RERE IDW15 Manual Smart Watch

Smart Sports Watch



Model	RERE IDW15	Screen Type	1.69" -inch color screen
Battery capacity	300mAh	Charging Voltage	5V±0.2v
Charging Time	about 2 hours	Battery Life	7Day
Waterproof level	IP68	Weight of Product	39.5g
Operating Temperature	0°C-60°C	Bluetooth Version	BLE5.1
Product Frequency	2402-2480MHz	Max. transmission Power Consumption	4dBm

Introduction (EN)



Front side Back side

Getting started

1. Open the package and check its content.
2. Delivery content:
1) IDW15 smart watch (with built-in lithium battery);
2) user manual;
3) original charging cable.
3. Charge the watch to activate and turn it on before first use. To charge, simply connect the magnetic charging cable to the charging contacts located on the back of the watch.
4. Search for "veryfit" on the App Store, Google Play or scan the QR code to download and install the app.
5. Log in to the app and set your personal information, as well as your step and weight goals.
6. On the "Device" interface, tap the "+" icon in the upper right corner, your phone starts searching. From the device list found, choose your smart watch name to pair with.
You may also link the device directly by scanning the device's QR code using the scan function.

Health

a) Watch
1.The watch will automatically record your data.
2.You can measure your heart rate, blood oxygen and stress level on the watch, or turn on automatic measurement of heart rate, blood oxygen, stress level and sleep on the app to track these data the whole day. You can manually or make the watch automatically monitor your health status continuously.
3.To start an exercise:
1)When the watch face interface is displayed, short press the physical button to access the application list. Tap the Workout icon to access the icons of different exercise types, then tap the icon of an exercise (such as Outdoor Running) to start the exercise.
2)The watch can display up to 20 exercise types by default. On the app's Multi exercise mode, you can add or delete the exercise types displayed on the watch or change their order.

b) App
1.Start "veryfit" ,enable the Bluetooth feature, and grant the GPS positioning permission;
2.Light up the bracelet screen and bring it close to your phone;
3.Click the "+" icon on the App, and select the smart watch model in the search results to bind;
4.Confirm the binding request on the smart watch;
5.Fill in your information and set your step goal on the App to complete the binding.

Basic Operations
1.Wear the watch correctly: ensure that your watch is at least one finger above your wrist bone and that the sensor on the back touches your skin.
2.Screen operation: IDW15 has a full touch screen, which supports operations including short tap, swipe left/right and swipe up/down.

3.Button operation: IDW15 has a physical button; which supports "short press" and "long press" operations.
Short press: to return to home page/pause exercise.
Long press: for 2 seconds to turn on the watch when it is off; to turn on Alexa when the watch is on.



Function Description

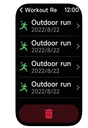
1,Watch face

The watch comes with 3 watch faces by default. You can switch between them manually on the watch or on the veryfit app's watch face settings. You can also customize the watch face on the app. More watch faces are available for download from the "Watch Face Market".

2. Sports
a)Up to 20 exercise types can be displayed by default: Outdoor run , Indoor run , Outdoor walk , Indoor walk , Hiking , Outdoor cycle , Indoor cycle , Cricket , Pool swim , Open water swim , Yoga , Rower, Dance , Rower , Elliptical, Workout , HIIT, Functional strength training , Core training , Pilates , Cooldown , Dance. On the veryfit app, you can add or delete the exercise types or change their order displayed on the watch. There are a total of 100 exercise types to choose from on the app.



b)IDW15 supports intelligent exercise recognition. It can recognize whether the user is running/walking.
It supports automatically pausing an exercise or reminding when an exercise ends. This feature can be turned on/off on the app.
c)IDW15's summary of exercise contains various exercise data, which can be checked on the veryfit app.
d)You can view your recent exercise records on the watch, including detailed data about your exercise; you can also view the exercise records on the APP.





