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> laret Smart Watch for Women with Bluetooth Call (Model I109-2) User Manual

laret I109-2

laret Smart Watch for Women (Model I109-2) User Manual

Model: I109-2

INTRODUCTION

Thank you for choosing the laret Smart Watch for Women. This manual provides detailed instructions to help you set up, operate, and maintain your new smartwatch. Please read this manual thoroughly before use to ensure optimal performance and longevity of your device.

PACKAGE CONTENTS

Verify that all items are present in your package:

- 1 Smartwatch
- 1 Rose Gold Stainless Steel Smart Watch Band
- 1 Pink Silicone Smart Watch Band
- 1 Burgundy Silicone Smart Watch Band
- 1 Smart Watch Charger
- 1 User Manual (this document)

SETUP GUIDE

1. Charging the Smart Watch

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 (not included).

A full charge typically takes approximately 2.5 hours. The watch has a 290mAh battery, providing 1-2 days of heavy use or 3-5 days of normal use.

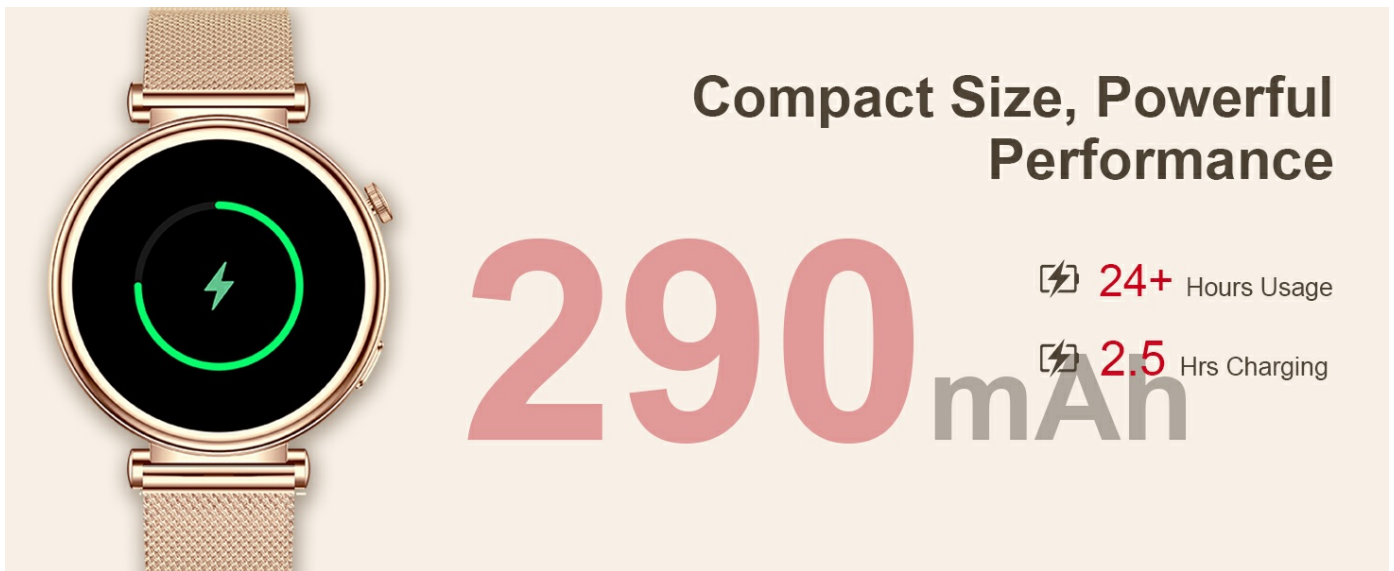


Image: The smartwatch connected to its magnetic charger, displaying battery capacity and charging duration.

2. App Installation and Pairing

To unlock all features, download and install the companion app on your smartphone.

1. **Download the App:** Search for "FitCloudPro" in your smartphone's app store (Apple App Store for iOS, Google Play Store for Android) or scan the QR code provided in the quick start guide (if applicable).
2. **Create Account:** Open the app and follow the on-screen instructions to create an account and set up your profile.
3. **Pair the Watch:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Open the FitCloudPro app and navigate to the "Device" or "Add Device" section.
 - The app will search for available devices. Select "Iaret I109-2" or a similar name from the list.
 - Confirm the pairing request on both your phone and the watch.
 - Once paired, the watch will synchronize data with your phone.

