



## Setup Manual



IF THIS MANUAL IS HARD TO READ, PLEASE VISIT

[www.ohowatch.com/oho-pro-manual.pdf](http://www.ohowatch.com/oho-pro-manual.pdf)

FOR A BIGGER, EASIER TO READ VERSION!

**Hello,**

From all of us here at OHO, thank you for your support!  
Setting up and using your OHO Pro is easy. In just a few steps  
you're ready to rock.

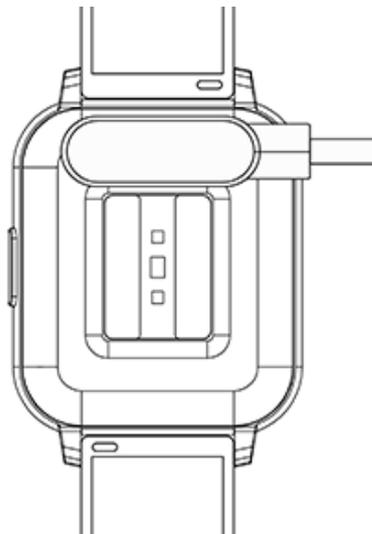
Let's get you all setup it!

## **STEP 1: Charge the battery**

The very first thing to once your OHO Pro arrives, is to fully charge its battery for 6 hours.

- **How to correctly charge the battery?**

The charging cable is magnetic. Aline the cable connects with the metal contacts on the back of as shown below:



You'll feel the cable locate itself correctly via the magnetic contacts.

Plug the cable into any USB outlet you have. Typically you'll have USB outlets on your computer, laptop or smartphone charger. Allow 6 hours to fully charge.

**\* Please note do not “short” or put any materials between the two contacts of the charging. This will cause battery failure and is a potentially fire hazard.**

## **STEP 2: Install the App**

While your OHO Pro is charging, let's move on to the next part of the setup.

Next, you'll need to download /install the app.

I know what you're thinking – but don't worry – it's completely free to download and use!

While you don't need the app to use your OHO Pro day-to-day, you do need the app to initially setup your OHO Pro. It's also a great place to store your health, steps, sleep and workout data, longterm and lots more. The App does a lot of the heavy lifting, saving you a lot of battery on your OHO Pro!

### **How to install the FitCloudPro app?**

Ok, this part is really easy! There are 2 ways you can do it:

- **Method 1:** scan the QR code

Using your smartphone's camera, scan this QR code:



Follow the instructions on your phone, which will take you to your app store or google play store.

Download the app – ‘FitCloudPro’ and follow instructions on the app to setup a profile.

--or--

- **Method 2:** Search and download the app in Apple App store or Google Play store.
  - **Android phones:** search 'FitcloudPro' in the Google Play store and download the app.
  - **IOS (Apple) phone:** search 'FitcloudPro' in the APP Store and download the app.

The 'FitcloudPro' application icon looks like this:



## **STEP 3: Connecting the FitCloudPro App to your OHO Pro, with Bluetooth**

Ok, you are almost there! This last part is arguably the most troublesome, so pay attention!

Is your OHO Pro now fully charged (4-6 hours)?

If yes, then great! Now it's time to turn it on and bind your watch to your phone – and finish the setup!



**Button A:** Hold to switch ON/OFF, tap/press to turn ON/OFF the screen.

**Button B:** Touch screen, supports full touch screen.

## How to 'Bind', 'Pair' or 'Sync' your OHO Pro to your phone:

- 1) Turn ON your watch by holding the A button on the side for 5+ seconds.
- 2) Now, in the FitCloudPro APP on your phone, go to "Device" > "Add device" > "Start/Search" to search your OHO Pro.
- 3) Your OHO Pro will show up as 'Smart Watch-54' – or something similar.

NOTE: If you have more than 1 OHO Pro, best to set them up one at a time to save on confusion!

- 4) Click "Connect". The app will bind to your OHO Pro watch.

## Connection problems or having trouble binding the app to your Oho Pro?

Wifi extenders and other signal transmitting electronic devices cause large bluetooth interference.

