



Scanned + Archived
By:
FindMyManual.org



Contact us



★★★★★ **Post a review**

Share your nice experience

Your positive review is the greatest encouragement for continually improving our service.

SMART WATCH **V12C**



support@fitvii.com

Please contact us if you have any questions.



morePro
APP Download

- 1 Scan QR code to download APP.
- 2 Download "morePro" from the APP Store or Google Play.



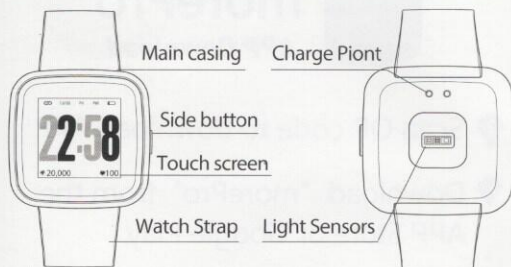
IOS Download



Android Download

Please download the "morePro" APP in your smart phone to view more data and features after connecting with your smart watch.

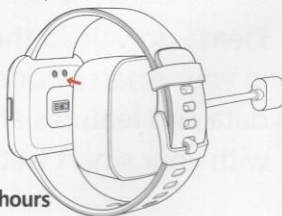
PACKING LIST



HOW TO OPERATE

1 Charging

Put the watch right into the charging base, align the metal contacts on the back of the watch with the gold pin on the charging base while placing, then tightly press the watch to make sure that it doesn't fall off from the base. Insert one end of the USB into the charging base, and the other end into the computer, charging dock or power bank for charging.



Input voltage : 5V AC
Charging time : about 2 hours

2 Power On



Long-press the right button to power on.

3 Connection

Open the morePro APP and switch to the home screen, Find your device on the home screen and connect.





If the connection is successful, there will show V12C on the setting interface on the APP, and there will show sign "  " on the screen of the smart watch.

★ Note:

1. Make sure that the phone's Bluetooth and Location is turned on, and connect to your device through the morePro APP.
2. If Android smart phone's user can not find any device on the APP, please check if the phone allows morePro APP to use Bluetooth in the phone Permission Setting.
3. Make sure that the device is full charged and turned on before connecting.
4. Make sure that the distance between the device and the phone is within the range of 50cm.



support@fitvii.com

Please contact us if you have any questions.

4 Device Operation

LEGEND TABLE

	Tap the screen
	slide up or down
	slide left or right
	The order of the screen display

With a touch screen, you can slide side to open the function display on the home screen.

You can select the function you want by clicking the screen, and you can press the right button if you want to return to the home screen.



Slide from left to right, there are 4 interfaces:

Home screen → Daily goal → Sleep → Function interface



★ Home Screen

there are 4 screen style for selection, and you can slide up to choose.

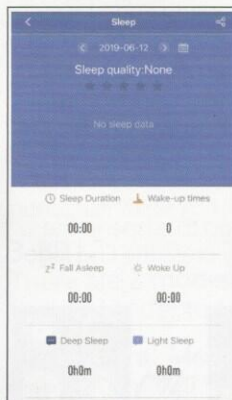


★ Daily Goal

It will show the achievement rate of your daily steps goal, distance you walked and calories burned.

★ Sleep

It will show sleep time, sleep quality and sleep status (sleep duration; deep-sleep duration and light-sleep duration) by sliding up.



Warm tips:

a. the smart watch can automatically track sleep from 6pm to 8am when it has enough power.

b. User can shake wrist and re-fresh APP for smart watch and APP realizing that user has get up in the morning, then it will show sleep data within 15 min.

★ APP QR Code

User can use smart phone to scan QR code to download APP.

★ Function interface

It will show Workout, BP, Heart Rate, Female, Stopwatch, Countdown, Setting and Information

Warm tips:

Your morePro account asks for correct information such as height, weight and gender to make various calculations such as stride lengths to estimate distance and basal metabolic rate to estimate calories burned.

1. Workout

The main function is the RUN mode, it can track the real-time heart rate data, exercise time, distance and calories burned. The data for the sport mode will not be recorded into the APP.

Notes:

You can press the Pause logo to suspend the sport; Also, you can directly press the End logo to finish the Workout mode.



In the Workout mode, you can press the Lock logo to lock the detail interface as home screen, and press the right button for more than 3 second to unlock.

2. Heart Rate

It will track heart rate for 24 hours per 10 minutes automatically, and you can read data in the APP. Click the heart symbol on the screen to begin measuring your real-time heart rate data, wait for around 30 seconds to get the real-time data. To get the accurate heart rate data,

please keep sensor light close to your skin while monitoring and wait for 15 seconds.

Warm Tips:

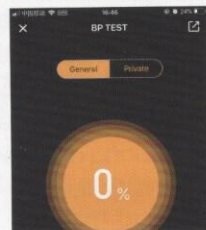
Turn on the "HR remind" and "Automatic HR detect" on the setting, the device will vibrate when it detects your HR has exceeded the numerical value you set in the APP.

3. BP

There are 2 modes (General Mode and Private Mode) to test blood pressure.

For General Mode

The device will track BP manually and automatically by the user information (age, weight, and height) to provide data on the APP.



Manual test: click the BP symbol on the screen on the device's screen to monitor the real-time BP data;



Manual test

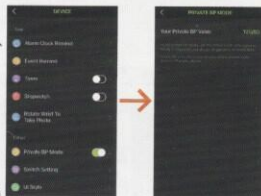
Automatic test :
the device will automatically monitor the blood pressure per hour and record the 24-hour data on the APP.



Automatic test

For Private Mode

If you have acquired blood pressure result through professional medical instruments, you can enter this data on the APP (Setting=>Device=>Private BP Mode). It will improve the accuracy of the monitoring data for Manual test and Automatic test)



4. Information

The device can store three latest messages; you can switch message by clicking the screen.



5. Setting

You can adjust the brightness of the smart watch, the screen's bright time and some

switch (Sedentary Remind, Wearing Detection, Turn the wrist bright screen, Automatic HR detect, HR remind and Alarm Clock Remind)



5 Swimming / Waterproofing instructions

The waterproof level of V12C is IP68.

Note:

The smart watch is waterproof which means you can wear it to swim or do other water activities under 30 mins, but it cannot be taken in hot baths.

6 Additional functions

Alarm/Schedule, Sedentary Reminder, Message Notification, Unit of Measurement and can all be set in the APP.

Q1: How to switch between military time and regular time?

A1: The device's time mode follows the connected phone's, so the connected phone is military time, then the device will be military time; if the connected phone regular time, then the device will be regular time.

Q2: How to see the sleep data?

A2: The device monitors sleep from 6 pm to 8 am during the night, and user can shake wrist and re-fresh APP for smart watch and APP in the morning so that it can realize that user has get up, then it will show sleep data in the device and APP within 15 min.

Q3: How to connect the smart watch with the smart phone?

A3: Pls follow the below steps: download APP from APP store or Google Play=>make sure that the Bluetooth and Location are both turned on in the phone's setting=>go to the morePro APP=> switch to the home screen =>find your device on the screen and connect.

Q4: How to track data while exercising?

A4: While exercising, you can use the RUN mode to track data, and it will track the real-time heart rate data, exercise time, distance and calories burned. If you need finish the RUN mode, pls click the Pause firstly then click the End for 3 seconds.

Q5: Can I reply message or answer call via the smart watch?

A5: No, the smart watch can not reply message or answer call. Because the device only have remind function, but do not have keyboard or microphone.