

ID155 Operation Manual



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

Model	ID155	Screen Type	TFT-LCD
Battery Capacity	110mAh	Charging Voltage	5V±0.2V
Charging Time	2hours	Battery Life	7 Day
Waterproof level	IP68	Weight of Product	25g
Operating temperature	0°C-60°C	Bluetooth Version	BLE5.1
Product Frequency	2402-2480MHz	Mkt. transmission Certification	4dBRm



Scan the QR code for more function information



4.S.M.ID155X000-V1.0

This number is for internal use only

Quick Start (EN)

1. Know the Device



Functions of the Touch key:

1. Return to the screen
2. Turn on the screen

2. Power On/Off



Note: the Bracelet must be activated through charging before the first use.
 (1) Pull the strap and remove the main body of the Bracelet;
 (2) Insert the metal charging terminal of the main body into the USB port to charge the Bracelet (please use the specified voltage and current (5V/500mA), and be careful not to reverse the polarity).

Charging and Power-on

Power Off
 Shutdown path: [Setup]→[Power Off].



Download and Pairing



1. Download the APP

Scan the following QR code to download "VeryFit" or search for and download "VeryFit" in "App Store" on your phone.

2. Pairing

Turn on the APP and Bluetooth. Search and select the device in the APP.
 Finally, bind the device in the APP.

Screen Operations

Swipe the screen up/down

1. To switch among pages at the same level, or
2. To view long text or details.

Swipe the screen left/right

1. To switch among pages at the same level.

ダウンロードとペアリング



1. アプリのダウンロード

次のQRコードをスマートフォンで読み取り、VeryFitをダウンロードするか、App StoreのアプリストアでVeryFitを検索してダウンロードしてください。

2. ペアリング

アプリを起動し、Bluetooth機能をオンにします。アプリでデバイス間の検索と接続を行います。最後に、アプリでデバイスと接続するのを完了させます。

画面操作

画面を上下にスクロール

1. 同じ位置でページを切り替える、または
2. 長いテキストや詳細を表示する。

画面を左右にスクロール

1. 同じ位置でページを切り替える、

Click the screen

1. To go to the sub-page;
2. To complete the corresponding action, depending on which on-screen button is clicked.

click and hold the screen

1. To change the watch face wallpaper.



Functions

ID155 supports IP68, full-screen touch, follow-hand operations, 14 sports modes, multiple dials in the cloud, and HR, SpO2, stress and sleep monitoring. For the operating instructions and FAQ, please start the APP and consult the user guide.

Maintenance

Below are three recommendations on wearing and maintenance:

1. Keep the device clean;

画面をクリア

1. 下部メニューに移動する;
2. どの画面上のボタンをクリックするかならにより、様々な動きを

クリアして画面をスクロール

1. 文字盤の選択を変更する。

機能

ID155は、IP68、フルスクリーンタッチ、フォローハンド操作、14スポーツモード、クラウドでのマルチダイヤル、および心拍数、SpO2、ストレス、睡眠のモニタリングをサポートします。操作手順とFAQについては、アプリを起動してユーザーガイドを参照してください。

メンテナンス

ウォッチの着用とメンテナンスでは次の3つのことを守ってください。

1. ウォッチを清潔に保つ;

Download und Kopplung



1. App herunterladen

Scannen Sie den nachstehenden QR-Code, um "VeryFit" herunterzuladen oder suchen Sie "VeryFit" im App-Store und laden Sie die App auf Ihr Smartphone herunter.

2. Kopplung

Schalten Sie das App und Bluetooth ein. Suchen und wählen Sie das Gerät in der App aus.
 Zum Schluss verknüpfen Sie das Gerät in der App.

Bedienung über Bildschirm

Aufwärts/abwärts wischen

1. Seiten auf gleicher Ebene umblättern oder
2. Lange Texte oder Details anzeigen.

Links/rechts wischen

1. Seiten auf gleicher Ebene umblättern.

Quick Start (JP)

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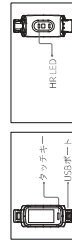
Charging and Power-on

Power Off
 Shutdown path: [Setup]→[Power Off].



