



### Bind Watch

1. Download and install App

You can set up the watch through the VeryFitPro app for iOS or Android devices. The steps are shown as follows:  
Notes: The hardware platform of the equipment system shall meet requirements.

iOS 8.0 version or above  
 Android 4.4 system or above  
 Support Bluetooth 5.0

Correct operation: Scan the QR code below or download VeryFitPro APP through the mobile APP store to pair with the watch.

Wrong operation: Pair the watch directly with the bluetooth in your mobile phone's settings.

01

### 2. Bind process

① Turn on the Bluetooth and GPS on your mobile phone  
 ② Find the binding request on the pull-down list on the home page of the APP  
 Select product model: ID205  
 Click "OK" to complete binding.

02

### Synchronous Data

In daily wear, the watch can detect all kinds of product data. The user needs to connect the watch with bluetooth on the APP before synchronous operation. The detailed operations are shown as follows:

Open the mobile APP > swipe down the page > sync prompt appears

Notes:  
 \* Please synchronize the data at least once within 7 days to avoid data loss at the watch end.  
 \* 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 steps are shown as follows:

Open the iOS phone > set > bluetooth > search and click pair

03

### Instruction for Use

1. 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

Wear: Wear the wristband one finger away from the wrist bone and adjust the tightness of the wristband to a comfortable position.

Replace the strap: Flip the switch and take out the wristband

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

04

### Operating Instructions

1. Definition of key function

Long press the left key: Enter the sports quickly  
 Short press the right key: Return to previous interface  
 Long press the right key: start

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

2. Watch dial switch

Replacing the dial interface will appear after long pressing the dial.

05

### 3. Main interface operation

Swipe the screen to enter different interfaces (interactive interface tile diagram)

4. Dial data view (default dial)

Click the screen to switch different data

06

### Function Introduction

1. Icon function introduction

- Sport:** Enter the sports window, and choose different sports modes. Change the sports mode on the APP
- Heart rate:** Perform a heart rate test to check your heart rate data for the day.
- Relax:** Help you regulate your breathing and relax your mood.
- Alarm:** View, turn off or turn on the alarm clock. You need to add an alarm clock on the mobile APP.
- Music controller:** Control music play on your mobile phone (watch cannot store music)
- Timer:** Have the timing and countdown function.
- Sports record:** Record recent sports.

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

07

### 2. Start sports

① Enter sports  
Click the sports icon > select the sports type > enter the sports countdown automatically

② During sports  
Pause sports: short press the right key  
Restore sports: short press the right key

③ End sports  
End sports: long press the right key > select the end button on the screen

### 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 APP).

08

### Product Parameters

Model	ID205	Screen type	1.3-inch color screen
Battery capacity	210mAh	Charging voltage	5V±0.2V
Charging time	about 2.5 hours	Battery life	over 10 days
Waterproof level	5ATM	Weight of product	38g
Operating temperature	10°C-45°C	Bluetooth version	BLE 5.0
Product frequency	2402-2480MHz	Max. transmission power consumption	-0.19dBm

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

### Cleaning and Maintenance

09

It is recommended to wear and maintain according to the following three points:  
 ① Keep the product clean;  
 ② 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.

### Frequently Asked Questions

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.

10

### Safety and Product Information Notes

#### Warning

**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.

\* More detailed questions can be answered with help and feedback in the APP.  
 Operation steps: VeryFitPro > help > help and feedback

11

### Cycling Warning

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.

Matters Needing Attention

- Watch data needs to be kept once every 7 days to avoid data loss.
- The watch has no waterproof effect on seawater, acidic 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.
- The watch has a waterproof level of 5ATM and supports cold water shower, swimming, but not diving.
- Avoid wearing the watch too tight in daily use. Please keep the parts of the watch touching the skin dry.
- When your heart rate is measured, keep your arm still during the test.

The device meets the EU ROHS criterion. Please refer to IEC 62321, EU ROHS Directive 2011/65/EU and revised directive.

12

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.

14

**CAUTION**  
 RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE  
 DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS

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.

15