

(Fold Inward)

(Back Cover)

(Front Cover)

Setting Up the App (cont'd)

Setting Up Push Notifications (cont'd)

- Other reminders: if this function is enabled, when there is a message from another app such as WeChat, QQ or Facebook, the watch will vibrate and display the content received from the app. To use this function, you must give the app permission to get system notifications.
- Tips for Android users: When using the reminder function, you must set your device to allow the FitPro app to run in the background. It is recommended to add the FitPro app to the rights management and open all permissions.

Alarm Setting

When your smartphone and the watch are connected, 8 alarms can be set. After setting, they will be synchronized with the watch. After the synchronization is successful, even if the app is not connected, the watch will remind according to the set time.

Look for Watch

When connected, tap the "Find" option in the app, and this will cause the watch to vibrate.

Remote Photography

When connected, open the camera app from the wristband or the app. Shake or turn the wrist, and your device will automatically take a photo after 3 seconds of counting down. You must allow the app to access your device's photo album in order to save the photo.

Sedentary Reminder

You can set the sedentary reminder function so that the watch will remind you when you have sat or been still for too long.

Raise Hand to Brighten

When this function is turned on, if you lift the watch and turn the screen towards your face, the watch will automatically brighten.

Do Not Disturb Mode

During the set time period when Do Not Disturb mode is turned on, the watch will stop receiving notifications to avoid reminding messages.

Device Reset

This feature will erase all data in the watch, such as the step count.

Remove Device

This will erase all data and remove the connected device.

Powering the Watch ON/OFF

- Press + hold the watch's touch panel for **3 seconds** to power the watch ON.
- To power OFF, press + hold the watch's touch panel repeatedly until you reach the Power Off page. You will see the "Power Off" icon on the screen. On this page, press + hold the touch panel for **2 seconds** to power the watch OFF.

Note: The watch screen will automatically turn OFF after nothing is touched for 5 seconds in order to conserve power. Press anywhere on the screen or touch panel to wake.

Toggle Functions and Screen Views

- **Tap + hold** the watch's touch panel to switch between watch modes/functions.
- Tap the watch's touch panel to toggle between different screen views within a function.

Adjusting Clock Time

After syncing with your smartphone, the watch will automatically keep track of the correct time.

- Press + hold the touch panel on the default page for 2 seconds to switch the time format between 12 hours and 24 hours.

Watch Functions

Heart Rate 3-in-1 Test

Switch to the heart rate 3-in-1 test screen as shown at right. **Press + hold the touch panel for 3 seconds to start the test.** The test will run for the next 60 seconds (not shown on screen). The current heart rate, blood pressure, and blood oxygen will be displayed. **Note:** This feature requires wearing the wristband to support the heart rate and blood pressure sensors.

Step Counter: The watch will record the number of daily steps, which can be viewed in real time.

Distance: The total distance traveled is estimated based on the number of steps walked.

Calories: Estimate of the number of calories burned based on steps taken.

Lap Timing Mode: Counts the time from the beginning of switching to this mode. You can check the time elapsed and calories burned. After exiting this mode, the lap time will be added to the total number of steps. Press + hold the touch panel for 3 seconds to begin the timer.

Skipping Rope Mode: View time elapsed and calories burned while jumping rope. Press + hold the touch panel for 3 seconds to begin the timer.

Sit-Up Mode: View time elapsed and calories burned while doing sit-ups. Press + hold the touch panel for 3 seconds to begin the timer.

Sleep Mode: When you fall asleep, the watch will automatically enter sleep monitoring mode. It will detect deep sleep, shallow sleep and waking time all night, and calculate your sleep quality. Must use the FitPro app to access this feature.

Message Mode: When the watch pushes multiple reminder messages, enter this mode to view the last 3 notifications.



Power OFF Page



FCC Information

This device complies with Part 15 of the FCC Rules.

Caution: Any changes or modifications not expressly approved 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 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.

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.

Radiation Exposure Information

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

WARNING Li-Ion Battery Inside

This product is fitted with a Li-Ion battery. Do not damage, open, or dismantle the battery and do not use it in damp and/or corrosive conditions. Use only with compatible chargers. Never dispose of batteries in a fire, and never expose them to high temperatures. Do not expose the product to temperatures exceeding 60°C (140°F).

