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Smart Sports Watch



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Product Selling Point



Bluetooth calling



24-hour dynamic heart rate monitoring



Multi-sports mode



Sleep monitoring



Custom watch face



Cool dynamic UI display



“Do not disturb” mode



IP68 waterproof



Appearance / Craft

- Case / Zinc alloy (brushed + sandblasting)
- Strap / Silicone, stainless steel 304L buckle
- Screen / Tempered glass
- Button / Stainless Steel
- Bottom case / ML process
- Colour / Black



Product Specification

CPU	Realtek 8762D	Endurance	Battery life: 3 days with dual Bluetooth, 5-7 days with off calls.
RAM+ROM	64M+128M	Battery Specifications	300mAh
Display	TFT 1.36 inches Resolution: 360*360 pixel	Charging method	Magnetic charging
BT	4.0	Language	Chinese, English, Russian, Arabic, Vietnamese, Burmese, Thai, Polish, Persian, Indonesian, Malay, Greek, French, Italian, German, Portuguese, Spanish, Turkish
Waterproof	IP68 waterproof		
Sensor	Silan Micro R31		
Watch film: hoco. Smart film cutting machine can be used for film cutting			

Product Features



Telephone



Contact person



Call records



Data



Workout



Workout records



Heart rate



Sleep



Messages



Weather



Female



Music



Stopwatch



Timer



Alarm clock



Find phone



Settings

Product Features



Dialpad

You need to connect to Bluetooth 3.0+5.0 and enter the number on the dial to realize Bluetooth calls.



Dial switch

Built-in 12 fixed dials, dial push and custom dial: a dial will be added for replacement (this function needs to be set in the dial settings after the watch is connected to the APP), watch dial switching: Method 1: long press the screen on the dial interface. Method 2: switch manually.



Heart rate monitoring

24h continuous heart rate monitoring throughout the day, the APP side enables timing detection, this interface displays the heart rate data of the day.



Sleep

This interface displays the sleep monitoring status of the day, the data is updated every day, and the connected APP can upload and save the data synchronously.



Call records

After connecting Bluetooth 3.0+5.0, you can view it on the watch side (you need to pay attention to all the permissions prompted when connecting and click Allow).



Control panel

Do not disturb mode (after turning on this mode, the watch will not receive information push and call reminders, also brightness adjustment, settings, find the phone, audio call mode turned off).



Music

After the watch is connected with the APP, you can turn on and control the phone music playback.



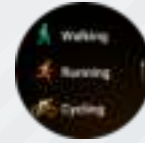
Message

Turn on the push of relevant information on the APP side, the watch side can receive the corresponding message push, up to 15 messages can be saved, if the upper limit is exceeded, it will be automatically overwritten.



Bluetooth calling

In the control panel, click the call icon in the lower right corner to enter the call Bluetooth settings. After it is turned on, it can be searched to use the mobile phone to connect to the Bluetooth below, and then the call function can be used.



Workout: 20 sport modes

Conditions to be met for data storage at the same time:
Pedometer: 2 minutes & 200 steps. Ball: 2 minutes & 1kcal. Skipping rope: 2 minutes & 20 times.
Notice: 1. The watch needs to be worn on the hand to monitor the heart rate before starting to calculate the data. 2. After the data is saved, record it in the APP sports interface - click the center of the interface to view the sports details.



Pedometer status

This interface displays the number of steps, distance and calories respectively. The target value of the number of steps can be set on the APP: My target number of steps. The principle of step counting: through arm swing and gravity induction. Step counting method: the step counting interface will update every 10 steps.



Weather

After the watch is connected to the APP and the location permission is enabled, the weather interface will display the real-time weather temperature and weather type.

