

SUNKTA EF6-O2

SUNKTA Military Smart Watch User Manual

Model: EF6-O2

Brand: SUNKTA

INTRODUCTION

The SUNKTA Military Smart Watch EF6-O2 is a robust and feature-rich device designed for active lifestyles. It combines durability with advanced smart functionalities, including health monitoring, communication features, and extensive sports tracking. This manual will guide you through the setup, operation, and maintenance of your new smartwatch.



Figure 1: SUNKTA Military Smart Watch EF6-O2

SETUP GUIDE

1. Initial Charging

Before first use, fully charge your smartwatch. The device features a 530mAh battery. A full charge typically takes approximately 2 hours.

- Connect the magnetic charging cable to the charging points on the back of the watch.
- Plug the USB end of the cable into a standard USB power adapter (not included) or a computer's USB port.
- The watch display will indicate charging status.



Figure 2: Charging the Smart Watch

2. App Installation and Pairing

To unlock the full potential of your smartwatch, download and install the "Fitcloudpro" app on your smartphone.

1. Scan the QR code in the watch's manual or search for "Fitcloudpro" in your phone's app store (compatible with Android 4.4+ and iOS 8.0+).
2. Open the app and follow the on-screen instructions to create an account or log in.
3. Enable Bluetooth on your smartphone.
4. In the "Fitcloudpro" app, navigate to the device pairing section and select your smartwatch from the list of available devices. The watch model is EF6-O2.
5. Confirm the pairing request on both your phone and the watch.

3. Customizing Watch Faces

The smartwatch offers over 200 different styles of watch faces. You can also upload your favorite photos to personalize the watch face through the "Fitcloudpro" app.

1.43-inch AMOLED Always-on Display

For a Clearer and Brighter Visual Experience



466*466
High Resolution

1.43"
Low-power Round Screen

AMOLED
Full Touch Screen

Figure 3: AMOLED Display and Watch Face Customization

OPERATING INSTRUCTIONS

1. LED Flashlight

The smartwatch is equipped with a powerful LED flashlight, providing an illumination distance of 6-8 meters.

This feature is useful for camping, hiking, or navigating in low-light conditions.

- To activate the flashlight, press the designated "LIGHT" button on the side of the watch.
- Press the button again to turn it off.

Built-in LED Flashlight

Let You Bravely Move Forward in the Outdoor Darkness



0M Effective range 6M

One-Click Light

Stainless Steel One-Piece Case

Figure 4: Using the LED Flashlight

Your browser does not support the video tag.

Video 1: This video demonstrates the durability of the SUNKTA Military Smart Watch EF6-O2, including its resistance to extreme temperatures and impacts. It also showcases the functionality of the built-in LED flashlight, health monitoring features like heart rate and blood oxygen tracking, and the various sports modes available on the device.





