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封底

封面

ID205G

Smart Watch
User Manual

Thank you for purchasing our products. This manual addresses the safety guidelines, warranty, and operating instructions. Please review this manual thoroughly before operating your device.

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Getting Started

What's in the box

Smart watch (ID205G with bands)
Charging cable
User manual
Quick start guide

What's in this document

This manual gets you started quickly with setting up your watch. Setup ensures that your watch can synchronize its data with the VeriFiPro app, where you can get detailed information on your status, view historical trends, log sleep, and more. As soon as setup is complete, you're ready to start moving. The remainder of the manual walks you through every function on your ID205G.

Disassembling / Assembling Your Watch

1. To remove the wristbands, turn over the watch and find the quick-release lever.
2. While pressing the quick-release lever inward, gently pull the wristband away from the watch to release it.

Setting up Your Watch

Charging your watch

Please fully charge your watch before initial use.

1. Insert the USB plug of the charging cable into the USB port on your computer or a UL-certified USB wall charger.
2. Hold the other end of the charging cable near the port on the back of the watch until it attaches magnetically.
3. Make sure the pins on the charging cable lock securely with the port. The connection is secure when the watch vibrates and the battery icon with percent charged appears on the screen.

When the watch shows that the battery is low, connect the watch to a USB port with 5V/500mA.

While the watch charges, there is a battery progress bar on the screen and you can tap the touch key to check the battery level.

4. Remove the watch from the power supply once fully charged.
• USB charger requirement: DC USB port (5V/500mA)
• Charging time: 1.5-2 hours

Wearing Your Watch

All-day wear and exercise

For all-day wear when you're not exercising, wear the device on your wrist horizontally, a finger's width below your wrist bone and lying flat, the same way you would put on a watch.

3. Repeat on the other side.

Assembly

1. To reattach the wristbands, slide the pin (the side opposite the quick-release lever) into the notch on the watch. Attach the wristband with the clasp to the top of the watch.

2. While pressing the quick-release lever inward, slide the wristband away from the watch to release it.

3. When both ends of the pin are inserted, release the quick-release lever.

2. Do not wear your watch too tight. A tight band restricts blood flow, potentially affecting the heart rate signal. This being said, the watch should also be slightly tighter (snug but not constricting) during exercise than during all-day wear.

For optimized heart rate tracking, keep these tips in mind:

1. Experiment with wearing the watch higher on your wrist during exercise. Because the blood flow in your arm increases the further up you go, moving the watch up a couple of inches can improve the heart rate signal. Also, many exercises such as bike riding or weight lifting require you to bend your wrist frequently, which is more likely to interfere with the heart rate signal if the watch is lower on your wrist.

Using Your Watch

App Installation

Use the watch with our customized VeriFiPro app. You can download VeriFiPro from Apple Store / Google Play or scan the QR codes below to download.

iOS Android

Notes:

- The VeriFiPro app is only compatible with smartphones, not tablets or PCs.
- Smartphone operating system should be iOS 8.0 / Android 4.4 or higher; Bluetooth version should be 4.2 or higher.

Smart Phone System Requirements

- iOS 8.0 & higher
- Android 4.4 & higher
- Bluetooth 4.2 & higher

App Interfaces

Home page (Swipe down the page to sync data from the watch to your phone)

Details

Device User

Pairing the Watch with Your Phone

Please pair the watch with your phone in the VeriFiPro app, NOT in the Bluetooth settings of your phone.

Pair the watch with your smartphone in the VeriFiPro app. iOS Android

Do NOT pair the watch with your smartphone in your phone's Bluetooth settings

1. Enable the Bluetooth of your smartphone.
2. Open the VeriFiPro app on your smartphone and go to the "Device" page; tap "Pair device", then your smartphone starts searching devices.
3. In the list of found devices that appear on your smartphone, tap "ID205G" to connect the watch to your smartphone. (If your phone failed to find ID205G, please search the watch on your smartphone again.)

