

Model: SB-370

USER MANUAL

Thank you for purchasing our product! Please read the user manual carefully before first use. You should keep the manual for later reference as it contains important information.

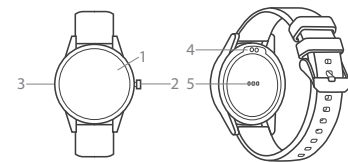
Forever brand uses sensors and algorithms to provide data that can be used during sports activities or adventures. By selecting and implementing the appropriate modules used in production, we aim to achieve the most accurate measurements possible. However, the data provided by our products and services is estimated, and the generated results may not be precise.

Calories, heart rate, blood pressure, and other measurements may not reflect actual values. Forever's products and services are intended for recreational use only and not for medical purposes.

MANUFACTURER DATA/CUSTOMER SERVICE OFFICE:

TelForceOne S.A.
ul. Krakowska 119
50-428 Wrocław
Poland
Helpline: (+48) 71 327 20 00
E-mail: kontakt@forever.eu
Designed in Poland
Made in China

DEVICE CONSTRUCTION:



1. Touch screen
2. Side button
3. Speaker
4. charging PIN
5. Sensor

SPECIFICATION:

Display: AMOLED 1,43" 466x466 px

Controls: touch screen, side button digital crown
Waterproof: IP68
Bluetooth: 5.3
Bluetooth frequency range: 2402-2480 MHz
Maximum emitted power: 5,72 dBm (EIRP)
Battery: Li-ion 3,8 V= 200 mAh, 0,76 Wh
Charging: 5 V= 0,5 A
Standby time with Bluetooth on: up to 7 days
Compatibility: iOS ≥ 9.0, Android ≥ 4.0
Application name: Fitcloud Pro

SMARTWATCH SPORTS MODES:

Walking, Running, Climbing, Cycling, Basketball, Badminton, Football, Yoga.
Other sports categories are available in the dedicated app through the DEVICE menu with SPORT PUSH function.
Sport categories: Dance/Gymnastics/Combat sports/Sports with equipment/Sports with balls/Fitness sports/Outdoor sports.

FUNCTIONS:

Time and date: Yes
Alarm clock / alarm: Yes
Pedometer: Yes
Heart rate monitor: Yes
Sleep monitoring: Yes
Activity history: Yes
Inactivity reminder: Yes*

Hydration reminder: Yes*
Notifications: Yes*
Calories counter: Yes
Stopwatch/timer: Yes
Sports modes: Yes
Weather: Yes*
Women's health: Yes*
Flashlight: Yes
Changing the display face: Yes
Find watch: Yes**
Finding your phone: Yes*
"Do not disturb" mode: Yes
Phone book: Yes*
Phone calls: Yes*
SMS notifications: Yes*
Displaying notifications: Yes*
Music controls: Yes*
Remote photo taking: Yes*
Uploading photos: Yes*
Oxygen saturation measurement: Yes
Blood pressure measurement: Yes
Breathing exercises: Yes
Stress measurement: Yes
Gyroscope: Yes
Calculator: Yes
Speaker: Yes
BT calling: Yes*

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Inactivity reminder: Yes*

* First activation through smatphone app

** Available on the smartphone app

BOX CONTENTS:

Smartwatch, 2 straps, charging cable, user manual
NOTE: Before using the product, check whether the packaging is intact and all parts are included. Remove all packaging materials before use.
If any parts are damaged or missing, contact the retailer.

SAFE USAGE GUIDELINES:

- Read and keep this manual. Carefully follow the instructions, as failure to do so may result in permanent damage or improper functioning of the device.
- There are no user-serviceable parts inside the device.
- All repairs should be performed by a service technician. The manufacturer is not responsible for any damage resulting from unauthorized interference with the product.
- The device contains a built-in rechargeable battery. Avoid exposing the battery to extremely low or high temperatures (below 10°C / 50°F or above 45°C / 113°F). Extreme temperatures can affect the battery's capacity and lifespan. Avoid contact between the battery and liquids

or metal objects, as this may cause partial or total battery damage. Use the battery only as intended. Do not destroy, damage, or throw the battery into fire – this may be dangerous and cause a fire. Dispose of used or damaged batteries in designated containers. Overcharging the battery may cause damage. Therefore, do not charge the battery longer than necessary. Do not open the battery. The device's battery is non-replaceable and is an integral part of the device. Do not attempt to replace it. Installing an incorrect type of battery may cause an explosion. Dispose of the battery in accordance with instructions. Do not use the device in areas where electronic devices are prohibited or where it may cause interference or pose a risk.