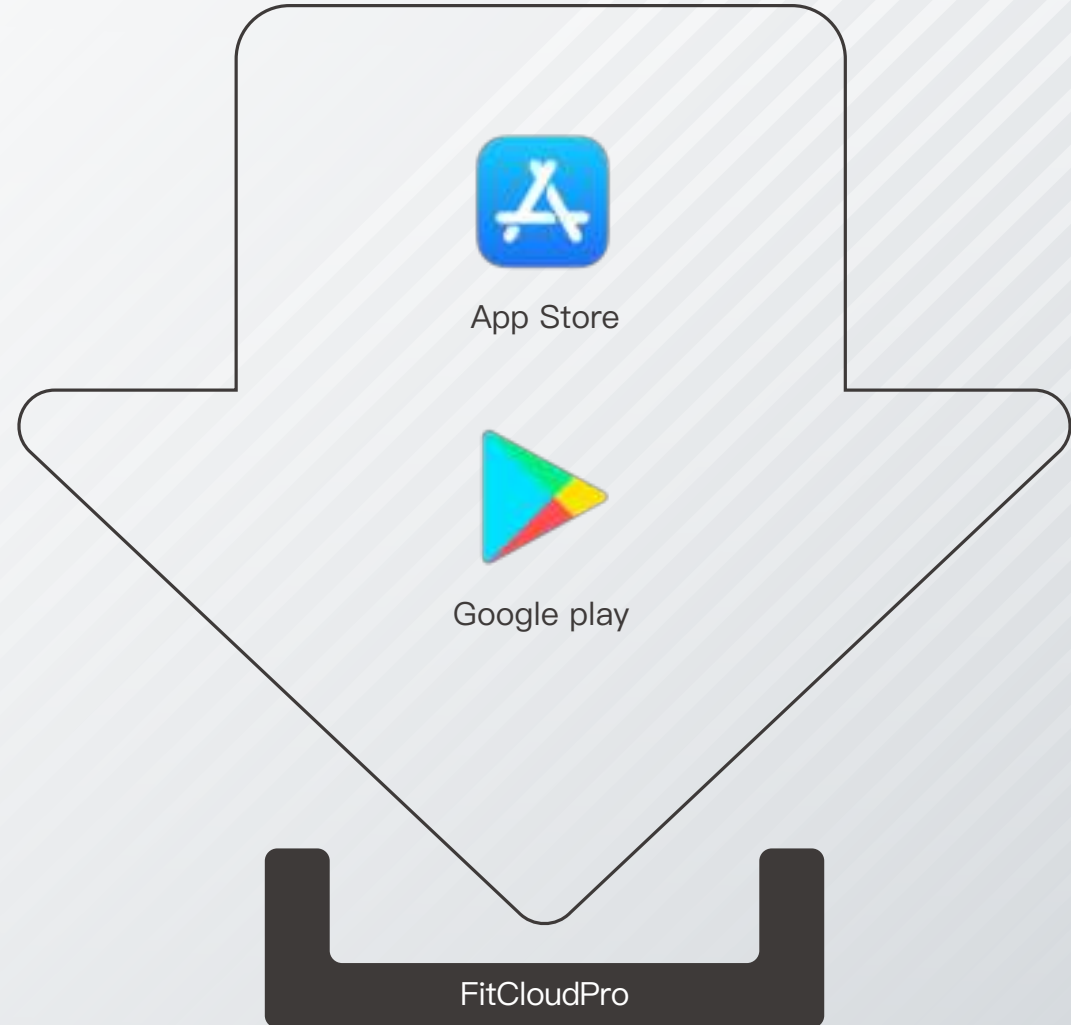
Interactive Use

The connection between the watch and the mobile phone requires the mobile phone to download and install the APP "FitCloudPro".

Download method

Method 1: Search "FitCloudPro" in the App Store and click to download.

