

Lanshi FOOMLITE Smart Watch App



Lanshi FOOMLITE Smart Watch App User Guide

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Lanshi

Lanshi FOOMLITE Smart Watch App



Specifications

- **Compatible with:** Android and iOS devices
- **Application:** JYouPro
- **Functions:** Pedometer, Heart rate monitor, Bluetooth call, Sleep monitoring, Information push

Install APP

Enter the bracelet menu setting interface—APP download—click to enter and scan the QR code with your mobile phone or enter the “APP store”, download and install “JYouPro” in major Android application markets (app treasure/Baidu assistant)



Install The System



Android 5.0 +



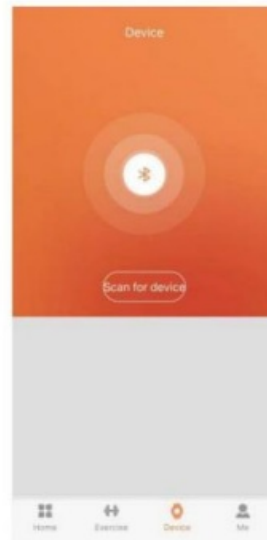
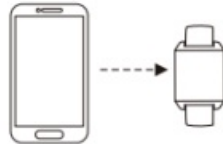
IOS 10.0+



Bluetooth 5.0 +

Instructions for first use

Open the mobile app
 ↓
 Click the device icon
 ↓
 Add device iOS/Android
 ↓
 Scroll down to find the device
 ↓
 Click to connect



Instructions

When using the watch for the first time, make sure that the watch is fully charged. The watch will start automatically after charging. Note: After charging is completed, pull out the charging cable from the USB charging head to prevent the magnetic charger from being adsorbed on the metal products and causing the charging cable to be defective.



Align the charging head and fit the magnetic charging port until the charging icon appears on the watch screen (continuous charging with a 5V charging head for 2-3 hours).

- **Power on:** In the off state, press and hold the power button for 3S to power on. The watch will automatically turn on when charging.
- **Power off:** When the watch is turned on, long press the power button, the page number will pop out of the power off interface, after selecting √, the watch will power off, or enter the menu, click the power off icon to enter the power off interface to shut down



Main interface

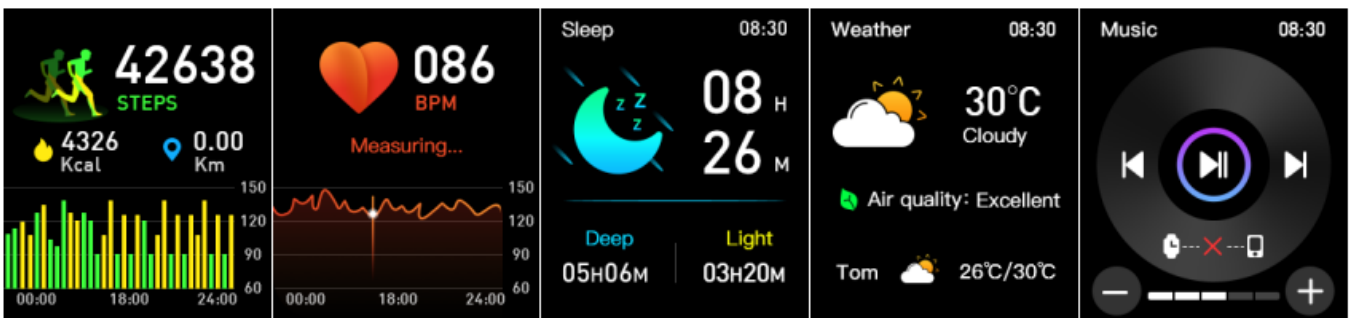
When the bracelet and the APP are paired and connected for the first time, the time, date and other information of the phone will be synchronized.

