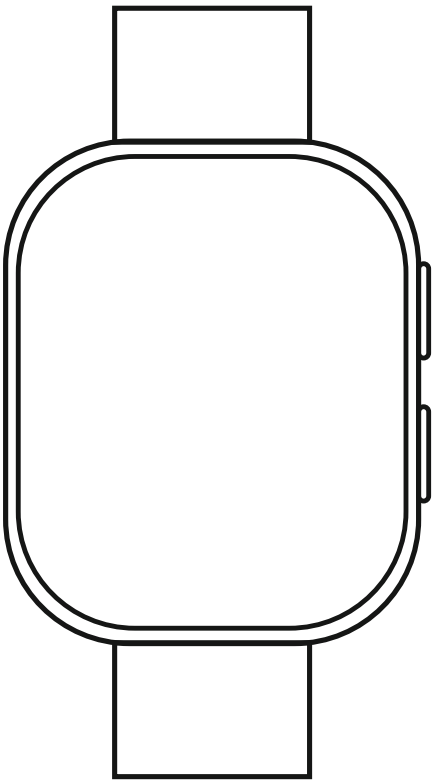
HM57
Smart sports watch

User manual



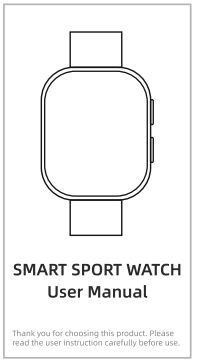
Thank you for choosing this product,please read the operation guide carefully before use

Not a medical device and not intended for use in the diagnosis

What's in the package?

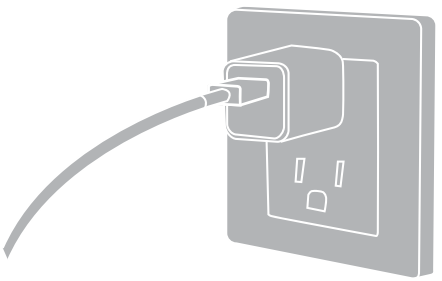


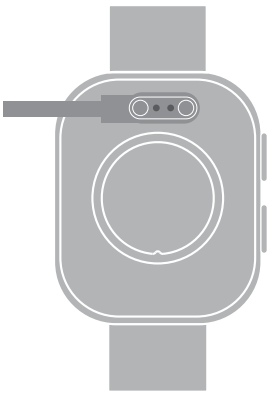




·Smart Watch*1
·Charging Cable*1
·User Manual*1

How to charge the smartwatch?





(Power adapter not included)
1.Plug the USB cable into the power adapter.

2.Plug the power adapter into a power outlet.
3.Place the charger on the magnetic charging point of your watch.
4.The screen will show the charging progress When the watch is charged.
5.Remove the charger when the battery is fully charged.

How to turn on/off the smart watch?

Power on

Long press the button above for a few seconds to turn on the watch.

Power off

Long press the button above for a few seconds to select close, restart, or cancel.



Long press for a few seconds

Power on



Long press the button above for a few seconds to select close, restart, or cancel.

Power off

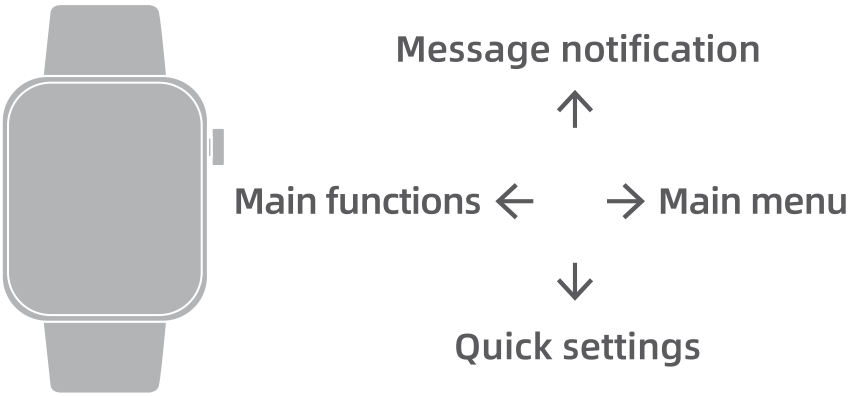
How to use the touch screen?