クイックスタート (JP)

1. ウォッチの説明



タッチキーの機能:

1. 画面をスクロールする;
2. 画面をオンにする。

2. Power On/Off



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充電と電源オン

電源オフ
 シャットダウンの手順: [設定]→[電源オフ].



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Links/rechts wischen

1. Seiten auf gleicher Ebene umblättern.

Keep the device dry;

1. Do not wear the device too tight.
2. Do not use household cleaners to clean the device. Use soap-free cleaners instead.
3. For stains that are difficult to remove, it is recommended to scrub with alcohol.

Waterproof performance: the device is not suitable for diving, swimming in the sea or sauna. It is suitable for swimming pool, shower (cold water) and swimming in shallow.

Safety

- To prevent device failure, fire and explosion, never place the device or its accessories in any extremely-high-temperature or extremely-low-temperature area.
- To prevent device damage, accessory damage and device failure, always protect the device against strong impact or shock.
- Do not disassemble or modify the device or its accessories without authorization. Any device failure should be referred to our after-sales service personnel.

3. ウォッチを乾燥させておく;
3. ウォッチを濡らすとよく;

- 家庭用クレンジング剤を使用してウォッチを掃除しないでください。代りに洗剤を含まないソニー剤をお使いください。
- 防水性能: ウォッチは、ダイビング、海水浴、サウナには適していません。スイミングプール、シャワー (冷たい水) と浅瀬の水泳にのみ適しています。

メンテナンス

- ウォッチの充電、火災、爆発を防ぐために、ウォッチまたはその付属品を可燃な高温または高温の場所に置かないでください。
- ウォッチまたはその付属品を、洗剤を強くするために、特に強い衝撃や摩擦からウォッチを保護してください。
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App herunterladen



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Links/rechts wischen

1. Seiten auf gleicher Ebene umblättern.

(FR)

Démarrage rapide

1. Découvrir l'appareil



Fonctions de la touche tactile :

1. Réveil ; ou
2. Allumer l'écran.

2. Marche/Arrêt



Remarque : le bracelet doit être activé par changement de la première utilisation.
 (1) Appuyez longuement sur la couronne pour éteindre l'appareil.
 (2) Appuyez longuement sur le bouton USB pour charger le bracelet.
 (veuillez débrancher la tension et le courant spécifiés (5 V/500 mA) et veillez à ne pas inverser le pôle/la).

Chargement et mise sous tension

Arrêt

[Configuration] → [Arrêt].

(ES)

Inicio rápido

1. Conociendo el dispositivo



Fonctions de la tecla táctil :

1. Réveil ; ou
2. Encendre la pantalla.

2. Encendido/apagado



Nota: La pulsera debe activarse mediante carga antes del primer uso.
 (1) Mantenga pulsado el botón de inicio.
 (2) Conecte el conector de carga al puerto USB para cargar la pulsera (utilice el cable y la corriente especificados (5V/500 mA), y evite cualquier tipo de inversión de polaridad).

Carga y encendido

Apagado

[Configuración] → [Apagado].

(IT)

Avvio rapido

1. Conoscere il dispositivo



Funzioni del tasto touch:

1. Accendere il display;
2. Accendere lo schermo.

2. Accensione/Spegnimento



Nota: il bracciale deve essere attivato caricandolo prima del primo uso.
 (1) Premere a lungo il pulsante di accensione.
 (2) Collegare il connettore di ricarica alla porta USB per caricare il bracciale (utilizzare il cavo e la corrente specificati (5V/500mA) e assicurarsi che non inverta i poli).

Caricamento ed accensione

Spegnimento

[Configurazione] → [Spegnimento].

Cliquez sur l'écran

1. Pour aller à la sous-page;
 2. Pour terminer l'action correspondante, en fonction de la touche sur l'écran sur laquelle vous avez cliqué.
- Cliquez et maintenez appuyés sur l'écran**
1. Pour changer le fond d'écran ou le cadran de la montre.

Fonctions

Le bracelet ID125 en charge IP68, la fonction tactile plein écran, les opérations par suivi de la main, 14 modes sportifs, des cadrans multiples dans le mode, ainsi que la surveillance de la fréquence cardiaque, de la SpO2, du stress et du sommeil. Pour le mode d'entraînement et la PAQ, veuillez lancer l'application pour consulter le guide de l'utilisateur.

