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Tensky ID208Plus

Tensky Smart Watch User Manual

Model: ID208Plus

Brand: Tensky

PRODUCT OVERVIEW

The Tensky ID208Plus Smart Watch is designed to be a versatile companion for daily life and fitness tracking. It features Bluetooth call capabilities, built-in Alexa, and comprehensive health monitoring functions.



Figure 1: Tensky ID208Plus Smart Watch with its primary display and call features.

WHAT'S IN THE BOX

- 208 BT smart watch
- User manual
- Original charging cable

SETUP GUIDE

To begin using your Tensky Smart Watch, follow these steps to pair it with your smartphone and configure essential settings.

1. **Download the VeryFit App:** Scan the QR code provided on the watch packaging or search for "VeryFit" in your smartphone's app store (Google Play Store for Android, App Store for iOS). Install the application.
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Pair the Device:** Open the VeryFit app, navigate to the 'Device' section, and select 'Add Device'. The app will search for nearby devices. Select 'ID208' or 'ID208Plus' from the list to connect.
4. **Complete Personal Information:** Follow the on-screen prompts to input your personal details (gender, date of birth, height, weight). This information is used for accurate health and activity tracking.
5. **Enable Bluetooth Call Functionality:** For call features, go to your phone's Bluetooth settings after initial pairing. Find 'ID208 BT' and connect to it. This enables the watch to make and receive calls.



Figure 2: Visual guide for initial app pairing and enabling Bluetooth call functionality.

OPERATING INSTRUCTIONS

The Tensky Smart Watch features a responsive touch screen and a side button for navigation and interaction.

Basic Navigation

- **Watch Face:** The main display shows time and key metrics. Long press to change watch faces.
- **Swipe Left/Right:** Access widgets for activity data, heart rate, stress, and more.
- **Swipe Down:** View notifications (messages, calls, app alerts).
- **Swipe Up:** Access quick controls (Do Not Disturb, Find Phone, Brightness, Flashlight, Silent Mode).
- **Side Button:** Press to access the app drawer (main menu). Long press to activate Alexa.

Key Features

- **Call Receiving/Dialing & Alexa Built-in:** Use the built-in microphone and speaker to make and answer calls directly from the watch. Access Amazon Alexa for voice commands, weather checks, alarms, and more.
- **24/7 Accurate Health Monitoring:** Advanced sensors monitor heart rate, blood oxygen (SpO2), sleep patterns, and stress levels. Female menstrual period tracking is also available. Data can be viewed on the watch and in the VeryFit app.
- **Fitness Tracker & 60 Sports Modes:** Tracks daily activities including steps, distance, and calories. Offers over 60 sports modes (e.g., running, walking, cycling, swimming, yoga). The watch is 5ATM waterproof, suitable for swimming and daily wear, but not recommended for hot water or seawater.
- **Smart Life Partner & DIY Background:** Features a 1.7" HD full touch screen. Customize watch faces with your own photos. Includes tools like Noise monitoring, Message reminders, Weather forecast, Music control, Setting alarms, Stopwatch, Timer, Sedentary reminder, Breather guide, Raise to wake, and Find phone.



Figure 3: Bluetooth call and text notification features on the Tensky Smart Watch.

Life is about movement



Figure 4: Health monitoring capabilities including heart rate, blood oxygen, and stress tracking.

Health Guardian Guard Your Life



Figure 5: Overview of additional smart features available on the watch.

Video 1: A detailed review of the Tensky ID208 Smart Watch, demonstrating its features and user interface.

MAINTENANCE

- **Cleaning:** Regularly wipe the watch and band with a soft, dry cloth. Avoid harsh chemicals.
- **Charging:** Use the original charging cable provided. Ensure the charging pins align correctly with the watch's contacts.
- **Water Resistance:** The watch is 5ATM waterproof, suitable for swimming in pools and daily activities like hand washing. Do not use in hot water, saunas, or expose to high-velocity water.

