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## Tensky ID208Plus

# Tensky Smart Watch User Manual

Model: ID208Plus

## 1. INTRODUCTION

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The Tensky Smart Watch is a versatile wearable device designed for men and women, featuring call receiving and dialing capabilities, built-in Alexa, and a 1.8-inch touch screen. It functions as a comprehensive fitness tracker with heart rate and sleep tracking, offering over 100 sports modes. Its IP68 waterproof rating ensures durability for various activities. This manual provides detailed instructions to help you get the most out of your device.



Image 1.1: Tensky Smart Watch Overview. This image shows the smart watch with its light blue band and gold-colored casing, displaying various health and activity metrics on its screen, alongside smaller insets showing call dialing and incoming call interfaces.

## 2. WHAT'S IN THE BOX

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

- 208 BT Smart Watch
- User Manual (this document)
- Original Charging Cable

## 3. SETUP GUIDE

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### 3.1 Initial Charging

Before first use, fully charge your Tensky Smart Watch. Connect the provided charging cable to the watch's charging port and a USB power source (e.g., computer USB port, wall adapter). A full charge typically takes 1.5 to 2.5 hours. The watch has a 300mAh battery, providing up to 7 days of heavy use, 12 days of daily use, and 30 days of standby time.



Image 3.1: Smart Watch Charging. This image illustrates the smart watch connected to its magnetic charging cable, indicating the charging process.

### 3.2 App Download and Device Pairing (VeryFit App)

To unlock the full functionality of your Tensky Smart Watch, you must pair it with your smartphone using the VeryFit app. This app is compatible with Bluetooth 5.0 and most iOS 9.0+ and Android 6.0+ smartphones.

1. **Download VeryFit App:** Scan the QR code provided in the quick start guide or search for "VeryFit" in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS) and download it.
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open VeryFit App:** Launch the VeryFit app and follow the on-screen prompts to create an account or log in.
4. **Add Device:** Within the app, navigate to the device section and select "Add Device" or a similar option. The app will search for nearby devices.
5. **Connect:** Select "ID208Plus" from the list of found devices to initiate the pairing process. Confirm any pairing requests on both your phone and watch.

### 3.3 Bluetooth Call Function Setup

After initial pairing with the VeryFit app, you need to enable the Bluetooth call function separately through your phone's Bluetooth settings.

1. **Connect ID208 BT:** In the VeryFit app, ensure the "ID208 BT" option (for Bluetooth calls) is enabled or connected.

2. **Phone Bluetooth Settings:** Go to your smartphone's Bluetooth settings.
3. **Find and Connect:** Look for "ID208 BT" in the list of available or paired devices and tap to connect. This establishes the audio connection for calls.
4. **Verify Connection:** Once connected, you should be able to make and receive calls directly from your watch.



Image 3.2: App and Bluetooth Call Connection Steps. This image provides a visual guide for connecting the smart watch to the VeryFit app and subsequently enabling the Bluetooth call feature through the phone's Bluetooth settings.

## 4. OPERATING INSTRUCTIONS

### 4.1 Call Receiving/Dialing & Alexa Built-in

Your Tensky Smart Watch allows you to manage calls and interact with Alexa directly from your wrist.

- **Call Management:** Use the built-in microphone and speaker to make and answer calls. You can also access frequently used contacts and view call history.
- **Notifications:** Receive SMS and app messages (Text, Facebook, WhatsApp, Instagram, Twitter, etc.) directly on your watch. The watch will vibrate to alert you.
- **Alexa Built-in:** Speak to your watch to ask questions, control music playback, check weather, set alarms, timers, and more.

