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YONG TAI CT4 Smart Watch Instruction Manual

Smart Watch Instruction Manual
CT4

Contents

CT4 Smart Watch

Thank you for choosing our smart health watch!
When using this device for the first time, for your convenience, please read the manual carefully and follow the steps in the manual. Please note the following points:

1. Connect to Bluetooth: 1.1. Please make sure that the Bluetooth of the mobile phone is turned on and the bracelet is turned on; 1.2. When searching for Bluetooth, please make sure that the bracelet has not been bound by other accounts; 1.3 When searching for Bluetooth, keep the bracelet and mobile phone as close as possible. 1.4 Before using Bluetooth to make calls, please make sure that the call icon is turned on in the control panel interface on the watch, and then the watch Bluetooth can be searched normally.

2. If the user's mobile phone has installed other software such as mobile housekeeper, in order to ensure the

normal operation of the background APP, please open the message push and allow the background operation permission on the mobile phone, otherwise the message cannot be pushed.

3. Charging requirements: Use a charger with a specification of 5V 0.5-2A to charge, please be sure to turn off the battery if it is not used for a long time and keep it to recharge once a month.

4. In order to ensure the accuracy of the test data, after entering the blood pressure test mode, please keep your body relaxed and still during the test, and ensure that the watch is at the same height as your heart. Please do not speak during the test (this function provides data reference for observing blood pressure changes before and after exercise, and cannot be used for medical purposes).

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 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 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.

Important: Change or modifications not expressly approved by the manufacturer responsible for compliance could void the user's authority to operate the equipment
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.

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

Download the APP and add a device

1. 1. Press and hold the side button above the watch to turn on and off the device; Open the device and scan the QR code with your phone to download and install the app, or search for "FitCloudPro" in the Apple Store or Android App Market to download and install it. (Compatible systems:
Android 4.4 and above, Bluetooth 4.0 phones, Apple iOS 9.0 and above systems)
2. Open the mobile app, search for and select the device to be bound from the app device list.
The first step; Turn on Bluetooth on your phone
Part 2: Open the "FitCloudPro" app on your phone, click " Add Device" – "Select Device" on the device interface (please confirm that the MAC address displayed on the watch is consistent when pairing)

Operating instructions

Shortcuts	Operation method
Control	i The dial homepaLe slides down front top to bottom
Open the infortriation interface	The dial hom.epage slides from bottom to top
Open the main menu	Press the button once on the main interface to enter the main menu
Open the primary interface	Swipe the dial interface from right to left
Quick access to dial switch	Long press the dial for 3 seconds, slide left and right to switch dials
Power on/off	Long press the upper side button for 5 seconds
The side button above the button returns to the dial interface: When in the dial interface, press the side button to turn on/off the screen; The main function of the lower side button is to enter sports mode	

Function Description

1. Step counting: Record in detail the number of steps, distance, calories, and other data for the day.
2. Sleep monitoring: It can record and display the total sleep duration, and view 7 days of sleep data (data can only be detected by wearing a wristband while sleeping)
3. Heart rate monitoring: Measure the current heart rate, record and display the heart rate for 24 hours a day, and automatically monitor the heart rate every 10 minutes
4. Multiple sports modes: outdoor running, cycling, skipping rope, badminton, table tennis, tennis, mountaineering, brisk walking, basketball, volleyball, dance, rowing machine, elliptical machine, yoga, aerobics, kayaking, skiing, football, golf, wrestling, fencing, and more than 100 sports modes.
5. Blood pressure monitoring: Measure the current blood pressure, record and display the blood pressure for 24 hours a day, and automatically monitor the blood pressure once every hour.
6. Blood oxygen detection: Measure the current blood oxygen, record and display the 24-hour blood oxygen throughout the day, and automatically monitor blood oxygen once every hour.
7. Music control: Control the playback/pause/previous/next music on the phone.
8. Camera control: Open the mobile app and click/shake the watch on the camera control interface to take photos.
9. Weather forecast: After Bluetooth connection to the watch, real-time weather forecast updates can be synchronized on the watch end
10. Female menstrual cycle: It is necessary to set it as female on the personal interface of the APP, and the corresponding cycle icon will be displayed on the watch.
11. Bluetooth call: After successfully pairing with Bluetooth on the APP, you can make and receive calls through the watch
12. Music playback: After successfully binding and pairing with the mobile app, you can play your phone's music

through the watch

13. Other functions: alarm clock, stopwatch, calculator, timer, sedentary reminder, call reminder, find phone, breathing training, games, online dial, custom dial, theme style switching, brightness adjustment, etc

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Documents / Resources

	YONG TAI CT4 Smart Watch [pdf] Instruction Manual CT4, CT4 Smart Watch, Smart Watch, Watch

References

- **User Manual**