iDO

Smart Bracelet

04/26 Mon
1530
10000 steps
10000
100%

ID205

Please read the instructions carefully and keep it safe.

Bind Watch

1. Download and install App

You can set up the watch through the VeryFitPro app for iOS or Android devices. The steps are shown as follows:

Notes: The hardware platform of the equipment system shall meet requirements.

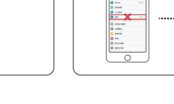
iOS 8.0 version or above

Andriod 4.4 system or above

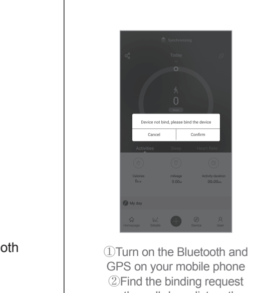
Support Bluetooth 5.0

✓ Correct operation: Scan the QR code below or download VeryFitPro APP through the mobile APP store to pair with the watch.

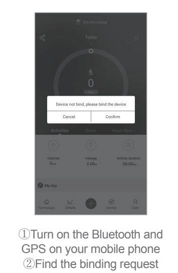
✗ Wrong operation: Pair the watch directly with the bluetooth in your mobile phone's settings.



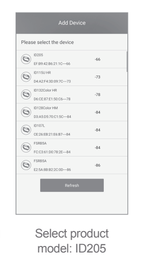
2. Bind process



①Turn on the Bluetooth and GPS on your mobile phone
②Find the binding request on the pull-down list on the home page of the APP



Select product model: ID205



Click "Ok" to complete binding.

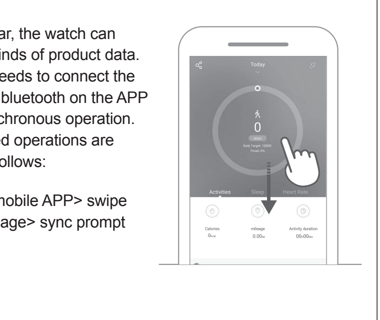
Notes:

- ★ During binding process, VeryFitPro will prompt you to enable GPS and Bluetooth, and authorize VeryFitPro to get access to the GPS on you mobile phone.
- ★ iPhones will not prompt you with any information unless you complete Bluetooth pairing on your ID205 watch in the built-in Bluetooth in you mobile phone after binding.

Synchronous Data

In daily wear, the watch can detect all kinds of product data. The user needs to connect the watch with bluetooth on the APP before synchronous operation. The detailed operations are shown as follows:

Open the mobile APP> swipe down the page> sync prompt appears



Notes!

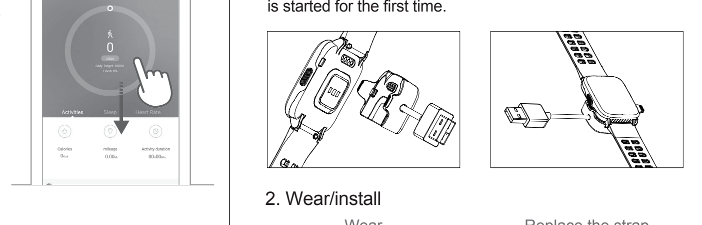
- ★ Please synchronize the data at least once within 7 days to avoid data loss at the watch end.
- ★ The Apple phone also needs to be connected to the paired watch in the bluetooth setting interface of the mobile phone, so that the watch can be alerted. The steps are shown as follows:

Open the IOS phone > set > bluetooth > search and click pair

Instruction for Use

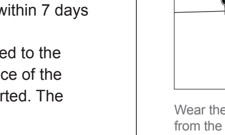
1. Charging schematic

Buckle the watch into the charger seat as shown in the picture. It needs to be charged to activate the watch when it is started for the first time.



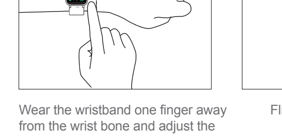
2. Wear/install

Wear



Wear the wristband one finger away from the wrist bone and adjust the tightness of the wristband to a comfortable position.

