



F39Pro

使用指南

包装清单: 手表x1, 充电线x1, 使用指南x1

基本参数

产品名称: F39Pro

主体尺寸: 41.7*38.4*11.2 mm

屏幕尺寸: 2.02寸方屏

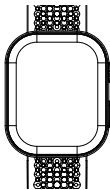
分辨率: 320*385(Pixel)

双蓝牙连接: 蓝牙5.3+蓝牙3.0

电池容量: 300mAh

防水: IP67

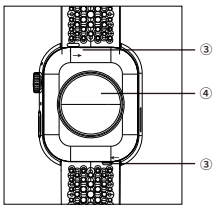
设备要求: 支持 iOS 12.0 以及 Android 5.1以上版本



① 电源键:
长按开关机;
长按可打开/关闭电源;在屏幕锁定状态下,短按可打开屏幕;旋转可直接切换表盘和页面。

② 运动按键:
短按进入运动列表

1



③ 更换表带
按住快拆孔,
即可从手表上取下表带
或将表带安装到手表上。

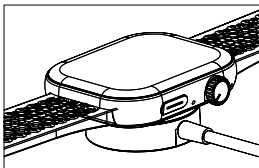
④ 心率感应区域
&无线充电区域

充电

将手表底部对准充电座,手表屏幕 会出现充电电量指示。

充满时屏幕上的电池标识会显示为满状态。

注: 充电前,请先擦干手表,以免汗液残留导致出现其它风险。



*若想获得最大的充电电流和磁磁力,
请参考图片的充电摆放角度。
(充电线一端对准手表按键一边的中线)

2

手表与手机的连接

SMART-TIME PRO (以下简称App)是使用手表的必备应用。可以通过App管理手表,体验手表带给您的更多功能。

1. 长按手表电源键开机。
2. 通过手机扫描手表放置面上的二维码,下载App。
3. 您也可以扫描下方二维码或在应用商店下载并安装App,苹果手机用户也可以在App Store上搜索下载安装App。
4. 打开APP,点击“设备”,选择“绑定设备”跳转到绑定设备页面进行搜索绑定。
5. 配对时请确定APP上显示的蓝牙名和手表蓝牙名称一致。

5. 配对成功后就可以开始使用手表了。



SMART-TIME PRO

蓝牙连接状态:



无连接



蓝牙5.3



蓝牙5.3+蓝牙3.0

3

主要功能

运动: 支持多达100+ 运动模式,健身类、休闲类、竞技类、球类、舞蹈类,包括: 跑步、健走、跑步机、登山、骑行、动感单车、瑜伽、篮球、足球、羽毛球等运动;
心率: 将手表贴紧手腕,最佳佩戴位置在手腕骨靠手臂上方,可测出实时的心率值,一般人正常值为60-90次/分;
血氧: 将手表贴紧手腕,最佳佩戴位置在手腕骨靠手臂上方,可测出血氧值;
睡眠: 在手表应用中打开“睡眠”应用,记录整晚睡眠状况;
血压: 正确佩戴手表后,在手表应用中打开“血压”应用,需要进行手动测量;
活动: 正确佩戴手表后,在手表应用中打开“活动”应用,显示当天运动的步数、卡路里、距离等参数;
压力: 正确佩戴手表后,在手表应用中打开“压力”应用,查看自己的心理压力有多大;
股市: APP“设备”-“股市”-“添加”跳转搜索页面,点击右上方搜索图标输入股票名称搜索添加;
世界时钟: APP“设备”-“世界时间”-“添加”,可下滑选择或点击右上方搜索图标输入地区名称搜索添加;
电话: 支持蓝牙通话,用户可以直接在手表上拨打、接听、拒接电话;
通知: 可查看手机中的短信及推送到手表的实时信息;
音乐: 在手表应用中打开“音乐”应用,可控制手机的音乐播放器播放音乐,支持上一首、播放 / 暂停、下一首、音量调节等操作;
拍照: 控制手机上的摄像头进行远程拍照,使用时,请在 APP 上点击“设备-拍照”
女性健康: 管理自己的生理周期,提前预知提醒;
久坐提醒: 通过手机端APP可设久坐提醒;
抬手亮屏: 手机端APP打开抬手亮屏,当手腕上抬自动亮屏,此功能可打开比较耗电;
找手机: 手表与 APP 连接的情况下,点击后,手机会发出声音;