Therefore, if the FitCloudPro app is unable to find your OHO Pro, try the following:

- Ensure your OHO Pro is ON
- Ensure your phone's Bluetooth is ON

- Ensure the distance between your phone and OHO Pro is between 15-50 inches/40cm-130cm.
- When binding your OHO Pro to the FitCloudPro app, ensure you have at least 3 bars of bluetooth signal  before attempting to bind.

Less than 3 bars may cause connection problems.

- Go into another room away from other electronics while you setup
- Try turning your phone's Bluetooth OFF and ON again

If you were successful - that's it, you're all ready to go!

Now you can explore your watch and the app, to choose which functions, features and settings you want on or off!

### **How do I set the Time and Date?**

Once your OHO Pro has bound/paired with the FitCloudPro app on your smartphone, it will automatically synchronize with the time and date setting on your phone.

## Features and navigation on your OHO Pro:

Use your finger on the touch screen to navigate on your OHO Pro, just like on your smartphone or tablet:

The main default screen will be the watch dial you selected.

For example:



From here, if you:

- **Hold down** on the main watch face, to choose from other watch faces or dials. You can even upload your own pictures from your smartphone – to do this go to the “Dial Settings” part of this manual further down.
-  **Swipe down** from the top of the screen to go to the Control Centre. In here you’ll find:
  - **“Sleep” icon:** Do not disturb mode ON/OFF switch
  - **“Battery” icon:** Power saving mode ON/OFF switch

- **“Menu” icon:** Change menu style List/Smart style
- **“Brightness” icon:** Adjust brightness
- **“Gear” icon:** General settings:
  - Language: Select your preferred language
  - Display:
    - Dial Switch: Customize the watch face and dial
    - Brightness: Adjust brightness
    - Screen time: Seconds before the screen goes to standby
    - Turn wrist wake: Seconds before the screen goes to standby after turning your wrist
  - Vibration Intensity
  - Menu Style
  - QR Code: Scan the QR code with your smartphone’s camera to download the FitCloud Pro APP
  - Battery:
    - Current Battery capacity
    - Power Savings mode switch
  - System:
    - About
    - Reset
    - Shutdown: Turn OFF the watch
- **“Find Phone”:** Tap the icon to find your phone. (Your OHO Pro must be connected to the APP).

- **“Info” icon:** See the technical details of your OHO Pro.
- **“Power” icon:** Tap the icon to turn OFF the watch.

-  **Swipe up** from the bottom of the screen to view messages and notifications. If you want to receive notifications from your phone, on your OHO Pro, you must first enable notification permission in the FitCloudPro APP. A total of 15 messages can be saved and viewed on the OHO Pro. After 15 messages are exceeded, the new messages will overwrite the old ones.

-  **Swipe left:**
  - **1 time** to see your Fitness/Steps/Calories Data.
  - **2 times** to see and measure your Heart Rate.
  - **3 times** to see your Sleep Data.
  - **4 times** to see the current Weather Report.

-  **Swipe right** to enter the Main Menu:



**Pedometer, calories and distance:** Click on this icon to see your steps, calorie and distance covered data for today. In white under your data, is your daily goal for each segment. You can adjust this daily goal in the FitCloudPro app on your phone.

Step counting is enabled by default, you can see your current step count on your main standby screen. Daily data is reset at 12 a.m. every day.



**Sports mode (walking, running, climbing, basketball, badminton):**

Select a sport, you'll get a countdown "3, 2, 1" and then you'll start recording your workout; swipe the screen to the right to jump to the end of the sport. Press the screen for the prompt "End sport?", click the blue tick to end the workout and save your data.

Note: When the distance is more than 200 meters or the exercise time is more than 5 minutes, you can save the exercise data; when it is less, you will see: "The data is too little to save" (You can only record your exercise/sports data if you stay on the exercise/sports screens. If you navigate out of these screens, your data will be lost.)



**Sports records:** Click here to see your saved exercise data.



**Heart rate:** Click on here to measure your heart rate. Wear your OHO Pro on your wrist (left or right) normally. The test will start automatically and takes around 20-45 seconds. The heart rate light will turn off 3 seconds after the test is finished.

If you scroll down you can your previous measurements and average scores. You can also find this date on the FitCloudPro app on your phone (if connected).



