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LEMFO Android ios Smart Watch for Men User Manual

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LEMFO Android iOS Smart Watch for Men

Thank you for choosing our smartwatch. By reading this manual, you can fully understand the use of the device. This device is mainly connected to a mobile phone through Bluetooth for adaptation, provides a variety of practical functions and services, and develops many functions for human exercise and health; this The equipment is not a medical device, and the measurement data and results are for reference only, not as a basis for diagnosis and treatment. The company reserves the right to modify the contents of this manual without prior notice. This product supports IP68 waterproof, so you can wear it in the rain, washing hands, etc . without worry. After soaking in water, there will be water in the speaker hole. Please shake the water out, and the sound will return to normal; and dry it with a soft cloth before operating the watch.

Note: Do not wear it in hot showers or saunas to prevent the intrusion of steamers. If the watch is damaged due to water ingress due to non-use according to the instructions, the company does not provide free warranty.

Install APP
You can scan the "QR code" in the watch settings function using the "Scan" function on WeChat or browser, download the corresponding app for the watch on your phone, namely " Fit Cloud Pro", and then install it; You can also download and install "Fit Cloud Pro" by searching for it in app stores such as "Google Play" and "AppStore".

FitCloudPro

Connecting the watch

QR Code Connection
After you open and download the app, if a dialog box for obtaining permissions pops up on your mobile phone, please click 'allow to obtain'. After entering the app and preparing to connect the watch and phone, please check if the Bluetooth and positioning functions of the watch and phone are turned on. After checking, in the "Device" interface of the app, click "Add Device", and select the "Scan" function in the upper right corner of the "Bind Device" interface. The phone can scan the QR code in the "Settings" section of the watch to connect to the app.

During the pairing process, a prompt 'Do you agree to pair with your phone' will pop up on the watch end. Please click on the ' Agree to Pair' option to complete the connection between the watch and the app.

Manual Connection

After enabling Bluetooth on your phone, enter the APP and click on the Device interface. In the device binding interface, click Start Search to search for Bluetooth on nearby watches for pairing. You only need to find the name of your watch (ELF3 model) and click to enter pairing. During the pairing process, a prompt Do you agree to pair with your phone will pop up on the watch and phone sides, Please click on the ' Agree to Pair' option to complete the connection between the watch and the app. After connecting through any of the above methods, you can check the connection status between the watch and your phone. When you slide down at the top of the watch dial interface, you will see the color change of the Bluetooth icon, and confirm the Bluetooth status through icons in different states to ensure that you can use the watch' s functions normally.
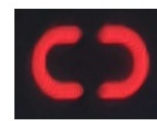

BT Call connected   BT Call disconnected   APP BT Connected   APP BT Disconnected

Unbundle Bluetooth

Click on the watch icon in the Device interface of the app, and a Unbind button will pop up to unbind the watch. After unbinding, the Bluetooth connection status of the watch changes to red.

Key Description

Key 3: Up key

Key 4: Down key

Key 1: Function key

Key 2: Power on key

Function key:

1. Dial interface short press 1 time to enter the main menu interface.

2. The main menu interface quickly press 2 times to switch to different styles of the main menu.

3. Short press in other function interface to return to the dial interface.

Power on key:

1. Press and hold the button for 4 seconds to enter power on or off.

2. Short press in the main menu or other function interface to return to the dial interface.

3. Short press 1 time to turn off the screen in the dial interface, short press 1 time to light up the screen in the rest state.
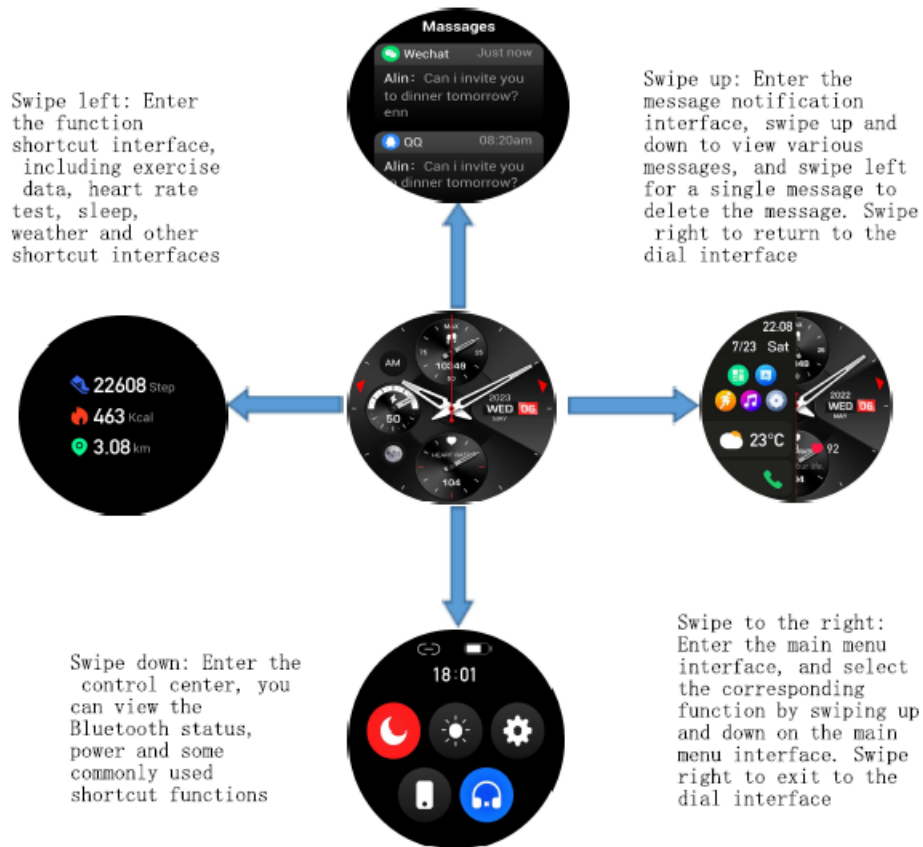
Up key:

1. Short press 1 time to switch to the next dial when in the dial interface
2. Make the screen slide upward to show the function list when in the main menu interface.

Down key:

1. Short press 1 time to switch to the next dial when in the dial interface
2. Make the screen slide down when in the main menu interface to show each function list.

Operating Instructions

Swipe left: Enter the function shortcut interface, including exercise data, heart rate test, sleep, weather and other shortcut interfaces

Swipe up: Enter the message notification interface, swipe up and down to view various messages, and swipe left for a single message to delete the message. Swipe right to return to the dial interface

Swipe down: Enter the control center, you can view the Bluetooth status, power and some commonly used shortcut functions

Swipe to the right: Enter the main menu interface, and select the corresponding function by swiping up and down on the main menu interface. Swipe right to exit to the dial interface

Charging Manual

1. When the battery power is lower than 10%, the battery icon of the watch will turn red, and the system will automatically turn off the motor vibration function. If the power saving mode is turned on, the watch will turn off Bluetooth, the brightness will be reduced to the lowest,
and the wrist lift will be turned off to brighten the screen. Disable automatic heart rate detection, vibration motor and other functions.
2. The watch supports 5V power adapter for charging, and the power input is required to be 5V 500ma or 5V IA. Aim the magnetic charging cable at the charging port of the watch, the watch will automatically absorb the charging plug, the watch will have a charging interface prompt when charging, and the charging icon will

remain stationary when fully charged.

3. Because the charging plug is magnetic, it is easy to attract other conductive metal objects . After charging, please turn off the power adapter in time. Be careful that the thimble on the magnetic plug does not touch other metal objects or be adsorbed to metal objects, causing the charging cable to be damaged. short circuit.