2. Bluetooth Calling & Message Notification

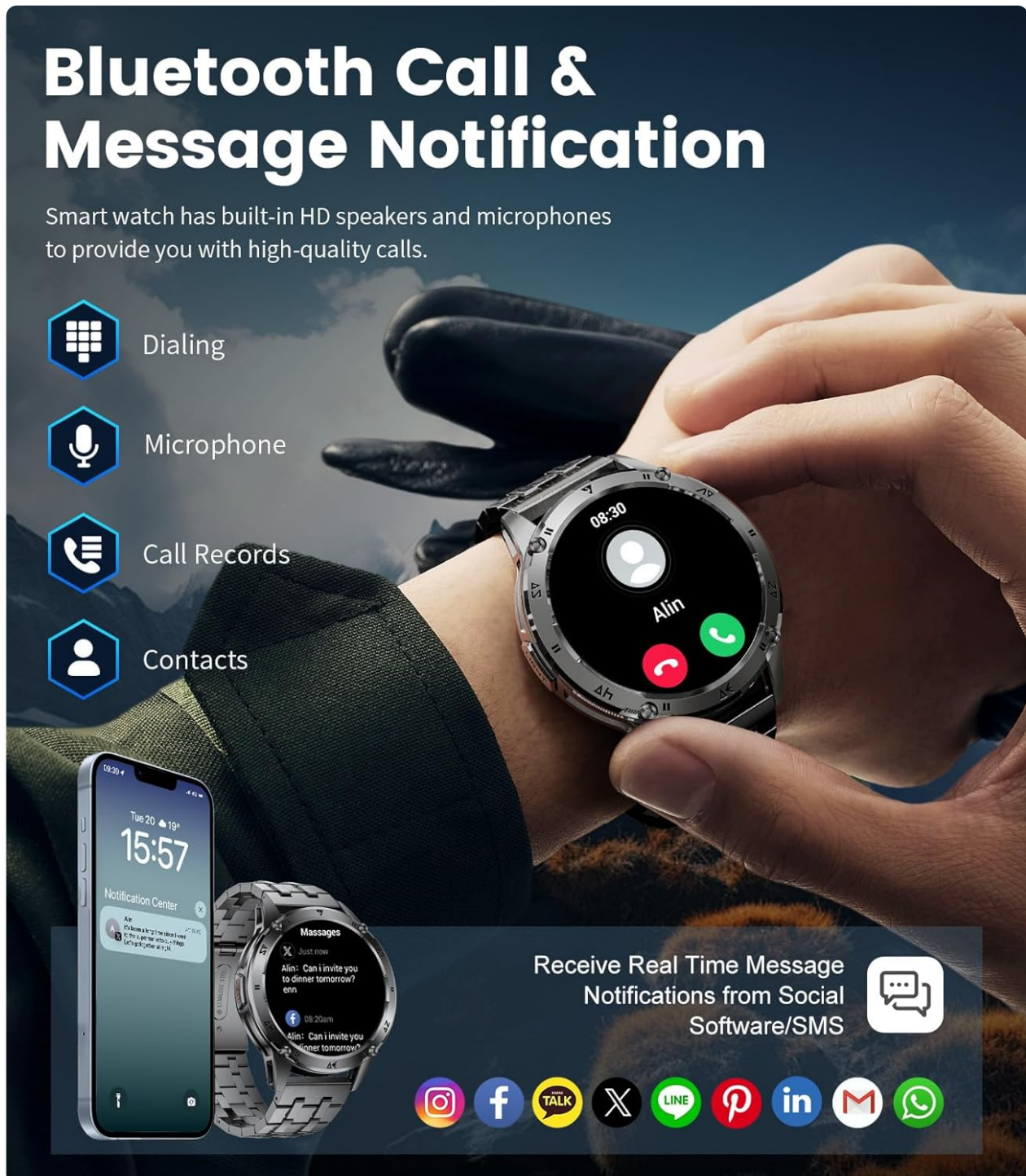
With Bluetooth 5.0, the smartwatch provides a stable connection for calls and notifications. It features a 60dB speaker and noise-cancelling microphone for clear communication.

- **Making/Answering Calls:** When connected to your phone, you can directly answer or dial calls from your watch.
- **Message Notifications:** Receive real-time notifications from SMS, Facebook, WhatsApp, Instagram, Twitter, TikTok, Skype, and other apps directly on your watch display.

Bluetooth Call & Message Notification

Smart watch has built-in HD speakers and microphones to provide you with high-quality calls.

-  Dialing
-  Microphone
-  Call Records
-  Contacts



Receive Real Time Message Notifications from Social Software/SMS




Figure 5: Bluetooth Calling and Message Notifications

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Video 2: This video highlights the key features of the SUNKTA Military Smart Watch EF6-O2, including its ability to make and answer calls directly from the watch, receive message notifications, monitor various health metrics such as heart rate, blood oxygen, and blood pressure, and track over 100 different sports activities.

3. Sports Modes

The smartwatch supports over 100 sports modes, including running, cycling, walking, hiking, fitness, yoga, HIIT, and more. It tracks daily data such as steps, heart rate, time, and calories burned during exercise. All fitness activities and data are recorded in the "Fitcloudpro" app.

