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RifePhi f0f284af-34a5-4530-a3bb-3cc5e6742082

RifePhi Smart Watch User Manual

Model: f0f284af-34a5-4530-a3bb-3cc5e6742082

INTRODUCTION

The RifePhi Smart Watch is designed to be a comprehensive fitness and health companion for women. Featuring a 1.39-inch full-screen touch display, it offers real-time health monitoring including heart rate, blood pressure, and SpO2 levels, alongside advanced female cycle tracking. With over 100 sport modes, Bluetooth call functionality, and smart notifications, this IP67 waterproof smartwatch seamlessly integrates into your daily life, providing convenience and insights into your well-being.



Image: The RifePhi Smart Watch in Black Rose Gold, showcasing its elegant design with a black Milanese strap. A smaller image of the watch with a pink silicone strap is also visible, highlighting color options.

SETUP GUIDE

1. Charging the Smart Watch

Before first use, fully charge your RifePhi Smart Watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a compatible power adapter (not included) or a computer USB port. A full charge typically takes approximately 2.5 hours. The battery indicator on the watch screen will show charging progress.

- **Battery Capacity:** 260 mAh
- **Charging Time:** Approximately 2.5 hours
- **Normal Use Duration:** 4-6 days
- **Standby Time:** Up to 25 days

2. Downloading and Installing the App

To unlock the full functionality of your RifePhi Smart Watch, you need to download and install the **FitCloudPro APP** on your smartphone. The app is compatible with Android 4.4 or above and iOS 9.0 or above.

1. Scan the QR code provided in the watch's packaging or search for "FitCloudPro" in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Download and install the application.
3. Grant necessary permissions when prompted by the app for optimal performance (e.g., Bluetooth, notifications, location).

3. Pairing the Smart Watch with Your Smartphone

After installing the FitCloudPro APP, follow these steps to pair your watch:

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the FitCloudPro APP.
3. Navigate to the "Device" section within the app.
4. Select "Add a device".
5. The app will search for nearby devices. Look for a device named "S93" (or similar identifier for your RifePhi Smart Watch) and select it.
6. A pairing request will appear on your phone. Select "Allow" or "Pair" to confirm the connection.
7. Once successfully paired, the watch will synchronize data with the app, and you can begin customizing settings and tracking your activities.

OPERATING INSTRUCTIONS

Display and User Interface

The RifePhi Smart Watch features a 1.39-inch full-color HD display with 360x360 ultra-high resolution. The 2.5D curved glass provides a clear and comfortable visual experience in various lighting conditions.

1.39" Full colour HD display screen

High-definition TFT touch screen, works well under strong light, 1.39" color screen, high-definition resolution, protect your eyes and make life more convenient



High-sensitivity
microphone



Contact
storage 8



360*360
resolution



1.39"
touch screen

Image: A close-up of the RifePhi Smart Watch display, illustrating its vibrant 1.39-inch full-color HD screen and clear visibility of notifications and time.

- **Touch Screen:** Navigate by swiping left, right, up, or down, and tapping to select.
- **Customizable Dials:** Choose from multiple watch faces within the FitCloudPro APP or customize your own.
- **UI Interactions:** The main interface supports 4 different types of UI interactions.

Health Monitoring

The watch provides comprehensive health tracking features:

- **Heart Rate (HR) Monitoring:** Real-time heart rate tracking.
- **Blood Pressure (BP) Measurement:** On-demand blood pressure readings.
- **Blood Oxygen (SpO2) Levels:** Measures blood oxygen saturation.
- **Sleep Tracking:** Automatically records sleep patterns, including deep sleep, light sleep, and awake time. Analyze your sleep data in the FitCloudPro APP for scientific adjustments to your sleep habits.

Guarding Women's Health

Focus on women's health, so that women can better prepare for pregnancy and take better care of themselves.



Menstrual Records



Women's Health



Breathing Exercise

Schwangerschaftsvorbereitung						
< Juli 2023 >						
So	Mo	Di	Mi	Do	Fr	Sa
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21*	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

■ Regelblutung
 ■ Sicherheitsperiode
 ■ Eisprung
 ★ Eisprungstag

Mo, 11.07.2023
Regelblutung Tag 5 Schwangerschaftsrate 4%



Menstrual cycle



safe period



pregnancy day



gestation period

Image: A woman wearing the RifePhi Smart Watch, with graphics highlighting features like menstrual records, women's health, and breathing exercises, emphasizing its focus on female well-being.

Sleep monitoring records

Analyse the sleeping situation and adjust your sleep scientifically and rationally to make every day energetic.



Image: The RifePhi Smart Watch displaying sleep monitoring records, showing duration of deep sleep, light sleep, and awake time, along with a visual representation of sleep stages.

Female Cycle Tracking

A dedicated feature helps women predict and record their menstrual period and ovulation. This assists in better care and preparation for pregnancy and delivery.

Bluetooth Call and Message Alerts

Equipped with Bluetooth 5.2 technology, the watch allows for stable and fast call management and message notifications.

Bluetooth 5.2 Women's Smartwatch Talk

Bluetooth one-touch connection, efficient microphone speakers allow you to communicate more conveniently, answer and make calls at any time, as well as other voice functions. Make contact more convenient!

