IDW21 Smart Watch

Operation Manual

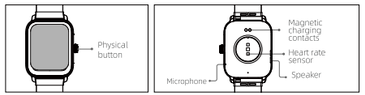
Thanks for purchasing this product.
Please read this Manual carefully before use.

Model	IDW21	Screen Type	1.85" -inch color screen
Battery capacity	3.8V/300mAh	Charging Voltage	5V±0.2v
Charging Time	2.5hours	Battery Life	7Day
Operating Temperature	-20°C-60°C	Weight of Product	38.5g
Product Frequency	2402-2480MHz	Bluetooth Version	BLE5.3
Max. transmission Power Consumption	3.51dBm		

Scan the QR code
for more function information

Quick start guide (EN)

1. Product overview



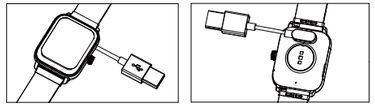
Physical button operation

Short press
1. To return.
2. To wake the screen when it is off.

Long press
1. To turn on the watch.
2. Under the power on state, long press for 8s to restart.

2. Turning on/off

Turning on
Whilst the watch is off, it automatically turns on when you put it on charge.

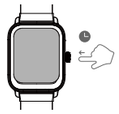


Note: Charge the watch to activate it before first use. The original power adapter must be used for charging.

Long press the button to turn on the watch.

Turning off
To turn off the watch: go to Settings -> Turning off menu.

Rotate the encoder crown up and down to realize the slide switch of the watch interface.



App downloads and pairing

1. App downloads

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

2. Pairing

Turn on VeryFit app -> Activate Bluetooth connection on your phone -> Search on the app for the device to pair with (or scan the QR code on the device) -> Finish binding on the app (or on the device).

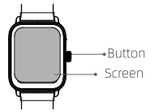
Screen operation

Swipe up/down
1. To toggle through menu.
2. To view long text/details.

Swipe left/right
1. To toggle through menu.

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

Tap and hold on the screen
1. To switch between watch faces.



Features

IDW21 has features such as IP68 water resistance, ultra-long battery life, full-screen touch control, low latency, 100 workout modes and multiple cloud watch faces. It supports heart rate monitoring and stress detection throughout the day, blood oxygen detection and sleep monitoring, etc. For operating instructions and FAQs on these features, please turn on the app and go to "User Guide" section.

Care and maintenance

Three suggestions for use and maintenance:
1. Keep the product clean;
2. Keep the product dry;
3. Do not wear the product too tight;

* Do not use household cleansers when cleaning the product. Use soap-free cleansers instead.
* For stubborn stains, it is recommended to remove by scrubbing with alcohol.

Waterproof: Not suitable for use while diving, swimming in the sea, or in a sauna. Suitable for use in swimming pools, showers (cold water) and shallows.

Safety instructions

- Do not place the product and its accessories at extreme temperatures, otherwise it may cause hazards such as product failure, fire or explosion.
- Protect the product from strong impacts or jolts, so as not to damage the product and its accessories, thus avoiding product failures.
- Do not disassemble or modify the product and its accessories by yourself. Contact us for after-sales service when the product fails.

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
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 sweat, 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.

Responsible Party
Company name: Cleveland International Trade Agency
Address: 4033 ST Clair Ave, Cleveland, OH 44103, USA
Tel: 216-600-0606
E-mail : Georgewu7012@gmail.com

爱都科技	名称	IDW21说明书	材质	80G哑粉
	尺寸	展开尺寸：420X200mm 成品尺寸：70X100mm	装订方式	6折页
	颜色	四色印刷		
	版本号			