anyloop

anyloop Watch Manual
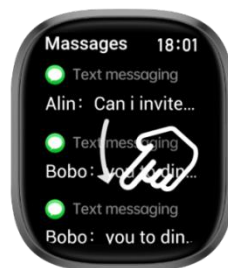
1. Basic Features

Press button to view App

Press button to
return to main dial

View App

When the dial screen is displayed, press the button to view the App and press again to

return to the dial.

Swipe up to
show notifications

Swipe down to
return to main dial

View recent notifications

When syncing phone notifications is turned on, swipe up to display notifications when in

the dial screen.

Swipe down to
open the control center

Swipe up to
return to the main dial

Open Control Center

To easily access controls such as Do Not Disturb mode and screen brightness, swipe

down on the dial screen to open the Control Center.

10
09
SATURDAY 06

Swipe left or right

Add New Card

Data 18:01
🔥 300
👣 23167
📍 2.6

90 BPM
▲ 108 ▼ 90

07 H 50 M
05 H 02 H
25 M 45 M

Weather 18:01
23 °C
Cloudy
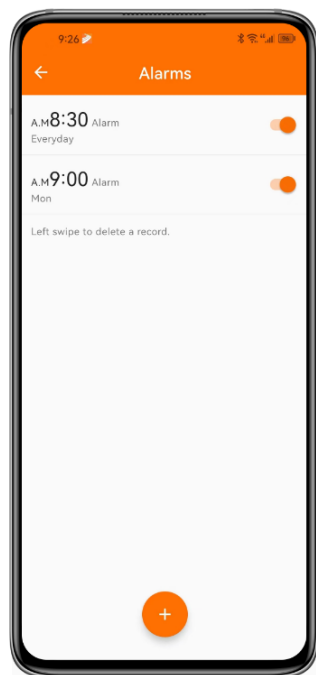Tur 7/23

Music 18:01

🏃 Walking
🏃 Running
🏃 Treadmill
🧗 Climbing

Shortcut cards

Swipe left or right while in the dial screen to quickly view data such as activity, health, or

quick movements or apps. You can edit the order in which the cards are hidden,

displayed or arranged.

Set Alarm

Set an alarm in FitCloudPro App to vibrate the watch at the set time.

Set timer

Open the "Timer" app, tap the screen to select the countdown timer, and vibrate the

watch when it ends.

Check the weather

Open the "Weather" app to check the temperature and weather conditions.

Scroll down to home page

Sync health & sports data

Sync your health & sports data to FitCloudPro App, just open the app and scroll down

the home page under Bluetooth connection.

2. Personalization

Change dials

Add your favorite dials on FitCloudPro App.

1. Open the FitCloudPro App on your phone, tap Device at the bottom of the screen, then tap Watchface.

2. In the Watchface Store, tap a face, then tap Sync Watchface.

3. The face is added to your watch and becomes the current face on your anyloop Watch.

Change Album dials

Add your favorite dials on FitCloudPro App.

1. Open the FitCloudPro App on your phone, tap Device at the bottom of the screen,

   then tap Watchface.

2. Tap the face in the top-left corner, then tap "**+**" to choose upload method

3. Choose the photo and features you want.

4. Tap "**Set as watch face**", then choose watch face to replace.

5. Tap Confirm. The face is added to your watch and becomes the current face on your

    anyloop Watch.
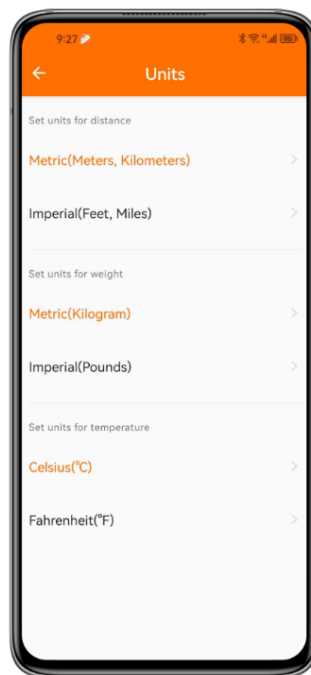
Preference Setting

Set the units on the watch in FitCloudPro App. (Me-Unit Prefer)

