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fitaos watch 5

Fitaos Smart Watch User Manual

Model: watch 5

Introduction

This manual provides detailed instructions for setting up, operating, and maintaining your Fitaos Smart Watch. Please read this manual thoroughly to ensure proper use and to maximize the features of your device. The Fitaos Smart Watch is designed to enhance your daily life with its advanced health monitoring, communication capabilities, and fitness tracking features.

What's in the Box

Upon opening the package, verify that all items listed below are present and in good condition:

- 1 x Smartwatch
- 1 x Silicone Strap
- 1 x Nylon Strap
- 1 x Wireless Charger
- 1 x Instruction Manual



Figure 1: Package Contents

The image above displays the typical contents of your Fitaos Smart Watch package. Ensure all components are accounted for before proceeding with setup.

Setup

1. Initial Charging

Before first use, fully charge your Fitaos Smart Watch. The device features wireless charging for convenience.

1. Connect the wireless charger to a compatible USB power source.
2. Place the back of the smartwatch onto the charging pad. Ensure the charging icon appears on the watch screen.
3. A full charge typically takes approximately 2 hours. The watch offers up to 5 days of normal usage and up to 30 days of standby time on a single charge.



Figure 2: Wireless Charging and Product Dimensions

The watch is designed to be slim and comfortable, with dimensions of approximately 40mm (1.57in) in height, 35mm (1.38in) in width, and 9mm (0.354in) in thickness.

2. App Connection (FitcloudPro)

To unlock the full potential of your Fitaos Smart Watch, connect it to your smartphone via the 'FitcloudPro' application.

1. Download the 'FitcloudPro' app from your smartphone's app store (Google Play Store for Android or Apple App Store for iOS). You can also scan the QR code provided in the watch's interface or manual for direct download: FitcloudPro QR Code Link.
2. Enable Bluetooth on your smartphone.
3. Open the 'FitcloudPro' app and follow the on-screen instructions to add a new device.
4. Scan the QR code displayed on your smartwatch screen or manually select the watch from the list of available Bluetooth devices (e.g., "Watch").
5. Confirm the pairing request on both your smartphone and the smartwatch.

6. Allow the smartwatch to display notifications when prompted by the app.



Figure 3: App Connection Steps

The watch is compatible with iOS 10.0 and Android 5.0 and above devices, including iPhone, Samsung, HUAWEI, XiaoMi, and other Android or iOS smartphones.

Operating Your Smart Watch

1. Display and Customization

Your Fitaos Smart Watch features a 1.75-inch HD AMOLED screen with a resolution of 390*450 pixels, providing a clear and vivid display. You can customize your watch face to match your mood or occasion.

- **Changing Watch Faces:** Access the watch face library through the 'FitcloudPro' app. Over 100+ watch faces are available for personalization.
- **Navigation:** Swipe left/right or up/down on the touchscreen to navigate through menus and features. Use the

rotating crown for additional navigation and selection.



Figure 4: AMOLED Display and Watch Face Customization

The high screen-to-body ratio ensures a broad and immersive visual experience.

2. Bluetooth Call & Message Notifications

With Bluetooth connectivity, you can manage calls and receive message notifications directly on your smartwatch.

- **Making/Answering Calls:** Once paired, you can make and answer calls directly from your watch without needing to take out your phone. View call history and store contacts through the smartwatch interface.
- **Message Notifications:** Receive notifications from various apps such as Facebook, Messenger, Instagram, Gmail, WhatsApp, Twitter, and Viber. Please note that replying to messages directly from the watch is not supported.



Figure 5: Bluetooth Call and Message Features

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Video 1: Demonstration of Fitaos Smart Watch with Making/Answering Calls and functional overview.

3. Health Tracking

The Fitaos Smart Watch provides comprehensive health monitoring features to help you track your well-being.

- **Heart Rate Monitoring:** Continuously tracks your heart rate throughout the day.
- **Blood Oxygen (SpO2) Level Tracking:** Monitors your blood oxygen saturation.
- **Wrist Blood Pressure Monitor:** Provides blood pressure readings.
- **Sleep Tracking:** Automatically analyzes your sleep quality, including deep, light, and wakeful sleep stages, accessible via the app.
- **Female Cycle Tracking:** Offers dedicated tracking for women's health.
- **Breathing Training:** Guided breathing exercises for relaxation.