Method 2: Click settings on the watch,select APP to download, scan the QR



Interactive Use (BT Connection/Reconnection)

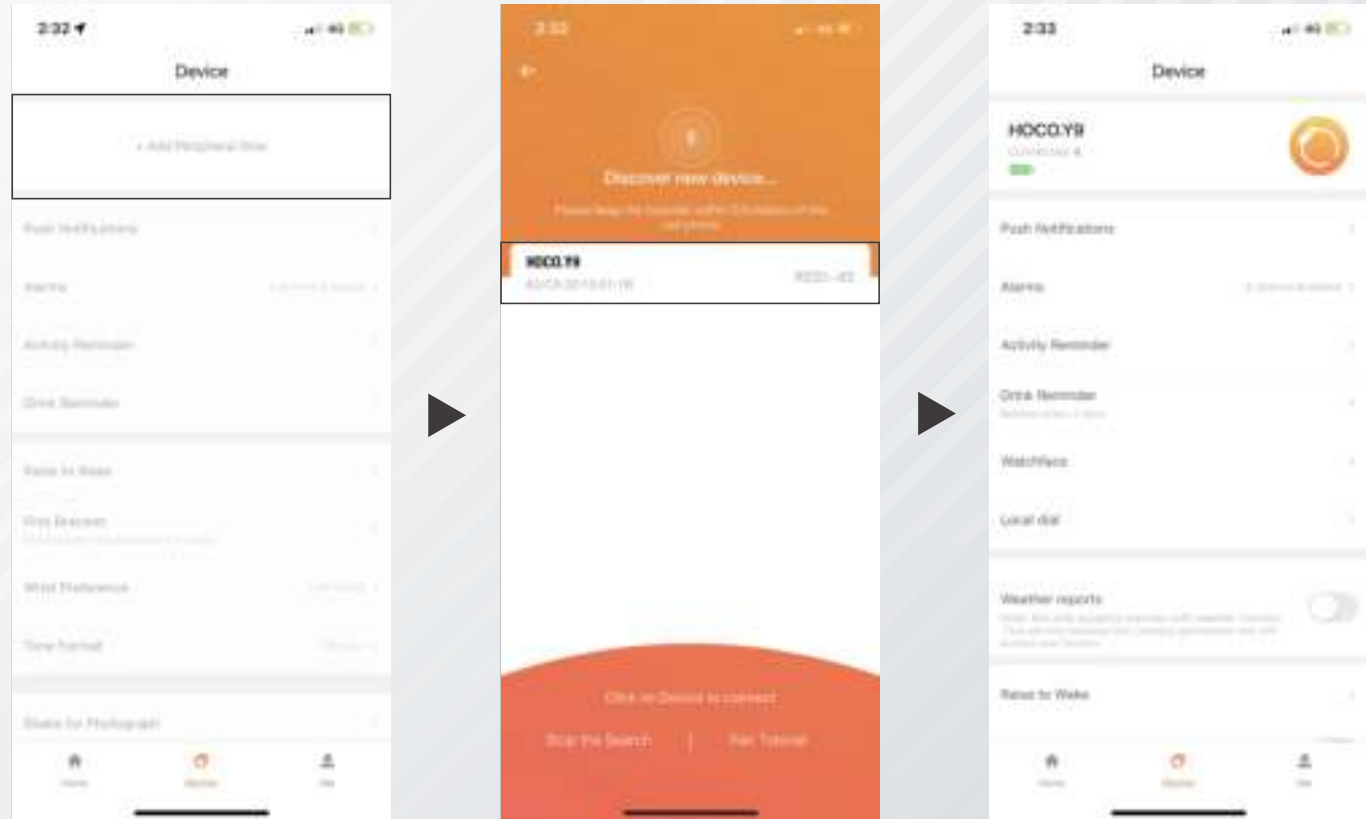
BT connection

Before BT connection, please turn on the BT of the mobile phone and make sure that the watch is not connected.