4

计算器: 打开手表计算器功能,使计算更方便更简单;
语音助手: 唤醒手机的语音助手;
闹钟: 可在手表上设置闹钟,到点弹窗提醒,可设置多达5个闹钟;
计时器: 手表支持计时器;
天气: 连接APP同步实时天气显示在手表上;
快捷菜单: 勿扰模式、设置、二维码、音源切换、亮度调节、屏幕常亮、闹钟;
设置: 调整亮度、密码、勿扰设置,语言切换,菜单样式,系统菜单(关机、恢复出厂设置、重启),待机表盘,抬手亮屏,亮屏时间,关于。

5

故障排除

心率信号丢失

智能手表在运动时或日常生活中都持续关注你的心率数据,偶尔可能会出现手表未获取到合适的心率信号,此时丢失的心率数据处会出现虚线如果未能得到心率信号,首先确认佩戴手表的姿势是否正确调整一下,避免在手腕上过高或者过低,过紧或者过松。调整后,启动实时心率监测,即可获得心率数据。
如果依然没有心率数据,请检查SMART-TIMEPRO APP上的监测功能是否已打开。

其他问题

如果手机无法配对手表,在 设置-- 蓝牙 中查看是否有智能手表信息,如果有,则表示蓝牙信号没有问题,请检查手表是否已经配对其他手机,并解除绑定。IOS 系统用户,还需要在手机设置-蓝牙忽略此设备,然后再进行配对。

6

注意事项

- 1.通过智能手表获取的心率、压力、血氧和温度数据仅供参考,不可作为医疗和诊断依据!
- 2.自我诊断和治疗是很危险的,只有专业的医生才能诊断和治疗高血压和心脏等相关疾病,建议联系医生获取更专业的诊断意见;
- 3.由于环境信号干扰,佩戴姿势,气候环境的变化以及人的体质状况等因素的影响,智能手表提供的心率,血氧等数据可能不会完全精确;
- 4.切勿私自根据手表提供的监测数据进行药物和治疗调整在需要服用药物和治疗之时,应遵照医嘱执行;我司不对监测数据的不准确性及滥用监测数据与信息导致的后果负法律责任。

7

保障条款

我司奉行“为客户创造价值”的服务理念,智能手表质量保证期为一年,如果在正常使用过程中有损坏或者故障,经技术人员确认后将免费为客户提供保修服务。
以下情况不在保修范围内:

- A. 意外或人为损坏
- B. 未经授权的情况下对本产品进行测试维修或拆卸
- C. 因为人为原因导致产品脏污
- D. 与本产品不适配的设备进行连接导致的产品损坏
- E. 产品的自然老化
- F. 不可抗力造成的损坏



8



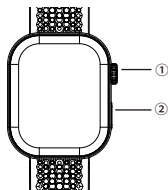
F39Pro

User Manual

Packing list: Watch x1, Charging Cable x1, User Manual x1

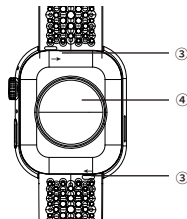
Basic Parameters

Product Name:F39Pro
Main body size: 41.7*38.4*11.2mm
Screen size: 2.02-inch square screen
Resolution: 320*385(Pixel)
Dual Bluetooth one-key link : Bluetooth 5.3+Bluetooth 3.0
Battery capacity: 300mAh
Waterproof: IP67
Device Requirements: Supports iOS 12.0 and Android 5.1 or above



- ① Power button:**
Long press to turn on and off the phone;
Lock screen status, short press to turn on the screen;
Rotate to directly switch dials and pages
- ② Sports buttons:**
Short press to enter the exercise list

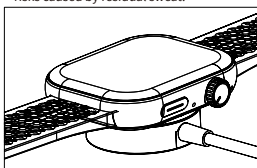
1



- ③ Change the watch band**
Press down on the quick-release hole,
you can remove the watch band from the watch
or install the watch band onto the watch.
- ④ Heart Rate Sensor Zone & Wireless charging area**

Charging Instructions

Turn the watch over, align the bottom of the watch with the charging dock, and the battery icon on the screen will show a full state when it is fully charged.Before charging, please dry the watch first to avoid other risks caused by residual sweat.



*To get the maximum charging current and magnetic attraction, please refer to the picture for the right charging angle (the charging dock is aligned with the center line of the button on the watch)

2

Connecting the watch to your cell phone

SMART-TIME PRO (hereinafter referred to as App) is a must-have application for using the watch. You can manage your watch through the App and experience more functions that the watch brings to you.

1. Press and hold the power button to turn on the watch.
2. Scan the QR code on the screen of the watch with your cell phone to download the App.
3. You can also scan the QR code below or download and install the App in the App Store.Apple phone users can also search for the App Store to download and install the App.
4. Open the APP, click "Device", select "Bind Device" to jump to the binding device page to search and bind. When pairing, please make sure that the Bluetooth name displayed on the APP is consistent with the Bluetooth name of the watch.
5. After successful pairing, you can start to use the watch.