Figure 6: Health Monitoring Features

For accurate readings, ensure the watch is worn snugly on your wrist. Note that biometric sensors may not function correctly through tattoos.

4. Sports Modes & Waterproofing

The smartwatch supports over 100 sports modes to track your physical activities and is designed for durability.

- **100+ Sports Modes:** Includes walking, running, cycling, yoga, swimming, basketball, soccer, and more. It records steps, calories burned, and distance.
- **IP68 Waterproof:** The watch is IP68 rated, 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, including hand washing and use in rainy conditions. It is not recommended for hot water activities or deep diving.



Figure 7: Sports Tracking and IP68 Waterproofing

5. Multifunctional Features

Beyond health and fitness, your Fitaos Smart Watch offers a variety of useful functions:

- Timer and Stopwatch
- Alarm Clock
- Sedentary Reminder
- Music Control
- Weather Forecast
- Find Your Phone function
- Calculator and Calendar
- Games
- Raise to Wake screen activation
- AI Voice Assistant for quick access to information and controls.



Figure 8: Multifunctional Features

Maintenance

1. Cleaning Your Smart Watch

Regular cleaning helps maintain the appearance and functionality of your watch.

- Wipe the screen and watch body with a soft, lint-free cloth.
- For stubborn smudges, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.
- Clean the charging contacts periodically to ensure efficient charging.

2. Water Resistance Care

While your watch is IP68 waterproof, proper care is still essential.

- Avoid exposing the watch to hot water, steam, or high-pressure water jets (e.g., hot showers, saunas, high-pressure

washing).

- Dry the watch thoroughly after exposure to water, especially the charging contacts.
- Do not operate the buttons or touchscreen underwater.

Troubleshooting

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

Problem	Possible Cause / Solution
Watch not turning on or charging	Ensure the wireless charger is properly connected to a power source. Verify the watch is correctly placed on the charging pad. Allow the watch to charge for at least 10-15 minutes before attempting to turn it on.
Cannot pair with smartphone	Ensure Bluetooth is enabled on your phone and the watch. Make sure the 'FitcloudPro' app is open and searching for devices. Try restarting both the watch and your phone. Ensure the watch is within Bluetooth range.
Inaccurate health readings (Heart Rate, SpO2)	Ensure the watch is worn snugly on your wrist, not too loose or too tight. Clean the sensor on the back of the watch. Note that tattoos or excessive hair on the wrist can interfere with sensor accuracy.
Notifications not appearing	Check app permissions in your phone's settings to ensure 'FitcloudPro' has access to notifications. Verify that notification settings are enabled within the 'FitcloudPro' app for specific applications. Ensure the watch is connected via Bluetooth.
Short battery life	Frequent use of features like calls, continuous health monitoring, and bright screen settings can drain the battery faster. Reduce screen brightness, disable unnecessary notifications, and adjust continuous monitoring settings in the app to extend battery life.
Watch screen flickering or unresponsive	Restart the watch by pressing and holding the side button. If the issue persists, ensure the protective film has been removed from the screen.

If the problem persists after trying these solutions, please contact Fitaos customer support for further assistance.

Specifications

Feature	Detail
Model Number	watch 5
Screen Size	1.75 Inches AMOLED
Screen Resolution	390*450 pixels
Battery Capacity	230 Milliamp Hours (Lithium Polymer)
Charging Method	Wireless Charging
Battery Life (Normal Use)	Up to 5 days
Standby Time	Up to 30 days

Feature	Detail
Water Resistance Rating	IP68
Connectivity	Bluetooth
Compatibility	iOS 10.0+ and Android 5.0+
Health Monitoring	Heart Rate, Blood Oxygen (SpO2), Blood Pressure, Sleep Tracking, Female Cycle Tracking
Sports Modes	100+ modes (walking, running, cycling, yoga, swimming, etc.)
Dimensions (Approx.)	40mm (H) x 35mm (W) x 9mm (D)
Weight	4.9 ounces

Warranty and Support

Your Fitaos Smart Watch comes with a manufacturer's warranty. Please refer to the warranty card included in your product packaging for specific terms and conditions.
For technical support, troubleshooting assistance, or warranty claims, please contact Fitaos customer service. You can find more information and contact details on the official Fitaos store page: Fitaos Store.

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