I39H Caling Smart Watch
User Manual
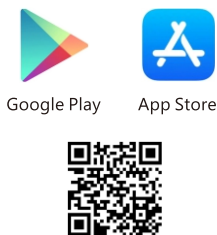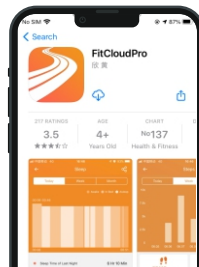
Turn on your mobile phone Bluetooth, connect our smart watch to the "FitCloudPro" App.
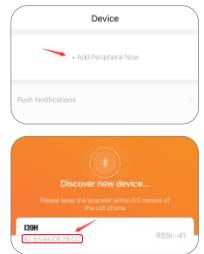
Google Play   App Store

1. Turn on the "Bluetooth" function of your phone.

2. Open "Google Play" or the "App Store".
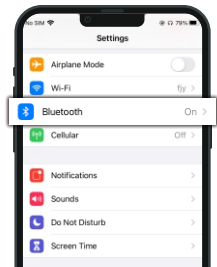
3. Search for the "FitCloudPro" App and download it.

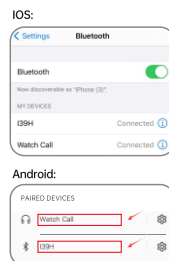4. Open the App, click "Device", find " I39H "and bind it.

TIPS to enable the answer/call function

1. Open the drop- down menu of the watch, and light up the "Call" function icon.

2. Open the phone "Settings"and turn on the "Bluetooth" function.

IOS:

Android:

3. Find "Watch Call" and click to connect it.

4. Once connected, you could use the watch to answer/make calls anytime.

I39H

SMART WATCH USER GUIDE

IN ORDER TO ENSURE YOUR BETTER USER EXPERIENCE, PLEASE KINDLY READ IT BEFORE USE.

Dial switch
Long press for 2s on the home screen to enter the dial switch interface. Slide right and left to switch the dial for selection and click to select the dial

Sports
Options for sport patterns: walking, running, cycling, mountain climbing, basketball, swimming(1 meter depth, 30 minutes), etc. Click on the icon to start sport

Control center
Function overview: Do Not Disturb Wrist-band bright screen, brightness control, settings, find phone, power saving mode, system information

Sport record
The interface saves the recent 15 times of historical sport records. You can view the sport duration, heart rate and calories during the sport
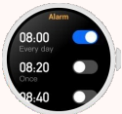
Movement data
It displays the step number, distance and calories on the same day. You can set a goal on the App, including step number distance and calories

Heart rate
Enter the interface for heart rate measurement. When the green light at the bottom is on it will start measurement. The measurement will be completed within 40s and has a vibration reminder. If prompted for "no watch" wear the watch again
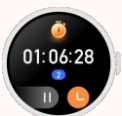
Weather
After you connect your watch with the App and open the location permission, the weather interface will display the real-time temperature and weather type
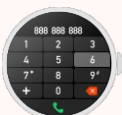
Timer
As for the timer function, the user may start quick timing through the system present time or click the user-defined button to set the time. Click the Start button to start. Click the pause button to pause. Click the reset button to zero

Alarm clock
Keep the watch connected to the App, you can set a single alarm clock or a cyclic alarm clock. You can set up to 5 alarm clocks

Information
Open information push on the App and the watch can receive the corresponding message. It can save up to the last 15 messages
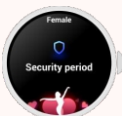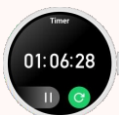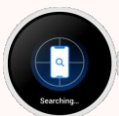
Stopwatch
Click the Start button for the timing of the start. Click the pause button to pause the timing. Click the reset button to time to zero. It can save up to 99 pieces of data
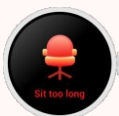
Find my phone
Keep the watch connected to the App, and click "Find my phone". The bell rings on your mobile phone and the watch shows that you have successfully found your mobile phone; If the watch is not connected to the App, the watch will indicate that it is not connected

Phone dial
Connect "Watch Call" via Bluetooth, you can directly make calls and answer calls on your watch. Support quick communication (10 contacts can be added).

Settings
Setting functions include screen display (watch face switch, brightness, screen time, raise to wake), language, vibration strength, menu style, battery, QR code and system setting

Female health
Keep the watch connected to the App, you can open the female health reminder on the App. You can view the female health reminder information on the watch

Sedentary reminder
You can open this function through [device>activity reminder] on the App after it is opened, you can set the start time, end time and the period for Do Not Disturb

Music
Keep the watch connected to the App, you can control the pause and start of the mobile phone music player, volume adjustment, and song switching

Drinking reminder
You can open this function through [device>drink reminder] on the App after it is opened, you can set the start time, end time and reminder interval

Sleep(21:00-9:00)
The interface displays the monitoring result of your sleep on the same day. The data is updated every day. Connect it to the App and you can upload and save the data synchronously. The device will recalculate the data information for the new day

Blood pressure (Reference only. No medical purpose)
Enter the interface for blood pressure measurement. When the green light at the bottom is on, it will start measurement. The measurement will be completed within 30~60s and has a vibration reminder. The measurement is based on PPG technology

Blood oxygen
Enter the interface for blood oxygen measurement. When the green light at the bottom is on, it will start measurement. The measurement will be completed within 30~60s and has a vibration reminder. The measurement is based on PPG technology

Frequently Asked Questions and Trouble Shooting

Fail to turn on the watch

Press the power switch for more than 3s
Maybe the battery % is too low. Please charge the battery before use

The Bluetooth is not connected or cannot be connected

1. Please restart the mobile phone Bluetooth and connect again.
2. Do not connect your mobile phone to other Bluetooth device at the same time

The measurement of heart rate/blood oxygen is inaccurate

1. General, it is caused by poor contact between the watch sensor and human body
2. Please ensure that the sensor contacts the wrist well during measurement
3. Please keep your body still and the watch attached to your wrist tightly during measurement