Function Manual

- **Bluetooth call:** After the watch is connected to the mobile app, when the phone receives a call, the watch will vibrate and light up the screen, and at the same time you can use the watch to make and receive calls; keyboard 7, 9 long press 2s to input* and #
- **Frequently contacts:** you need to add them in the frequently used contacts section of the app, the frequently used contacts will be automatically synchronized to the watch, up to 10 contacts can be added .
- **Call records:** This function can save the last 10 call records.
- **Voice assistant:** This function needs to connect the audio Bluetooth and APP, which can evoke the voice assistant of the mobile phone by tapping the voice ball.
- **Data:** Displays the number of steps, distance, and calories recorded on the day. and set the target steps, distance, and calorie consumption on the APP.
- **Workout:** including walking, running, mountaineering, cycling, basketball, swimming, badminton , football, etc., supporting more than 100 sports mode push, with up to 9 sports modes reserved in the watch at a time.
- **Workout records:** This interface saves your latest 10 exercise history records and allows you to view data such as exercise duration, heart rate, calories, etc. during exercise.
- **Heart rate:** When entering the heart rate measurement interface, when the measurement interface displays a change in heart rate and the green light at the bottom lights up, the measurement starts. It takes about 10 seconds to complete the measurement. If the prompt is "not wearing a watch", you need to wear the watch again, and then click on the measurement interface to re measure.
- **Sleep:** Display the sleep monitoring status of the day, with data updated daily. When connecting to the app, refresh the homepage to synchronize and save the data. The sleep monitoring time is from 9:30 pm to before 12:00 pm the next day.
- **Blood pressure:** After entering the blood pressure monitoring interface, when the pointer on the measurement interface swings and the green light at the bottom lights up, the measurement begins. When the measurement results appear, there will be a vibration reminder, and the measurement time is about 20 seconds.
- **messages:** After opening the message reminder button on the APP interface, the information function interface of the watch will receive messages from the phone, and the watch will retain up to 15 recent messages. When received, there will be a vibration reminder. If the vibration function cannot be used, it indicates that the watch's battery is low or the vibration function is not turned on.
- **Weather:** After connecting the watch to the app, open the weather push button on the device interface of the app, and the weather interface of the watch will display the temperature and type of the day's weather.
- **Female Health:** After logging into the app, if you need to use the women's health function, you can set the gender to female in the personal information of the app. Then, the setting button for the women's health function will appear in the app. After the setting is completed, the women's health function of the watch will only be activated. Then, set the parameters according to your actual situation, and the watch will budget relevant information such as women's menstrual period, pregnancy preparation period, and pregnancy period
- **Bluetooth Music:** After connecting to the app, you can control the playback and pause of music on your phone, adjust the volume on the watch, and listen to or switch phone music through the watch.

- **Stopwatch:** Click the start button to start the timer, click the pause button to pause the timer, and click the bit button to reset the timer to zero. During the timing process, clicking on the clock icon on the right can mark the time, up to 99 pieces of data can be marked.
- **Timer:** The system presets the commonly used timing duration, and users can click the corresponding duration to quickly time or click the custom button to set the time. Click the start button to start the timer, click the pause button to pause the timer, and click the reset button to reset the timer to zero.
- **Alarm clock:** After connecting the watch to the APP, an alarm clock needs to be set on the APP. The watch will display a single alarm clock, a circular alarm clock, and up to 5 alarms can be set.
- **Find phone:** After connecting to the mobile app, click this function on the watch and the phone will sound a ringing tone.
- **Settings:** In this function, you can view the watch' s battery level, system information, and adjust brightness, switch languages, and set passwords.

Q&A

1. **Sleep data is not accurate enough**
   - Sleep monitoring is to simulate the natural time of falling asleep and getting up, and needs to be worn normally
   - Wear it when you fall asleep too late or when you fall asleep, there may be errors
   - Sleep data is not monitored during the day, and the default sleep monitoring is from 9-30 at night to 12-00 at noon the next day
2. **Bluetooth is not connected or cannot be connected**
   - Please try restarting the watch and reconnecting
   - Please try to restart the mobile phone Bluetooth and connect again
   - Do not connect the mobile phone to other Bluetooth devices at the same time, unbind other devices from the mobile phone and try to connect again.
3. **Inaccurate measurement of heart rate/blood oxygen**
   - Generally, during measurement, the sensor of the watch is in poor contact with the human body.
   - Please pay attention to the full contact between the sensor and the wrist when measuring
   - For people with darker skin and more arm hair, please go to the App [Device>Enhanced Measurement] Enable enhanced measurement
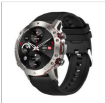4. **For more frequently asked questions, please check the App [My>FAQ]**

Warranty Description

1. During normal use of this product, if there are product quality problems caused by manufacturing, materials, design, etc., the motherboard will be guaranteed for one year free of charge from the date of purchase.
2. No free warranty is provided due to the failure caused by the user, as follows:
   - Failures caused by unauthorized disassembly, modification of watches, etc.
   - Failure caused by accidental drop during use.
   - All man-made damage or the fault of a third party is not covered by the warranty.
3. When requesting a free warranty, please provide a warranty card filled with the date of purchase and the stamp of the place of purchase.
4. When the user repairs the product, please take the product to the company or the company's distribution point.

5. All functions of the product are based on physical objects.

Client Signature:	Purchase Date:
Watch model:	Sales Shop:
Return Address:	Store Stamp:

Documents / Resources

Smart Watch Manual	**LEMFO Android ios Smart Watch for Men** [pdf] User Manual Android ios Smart Watch for Men, Android ios, Smart Watch for Men, Watch for Men

References

- **User Manual**