Replace the strap



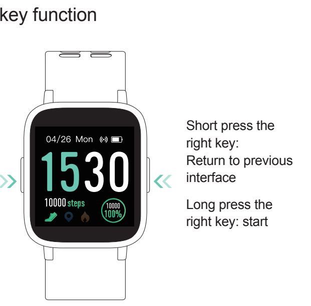
Flip the switch and take out the wristband

Tip: Wearing too loosely may affect the accuracy of heart rate data.

Operating Instructions

1. Definition of key function

Long press the left key:
Enter the sports quickly

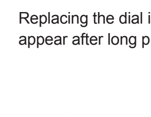


Short press the right key:
Return to previous interface

Long press the right key: start

Left key setting steps: Function list > ⚙ set > ◀ long press

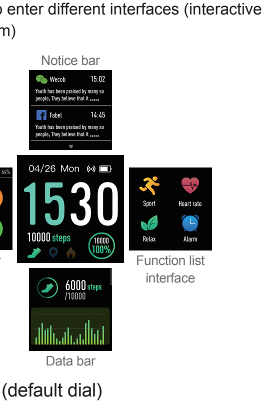
2. Watch dial switch



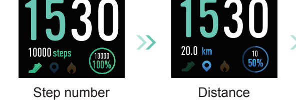
Replacing the dial interface will appear after long pressing the dial.

3. Main interface operation

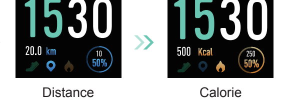
Swipe the screen to enter different interfaces (interactive interface tile diagram)



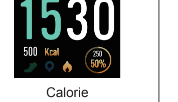
4. Dial data view (default dial)



Step number



Distance



Calorie

Click the screen to switch different data

Function Introduction

1. Icon function introduction

Sport: Enter the sports window, and choose different sports modes. Change the sports mode on the APP

Heart rate: Perform a heart rate test to check your heart rate data for the day.

Relax: Help you regulate your breathing and relax your mood.

Alarm: View, turn off or turn on the alarm clock. You need to add an alarm clock on the mobile APP.

Music controller: Control music play on your mobile phone (watch cannot store music)

Timer: Have the timing and countdown function.

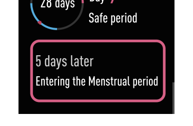
Sports record: Record recent sportss.

Notes: For more functions (sleeping) and operation, please check the VeryFitPro software of the mobile phone.

2. Start sports

① Enter sports
Click the sports icon > select the sports type > enter the sports countdown automatically
② During sports
Pause sports: short press the right key
Restore sports: short press the right key
③ End sports
End sports: long press the right key> select the end button on the screen

3. Women's health tracking



28 days Day 9
Safe period
5 days later
Entering the Menstrual period

Display location: in the data bar

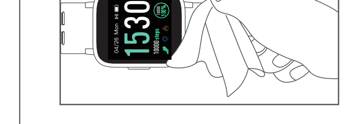
Women's health tracking function, which is used for recording menstrual changes, tracks individual menstrual cycle and predicts ovulation (it needs to be enabled on the APP).

Product Parameters

Model	ID205	Screen type	1.3-inch color screen
Battery capacity	210mAh	Charging voltage	5V±0.2V
Charging time	about 2.5 hours	Battery life	over 10 days
Waterproof level	5ATM	Weight of product	38g
Operating temperature	10°C—45°C	Bluetooth version	BLE 5.0
Product frequency	2402-2480MHz	Max. transmission power consumption	-0.19dBm

Range of charging temperature:10 ℃-45 ℃
Battery life: Actual battery life and charging time will vary depending on usage and environment, etc.
Waterproof: Not suitable for diving, swimming in the sea, or sauna. But suitable for swimming in swimming pool or in shower (cold water) and shallow beach.

