iDO

Smart Bracelet

User Guide

Thanks for choosing our device, please read the user guide carefully before using。

Setting

Use VeryFitPro on iOS or Android smart phone to set the wristband as it likes.

Note: Hardware and system of devices should meet the requirements.

iOS 9.0 & Above　Android 4.4 & Above　Support Bluetooth 4.0

1. Download VeryFitPro

Search and download "VeryFitPro" from the Apple Store or Android App store。

Scan the QR code and download

Android & Iphone system can scan it with WeChat or other scan tools, please copy the link and open it through browsers。

2、Product activation and installation

The product must be activated by charging before initial use, and then charge the product to ensure sufficient power supply. Fine tuning will automatically power on.

Take out the strap and take out the bracelet body.

Charge the battery. Insert the charger/cable end of the bracelet body into the USB interface or activate the product by charging the cushion charger. Activate the watch, and you will see the required charger and connect 5V / 500mA.

Install: Mount the bracelet body into the slot of the wrist strap。

Wear: Adjust the length of the wrist strap until it is appropriate to wear on the wrist。

3、Touch key

Single click the touch key
Back
Press and hold the touch key
Clear

4、Make sure the Bluetooth of smart phone is ON, open app"VeryFitPro"

When entering the light band from the search list, please click the screen of wristband to wake up the device and then can be connected。

Know your Device

1、Wearing Method

Wear the device on your wrist horizontally, about 2cm to one's wrist same method as wearing watches.

2、Heart Rate Monitoring

To monitor Heart Rate more accurately, please wear the device on the upper position of your wrist and a bit tighter than usual(before you can start measuring)。

3、Heart Rate Monitoring

Automatic heart rate monitoring is ON as default, monitor Heart Rate all the day automatically。

4、Interface

（）Hit the touch key to display successively

Time　Step Words　Heart Rate Mode　Alarm Mode　Sports Mode

Function Introduction

1.1 Time Mode

Instructions
Time dial can be switched as follows
APP Chooses Watch Face
（）Hit the touch key(1s) to enter the next mode
Date Mode
you can customize the shortcut through the app

1.2 Data Mode

（）Hit the touch key(1s) to enter the next mode
Sports Mode
（Press and hold the touch key for 2s) to enter the submenus of "Data Reading"

1.2.1、Data Reading Sub-Mode

（）Hit the touch key(1s) to enter the next submode

Note：Touch both to the Data Reading Mode (e.g. during the train ride) on the first interface of Data Reading Submode

1.3 Heart Rate Mode

Relative Data　After Data　Change in 7Js

Note: Upon staying at the Heart Rate interface for 1s, start to monitor the heart rate, and the real-time heart rate value will be displayed after monitored, and upon the current data being monitored, take a dot(bpm). （）Hit the touch key(1s) to for the next mode. Alarm Clock Mode

1.4 Alarm Clock Mode

Note: Alarm clock function should be turned on in App first then Alarm Clock can be displayed。

（）Hit the touch key to enter the next mode Sports Mode
（Press and hold the touch key for 2s) to enter Alarm Clock。

1.5 Sports Mode

Press and hold the touch key for 2(s) to enter the Sports Mode
（）Hit the touch key(1s) to enter the next sports mode, and in case there are no other sports modes, it will pause to the first mode.
Note: Types of Sports mode can be adjusted in App (Up to 8 types of fast-moving sports and 16 types of other activities)

1.5.1 Sports Start Mode

After the countdown interface (3-2-1-GO) is the sports underway mode。

1.5.2 Sports Underway Mode

Heart Rate　Pace　Calories　Distance

（）Hit the touch key(1s) to enter the next sports data display mode, and the single click of the first interface will back to the first interface of sports mode。

1.5.3 Sports Stop Mode

1）If the sports lasts less than 1 minute, the system will remind of end saving the data。

（）Hit the touch key(1s) to enter the next sports mode, and in case there are no other sports modes, it will pause to the first mode.

