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Fempoin T10 Pro

Fempoin Smart Watch User Manual

Model: T10 Pro

1. Introduction

Thank you for choosing the Fempoin Smart Watch. This device is designed to enhance your daily life by providing convenient communication, comprehensive fitness tracking, and essential health monitoring features. Please read this manual carefully to ensure proper use and maintenance of your smartwatch.



Figure 1.1: Fempoin Smart Watch Overview

Key Features:

- **Bluetooth Call & Message Reminder:** Answer/make calls directly from your watch and receive notifications for SMS, WhatsApp, Facebook, and more.
- **40mm AMOLED HD Touchscreen:** Vibrant 466*466 resolution display with customizable watch faces.
- **IP68 Waterproof:** Suitable for daily use, including rain and hand washing.
- **100+ Sport Modes:** Track various activities like running, yoga, and ball games with real-time data.
- **24/7 Health Monitoring:** Accurate tracking of heart rate, SpO2, and sleep patterns.
- **Long Battery Life:** Up to 7 days of normal use on a single charge.

2. Setup

2.1 Unboxing and Initial Charge

Upon opening the package, ensure all components are present:

- Fempoin Smart Watch
- Charging Cable
- User Manual



Figure 2.1: Product Details and Package Contents

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 USB port. A full charge typically takes about 2 hours.

2.2 App Installation and Pairing

To unlock the full functionality of your Fempoin Smart Watch, you need to install the **FitCloudPro** application on your smartphone.

1. **Download the App:** Search for "FitCloudPro" in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS) and install it.
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open FitCloudPro:** Launch the app and follow the on-screen instructions to create an account or log in.
4. **Pair Your Watch:** In the app, navigate to the device section and search for your smartwatch (e.g., "T10 Pro-XXXX"). Select it to initiate pairing. Confirm the pairing request on both your phone and watch.



Figure 2.2: Smart Watch Pairing Process

For iOS 13.0 and above, and Android 5.0 and above, a single connection is usually sufficient. For iOS 13.0 and below, you may need to complete an additional audio Bluetooth connection in your phone's settings for call functionality.

2.3 Customizing Watch Faces

Personalize your smartwatch by changing the watch face. The FitCloudPro app offers over 100 free watch faces. You can also upload your favorite photos to create a custom wallpaper.



Figure 2.3: Customizable Watch Dials

3. Operating Your Smart Watch

3.1 Bluetooth Call and Message Notifications

Once connected to the FitCloudPro app, your smartwatch can handle calls and display messages.

- **Making Calls:** Use the dial pad on the watch or access your contacts (synced from the app) to make calls directly.
- **Answering Calls:** When an incoming call is received, the watch will vibrate and display the caller ID. Tap the green

icon to answer.

- **Message Notifications:** Receive real-time alerts for SMS, WhatsApp, Facebook, and other app messages. You can read the content directly on your watch.



Figure 3.1: Call and Notification Features

3.2 Health Monitoring

The Fempoin Smart Watch is equipped with advanced sensors to help you monitor your health throughout the day.

Heart Rate Monitoring

The watch continuously monitors your heart rate. View your real-time heart rate on the watch face or in the FitCloudPro app for detailed historical data and analysis.



Figure 3.2: Heart Rate Monitoring

SpO2 Monitoring

Measure your blood oxygen saturation (SpO2) levels to gain insights into your respiratory health. This feature provides on-demand readings.