Compatibility: The smartwatch is compatible with Android 4.4 and above, and iOS 7.1 and above.

3. Band Installation

Your smartwatch comes with three interchangeable bands. To attach or detach a band:

- Locate the quick-release pins on the back of the watch band.
- Slide the pin inward to detach the current band.
- Align the new band with the watch lugs, slide the pin inward, and release it into the corresponding hole. Gently pull the band to ensure it is securely attached.

3 Watch Bands

Perfectly pair with any Outfit and occasion



Image: The three included watch bands (rose gold mesh, pink silicone, burgundy silicone) with their dimensions and a diagram of the watch.

OPERATING INSTRUCTIONS

1. Basic Navigation

The laret Smart Watch features a 1.27-inch HD touchscreen display for intuitive control.

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick widgets or different functions.
- **Tap:** Select an item or confirm an action.
- **Press Side Button:** Return to the home screen or power on/off the device.



Image: The Iaret Smart Watch with a rose gold mesh band, showing the main watch face.

2. Bluetooth Call Function

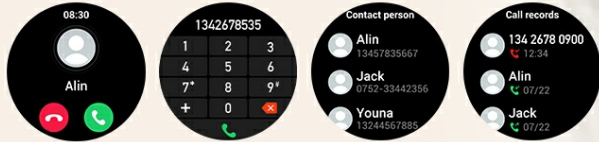
The watch supports Bluetooth 5.3 for stable call communication.

- **Making Calls:** Access the call interface on the watch to dial numbers or select from your synced contacts (up to 10 contacts can be managed via the app).
- **Answering/Rejecting Calls:** When a call comes in, you can answer or reject it directly from your watch.
- **Call Records:** View your recent call history on the watch.

Note: The Bluetooth connection range is typically 8-10 meters.

Smart Watch with Bluetooth Call

Connect the watch with your phone via Bluetooth to make/receive calls



* Bluetooth connection distance: 8-10 meters

Image: The smartwatch showing its Bluetooth call functionality, including dialing and call management options.

3. Smart Notifications

Receive real-time alerts for messages, calls, and app notifications directly on your wrist.

- **Setup:** Enable desired app notifications within the FitCloudPro app settings.
- **Alerts:** Notifications are displayed on your watch with vibration or ringtone alerts.
- **Viewing:** Swipe down from the watch face to view recent notifications.

Note: The watch can receive notifications but cannot send text messages or reply to messages directly.

Smart Notifications on Your Wrist

Never miss any important information again with instant notifications on your wrist

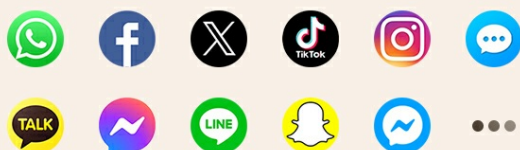


Image: The smartwatch showing icons for various social media and messaging app notifications, indicating smart notification capabilities.

4. Watch Faces and Customization

Personalize your watch with over 200 watch faces available through the FitCloudPro app.

- **Changing Watch Faces:** Browse and select watch faces from the app's gallery.
- **DIY Dials:** Upload your own photos (e.g., family, pets) to create custom watch faces.
- **Menu Styles:** Switch between four different menu styles on the watch for a unique look.

200+ Watch Faces & DIY

Customize your smartwatch faces with your favorite pictures!



Image: The smartwatch showcasing a variety of watch faces, including options for customization with personal images.

5. AI Voice Assistant

Activate and control your phone's voice assistant directly from the smartwatch.

- **Activation:** Access the voice assistant feature on your watch.
- **Commands:** Use voice commands for tasks like making calls, checking weather, or playing music (e.g., "Call John," "How is the weather today?").
- **Supported Assistants:** Compatible with Siri, Bixby, and Google Assistant.