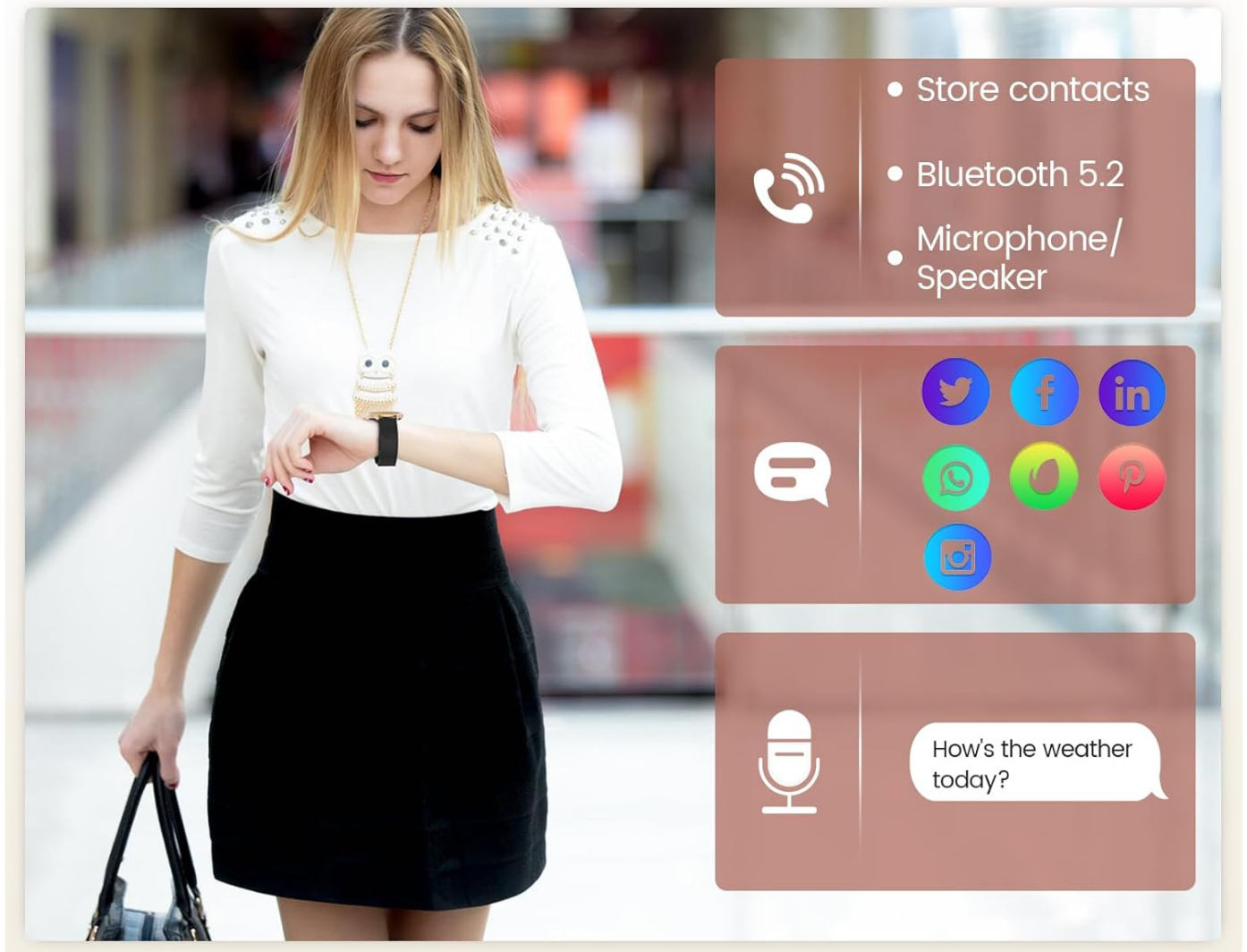


Image: An illustration of the RifePhi Smart Watch's Bluetooth call and message alert capabilities, showing icons for various social media apps and a microphone for voice functions.

- **Bluetooth Calls:** Answer, dial, and hang up calls directly from your watch.
- **Message Push:** Receive notifications from Facebook, Twitter, WhatsApp, Instagram, TikTok, and other applications.
- **Voice Assistant:** The watch can be paired with a voice assistant for simplified operations.

Sport Modes

The RifePhi Smart Watch offers extensive sport tracking capabilities with over 100 exercise modes, including 9 general training modes.

100+ Sports Mode

More than 100 exercise modes for women's workouts, such as yoga, pilates, running, badminton, and 9 more commonly used exercise modes.



Image: A woman stretching during a yoga session, with the RifePhi Smart Watch on her wrist, surrounded by icons representing various sports modes like running, cycling, and basketball.

- Track your performance for activities like yoga, pilates, running, badminton, and more.
- Allows users to create personalized training programs.

