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封底

封面

Smart Watch
User Manual



ID205G

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.

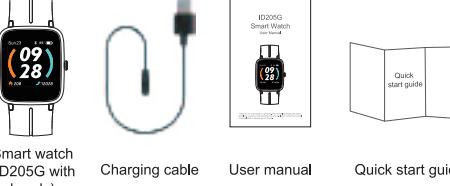
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Getting Started

What's in the box



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 VeriFitPro 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.

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.

Setting up Your Watch

1. 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.

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.

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.

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.

Using Your Watch

App Installation

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

IOS

Android

Notes:

The VeriFitPro 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

Details

Device

User

Pairing the Watch with Your Phone

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

1. Enable the Bluetooth of your smartphone.

2. Open the VeriFitPro 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.)

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.

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.

Function Introduction

Sport

Tracks your exercise data in up to 14 sports modes.

Heart rate

Tracks your real-time heart rate accurately and continuously.

Relax

Guides your breathing for a relaxation.

Alarms

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.

Find

Timing and countdown.

Weather

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.

Sports Record

Your recent sports record.

Settings

Some basic settings of the watch.

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.

1. Tracking Sports

The watch tracks your exercise data in up to 14 sports modes. You can set up to 8 different components 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.

• Data 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.

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 modes, 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 running performance more effectively.

1) Swipe to the function list and tap "Sport".

2) Find "Outdoor run" and tap to choose it. The watch starts GPS positioning.

3) Wait for GPS positioning to succeed.

4) Tap "Customize" to set the competitor's pace and running duration as prompted.

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.

2. Monitoring Heart Rate

The watch tracks your real-time heart rate automatically and continuously. You can also view your detailed heart rate data on the watch screen or in the app.

Notes:

To monitor heart rate more accurately, wear the watch on the upper portion of your wrist and a bit tighter than usual when you exercise. In addition, complete your profile in the app.

Automatic heart rate monitoring is ON by default, monitoring heart rate all day automatically. You can also manually set automatic heart rate monitoring on the watch (swipe the watch screen right to come to the status bar, or in the app ("Device" page → "Heart Rate Detector").

3. Relaxing

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

7.1 Call Notification

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

Notes:

Only when "Call alert" is enabled in the app ("Device" page → "Call Alert") will calls be notified. (After enabling/disabling the "Call Alert") will calls be notified. (After enabling/disabling the "Call Alert") will calls be notified.

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 and control the music playing on your phone.

Notes:

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

5. Setting Alarms

1) Go to the "Device" page in the app and tap "Alarm Alert".

2) Tap the alarm, then set the alarm type, repeat type and time.

3) Tap "v" to save your settings. You can tap the alarm you set on the watch screen to enable/disable the alarm.

6. Tracking Sleep

The watch automatically tracks your sleep duration (Deep Sleep, Light Sleep, and Awake time) and consistency with a comprehensive analysis of sleep quality so you can see your sleep trends and improve your routine. You can check your detailed sleep data in the app.

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:

Only when "Call alert" is enabled in the app ("Device" page → "Call Alert") will calls be notified. (After enabling/disabling the "Call Alert") will calls be notified. (After enabling/disabling the "Call Alert") will calls be notified.

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.

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

about 8 hours using GPS

Standby Time: about 30 days when fully charged

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

Restart 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:

1. Go to your smartphone Settings, find VeriFitPro app and enable the Location and all Notifications.

2. Clear all running / background processes on your smartphone. Go to the VeriFitPro app and swipe down "Mainpage", then the watch will reconnect to your smartphone and update data. You can also restart your smartphone and Bluetooth, then rebond the watch in the app.

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.

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 cleanser. 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.

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