3、Application list
When the watch face interface is displayed, short press the physical button to access the application list, which is displayed respectively from top to bottom: Activity、Phone、Alexa、Workout、Workout Records、Heart Rate、SpO2、Stress、Sleep、Breathe、Clock（Alarm、Stopwatch、Timer）、Weather、Cycle Tracking、Music、Camera Control、Find phone、Settings.

3.1 Phone



1.You can add up to 10 frequent contacts to your watch through the app, then call these contacts on your watch.
2.You can view recent call history on your watch and call the numbers displayed in the call history.
3.You can make calls through the watch's dialer.

3.2 Activity

The watch can collect and display:
Exercise/Activity/Walking data and goals of the day, histogram of Exercise/Activity/Walking data per hour throughout the day, Steps and Distance of the day, Recovery Time and Maximal Oxygen Uptake for the latest Exercise, Daily Goal Setting, etc.



3.3 Heart Rate



1.You can manually measure the heart rate on the watch. In the APP settings, you can turn on/off the intelligent around-the-clock monitoring of the heart rate, or view the heart data.
2.Each time heart rate is measured, keep your arm and wrist still and wait patiently until the measurement finishes.

3.4 Blood oxygen



1.You can manually measure SPO2 on the watch. In addition, the watch supports automatic around-the-clock SPO2 monitoring. In the APP settings, you can turn on/off this function, or view the SPO2 data.
2.Each time blood oxygen is measured, keep your arm and wrist still and wait patiently until the measurement finishes.

3.5 Stress



1.You can manually measure stress on the watch. In addition, the watch supports automatic around-the-clock stress monitoring. In the APP settings, you can turn on/off this function, or view the stress data.
2.Each time stress is measured, keep your arm and wrist still and wait patiently until the measurement finishes.

3.6 Breathe



1. Click Breath training icon to access this feature. you can choose the duration,it helps adjust your breathing;
2. Click Start to directly enter the breath training animation. Follow the vibration and animation frequency to adjust your breathing. Reasonable breath training can help soothe your emotions.

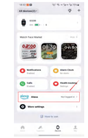
Alexa Help and Skill

How to use Alexa voice assistant on your device?

Alexa voice assistant can help you to check the weather, set Timer, Alarm or Reminder, start sport monitoring, view sport and health data, set and control your device, or even control other intelligent equipment in your house.This instruction applies to version 2.2.1 or above. If the version is too low, it is recommended to upgrade to the latest APP version.

1. How to install Alexa voice assistant?

1. After connecting the bound watch, click Login Alexa on the device interface;



2.Follow the operation steps and click Next;



3.7 Sleep

You can view the most recent sleep record and sleep status at each stage.





3.8 Clock

3.8.1 stopwatch



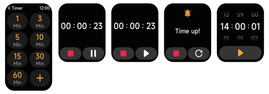
Use the watch as a stopwatch. The stopwatch has a "Lap" function.

3.8.2 Alarm



1.You can add, delete an alarm, or turn the alarm on/off on the watch, and also set an alarm for the watch via the app.
2.You can set the alarm delay time and times in the APP to decide how long you want to delay and how many times to delay.

3.8.3 Timer



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

3.9 Weather







Supports Current city Three-day weather viewing, you can view today's "current weather, highest and lowest weather values" and the "highest and lowest weather values" for the next two days.

3.10 Music







1. When the watch is connected to the APP, you can control the mobile music player to perform the functions of "next, previous", "play\pause" and "volume increase and decrease".
2. This function can be open/close in the APP settings.

3.11 Find



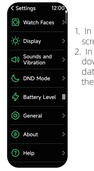
1. When the watch is connected to the APP, you can make your phone ring.
2. Click the icon to end the ringing.
3. This function can be open/close in the APP settings.

3.12 Cycle Tracking



After opening Cycle Tracking on the APP, the watch will display the cycle tracking function options, and set the cycle length, reminder time and other options, and the time will be reminded periodically

3.13 Settings



1. In the watch's settings, you can set the screen-on time, ringtone settings and APP view.
2. In the watch's settings, you can also shut down, restart or reset the watch (once reset, all data stored in the watch will be cleared, and the watch will be unpaired from your phone).