**Blood pressure:** Click here to measure your blood pressure. Wear your OHO Pro on your wrist (left or right) normally. The test will start automatically and takes around 20-45 seconds. The results will be saved to the FitCloudPro app on your phone (if connected).



**Blood oxygen:** Click here to start a blood O2 test. Wear your OHO Pro on your wrist (left or right) normally. The test takes between 20-45 seconds. The results will be saved to the FitCloudPro app on your phone (if connected).



**ECG:** Click here to start a ECG test. Wear your OHO Pro on your wrist (left or right) normally. The test takes between 30-45 seconds. The results will be saved to the FitCloudPro app on your phone (if connected).



**Sleep monitor:** Here you can see how much sleep you got and the quality of your sleep i.e. light or deep. Sleep monitoring is set to measure between 9:00pm and 9:00am the next morning, automatically. You can adjust these times on the FitCloudPro app on your phone. After exiting sleep monitoring, the watch sleep data can be synchronized to the APP and saved.



### **Bluetooth music:**

**Android:** Pair/Bind the OHO Pro watch to the “FitCloudPro” mobile APP, turn on the music player on your phone. Now you can control your music from your OHO Pro:

- Play/pause
- Increase and decrease the volume

- Switch songs

**iOS:** Pair/Bind the OHO Pro watch to the “FitCloudPro” mobile APP, turn on the music player on your phone and now you can control the music from your OHO Pro:

- Play/pause
- Increase and decrease the volume
- Switch songs



**Alarm Clock:** Check the alarms you have set on your “FitCloudPro” app. Any alarms you set on the app will be visible here.



**Stopwatch:** Click the “Start” button to start the stopwatch, and click the icon again to pause. Swipe right on the screen to exit. The previous time is then cleared and the stopwatch is restarted.



**Timer:** Select one of the predefined timers that you want to use, then click on the “Start” to start the stopwatch. Slide down to create custom Timers.



**Messages/Notifications:** check your recent messages and notifications from your phone.



**Find your phone:** Misplaced your phone? Click here and your phone will then vibrate and ring alerting you to its location!

Your OHO Pro must be connected to your smartphone and the FitCloudPro app for this to work.



**Settings:** You can find the following settings here:

-  **Menu style:** You can choose between a list or smart style menu layout.
-  **Display menu**
  - Change dial/watchface
  - Screen brightness
  - Screen time
    - Set how long you want your screen to

be on and inactive, before your screen locks again.

- Turn wrist to wake
  - Set how long your screen will unlock for when you have the turn wrist to wake option on (you can switch this on in the FitCloudPro app).



- Here you can change the language



- Here you can set the vibration intensity of your OHO Pro.



- In here is the FitCloudPro QR code. If you point your smartphone camera at it, your phone will load up the app!



- Battery charge percentage and power saving mode on/off.



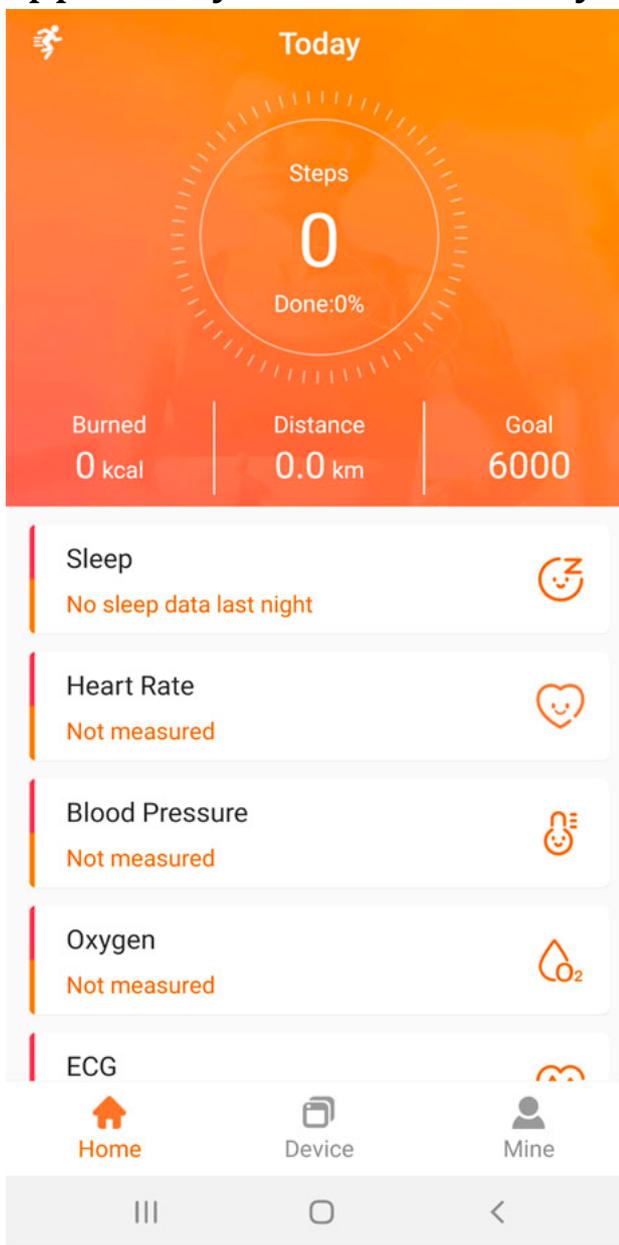
- In here you can find the shortcut menu for essential settings:

- Do not disturb
- Battery status
- Menu settings
- Screen brightness
- Find my phone
- Technical information
- Power ON/OFF shutdown switch

# Features and navigation of the “FitCloudPro” App on your phone:

## Home menu:

Welcome. This is the easy to use and very useful FitCloudPro app. Here you can fine tune your OHO Pro settings and view



your previously recorded health data.

← Here at the top you'll see your daily step count, calories (estimated), distance covered and step goal.

- **Sleep:** Click here for a detailed look at last night's sleep quality.

- **Heart Rate:** Your last measured. Click here for more details, recordings or to perform a new test.

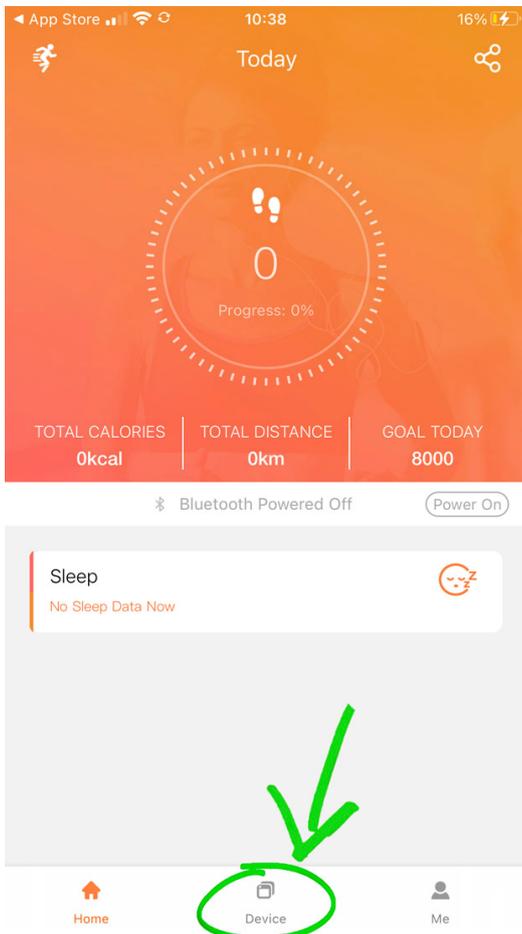
- **Blood Pressure:** Your last measured. Click here for more details, recordings or to