Voice Assistant

Use your watch to wake up your phone's voice assistant

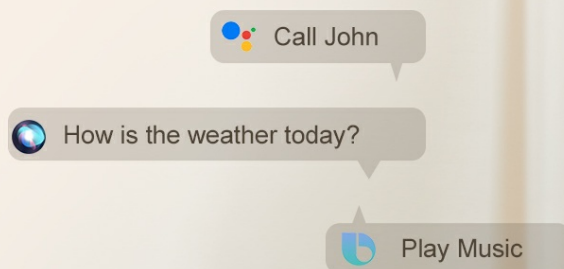


Image: The smartwatch interface showing examples of voice assistant commands and responses.

6. Health Monitoring

The smartwatch provides 24/7 health tracking features.

- **Heart Rate Monitoring:** Continuously tracks your heart rate throughout the day. View real-time data and historical trends in the app.
- **Sleep Monitoring:** Monitors your sleep patterns, including deep sleep, light sleep, and awake time. Provides insights to help improve sleep quality.
- **SpO2 (Blood Oxygen) Monitoring:** Measures your blood oxygen levels.
- **Women's Health Tracking:** Provides timely reminders and tracking for menstrual cycles, security periods, and ovulation periods.

- **Breath Training:** Guided breathing exercises to help reduce stress and promote relaxation.
- **Reminders:** Set reminders for hydration and sedentary periods to maintain a healthy lifestyle.

24/7 Health Monitoring

Keeping track of your health 24 hours, 7 days a week

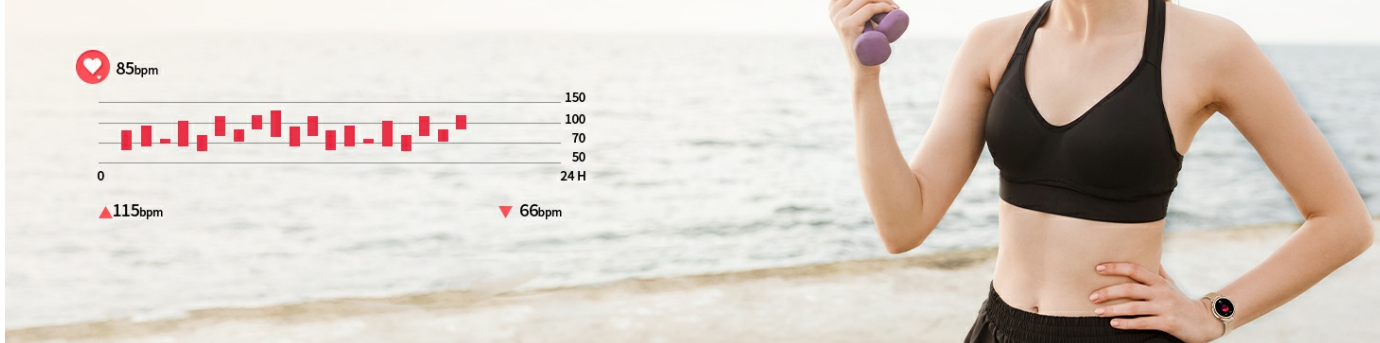


Image: The smartwatch interface showing various health monitoring metrics such as heart rate, SpO2, and sleep data.

7. Fitness Tracking

Track your daily activities and workouts with precision.

- **Daily Activity Tracking:** Records steps, calories burned, and distance traveled.
- **Sports Modes:** Features eight built-in sports modes directly on the watch and over 100 additional modes accessible via the FitCloudPro app. These include running, walking, cycling, swimming, yoga, and more.
- **Workout Data:** View real-time data during workouts and detailed summaries in the app.