3.14 Camera Control



When the watch is connected to the App, you can manually turn on the phone's system camera to control taking photos.

4. Reminder module



The watch supports multiple reminder modes, including message reminder, incoming call reminder, walking reminder, drinking reminder, exercise goal reminder, exercise center 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.

Weather
What's the weather?
What's the weather tomorrow?
Weather in New York.
What's the temperature outside?

1. When the watch is in standby, long press the side key of the device to enter the Alexa dialog interface; or click the Alexa icon to enter the Alexa dialog interface.
2.Speak your sport request to the device; after Alexa receives your request, the Start Sport page will be displayed.
3.Examples of voice request for starting sport:
Note: Sport-related key words should be contained in your expressions, which is shown in boldfaced font below.
1.Start sport/exercise:
Start sport
Start exercise
Start sports mode list

2.Start outdoor running/indoor running:
Start outdoor run
Start outdoor Running

3.Start outdoor walk /indoor walk/hiking:
Start outdoor walk
Start outdoor walking
Start indoor walk
Start indoor walking
Start hiking

4.Start outdoor cycle /indoor cycle:
Start outdoor cycling
Start indoor cycling

5.Start swimming:
Start pool swimming
Start pool swim

6.Start other sports:
Start cricket
Start yogaaexercise
Start yoga
Start rowing mode
Start elliptical trainer
Start workout
Start fitness

7. How to check the workout and health data via Alexa voice assistant?

1. When the watch is in standby, long press the side key of the device to enter the Alexa dialog interface; or click the Alexa icon to enter the Alexa dialog interface.
2. Speak your request to the device; after Alexa receives your request, your workout or health data will be displayed.
3. Examples of voice request:
Note: health-related key words should be contained in your expressions, which is shown in boldfaced font below.

1.Today's calories/calory:
What is my energy burnt
What is today's calories burnt
2.Step count:
What is my step count
What's my current steps?

3.Today's kilometer count/running count:
What is my today's kilometer count
What is my today's running count

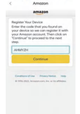
3.Enter the Amazon Alexa login interface, select “copy and continue” and go to log in to the Amazon account



4. Enter the Amazon account and password, select “Sign-in” and login to alexa,If you don't have an Amazon account, you can select “Create a new amazon



5.Paste the copied verification code (The verification code copied in the 3rd step)



6.Select “Allow” and allow idoone Access Alexa Voice Service;

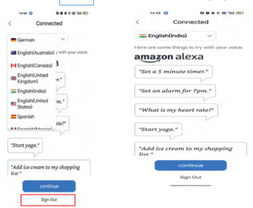


7. Wait for the prompt: your registration is completed, click on the upper left corner to return to the App, Alexa login is completed;



2. How to change the language of Alexa voice assistant?

1.Click the icon “ ” and select the desired language.



4.Today's swimming distance/swimming count:
What is today's swimming distance
What is my today's swimming distance
What's today's swimming data?
What is my today's swimming count

5.Today's workout count:
What is my today's workout count
What's today's exercise count?

6.Sleep score and length:
What is my sleep score
what is my sleep quality last night?

7.Heart rate:
What is my average heart rate last week
What is my average heart rate value last week
What is my average heart rate last month
What is my average heart rate value last month
What is my average heart rate last year
What is my average heart rate value last year
what is my heart rate

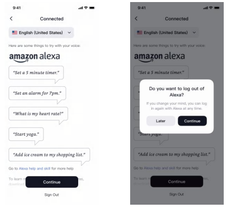
8.Blood oxygen:
What is my blood oxygen
What's my blood oxygen value?

8. How to set the device brightness via Alexa voice assistant?

1. When the watch is in standby, long press the side key of the device to enter the Alexa dialog interface; or click the Alexa icon to enter the Alexa dialog interface.
2. Speak your request to the device; after Alexa receives your request, brightness setting will be carried out.
3. Examples of request:
Note: device function-related key words should be contained in your expressions, which is shown in boldfaced font below.
Brightness/Display setting:
Turn on display setting

3. How to exit Alexa voice assistant?

1. In the “Connected” interface, click “Logout”
2. The message reading “Are you sure you want to exit Alexa?” will pop up; click “OK” in this window.