Rating Label

Definitions

- Direct current symbol.
- This symbol signifies the product must not be discarded as household waste, and should be delivered to an appropriate collection facility for recycling. Proper disposal and recycling helps protect natural resources, human health and the environment.
- This symbol signifies and declares that this equipment has battery charging which complies with California CEC and energy efficiency.
- This symbol signifies that this is a wireless device powered by Bluetooth® technology.
- This symbol represents FCC Declaration of Conformity and compliance.

Compliance Information

90-day Limited Warranty

Territory: United States/Canada

LIMITED WARRANTY TO ORIGINAL CONSUMER
This product (including any accessories included in the original packaging) as supplied and distributed new by an authorized retailer is warranted by Southern Telecom, Inc. to the original consumer purchaser against defects in materials and workmanship ("Warranty") as follows:

To obtain warranty service:

- Visit our customer support portal: www.customersupport123.com
- Select the brand and model of your device.
- Select **Service Request** and fill out the form to begin your inquiry.
- Exchanges require dated proof of purchase from an authorized retailer.

Your product will be repaired or replaced, at our option, for the same or similar model of equal value if examination by the service center determines the product is defective. Products received damaged as a result of shipping will require you to file a claim with the carrier.

Warranty service not provided

This warranty does not cover damage resulting from accident, misuse, abuse, improper installation or operation, lack of reasonable care, unauthorized modification including software modifications such as the installation of custom firmware. This warranty is voided in the event any unauthorized person opens, alters or repairs this product. All products being returned to the authorized service center for repair must be suitably packaged.

NO WARRANTIES, WHETHER EXPRESS OR IMPLIED, INCLUDING, BUT NOT LIMITED TO, ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, OTHER THAN THOSE EXPRESSLY DESCRIBED ABOVE SHALL APPLY. DISTRIBUTOR FURTHER DISCLAIMS ALL WARRANTIES AFTER THE EXPRESS WARRANTY PERIOD STATED ABOVE, NO OTHER EXPRESS WARRANTY OR GUARANTEE GIVEN BY ANY PERSON, FIRM OR ENTITY WITH RESPECT TO THE PRODUCT SHALL BE BINDING ON DISTRIBUTOR, REPAIR, REPLACEMENT OR REFUND OF THE ORIGINAL PURCHASE PRICE - AT DISTRIBUTOR'S SOLE DISCRETION - ARE THE EXCLUSIVE REMEDIES OF THE CONSUMER. IN NO EVENT WILL DISTRIBUTOR OR ITS MANUFACTURERS BE LIABLE FOR ANY INCIDENTAL, DIRECT, INDIRECT, SPECIAL, PUNITIVE OR CONSEQUENTIAL DAMAGES SUCH AS, BUT NOT LIMITED TO, DAMAGES FOR LOSS OF PROFITS, BUSINESS, SAVINGS, DATA OR RECORDS CAUSED BY THE USE, MISUSE OR INABILITY TO USE THE PRODUCT EXCEPT AS STATED HEREIN. NO OTHER WARRANTIES SHALL APPLY. NOTWITHSTANDING THE FOREGOING, CONSUMER'S RECOVERY AGAINST DISTRIBUTOR SHALL NOT EXCEED THE PURCHASE PRICE OF THE PRODUCT SOLD BY DISTRIBUTOR. THIS WARRANTY SHALL NOT EXTEND TO ANYONE OTHER THAN THE ORIGINAL CONSUMER WHO PURCHASED THE PRODUCT AND IS NOT TRANSFERABLE.

Some countries, states or provinces do not allow the exclusion or limitation of incidental or consequential damages or allow limitations on warranties, so limitation or exclusions may not apply to you. This warranty gives you specific legal rights, and you may have other rights that vary from state to state or province to province. Contact your authorized retailer to determine if another warranty applies.

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Before You Begin...

READ CAREFULLY AND SAVE THIS MANUAL

NOT Intended for Medical Use

This product is not a medical device, and is not intended to diagnose, treat, cure, or prevent any disease.

Please consult your doctor prior to using this product, if:

- You are pregnant
- You have a pacemaker
- You have any concerns regarding your health

Additional Safety Instructions:

- Consult your doctor before beginning or modifying any exercise program.
- Do not check call notifications or other data on the product's display while driving or in other situations where distractions could be hazardous.
- Prolonged contact may contribute to skin irritation or allergies in some users. If you notice any signs of skin redness, swelling, itchiness, or other skin irritation, please discontinue use or wear the product over a piece of clothing. Continued use, even after symptoms subside, may result in renewed or increased irritation. If symptoms persist, consult your doctor.

