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## SKG V7

# SKG Smart Watch V7 Instruction Manual

Model: V7

## 1. INTRODUCTION

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The SKG Smart Watch V7 is designed to help you monitor your health and fitness activities with ease. This manual provides essential information on setting up, operating, maintaining, and troubleshooting your device to ensure optimal performance.



The SKG Smart Watch V7, featuring a clear display for various health metrics.

## 2. WHAT'S IN THE BOX

Upon unboxing your SKG Smart Watch V7, please ensure all the following components are present:

- SKG Smart Watch V7
- Watch Band
- Magnetic Charging Cable
- User Manual

## 3. SETUP

### 3.1 Charging the Device

Before first use, fully charge your smartwatch. The device uses a magnetic suction charging cable.

1. Connect the magnetic charging cable to a USB power source.
2. Align the magnetic end of the cable with the charging contacts on the back of the watch. It will snap into place.
3. The watch display will indicate charging status. A full charge takes approximately 2 hours and provides up to 8 days of continuous use or 30 days of standby time.

## 100+ WATCH FACE

Customize your photos on the watch interface by Veryfit APP



Magnetic suction charging for convenient power replenishment.

### 3.2 App Installation and Pairing

To unlock the full potential of your SKG Smart Watch V7, download and install the "VeryFit" app on your smartphone.

1. Scan the QR code below or search for "VeryFit" in your device's app store (compatible with iOS 9.0+ and Android 6+).
2. Open the VeryFit app and follow the on-screen instructions to create an account or log in.
3. Enable Bluetooth on your smartphone.
4. In the VeryFit app, select to add a new device and choose the SKG Smart Watch V7 from the list of available devices.
5. Confirm the pairing request on both your phone and the watch.



Scan the QR code to download the VeryFit app for seamless device pairing and data management. For more information, visit [idoocloud.com/q/Veryfit.html](https://idoocloud.com/q/Veryfit.html).

Watch the video below for a visual guide on linking the watch to the app and reviewing health data:

Official product video demonstrating the easy linking process to the VeryFit app and how to review health data.

## 4. OPERATING YOUR SMART WATCH

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### 4.1 Display and Navigation

The SKG Smart Watch V7 features a 1.7-inch HD full touch screen for intuitive navigation. Swipe across the screen to access different functions and menus. A physical dial on the side provides additional control.

# 1.69" TFT-LCD Large Screen Smart Watch

24 Hours Tracking



Customize your watch face from over 100 options via the VeryFit app.

## 4.2 Health Monitoring

The watch continuously monitors key health metrics:

- **Heart Rate:** Provides 24/7 heart rate tracking.
- **Blood Oxygen (SpO2):** Measure your blood oxygen saturation to understand your physical state.
- **Sleep Quality:** Analyzes sleep patterns to help improve habits, including monitoring 20-minute daily naps.
- **Stress Level:** Monitors your stress levels throughout the day.



Monitor your health all day with integrated blood oxygen, heart rate, and sleep tracking.

### 4.3 Sports Modes

The watch supports over 14 sports modes to track your activities, including steps, distance, and calories burned.

## 14 Sports modes

Make the most of your sports time



Utilize 14+ sports modes to make the most of your exercise time.

### 4.4 Smart Notifications

Receive quick notifications for texts, messages, and phone calls directly on your wrist when connected to your smartphone.

# 5ATM Water resistance



Stay connected with smart notifications for calls and messages.

## 4.5 Water Resistance

The SKG Smart Watch V7 is water-resistant up to 50 meters (5ATM), making it suitable for swimming and other water-based activities. It will record your achievements even underwater.

## Magnetic Suction Charging



**2 Hours** Charging Time



**8** Continuous Days



**30 Days** Standby

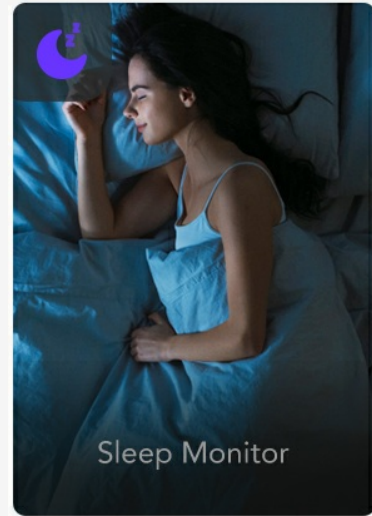
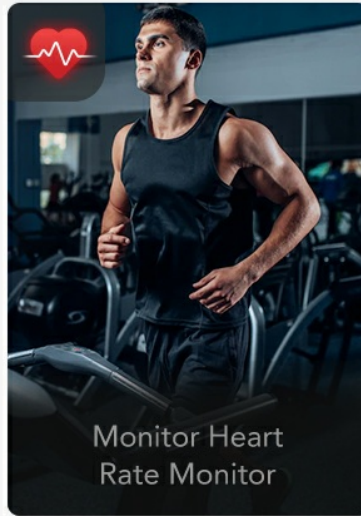


Enjoy water activities with confidence thanks to 5ATM water resistance.