Entretien

Voici trois recommandations sur le port et l'entretien :

Hacer clic en la pantalla

1. Ir a la subpágina;
 2. Completar la acción correspondiente, según el botón en pantalla sobre el cual haga clic.
- Hacer clic y sostener la pantalla**
1. Cambiar el fondo de pantalla frontal del reloj.

Funciones

ID125 es compatible con IP68, funciones táctiles a pantalla completa, funciones de seguimiento de la mano, 14 modos deportivos, estres y sueño. Para obtener instrucciones de funcionamiento y preguntas frecuentes, inicie la aplicación para consultar la guía del usuario.

Mantenimiento

A continuación se detallan tres recomendaciones acerca del uso y del mantenimiento:

Cliccare sullo schermo

1. Per accedere alla sotto-pagina;
 2. Per completare l'azione corrispondente, a seconda di quale tasto a schermo si è cliccato.
- Tenere premuto lo schermo**
1. Per cambiare lo schermo dell'orologio.

Funzioni

ID125 supporta IP68, è dotato di tocco a schermo intero, utilità follow-hands, 14 modalità sportive, sull'orologio sono disponibili diversi sfondi, ed è dotato delle funzioni di monitoraggio di FC, SpO2, stress e sonno. Per le istruzioni di utilizzo e le domande frequenti, avviare l'APP per consultare la guida all'utente.

Manutenzione

Sono sono riportate le raccomandazioni per indossare lo smartwatch ed effettuare la manutenzione:



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 must 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 than that to which the receiver is connected;
- Consult the dealer or an experienced radio/TV technician for help.

CAUTION
 This device has been evaluated to meet general RF exposure statement. This device can be used in portable exposure condition without restriction.

- Risk of explosion if this battery is recharged by an incorrect type;
- Disposal of a battery into fire or hot liquid, or mechanical damage or cutting of a battery that can result in an explosion;
- Leaving a battery in an extremely high temperature surrounding environment, such as 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 smartwatch, try the following to prevent your device. Smartwatch is not recommended for use:
 • 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.

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.

1. Maintenir l'appareil propre;
 2. Maintenir l'appareil sec;
 3. Ne pas porter l'appareil trop serré.
- L'appareil, l'usage public des rayonnements sans savoir.
 - L'appareil, l'usage public des rayonnements sans savoir.
 - L'appareil, l'usage public des rayonnements sans savoir.
- Impérissabilité: l'appareil n'est pas adapté à la plongée, à la natation dans la mer ni pour une utilisation dans un sauna. Il peut être porté dans une piscine, sous la douche (eau froide) et pour les baignades en eaux peu profondes.

Sécurité

- Ne jamais placer l'appareil ou ses accessoires dans une zone à très haute température ou à très basse température.
- Éviter d'utiliser l'appareil et ses accessoires, et tout autre outil, dans un environnement protégé (opéra) l'appareil contre les chocs ou les impacts violents.
- Ne démontez pas ou ne modifiez pas l'appareil ou ses accessoires sans autorisation. Toute panne de l'appareil doit être signalée à notre service après-vente.

1. Mantener el dispositivo limpio;
 2. Mantener el dispositivo seco;
 3. No usar el dispositivo demasiado ajustado.
- No utilizar dispositivos domésticos para limpiar el dispositivo. En cambio, se deben utilizar limpiadores limpios de jolón.
 - Para las manchas que son difíciles de remover, se recomienda limpiar con alcohol.
- Rendimiento impermeable: el dispositivo no es adecuado para bucear, nadar en el mar o en el sauna; es adecuado para piscinas de natación, para la ducha (agua fría) y para la natación en aguas poco profundas.

Seguridad

- A fin de evitar fallas en el dispositivo, incendio y explosión, nunca se debe colocar el dispositivo o sus accesorios en áreas de temperatura extremadamente altas o extremadamente bajas.
- Para evitar el daño al dispositivo, el daño a sus accesorios y fallos en el dispositivo, siempre se debe proteger el dispositivo contra impactos, fuertes o choques.
- No se debe desmontar o modificar el dispositivo o sus accesorios sin previa autorización. Cualquier falla del dispositivo debe ser reportada a nuestro personal de servicio al cliente.