# Stay Connected

## Bluetooth Call

-  Built-in Mic
-  Favourites
-  Call History
-  Dialer



## Text, Phone & APP Notifications



**Amazon  
Alexa  
built-in**

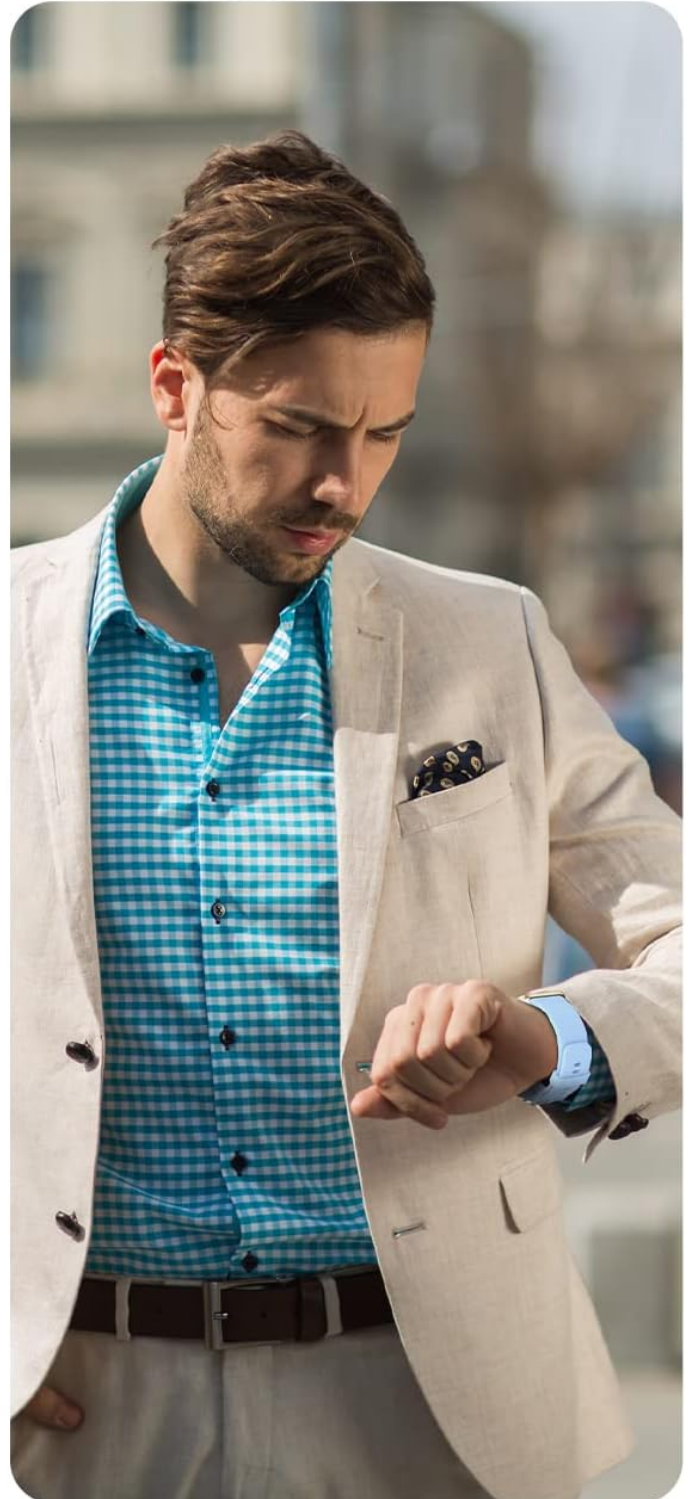


Image 4.1: Stay Connected Features. This image highlights the smart watch's capabilities for Bluetooth calls, receiving text and app notifications, and utilizing the built-in Amazon Alexa.



Image 4.2: Bluetooth Call & Text Reminder with Alexa. This image demonstrates the smart watch's ability to handle phone calls and display text messages, along with its Alexa voice assistant functionality.

## 4.2 Health Monitoring

The Tensky Smart Watch provides comprehensive health monitoring features:

- **Heart Rate Monitoring:** Tracks your heart rate 24/7, displaying real-time data on the watch and in the app.
- **Blood Oxygen Monitoring (SpO2):** Measures your blood oxygen levels. Ensure correct wearing for accurate readings.
- **Sleep Tracking:** Automatically monitors your sleep status, providing analysis of deep sleep, light sleep, and awake times.
- **Stress Level Monitoring:** Provides data on your current stress level, indicating when adjustment might be needed.
- **Female Menstrual Period Tracking:** Record and predict menstrual cycles and ovulation dates.

# Total Wellness Management on Your Wrist

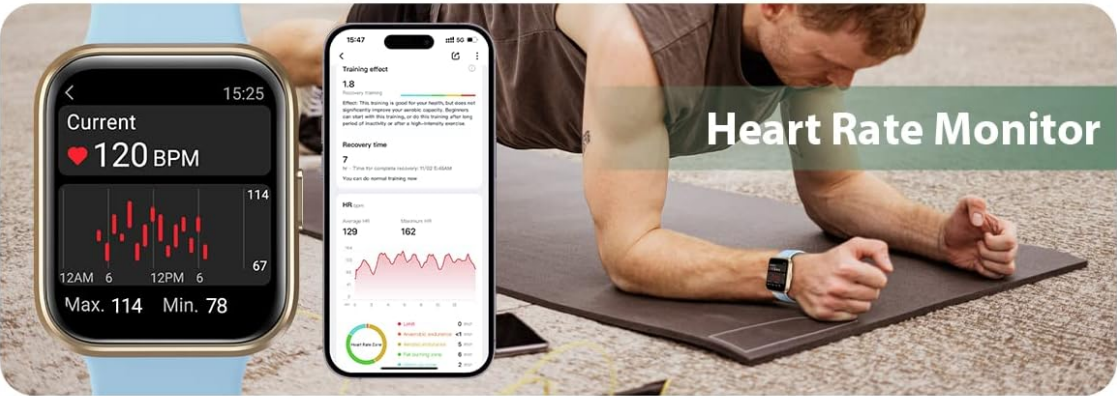


Image 4.3: Total Wellness Management. This image shows the smart watch's interface for heart rate, blood oxygen, and stress monitoring, along with corresponding app data.



