

IDW26 Manual



IDW26 Smart Sports Watch

Introduction

Screen display area

Function button

Pressure relief hole

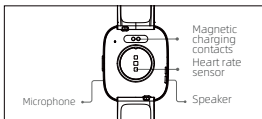
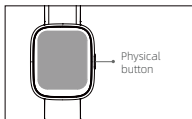
Heart rate sensor

Microphone

Speaker

Front side

Back side



Getting started

- (1) Open the package and check its content.
- (2) Delivery content: 1) IDW26 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: IDW26 has a full touch screen, which supports operations including short tap, swipe left/right and swipe up/down.
3. Button operation: IDW26 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

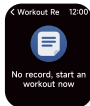
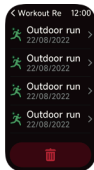
a) Up to 20 exercise types can be displayed by default: Outdoor run , Indoor run , Outdoor walk , Indoor walk , Hiking , Outdoor cycle , Indoor cycle , Cricket , Pool swim , Open water swim , Yoga , Rower, Dance , Rower , Elliptical, Workout , HIIT, Functional strength training , Core training , Pilates , Ccooldown , 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.



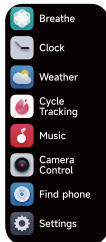
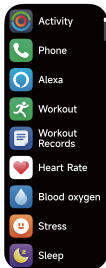
b) IDW26 supports intelligent exercise recognition. It can recognize whether the user is running/walking. It supports automatically pausing an exercise or reminding when an exercise ends. This feature can be turned on/off on the app.

c) IDW26'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



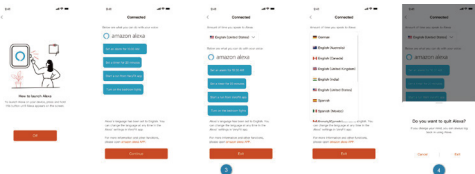
When the watch face interface is displayed, short press the physical button to access the application list, which is displayed respectively from top to bottom: Activity, Phone, Alexa, Workout, Workout Records, Heart Rate, Blood oxygen, Stress, Sleep, Breathe, Clock (Alarm, Stopwatch, Timer), Weather,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

3.1 Alexa

3.1.1 VeryFit App-Alexa

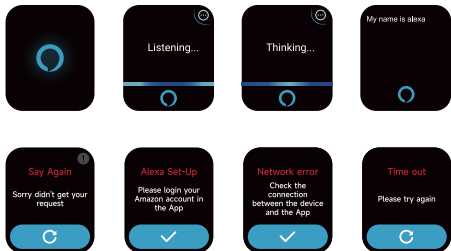


1. App can click the amazon Alexa area to enter the login tutorial interface.
2. Jump to the Amazon dedicated Alexa account login interface for account binding authorization;



3. After binding authorization, you can view part of the operation introduction and set different national languages;
4. Click the log out button to log out of Alexa, you can log in again at any time.

3.1.2 Watch-Alexa



1. The watch is Alexa built-in. On Listening interface, if you ask a question or say a voice command, it turns to Thinking interface and returns an answer or executes the command. Currently via Alexa you can turn on the stopwatch, alarm clock, countdown, event reminder services on the watch.
2. A corresponding prompt is displayed in case the request is timed out, the voice is not recognized, the account is not logged in, the network connection is unstable, or the Bluetooth is not connected.