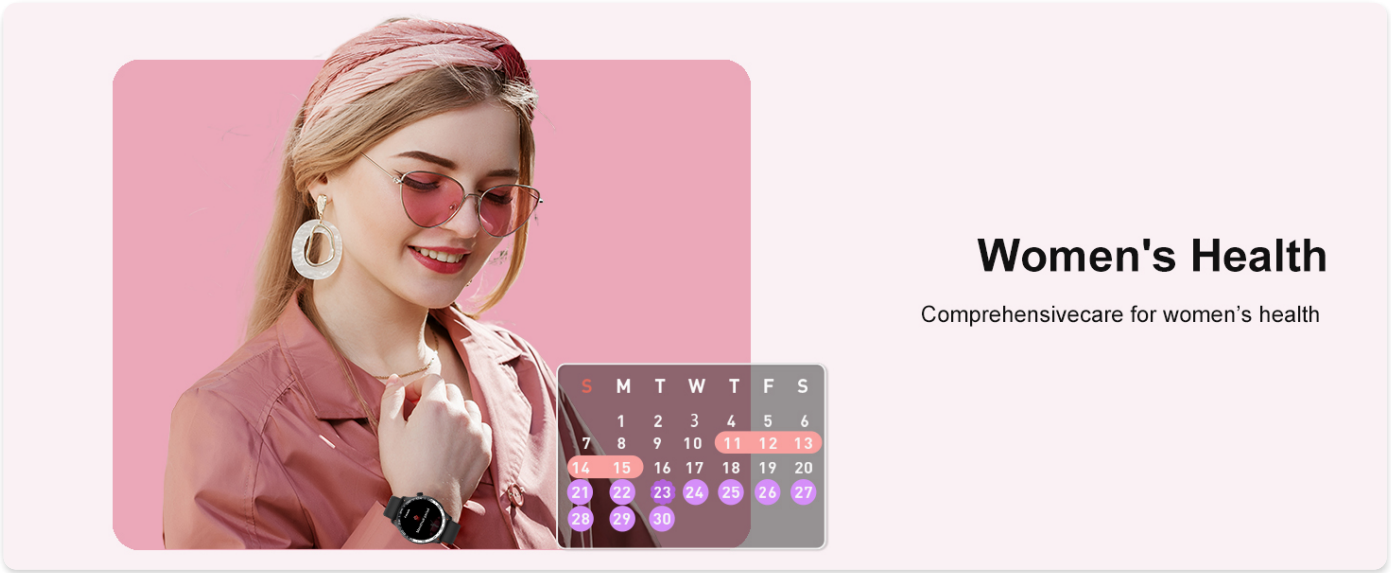


Figure 3.3: SpO2 Monitor

Sleep Tracking

The smartwatch automatically monitors your sleep patterns, including deep sleep, light sleep, and awake times. Review detailed sleep analysis in the FitCloudPro app to help improve your sleep quality.

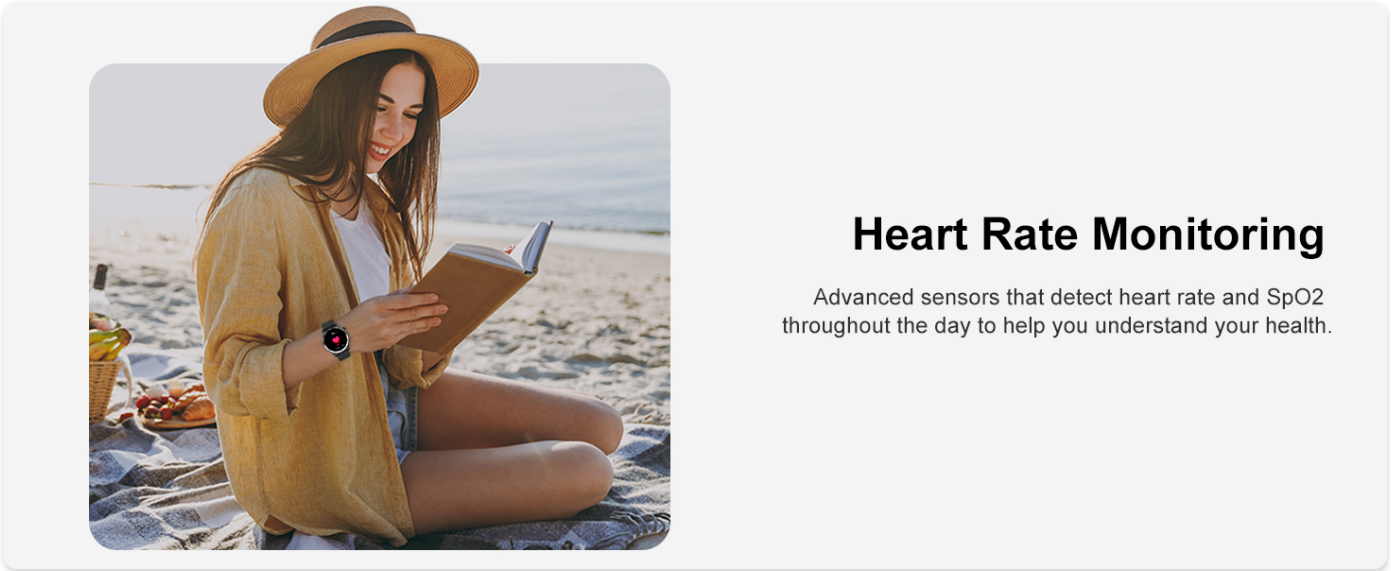


Figure 3.4: Sleep Tracker

Women's Health

The watch provides comprehensive care for women's health, allowing tracking of menstrual cycles and related data within the app.