- Do not leave the device unattended while charging.
- Do not leave the device fully discharged for a long time.
- Do not use the product if it is damaged.
- The packaging is not a toy. Keep it away from children immediately after unpacking.
- The device is not a toy. Keep it out of reach of children. The device should not be used by individuals (including children) with reduced physical or mental capabilities or without experience handling electronic devices, unless supervised by someone responsible for their safety.

- Protect the product from falls and strong impacts.
- Do not bend or pinch the charging cable. When unplugging the cable, hold the plug directly, not the cable itself.
- Use only a damp, soft cloth to clean the device. Do not use strong acidic or alkaline cleaning agents.
- Always use the device as intended.

SMARTWATCH WATERPROOF PROTECTION

IP68: IP68 is a protection rating in accordance with standards, specifying the device's resistance to dust and water. It means:

- 6 – Total protection against dust ingress.
- 8 – Resistance to immersion in water up to a depth of 1 meter for a maximum of 30 minutes.

Short-term immersion at depths greater than 1 meter is possible.

Not suitable for:

- Hot water and steam – saunas, hot showers can damage seals.
- Saltwater – salt may cause corrosion. If the smartwatch has come into contact with seawater, rinse it with fresh water.

- Deep diving and high water pressure – IP68 does not mean resistance to diving at significant depths.

DEVICE PURPOSE DESCRIPTION:

A Bluetooth smartwatch is a smart watch that connects to a mobile phone via Bluetooth, allowing data synchronization and access to various features. It offers physical activity tracking, message and call notifications, music control, app access, and more. Always use the device according to its intended purpose. Using the device beyond its intended use is unlawful and may negatively affect the environment.

CHARGING:



The magnetic holder will correctly align the connectors. A charging icon will appear on the screen. The charging icon will appear on the watch

screen. When the watch notifies you that it is fully charged, disconnect the watch from the charger. It is recommended to use a power adapter with an output of 5V DC. The adapter is not included in the package.

TURNING THE DEVICE ON AND OFF:

- Turning on:
- Press and hold the top button. The main menu will appear on the screen.
 - Connect the watch to the charger. The device will turn on automatically.
- Turning off:
- Press and hold the button for about 5 seconds. Confirm selection by pressing

SMARTWATCH OPERATION:

The watch is operated using the touchscreen. By swiping up or down on the screen, you can navigate between different functions, and select a specific function by tapping the screen. To return to the main screen, press the side button. If you want to go back, swipe right on the screen. The side button is equipped with a rotary function. The knob can be used alternatively with the up/down swipe to scroll through screens, lists, content, menu, notifications and apps. The user can rotate the button to move

through the menu, notifications, or apps.

WEARING AND USING THE SMARTWATCH: For the most accurate measurements and to avoid restricting wrist movement, wear the device on your forearm, about one finger-width above the wrist.

Wear the smartwatch with a slight gap between the body and the device. A strap that is too tight may cause skin irritation, while a loose strap may cause friction.

Do not look directly at the heart rate sensor LEDs. Absolutely do not allow children to do so! If the smartwatch overheats, remove it to cool down. If overheating is frequent, consult the seller or manufacturer.

Always check if the heart rate sensors are clean. Foreign objects can prevent proper light reflectant, which may interfere with the measurement.

If you think the heart rate or other measurements are incorrect, try repositioning the watch on your wrist or another area, gently adjusting it up, down, left, or right, so the sensors reflect light more accurately. If this does not resolve the issue, consult the seller or

manufacturer.