Press and hold the
spring–loaded pin to pull it open

Press and hold spring pin to insert
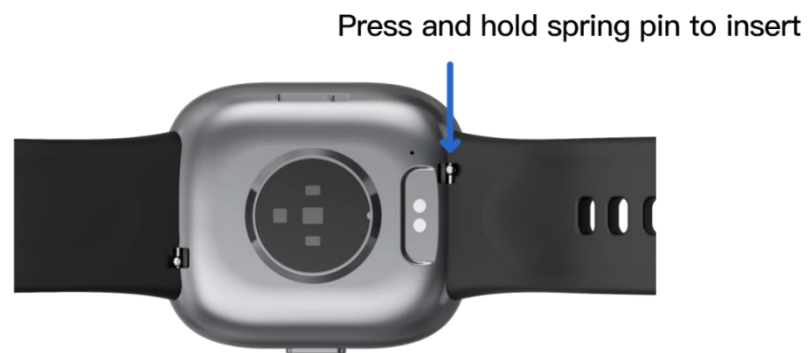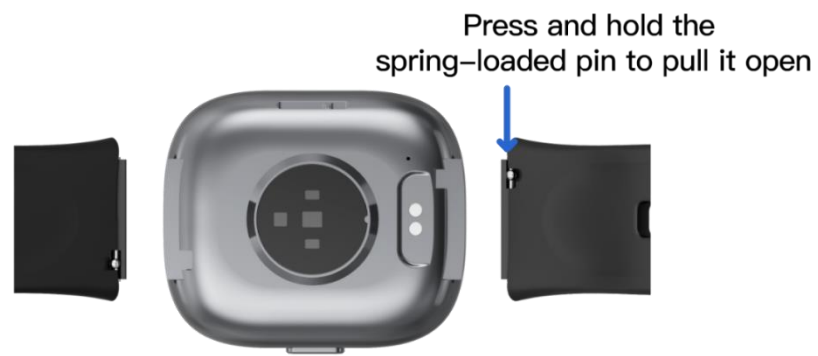
Change the watch band

Slide and hold the spring pin while pulling it away from the watch to remove the current

watch band. To install a new watch band, slide the spring–loaded pin over and hold it in

place, then insert the new band. When both sides of the strap are properly placed,

simply release the spring pin.

3. Fitness

Get a workout

Open the "Exercise" App and tap on the exercise you want to do. To pause or end your

workout, swipe right.

Track your workout situation

When you've finished your workout, you can view your workout duration and

corresponding pace in the workout log on the FitCloudPro App, and you can view more

detailed data to help you better track your fitness. (Enter from the upper left corner of

the home page)

4. Health

Keep an eye on your heart health

FitCloudPro Watch lets you know your heart rate data. You can turn on high or low

heart rate alerts on the FitCloudPro App to alert you when your heart rate may be too

high or too low while exercising.

Keep an eye on your sleep

anyloop Watch lets you know how much sleep you've had, such as how long you've

slept and the length of each sleep stage. Just open the "Sleep" to get started.

