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RifePhi 090c7f29-37c7-4c45-a492-db35226f73b3

RifePhi Smart Watch for Women

USER INSTRUCTION MANUAL

Model: 090c7f29-37c7-4c45-a492-db35226f73b3

1. INTRODUCTION

Thank you for choosing the RifePhi Smart Watch. This device is designed to enhance your daily life with its comprehensive health monitoring, communication features, and extensive sport modes. This manual provides essential information on how to set up, operate, and maintain your new smartwatch to ensure optimal performance and longevity.



Image 1.1: RifePhi Smart Watch (Silver) with Milanese strap.

This image displays the RifePhi Smart Watch in silver with a Milanese loop strap. The main watch face shows the time (16:30) and date (Sun 06) with a floral background. A smaller inset image shows the watch displaying an incoming call from 'Linda', highlighting its call function.

2. WHAT'S IN THE BOX

Upon unboxing your RifePhi Smart Watch, please ensure all the following components are present:

- 1 x Smart Watch Dial
- 2 x Watch Straps (one Milanese, one silicone)
- 1 x Magnetic Charging Cable
- 1 x User Manual (this document)

3. SETUP GUIDE

3.1 Initial Charging

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 compatible power adapter (not included) or a computer USB port. A full charge typically takes approximately 2.5 hours.

3.2 App Download and Installation

The RifePhi Smart Watch requires the **FitCloudPro APP** for full functionality and data synchronization. Please download the app from your device's app store (Google Play Store for Android or Apple App Store for iOS).

1. Scan the QR code provided in the quick start guide (if available) or search for "FitCloudPro" in your app store.
2. Download and install the application on your smartphone.
3. Open the FitCloudPro APP and follow the on-screen prompts to create an account or log in.

3.3 Device Pairing

To connect your smartwatch to your smartphone:

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the FitCloudPro APP on your phone.
3. Navigate to the "Device" section within the app.
4. Select "Add a device" or similar option.
5. The app will search for available devices. Look for the "S3" smartwatch in the list.
6. Tap on "S3" to initiate pairing.
7. A pop-up window may appear on your phone asking for Bluetooth pairing confirmation. Select "Allow" or "Pair" to successfully connect.

Once paired, the watch will synchronize data with the app, and you will receive notifications on your watch.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

The RifePhi Smart Watch features a 1.39-inch full-screen TFT touch display with 360x360 ultra-high resolution. Navigate through menus and functions by swiping across the screen and tapping icons.

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

4.2 Health Monitoring

The smartwatch offers comprehensive health tracking features:

- **Heart Rate (HR) Monitoring:** Real-time heart rate tracking.
- **Blood Pressure (BP) Monitoring:** Measures blood pressure levels.
- **Blood Oxygen (SpO2) Monitoring:** Measures blood oxygen saturation.
- **Sleep Tracking:** Automatically records sleep patterns (deep sleep, light sleep, awake time) and provides analysis in

the app.

- **Female Cycle Tracking:** Helps predict and record menstrual periods and ovulation for better health management.



Image 4.1: Women's Health Tracking Features.

This image illustrates the RifePhi Smart Watch's focus on women's health. A woman is shown looking at her watch, while icons and a calendar display features like menstrual cycle tracking, ovulation prediction, and pregnancy preparation support.

