

IDW25 Smart Watch

Operation Manual



After-sales service:

✉ support@wnh-tech.com

Facebook: www.facebook.com/groups/aftersales

Model	IDW25	Screen Type	1.83" -inch color screen
Battery capacity	3.8V/300mAh	Charging Voltage	5V±0.2v
Charging Time	2.5hours	Battery Life	5-7Day
Waterproof level	IP68	Weight of Product	39.2g
Operating Temperature	-20°C-60°C	Bluetooth Version	BLE5.3
Product Frequency	2402-2480MHz	Max. transmission Power Consumption	4dBm

Scan the QR codes

for guidance and join our FB group for timely support.



Detailed
User Manual

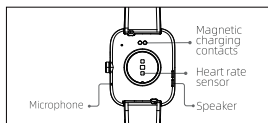
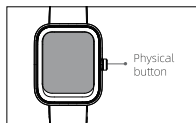


Facebook
Official Group



Quick Start Guide

1. Product Overview



2. Operation of the Physical Button

Short Press:

1. To return to the previous screen.
2. To wake the screen from sleep mode.

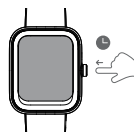
Long Press:

- 2.1 To power on the watch.
- 2.2 When powered on, hold for 8 seconds to restart the watch.

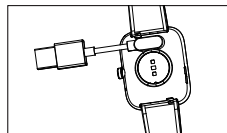
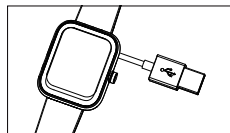
3. Power On/Off Instructions

Turning On:

Press and hold the button to switch on the watch.



When the watch is off, placing it on the charger will automatically power it on.



Note: Before first use, please charge the watch to activate it using the original power adapter provided.

Turning Off:

To switch off the watch: Navigate to Menu -> Settings -> General -> Power Off

App Downloads and Pairing

1. App Downloads

Download and install the "VeryFit" app from the App Store or Google Play, or by scanning the QR code.



2. Pairing

Open the VeryFit app > Enable Bluetooth on your phone > Search for the device in the app to pair (or scan the QR code on the device) > Complete the binding process in the app (or on the device).

Screen Operation

Swipe Up/Down:

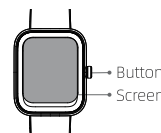
1. To navigate through the menu.
2. To view long text or details.

Swipe Left/Right:

1. To navigate through the menu.

Tap the screen:

1. To enter the menu.
2. To operate according to the prompts.



Long Press on the Screen:

1. To change watch faces.

Features

- 1. Exceptional Durability:** Offers IP68 water resistance and ultra-long battery life, built to endure.
- 2. Rich Interactivity:** Features full-screen touch control, low latency, and 100 workout modes, complemented by a diverse selection of watch faces.
- 3. Comprehensive Health Tracking:** Provides continuous monitoring of heart rate and stress levels, blood oxygen saturation checks, and daily sleep quality tracking.
- 4. User Guide Access:** For detailed operating instructions and FAQs about these features, open the app and navigate to the "User Guide" section.

Care and Maintenance

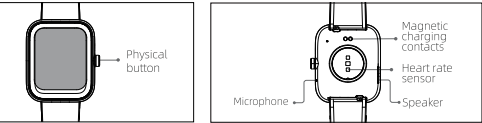
1. Keep the device clean and dry.
2. Avoid wearing the device too tightly.
3. Avoid household cleansers when cleaning the device. Opt for soap-free cleansers instead.
4. Use alcohol for spot cleaning of persistent stains.
5. It is suitable for pool swimming, cold water showers, and shallow water activities, but should not be used for diving, swimming in the sea, or in a sauna.

Safety Instructions

1. Avoid exposing the product and its accessories to extreme temperatures to prevent hazards such as product failure, fire, or explosion.
2. Protect the product from significant impacts or drops to avoid damage and potential product failures.
3. Do not disassemble or alter the product and its accessories. Should the product malfunction, contact our customer service for support.

Guía de Inicio Rápido

1. Visión General del Producto



2. Operación del Botón Físico

Pulsación Corta:

- 2.1 Para volver a la pantalla anterior.
- 2.2 Para despertar la pantalla en modo reposo.

