

UMIDIGI Uwatch3

UMIDIGI Uwatch3 Smart Watch Fitness Tracker User Manual

MODEL: UWATCH3

Introduction

The UMIDIGI Uwatch3 is a versatile fitness tracker designed to monitor your daily activities and health metrics. Featuring a 1.3-inch full-touch IPS color screen, it offers comprehensive tracking for steps, calories, distance, and heart rate. This smartwatch is equipped with 5ATM waterproofing, making it suitable for various environments, and boasts an ultra-long battery life. It supports 9 sports modes and provides smart notifications for calls, messages, and app alerts.

What's in the Box

- 1 x UMIDIGI Uwatch3 Smart Watch
- 1 x Charging Cable
- 1 x User Manual

Your browser does not support the video tag.

Video: Unboxing the UMIDIGI Uwatch3 Smart Watch, showing the watch, charging cable, and user manual. The video also demonstrates sport modes, heart rate monitoring, notifications, health tracking, smart alarms, and 5ATM waterproofing.

Setup

1. Charging the Device

Before initial use, fully charge your UMIDIGI Uwatch3. Connect the provided charging cable to the watch's charging port and a USB power source. A full charge typically takes approximately 2 hours.



Ultra-long Battery Life



Image: The UMIDIGI Uwatch3 connected to its charging cable, displaying a full battery icon. This image illustrates the charging process and highlights the extended battery life.

2. App Installation

To unlock the full functionality of your Uwatch3, download and install the **VeryFitPro** app on your smartphone. You can find the app on the Apple App Store for iOS devices or Google Play Store for Android devices. Alternatively, scan the QR code provided in the physical user manual or on the watch packaging to directly access the download link.

3. Device Pairing

1. Ensure your smartphone's Bluetooth is enabled.
2. Open the VeryFitPro app and follow the on-screen instructions to create an account or log in.
3. In the app, navigate to the device pairing section and search for your Uwatch3.
4. Select your watch from the list of available devices to establish a connection.
5. Confirm the pairing request on both your watch and smartphone if prompted.

Operating Instructions

Basic Navigation

The Uwatch3 features a sensitive 1.3-inch full-touch IPS color screen. Swipe left, right, up, or down to navigate through menus and tap to select options. The physical button on the side typically serves as a back button or to wake the screen.



Image: A close-up of the UMIDIGI Uwatch3's 1.3-inch full-color touchscreen, displaying various feature icons and data points, illustrating quick access to sports data and other functions.

Sport Modes

The watch supports 9 different sports modes to accurately track your workouts. These include walking, running, hiking, riding, treadmill, yoga, climbing, spinning, and general workout. Select the desired mode from the watch or the VeryFitPro app to start tracking. When connected to your smartphone's GPS, the watch can record your route, pace, and distance more accurately.



Image: A person engaged in outdoor running, with the UMIDIGI Uwatch3 visible on their wrist. The image highlights the watch's capability to track various sports activities, showing icons for 9 different sport modes.

Heart Rate Monitoring

The Uwatch3 continuously monitors your heart rate for 24 hours. Access the heart rate interface on the watch to view your current heart rate and historical data. For optimal accuracy, ensure the watch is snug on your wrist.



All-day Heart Rate Monitoring



Image: A visual representation of the UMIDIGI Uwatch3's all-day heart rate monitoring feature, showing a person exercising and the watch displaying heart rate data.

Sleep Monitoring

The watch automatically monitors and analyzes your sleep quality, including deep sleep, light sleep, and awake times. View detailed sleep reports in the VeryFitPro app to understand your sleep patterns and improve your rest.

Smart Notifications

Receive alerts for incoming calls, SMS messages, and notifications from various apps like Facebook, Twitter, YouTube, WhatsApp, LinkedIn, and Instagram directly on your watch. Ensure the VeryFitPro app has the necessary permissions on your phone to push notifications.

Smart Alarms and Reminders

Set alarms through the VeryFitPro app, and your watch will gently vibrate to wake you up or remind you of important tasks. The sedentary reminder feature will prompt you to move after periods of inactivity.

Music Control

Control music playback on your smartphone directly from your Uwatch3. You can play, pause, skip tracks, and adjust volume without needing to take out your phone.

Other Features

- **Stopwatch:** For timing activities.
- **Timer:** For countdowns.
- **Relax Mode:** Guided breathing exercises to help reduce stress.
- **Find Phone:** Locate your paired smartphone by making it ring.

Water Resistance

The UMIDIGI Uwatch3 is 5ATM waterproof, meaning it can withstand pressures equivalent to a depth of 50 meters. This allows you to wear it while swimming or showering without concern. **Important:** Do not use the watch in water hotter than 40°C (100°F), such as in saunas or hot showers, as steam and hot water can compromise the seal.



Image: A person wearing the UMIDIGI Uwatch3 while in water, demonstrating its 5ATM waterproof capability. The image also shows

Battery Life

The Uwatch3 is designed for extended use. A single full charge can provide up to 10 days of typical usage, and up to 30-40 days of standby time. Actual battery life may vary based on individual usage patterns and feature activation.

Maintenance

- **Cleaning:** Regularly clean your watch and strap with a soft, dry cloth. If necessary, use a slightly damp cloth and mild soap, then rinse and dry thoroughly.
- **Avoid Chemicals:** Do not use harsh chemicals, cleaning solvents, or strong detergents, as these can damage the watch's finish and seals.
- **Storage:** Store the watch in a cool, dry place when not in use.
- **Avoid Extreme Temperatures:** Prolonged exposure to extreme hot or cold temperatures can affect battery life and device performance.

Troubleshooting

Watch not turning on:

Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 10-15 minutes.

Unable to pair with smartphone:

- Make sure Bluetooth is enabled on your phone.
- Ensure the watch is within Bluetooth range (typically 10 meters).
- Restart both your watch and smartphone.
- Check if the VeryFitPro app is updated to the latest version.
- If previously paired, try "forgetting" the device in your phone's Bluetooth settings and re-pairing.

Notifications not appearing:

- Verify that notification permissions are granted to the VeryFitPro app in your phone's settings.
- Ensure the watch is connected to your phone via Bluetooth.
- Check notification settings within the VeryFitPro app to ensure specific app notifications are enabled.

Inaccurate heart rate or sleep data:

- Ensure the watch is worn snugly on your wrist, not too loose or too tight.
- Clean the sensor on the back of the watch.
- Avoid excessive movement during heart rate measurement.

Specifications

Model Name	Uwatch3
Screen	1.3-inch IPS Full Touch Color Screen
Control Method	Touchscreen
Water Resistance	5ATM

Battery Life (Usage)	Up to 10 days
Battery Life (Standby)	30-40 days
Charge Time	Approx. 2 hours
Compatibility	iOS 9.0 / Android 4.4 or above, Bluetooth 4.0 or later
Product Dimensions	1.65 x 1.45 x 0.47 inches
Item Weight	5.6 ounces
GPS	Connected GPS (via smartphone)
Special Features	Heart Rate Monitor, Sleep Monitor, Activity Tracker, Notifications, Music Control, Sedentary Reminder, Alarms

Warranty and Support

UMIDIGI provides a 12-month after-sale service for the Uwatch3. This includes a money-back guarantee or free replacement for any manufacturing defects. For any questions, issues, or support needs regarding your Uwatch3, please contact UMIDIGI customer service. Refer to the contact information provided in your product packaging or on the official UMIDIGI website.