Note: Press and hold the screen for 2 seconds on the main interface to switch between multiple screen dials



Power-on state

Switch the main menu interface, such as the interface shown below

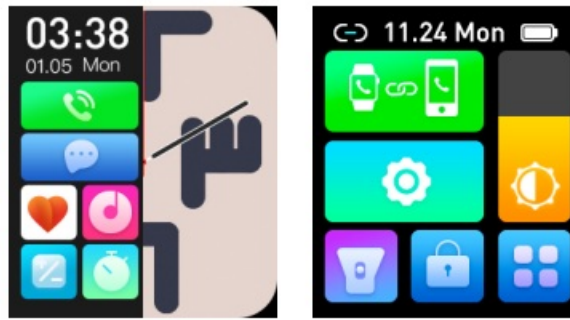


Audio Bluetooth connection

- After binding the connection bracelet to the Android phone JYouPro APP, an audio Bluetooth pairing request will pop up automatically. Click pairing to connect.
- After the IOS mobile phone JYouPro APP is bound with the connection bracelet, the audio Bluetooth will be automatically connected

Shortcut interface

As shown in the figure below, the left slider can access dialling, information, music and other functions. Slide down to enter the shortcut interface, you can turn on the flashlight, adjust the brightness, turn on and off audio Bluetooth, and other functions.



Practical function

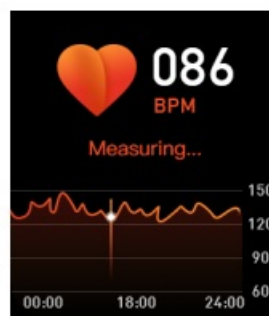
Pedometer

- As shown in the figure, it is the step counter interface of the bracelet. This interface mainly displays the total number of steps counted on the day, and can also display the total number of calories burned that day. This content can also be viewed in the mobile
- APP after connecting the bracelet.



Heart rate

As shown in the figure, it is the heart rate measurement interface. The content can also be viewed in the mobile APP after connecting the bracelet. When measuring, the value will jump and change in real time, and the watch will automatically stop measuring after 60 seconds



Bluetooth call

The figure shows the dialing interface: After connecting to the mobile phone, you can quickly search for contacts based on the address book and recent calls list, or you can dial directly. (Apple mobile phone needs to be connected to audio Bluetooth)



Sleep interface

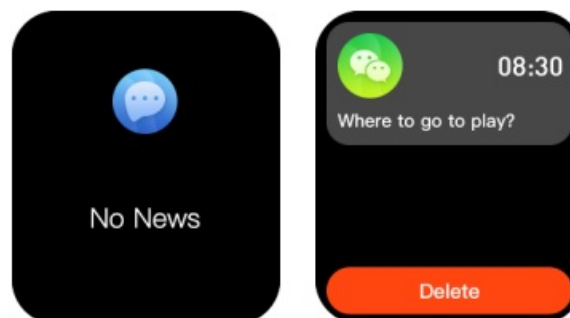
As shown in the figure, it is the sleep status interface. This interface mainly displays the total sleep time last night. The content can also be viewed in the mobile phone APP after connecting the bracelet. No settings are required. After 20 o'clock in the evening, if a sleep state is detected, it will automatically enter sleep mode.



Information push

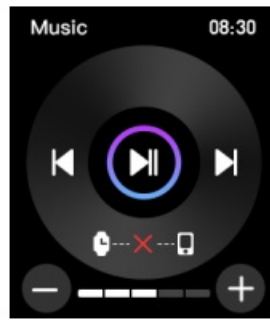
After the bracelet is connected to the mobile phone, the bracelet receives mobile phone text messages, calls, WeChat and other third-party instant messaging messages and notifications.

Note: When the bracelet is connected to the mobile phone, and turn on the corresponding prompt switch in "Settings" -> "Notification Configuration" on the mobile APP



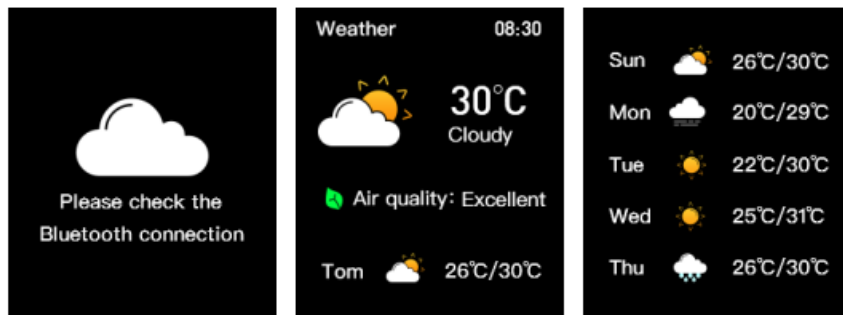
Bluetooth music

As shown in the figure, it is the music control interface: after connecting the phone, the watch can control the player of the phone, the phone is playing the music interface, after clicking in, you can use the watch to control the phone music to play/pause, previous song, next song operate