# Health Guardian Guard Your Life

Image 4.4: Health Guardian. This image illustrates the smart watch's comprehensive health tracking capabilities, including heart rate, blood oxygen, stress, and detailed sleep analysis.

## 4.3 Fitness Tracking & Sports Modes

The watch is an excellent fitness companion, tracking your daily activities and supporting various sports.

- **Daily Activity Tracking:** Automatically records steps, distance, calories burned, and active minutes throughout the day.
- **100 Sports Modes:** Includes modes for soccer, walking, running, swimming, hiking, cycling, yoga, and many more. You can add additional modes via the VeryFit app (Veryfit → Device → More Settings → Sports Type → Edit).

# Make every workout count



**60+**  
Sports Modes



**Daily  
Readiness  
Score**



**5ATM  
Waterproof**

Image 4.5: Make Every Workout Count. This image showcases the smart watch's extensive sports modes and its ability to track daily readiness scores, emphasizing its utility for fitness enthusiasts.

# Insights for Better Day and Night

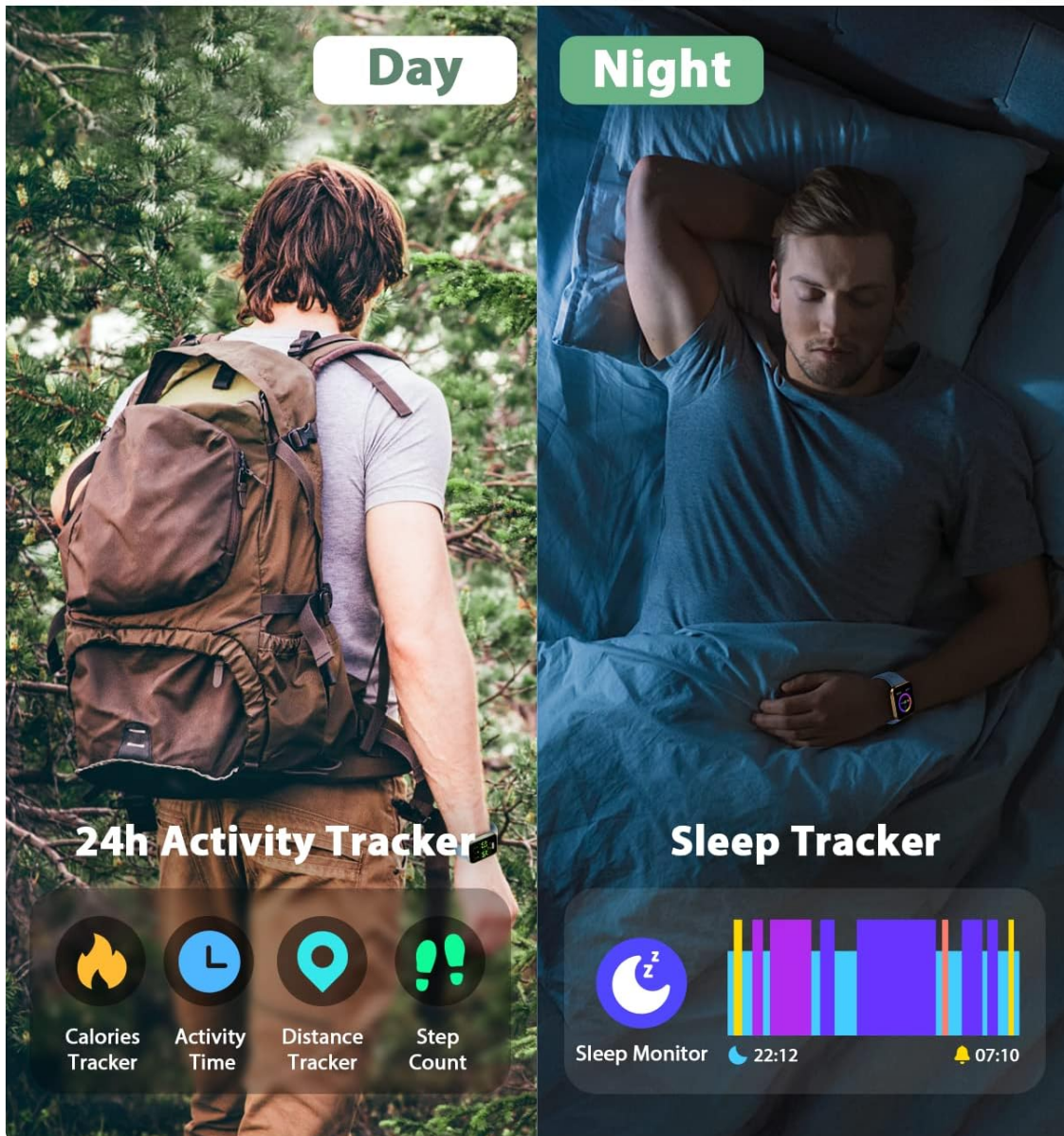


Image 4.6: Insights for Better Day and Night. This image illustrates the smart watch's 24-hour activity tracking, including calories, activity time, distance, and steps, alongside its detailed sleep monitoring capabilities.



Image 4.7: Life is About Movement. This image demonstrates how the smart watch records physical data, tracks workouts, and provides professional analysis and advice for exercise.