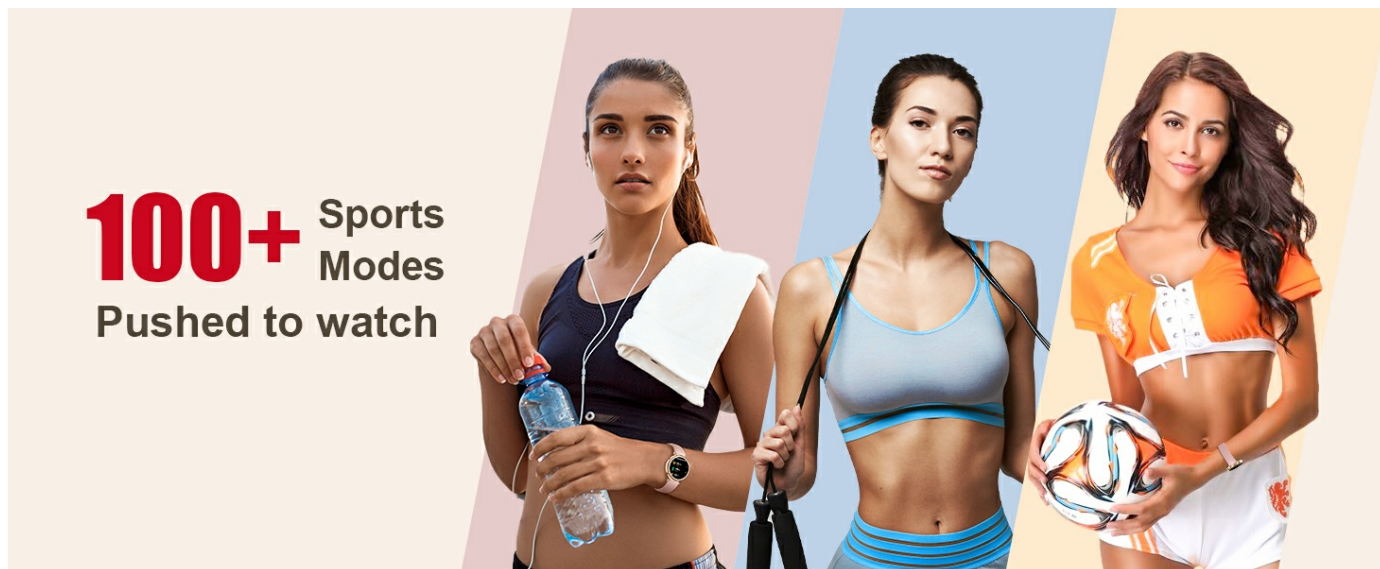


Image: The smartwatch showing icons representing over 100 sports modes, with a woman engaged in physical activity.

8. Other Utilities

The smartwatch includes several convenient utilities:

- **Find Phone:** Use your watch to locate your paired smartphone.
- **Calculator:** A basic calculator function on your wrist.
- **Weather Forecast:** Get current weather information and forecasts.
- **Music Player Control:** Control music playback on your smartphone (play, pause, skip tracks).

- **Camera Control:** Remotely trigger your smartphone's camera shutter.
- **Alarm Clock:** Set multiple alarms with vibration alerts.
- **Stopwatch & Timer:** Essential tools for timing activities.
- **Password Protection:** Secure your watch with a password.
- **Raise to Wake:** The screen automatically turns on when you raise your wrist.
- **Adjustable Brightness & Screen Time:** Customize display settings for comfort and battery life.
- **Vibration Intensity:** Adjust the strength of vibration alerts.