SMART-TIME PRO

Bluetooth connection status:

- Connectionless
- Bluetooth 5.3
- Bluetooth 5.3+3.0

3

Main Function

Sports: Support up to 100+ sports modes, fitness, leisure, competition, ball, dance;
Heart rate: Put the watch close to the wrist, the best wearing position in the wrist bone leaning on the arm above, can measure the real-time heart rate value, the normal value of the general population for 60-90 beats / min;
Oxygen: the watch is placed close to the wrist, the optimal position is at the top of the wrist bone against the arm, it can measure the blood oxygen value;
Sleep: Open the "Sleep" application in the watch app to record the sleep condition of the whole night;
Blood Pressure: After wearing the watch correctly, open the "Blood Pressure" application in the watch app, you need to measure blood pressure manually;
Activity: After wearing the watch correctly, open the "Activity" application in the watch application to display the number of steps, calories, distance and other parameters of the day's exercise;
Stress: After wearing the watch correctly, open the "Stress" app in the watch app to see how much mental stress you have;
Stock Market: APP "Device" - "Stock Market" - "Add" to jump to the search page, click the search icon on the top right and enter the stock name to search and add;
World Time: APP "Device"-"World Time"-"Add", you can slide down to select or click the search icon on the top right to input the region name to search and add;

4

Call mode: Support Bluetooth call, users can make, answer and reject calls directly on the watch;
Notifications: View text messages from your phone and real-time messages pushed to your watch;
Camera: Control the camera on your cell phone to take photos remotely;
Music: open the "Music" application in the watch app, you can control the music player of your cell phone to play music;
Women's Health: Manage your physiological cycle and get advance warning;
Sedentary reminder: set up sedentary reminder through mobile APP;
Raise the wrist light screen: mobile APP to open the lift hand to light up the screen;
Find phone: when the watch is connected with APP, the cell phone will make a sound after clicking;
Calculator: Turn on the watch calculator function to make the calculation more convenient and simple;
Voice assistant: wake up the voice assistant of the phone;
Alarm: you can set alarm clock on the watch, to the point of the pop-up window reminder, you can set up to 5 alarms;
Timer: The watch supports timer;
Weather: connect with APP to synchronize real-time weather display on the watch;
Shortcut menu: Do not disturb mode, Settings, QR code, Audio switching, Brightness adjustment, Screen always on, Alarm clock;
Settings: Adjust brightness, Password, Do not disturb settings, Language switch, Menu style, System menu, Standby dial, Raise your hand to light the screen, On screen time, About

5

Troubleshooting

Heart-rate signal missing

The smart watch keeps paying attention to your heart rate data during your exercise and your daily life. Sometimes the watch may not get a suitable heart rate signal. At this time, the missing heart rate data will appear at the dotted line. If you can't get the heart rate signal, first you should confirm that you wear the watch correctly, adjust it to avoid being too high or too low, neither too tight nor too loose on your wrist.After adjustment, turn on real-time heart rate monitoring to get the data.If there is still no heart rate data, check if the heart rate monitoring function is turned on at SMART-TIME PRO APP.

Other problems

If the phone cannot pair the watch, check if there is smart watch signal in Settings - Bluetooth, if there is, it means there is no problem with the Bluetooth signal, please check if the watch is already paired with another phone and unbind it. For IOS system users, you also need to ignore this device in Settings - Bluetooth on the phone, and then pair it again.

6

Exemption Clause

- 1.The Heart Rate,Pressure,Blood Oxygen and Blood Pressure data output by smart watch are not intended to be a medical or diagnostic basis.
- 2.Self-diagnosis and self-treatment are dangerous. Only qualified physicians are allowed to diagnose and treat high blood pressure or any other heart diseases. Please contact your physician for more professional diagnostic opinions.
3. Smart watch data such as heart rate, blood pressure etc. may not be completely accurate due to factors such as interference with environmental signals,wearing posture changes in the climate environment, and physical condition.

4. DO NOT carry out drugs and treatment on the basis of the monitoring data provided by smart watch,and should follow medical advice when medication and treatment are required and we are not liable for the inaccuracy of monitoring data and the consequences of misuse of monitoring data and information.

7

Warranty Clause

Our company always pursues the service concept of "creating value for customers". We offer 1 year warranty period for smart watch. If there is any damage or malfunction during normal use, the warranty service will be provided to the customer for free after confirmation by our technician. The following conditions are not covered by the warranty:
A. Accident or human damage
B. Testing, repairing or disassembling without authorization
C. Contamination due to human reasons
D. Damage caused by connection with equipment which is not compatible
E. Natural aging
F. Damage caused by Force majeure



8