## 4.4 Smart Life Features & Customization


The Tensky Smart Watch offers a variety of smart features to enhance your daily life:

- **Noise Monitoring:** Supports automatic measurement of environmental noise.
- **Weather Forecast:** Provides a seven-day weather forecast for your current city.
- **Music Control:** Control music playback (play, stop, next/previous song) on your smartphone.
- **Alarms & Timers:** Set alarms, use the stopwatch, and set timers.
- **Sedentary Reminder:** Vibrates to remind you to move after long periods of inactivity.
- **Breather Guide:** Built-in breath training feature to help with relaxation.
- **Flashlight:** Provides a basic light source.
- **Raise to Wake:** Screen lights up when you raise your wrist.
- **Find Phone:** Helps locate your paired smartphone.
- **Adjustable Brightness:** Customize screen brightness for comfort.
- **DIY Watch Faces:** Upload your favorite pictures to use as custom watch faces.

## Big on Screen


1.7" HD display & DIY Dial

# 1.7" HD



## Big on Power

  
 2 Hrs  
 Charging Time


  
 7 Days  
 Normal Use

  
 30 Days  
 Standby


# 30 DAYS





## More Special Features


  
 Weather Forecast

  
 Music Player

  
 Alarm Clock

  
 Calendaring

  
 Sedentary Reminde

  
 Time Display


  
 Db Test

Image 4.8: Big on Screen, Big on Power, More Special Features. This image highlights the watch's 1.7-inch HD display, long battery life (7 days normal use, 30 days standby), and a range of additional features like weather forecast, music player, and alarm clock.