5. Notifications & Alerts
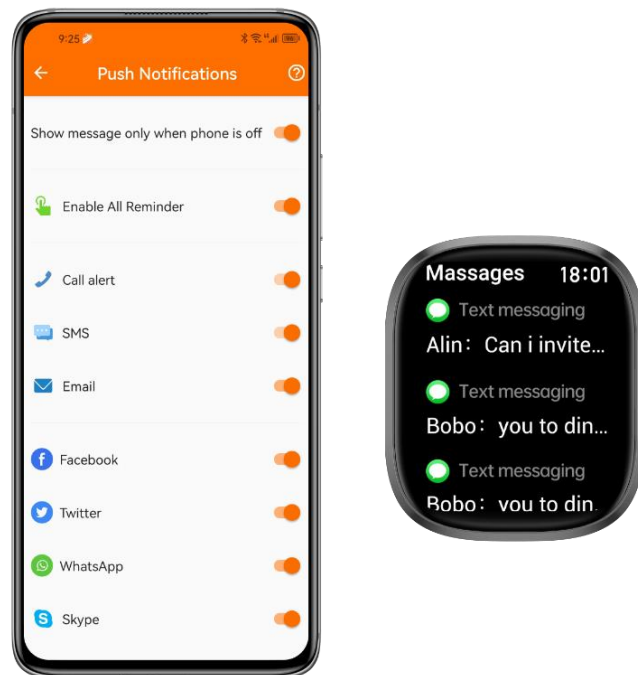
Manage notifications

Set up the App to receive notifications on anyloop Watch in the FitCloudPro App.

(Device-Push Notifications)

Turn on Do Not Disturb mode

Slide down the dial screen to turn on the Do not disturb" switch.

When Do Not Disturb mode is turned on:

Messages and notifications will no longer be alerted, and the screen will not light up

when you raise your wrist.

The alarm clock will vibrate normally."

6. Frequently Asked Questions

How does the device switch on and off?

1.Restore factory settings in the app under the device page, and make sure to Restore

Factory Settings to restore factory settings;

2. Set Restore Factory Settings in the device, and find Settings – System – Reset.

(Note: the device will reset all data, if you need to use it again, please rebind it)

How do I restore factory settings on my device?

1.Restore factory settings in the app under the device page, and make sure to Restore

Factory Settings to restore factory settings;

2. Set Restore Factory Settings in the device, and find Device – Restore To Factory Data.

(Note: the device will reset all data, if you need to use it again, please rebind it)

How to use the music control function?

When the app is connected successfully, turn on the music player of the mobile phone,

play the music in the download list, press the left and right buttons in the music interface

of the device to switch, and click the middle button to pause or play the music.

Why doesn't the device record the sleep duration?

If your device does not record sleep duration, there may be the following reasons:

1. The device runs out of power during sleep;

2. The device is not worn and sits on the desktop all night;

3. The device is unbundled and rebundled after the phone syncs the data, and then worn

again the next day while sleeping after rebundling to check if there is a sleep record;

4. Reboot the device and wear it again the next day to check if there is a sleep record.

Why does the device not light up after turning the wrist?

1.Please check whether the function of raising your wrist to turn on the screen in the App

is enabled, and whether the setting of the time period for raising your wrist to turn on the screen meets your needs. After Bluetooth connection, on the "Devices" page of the App, open "Raise to Wake", set a time period that meets your needs, and you can turn your wrist on to turn on the screen during this time period.

2.Please check whether the device is in Do Not Disturb mode. If the device is in Do Not Disturb mode, the wrist lifting device will not light up.

3.When you need to see the time, raise your wrist and face the screen to yourself.

How do I set the time?

The watch will automatically sync the time with your device.

Why does the battery life become shorter?

If the device is turned on with the wrist-up screen, real-time heart rate detection and other features, power consumption will increase and battery life will be reduced.

What is waterproof?

Regarding the waterproofing of the device: For details, please refer to the instruction manual of the corresponding device you purchased to confirm whether it supports waterproofing for life or swimming. Not suitable for underwater diving, sea water, diving, hot springs, saunas, and other wading or deep water activities under high-speed water; leather and metal straps are not suitable for swimming. The waterproof function is not permanently effective, and the protective performance may be reduced due to daily wear

and tear.

Charging your wearable device

1.Hold the end of the charging cable near the port on the back of your wearable device until it attaches magnetically. Make sure the pins on the charging cable align with the device's port.

2.Plug the charging cable into a USB-A port with an output of 5V and at least 0.5A. You'll get a reminder when the battery is lower than 10%. You can see the current charge level on the charging screen.

Note:

1.If your wearable device is left unused for a long time, you might need to wait 1 minute for the charging screen to Appear after you start charging.

2. Wipe the charging touch pad of the device before charging to avoid sweat or moisture residue.

After charging for a period of time, the device still doesn't respond. What's the reason?

When the device is not used for a long time, it will enter the low power state. Please use the mobile phone charger to charge for about half an hour to activate it.