Power Button

·Short press the button to brighten the screen
·Press the button again:
1.Enter the main menu.
2.Return to the main interface.

Touch Screen

The screen shows the timing.
·Swipe right to the Main menu.
·Swipe left to Main functions.
·Swipe up to view Message Notifications.
·Swipe down to access the Quick Settings.



How to change your smartwatch language?



1.Please turn on your watch and slide down to the control panel

2.Select Settings“⚙” —the “gear” icon on the lower left corner

3.Slide to find the letter “EN” icon and you can change the language.

How to download and log in to the FitCloudPro app?

1.Check your smartphone compatibility: Ensure your smartphone meets the following.
Requirements: Android 6.0 and iOS 10 and above. The smartphone must also be connected to mobile data or Wi-Fi.

2.Download the FitCloudPro app:

Search for "FitCloudPro" in “App Store” or “Google Play Store”. Or scan the OR code provided below. This will lead you directly to the FitCloudPro app download page.

FitCloudPro APP

3.Create your APP account: Open the FitCloudPro app and tap "Join Us" to create a new account.
Note: To calculate your steps, walking and calorie burning, please fill in your primary body information correctly.

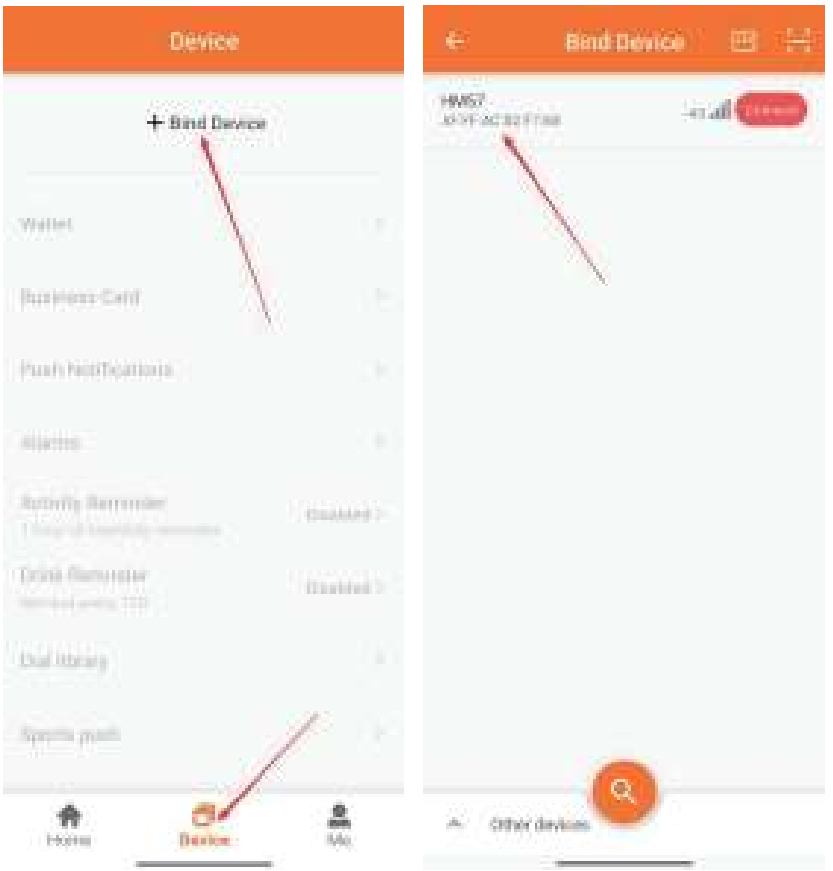
⚠ IMPORTANT: Your [HM57] Smartwatch ONLY works with the free "[FitCloudPro]" app.

→ DO NOT download other apps – They may charge unexpected fees and won't connect to your device.

Follow these steps:
1.Scan the QR code on the back of the box OR Search "[FitCloudPro]" on App Store or Google Play
2.Look for "FREE" label – NO subscription needed!