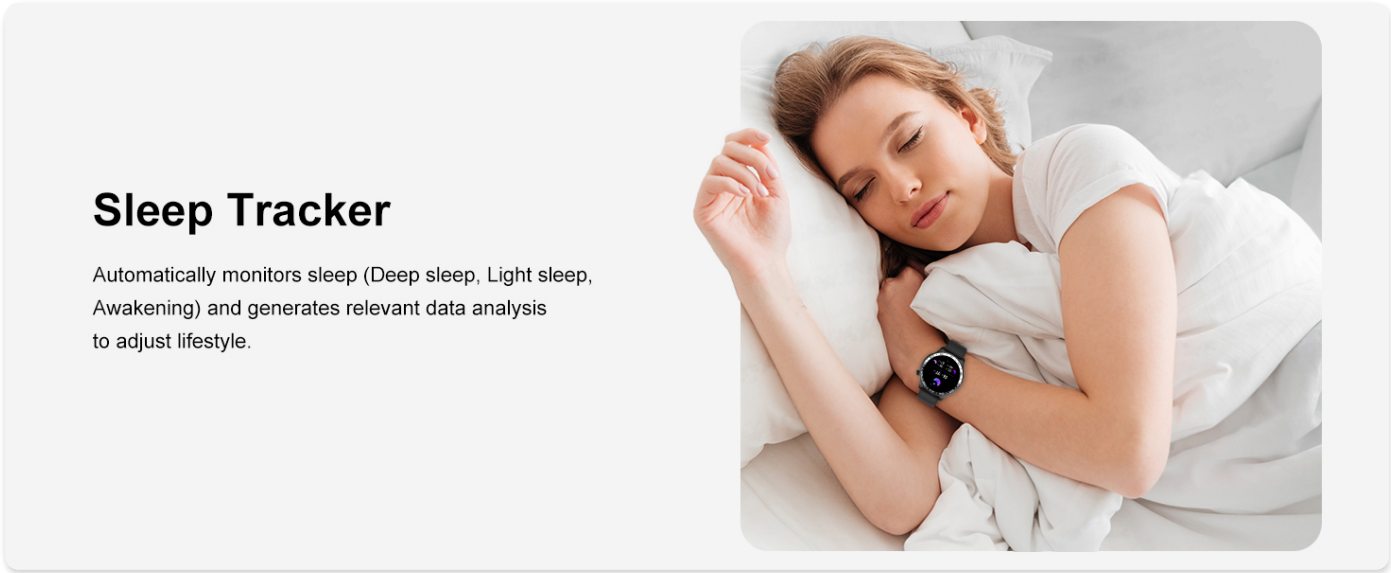


Figure 3.5: Women's Health Tracking

3.3 Activity Tracking and Sport Modes

The Fempoin Smart Watch is an excellent companion for your fitness journey, offering over 100 sport modes.

- **Daily Activity:** Tracks steps, distance, calories burned, and active hours throughout the day.
- **Sport Modes:** Select from a wide range of activities like running, cycling, yoga, basketball, and more. The watch will record specific data relevant to each sport.