Cleaning and Maintenance



It is recommended to wear and maintain according to the following three points:
① Keep the product clean;
② Keep the product dry;
③ Do not wear it too tight.

- ★ Do not use household cleaners to clean the watch, but use the soap free detergent.
- ★ It is recommended to use alcohol to scrub stains that are not easy to remove.

Frequently Asked Questions

1. Mobile APP search for the watch failed
① It is recommended to update VeryFitPro to the latest version.
② It is recommended to close all programs, restart the Bluetooth, and then connect.
③ Confirm whether the mobile phone system meets Android 4.4 or IOS 8.0 or above.

2. The watch received no alerts, text messages or phone calls
① You need to turn on the smart reminder function and the call reminder switch in the APP, and synchronize to the watch.
② The iphone needs to be paired with the watch via Bluetooth. (Please check the column of "Synchronous Data" for details)
③ You need to keep your watch connected to Bluetooth.

3. Bluetooth is often disconnected
① If the distance between the watch and the mobile phone is too far, the connection effect of more than 7m bluetooth is obviously weakened.

② Whether there is a shield between the watch and the mobile phone, the human body, wearing metal jewelry, etc., will interfere with the bluetooth connection signal.
③ Whether the bluetooth function of the mobile phone is abnormal.

4. About data backup
The data of the watch is synchronized at least once every 7 days to the mobile phone (the watch end only keeps the data of the last 7 days).

5. How to restart and restore factory settings
Shutdown operation: Watch > set > shutdown/right-key restart
Restore factory settings: connect watch to APP > open APP > device model > more settings

6. Do I need to keep my bluetooth on when I wear my watch?
① For the three functions, i.e. counting steps, sleeping and alarm clock, you do not need to connect the watch to the mobile phone all the time. If you only need to wear a watch when you exercise, you can connect the watch and your mobile phone to view the data synchronously after the exercise.
② For the functions of call alert, message alert, find the phone, you need to turn on the mobile phone's bluetooth, and maintain the connection with the mobile phone.

- ★ More detailed questions can be answered with help and feedback in the APP.
  Operation steps:VeryFitPro > 👤 > help and feedback

Safety and Product Information Notes

⚠ Warning

Battery warning
Do not disassemble, bore or damage the battery. Do not disassemble the built-in batteries of non-replaceable battery devices. Do not use sharp objects to remove the battery.

Health Warning
If you are wearing a pacemaker or other implanted electronic devices, please consult your doctor before using the heart rate monitoring strap.
The watch's optical heart rate sensor glows green and flashes. If you suffer from epilepsy or are sensitive to blinking light sources, please consult your physician if you can wear this product.
The device tracks your daily activities through sensors. These data are intended to tell you about your daily activities, such as steps, sleep, distance, heart rate and calories, but may not be completely accurate.
The device, accessories, heart rate sensors and other relevant data are designed for entertainment and fitness, not for medical purposes. They are not applicable to the diagnosis, monitoring, treatment or prevention of any diseases or symptoms. The heart rate data is for reference only. We are not responsible for any consequences caused by any data deviation.

Cycling Warning
Please maintain good judgment at all times and ride in a safe manner. Make sure your bike and hardware are properly maintained, and all components are properly installed.

Matters Needing Attention

- ● Watch data needs to be kept once every 7 days to avoid data loss.
- ● The watch has no waterproof effect on seawater, acidic and alkaline solutions, chemical reagents and other corrosive liquid. The damage or defects caused by misuse or improper use are not covered by the warranty.
- ● Sports mode supports up to 6 hours of exercise at a time.
- ● The watch has a waterproof level of 5ATM and supports cold water shower, swimming, but not diving.
- ● Avoid wearing the watch too tight in daily use. Please keep the parts of the watch touching the skin dry.
- ● When your heart rate is measured, keep your arm still during the test.

RoHS

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 BATTERY IS REPLACED
BY AN INCORRECT TYPE
DISPOSE OF USED BATTERIES ACCORDING
TO THE INSTRUCTIONS

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.