WARNING: If an app asks for payment, uninstall immediately!

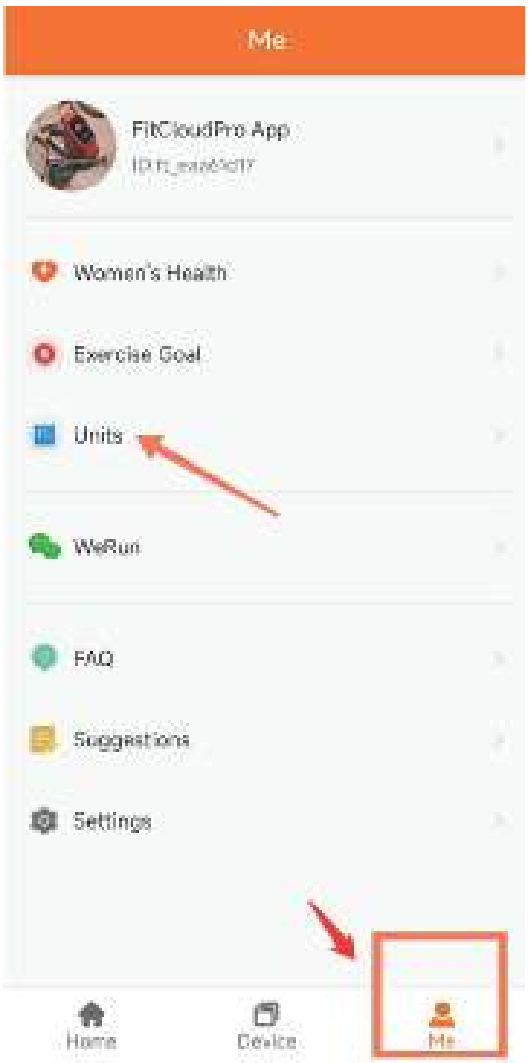
How to connect to your smart watch?



Please open the FitCloudPro=>Tap “Device”=>click “+Bind Device”or “Add Peripheral Now”=>find your device to connect.
After connection, the App will pop up "Allow watch to receive notifications from your phone",

please click 'Allow", If not, the watch will not receive message notifications.

How to change the watch units (Mi/KM; ℉ / ℃; KG/POUNDS)?

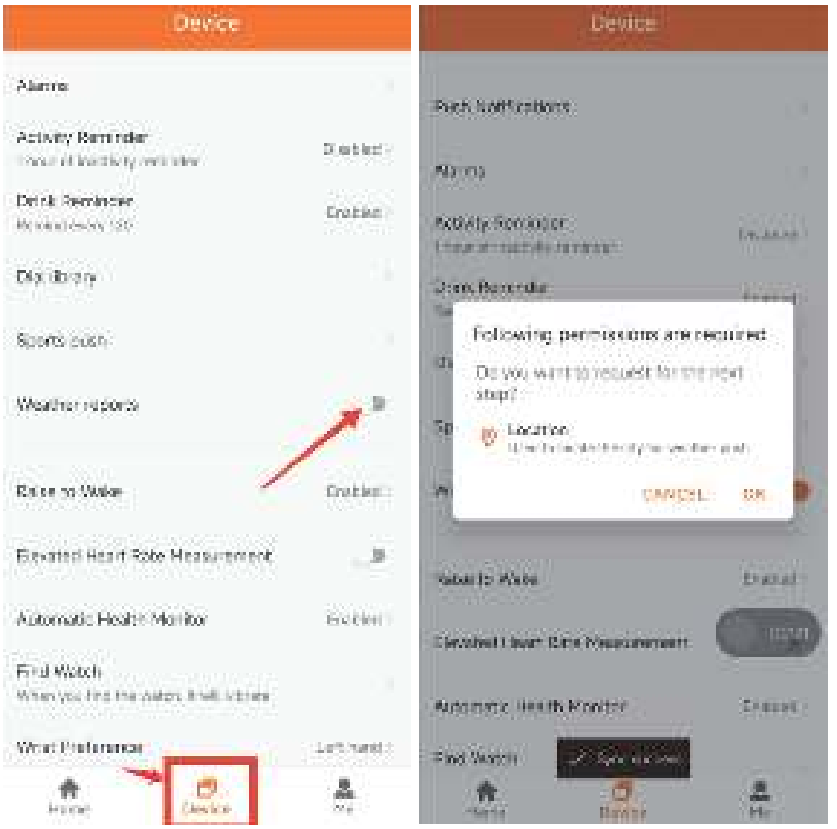


Open the FitCloudPro APP=>Me=>Units=>Set units for length, weight, or temperature