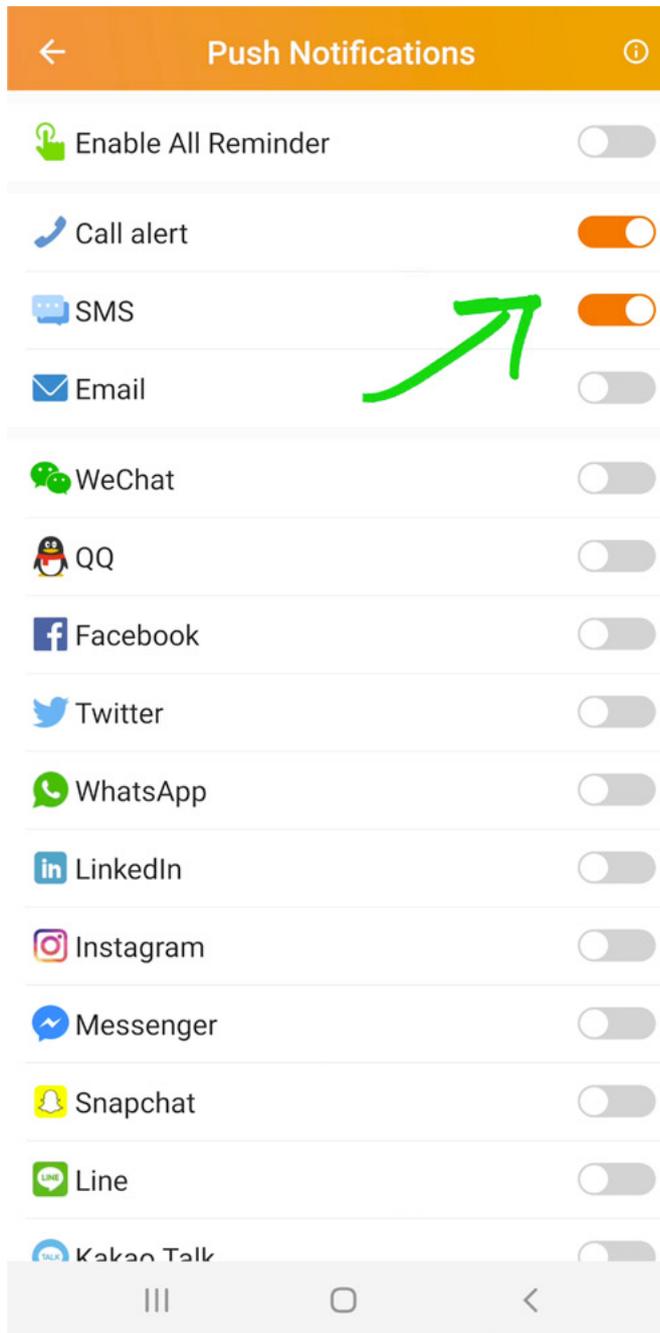
perform a new test.

- **Oxygen:** Your last measured. Click here for more details, recordings or to perform a new test.
- **ECG:** Your last measured. Click here for more details, recordings or to perform a new test.
- **Health Measurement:** Click here and your OHO Pro will perform a full diagnostic test of all the above!

## Device page:

Click here to access the Devices menu:





## Push

### Notifications/Messages:

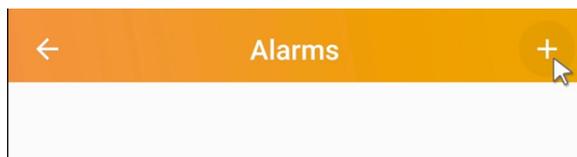
Here you can choose which apps from your phone, you want to send notifications to your OHO Pro.

For example if you want to get alerts on your OHO Pro, when someone is calling or texts your phone, click the toggles to on, like this

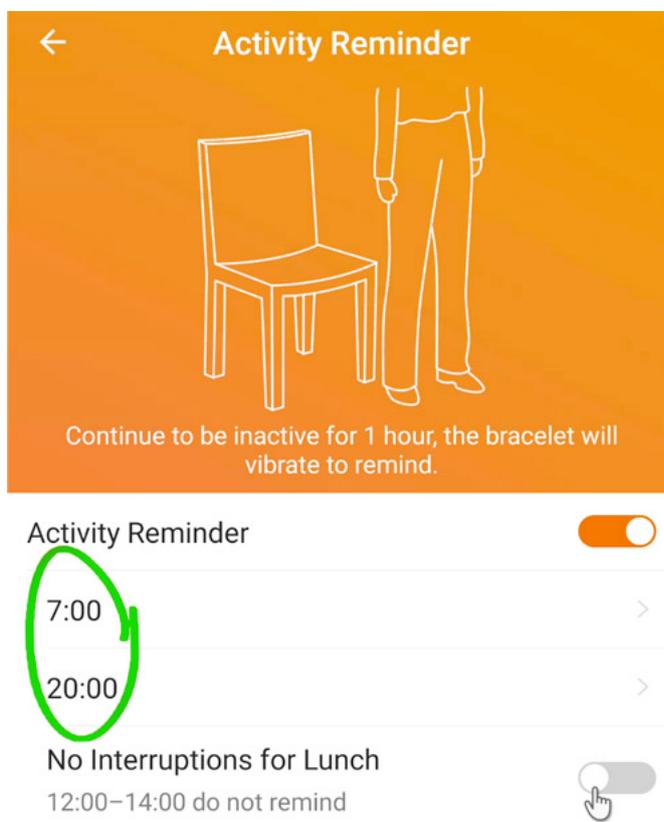
If you want to read your Facebook or WhatsApp on your OHO Pro, turn those on too!