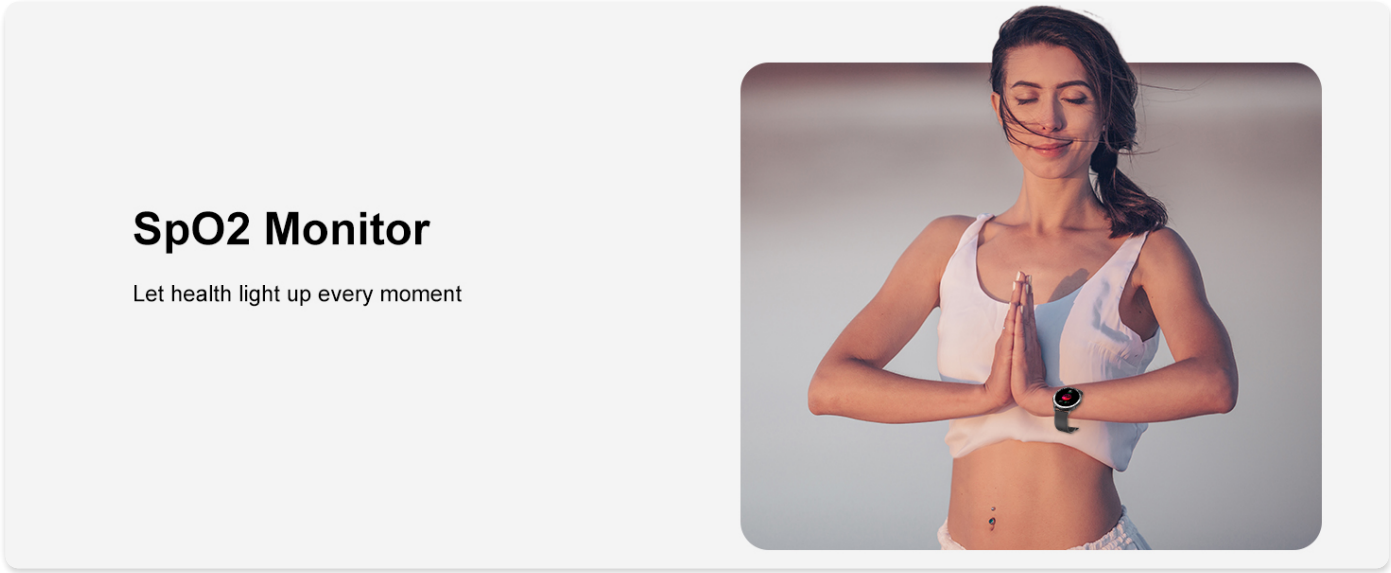


Figure 3.6: 24/7 All-Day Activity Tracking



Figure 3.7: Over 100 Sport Modes

3.4 Other Functions

The Fempoin Smart Watch includes several other practical tools:

- **Weather Forecasts:** Get real-time weather updates directly on your wrist.
- **Timer/Stopwatch:** Useful for workouts or daily tasks.
- **Find Phone:** Locate your misplaced smartphone by making it ring.
- **Music Player Control:** Control music playback on your phone from your watch.
- **Sedentary Reminder:** Get alerts to move if you've been inactive for too long.
- **Alarm:** Set alarms directly on your watch.
- **Breathing Exercises:** Guided breathing sessions for relaxation.



Figure 3.8: Additional Smart Watch Features

4. Maintenance

4.1 Cleaning Your Smart Watch

To keep your watch in optimal condition, clean it regularly:

- Wipe the screen and strap with a soft, lint-free cloth.
- For stubborn dirt, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts are clean and dry before charging.

4.2 Water Resistance (IP68)

The Fempoin Smart Watch has an IP68 water resistance rating, meaning it is protected against immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for daily use, such as washing hands or wearing in the rain. However, it is not recommended for swimming, diving, or hot showers/saunas, as steam and hot water can damage the seals.

4.3 Battery Care

The watch features a 300mAh battery, providing up to 7 days of normal usage and approximately 30 days of standby time. To maximize battery lifespan:

- Charge the watch fully before first use.
- Avoid extreme temperatures, which can degrade battery performance.
- Use the provided charging cable.