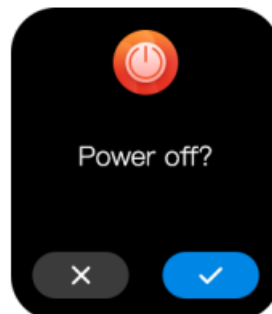
weather

As shown in the figure, the weather page will display the current weather today and tomorrow's weather. The weather information needs to be connected to the client before the data can be obtained. If the connection is disconnected for a long time, the weather information will not be updated.



Shut down

As shown in the figure, after clicking "Confirm", the bracelet starts to shut down and is in a sleep state



reset

After clicking "Confirm", all the information on the bracelet will be erased and the default factory settings will be restored



Unbind

- Android phones can be disconnected from the phone by simply clicking Remove Device.
- After the iPhone is unbound, you still need to set up — Bluetooth, click the symbol on the right, and choose to ignore this device

Precautions

1. Do not hit the main unit severely.
2. Do not come into contact with chemicals such as benzene and thinner.
3. Please keep away from strong magnetic fields and electric shock stations.
4. Please avoid direct light or heating appliances.
5. Do not disassemble, repair or transform by yourself.
6. Discarded packaging, batteries, and old electronic products should be sorted and disposed of properly.
7. It is not advisable to wear it when taking a bath. (The temperature cannot exceed 45°C)

common problem

1. The bracelet cannot be searched or cannot be connected when binding.
 1. **a.** Please confirm that your mobile phone has turned on Bluetooth, and ensure that the distance between the bracelet and the mobile phone is within 0.5 meters.
 2. **b.** Please check whether the bracelet has electricity, if it is still not resolved after 2 hours of charging, please contact us.
2. **Why does the bluetooth not connect occasionally?** When the Bluetooth service of some mobile phones is restarted, an abnormal situation will occasionally occur. Usually, the connection can be established normally by restarting the mobile phone.
3. **Why is an Android phone easy to disconnect?** The system memory management of Android phones will forcibly close the background APP. You need to turn off the power saving mode or pull the APP into the green background of the system housekeeper, and t
4. **Why are there no reminders for calls and messages?**
Please turn on the corresponding setting switch in the APP.

FCC

IC Statement

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

1. This device may not cause interference.
2. This device must accept any interference, including interference that may cause undesired operation of the device.

FCC Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, under Part 15 of

the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used under the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help


This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

FAQ

(Frequently Asked Questions)

- **Q: How can I download and install the JYouPro app?**
 - A: You can download and install the JYouPro app by either scanning the QR code with your mobile phone or searching for it in major Android application markets (app treasure/Baidu assistant).
 - **Q: How can I switch between multiple screen dials?**
 - A: On the main interface, press and hold the screen for 2 seconds to switch between multiple screen dials.
 - **Q: How long does the watch take to charge fully?**
 - A: The watch will start automatically after it is fully charged. It is recommended to charge it until the charging is completed.
 - **Q: Can I make Bluetooth calls with an Apple mobile phone?**
 - A: Yes, you can make Bluetooth calls with an Apple mobile phone. However, audio Bluetooth needs to be connected for this function.
 - **Q: How does the bracelet detect sleep and enter sleep mode?**
 - A: The bracelet automatically enters sleep mode if a sleep state is detected after 8 p.m. No additional settings are required.
 - **Q: How can I receive notifications on the bracelet?**
 - A: Make sure that the bracelet is connected to your mobile phone and turn on the corresponding prompt switch in Settings -> Notification Configuration on the mobile app.
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Documents / Resources

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|---|---|
|  | Lanshi FOOMLITE Smart Watch App [pdf] User Guide FOOMLITE Smart Watch App, FOOMLITE, Smart Watch App, Watch App, App |
|---|---|

References

- [User Manual](#)

Manuals+, Privacy Policy

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