How to disconnect the Bluetooth?

You can open your phone's Bluetooth settings,select your watch's Bluetooth name, and click "Ignore this device".

Weather report



Please open FitCloudPro=> Device=>switch on the Weather reports=>allow the prompt for location permission.

If the location requirement for the App does not pop up, please set up manually on the phone System.

iOS Example: Settings=>locate the “FitCloudPro” application=>choose the location info for FitCloudPro based on your needs=>select “While Using the App” or “Always” to ensure that the app shares weather information with the phone.

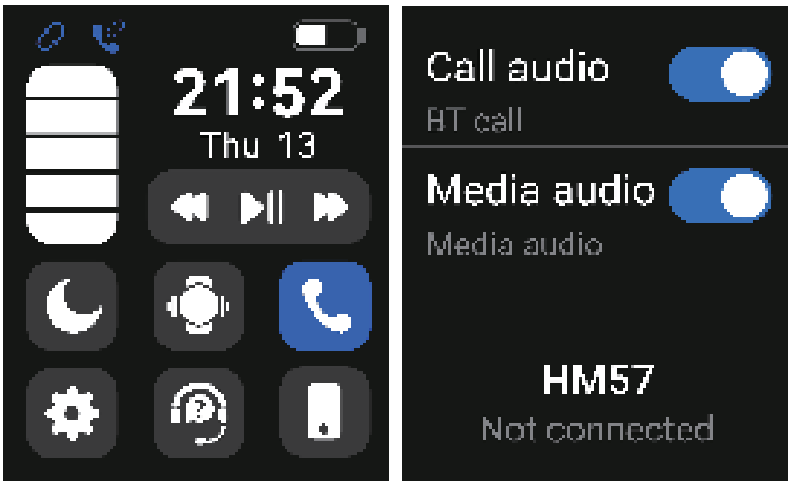
How to use smart watch function?

Audio Settings

1.Swipe down on the watch screen to enter the control interface.
2. Tap the call icon to open call audio and media audio settings. Enabling call audio allows you to make calls and use the voice assistant function through the watch, but the watch must remain connected to the phone.

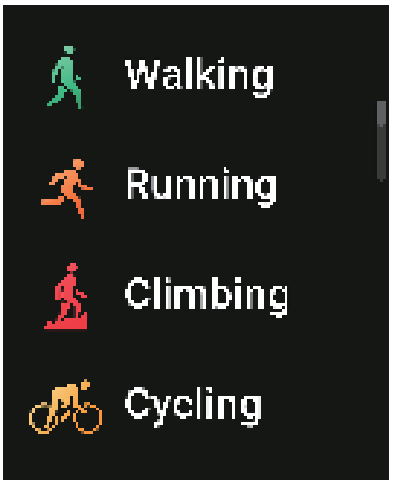
Enabling media audio allows the watch to sync all audio from your phone, such as music and ringtones.

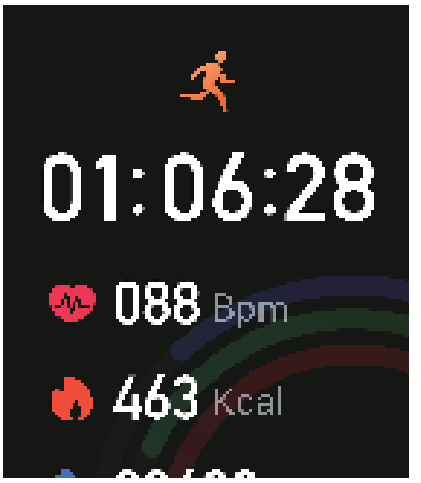
Note: If you want to use the Find My Phone feature, please turn off Media audio. This will allow the phone to play a notification sound.