WATCH FACE:

If you want to choose a different watch face, you can do so by:

- Press and hold the display for 3 seconds. A padlock will appear at the bottom of the screen. To change the watch face, press on the padlock and make sure it is unlocked. Select a wallpaper by swiping left or right, or using the knob. Confirm your selection by pressing on the screen.
- To prevent accidental change of the watch face, close the previously opened padlock by pressing on it again.

When the padlock is open the watch face can also be changed using the dial from the home screen.

- Go to Settings => Display => Choose watch face.

CONNECTING THE WATCH TO THE APP:

IOS

ANDROID



1. Turn on Bluetooth on your phone.
 2. Download and open the "Fitcloud Pro" app on your phone, then enter all required information and provide the necessary permissions.
 3. Go to "Settings" in the bottom menu bar. Tap "Add Device".
 4. Tap "Scan" and the app will begin searching for the device.
 5. Select the smartwatch model to connect.
 6. Confirm the selection on the smartwatch screen.
 7. During the connection process, grant any required permissions.
- NOTE:** Not granting the required permissions may affect device functionality.
- NOTE:** To keep the watch connected to your phone, the app must remain open. Do not close it.

Some phone operating systems may automatically close the app to save battery. Adjust background activity settings to ensure constant connection.

QUICK MENU:

On the home screen, swipe from top to bottom to open the quick access menu with shortcuts to selected functions and information.



FAVORITES:

Swipe left on the screen. You can add favorite shortcuts by pressing the plus sign next to each function – Training, Music, Weather, Sleep, Activity, Heart Rate.

QUICK MENU:

To access the QUICK MENU, swipe right on the screen. A menu will appear on the left side showing icons of the recently used functions. The order

displayed will change according to the last selected function.

NOTIFICATION OVERVIEW:

Swipe up from the bottom of the screen to see the most recent notifications from installed apps on your phone.

REMOTE PHOTO TAKING

Open the app, then click on "Device" in the bottom menu. Find "Shake to take a photo" and tap on it. A camera icon will appear on the smartwatch screen. Tap the icon to take a photo. The photo will be saved in the phone's photo gallery.
NOTE: The app must have access to the gallery.

MAIN MENU AND FUNCTIONS:

To access the main MENU, press the top button.
To change the icon view in the main menu, press the top button twice or go to settings and click on Main Menu Style.

Telephone - The phone function in the smartwatch allows you to make and receive calls directly from the device without using a phone, thanks to the

built-in microphone, speaker, and Bluetooth connection.

Call records – This feature provides a view of recent phone calls.

Contact person - The contact feature in the watch allows you to save and view a list of saved phone numbers. Contacts are entered in the dedicated app.

Voice Assistant - The smartwatch voice assistant function allows you to control the device with voice commands.

Data – View daily physical activity data – steps, calories, and distance.

Workout - Allows you to record sports activities. Press the screen to start measuring, use the side button to stop.

Workout records – The activity history on the watch shows a detailed overview of performed sports activities, such as steps, distance, calories burned, and time spent on physical activity, based on built-in motion sensors and an accelerometer.

Heart Rate – Heart rate measurement. The heart rate is monitored using an optical sensor that tracks changes in blood flow through the blood vessels, allowing you to determine the number of heart beats per minute.

Blood pressure - The blood pressure measurement in a smartwatch relies on optical sensors to monitor changes in blood vessel volume, allowing the determination of systolic and diastolic blood pressure values.

Blood oxygen - The blood oxygen level measurement (SpO2) uses light sensors that emit radiation through the skin and analyze how it is absorbed by the blood, enabling the determination of the oxygen level in the body.

Stress - The stress measurement is based on heart rate variability (HRV) analysis, monitoring the microscopic fluctuations in time between heartbeats. A decrease in these fluctuations indicates an increase in stress levels.

Sleep - The sleep monitoring feature analyzes the user's sleep patterns, recording the time spent in different

sleep phases (light, deep, and REM) and providing information about sleep quality and duration.

Messages - The notification function allows you to receive alerts from smartphone apps, such as messages, emails, or reminders, displayed on the watch screen in real time.

