

Smart Watch User Manual



Please read user manual carefully before use

- Includes:**
- *Smart Watch
 - *Wrist Straps
 - *User Manual

Safety Information

Please read the safety instructions carefully before using the product for the first time and keep the instructions for future reference.

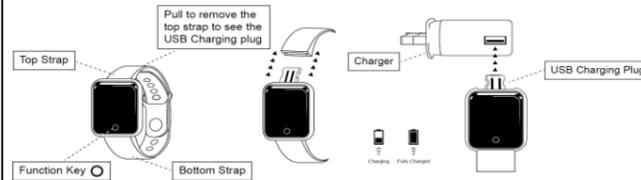
- This product is not a toy. Keep it out of reach of children and pets to avoid chewing and swallowing.
- This product includes a lithium polymer battery.
- Product operating and storage temperature is from 10 degree Celsius to 40 degree Celsius. Under and over this temperature might affect the function.
- Never open the product. Touching the inside electric parts can cause electric shock. Repairs or service should only be performed by qualified personnel.
- Bluetooth wireless technology operates within a range of about 5 meters. The maximum communication distance may vary depending on the presence of obstacles (people, metal objects, walls, etc.) or the electromagnetic environments.
- Microwaves emitting from a Bluetooth device may affect the operation of electronic medical devices.
- The product is not a medical instrument. It is not suitable for diagnosis, treatment or prevention of illness.
- If you suffer from a circulatory or blood pressure disorder, exercise with supervision.

Charging Device

Make sure your smart watch is fully charged before initial use.

When device needs to be recharged, pull carefully to remove the top strap to see the USB charging plug. Insert plug to a charger. The device will automatically boot up for charging.

Note: Charger is not included in this product set.



Downloading App

In order to connect your new smart watch to your phone, you need to:

- Download the Fitpro App and install it on your phone.
- Scan the QR code or search **Fitpro** in App store to download and install the App.



Note: Please make sure your Fitpro App is Version 2.6.2 or latest version, update App regularly.

Pairing smart watch with phone

- Turn on Bluetooth on your phone
- Open the Fitpro App on your phone
- Tap "Setting/Set" (towards bottom of screen)
- Tap "Bind device to experience more features" (towards top of screen) to allow phone scanning for devices.
- Choose your device by finding model name LH719/LH719/LT716
- Tap model number for device connection.
- Tap "Pair" to pair device. Your watch will sync automatically with App after pairing.

Note for Android users: Please allow the App to run in the background and permissions are enabled to ensure watch works as intended.

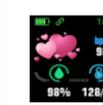
Function Interfaces

Main dial

You can change and personalize your watch dial by entering Fitpro App → Setting → Dial settings. Make sure watch is connected with phone, select your preferred dial and press sync, your watch will automatically update it.

Fitness Tracker

You can check your latest activity (KM, Steps, Kcal) in this interface.



Heart Rate Monitor

Touch and hold the function key start measuring your heart rate, blood pressure and SpO2 (oxygen saturation). Make sure watch is touching your skin. It can take up to 20 seconds to get the result. Measurement data will be synced to Fitpro App automatically once connected to your phone.

Note: The watch will only measure your heart rate when you hold the function key in this interface.

Warning: The Heart Rate and SpO2 values calculated using this device are for reference only. Do not use the result for medical diagnosis, self-diagnosis or as a base for treatment.



Sports

Touch and hold the function key enter exploring different sports modes. There are 3 modes available:

- Running
- Sit-Up
- Skipping Rope

Tap to choose the sport you wish to start training. Touch and hold function key start/end recording/measuring a new training. This interface will display the calories burned and training duration time.



Message Reminder

The watch can sync incoming notifications from SMS, Twitter, Facebook, WhatsApp, Instagram etc. Touch and hold function key view your messages. Only the last 3 messages can be stored on the watch.

Note: You can switch notifications ON / OFF in the App under Setting → Message Push Setting



More Features

Touch and hold the function key enter exploring more features in this interface.



Sleep mode:

The watch will automatically track your time asleep and analyse your sleep stages (Deep sleep, Light sleep and time spent awake). To see your sleep stats, sync your smart watch and check in Fitpro App.

Note: You need to wear the watch while sleeping. Watch will enter sleep mode automatically at 10pm daily. It will only record when your sleep duration is more than 4 hours.



Weather Forecast

The weather information from your phone can be synced to the watch when it is connected to Fitpro App.



Music

This interface allows you to play/pause, skip forward or skip to previous song on music streaming from your smart phone. Touch and hold function key enter control panel, tap function key to choose action and hold to confirm action.

Note: Please make sure your watch is connected with phone to use this feature. Android users may need to unlock phone or start their music app for Music Remote to gain control. Not available on all music Apps.



