Manuals+ — User Manuals Simplified.

TRANSFORMERS
**TRANSFORMERS
TF-H06 Smart
Watch**

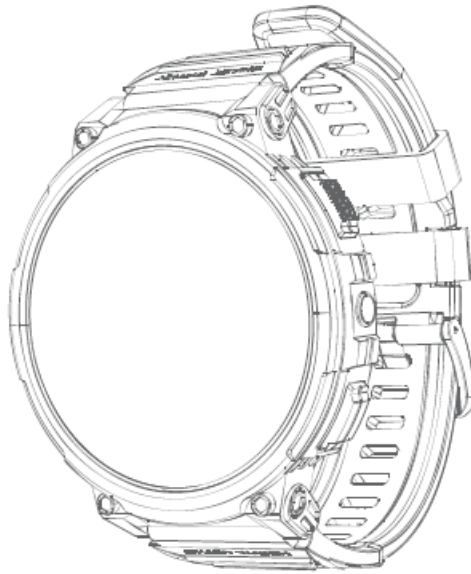# TRANSFORMERS TF-H06 Smart Watch Instruction Manual

Contents
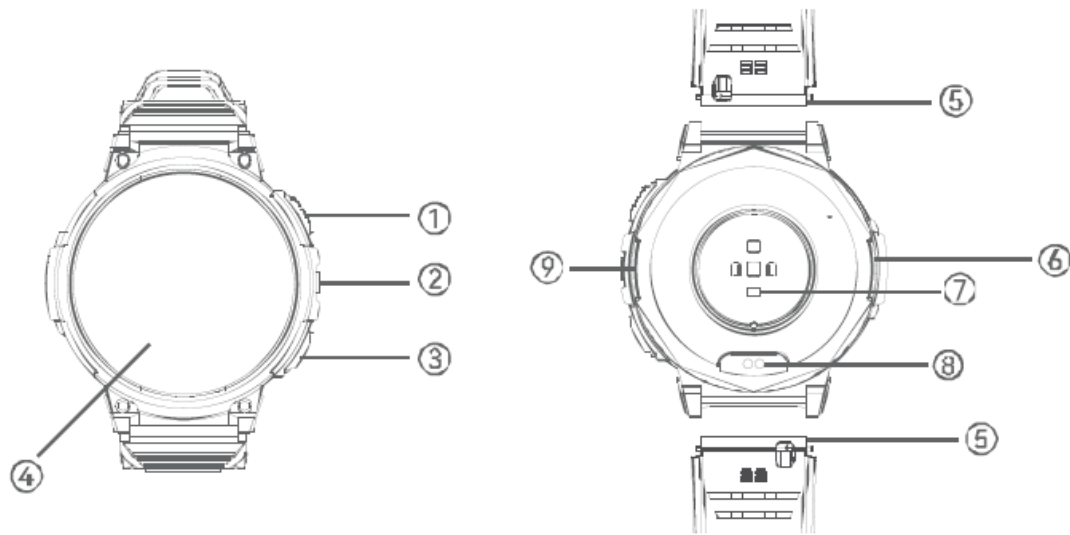
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TRANSFORMERS TF-H06 Smart Watch

Product specifications

- Product model: TF-H06
- BT version: 52
- Battery capacity: 3.8V / 730mAh
- Rated input: 5V=O.5A
- Degree of protection: IP68
- Package includes: smart watch xl , magnetic charging cable x 1, instructions, and warranty card xl
- Manufacturer: Shenzhen Qishun Innovation Technology Development Co., Ltd
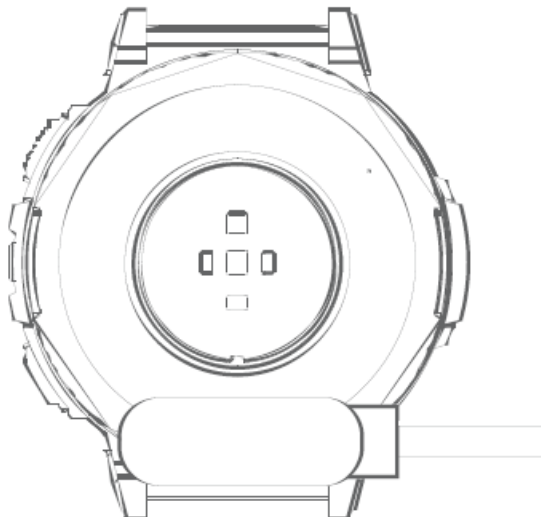- FCC ID: 2BAQF-TF-H06

Product diagram

1. Power button
2. Display Lamp
3. Function Keys
4. Touchscreen
5. Strap Quick Release Buckle
6. Speaker
7. Heart Rate Sensor
8. Charging Contacts
9. Microphones

Product charging instructions

1. When the watch indicates IOW power, please use the charging cable delivered by the watch a nd the the watch in time
2. Please keep the charging interface clean and dry before charging to prevent short circuit or other risks.
3. When charging, the touch screen displays the charging animation and turns off after a period of time, After the watch runs out of power, it needs to be precharged for a period of time before it can turn on.
4. When fully charged, the watch will automatically stop charging.

Tips

1. Do not disassemble, repair or replace parts of this product by yourself.
2. Please avoid strong impact on this product or exposure to high temperature, low temperature and extreme temperature difference
3. Do not use this product in places where wireless equipment is explicitly prohibited, otherwise, it will interfere with other electronic equipment or cause other hazards.
4. Do not use this product in high-pressure and high-magnetic environments.
5. Do not wear this product in hot bath or sauna.