4. How to check Alarm, Reminder and Timer set via Alexa voice assistant on your device?

1. Click the Alexa icon on your device to run the Alexa app.
2. In the Listening/Thinking interface, click the icon at the upper right corner.



4.Stress/pressure:
Turn on stress monitoring
Turn on stress monitor
Turn on pressure

5.Blood oxygen/SpO2:
What is my blood oxygen

6.Help:
Turn on help

7.Find phone:
Turn on find my phone

8.Workout history/Exercise record/Athletic records:
Turn on workout history
What's my sports record?
Turn on exercise record
Turn on athletic records

9.Breath training/Relax:
Turn on breath training
Turn on relax
Turn onMindfulness

10.Settings/Options:
Turn on settings

11.Flashlight:
Turn on torch
Turn on flashlight

12.Display setting/Brightness:
Turn on display setting
Start display setting
Start display brightness setting

13.Message/Text notifications:
Turn on messages
Turn on text notifications

9.How to open a local app via Alexa voice assistant?

1. When the watch is in standby, long press the side key of the device to enter the Alexa dialog interface; or click the Alexa icon to enter the Alexa dialog interface.
2.Speak your operation request to the device; after Alexa receives your request, the local app will be opened.
3.Examples of voice request:
Note: app-related key words should be contained in your expressions, which is shown in boldfaced font below.

1.Step/Steps/Calories/Calory:
Turn on health data
What's my activity's data?

2.Sleep:
Turn on sleep mode
Turn on sleep data

3.Heart rate:
What is my average heart rate last week
What is my average heart rate last month
What is my average heart rate last year
What is my heart rate

3. Click the icons at the top of the screen to check the settings of Alarm, Reminder and Timer.



4. Examples of voice request for Alarm, Reminder and Timer:
Alarm
Set an alarm for 8:00 am.
Set a repeating alarm for 8:00 am.
Reminder
Set a timer for 5 minutes
Note: Alarm and Timers set via Alexa are mutually independent from Alarm and Timers set via the local apps on the device.

5. How to check the weather via Alexa?

1. When the watch is in standby, long press the side key of the device to enter the Alexa dialog interface; or click the Alexa icon to enter the Alexa dialog interface.
2. Speak your request to the device; after Alexa receives your request, the weather information will be displayed in text.
Examples of voice request for checking the weather:

10. What to do when Alexa on your device cannot work normally?

Symptom	Solution
“Alexa Set-up” error 	Please refer to the section “How to install Alexa voice assistant?” to finish installation and configuration of Alexa. If Alexa has been installed, please carry out synchronization
“Connection Lost” error 	1. Keep the device close to your mobile phone, and turn on the Bluetooth function on your mobile phone. 2. Launch the veryfit app on your mobile phone, and synchronize the device with your mobile phone. When Alexa on the device is working, the veryfit app should be running in the background on your mobile phone (please set the permissions for the veryfit app on your mobile phone to allow it to run in the background).
“Network Error” error 	1. Please check Wi-Fi or mobile data connection of your mobile phone to ensure Internet accessibility.
Wrong language of the voice assistant	Please refer to the section “How to change the language of Alexa voice assistant?”
The set Alarm and Reminder give no notifications	Please check the battery level of the device; the device will not vibrate in case of low battery.

Trouble Shooting

Part A: Questions about settings

1.How to set the backlite to stay on longer or change the brightness?
Click the button on the watch, find “Settings” , then set the brightness from level 1 to 5, or set it to be auto brightness, change the “screen-on time” from 5s to 20s.

2.How to make light up when arm lifts or how to stop it?
Click the button on the watch side, find “Settings” , then turn on the switch of “ wake gesture ”, then the watch will light up, turn off the switch of “ wake gesture ”, it will save more battery.