Note: when charging, it is best to connect the charging head of the mobile phone. The current on the computer is too small, and it may be difficult to charge when the power is low.

How is sleep recorded? Why is the perception of sleep recording inaccurate?

Sleep monitoring method:

1.Please wear the watch before going to bed, the watch will automatically record your sleeping and waking time as well as sleep status, no need to open it manually.

2.Sleep records greater than 3 hours will be analyzed for sleep cycle, statistics of deep sleep, light sleep, wakefulness, rapid eye movement state distribution.

Possible reasons for inaccurate perception of sleep:

1. The watch is used to determine the sleep state by the wrist movement in the sleep state. Due to wearing habits and personal movement differences, there may be deviations in sleep data in some cases. In your case, you may have more wrist movements during sleep, which makes the sensor judge it as non-sleep, resulting in not recording sleep. It is recommended that you wear the device on your non-dominant hand while you sleep (e.g. if you are used to using your right hand, please wear the watch on your left hand).

2. If you wear it too loosely, it may lead to abnormal sleep monitoring. It is recommended to wear the device to a stable state without obvious shaking when you sleep.

3. if you do not feel awake, but the watch has recorded the length of wakefulness, it may be because sleep is divided into several cycles, and each sleep cycle is often accompanied by a short period of wakefulness at the end, which may be so short that most people are not aware of it;

4. If you feel awake during sleep, but the watch does not monitor it, it may be because the activity range is relatively small and the watch is difficult to judge.

Why is the step count displayed on the Home tab of the Health app different from the one displayed on my wearable device?

When you use your mobile phone and smart wearable device at the same time, the mobile phone will show the step count of the last connected device, so the number of steps will be inconsistent.

What is the significance of knowing the blood oxygen saturation?

1. Human blood carries oxygen through the combination of red blood cells and oxygen. The oxygen we need in our metabolic process enters through the respiratory system and combines with the hemoglobin in the red blood cells to form oxyhemoglobin, which is then transported to the cells of various tissues in the body.

The saturation of blood oxygen is an important physiological parameter reflecting the function of respiration and circulation, and is an indicator of the ability of human blood to carry oxygen. In addition to heart rate, blood pressure, respiratory rate and body temperature, pulse oximetry is also considered to be the 5th key health condition indicator.

2. Most people have blood oxygen levels between 95-100%. Your blood oxygen level may change throughout the day.

3. Who should be concerned: people over 60 years old, outdoorsmen, hikers, sportsmen, people who snore, people who work more than 12 hours a day, and people who are chronic alcoholics.

Why is my calorie data calculation not accurate after exercise?

The calories of exercise will be based on the basic information of the individual, as well as the distance and duration of exercise, the more realistic the personal data filled in the phone settings will be calculated more accurately.

Pairing the device with the app

Your wearable device can be paired through the FitCloudPro app. After pairing, the app needs to be kept running in the background. Otherwise, the device may disconnect from your phone and may not work properly.

How to pair:

1.Turn on your device. Use your phone to scan the QR code on the device's screen, or search for FitCloudPro in your phone's app store. Download and install the FitCloudPro app.

2.Open FitCloudPro, and follow the prompts to grant the relevant permissions. Tap Add device, then either tap to automatically scan for devices, or tap the specific device name. When the Bluetooth name of the device appears, tap to pair.

Note:

1.During the pairing process, make sure that your phone's Bluetooth is turned on to ensure a normal connection between your device and phone.

2.If the device can't be found or connected during pairing, restore the device to its factory settings or restart it, and then add the device again.

Blood oxygen measurement unsuccessful/inaccurate

Factors such as body hair, tattoos, excessive movement during measurement, low temperature, wearing the device improperly, etc. may affect the accuracy of or cause the device to be unable to take blood oxygen measurements. To improve accuracy, wear your device a finger's width above your wrist bone, and keep still during measurements. Measurements are provided for your reference only, and shouldn't be used as grounds for medical diagnosis.