Sport Mode

Press the button on the lower right side of the watch to quickly enter the sports mode selection interface. You can add one sport modes from FitCloudPro App to the Watch: Go to the FitCloudPro App--Device--Sports Push --select the sports you want.





Heart Rate Monitor

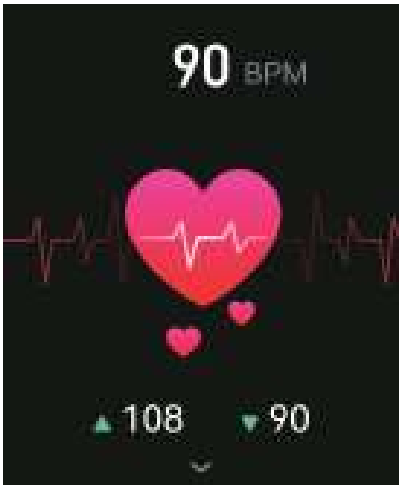
Supports 24/7 heart rate tracking. To turn on 24/7 heart rate monitor feature: Go to FitCloudPro APP--Device --Automatic Health Monitoring--Switch on.

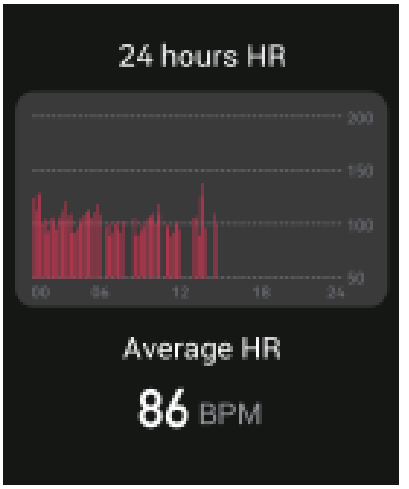
Supplement: The more health monitoring functions are enabled, the faster the power consumption will be. Please turn on the functions according to your own needs.

To measure your real time heart rate, go to the "Heart Rate" interface on the watch and wait for about half a minute for the measurement.

Note: Please make sure your

watch is firmly attached to your wrist, and your arm is stationary during the measurement.





Blood Oxygen monitor

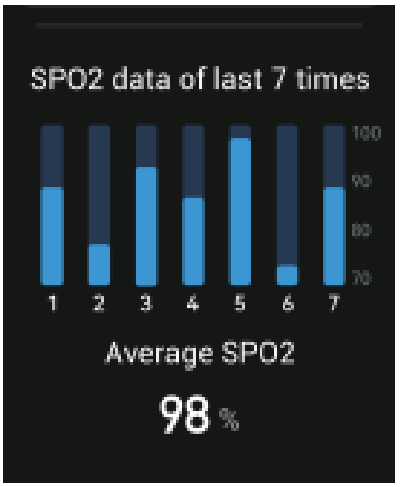
Support for viewing the highest and lowest blood oxygen of the day.

To measure your real time blood oxygen, enter the "Blood Oxygen" screen on the watch and wait for about half a minute for the measurement results to

appear.

Note: Please make sure your watch is firmly attached to your wrist and your arm is stationary during the measurement.





Blood Pressure monitor

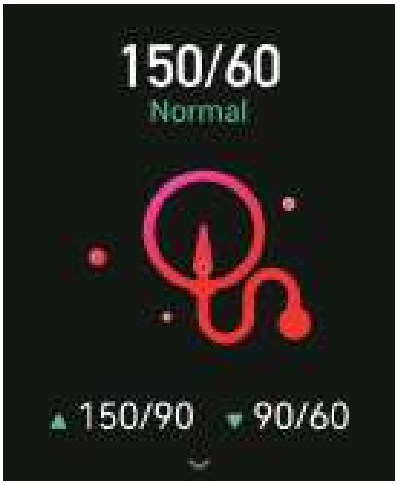
Supports 24/7 Blood Pressure tracking. To turn on 24/7 Blood Pressure monitor feature: Go to FitCloudPro APP--Device--Automatic Health Monitoring--Switch on