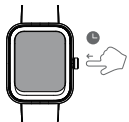
Pulsación Larga:

- 2.1 Para encender el reloj.
- 2.2 Con el reloj encendido, mantenga presionado durante 8 segundos para reiniciar.

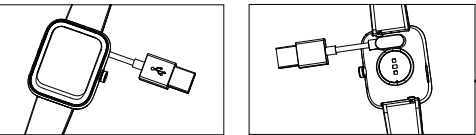
3. Instrucciones para Encender/Apagar

Encender:

Presione y mantenga el botón para encender el reloj.



Cuando el reloj esté apagado, colocarlo en la cargador lo encenderá automáticamente.



Nota: Antes del primer uso, por favor cargue el reloj para activarlo utilizando el adaptador de corriente original proporcionado.

Apagar:

Para apagar el reloj: Navegue a Menú -> Ajustes -> General -> Apaga

Descargas de la App y Emparejamiento

1. Descargas de la App

Descargue e instale la app "VeryFit" desde la App Store o Google Play, o escaneando el código QR.



2. Emparejamiento

Abra la app VeryFit > Active el Bluetooth en su teléfono > Busque el dispositivo en la app para emparejar (o escanee el código QR del dispositivo) > Complete el proceso de vinculación en la app (o en el dispositivo).

Operación de la Pantalla

Deslizar Arriba/Abajo:

- 1. Para navegar por el menú.
- 2. Para ver textos largos o detalles.

Deslizar Izquierda/Derecha:

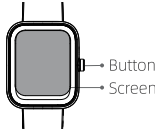
- 1. Para navegar por el menú.

Tocar la pantalla:

- 1. Para entrar al menú.
- 2. Para operar según las indicaciones.

Pulsación Larga en la Pantalla:

- 1. Para cambiar las carátulas del reloj.



Características

- 1. Durabilidad Excepcional:** Ofrece resistencia al agua IP68 y una batería de larga duración, construida para durar.
- 2. Interactividad Enriquecida:** Cuenta con control táctil de pantalla completa, baja latencia y 100 modos de ejercicio, complementados con una selección diversa de carátulas para el reloj.
- 3. Seguimiento Integral de la Salud:** Proporciona monitoreo continuo del ritmo cardíaco y los niveles de estrés, verificación de la saturación de oxígeno en la sangre y seguimiento de la calidad del sueño diario.
- 4. Acceso a la Guía del Usuario:** Para instrucciones de funcionamiento detalladas y preguntas frecuentes sobre estas características, abra la app y navegue a la sección "Guía del Usuario".

Cuidado y Mantenimiento

- 1. Mantenga el dispositivo limpio y seco.
- 2. Evite llevar el dispositivo demasiado apretado.
- 3. Evite limpiadores domésticos al limpiar el dispositivo. Opte por limpiadores sin jabón.
- 4. Utilice alcohol para la limpieza de manchas persistentes.
- 5. Es adecuado para nadar en piscinas, duchas de agua fría y actividades en aguas poco profundas, pero no debe usarse para bucear, nadar en el mar o en una sauna.

Instrucciones de Seguridad

- 1. Evite exponer el producto y sus accesorios a temperaturas extremas para prevenir peligros como fallos del producto, incendios o explosiones.
- 2. Proteja el producto de impactos significativos o caídas para evitar daños y posibles fallos del producto.
- 3. No desmonte ni altere el producto y sus accesorios. En caso de mal funcionamiento del producto, contacte nuestro servicio de atención al cliente para obtener apoyo.

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 void 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

The device has been evaluated to meet general RF exposure statement. The device can be used in portable exposure condition without restriction

- 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.

Wear and Care

Some users may experience skin irritation when using this product. To reduce the potential for irritation, please follow four simple wear and care tips: (1) keep it clean; (2) keep it dry; (3) do not wear it too tightly, and keep the wearing gap as one finger; (4) after long-term wearing, remove the device in time to relax the wrist; (5) after exercise, if your wrists are sweaty, please clean and dry your wrists and watches before wearing again. The residual sweat components will corrode the watch. It is recommended to regularly use soap or hand sanitizer to clean the watch. In case of skin allergy, please take off your watch and seek medical advice in time.

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :
1) L'appareil ne doit pas produire de brouillage;
2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

* Do not attach the magnetic part of the charging cable to other metals to avoid short-circuiting the contacts of the charging cable.