Note: The speed and distance of 60(s) can be displayed, but App need to be connected and the 60(s) and App needs to start at the same time。

1.5.3 Sports Stop Mode

1）If the sports lasts less than 1 minute, the system will remind of end saving the data。

（）Hit the touch key(1s) to enter the next sports mode, and in case there are no other sports modes, it will pause to the first mode.

Note: The speed and distance of 60(s) can be displayed, but App need to be connected and the 60(s) and App needs to start at the same time。

2）If the sports lasts more than 1 minute, the system will remind of saving the data。

（）Hit the touch key(1s) to enter the next sports mode.

3）Sports data display mode

（）Hit the touch key(1s) to enter the next sports mode, and the single click of the first interface will back to the first interface of sports mode。

1.5.4 Event Reminder in Sports Mode

1）Reminder of exiting from sports mode upon a period of no activity

（）Hit the touch key(1s) to remove the reminder of automatic quitting from sports modes。

Note

（If there is no any activity in a period (10 minutes), reminder will be displayed (10 before 0 etc), quitting after 0 will remove the reminder of automatic quitting from sports mode。

（If there are no any new operations before the end of the countdown of automatic quitting from the sports mode, it will back from the sports mode。

2）Reminder of（）Alarm Sync out：
（）Hit the touch key(1s) to confirm the（）Alarm Clock Sync。

Note: When the memory of mind-stop is full of sports data, the user will be reminded of exiting from the Sports Mode。

（）Hit the touch key(1s) to enter the next mode Sports Mode
（Press and hold the touch key for 2s) to enter Alarm Clock。

1.5.5 Abnormal operations during the

The reminder will be available soon

（）Hit the touch key(1s) to quit from the reminder waiting mode

（）Hit the touch key(1s) to accept the incoming(）Sports mode to（）secretary

Note: The reminder will occur when a user tries to start the sports mode with the battery of device is low。

1.5.5 Abnormal operations during the

The reminder will be available soon

（）Hit the touch key(1s) to quit from the reminder waiting mode

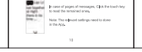
2、More modes of reminders

1）Call Reminder

（）Hit the touch key to remove the（）reminder
Press and hold the touch key to hang up the call

Note: The（）reminder in the App needs to be set upon。

2、Message Reminder



In case of pages of messages, （）hit the touch key to read the remained one。

Note: The（）reset settings need to done in the App。

1、Camera mode control

Enter mode: Start the camera entry by App and the device will open the camera mode successfully。

Photo taking
methods: shake/wrist lifting/click the touch key

Modes of exit:
1）Press and hold the touch key to exit from the camera mode
2）Exit through App will take the wrist strap out from the camera mode。

2、More modes of reminders

1）Call Reminder

（）Hit the touch key to remove the（）reminder
Press and hold the touch key to hang up the call

Note: The（）reminder in the App needs to be set upon。

2、Message Reminder

In case of pages of messages, （）hit the touch key to read the remained one。

Note: The（）reset settings need to done in the App。

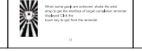
3、Alarm Clock

Alarm Clock Type:
Wake up　Medicine taking　Sleeping　Party
Appointment　Exercise　Meeting

4Long Sitting Reminder

Alarm Clock Reminder: The relevant settings need to done in the App, （）hit the touch key 1s（）remove the reminders。

5 Target achievement reminder



When some goals are achieved, shake the wrist to remind the user of the number of target and（）hit the touch key 1s（）to quit from the reminder。

4）Low battery reminder

（）Insufficient（）Please recharge timely!