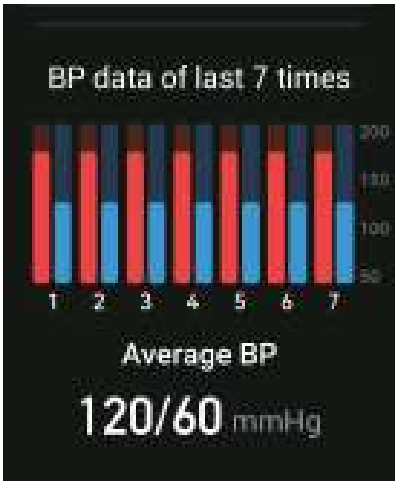
Supplement: The more health monitoring functions are enabled, the faster the power consumption will be. Please turn on the functions according to your own needs.

To measure your real time Blood Pressure, go to the "Blood Pressure" interface on the watch and wait for about half a minute for the measurement.

Note: Please make sure your

watch is firmly attached to your wrist and your arm is stationary during measurement.





Sleep Tracking

Support to view your recent sleep records and different stages of sleep status. To measure sleep data, wear the watch tightly when you fall asleep, and the device will recognize that you are in sleeping automatically.

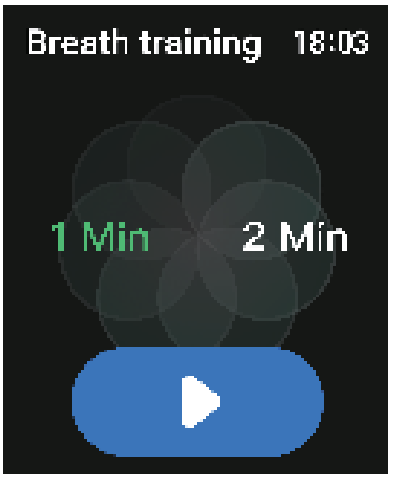


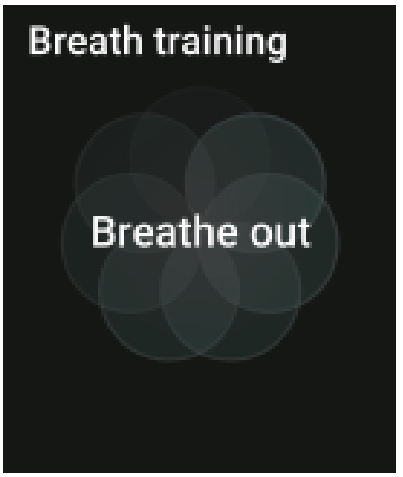


Breath Training

This function can helps you to adjust the rhythm of your breathing. You can choose from

2 durations (1 MIN and 2 MIN). Please enter the "Breathing Training" on your watch, select your time, and click Start.



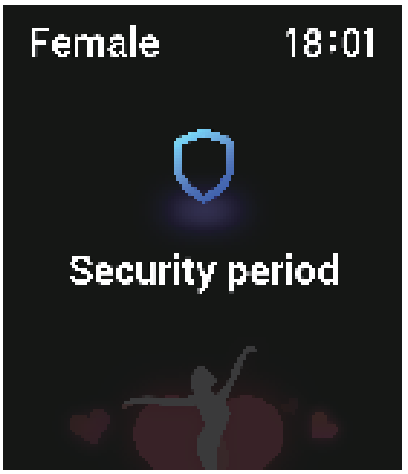


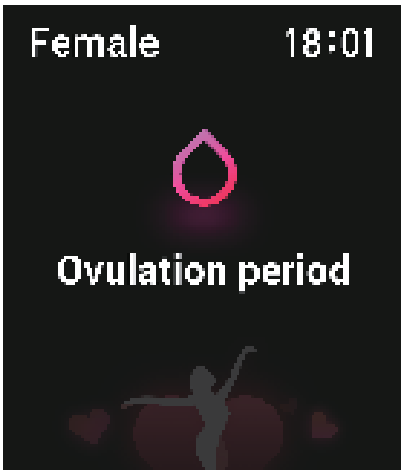
Female Function

This function has three modes, the menstrual function, the pregnancy preparation function,and the pregnancy function, you can record and project the time to help you better understand the different

time periods.