**Alarms:** In the devices menu, you'll find the option for alarms. These will vibrate and make a noise on your OHO Pro.

To create your own alarm, click the '+' sign here:



**Activity reminder:** Ah, this is quite an important one. In here you can set reminders or alarms which will alert you when you've been inactive longer than an hour.

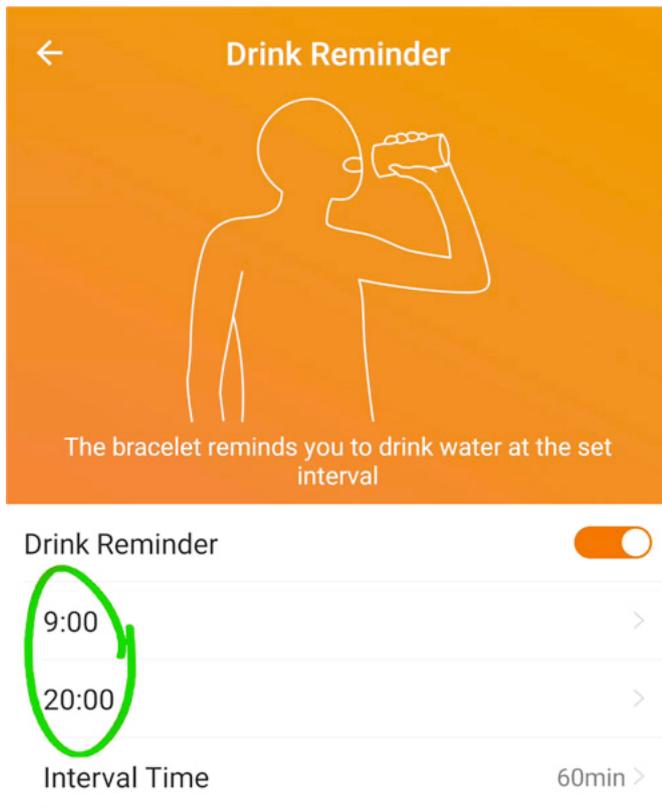


The 2 times I've circled in green are when the sensor will be on, from and to. Between these times you'll get reminders, outside of these hours, you won't.

You can also turn it off midday for lunch, unless you like to have your lunch on the move!

(NOTE: Remember to have it turned off at night while you're sleeping!)

## Drink reminder:



Every doctor on earth seems to be telling us we don't drink enough water... introducing the drink reminder alarm!

The 2 times circled are when the reminders will start and finish. Between these times you'll get reminders, outside of these hours, you won't.

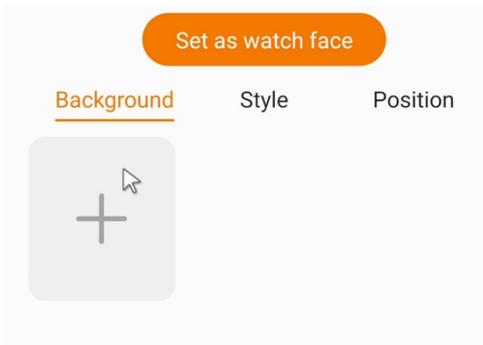
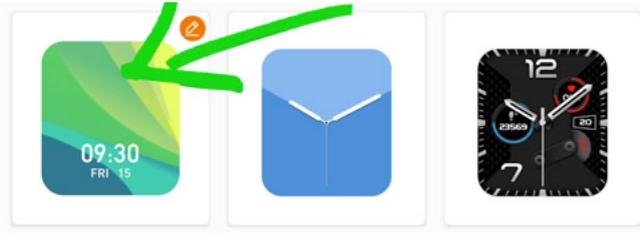
(Again, unless you want to be drinking water all through the night – make sure it's turned off!)