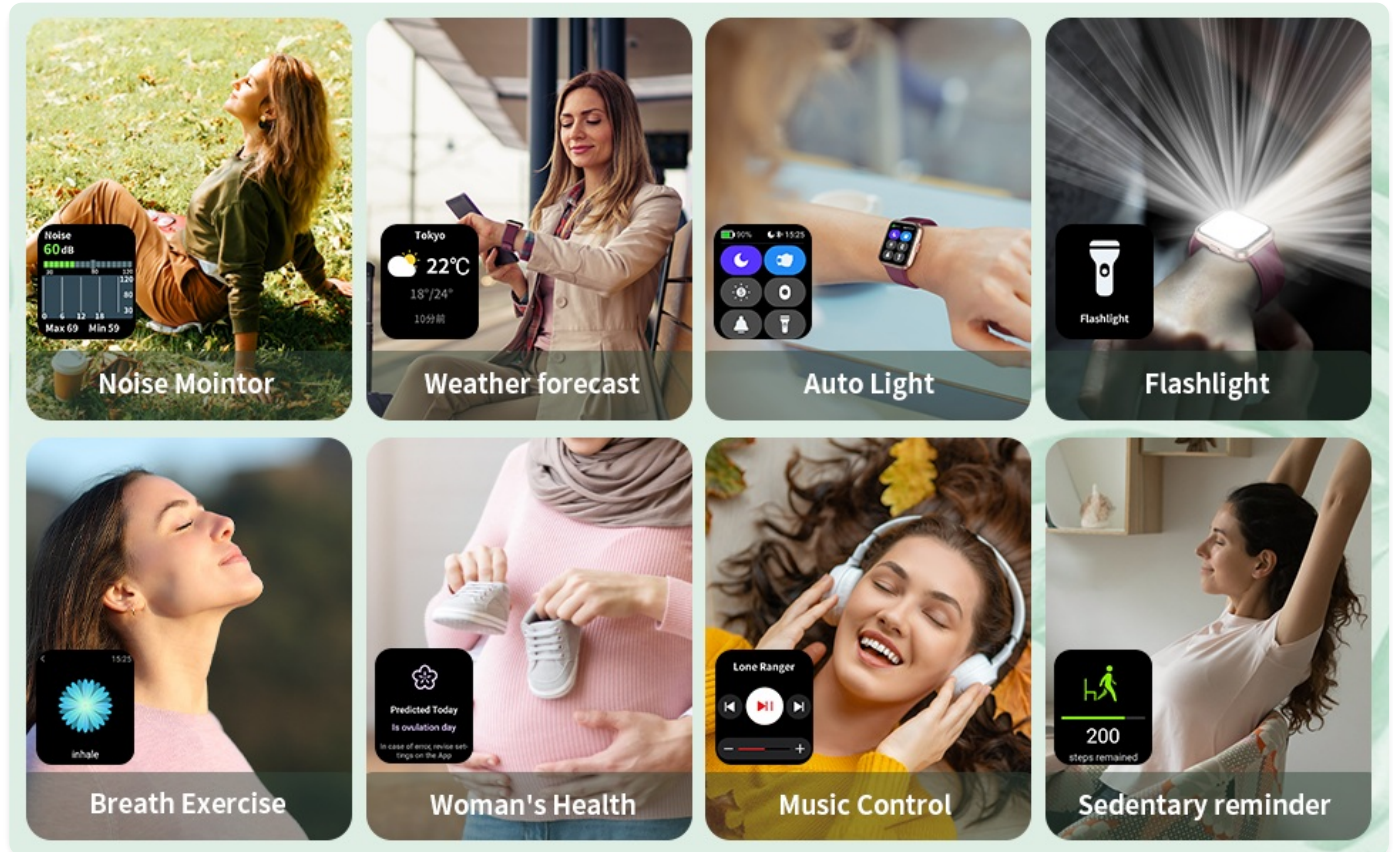


Figure 6: The Tensky Smart Watch is 5ATM waterproof, suitable for various water activities.



Figure 7: The watch charging via its magnetic cable, indicating battery status.

TROUBLESHOOTING

If you encounter issues with your Tensky Smart Watch, refer to the following common solutions:

- **Connection Issues:** Ensure Bluetooth is enabled on your phone and the VeryFit app is running in the foreground. Re-pair the device if necessary.
- **Notifications Not Appearing:** Check app notification settings within the VeryFit app and your phone's system settings to ensure all necessary permissions are granted.
- **Inaccurate Readings:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors regularly.
- **Battery Draining Quickly:** Disable continuous heart rate monitoring, auto noise detection, or other features that consume significant power if not needed. Adjust screen brightness.
- **Watch Not Turning On:** Ensure the watch is fully charged. If the issue persists, perform a soft reset by holding the side button.

SPECIFICATIONS

Feature	Detail
Product Dimensions	0.39 x 0.39 x 0.39 inches
Item Weight	2.82 ounces (80 Grams)
Item Model Number	ID208Plus
Batteries	1 Lithium Polymer battery required (included)
Standing Screen Display Size	1.7 Inches
Memory Storage Capacity	512 MB
Operating System	Android (Compatible with iOS 9.0+ & Android 6.0+)
Connectivity Technology	Bluetooth 5.0+
Battery Capacity	300 Amp Hours
Waterproof Rating	5ATM
GPS	No GPS

WARRANTY AND SUPPORT

Tensky provides a 1-year warranty for the Smart Watch. For any questions or assistance, our professional technical team is available 24/7.

- **Warranty Period:** 1 year from the date of purchase.
- **Customer Support:** Contact Tensky customer service for any inquiries or technical assistance.

IMPORTANT NOTES

- The watch is designed for general fitness and wellness purposes and is not intended for use in medical diagnosis, treatment, or any other medical purpose.
- While 5ATM waterproof, it is not recommended for use in hot water or seawater.
- For optimal performance, ensure the VeryFit app is running and connected via Bluetooth.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question