BT connection

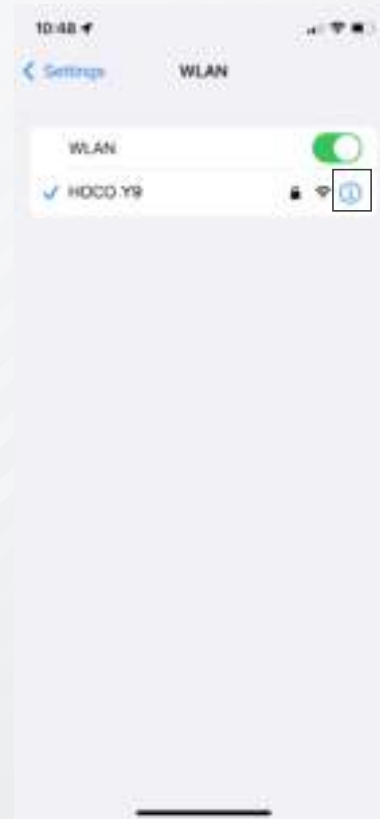
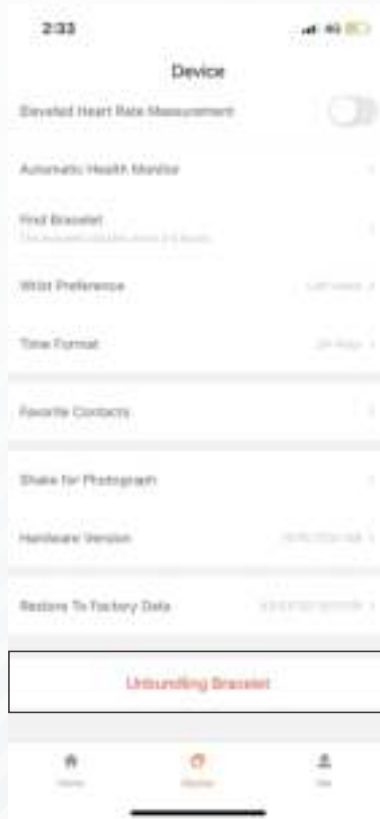
- Keep the device close – within 10 meters.
- Turn off the BT of the mobile phone, restart the BT of the system and reconnect.
- Close the APP, reconnect after restarting the APP.
- Reconnect after the device is shut down and restarted.

Note: the prerequisite for reconnecting the device to the APP is that the device is not manually unbound.



Interactive Use (BT Unbinding)

Note: on Android phones, click the unbind button to complete the unbinding. Apple phones also need to go to the system BT to unbind the device.

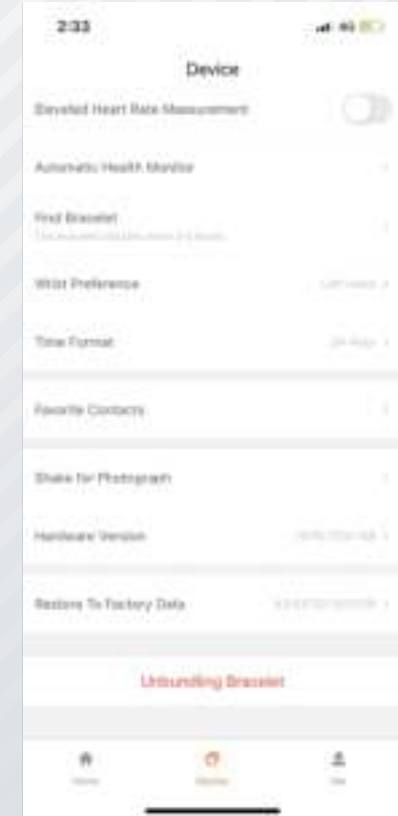


Interactive Use (Data Synchronization)

Data synchronization

- Synchronize exercise data to APP
- Sync health data to APP: sleep, heart rate, blood oxygen
- Message push: incoming call, SMS, APP reminder
- Other: time and language update

Note: after connecting, swipe down to refresh the data on the home page



Frequently Asked Questions

(一)

Can't find the device in APP

1. Check whether the device is connected by other mobile phones, you can turn off or unbind the mobile phone's BT first, and then use the current mobile phone to search and bind.
2. Try to ignore the device in the system BT device on the mobile phone, the setting path: System Settings-BT-Ignore this device.
3. If the phone still cannot be searched after it is close to the watch, you can try to restart the BT of the phone.
4. If the above operations cannot be solved, restore the factory settings.

BT can't connect?

1. Confirm whether the mobile phone system meets: Android 4.4 and above, ios9.0 and above.
2. Confirm whether the device is not connected by other mobile phones.
3. Confirm whether the BT of the mobile phone is turned on and can be used normally, it is recommended to close all programs and restart the BT before connecting.
4. Some devices cannot connect normally when in low battery mode.