## Dial settings:

In here you'll find 13 preset watch face dials (number 6 is my favourite!).

You can also use your own pictures on your phone as your watch dial face.

To do this click on this dial in the top left:



Next, click on the big grey '+' sign, as seen here.

Follow the instructions to allow the app to view your photo albums.

Choose your picture. Confirm. Finally, click the big orange **"Set as watch face"** button. The app will update your OHO Pro screen! (NOTE: The App must be connected to the OHO Pro.)

**Weather forecast:** If you have this set on, your OHO Pro will show you the local weather forecast.

**Rise to wake:** Very useful, I personally have this setting on!

Instead of pressing the button on the side of your OHO Pro every time you want to use it, you can set 'Rise to wake' on i. This way, anytime you raise you wrist, the screen will automatically unlock and turn on!

You may set the hours that you want this function to be on/off.

**Automatic Health Monitor:** In here you can set your OHO Pro to take health measurements every 1 hour automatically. Set the hours you wish to record in, and the data will be saved to the FitCloudPro app.

**Find Band:** Tap the button here, and providing your OHO Pro is connected to the FitcloudPro app with Bluetooth - your watch will vibrate loudly 3x times!

**Preferred wrist:** Whether you're a lefty or a righty, you can set your preference here and the screen will orientate accordingly!

**Hour style:** Choose from the 12 or 24 format.

**Shake to take a photo:** If you've made it this far, then you're about to learn about a very clever function that most OHO Pro wearers don't even know about!

Set this function – on, then open the take photo app on your OHO Pro Now when you shake your wrist quickly your smartphone will take a photo!

Perfect for those times when you want a photo, with everyone in it!

**Set your units of measurement:** lbs, miles and feet or kgs, kms and meters – have it your way!

## **OHO Pro Care and Precautions:**

**1. Please avoid exposing the device to extreme temperatures hot and cold, also avoid rapid change in temperature - as this may cause permanent damage.**

**2. Do not wear in a warm/hot shower or bath:**

Hot water generates a lot of water vapor. Vapor's molecular size is small enough to penetrate tiny gaps in the watch case. When the temperature drops, it will form back into liquid droplets again. This moisture will eventually cause short circuits in the internal circuit of the watch, and damage the circuit board of the watch.

**3. Can't turn on the device / can't charge:**

If you receive that the watch does not turn on, it may be that the watch has collided during transportation and the battery or Seiko board has started self-protection. It can be activated as long as the charging cable is plugged in for charging.

If the battery is too low, or the watch has not been used for a long time and it will not turn on, please plug in the charging cable to charge for more than 6 hours to activate.

### **Medical disclaimer:**

While the OHO Pro has a high level of health measuring accuracy, its data should not be used to make any medical decisions. If you do see abnormal readings and results on your OHO Pro, please cross check these results using medical grade equipment or consult your doctor.

### **If you purchased warranty:**

1. If there are product quality problems caused by manufacturing / materials / design and other non-human damage cause the quality problem. From the date of purchase, the product is guaranteed for one year. Battery and charger are guaranteed for half year.
2. Warranty does not include man-made damage such as:
  - a) Failure caused by disassembling the device and modifying the watch without authorization.
  - b) Failure caused by accidental drop or collision during use.
  - c) Any man-made damage or misuse or misuse by a third party (such as: water in the watch, external force cracking, scratches or damage to peripheral parts, etc.) are not covered by the warranty.
3. When using your warranty, please provide a warranty number with the date of purchase.
4. Please return your defected product(s) to OHO Pro for repairs. Do not use a 3rd party service as your warranty will then be voided.

For further information and questions please visit OHO Pro's  
Support Centre at:

<https://support.ohowatch.com>