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› SUNKTA Smartwatch EF18-B User Manual

SUNKTA EF18-B

SUNKTA Smartwatch EF18-B User Manual

Model: EF18-B | Brand: SUNKTA

1. INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your SUNKTA Smartwatch EF18-B. This smartwatch is designed for active individuals and offers a range of features including Bluetooth calling, comprehensive health monitoring, multiple sports modes, and a powerful LED flashlight. It is compatible with smartphones running Android 5.1 or higher, and iOS 9.0 or higher.

2. WHAT'S IN THE BOX

- Smartwatch (EF18-B)
- Watch Strap (x3: 2 silicone, 1 stainless steel)
- Charging Cable (x2)
- User Manual

3. SETUP GUIDE

3.1 Charging the Smartwatch

Before initial use, fully charge your smartwatch. The EF18-B features a 1000 mAh high-capacity battery. A full charge takes approximately 2 hours and provides 7-10 days of continuous use or up to 50 days of standby time, depending on activity levels. Use one of the two provided magnetic charging cables by aligning it with the charging points on the back of the watch.

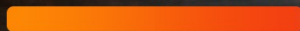
Batterie grande capacité de 1000 mAh

Alimenté par une batterie massive de 1000 mAh avec une charge accélérée à 80 %, pour une recharge plus rapide

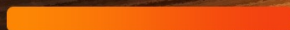
Temps de charge **2 Heure**



Utilisation quotidienne **10-20 Jours**



Autonomie en veille **50+ Jours**



1000mAh



Image: Smartwatch battery capacity and charging information.

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Video: Demonstrates charging the smartwatch.

3.2 App Installation and Pairing

To unlock the full potential of your smartwatch, download the 'FitCloudPro' application on your smartphone.

- Download App:** Scan the QR code in the user manual or search for 'FitCloudPro' in the App Store (iOS) or Google Play Store (Android).
- Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
- Pair Device:** Open the 'FitCloudPro' app, navigate to the device section, and search for 'EF18-B'. Tap to connect. Alternatively, you can scan the QR code displayed on the watch screen.
- Allow Permissions:** Grant necessary permissions for notifications and other features when prompted by the app and your phone.

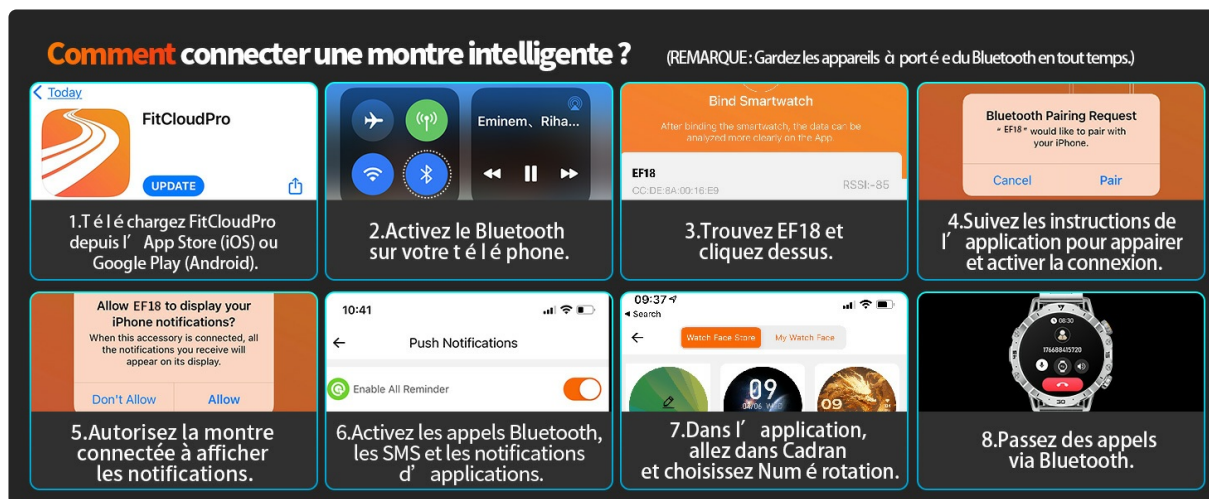


Image: Visual guide for connecting the smartwatch to your phone.

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Video: Demonstrates the pairing process between the smartwatch and a smartphone.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

The smartwatch features a 1.7-inch HD touchscreen and physical buttons for navigation.

- **Swipe:** Swipe left/right or up/down to navigate through menus and features.

- **Tap:** Tap to select an option or open an application.
- **Buttons:** Use the side buttons for power on/off, screen wake, and quick access to certain functions.

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Video: Demonstrates basic UI navigation and feature access on the smartwatch.

4.2 Bluetooth Calls and Voice Assistant

The EF18-B supports Bluetooth calls, allowing you to make and receive calls directly from your wrist. It also includes an integrated AI voice assistant.

- **Making Calls:** Access the 'Call' function on the watch to dial numbers or select from synced contacts.
- **Receiving Calls:** Answer or reject incoming calls directly from the watch.
- **Voice Assistant:** Activate the AI voice assistant for hands-free operations like making calls or playing music.



Image: Bluetooth call and voice assistant features.

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Video: Shows the smartwatch's call functions and voice assistant.

4.3 Notifications

Receive essential notifications from your smartphone directly on your watch. This includes SMS, emails, and alerts from social media applications (Facebook, WhatsApp, LinkedIn, Instagram, Twitter, etc.).