Weather - The weather forecasting function shows current weather conditions and predictions for the coming days, using meteorological data integrated with the device or synchronized with the smartphone app.
NOTE: Location permission must be granted on the phone for proper readings.

Female – This feature helps track the menstrual cycle. Activate and set it up through the dedicated app Me => Menstrual Calendar.

Music - The music function allows remote control of the music player on your smartphone, enabling you to enjoy music during physical activities or in daily life.

Breath training - The breathing exercise function guides the user through various breathing techniques to help with relaxation, stress reduction, and improving overall well-being, with visualizations and tips on the screen.

Stopwatch - The stopwatch feature enables precise timing from the moment it's started, with the option to stop, resume, and reset the measurement as needed.

Timer - The timer allows you to set a specific time, after which the device will emit sound or vibrations. Useful for cooking, workouts, or other activities. Available countdowns: 1, 3, 5, 10, 15, 20 minutes. You can also set a custom time.

Alarm clock - The alarm function allows you to set a reminder that will emit sound or vibrations at a specified time, helping you wake up or remember important tasks. To be set in the application.

Set time – Allows you to manually set the time and date without needing to connect to the app.

Calculator - The calculator feature allows you to perform basic mathematical operations.

Find Phone - The "Find Phone" function enables you to remotely trigger the phone's ringtone to help locate it when it's out of sight.

Camera - The Camera function allows for the smartphone camera shutter activation by pressing the screen on the watch, helping you capture the best moments without holding your smartphone.
NOTE: To activate the camera function access the "Remote Camera" function in the "Device" menu on the smartphone app.

Settings - Settings functions on the smartwatch allow you to personalize and adjust the device's operation to your individual needs.

Display: Brightness, Screen timeout, Screen backlight duration after wrist movement
Menu style: Change the display style of functions in the main menu. There are 6 available themes.

Battery: Battery level, battery saver mode

Vibration Intensity: Three vibration levels: Off, Soft, Strong

Language: Set the language for the watch.

QR Code: QR code for the dedicated app.

System: Information about the watch, Power off, Restart, Factory settings

Declaration of Conformity with European Union Directives

TelForceOne S.A. hereby declares that the SB-370 Bluetooth smartwatch radio device type is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: <https://manual.forever.eu/>

Correct disposal of used electrical and electronic equipment

This device is marked with a crossed-out garbage container symbol, in accordance with the European Directive 2012/19/ EU on Waste Electrical and Electronic Equipment (WEEE). Products marked with this symbol should not be disposed of or discarded with other household waste at the end of their service life. The user is obliged to dispose of waste electrical and electronic equipment by delivering it to a designated point, where such hazardous waste is recycled. The collection of this type of waste in separate locations and the proper recovery process contributes to the conservation of natural resources. Proper recycling of waste electrical and electronic equipment is beneficial to human health and environment. For information on where and how to dispose of used electronic equipment in an environmentally safe manner, the user should contact the relevant local authority, the collection point or the point of sale where the equipment was purchased.

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Proper disposal of used batteries

In accordance with EU Directive 2023/1542 on batteries and waste batteries, this product is marked with a crossed-out rubbish bin symbol. The symbol indicates that the batteries used in this product should not be disposed of with

normal household waste, but treated in accordance with the directive and local regulations. Do not dispose of batteries with unsorted municipal waste. Users of batteries must use the available take-back network for these items, which allows them to be returned, recycled and disposed of. Within the EU, the collection and recycling of batteries and is subject to separate procedures. To find out more about existing battery recycling procedures in your area, contact your municipality, waste management authority or landfill site.

Recycle this user manual and the appliance packaging in accordance with local recycling guidelines.

Symbol for flat cardboard (packaging material).

MANUFACTURER OF THE BUILT-IN BATTERY:

ShenZhen Mitacbattery Technology Co., LTD 5th Floor, 1st Building, No. 47, Kengwei Avenue, Shangwu Community, Shiyuan Street, Baoan District, Shenzhen, Guangdong, P.R. China