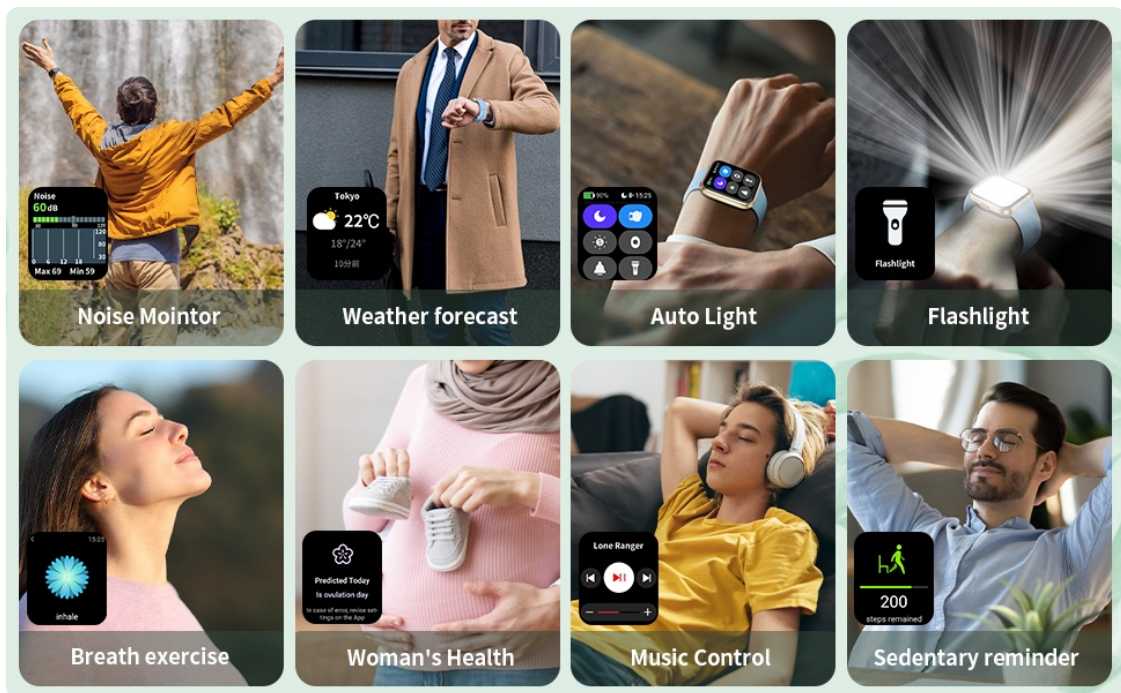


Image 4.9: More Special Features. This image details additional functionalities of the smart watch, including noise monitoring, weather forecasts, automatic screen lighting, flashlight, guided breathing exercises, women's health tracking, music control, and sedentary reminders.



Image 4.10: Customizable Watch Faces. This image showcases a variety of digital and analog watch faces available for the smart watch, demonstrating customization options.

## 5. MAINTENANCE

### 5.1 Water Resistance

The Tensky Smart Watch is 5ATM waterproof, meaning it can be worn in the swimming pool, for washing hands, and showering without worry. However, it is **not recommended** for use in hot water, seawater, or during diving activities, as these conditions can compromise the seal.



Image 5.1: 5ATM Waterproof. This image shows the smart watch being splashed with water, illustrating its 5ATM water resistance capability.

## 5.2 Cleaning and Care

To maintain your smart watch's performance and appearance:

- Wipe the watch and band regularly with a soft, damp, lint-free cloth.
- Avoid using harsh chemicals, abrasive cleaners, or solvents.
- Ensure the charging contacts on the back of the watch are clean and dry before charging.
- If the watch gets wet, dry it thoroughly before charging or prolonged storage.

## 6. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Watch won't turn on	Low battery; device frozen.	Charge the watch for at least 30 minutes. If still unresponsive, try a forced restart (refer to device-specific instructions in the app if available).
Cannot pair with phone	Bluetooth off; app not open; watch not discoverable; interference.	Ensure phone Bluetooth is on. Open VeryFit app. Restart both watch and phone. Move closer to the phone. Forget previous pairings and try again.
Call function not working	"ID208 BT" not connected in phone's Bluetooth settings.	Go to your phone's Bluetooth settings and manually connect to "ID208 BT" (separate from the main app connection).
Inaccurate health data	Watch fit too loose/tight; sensor dirty; not intended for medical use.	Ensure the watch is worn snugly but comfortably on your wrist. Clean the sensor on the back of the watch. Remember, the watch is for general fitness and wellness, not medical diagnosis.
Notifications not received	App permissions; notification settings in app/phone; app not running in background.	Check notification permissions for VeryFit app in phone settings. Verify notification settings within the VeryFit app. Ensure the app is running in the background.

If the problem persists, please contact Tensky customer support for further assistance.

## 7. SPECIFICATIONS

Feature	Detail
Model Name	ID208Plus
Brand	Tensky
Screen Size	1.8 Inches
Product Dimensions	0.39 x 0.39 x 0.39 inches
Item Weight	3.2 ounces (0.09 Kilograms)
Battery	1 Lithium Polymer battery (included)
Battery Capacity	300 mAh
Connectivity Technology	Bluetooth 5.0+
Operating System	Android (compatible with iOS 9.0+ & Android 6.0+ smartphones)
Water Resistance	5ATM
Special Features	Bluetooth Call, Alexa Built-in, Heart Rate Monitor, Blood Oxygen Monitor, Sleep Tracking, Stress Monitoring, 100 Sports Modes, Message Notification, Weather Forecast, Music Control, Sedentary Reminder, Breath Exercise, Woman's Health, DIY Watch Faces

## 8. WARRANTY AND SUPPORT

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Tensky is committed to providing excellent customer service and product support.

- **Warranty:** Your Tensky Smart Watch comes with a 365-day warranty.
- **Customer Support:** For any questions or assistance, our professional technical team is available 24/7. Please do not hesitate to contact us.
- **Return Policy:** Enjoy a 30-day no-reason return policy.
- **Replacement:** A 2-year free replacement policy is available.



Image 8.1: Tensky Support and Warranty. This image outlines Tensky's commitment to customer satisfaction, including lifetime support, 24-hour service, a 30-day return policy, and a 2-year free replacement.