

Cillso T80

Cillso T80 Smartwatch User Manual

Model: T80

1. INTRODUCTION

Thank you for choosing the Cillso T80 Smartwatch. This device is designed to enhance your daily life by providing convenient communication, comprehensive health monitoring, and various fitness tracking features. With its 1.85-inch touch screen, Bluetooth calling capability, and IP68 waterproof rating, the T80 is a versatile companion for both men and women, compatible with iOS and Android smartphones.

This manual provides detailed instructions on how to set up, operate, and maintain your smartwatch to ensure optimal performance and longevity.

2. GETTING STARTED: SETUP GUIDE

2.1. Package Contents

- Cillso T80 Smartwatch (with silicone band)
- Charging Cable
- User Manual

2.2. Charging the Smartwatch

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a standard USB power adapter (5V/1A recommended).

- A full charge typically takes about 2-3 hours.
- The battery icon on the screen will indicate charging status.



Figure 2.2.1: The Cillso T80 Smartwatch with its 1.85-inch display showing various health metrics and notifications. The image highlights the watch's main interface, including date (Dec 26, Mon), heart rate (97 bpm), steps (6800), calories (328), and battery level (75%). It also shows incoming call and contact list interfaces on smaller screens.

2.3. App Download and Pairing

To unlock the full potential of your Cillso T80 Smartwatch, you need to download and install the companion app on your smartphone. Refer to the quick start guide or the watch screen for the specific app name (e.g., "FitCloudPro" or similar, as common for these devices).

1. **Download the App:** Scan the QR code provided in the watch's manual or on the watch screen, or search for the app 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 create an account or log in.
3. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
4. **Pair the Device:** In the app, navigate to the "Device" or "My Device" section. Tap "Add Device" or "Bind Device" and select "T80" from the list of available devices.
5. **Confirm Pairing:** A pairing request may appear on your smartwatch. Confirm the pairing on both your watch and

smartphone.

6. **Grant Permissions:** Allow necessary permissions (e.g., notifications, location, contacts) for the app to function correctly.

Once successfully paired, the watch will synchronize time and data with your phone.

3. OPERATING YOUR SMARTWATCH

3.1. Basic Navigation

- **Touch Screen:** Tap to select, swipe left/right/up/down to navigate menus and screens.
- **Side Button:** Press to wake up the screen, return to the home screen, or access the app list (functionality may vary based on short/long press).

3.2. Bluetooth Calling

The Cillso T80 Smartwatch supports Bluetooth calls, allowing you to make and receive calls directly from your wrist.

1. **Enable Call Audio:** Ensure the watch is connected to your phone's Bluetooth for both data and call audio (sometimes listed as a separate Bluetooth connection, e.g., "T80_CALL").
2. **Making Calls:** Access the dial pad or contact list on the watch to initiate a call.
3. **Receiving Calls:** When a call comes in, the watch will display the caller ID. Tap the green icon to answer or the red icon to reject.

3.3. Notifications

Receive real-time notifications from your smartphone directly on your smartwatch.

- Ensure notification permissions are granted in the companion app for desired applications (e.g., WhatsApp, SMS, Facebook).
- Swipe down from the watch face to view recent notifications.

3.4. Sport Modes

The watch supports 110+ sport modes to track your workouts. Select your activity from the sports menu to record data such as duration, calories burned, and heart rate.

3.5. Health Monitoring

The T80 Smartwatch provides continuous health monitoring features:

- **Heart Rate:** Monitor your heart rate throughout the day. Access the heart rate app on the watch for real-time readings.
- **Step Counter:** Tracks your daily steps, distance, and calories burned.
- **Sleep Monitoring:** Automatically monitors your sleep patterns (deep sleep, light sleep, wake-up times). View detailed analysis in the companion app.

***Note:** Health data provided by this device is for reference only and should not be used for medical diagnosis or treatment.*

3.6. Customizing Watch Faces

Personalize your smartwatch by changing the watch face. You can usually do this directly on the watch by long-pressing the home screen, or through the companion app which offers a wider selection of watch faces and custom photo options.

4. MAINTENANCE AND CARE

4.1. Cleaning

- Regularly clean your smartwatch and strap with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts are clean and dry before charging.

4.2. Water Resistance (IP68)

The Cillso T80 Smartwatch is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. This makes it suitable for daily use, hand washing, and light rain.

- **Do NOT** use the watch in hot water, saunas, or steam rooms.
- **Do NOT** press buttons underwater.
- Avoid prolonged immersion or high-velocity water activities (e.g., diving, showering with hot water).
- Dry the watch thoroughly after exposure to water.

4.3. Battery Care

- Avoid extreme temperatures, which can affect battery life.
- Do not leave the watch fully discharged for extended periods.
- Use the original charging cable provided.

5. TROUBLESHOOTING

If you encounter issues with your smartwatch, try the following solutions:

Problem	Solution
Watch won't turn on.	Ensure the watch is fully charged. Press and hold the side button for several seconds.
Unable to pair with phone.	Ensure Bluetooth is enabled on your phone and the watch. Make sure the watch is within Bluetooth range (approx. 10 meters). Restart both the watch and your phone. Forget the device in your phone's Bluetooth settings and try pairing again through the app. Check if the app has all necessary permissions.
Notifications not received.	Ensure the watch is connected to the app. Check notification settings within the companion app. Verify that your phone's notification settings allow the app to display notifications. Disable "Do Not Disturb" mode on both the watch and phone.
Inaccurate health data.	Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors on the back of the watch. Avoid excessive movement during measurements.

6. TECHNICAL SPECIFICATIONS

Feature	Detail
Brand	Cillso
Model Name	T80
Color	Black
Screen Size	1.95 Inches
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Battery Composition	Lithium-Polymer
Water Resistance Rating	IP68
Band Material Type	Silicone
Included Components	Smartwatch
Dimensions (L x W x H)	10 x 10 x 10 millimeters

7. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the warranty card included in your product packaging or contact the retailer/manufacturer directly. Keep your purchase receipt as proof of purchase.

For technical assistance or further inquiries, please visit the official Cillso website or contact their customer service department.

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