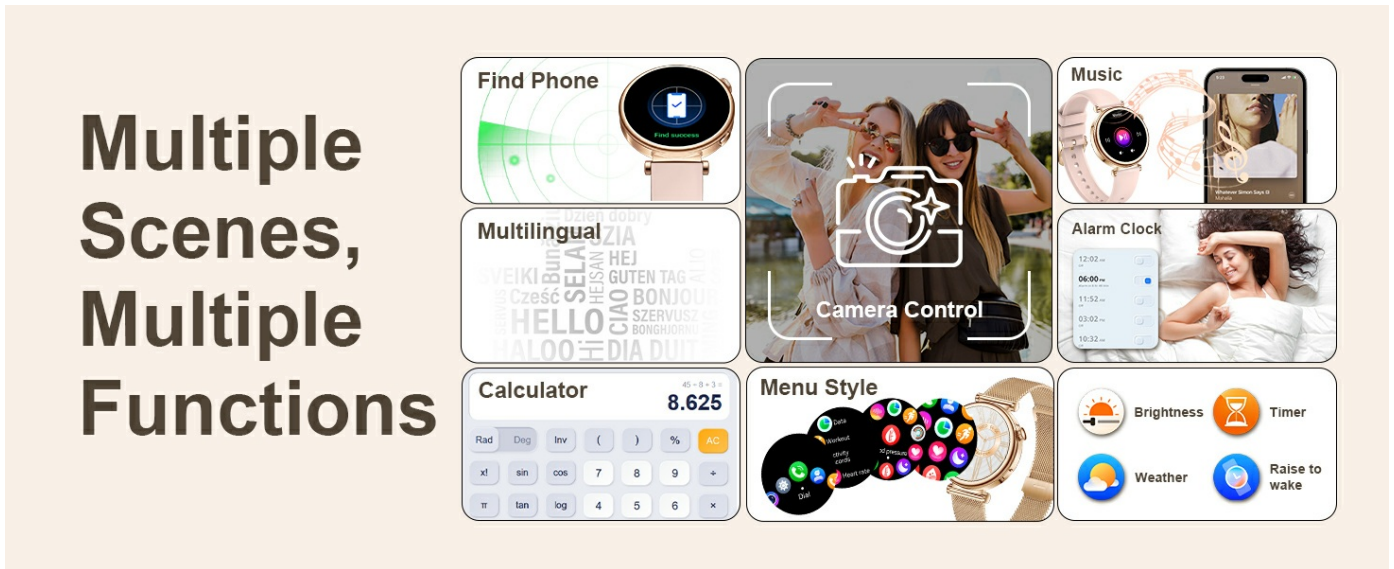


Image: The smartwatch interface showing icons for various utility functions such as Find Phone, Calculator, and Camera Control.

MAINTENANCE

1. Water Resistance (IP67)

The laret Smart Watch has an IP67 water resistance rating, meaning it is resistant to splashes, rain, and brief immersion in shallow water.

- It is suitable for daily activities such as handwashing, sweating, and light rain.
- **Important:** Do not expose the watch to hot water, steam, or saunas, as this can compromise the water seal. Avoid prolonged immersion or use during swimming or diving.



Image: A hand washing with the smartwatch on the wrist, demonstrating its IP67 water resistance for daily activities.

2. Cleaning

Regularly clean your watch and bands to prevent skin irritation and maintain appearance.

- Wipe the watch screen and body with a soft, damp, lint-free cloth.
- For silicone bands, wash with mild soap and water, then rinse thoroughly and dry.
- For metal bands, use a soft brush to clean crevices and wipe with a dry cloth.
- Avoid using harsh chemicals or abrasive materials.

3. Battery Care

- Avoid fully discharging the battery frequently.
- Store the watch in a cool, dry place if not used for extended periods.
- Use only 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 smartphone:

- Ensure Bluetooth is enabled on your phone.
- Make sure the watch is within the Bluetooth range (8-10 meters).
- Restart both your phone and the watch.
- Check if the FitCloudPro app is updated to the latest version.
- If previously paired, try unpairing the device from your phone's Bluetooth settings and then re-pairing through the app.

Notifications not received:

- Verify that notifications are enabled in the FitCloudPro app for the specific applications.
- Check your phone's system settings to ensure the app has permission to send notifications.
- Ensure the watch is connected to your phone via Bluetooth.

Inaccurate health data:

- Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.
- Avoid excessive movement during measurements.
- Clean the sensor on the back of the watch.

Short battery life:

- Reduce screen brightness and screen-on time.
- Disable continuous heart rate monitoring if not needed 24/7.
- Limit the number of apps sending notifications to the watch.
- Ensure the watch is fully charged each time.

SPECIFICATIONS

Feature	Detail
Model Name	I109-2
Brand	laret
Screen Size	1.27 Inches
Display Type	HD Touchscreen
Shape	Round
Connectivity Technology	Bluetooth 5.3
Battery Capacity	290 mAh
Battery Life (Normal Use)	3-5 Days
Charging Time	Approx. 2.5 Hours
Water Resistance	IP67
Compatibility	Android 4.4+, iOS 7.1+
Product Dimensions	1.61 x 1.73 x 0.43 inches
Item Weight	7.7 ounces (0.22 Kilograms)
Special Features	Activity Tracker, Heart Rate, SpO2, Sleep Monitor, Bluetooth Call, Smart Notifications, 100+ Sports Modes, DIY Watch Faces, Voice Assistant, Women's Menstrual Cycle Tracking, IP67 Waterproof

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or visit the official laret website. If you encounter any issues not covered in this manual, please contact laret customer service for assistance.

Online Support: [Visit the laret Store on Amazon](#)