

IDW13 Manual



IDW13 Smart Sports Watch

Introduction

Screen display area

Function button

Pressure relief hole

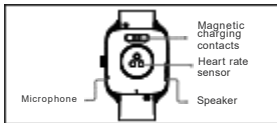
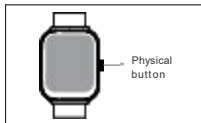
Heart rate sensor

Microphone

Speaker

Front side

Back side



Getting started

- (1). Search for "VeryFit" in your phone's store or scan the following QR code to download and install the app
- (2). Log in to the app and set your personal information as well as your step and weight goals.



Connecting the Watch:

Method 1: Open the VeryFit, please click the "Device" — "+" (in the upper right corner) — connect "IDW13".

Method 2: Please link the device directly by scanning the QR code on the cover of the watch.

Basic Operations



1. Wear the watch correctly: please make sure your watch sits about one finger width above your wrist bone and that the sensor on the back makes contact with your skin.
2. Screen operation: screen tap/up, down, left, right swipe.
3. The right Button operation:
Short press: back to home/pause.
Long press: turn on the watch/turn on Alexa.

Function Description

1. Watch face

- a). There are 4 faces that can be stored on the watch and can be switched directly on the watch.
- b). We can also switch or customize the watch faces on "VeryFit".
- c). More watch faces can be downloaded from the "Watch Market".

2. Sports

- a). Up to 20 exercise types can be displayed on the watch.
- b). There are 100 sports types available on the "VeryFit", just add the one you need to the watch.
- c). Operating steps: Open "VeryFit"- "Device"- "More Setting"- "Sports Type"- "Edit"- "Add".

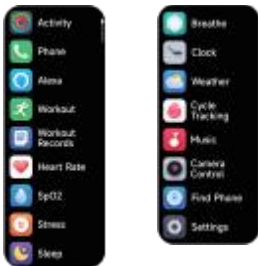


d). Exercise recognition: It can recognize whether the user is running/walking. It can be turned on/off on the app.

e). Please view your detailed exercise records on the “VeryFit”.



3. Application list



a). When the watch interface is displayed, please press the physical button briefly to access the menu list.

3.1 Alexa

3.1.1 How to activate Alexa:



a). Open "VeryFit", and click on "Device" - "Alexa" - Sign in to your Amazon Account.



b). Alexa is activated once we have logged in and tied in.

c). If you want to deactivate Alexa, please click the logout button to log out of Alexa, you can log in again at any time.

3.1.2 How to use Alexa



- After activating Alexa in "VeryFit", please talk directly to Alexa on smartwatch when you press and hold the physical button and Alexa enters the "Listen" screen.
- In the Listen screen, please state your order, Alexa will automatically recognize and perform.
- With Alexa, you can open the Stopwatch, Timer, sports mode, Heart Rate, etc. on your watch with your voice.

3.2 Phone



- a). Add contacts: You can add up to 10 contacts to your watch via the app.
- b). Call history: The watch will save your call history, which you can view at any time.
- c). Make a call: You can enter a phone number on the watch and make a call.

3.3 Activity Tracker

- a). The watch will record your activity/walking/calorie data 24 hours a day
- b). Previous exercise data can also be viewed on the VeryFit interface



3.4 Heart Rate Measurement



a). One-touch heart rate measurement: Tap the heart rate on your watch and make sure to hold your arm and wrist steady until the measurement is complete.

b). Check your heart rate data all day: Open the heart rate screen on "VeryFit" to see the heart rate data throughout the day.

3.5 SpO2 Measurement



a). One-touch SpO2 measurement: Tap the SpO2 on the watch and make sure to hold your arm and wrist steady until the measurement is complete.

b). Check your blood oxygen(SpO2) data: Open the blood oxygen screen on "VeryFit" to see the data throughout the day.

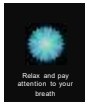
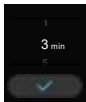
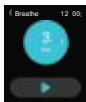
3.6 Stress Measurement



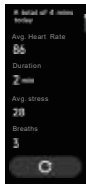
a). Check your Stress data: Open the "Stress" screen on "VeryFit" to see the data throughout the day.

b). One-touch Stress measurement: Tap the "Stress" on the watch and make sure to hold your arm and wrist steady until the measurement is complete.

3.7 Breathe Exercise



- a). Breathing exercise for stress relief: Use the breathing function to regulate your breath when you're feeling stressed or overwhelmed.
- b). Tap Start and follow the vibrations and animations to adjust your breathing. It helps calm your emotions.

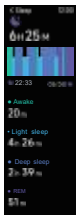


3.8 Sleep Monitoring

a). By turning on Scientific Sleep on VeryFit, the watch will automatically track our sleep while we sleep.

b). Procedure: Device-Health Tracking-Science Sleep.

Please note: To accurately identify when the body is asleep, the watch only tracks sleep for 3 hours or more.



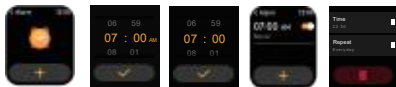
3.9 Clock

3.9.1 Stopwatch



Use the watch as a stopwatch. The stopwatch has a "Lap" function.

3.9.2 Alarm



a). Manage alarms on the watch: Add, delete, or toggle alarms on/off directly from the watch. You can also set alarms on the App.

b). Customize alarm delay and repetition: In "VeryFit", you can adjust the delay time and the number of repetitions.



3.9.3 Timer



a). You can set a timer with a preset duration on the watch and the timer will remind you when the timer expires;

b). You can customize the timer time.

3.10 Weather



a). You can see the highest and lowest temperatures for today, as well as the upcoming two days.

Please note:

The weather recognition needs to be turned on in VeryFit.

Steps: Device-More Setting-Weather Push.

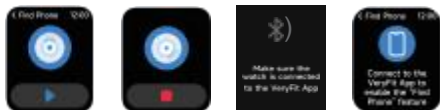
3.11 Music



a). Control Music with "VeryFit": When your watch is connected, you can use it to perform actions like "next/previous," "play/pause," and adjust the volume.

b). This function can be opened/closed in the APP settings.

3.12 Find Phone



- a). When the watch is connected, you can make your phone ring, and click the icon to end the ringing.
- b). This function can be opened/closed in the APP settings.

3.13 Cycle Tracking



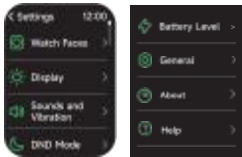
- a). After opening Cycle Tracking on "VeryFit", you can set the cycle length, reminder time, and other options.
- b). The watch will remind you regularly of your period of time.

3.14 Camera Control



- After the watch is connected to "VeryFit", please open your phone's camera.
- Then you can use the watch's camera function to photos.

3.15 Settings

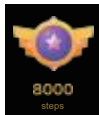
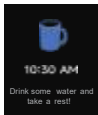


- In the settings of the watch, you can set the time the screen lights up, the ringtone volume and vibration, turn off the restart or reset the watch, etc.

Please Note:

After resetting the watch, all data stored on the watch will be erased and it will be unpaired with your phone.

4. Reminder module



a). The watch supports multiple reminder modes: message reminder, incoming call reminder, sedentary reminder, drinking reminder, exercise goal reminder, high heart rate warning reminder, etc.

5. Control center



Control center gives you an easy way to turn on functions such as Do Not Disturb, raise to Wake, set the screen brightness, find my phone, turn your watch into a flashlight,etc.

6. Customer Support

a).Warranty: 12 months warranty.