Bluetooth Pair device

Notes:

- Once the watch is connected to your app, the watch will automatically search and reconnect itself if the connection is lost or when Bluetooth is restarted after manual disconnection.
- If the watch is unbound from the app, the information on the watch will be reset, and the information on the app will be cleared. Please do not unbind the connection unless there is an issue that will require a reset.
- The watch can only pair with one smartphone at a time. When pairing, please ensure the watch and your smartphone is within 0.5 meters distance.

Notice bar

Function Button

Press the function button to wake the screen or return to the previous interface.
Press and hold the function button to turn on the watch.

Watch Interfaces

This is a touch screen; swipe the screen to go to different interfaces, and tap to enter the function.

The home screen is the clock. On the clock:

- Swipe down to see notifications.
- Swipe up to see your daily status.
- Swipe left to see the function list.
- Swipe right to see the status bar (automatic heart rate monitoring, wrist sense, non-disturb mode, find phone).

Notice bar

Status bar

Function list

Data bar

fig. 1

After the watch is bound to the app, the home screen will display the line and date as shown in fig. 1.

You can customize the home screen by following the steps below:

1) Tap and hold the home screen.
2) Swipe down to choose one and tap to confirm.

Notes:

Besides the 3 default home screen choices on the watch, you can also customize your home screen by choosing one in the app or from your phone album ("Device" page → "Dial setting").

Wake a Dimmed Screen

To conserve power, the watch has a standby mode in which the screen turns off. To wake the screen, turn your wrist towards you or press the function button.

Function Introduction

Sport: Tracks your exercise data in up to 14 sports modes.

Heart rate: Tracks your real-time heart rate automatically and continuously.

Relax: Guides your breathing for a relaxation.

Alarm: Set alarms in the app to have the watch vibrate to wake you up, take pills, and more.

Music Control: Control the music playing of your smartphone.

Timer: Timing and countdown.

Find Phone: Weather forecast for the last three days. Weather data is obtained through your phone's network. Connect the watch to your phone to battery update with percent.

Sport Record: Your recent sports record.

Setting: Some basic settings of the watch.

1. Tracking Sports

The watch tracks your exercise data in up to 14 sports modes. You can set up to 8 different types of a device so we have 14 sports modes in the app to display on the watch screen ("Device" page → "More" → "Activity display").

Start a sport

Tap "Sport" → Swipe the screen to view sports modes → Tap the sport you choose to start.

During sports

Swipe the screen left/right to flip through exercise data.

End the sport

Press and hold the function button to end the sport → Tap "v" to confirm. (For swimming, press the function button to pause and then press and hold the function button to end.)

Exercise data is displayed after the exercise has ended. Swipe up the screen to flip through exercise data:

Notes:

- The watch automatically recognizes and records your run and walk. When the function is enabled in the app ("Device" page → "Enable/disable activity mode" → "Automatically detect activity") and the watch recognizes your run/walk, the watch will prompt you to confirm. When confirmed, the watch enters the running/walking sports mode.
- Date of exercises less than 1 minute will not be saved.

Using GPS

The watch includes a GPS receiver to track your route during several activities, including Outdoor run, Outdoor walk, Outdoor cycle, and hiking. On your watch, GPS data is shown in a map view along with the stats tracked during the activity.

When you select a run or exercise that uses GPS, the watch begins searching for a GPS signal. As with any GPS device, a signal is likely to be discovered more quickly if you are outside in an open area and standing still.

For best results, wait for the signal to be discovered before you start your activity.

If you don't want to wait for the GPS signal to be discovered, tap the skip icon to move to the activity screen and get started.

But your movement route cannot be displayed before successful positioning. Sport starts after successful positioning or skipping positioning.

Notes:

- GPS is required for calculating your distance in Outdoor cycle. Please wait for successful GPS positioning before starting cycling.
- You can also use your phone's GPS to track your pace and distance during walks, runs, rides or hikes, while mapping out your route on your phone (take your phone with you to use your phone's GPS during exercise).