Smart Companion Features

Beyond health and fitness, the watch includes several practical functions:

Intelligent Mate

More useful functions for you to explore
More useful functions for you to explore

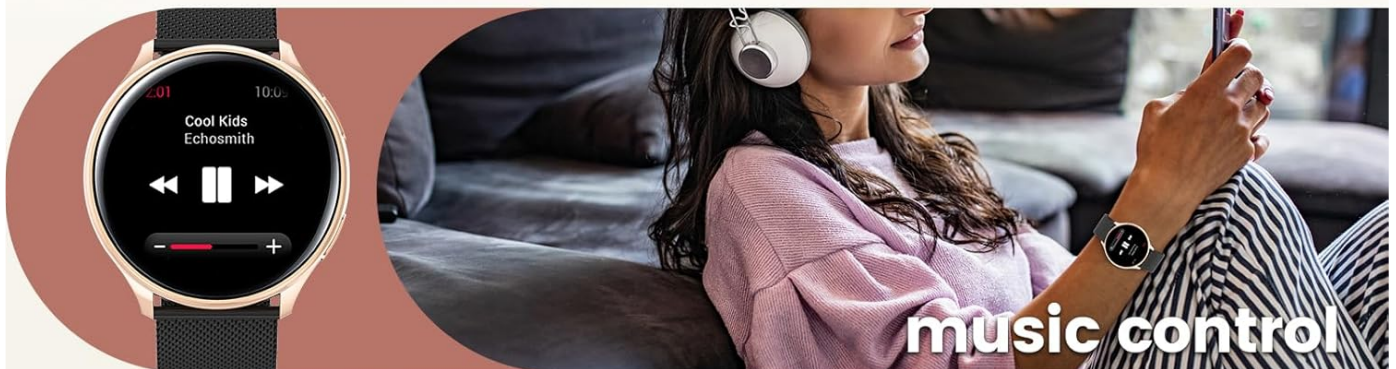


Image: Three panels illustrating the RifePhi Smart Watch's smart features: weather notifications with a snowy mountain scene, music control with a person listening to headphones, and remote photo capture with two people taking a selfie.

- **Weather Push:** Get real-time weather updates.
- **Sedentary Reminder:** Alerts you to move after periods of inactivity.
- **Water Reminder:** Prompts you to drink water.
- **Wrist Bright Screen:** Screen activates when you raise your wrist.
- **Camera Control:** Remotely control your smartphone's camera.
- **Music Control:** Manage music playback on your smartphone.

MAINTENANCE AND CARE

Water Resistance (IP67)

The RifePhi Smart Watch has an IP67 waterproof rating. This means it is resistant to splashes, rain, and can withstand hand washing. It is not suitable for swimming, showering with hot water, or diving. Avoid prolonged submersion in water.

- **Do:** Wear during hand washing, in light rain, or during sweating.

- **Do Not:** Submerge in water for extended periods, use in hot showers or saunas, or during swimming/diving.

Cleaning and Storage

- Wipe the watch and strap regularly with a soft, dry cloth to remove dust and sweat.
- If necessary, use a slightly damp cloth for cleaning, then dry thoroughly.
- Avoid using harsh chemicals, cleaning solvents, or strong detergents, as these can damage the watch's finish and seals.
- Store the watch in a cool, dry place when not in use, away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Issue	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Unable to pair with smartphone	<ol style="list-style-type: none"> 1. Ensure Bluetooth is enabled on your phone. 2. Make sure the watch is within Bluetooth range (approx. 10 meters). 3. Restart both the watch and your smartphone. 4. In your phone's Bluetooth settings, forget any previous connections to the watch and try pairing again through the FitCloudPro APP. 5. Ensure the FitCloudPro APP has all necessary permissions.
Notifications not received	<ol style="list-style-type: none"> 1. Check if notification permissions are enabled for the FitCloudPro APP in your phone's settings. 2. Ensure notifications are enabled within the FitCloudPro APP for specific applications. 3. Make sure the watch is connected via Bluetooth.
Inaccurate health data	<ol style="list-style-type: none"> 1. Ensure the watch is worn snugly on your wrist, not too loose or too tight. 2. Clean the sensor on the back of the watch. 3. Health data from smartwatches is for reference only and should not be used for medical diagnosis. Consult a medical professional for accurate health assessments.
Screen unresponsive	Restart the watch by pressing and holding the side button (if available) or by charging it if the battery is completely drained.

SPECIFICATIONS

Feature	Detail
Model Number	f0f284af-34a5-4530-a3bb-3cc5e6742082
Display Size	1.39 inches
Resolution	360x360 pixels
Battery Capacity	260 mAh
Connectivity	Bluetooth 5.2
Water Resistance	IP67
Operating System Compatibility	Android 4.4+ / iOS 9.0+
Item Weight	5.6 ounces
Package Dimensions	10.98 x 3.54 x 0.75 inches
What's in the Box	1*dial, 2*strap (one Milanese, one silicone)

WARRANTY AND SUPPORT

RifePhi products are manufactured with high-quality standards. For any issues or inquiries regarding your Smart Watch, please contact RifePhi customer support. Refer to your purchase documentation for specific warranty terms and contact information.

For the latest information, FAQs, and support resources, please visit the official RifePhi website or contact the seller directly through the platform where you purchased the product.