### 4.6 Female Health Tracking

The watch includes a female care function to help track and manage menstrual cycles.

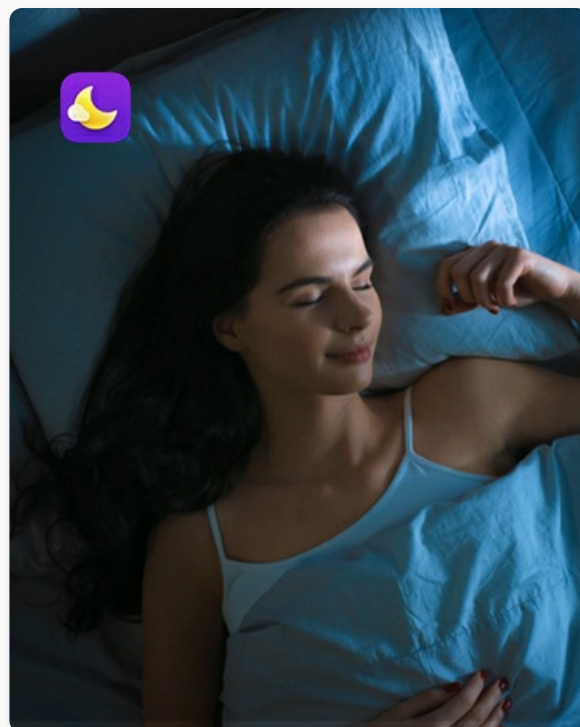
## Monitoring your health all day



Utilize the female health tracking feature for menstrual cycle management.

### 4.7 Alexa Built-in

The SKG Smart Watch V7 features Alexa built-in, allowing you to use voice commands for various functions, such as checking the weather.



Access information and control smart devices with Alexa built-in.

## 5. MAINTENANCE

To ensure the longevity and proper functioning of your SKG Smart Watch V7, follow these maintenance guidelines:

- **Cleaning:** Regularly clean the watch and band with a soft, damp cloth. Avoid harsh chemicals or abrasive materials.
- **Water Resistance:** While 5ATM water-resistant, avoid exposing the watch to hot water, steam, or high-pressure water jets, as this can compromise the seal. Dry the watch thoroughly after exposure to water.
- **Battery Care:** Avoid completely draining the battery frequently. Charge the watch regularly to maintain battery health. Store in a cool, dry place when not in use for extended periods.

## 6. TROUBLESHOOTING

If you encounter issues with your SKG Smart Watch V7, refer to the following common problems and solutions:

Problem	Possible Solution
Watch not turning on or charging	Ensure the charging cable is securely connected to both the watch and the power source. Try a different USB port or power adapter. Clean the charging contacts on the watch and cable.
Unable to pair with smartphone	Make sure Bluetooth is enabled on your phone. Restart both the watch and your phone. Ensure the VeryFit app is updated to the latest version. Try unpairing and re-pairing the device.
Inaccurate health readings (Heart Rate, SpO2)	Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Avoid excessive movement during measurements. Clean the sensor on the back of the watch.
Notifications not appearing	Check app permissions for notifications on your phone. Ensure the watch is connected via Bluetooth. Verify notification settings within the VeryFit app.
Short battery life	Reduce screen brightness. Turn off unnecessary features like continuous heart rate monitoring if not needed. Limit frequent notifications. Ensure the watch is fully charged.

## 7. SPECIFICATIONS

Feature	Detail
Product Dimensions	1.7 x 1.48 x 0.53 inches
Item Weight	1.38 ounces
Screen Size	1.69 Inches TFT-LCD
Water Resistance	5ATM (up to 50 meters)
Operating System	Android, iOS

Feature	Detail
Connectivity Technology	Bluetooth 5.2
Battery Capacity	300 Milliamp Hours
Battery Life	Up to 8 days (typical use)
Special Features	Blood Oxygen Monitor, Health Monitor, Heart Rate Monitor, Notifications, Sleep & Stress Monitor, Female Health Tracking, Alexa Built-in
GPS	No GPS

## 8. WARRANTY AND SUPPORT

SKG is committed to providing excellent products and services. Your SKG Smart Watch V7 comes with a **12-month warranty** from the date of purchase.

If you have any questions, concerns, or require technical assistance, please do not hesitate to contact the SKG Official Store. Refer to your purchase documentation or the SKG official website for contact details.