- **Preview:** Lift your wrist to preview notification content.
- **Note:** The watch cannot directly reply to messages.



Image: Smartwatch displaying various app notifications.

4.4 Health Monitoring

The smartwatch provides comprehensive health tracking features.

- **Heart Rate Monitor:** Dynamic 24-hour heart rate tracking.
- **Blood Oxygen Monitor (SpO2):** Measures blood oxygen saturation.
- **Sleep Monitor:** Automatically tracks sleep patterns and evaluates sleep quality.
- **Stress Monitoring:** Includes breathing exercises to help manage stress.

Note: Health data is for reference only and should not be considered medical advice.

1000mAh Batterie haute capacité



Notre(1000mAh)	Autres(450mAh)
✓ Plus de 50 jours en veille	✗ Plus de 15 jours en veille
✓ Plus de 30 jours d' autonomie	✗ Plus de 7 jours d' autonomie
✓ Temps de charge : 2,5 heures	✗ Temps de charge : 3 heures

Image: Smart health monitoring overview.

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Video: Demonstrates heart rate, blood oxygen, and sleep monitoring features.

4.5 Sports Modes

The smartwatch supports a wide range of sports activities to track your fitness progress.

- **Built-in Modes:** Includes walking, running, hiking, cycling, and more.
- **Extended Modes:** Over 100 additional activities like tennis, rugby, golf, yoga, indoor training, dancing, baseball, elliptical, rowing, trail running, skiing, bowling, dumbbell exercises, sit-ups, and free training can be added via the app.
- **Real-time Data:** Displays steps, calories burned, and distance covered in real-time.



Image: Smartwatch displaying various sports modes and activity tracking.

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Video: Shows the smartwatch's sports tracking features and various activity modes.

4.6 Flashlight Function

The smartwatch is equipped with a high-power LED flashlight for convenience in various situations.

- **Activation:** A dedicated LIGHT button is located on the left side of the dial for easy activation.
- **Uses:** Ideal for night activities, power outages, finding objects, or as a high-luminosity floodlight.

Plus de 200 interfaces en ligne raffinées



Contrôle photo à distance



Chronomètre



Calculatrice



Assistant IA



Contrôle de la musique



Prévisions météorologiques



Image: Smartwatch flashlight feature in action.

4.7 Watch Face Customization

Personalize your smartwatch with a variety of watch faces.

- **Online Dials:** Choose from over 200 online watch faces available through the 'FitCloudPro' app.
- **Custom Backgrounds:** Upload your own images to create personalized watch faces.

Surveillance intelligente de la santé



Image: Examples of customizable watch faces.

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Video: Demonstrates how to customize watch faces.

4.8 Other Features

The smartwatch includes additional functional details for daily convenience:

- **Remote Photo Control:** Use your watch to remotely trigger your phone's camera.
- **Stopwatch & Timer:** Integrated tools for timing activities.
- **Calculator:** Basic arithmetic functions on your wrist.
- **Weather Forecasts:** Get real-time weather updates.

5. MAINTENANCE

5.1 Cleaning

Regular cleaning helps maintain the watch's appearance and functionality.

- Wipe the watch and straps with a soft, dry cloth.
- Avoid using harsh chemicals, solvents, or abrasive cleaners.
- For silicone straps, mild soap and water can be used, then rinse thoroughly and dry.

5.2 Water Resistance

The EF18-B smartwatch has a 5ATM water resistance rating, making it suitable for swimming and showering. However, it is not recommended for diving or high-pressure water activities.

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Video: Demonstrates the smartwatch's water resistance.

5.3 Battery Care

- Avoid exposing the watch to extreme temperatures (very hot or very cold).
- Do not leave the watch uncharged for extended periods.

6. TROUBLESHOOTING

If you encounter issues with your smartwatch, refer to the following common solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to a charger and wait a few minutes before attempting to power it on.
- **Connection issues with phone:**
 - a. Verify Bluetooth is enabled on both your phone and watch.
 - b. Ensure the 'FitCloudPro' app has all necessary permissions.
 - c. Restart both your smartwatch and smartphone, then attempt to pair again.
 - d. Ensure the watch is within Bluetooth range of your phone.
- **Notifications not received:**
 - a. Check that the watch is properly connected via Bluetooth.
 - b. In the 'FitCloudPro' app, verify that notification permissions are enabled for the desired applications.
 - c. Ensure your phone's notification settings allow the 'FitCloudPro' app to display alerts.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, but not too tight. Clean the sensor on the back of the watch. For any health concerns, consult a medical professional.

7. SPECIFICATIONS

Feature	Detail
Brand	SUNKTA
Model Name	EF18-B
Screen Size	1.7 Inches
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Battery Type	Lithium-polymer
Battery Capacity	1000 mAh
Memory Storage Capacity	128 MB
Compatible Devices	Smartphone (Android 5.1+, iOS 9.0+)
Special Features	Phone Call, Voice Control, Music Player, Activity Tracker, Touch Screen, LED Lamp
GPS	GPS via smartphone
Shape	Round
Water Resistance	5ATM

8. WARRANTY AND SUPPORT

Your SUNKTA Smartwatch EF18-B comes with a manufacturer's warranty.

- **Warranty Period:** 2 years from the date of purchase.
- **Support:** For technical assistance or warranty claims, please refer to the contact information provided in the packaging or on the official SUNKTA website.