairing the device.
Notifications not received	Check app notification settings in the FitCloudPro app. Ensure your phone's notification settings allow the app to display alerts. Keep the app running in the background.
Inaccurate health data	Ensure the watch is worn snugly on your wrist, not too tight or too loose. Keep the sensor clean. Avoid excessive movement during measurements. Note that smartwatch readings are for reference and not medical-grade.
Bluetooth call issues	Ensure the watch's call Bluetooth (e.g., "Efolen_Call") is connected in your phone's Bluetooth settings. Check volume settings on both devices. Ensure the watch is within Bluetooth range of your phone.

7. SPECIFICATIONS

Feature	Specification
Display	1.19" HD AMOLED Full Touch Screen
Battery Capacity	170 mAh Lithium Polymer
Battery Life (Normal Use)	3-5 Days
Battery Life (Standby)	Up to 10 Days
Charging Time	Approx. 2 hours
Connectivity	Bluetooth 5.2
Waterproof Rating	IP68
Compatibility	Android, iOS
Product Dimensions	35 x 30 x 25 cm
Weight	40 g
Memory Storage Capacity	128 MB



2 H
Charing

3-5 Days
Normal Use

10 Days
Standby

Image 7.1: Detailed dimensions of the Efolen Smart Watch and its battery life estimates for charging, normal use, and standby.

8. WARRANTY AND SUPPORT

Efolen is committed to providing high-quality products. For any product-related inquiries, technical support, or warranty claims, please contact Efolen customer service through the retailer's platform or the official Efolen website. Please retain your proof of purchase for warranty purposes.

For the most up-to-date information and support resources, please visit the official Efolen store page on Amazon: [Efolen Store](#)