Inaccurate positioning and route loss

Route information is obtained through the satellite positioning information of your phone or wearable device. If you encounter problems such as route loss, drift, etc., it may be caused by a weak positioning signal. Going to an open area when doing outdoor sports can reduce help reduce these problems. Satellite signal strength can also be affected by external factors such as bad weather and metal phone cases. Finally, some settings on your phone and in the app can affect positioning capabilities. Check your settings following the instructions below:

Android users:

Turn off Battery saver.

Add Mi Fitness to the list of apps that are exempt from Battery saver.

Change the location permission of Mi Fitness to Always allow.

Keep Mi Fitness running in the background.

iOS users:

Turn off Low power mode.

Change the location permission of Mi Fitness to Always. In addition, there is an option at the bottom of your workout summary to rate the quality of the summary and its data. Rating and giving feedback on your workout summary helps us analyze and solve any problems.

Resolving data synchronization issues

1.Check the connection status between the device and the phone, and refresh the page in the app to reconnect.

2.Turn your phone's Bluetooth off and on again.

3.Check your phone's internet connection. If the phone is disconnected from Wi-Fi, try to reconnect. If the Wi-Fi connection is normal but data still can't be synced, switch to mobile data instead.

4.Reboot both your device and your phone and reinstall the app.

Inaccurate heart rate data?

Heart rate data is collected by the wearable device's high-precision sensors. To ensure accurate heart rate data, make sure you're wearing the device correctly. Wearing the device incorrectly, such as wearing it too loosely, will affect data accuracy.

Actual distance doesn't match recorded distance

The distance result in the workout summary is based on available positioning information or the estimated number of steps, and so may not be entirely accurate. Doing exercise in an open area can help to increase the accuracy of distance results.

Can't find the device on my phone

When trying to pair your phone and device, you can't find the name of the wearable device that you want to pair with your phone, try the following steps:

1.Keep your wearable device and phone close together and avoid strong sources of network interference.

2.Factory reset your wearable device. If you aren't sure how to reset it, check the instructions that came with the device, or contact customer support.

3.Turn on Bluetooth on your phone. Make sure that your wearable device is on.

Actual pace does not match recorded pace

Pace results in the workout summary are calculated based on the distance and duration of the exercise, but may not be completely accurate. We will continue to optimize the algorithm to provide you with more accurate pace results.

Wearable device isn't connecting

1.If you've previously connected your wearable device to your phone, remove the device

from the paired device list under Bluetooth on your phone.

2.Reboot your wearable device and phone.

Actual steps don't match recorded steps

The step count results in the workout summary are calculated by the phone or wearable

device's step-counting algorithm. This algorithm is continually optimized to provide more

accurate step count results.

Troubleshoot notifications

Your device notifications mirror your phone settings. In other words, notifications that

appear on your phone are forwarded to your device.

If you don't receive notifications on your device, try these troubleshooting steps.

1. To ensure that you can receive notification messages in time, please make sure your

device and phone are paired and connected by Bluetooth.

2. Check whether the message notification switch is turned on in FitCloudPro App: In the

device details page of FitCloudPro App > Message notification, turn on the message

notification switch, and turn on the switch of the app that needs to push the message.

3. Please turn on the Allow Notification switch in the phone settings

1) Android system (take Samsung phone as an example): Open the phone settings >

Notifications; select the app you need to be notified in "Notifications" and turn on its switch.

2) iOS system: Go to Settings > Notifications, select the corresponding app, turn on the Allow Notifications switch, and make sure the switch is on in the Notification Center.

4. iPhone make sure the shared notification setting with the bracelet watch is normal: open the phone settings > Bluetooth > click the paired device > turn on the Share System Notifications.

5. Please make sure the Do Not Disturb mode of the bracelet watch is turned off.

6. Please make sure you are not logged into a communication software on PC or stay in the chat interface of a communication software.

If the problem still exists, please try again after you reboot your phone and reconnect your device.

Actual calories don't match recorded calories

Calorie data is calculated by an algorithm based on your sex, height and weight. Check and correct your personal information if needed to improve the accuracy of your calorie results.

How do I hang up the phone?

When there is an incoming call, click the 'X' or hang-up icon on the screen to hang up