3.How to change to US Standard units? Everything is in metric/celsius.
Please go to the VeryFit app, click “My--Unit settings” , then change the unit setting as your favor, such as height, weight, temperature and distance.

4.How to set my photo as the watch face?
Please go to the Veryfit app, click “Device--Watch Face Market--Photo” , then set your photo from album or take a photo, choose the color and the location of the time.

5.How to get date to appear on the watch ?
Please go to the Veryfit app, click “Device--Watch Face Market” , you could choose one watch face with date, or set your own picture as the watch face.

6.Can I change the language?
The watch will come with default phone language, if you change the language of the mobile phone system, the watch will come with same change simultaneously. Please go to the VeryFit app, click “Device--More settings” , then click the Device Language.

7.If i go for a run but leave my phone at home, when i come back and sync my watch to the app with it download my recent workout?
YES. Even the watch disconnected with your phone for 3-7 days, once they get connected, the watch will update the data to your phone automatically. And the exact period depends on the data volume.

8.Can I wear the watch when swimming?
YES. The watch is waterproof and it could track your swimming data like laps ,distance and more. We suggest you do not wear it in the sea, the salt-laden seawater may corrode the watch face. Please use a clean rag to wipe off the sea water on the watch surface.

9.How to check my parents/ couples health and fitness data on my phone?
Please make sure you and your parents/ couples owning one RERE ASW series smart watch. Go to “Home” , then scroll down to the bottom of the page, click “My family” , then click the icon on the top right and add family member's account.

10.What is the normal bluetooth connection range?
The effective connection distance of Bluetooth will be different on different mobile phone model. If there is no partition wall and obstacle in the room, the normal Bluetooth connection will be within10 meters. If obstacles, the Bluetooth connection distance will be narrow range.

11.Must i keep my phone and my watch connected at the same time?
No, you can disconnect the Bluetooth if you want. Once it is disconnected, some functions will not work, like the message notification, Alexa, and make/answer the call, but other functions like fitness tracking, steps tracker and health monitor will still work. To synchronize your data, just switch the Bluetooth back on and open the VeryFit app. Please synchronize the data at least 1 time within 3-7 days at least so the data will not lost.

12.How to solve the bluetooth connection abnormal?
(1) Charge the watch in time when the battery level is low. The Bluetooth function will be turned off when the battery is below 10%.

(2) Confirm whether the watch is connected by other mobile phones（The icon is displayed in the upper left corner of the Bluetooth-connected watch, and the dynamic icon is displayed if not connected.）
If yes, please unbind on the corresponding mobile phone or go out of the Bluetooth range before pairing. Then connect the watch on the Veryfit app, make sure that your phone Bluetooth function is ON, and follow the instruction steps on the app.

(3) When there is a Bluetooth connection problem, restart the watch and mobile phone and try to connect again.

Part B: Questions about fitness tracking

13.The number of steps seems low or not accurate. is it normal?
(1) Please be aware that to improve the accuracy of step counting, the minimum threshold for this smartwatch is 10 steps. This means that the total step count shown in the VeryFit app only changes when you take more than 10 steps. The device starts recording data after your tenth step and only saves data when you have completed 10 steps.

(2) Please fill in the information of gender, age, height, and weight honestly and accurately. These inaccuracies will affect the calculation of the acceleration sensor algorithm, resulting in inaccurate step counting, incorrect distance data, and inaccurate calorie consumption. It is necessary to ensure that the watch does not move in the wearing position during exercise;

(3) In addition, the user's arm swing posture, stride length, body shape, road surface flatness, uphill and downhill will also affect the step count; If the body moves during sleep (possibility factors such as turning to the side during sleep, waking up in the middle and falling asleep), in the car or driving, such as uneven and bumpy roads, steps may be generated.

14.It says it has 60 sports modes (IDW15). Where can i see a list of all of them?
60 sports modes could be seen in the VeryFit app, and you could add 24 of the 60 kinds sports modes to your watch. Go to the VeryFit app, click “Device” at the bottom, then click “More settings” , then click “Sports Mode” , click “Edit” on the right up corner, then you could remove some sports modes and add other sports modes.