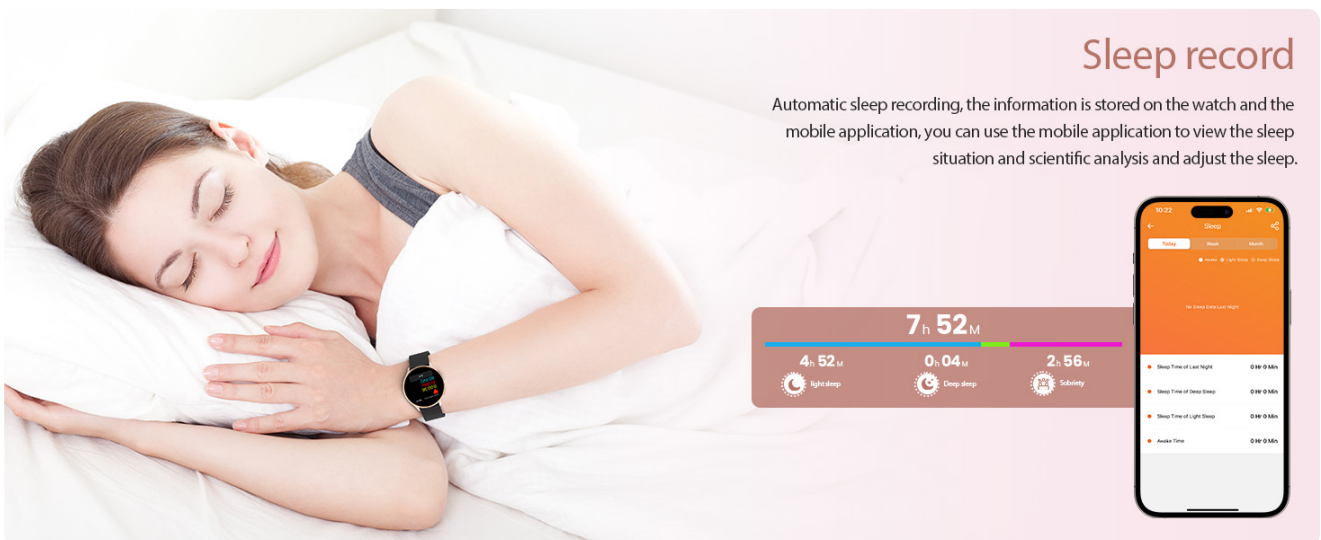


Image 4.2: Sleep Monitoring Records.

This image shows a woman sleeping with the RifePhi Smart Watch on her wrist. Beside her, a smartphone screen displays detailed sleep data, including total sleep duration, light sleep, deep sleep, and awake time, demonstrating the watch's automatic sleep recording and analysis capabilities.

4.3 Communication Features

Stay connected with your RifePhi Smart Watch:

- **Bluetooth Call:** With Bluetooth 5.2 technology, you can answer, dial, and hang up calls directly from your watch.
- **Message Alerts:** Receive notifications from various applications such as Facebook, Twitter, WhatsApp, Instagram, TikTok, and more.
- **Voice Assistant:** The watch can be paired with your phone's voice assistant for simplified operations.

Information Alerts

You can make and receive phone calls and receive messages via WhatsApp, ins and other social platforms to prevent you from missing important information, making life more convenient.



Image 4.3: Information Alerts.

This image highlights the smartwatch's ability to provide information alerts. The RifePhi Smart Watch is shown with various social media and messaging app icons (WhatsApp, Instagram, Facebook, Twitter, Snapchat, Line, Skype, Gmail) floating around it, indicating its multi-message push application support.

4.4 Sport Modes and Activities

The RifePhi Smart Watch supports over 100 exercise modes, including 9 general training modes, allowing you to track your workouts effectively.

- **General Training Modes:** Includes common activities like yoga, pilates, running, and badminton.
- **Customizable Programs:** Create your own training programs within the FitCloudPro APP.



Image 4.4: 100+ Sport Modes and Health Monitoring.

This image features a woman stretching, symbolizing the watch's extensive sport modes. Below, three watch faces display health metrics: SpO2 (89%), Heart Rate (078bpm), and Blood Pressure (126/78mmHg), illustrating the integrated health tracking during physical activity.

4.5 Other Smart Functions

The smartwatch includes several practical features for daily convenience:

- **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 automatically lights up when you raise your wrist.

- **Camera Control:** Remotely control your phone's camera.
- **Music Control:** Control music playback on your phone.

5. MAINTENANCE

5.1 Water Resistance (IP68)

The RifePhi Smart Watch is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. You can wear it during hand washing, in light rain, or when sweating during workouts. However, it is not suitable for hot showers, saunas, or diving.