Camera Remote

This interface allows you to snap photos remotely on your smart phone via the watch. Touch and hold function key enter function. Then open Fitpro App on your phone → Go to Setting/Set → Tap Remote Shutter → Your camera will be on now. Tap the watch function key when your phone will start counting down in 3 secs to snap photo. Photo will automatically save in your photo album.

Note: Please make sure your watch is connected with phone to use this feature.

Find Your Device

This interface allows you to look for your phone via watch. Touch and hold the function key 3 secs, your phone will vibrate or push notification.

Note: Please make sure watch and your smart phone is Bluetooth connected to use this function.



Reset Watch

If you are having problems using your watch, wanting to switch phones, or wish to reset it for any reason, you can easily reset the watch in this interface by touch and hold the function key 3 seconds.

Warning! Resetting the watch will erase all your data such as step counts and sleep stats etc.



Watch Information:

In this interface, you can find your watch's model name, software version, model number and serial number. You can also power off your watch by holding the function key 3 seconds in this interface.

Other Functions in Fitpro App

Setting an Alarm

Up to 8 alarms can be set with Watch in the Fitpro App. Open App then tap "Setting/Set" → Tap "Alarm Setting" to edit. Once the alarms are synced to your phone, they will be saved offline. This means that even if your watch somehow loses connections to your phone, you will still be notified.

Sedentary Reminder

If you find yourself sitting for long periods of time, you can use this function to alert you to stand up and walk around. Best of all, you can choose the interval for alerts and customize it to best suit your routine. To enable open Fitpro App → Tap "Setting/Set" → Tap "Sedentary Reminder" to edit.

Instant On

This function allows your watch screen to automatically bright up when you lift your wrist towards you, it makes easier for you to check your latest notifications.

To enable, open Fitpro App → Tap "Setting/Set" → Tap "Lift wrist to bright screen" → Tap to turn function On/Off

Do Not Disturb Mode

This function will silence the notifications from watch so you can maintain optimum focus during work or school. You can set a time period to prevent your watch from receiving any notifications. To enable open Fitpro App → Tap "Setting" → Tap "Do Not Disturb" to edit.

More Information about Smart Watch use in Wet Conditions

The smart watch is water-resistant, which means it is splash-proof not water proof.

Note: Do not swim or shower when wearing the smart watch. Remove the watch periodically to allow your skin to dry and breathe. Whenever you get your strap wet, dry it thoroughly before putting it back on.

Wear and Care

Clean your smart watch and the sensor (at back of the watch) regularly with a slightly dampened cloth.

Warning! Do not use alcohol, acetone, benzene or other aggressive cleaning agent to clean the synthetic parts of the device. Do not use hard brushes or metallic objects on watch.

Product Specifications

Device Type: Smart Watch	Type of battery: Lithium Polymer
Vibration: Yes	Sync way: Bluetooth 4.0
Working temperature: -10°C~50°C	Screen Type: LCD
Weight: 30-45g	Sensor: Low power acceleration sensor
Waterproof grade: Non Water Proof	Watch Strap Length: 25cm
Wrist Strap Material: TPU/Silicone	Wrist Clasp Material: Plastic/Metal

Trouble Shooting - Q&A

Having issues with your watch connecting to Fitpro App?

If your previously paired Smart Watch is not consistently or reliably connecting with your phone and the App (when in Bluetooth range), clear your mobile Bluetooth listing to make sure the connection between your watch and pairing app is stable. Here's how:

For iOS:

- Open the Settings app in iOS, then go to "Bluetooth"
- Locate the Bluetooth accessory you want to remove from the iPhone or iPad and tap on the (i) button next to the name.
- Tap on "Forget This Device"
- Tap to confirm to forget the Bluetooth Device and remove it from iOS

For Android: (may vary by device)

- Go to Settings, then select "Application Manager"
- Display system apps (you may need to either swipe left/right or choose from the menu in the top right corner)
- Select Bluetooth from the now larger list of Applications
- Select Storage - Tap Clear Cache
- Go back and restart the phone

Why my watch is not charging?

If the charging indicator is not visible, it means the charger cannot detect the watch. Please try the following tips:

- Re-align the watch on the charger.
- Make sure the charger pins align with the case back grooves.
- Verify watch is seated snugly on charger with no gap.
- Verify nothing is between charger and device, i.e. no dust, tape, etc.
- Make sure the charger is getting power.
- Try changing the charger power source, i.e. move to wall outlet from laptop.

Sometimes if the device gets too hot while charging, it will go into a thermal shutdown mode until it cools off, it will continue charging once it is safe again. Try removing the device from the charger, wait for it to cool down, and place it on the charger again. If your watch won't turn on, it may be because the battery has been dead for an extended period. Allow your watch to charge for up to 15 minutes, it will turn on automatically once it has enough power.

Note: Common factory model number of this product is 116Plus, you can search this number online to find out more information on how to use/trouble shooting.