6. During daily wear please pay attention to keep this product clean to avoid being eroded by stains or sweat.
7. This product is not medical equipment, and the data and information provided are for reference

Product operation instructions

1. Power key
   - Power on: When it is power off, long press the power key.
   - Power off: When the screen is on, long press the power key, and the touch screen will display the shutdown option interface.
   - Bright screen: When the screen is turned off, click the power key.
   - Enter the function interface: When the touch screen displays the main interface, click the power key.
   - Back to the main interface: When the touch screen displays a non-main interface, click the power key.
2. Function key

   Light up the screen: when the screen is off, click the function key.

   Enter the workout interface: When the touch screen displays the main interface, long press the function key.

   Return to the previous interface: when the touch screen displays the non-main interface, click the function key
3. Touch screen

   Switch the main interface mode: When the touch screen displays the main interface, long press the screen and then slide the screen left and right, click the screen after switching.

   Turn off the screen: When the screen is on, the screen will automatically turn off after no operation for a period of time.

   - Enter Control Center: When the touch screen displays the main interface, slide the screen from top to bottom.
   - Enter the information interface: When the touch screen displays the main interface, slide the screen from bottom to tope
   - Enter the functional component: When the touch screen displays the main interface, slide the screen from right to left.
   - Enter the sidebar: When the touch screen displays the main interface, slide the screen from left to right.
   - Back to the previous interface: When the touch screen displays a non-main interface and non-functional interface, slide the screen from left to right.
4. Pairing
   1. step 1 : Use the mobile phone to SCan the code below or and install the application "FitCloudProtII in the mobile app market to pair and manage the watch. Mobile phone device requirements: IOS 9.0 and above; Android 5.0 and above.

FitCloudPro

2. Step 2: After the watch is power on, open the mobile phone application Cloud Prot click.

   Note: If you canlt connect for a long time, please

   1. make sure that the BT of the mobile phone is turned on and not connected to other BT devices;
   2. make sure that the operation is carried out without magnetic field or interference from many BT devices;
   3. restart the application or mobile phone to ensure that the application runs normally in the background.

5. Synchronize data

   In the connection state, swipe the application homepage from top to bottom to start synchronizing data. After the synchronization is successful, the application will pop up "Sync Complete". The watch can save offline data for 7 days. Please synchronize the data to the mobile phone in time.

Main functions of the product

- Call: In the connected state, you can cal directly, store 1 00 phone numbers and recent call records.
- Daily activity: Show the number of steps, distance and calories of the day's exercise.
- Heart rate: Enter the heart rate interface to test the current heart rate. When testing J, the sensor should be close to the skin to avoid external light affecting the accuracy of the test.
- Exercise: Enter the selected exercise mode and start. Swiping the screen from left to right will show pause, stop or continue.
- Blood oxygen: Enter the blood oxygen interface to test the current blood oxygen.
- Sleep: Show yesterday's sleep status. Sleep data can be recorded by wearing a watch to sleep,
- Music: In the connected state, the watch can control the pause/play previous/next song, and volume of the mobile phone music.
- Weather: In the connected state, the weather conditions of the day are displayed.
- Alarm clock: You can set an alarm clock.
- Breathing: After setting the breathing time and frequency, breathing training can be carried out.
- Information: The last 8 message records can be stored.

FCC warning

1. 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.
2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to 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 in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a pa rticular 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 receiver.
- Connect the equipment into 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.

The device has been evaluated to meet general RF exposure requirement.
The device can be used in portable exposure condition without restriction.

The name and content of harmful substances in the product

Part name	Harmful substances					
	Pb	Hg	Cd	Cr(VI)	PBB	PBDE
Printed circuit board components	○	○	○	○	○	○
Small structural parts such as shell	○	○	○	○	○	○

This form is compiled in accordance with the provisions of SJ/T 11364.
○: Indicates that the content of the hazardous substance in all homogeneous materials of the part is below the limit requirements specified in GB/T 26572.
✕: Indicates that the content of the hazardous substance in at least one homogeneous material of the part exceeds the limit requirements specified in GB/T 26572.
Note:
(1) The parts marked with "✕" on the table are unable to achieve the replacement of harmful substances due to limitations in global technological development;
(2) Printed circuit board components: including printed circuit boards and their parts, electronic components, etc;
(3) Depending on the product model, the product you purchased may not contain all of the above components.

Electronic and electrical products sold in the People's Republic of China must mark this logo, the number in the logo represent the environmental protection period of the product under normal use.

Warranty card

Dear user, this warranty card is the proof of your future warranty application, please cooperate with the seller to fill it out and keep it for future use!

User information

User name		Email	
Contact number		Postal code	
Mailing address			

Product information

Product name		Product number	
Product barcode / serial number / batch number			

Vendor information

Name			
Address			
Contact number		Postal code	
Sales date		Invoice number	
Remark			

Certificate Of Approval
Product number:
Production time:

Documents / Resources

	TRANSFORMERS TF-H06 Smart Watch [pdf] Instruction Manual 2BAQF-TF-H06, 2BAQFTFH06, tf h06, TF-H06 Smart Watch, TF-H06, Smart Watch, Watch

References

- **User Manual**