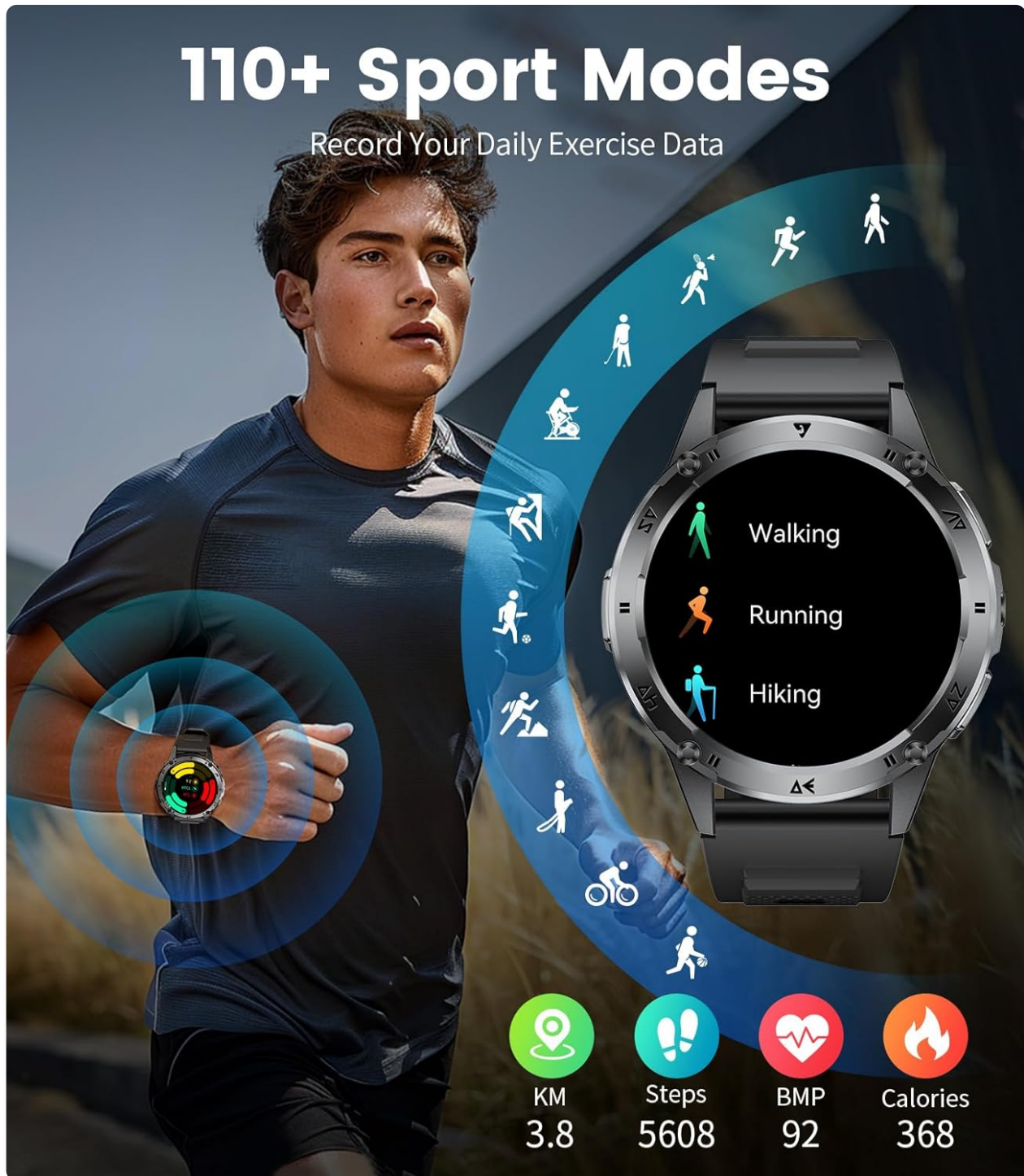


Figure 6: 100+ Sports Modes

HEALTH MONITORING

The smartwatch is equipped with advanced biosensors that provide comprehensive insights into your health.

- **Heart Rate Monitor:** Tracks your heart rate 24/7.
- **Blood Oxygen (SpO2) Detector:** Measures blood oxygen saturation. For accurate results, it is recommended to measure while at rest.
- **Sleep Monitor:** Tracks your sleep duration and stages to help manage and improve sleep quality.

24H Health Monitoring

Monitor Real-Time Heart Rate, Precise Blood Pressure, Blood Oxygen Saturation - Your Personal Health Companion



Figure 7: 24H Health Monitoring

MAINTENANCE

1. Water Resistance (5ATM)

The smartwatch features a 5ATM waterproof rating, making it suitable for swimming and exposure to rain. However, it is important to note:

- Do not wear the smartwatch in a sauna or hot shower, as steam and high temperatures can compromise its sealing effectiveness.
- Avoid prolonged exposure to hot water.

5ATM Waterproof

Prepares the ground for more challenging dives, that the smartwatch does withstand the pressures equivalent to a depth of 50 meters.





Shockproof Dustproof Handwashing Rain

Note: Do not wear the smartwatch in a sauna to protect its sealing effectiveness from water vapor.

Figure 8: 5ATM Waterproof Feature

2. Durability and Cleaning

Constructed from high-strength stainless steel with a Corning Gorilla Glass display, the watch is designed to withstand harsh environments and resist external impacts. It is drop-resistant, shockproof, extreme temperature-resistant, and corrosion-resistant.

- Regularly wipe the watch and strap with a soft, dry cloth to remove sweat and dirt.

- For deeper cleaning, use a slightly damp cloth and ensure the watch is completely dry before wearing or charging.