Part C: Questions about health tracking

15.No sleep record or sleep time not accurate?
Sleep monitoring works by 3D sensors and heart rate sensors inside the watch. The sensor can detect the subtle movement of the human hand to determine whether the human body is in an active state or a quiet sleep state. During sleep, the user's hand movement frequency is recorded to analyze whether the user is in a deep or light sleep state and to analyze and suggest the user's sleep quality.
Ensure that you always wear the device when asleep, your sleep will be recorded only if it lasts for three hours. Too many actions in sleep will affect the data recorded.

16.Is the blood oxygen inaccurate? It reads 95%-100%all the time. The normal value of blood oxygen in adults is between 95% and 100%. If the oxygen saturation is lower than normal, the body's oxygen deficiency can often cause damage to various organs and tissues.

17.Does it have the reminder for high or low heart rate? How to set it?
YES. Please go to the VeryFit app, click “Home” on the bottom, then click Heart Rate, click settings icon on the up right corner, then trun on the heart rate reminder and set the limit value for high/low heart rate.

Part D: Other questions

18.My watch could not get the message notification, how to fix it?
Please keep connect the device with the app via Bluetooth, and the app must be kept logged in and its notifications permission must be enabled.

(1) Setting in the APP. Go to “Device--Notification” , turn on the switch of “Notification indication” , and set the notification permission of the applications listed below to “Allow” or “On”

(2) System notification settings. You need to turn on the “Share system notification” of mobile phone system. When the device is bound successfully, select “Allow” in the popup window.
Or go to your phone's “Settings--Bluetooth” , tap “i” next to the name of the device connected to enter the Bluetooth details page, then enable “Share System Notifications”

(3) Keep Veryfit app be logged. Allow the app to run in the backstage in the mobile phone and ensure that the app is not killed by the mobile phone system. Turn off the anti-virus software installed on the phone to see if it can be resolved.

19.How to feedback to manufacturer if the FAQ list could not help you or the problem not solved?
Please send the problem description to us via your Amazon order or send e-mail to rere_support@163.com with your order number. We will locate the problem based on your email information and inform you of further solutions.

The device meets the EU ROHS criterion.
Please refer to IEC 62321, EU ROHS
Directive 2011/65/EU and revised directive.

This device complies with Part 15 of the FCC Rules.Operation is subject to the following two conditions:
1. this device may not cause harmful interference, and
2. this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could avoid the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
-- Reorient or relocate the receiving antenna.
-- Increase the separation between the equipment and receiver.
-- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
-- Consult the dealer or an experienced radio/TV technician for help.

CAUTION
- Risk of explosion if the battery is replaced by an incorrect type;
- disposal of a battery into fire or a hot oven, or mechanically crushing or cutting of a battery, that can result in an explosion;
- leaving a battery in an extremely high temperature surrounding environment that can result in an explosion or the leakage of flammable liquid or gas;
- a battery subjected to extremely low air pressure that may result in an explosion or the leakage of flammable liquid or gas.

Old electrical appliances must not be disposed of together with the residual waste, but have to be disposed of separately. The disposal at the communal collecting point via private persons is for free. The owner of old appliances is responsible to bring the appliances to these collecting points or to similar collection points. With this little personal effort, you contribute to recycle valuable raw materials and the treatment of toxic substances.

If you experience discomfort or skin irritation when wearing your smart watch, then we recommend you try cleaning your device. Sometimes residue or foreign materials build up around your device and may aggravate your skin. It's also possible that you are not wearing the watch correctly. We recommend making sure to clean and adjust your watch regularly for a more comfortable fit.

Caution:
If you experience skin irritation when wearing your watch, please refrain from wearing, and wait two to three days to see if your symptoms ease. If symptoms persist or worsen, please consult a physician.
• If you have eczema, allergies or asthma, you may be more likely to experience a skin irritation or allergy from a wearable device.

Scan the QR code
for more function information