1. Mantenere il dispositivo pulito;
 2. Mantenere il dispositivo asciutto;
 3. Non indossare il dispositivo troppo stretto.
- Non utilizzare prodotti di pulizia casalinghi per pulire il dispositivo.
 - Utilizzare pulitori privi di sapone, invece.
 - Per macchie ostinate, si raccomanda di pulire con alcool.
- Impermeabilità: il dispositivo non è adatto a tuffi, nuoto in mare o saune; è adatto a piscine, doccia (acqua fredda) e nuoto in acqua bassa.

Sicherheit

- Per prevenire guasti al dispositivo, incendi ed esplosioni, non porre mai il dispositivo o i suoi accessori in aree con temperature estremamente alte o estremamente basse.
- Per prevenire danni al dispositivo, agli accessori o danni al dispositivo, proteggerlo sempre da forti impatti o shock.
- Non smontare o modificare il dispositivo o i suoi accessori senza autorizzazione. Qualsiasi guasto del dispositivo deve essere riferito al nostro personale di servizio post-vendita.

Téléchargement et association



1. Télécharger l'application

Scannez le code QR suivant pour télécharger «Veyfit» ou recherchez et téléchargez «Veyfit» dans «APP store» sur votre téléphone.

2. Association

Alumnez l'application et le Bluetooth. Recherchez et sélectionnez l'appareil dans l'application. Enfin, liez l'appareil dans l'application.

Utilisation de l'écran

1. Pour basculer entre les pages du même niveau, ou
2. Pour afficher un texte long ou des détails.

Basculer l'écran vers la gauche ou la droite

1. Pour basculer entre les pages du même niveau.

Descarga y emparejamiento



1. Descarga de la aplicación

Digitalizar el código QR para descargar «Veyfit» o buscar y descargar «Veyfit» en la «Tienda de aplicaciones» en su teléfono.

2. Emparejamiento

Encienda la aplicación Bluetooth. Busque y seleccione el dispositivo en la APP. Finalmente, vincule el dispositivo en la APP. Finalmente, vincule el dispositivo en la APP. Finalmente, vincule el dispositivo en la APP.

Operaciones de la pantalla

Deslizar la pantalla hacia arriba/abajo

1. Cambiar entre las páginas en el mismo nivel; o
2. Visualizar el texto largo o los detalles.

Deslizar la pantalla hacia la izquierda/derecha

1. Cambiar entre las páginas en el mismo nivel.

Scaricamento e appaiamento



1. Scaricare la APP

Effettuate una scansione del seguente QR code per scaricare «Veyfit» o cercate e scaricate «Veyfit» nell'«APP store» sul proprio telefono.

2. Appaiamento

Attivare l'APP e il Bluetooth. Cercare e selezionare il dispositivo nell'APP. Infine, appaiare il dispositivo all'APP.

Operazioni a schermo

Far scorrere lo schermo su e giù

1. Per passare tra pagine dello stesso livello; o
2. Per vedere un testo lungo o i dettagli.

Far scorrere lo schermo a destra e sinistra

1. Per passare tra pagine dello stesso livello.

This device was tested for operations. To comply with RF exposure requirements, a minimum separation distance of 0mm must be maintained between the user's body and the handset, including the antenna. Third-party belt-clips, holsters, and similar accessories used by this device should not contain any metallic components. Body-worn accessories that do not meet these requirements may not comply with RF exposure requirements and should be avoided. Use only the supplied or an approved antenna.

This device in compliance with the essential requirements and other relevant provisions of UKCA. All essential radio test suites have been carried out.

1. CAUTION : RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE. DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.
2. The device complies with RF specifications when the device used at 0mm from your body.



Function	Operation Frequency	Max RF output power	Limit
BT	2405~2480 MHz	-2.62dBm	10dBm.

		名称	ID155说明书	材质	80G哑粉
		尺寸	展开尺寸: 420X200mm 成品尺寸: 100X70mm	装订方式	6折页
		颜色	四色印刷	公差	±1mm
		版本号	4.SM.ID155XX000		