

onous Data

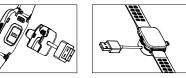
★ Please synchronize the data at least once within 7 days The Apple phone also needs to be connected to the paired watch in the bluetooth setting interface of the mobile phone, so that the watch can be alerted. The

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

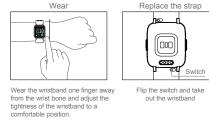
on for Use

. 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



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

1. Definition of key function



Left key setting steps: Function list > 🚭 set > 📢 long press

Watch dial switch





appear after long pressing the dial.



3. Main interface operation

interface tile diagram)

Swipe the screen to enter different interfaces (interactive



Click the screen to switch different data

sports mode on the APP



on Introduction

I. Icon function introduction

Control music play Have the timing Record recent on your mobile and countdown sportss. phone (watch function.

Enter the sports Perform a heart window, and choose rate test to chock different sports your heart rate modes. Change the data for the day.

add an alarm clock on the mobile APP

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

During sports

B End sports button on the screen



2. Start sports

 Enter sports Click the sports icon \checkmark select the sports type > enter the sports countdown automatically

Pause sports: short press the right key Restore sports: short press the right key

End sports: long press the right key> select the end

3. Women's health tracking



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

duct Parameters

Model	ID205	Screen type	1.3-inch color screen
Battery capacity	210mAh	Charging voltage	5V±0.2V
harging time	about 2.5 hours	Battery life	over 10 days
Waterproof level	5ATM	Weight of product	38g
Operating temperature	-20°C—45°C	Bluetooth version	BLE 5.0
Product frequency	2402-2480MHz	Max. transmission power consumption	-1.675dBm

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

ling and Maintenance



It is recommended to wear and maintain according to the following three points: 1) Keep the product clean;

- 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.

- 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

Narning

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.

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.

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. cold water shower, swimming, but not diving. the parts of the watch touching the skin dry.

 The watch has no waterproof effect on seawater, acidic The watch has a waterproof level of 5ATM and supports Avoid wearing the watch too tight in daily use. Please keep When your heart rate is measured, keep your arm still during the test.





Cycling Warning

Matters Needing Attention

 Watch data needs to be kept once every 7 days to avoid data loss.

> 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 rotection 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.

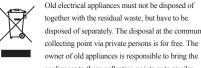
If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures: -- Reorient or relocate the receiving antenna.

-- 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



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.