(Fold Inward) — — — **▶**

Settings in the App (cont'd)

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.

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

Touch + hold the watch's touch panel for 3 seconds to power the watch ON.

- To nower OFF Quick touch the watch's touch panel until you reach the "More" page.
 2. Touch + hold the touch panel to select.
- 3. Quick touch the touch panel to flip through watch functions until you reach the "Power down" page, as shown at right.
 4. Touch + hold the touch panel to select. The

watch should power OFF.

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

• Quick touch the to flip through

• Touch + hold the

touch panel to

select, click, or begin the currently

selected function.







OFF

Using the Watch

Watch Functions

Main Page (Default): Shows the time date step counter and more • Touch + hold the touch panel to switch between the 2 main page formats.

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

Shows an estimate of the number of calories burned based on steps taken.

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

Heart Rate 3-in-1 Test:

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 presssure, and blood oxygen will be displayed Note: This feature requires wearing the wristband to support the heart rate and blood pressure sensors



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. Touch + hold the touch panel for 3 seconds to

Watch Functions (cont'd)

"Sports" Page > Skipping Rope Mode: lories burned while jumping rope. Touch + hold the

touch panel for 3 seconds to begin the timer.

"Sports" Page > 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.

When connected to a device, you can use this mode. When the watch pushes

multiple reminder messages, enter this mode to view the last 3 notifications.

When paired through the app, you can control audio playback on your device through the watch. Quick touch the touch panel to flip through command selections (play/pause, skip to previous/next track), then touch + hold the touch panel to click your selection.

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

Compliance Information

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

- Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pusuant 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.
- Increase the separation between the equipment and receiver.
 Increase the separation between the equipment and receiver.
 Connect the equipment into a noutlet 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

Radiation Exposure Information
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable

Rating Label Definitions

his symbol signifies that this is a wireless device powered by Bluetooth® technology This symbol represents FCC Declaration of Conformity and compliance.

Warranty Information

(Back Cover)

To obtain warranty service: • Visit our customer support port

NO WARRANTIES, WHETHER EXPRESS OR INVESTIGATION. BUT NOT LIMITED TO, ANY IMPLIED WARR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, OTHER THAN THOSE EXPRESSAY DESCRIENT SHALL APPLY, DISTRIBUTOR FURTHER DISCLAIMS ALL WARRANTIES AFTER THE EXPRESS WARRANTY PERI ABOVE. NO OTHER EXPRESS WARRANTY OR GUARRANTY GIVEN BY ANY PERSON, FIRM OR ENTITY WITH RESP. PRODUCT SHALL BE BINDING ON DISTRIBUTOR REPAIR, REPLACEMENT, OR REFUND OF THE ORIGINAL PURCI.

- AT DISTRIBUTIOR'S SOLE DISCRETION - ARE THE EXCLUSIVE REMEDIES OF THE CONSUMER. IN NO E DISTRIBUTOR OF HIS ORIGINAL PURCI.

CONSCIUENTIAL DAMAGES ISUCH AS BUT NOT LIMITED TO, DAMAGES FOR LOSS OF PROPETS, BUSINESS OF THE ORIGINAL CONSUMER. OF THE PROPERS OF THE ORIGINAL CONSUMERS REMEDIES OF THE CONSUMER. OR THE PROPERS OF THE SOLE OF THE PROPERS OF THE PROPERS OF THE SOLE OF THE PROPERS OF THE PROPENT OR THE PROPERS OF THE PR

(Front Cover)



Instruction Manual

SMARTWATCH TUWT55MFN

Before You Begin...

READ CAREFULLY AND SAVETHIS 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:
- 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 lothing. Continued use, even after symptoms subside, may result in renewed or increased irritation. If symptoms persist, consult your doctor.

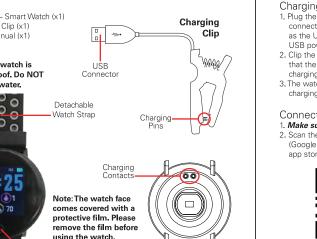
- THIS DEVICE IS NOT A TOY, do NOT allow children or pets to use or play with this device.
- Do not disassemble, modify, or repair the device.
 Do not expose the unit to extreme temperatures (heat or cold), open flames, humid, or wet

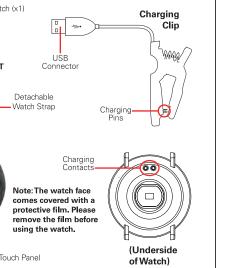
- Do not submerge in water.
 Low battery may cause poor Bluetooth connection or dysfunction.
 Do not allow the power port or the connectors of the supplied power adapter to be exposed to dust, or water, or come into contact with any conductive materials such as liquids, metallic powders, etc.
 • This device should not be disposed of with regular household waste. Please consult the local
- authorities on the correct way to dispose of this device.

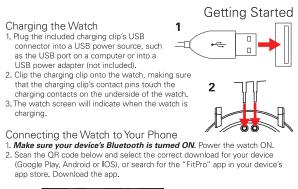
In the Box • TUWT55MEN - Smart Watch (x1) Charging • USB Charging Clip (x1) Clip Instruction Manual (x1) Warning: The watch is NOT waterproof, Do NOT submerge in water. Detachable Note: The watch face comes covered with a protective film. Please remove the film before (Underside of Watch) Rated input: 5V/45mA Battery: Li-polymer 55mAh







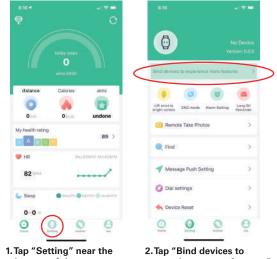




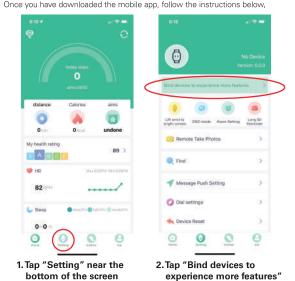


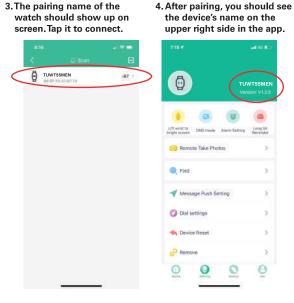


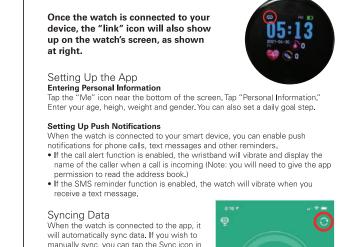
App



Connecting the Watch to Your Phone (cont'd)







Once the watch is connected to your device, the "link" icon will also show up on the watch's screen, as shown Tap the "Me" icon near the bottom of the screen. Tap "Personal Information." Enter your age, heigh, weight and gender. You can also set a daily goal step.

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

permission to read the address book.) • If the SMS reminder function is enabled, the watch will vibrate when you

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.



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.

Settings in the App

Alarm Setting

When your smartphone at 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

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.