Figure 9: Military-Grade Durability

3. Battery Care

The 530mAh battery provides 6-10 days of typical use and up to 30 days of standby time. To maximize battery life:

- Avoid extreme temperatures during charging and storage.
- Do not leave the watch fully discharged for extended periods.
- Use the provided charging cable.

TROUBLESHOOTING

Common Issues and Solutions

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot 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.
 - Clear the Bluetooth cache on your phone (if applicable).
- **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.
 - For blood oxygen measurements, remain still and at rest.
- **Notifications not appearing:**
 - Check app notification settings on your phone and in the "Fitcloudpro" app.
 - Ensure the watch is connected via Bluetooth.
 - Verify that the "Fitcloudpro" app has necessary permissions on your phone.

SPECIFICATIONS

Feature	Detail
Model Name	EF6-O2
Brand	SUNKTA
Screen Size	1.43 Inches
Display Type	AMOLED (466*466 resolution)
Battery Capacity	530 mAh Lithium Ion
Battery Life (Normal Mode)	6-10 days
Battery Life (Standby)	Up to 30 days

Charging Time	Approx. 2 hours
Waterproof Rating	5ATM
Connectivity	Bluetooth 5.0
Compatibility	Android 4.4+ / iOS 8.0+
Special Features	LED Flashlight, Bluetooth Calling, Health Monitoring (Heart Rate, SpO2, Sleep), 100+ Sports Modes, AI Voice, Weather Forecast, Stopwatch, Alarm Clock, Music & Camera Control
Product Dimensions	3.94 x 1.97 x 0.98 inches
Item Weight	0.035 ounces (1 Grams)
Material	High-strength stainless steel, Corning Gorilla Glass
Included Components	Watch Band (and typically the watch unit, charging cable)

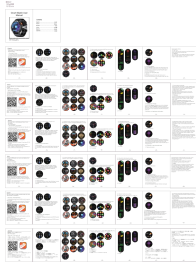

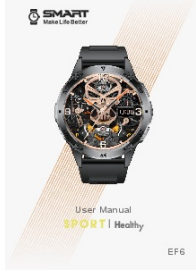
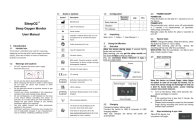


WARRANTY AND SUPPORT

Warranty Information

This SUNKTA Smart Watch comes with a 24-month (2-year) warranty from the date of purchase. This warranty covers manufacturing defects and ensures the product's quality under normal use.

Customer Support

If you have any questions, encounter issues, or require assistance with your smartwatch, please contact SUNKTA customer support. We are committed to providing a satisfactory reply within 24 hours. For support, please refer to the contact information provided with your product packaging or visit the official SUNKTA website.

	<p>SUNKTA Smart Watch User Manual - FitCloudPro App Guide</p> <p>Comprehensive user manual for the SUNKTA BWK65/K62 Smart Watch, detailing setup, pairing with the FitCloudPro app, smartwatch functions, app features, notifications, and watch face customization. Compatible with Android and iOS.</p>
	<p>SUNKTA BW0223 Smart Watch User Manual</p> <p>Comprehensive user manual for the SUNKTA BW0223 Smart Watch, covering setup, features, usage, and specifications. Learn how to pair, charge, and utilize all smart functionalities.</p>
	<p>SMART EF6 Smartwatch User Manual</p> <p>This user manual provides detailed instructions for the SMART EF6 smartwatch. It covers initial setup, charging, downloading and configuring the FitCloudPro app for both iOS and Android devices, Bluetooth pairing, managing notifications, customizing watchfaces, understanding touchscreen functions, resetting the device, and important safety precautions. Learn how to connect your EF6 smartwatch and utilize its features effectively.</p>
	<p>SleepO2 Sleep Oxygen Monitor User Manual - Viatom</p> <p>Comprehensive user manual for the Viatom SleepO2 Sleep Oxygen Monitor. Learn about its features, setup, operation, charging, troubleshooting, specifications, and electromagnetic compatibility for measuring SpO2 and pulse rate.</p>
	<p>Checkme O2 Max Smart Wrist Pulse Oximeter User Manual</p> <p>User manual for the Checkme O2 Max Smart Wrist Pulse Oximeter by Viatom Technology, detailing its features, usage, specifications, troubleshooting, and electromagnetic compatibility.</p>
	<p>ViHealth Mobile App User Guide: Monitor SpO2 & Heart Rate</p> <p>User guide for the ViHealth mobile app, detailing setup, real-time monitoring of SpO2 and heart rate, data analysis, and troubleshooting for Viatom Pulse Oximeters like the Checkme O2 Max. Supports iOS and Android devices.</p>