Figure 4.1: Long Battery Life

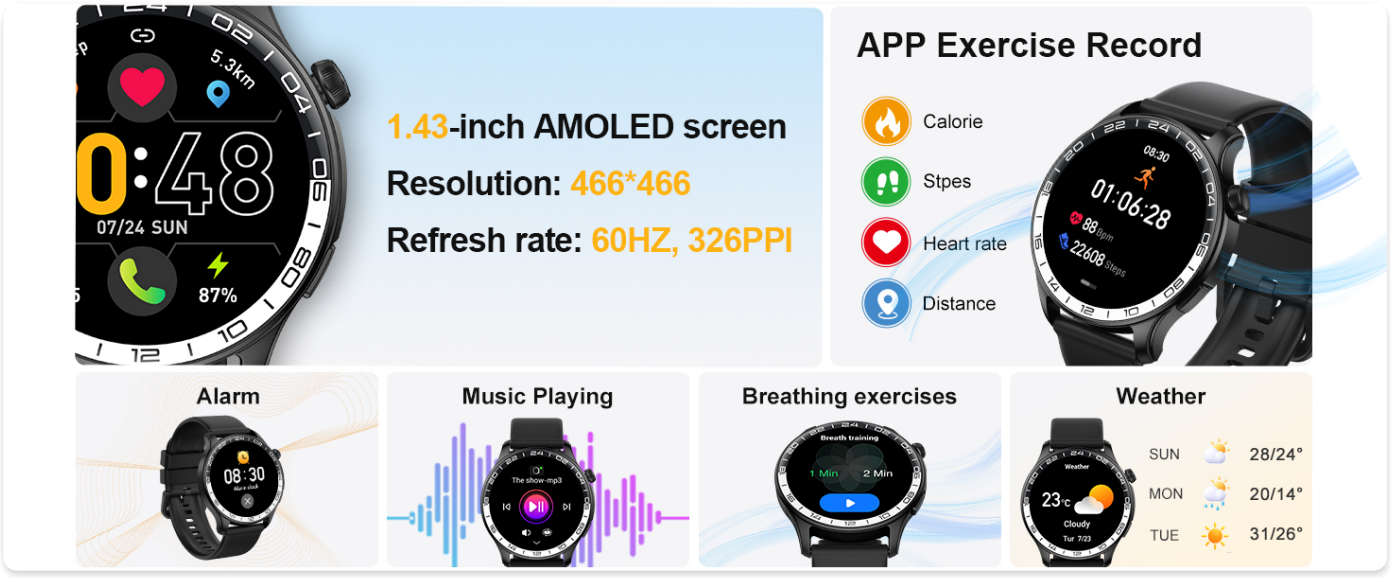


Figure 4.2: Outstanding Battery Life Details

5. Troubleshooting

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

- **Watch not turning on/charging:**
  - Ensure the charging cable is securely connected to both the watch and a working power source.
  - Check if the charging contacts on the watch and cable are clean and free of debris.
  - Try a different USB port or power adapter.
- **Bluetooth connection issues:**
  - Make sure Bluetooth is enabled on your smartphone and the watch.
  - Ensure the watch is within the Bluetooth range of your phone (typically 10 meters).
  - Restart both your watch and smartphone.
  - Unpair the device from your phone's Bluetooth settings and re-pair it through the FitCloudPro app.
- **Notifications not appearing:**
  - Check if app notifications are enabled in the FitCloudPro app settings.
  - Ensure your phone's notification settings allow the FitCloudPro app to display alerts.
  - Verify that the watch is properly connected via Bluetooth.
- **Inaccurate health data:**
  - Ensure the watch is worn snugly on your wrist, about one finger's width from your wrist bone.
  - Keep the sensor area on the back of the watch clean.
  - Avoid excessive movement during measurements for more accurate readings.
- **Screen unresponsive:**
  - Restart the watch by pressing and holding the side button.
  - Ensure the screen is clean and dry.

If the problem persists, please contact customer support for further assistance.

6. Specifications

Feature	Specification
Model Number	T10 Pro
Display Size	1.43 Inches AMOLED
Resolution	466*466
Battery Capacity	300 mAh Lithium Polymer
Charging Time	Approx. 2 hours
Normal Usage Time	7-10 days
Standby Time	Approx. 30 days

Water Resistance	IP68
Compatibility	iOS 9.0 or above, Android 6.0 or above
Item Weight	3.84 ounces
Manufacturer	Fempoin

7. Warranty and Support

The Fempoin Smart Watch comes with a standard manufacturer's warranty. Please refer to the warranty card included in your package for specific terms and conditions. This warranty typically covers defects in materials and workmanship under normal use.

For technical support, warranty claims, or any questions not covered in this manual, please contact Fempoin customer service. You can usually find contact information on the product packaging or the official Fempoin website.

Please retain your proof of purchase for warranty purposes.

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