7、Device Anti-Notification

Note: When the device is connected with an electronic（）, the interface remains（）in the displayed each time the device is opened。

Notes Cards:
●1）means the abnormality of accelerator sensor
●2）means the abnormality of heart rate sensor
●3）means the abnormality of GPS
●4）means the abnormality of flash

Basic Specifications

Standby（）：≥10（）days
Battery：（）mAh
Working Voltage：3.7V
Host weight：about（）g
Size：（）×（）×（）mm
Working temperature：-20～+45℃
Working Time：7days
Product frequency band：2402g2480MHz
Maximum transmit power：＜10dBm (for EU compliance)

Declaration of toxic and hazardous substances in Electronic information products

The device meets the EU ROHS directory requirements. Pb, Cd, Hg, Cr6+, PBDE and PBDE in Directive 2011/65/EU are in excess criterion.

Wearing and Maintenance

Our products are designed for you to wear throughout the day.So please（）be a fan brief instructions when you are wearing and maintaining your device to ensure that it can be used for a long time and can continue（）as a trusted（）during use.

●People（）have your wrist and the smart wristband, especially（）after sweating in the exercise or being exposed to substances such as soap or detergent which may attack on the metal parts of the wristband。

●Do not touch the wristband with household（）.Some can（）the surface of the device, wear thoroughly and wear with a piece of soft towel for cushion。

●For spots or stains that are not easy to remove, scrub with alcohol and then（）in the above steps。

FAQ

◆ Failed to find the device when pairing

① Make sure the（）Bluetooth of smart phone is ON, and smart phone OS Android 4.4 & Above, iOS 9.0 & Above。

② Make sure the distance between phone and device is within 5(meter. device is among the normal（）Bluetooth communication distance range(within 10meter) after pairing the device。

③ Make sure the device is not under（）or battery（）and device shuts（）charged（）device connect as。

◆ Failed to connect with Bluetooth occasionally

① Caused by the abnormality of Bluetooth service when it restarted on the phone。

② Reboot mobile phone or restart the Bluetooth service, then it works normal。

◆ How to restore factory defaults

Make sure the device is connected with saved phone, go to the App, enter "Device System setting", and choose "reboot device"。

Caution:
If you experience skin irritation when wearing your watch, please（）wearing it immediately and（）a doctor if the irritation（）or symptoms worse. 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。

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:
Risk of work station in and near to work, active implantable medical devices or electronic medical devices.

FCC Radiation Exposure Statement:
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

This device contains components that are sensitive to electrostatic discharge. Precautions should be taken to avoid handling the device in areas subject to high static potentials.

Do not use harsh chemicals, cleaning solvents, or strong detergents to clean the device. Wipe it with a slightly dampened, lint-free cloth.

Do not disassemble the device, but take it to a qualified service technician or repair person when service or repair is required. Opening or removing covers may expose you to dangerous voltages or other hazards. Improper reassembly can cause electric shock when the device is subsequently used.

Do not throw the device in a fire or dispose of it in a manner that may cause it to explode.

Do not expose the device to liquid, moisture or humidity.

Do not attempt to remove the device's internal battery. The battery is not user-replaceable and attempting to remove it may damage the device.

Do not expose the device to excessive heat or direct sunlight for extended periods of time.

Do not drop the device or subject it to severe impact.

Do not use the device near medical equipment that is sensitive to external RF energy.

Do not use the device in areas where the use of wireless devices is prohibited, such as aboard aircraft or in hospitals.

Do not use the device while operating a vehicle.

Do not use the device near flammable gases or in explosive atmospheres.

Do not use the device near children or pets.

Do not use the device for any purpose other than its intended use.

Do not use the device if it is damaged or malfunctioning.

Do not use the device if it is wet or submerged in water.

Do not use the device if it is exposed to extreme temperatures.

Do not use the device if it is exposed to extreme humidity.

Do not use the device if it is exposed to extreme pressure.

Do not use the device if it is exposed to extreme vibration.

Do not use the device if it is exposed to extreme noise.

Do not use the device if it is exposed to extreme light.

Do not use the device if it is exposed to extreme darkness.

Do not use the device if it is exposed to extreme cold.

Do not use the device if it is exposed to extreme heat