In the app, tap and will pop up. Tap to enter running mode directly or tap to choose another sports mode. After entering running mode, the app will track and map your run distance (using your phone's GPS). After the exercise, you can effortlessly check your exercise data in both the app and the watch.

Add a virtual running competitor

In the Outdoor run mode, you can set a virtual running competitor and the competitor's running pace, and check the gap between yourself and the competitor in real time to improve your running performance more effectively.

1) Swipe to the function list and tap "Sport".
2) Find "Outdoor run" and tap to choose it.
3) Wait for GPS positioning to succeed.
4) Tap "Customize" to set the competitor's pace and running duration as prompted.

00:01:45 0.01

3. Relaxing

Tap to start the relaxing → Press the function button to end the relaxing → Tap "v" to confirm.

4. Controlling Phone Music

1) Go to the "Device" page in the app and tap "Music Control".
2) Enable the function and tap "v" to save your settings.
3) Tap "Music Control" on the watch screen to enter the function and control the music playing on your phone.

Notes:

You can only control the music player that's running on your smartphone.

7. More Functions

7.1 Call Notification

When there is an incoming call, the watch vibrates to alert you, and the screen displays the caller ID.

Tap on the watch screen to reject the call.

Notes:

- Only when "Call alert" is enabled in the app ("Device" page → "Call Alert") will calls be notified. (After enabling/disabling the "Call Alert" function, tap "v" to save your settings.)
- When "Non disturb mode" is enabled in the app ("Device" page → "More" → "Non disturb mode"), calls will not be notified on the watch during the do-not-disturb period.

7.2 Message Notification

When messages (SMS, Facebook, WhatsApp, Twitter, Instagram, Facebook Messenger, LinkedIn, Email, Mail, Calendar, and more) come in, the watch vibrates to alert you, and the screen displays the message content.

Notes:

- Only when "SMS Alert" is enabled in the app ("Device" page → "SMS Alert" → "Allow notifications"), will messages be notified. (After enabling/disabling the SMS Alert function, tap "v" to save your settings.)
- When the "Non disturb mode" function is enabled in the app ("Device" page → "More" → "Non disturb mode") or on the watch (Status bar →), messages will not be notified on the watch during the do-not-disturb period.

7.3 Women's Health Tracking

The watch reminds you of your important days like menstrual period and safe period at the time you set when you enable the function in the app ("Device" page → "Health care").

7.4 Sedentary Reminder

The watch vibrates to remind you to get up and move around when you have been sitting too long ("Device" page → "Sedentary Alert", enable the Sedentary Alert function and set the remind interval).

Notes:

You can use the first phone function only when it is enabled in the app.

7.5 Find Phone

You can use the watch to locate your phone by making your phone vibrate or ring when the distance between your phone and the watch is within 10 meters (33 feet).

1) Go to "Device" page → "More" → "Find my Phone" in the app and enable the function.
2) Swipe the watch screen right to come to the status bar and tap to use the function.

FAQs

Failure to find the watch when pairing

1. Make sure your smartphone's Bluetooth is enabled and your watch does not exceed 0.5 meters and that Bluetooth communication is also within range (10 meters max).
2. Make sure your watch has enough battery life. If there is still a problem after being fully charged, please contact us.

Occasional failure to connect with Bluetooth

Reboot your smartphone or restart your smartphone's Bluetooth.

Failure to receive SMS / calls notifications

Calls / SMS notification function works when the watch connects to your smartphone via the app. Please kindly refer to the following list:

- Go to your smartphone Settings, find VeriFiPro app and enable the Location and all Notifications.
- Enable your phone's Bluetooth and go to the VeriFiPro app to bind the watch.
- Enable the Call / SMS Alert function, and tap "v" to save your settings.

GPS signal missing

Environmental factors, including tall buildings, dense forest, steep hills, and even thick cloud cover, can interfere with your phone's ability to connect to GPS satellites. For best results, stand outside in an open area and standing still to wait for your phone to find the signal before you start your workout.