CAUTION

- THIS DEVICE IS NOT A TOY, do NOT allow children or pets to use or play with this device.
- Do not disassemble, modify, or repair the device.
- Do not expose the unit to extreme temperatures (heat or cold), open flames, humid, or wet conditions.
- **Do not submerge in water.**
- Low battery may cause poor Bluetooth connection or dysfunction.
- Do not allow the power port or the connectors of the supplied power adapter to be exposed to dust, or water, or come into contact with any conductive materials such as liquids, metallic powders, etc.
- This device should not be disposed of with regular household waste. Please consult the local authorities on the correct way to dispose of this device.

In the Box

- TUWT55 - Smart Watch (x1)
- Instruction Manual (x1)

Rated input: 5V/113mA
Battery: Li-polymer 55mAh



Touch Panel

Location of Controls

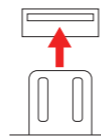


USB Charging Connector

Note: The watch face comes covered with a protective film. Please remove the film before using the watch.

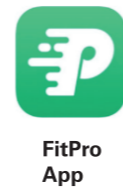
Charging the Watch

1. Remove the band from the watch.
2. Plug the USB charging connector into a USB power source, such as the USB port on a computer, or plug into a 5V USB adapter (not included) and plug into a wall outlet. Insert in the direction shown at right.
3. The watch screen will indicate when the watch is charging.



Connecting the Watch to Your Phone

1. **Make sure your device's Bluetooth is turned ON.** Power the watch ON.
2. Scan the QR code below and select the correct download for your device (Google Play, Android or IOS), or search for the "FitPro" app in your device's app store. Download the app.

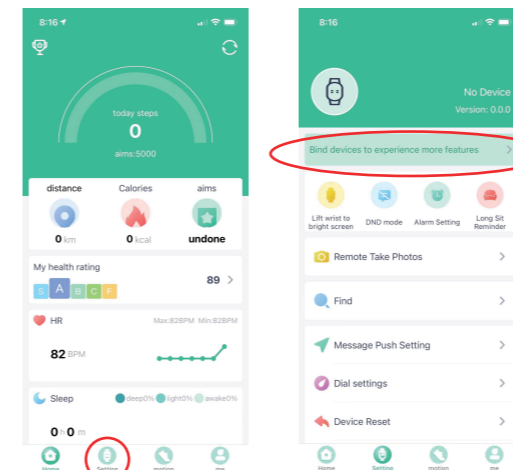


FitPro App

Getting Started

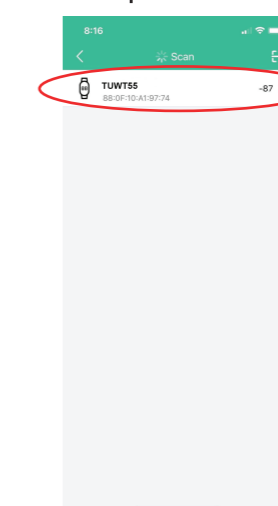
Connecting the Watch to Your Phone (cont'd)

Once you have downloaded the mobile app, follow the instructions below.

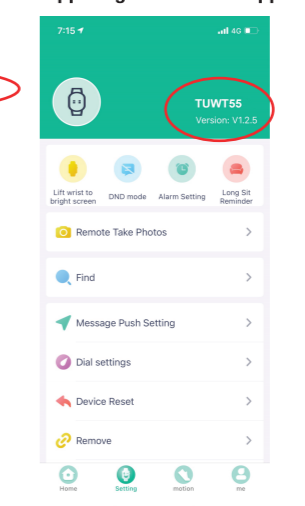


1. Tap "Setting" near the bottom of the screen
2. Tap "Bind devices to experience more features"

3. The pairing name of the watch should show up on screen. Tap it to connect.



4. After pairing, you should see the device's name on the upper right side in the app.



Once the watch is connected to your device, the "link" icon will also show up on the watch's screen, as shown at right.



Setting Up the App

Entering Personal Information
Tap the "Me" icon near the bottom of the screen. Tap "Personal Information." Enter your age, height, weight and gender. You can also set a daily goal step.

Setting Up Push Notifications

When the watch is connected to your smart device, you can enable push notifications for phone calls, text messages and other reminders.

- If the call alert function is enabled, the wristband will vibrate and display the name of the caller when a call is incoming (Note: you will need to give the app permission to read the address book.)
- If the SMS reminder function is enabled, the watch will vibrate when you receive a text message.

Syncing Data

When the watch is connected to the app, it will automatically sync data. If you wish to manually sync, you can tap the Sync icon in the upper right hand corner of the app, as shown at right.