Note: This feature can only be turned on when the FitCloudpro app account gender is female.

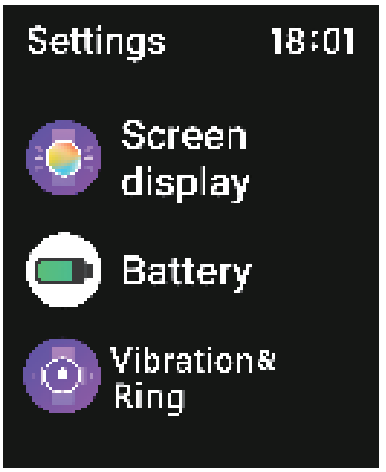


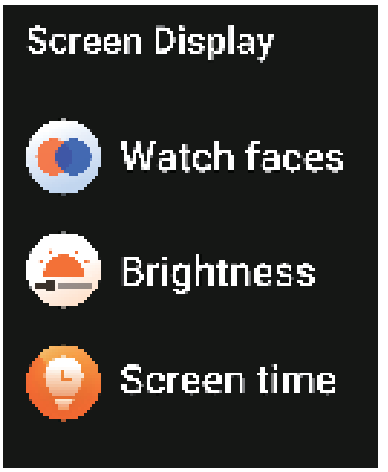


Watch Screen adjustment

Swipe down the watch screen to enter the control panel, and click the gear icon in the lower left corner to enter the settings interface.
Find the "Screen Display"

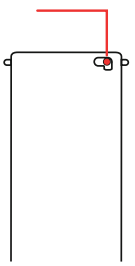
function. In this interface you can adjust the screen brightness and screen on duration.

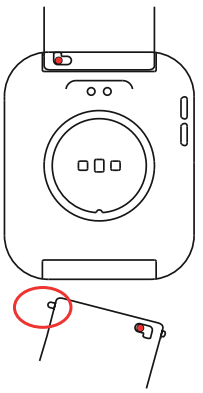


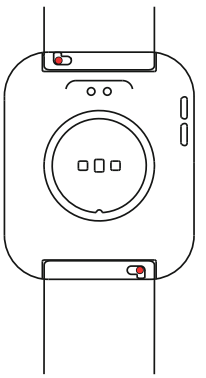


Strap installation

Adjusting the pin







Waterproof instructions

Waterproof Rating:IP67
The waterproof performance of this product is not permanently effective, may be weakened with the use of time.
Support in hand washing, rain and other short time use, but does not support hot water shower, diving, surfing.
The watch is not water resistant to seawater,acidic and alkaline solutions, chemical reagents, and other liquids with erosive power.

Note: This product is not an ECG or a professional medical device, and none of the above functions can be used as a reference for any medical data.

Basic Parameters

Screen Size
1.85''

Battery Capacity
300mAh

Bluetooth Version
BLES5.2

Resolution
240×280

Body Size
45.2*37.5*11.6MM

Sensor
STK8321

Maintenance of HM57 Smartwatch

1. Keep the product clean and dry.
2. Please wear the product correctly.
3. Do not place the device and its accessories in areas where the temperature is too high or too low, or it may lead to equipment failure,fire or explosion.

4. Avoid strong impact or vibration of the product, so as not to damage the equipment and its accessories, resulting in equipment failure.

5. Do not disassemble or modify the equipment and accessories without authorization,please contact us when the product not work properly.

6. The waterproof performance of this product is not permanently effective, may be weakened with the use of time. Support in hand washing, rain and other short time use, but does not support hot water shower, diving, surfing.The watch is not water resistant to seawater, acidic and alkaline solutions chemical reagents, and other liquids with

erosive power.
7. If the device is not used for a long period of time, please make sure to recharge it once every three months.



service@morepro.cc

If you have any questions,
please feel free to contact us

MorePro

www.morepro.cc