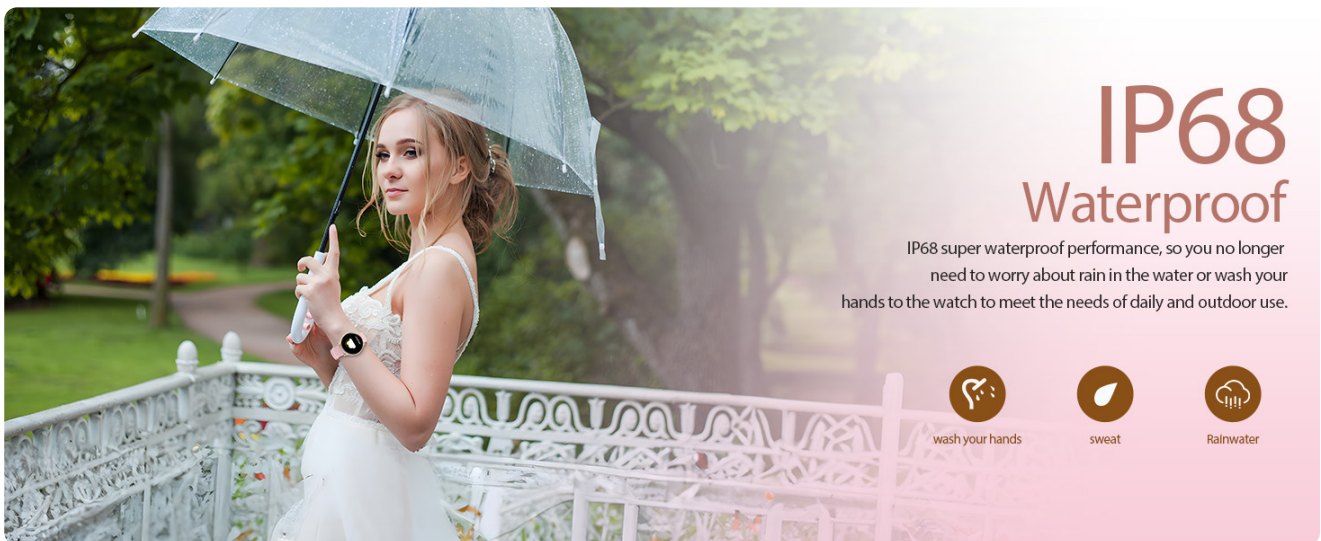


Image 5.1: IP68 Waterproof Feature.

This image shows a woman holding an umbrella in light rain, wearing the RifePhi Smart Watch. Icons below illustrate the watch's IP68 waterproof capabilities, suitable for hand washing, sweating, and exposure to rainwater, emphasizing its durability for daily and outdoor use.

5.2 Cleaning and Care

To maintain your smartwatch, clean it regularly with a soft, dry cloth. If necessary, use a slightly damp cloth and then dry thoroughly. Avoid using harsh chemicals or abrasive materials.

5.3 Battery Life

The watch is equipped with a 260mAh high-capacity battery. Under normal usage, it can last up to 4-6 days, with a standby time of up to 25 days. Actual battery life may vary based on usage patterns, enabled features (e.g., continuous heart rate monitoring, frequent calls), and environmental factors.

6. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the magnetic charger and leave it for at least 30 minutes before attempting to power it on again.
- **Cannot pair with phone:**
 - Ensure Bluetooth is enabled on your phone and the watch is within range.

- Make sure the FitCloudPro APP is updated to the latest version.
 - Restart both your phone and the smartwatch.
 - If using an iOS device, ensure you select "Allow" in the Bluetooth pairing pop-up window to successfully connect.
 - Forget the device from your phone's Bluetooth settings and try pairing again through the FitCloudPro APP.
- **Inaccurate health data (HR/BP/SpO2):**
 - Ensure the watch is worn snugly on your wrist, about one finger's width from your wrist bone.
 - Avoid excessive movement during measurements.
 - Note that these measurements are for reference only and should not be used for medical diagnosis.
- **Battery life shorter than expected:**
 - Frequent use of Bluetooth calls, continuous health monitoring, and high screen brightness can reduce battery life.
 - Disable features you don't frequently use, such as "wrist bright screen" if not needed constantly.
 - Reduce screen brightness.
- **Notifications not received:**
 - Ensure the watch is successfully paired with your phone.
 - Check notification permissions for the FitCloudPro APP in your phone's settings.
 - Verify that app notifications are enabled within the FitCloudPro APP settings.
 - Ensure your phone's 'Do Not Disturb' mode is off.

7. SPECIFICATIONS

Feature	Specification
Brand	RifePhi
Model Number	090c7f29-37c7-4c45-a492-db35226f73b3
Screen Size	1.39 Inches
Display Resolution	360x360
Operating System	Compatible with Android 4.4+ / iOS 9.0+
Connectivity Technology	Bluetooth 5.2
Battery Capacity	260 mAh
Typical Usage Battery Life	4-6 days
Standby Time	Up to 25 days
Charging Time	Approx. 2.5 hours
Water Resistance	IP68
Item Weight	5.6 ounces
Package Dimensions	10.91 x 3.58 x 0.75 inches

8. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the contact details provided on the product packaging or the official RifePhi website. If you encounter any issues not covered in this manual, please contact our customer service team for assistance.