The device repeatedly connects and disconnects?

1. Check whether the distance between the device and the mobile phone is too far – the Bluetooth connection effect will be weakened beyond 7 meters.
2. Check whether there are obstructions between the device and the mobile phone, the human body, metal jewelry, etc. will interfere with the BT connection.
3. Check whether the power of the device is sufficient, low power will affect the use.
4. Check whether the BT function of the mobile phone is abnormal, it is recommended to close the program and restart the BT.
5. After the APP exits, the connection will be disconnected. The Android system recommends opening the background running permission, and the ios system recommends keeping the background running.
6. If it is an iPhone, check whether the phone is bound to too many BT devices, please ignore a few devices in the system BT settings.
7. If the above operations cannot be solved, restore the factory settings.

After Bluetooth connection, why is the data not synchronized?

The device pairing connection requires 10–20 seconds of connection process. The specific time will vary depending on the mobile phone system and BT connection performance. After the connection is completed, the data will be automatically synchronized to the APP.

I set a notification reminder, but the device did not receive the reminder?

1. Confirm whether the connection between the APP and the device is successful.
2. Confirm whether the APP exits and run in the background, it is recommended to enable the background running permission.
3. Confirm whether on the notification reminder is enabled in APP device page, turn it on.
4. Confirm that there is a message box in the notification bar of the mobile phone system. If no message is received in the notification bar of the mobile phone, please go to the system settings to enable the notification.
5. Set the "restore mobile notification" in the corresponding application on the mobile phone.
6. The device needs to be connected to the mobile phone at all times, and the BT is kept on.

When wearing the device, does the phone's BT need to be turned on all the time?

1. The functions of step counting, sleep monitoring, heart rate monitoring, alarm clock and sedentary reminder do not need to be turned on all the time. You only need to wear the device when it is disconnected, open the APP after the exercise is completed. The device and the mobile phone will be automatically connected, and you can view the data after the synchronization is completed.
2. For functions such as call reminder, APP notification reminder, search for mobile phones, search for devices, etc., because they need to be connected to the device all the time, the BT of the mobile phone needs to be turned on all the time.

Frequently Asked Questions

(二)

How to synchronize data?

1. Automatic synchronization: when the device is connected to the APP, it will automatically synchronize data.
2. Manual synchronization: After the device is connected to the APP, you can manually synchronize by pulling down the data list on the home page and data interface.
3. If the data cannot be synchronized, please turn off and on the phone's BT or restart the phone.

Can the device store data separately?

1. The device can store data separately, and you don't need to bring your mobile phone when you go out for exercise. When you need to synchronize data, just reconnect the device and the mobile phone APP to upload the data.
2. The device can retain the data of the last 7 days at most.

Why is step counting inaccurate?

1. Your height and weight data will affect the number of steps and calories counted by the APP, please confirm whether your personal information is truthfully filled in.
2. Confirm whether the device is worn correctly.

After the watch exercises, where do I need to check the exercise data?

You can click on the exercise page to view the watch exercise data.

How does the watch face upload function need to be operated?

1. Ensure that the device is properly connected to the mobile phone.
2. Select the watch face you like in the device—watch face center to download, and then sync to the device, the watch face is transmitted via BT, so please ensure that the device is close to the phone during the download process.

Inaccurate measurement of heart rate

1. Generally, it is caused by poor contact between the sensor of the watch and the human body during measurement.
2. When measuring, please pay attention to the full contact between the sensor and the wrist.
3. Keep your body still and the watch close to your wrist during measurement.
4. For people with darker skin and more arm hair, please turn on the enhanced measurement in the APP [Device > Enhanced Measurement].

Sleep data is not accurate enough

1. Sleep monitoring is to monitor the natural time of falling asleep and getting up, watch needs to be worn normally.
2. If you wear it too late or when you fall asleep, there may be errors.
3. Sleep data is not monitored during the day, the default sleep monitoring is from 9:30 pm to 12:00 noon the next day.

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