# *AcTIVE Pro*

AcPro30

Please read the instructions carefully before use.

Watch charging and App

1. When using the watch for the first time, make sure that the watch is fully charged. The watch won't turn on, low on power. Please fully charge the watch for more than 2.5 hours, and the watch will automatically turn on once it has enough charging.

2. Attach the charger to the charging position of the watch, as shown in the image below.
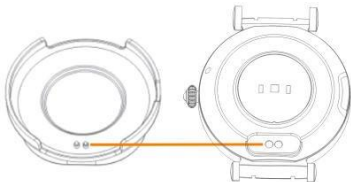
Download FitCloudPro App on your mobile phone.

App Store, if on an Apple Device, Scan the QR code below.

Play Store, if on an Android Device, Scan the QR code below.

Setup

Make sure the Bluetooth on your phone is on.
Download the app using the QR code above and open the FirCloudPro app on your phone.
Once the watch is charged, turn on the Call and Media Audio on the watch. On the App, go to Device and Add a Device.
Search for the corresponding Bluetooth device name, "AcPro30" from the list and pair the watch with the app.
All features are connected by the same Bluetooth connection.

On the Watch
1) Slide to the left: enter the function options, and more options can be added for exercise data, exercise, heart rate, sleep, blood pressure, blood oxygen, weather and music.
2) Slide to the right: enter the split screen mode selection function.
3) Slide downwards: enter the setting options, which can be selected: brightness level, do not disturb mode, mobile phone search, system settings, etc.
4) Slide upwards: Notifications.
5) "Long press the screen" on the watch, and when the dial becomes smaller, slide it left and right to replace a different dial.

Key function

Key: Short pressing while on the home screen to enter the menu, Press the crown on the menu screen again to go back to home screen. Long press to enter the shutdown options, and long press to turn the watch on.

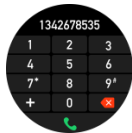## Function introduction

Dial switching

Press and hold for 2 seconds on the main screen to browse through the dials, slide left and right to go back and forth and tap on screen to select the dial.
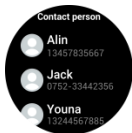
Control Center

Function Overview: Do Not Disturb, Alipay, Voice Assistant, Brightness, Settings, Searching for Mobile Phone, Audio Switch, System Information.
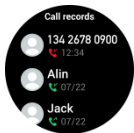
Call function

This function needs to be connected with Bluetooth audio. When dialing, you can enter the phone number. Long Press for 2s on Keyboard 7, 9 to enter * and #.

Favorite contacts

Commonly used contacts: You can add up to 10 of your favorite contacts on the watch. This can be done from the app and it will automatically sync with the watch.

Call log

Log can save the last 10 call records.

Bluetooth Calls

Bluetooth Call: Divided into "call audio" and "media audio" switches. Call audio: Bluetooth connection switch for watch call.
Media Audio Switch: used for playing media audio on the watch.

Motion data

Display the data of steps, distances and calories recorded in the current day, and the data of steps in the last seven days. You can set the target steps, distances and calories in the APP.
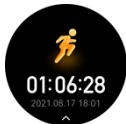
Sports Mode

Sports mode options: 8+1, (walking, running, climbing, cycling, basketball, swimming, badminton, (football as an alternative sport can be pushed), from the App. Click the icon to start the specific mode.

Sports record

This screen saves your recent 10 sports history records.
You can view the exercise duration, heart rate, calories and other data during exercise.

Heart rate

When entering the heart rate measurement interface, the green light at the bottom lights up to start measuring, and it takes about 45 seconds to complete the measurement. If you are prompted "No watch", (You need to be wearing the watch). It can display the user's current heart rate interval and 24-hour heart rate curve.

Blood pressure

When entering the blood pressure measurement interface, the bottom green light lights up to start the measurement, and the measurement is completed in about 45 seconds. This measurement is based on PPG technology.
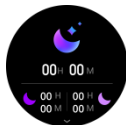Can display the user's last seven records.

Blood oxygen

When entering the blood oxygen measurement interface, the green light at the bottom lights up to start measuring, and the measurement is completed in about 45-60 seconds.
Can display the user's last seven records.

Sleep

Display the current sleep & the sleep monitoring records of the last seven days. The data is updated every day. When the APP is connected, the data can be saved synchronously, and the device will recalculate the data information of the new day.
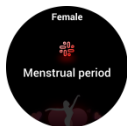
Female health

After the watch is connected to the APP, the women's health reminder can be opened on the APP to view the women's health reminder information on the watch.

Music

After the watch is connected to the APP, it can control the music player of the phone, it can adjust the volume and switch songs.
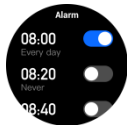
Weather

After the watch is connected to the APP, the weather interface will display the real-time weather temperature and weather type.
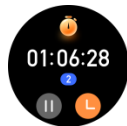
Push Notifications

After the watch is connected to the APP, notifications from relative apps can be set on the app. The watch can save up to 15 recent messages.

Alarm clock

After the watch is connected to the APP, you can set a single alarm clock and a circulating alarm clock, and you can set up 5 alarm clocks.

Stopwatch

Click the Start button to start the timer, click the Pause button to pause the timer, and click the Reset button to reset the timer to zero.

Timer

In the timer function, the system preset the common timer duration, and users can click the duration from the preset, or click the self/defined button to set the time. Click the start button to start the timer, click the pause button to pause the timer, and click the reset button to reset the timer to zero.

Find mobile phone

After the watch is connected to the APP, click to find the mobile phone, and the mobile phone will ring to prompt, and the watch will display that the search is successful; If the watch is not connected to the APP, the watch will prompt that it is not connected.
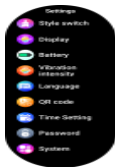
Settings

Under the setting function, there are screen display (switching dial, brightness level for screen-lighting duration, and wrist-turning for screen-lighting duration), language, vibration intensity, menu style, battery, QR code and system.

Calculator

The numerical input is within the upper limit of 7 digits, and the calculation result is within the upper limit of 8 digits. If the result exceeds the calculated value, it will show "-----" to indicate that it cannot be calculated.

Calendar

Displays the current year, month and day, and slide down to display the calendar.

Drinking water reminder

It can be turned on in App [device > drinking water reminder], and the start time, end time and reminder interval can be set after turning on.

Sedentary reminder

It can be turned on in App [device > sedentary reminder], and the start time, end time and do not disturb period can be set after turning on.

Voice assistant

Voice Assistant: After the watch connects to the APP, enter the voice assistant and tell the functions and software you want to open on your mobile phone.

Camera

The watch is activated to shake and take pictures

Troubleshooting Tips:

The watch won't start.
Please hold down the power button for more than 5 seconds or the battery may be low, please charge it using the instructions above.

Bluetooth is not connected or cannot be connected.
1. Please restart the watch and try to connect it.
2. Please try to restart the phone Bluetooth and then connect again.
3. Try disconnecting all other Bluetooth devices to the phone.
4. Reset the watch to factory settings and try connecting.

Sleep data is not accurate enough.
1. Sleep monitoring is to simulate people's natural state of falling asleep and getting up, and it needs to be worn normally.
2. Wear it when you fall asleep too late or when you fall asleep, and there may be errors.
3. Sleep data is not monitored during the day, and the default sleep monitoring is from 9:30 pm to 12:00 noon the next day.
4. For more frequently asked questions,
   please check the App [Me > FAQ].

⚠ warn:
Please consult your doctor before starting a new exercise program. Although smart watches can monitor real-time dynamic heart rate, they cannot be used for any medical purposes.