Warranty

We strive to build our products with the highest attention to detail and craftsmanship. However, sometimes there are omissions of a defect so we are happy to offer a ONE-year hassle-free warranty on all our devices as we continue to make amazing products. Please contact us if you have any questions about our devices.

Important Safety Instructions

The device contains electrical equipment that may cause injury if not used properly. For example, prolonged contact may contribute to skin allergies for some users. To reduce irritation, please read the safety guidelines on the following pages to ensure proper use and care.

- Do not expose your device to liquid, moisture, humidity or rain while charging; do not charge your device when it is wet, as this may result in electrical shock and injury.
- Keep your device clean and dry. Do not use abrasive cleaners to clean your device.
- Consult your doctor before use if you have any preexisting conditions that might be affected by using this device.
- Do not wear it too tight. If your device feels hot or warm, or if it causes any skin irritation or other discomforts, please discontinue using your device and consult your doctor.
- Do not expose your watch to extremely high or low temperatures.
- Do not leave your watch near open flames such as cooking stoves, candles, or fireplaces.
- This product is NOT a toy—never allow children or pets to play with this product. Always store the product out of the reach of children. The devices themselves or the small parts they contain may cause choking if ingested.
- Never try to abuse, crush, open, repair or disassemble this device. Doing so will void the warranty and can result in a safety hazard.
- If any parts of your product require replacement for any reason, including normal wear and tear or breakage, please contact us.
- Do not use your device in a sauna or steam room.

Basic Specifications

Model No.: ID205G
Sync: Bluetooth 4.2
Screen: 1.3" TFT LCD
Battery Capacity: 210mAh
Working Voltage: 3.8V
Working Temperature: -10°C to 40°C
Weight: 1.27oz (36g)
Waterproof Rating: SATM
Working Time: about 5-7 days not using GPS
Standby Time: about 8 hours using GPS
Standby Time: about 30 days when fully charged

Disposal of this device, the device's battery and its package in accordance with local regulations.

Do not check any notifications, GPS, or any information on your device's display while driving or in other situations where distractions could cause injury or hazard. Always be aware of your surroundings while exercising.

Battery Warnings

A lithium-ion battery is used in this device. If these guidelines are not followed, batteries may experience a shortened life span or may cause fire, chemical burn, electrolyte leakage, and/or injury.

- Do not disassemble, modify, manufacture, puncture or damage the device or batteries.
- Do not remove or attempt to remove the non-user-replaceable battery.
- Do not expose the device or batteries to fire, explosion, or other hazards.

Health Warnings

- If you have a pacemaker or other internal electronic device, consult your physician before using a heart rate monitor.
- The optical wrist heart rate monitor emits green light and flashes occasionally. Consult your physician if you have epilepsy or are sensitive to flashing lights.
- Always consult your physician before beginning or modifying any exercise program.
- The device, accessories, heart rate monitor, and related data are intended to be used only for recreational purposes and not for medical purposes and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.
- The heart rate readings are for reference only, and no responsibility is accepted for the consequences of any erroneous readings.
- While the optical wrist heart rate monitor technology typically provides the best estimate of a user's heart rate, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, and type and intensity of activity.

Maintenance

- Regularly clean your wrist and the smart watch, especially after sweating during exercise or being exposed to substances such as soap or detergent which may adhere to the internal side of the watch.
- Do not wash this watch with household cleaner. Please use soapless detergent, rinse thoroughly and wipe with a soft towel or napkin.
- While the watch is water resistant, wearing a wet band is not good for your skin.
- If your bands get wet—for example after sweating or showering—clean and dry them thoroughly before putting them back on your wrist.
- Be sure your skin is dry before you put your bands back on.
- Do not bring your device into contact with any sharp objects, as this could cause scratches and other damage.
- For light-colored arm bands, minimize direct contact with dark-colored clothing, as color transfer can occur.