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aeac IDW208 Plus

aeac Smart Watch Fitness Watch User Manual

Model: IDW208 Plus

Brand: aeac

Introduction

This manual provides comprehensive instructions for setting up, operating, and maintaining your aeac Smart Watch Fitness Watch. Designed for both men and women, this smartwatch features Alexa Built-in, stable Bluetooth call functionality, 100 sports modes, and IP68 waterproofing. It is compatible with iOS and Android smartphones.

What's in the Box

- Smart Watch x 1
- Magnetic Charger x 1
- User Manual x 1

Setup

1. Initial Charging

Before first use, fully charge your smartwatch using the provided magnetic charger. A full charge typically takes about 2 hours and provides up to 7 days of usage.

Figure 1: Smartwatch connected to its magnetic charger.

2. App Installation and Pairing

Download the "VeryFit" app from your smartphone's app store (compatible with iOS 9.0 or above, Android 6.0 or above). Open the app and follow the on-screen instructions to pair your smartwatch via Bluetooth.



Figure 2: aeac Smart Watch main display.

3. Alexa Built-in Setup

To enable Alexa voice assistant, log in to your Amazon account through the VeryFit app. Follow the prompts to link your device with Alexa. This allows you to control music, check weather, set alarms, and manage smart home devices using voice commands.

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Video 1: Instructions for connecting your aeac Smart Watch to Alexa via the app.

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Video 2: Detailed guide on setting up Alexa voice assistant on your aeac Smart Watch.

Figure 3: Using Alexa Voice Assistant on the smartwatch.

Operating Your Smart Watch

Bluetooth Call and Message Reminder

The smartwatch allows you to make and receive calls directly. It also provides notifications for texts and SNS messages (Facebook, WhatsApp, Twitter, etc.).

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Video 3: Demonstrating Bluetooth call and message notification features.

Figure 4: Bluetooth call functionality on the smartwatch.

Figure 5: Smart message notifications displayed on the watch.

100 Sports Modes and Activity Tracking

Track your workouts with over 100 sports modes, including running, yoga, and sit-ups. The watch records real-time data such as heart rate, steps, calories burned, and distance.

Figure 6: Overview of 100+ sports modes and activity tracking.

Figure 7: Tracking workout data during exercise.

Health Monitoring

The smartwatch offers comprehensive health monitoring features:

- **Heart Rate Monitor:** Continuously tracks your heart rate.
- **Blood Oxygen Monitor (SpO2):** Measures your blood oxygen saturation.
- **Sleep Tracking:** Records deep sleep, light sleep, and REM sleep.
- **Stress Test:** Monitors your stress levels throughout the day.
- **Menstrual Cycle Tracking:** Helps predict menstrual periods and ovulation.

Figure 8: All-round health monitoring features.

Figure 9: Detailed 24-hour heart rate tracking.

Figure 10: Blood oxygen monitoring on the smartwatch.

Figure 11: Sleep tracking and quality monitoring.

Figure 12: 24-hour stress monitoring.

Figure 13: Menstrual cycle tracking feature.

Additional Functions

The smartwatch includes various practical tools:

- Weather forecasts
- Stopwatch and Timer
- Music control/playback
- Adjustable brightness
- Find phone/watch function
- Breathing training
- Smart alarm clock
- Camera control
- Sedentary reminder
- 1.8" Full Touch HD Screen with 100 customizable dials

Figure 14: Overview of additional smartwatch functions.

Maintenance

Water Resistance (IP68)

The smartwatch is IP68 waterproof, meaning it can withstand splashes, rain, and brief immersion. It is suitable for daily use and during outdoor activities. Avoid prolonged submersion or hot water exposure.



Figure 15: Smartwatch showcasing its IP68 waterproof capability.

Cleaning

Wipe the watch and band regularly with a soft, damp cloth. Ensure the charging contacts are clean and dry before charging.

Battery Care

To prolong battery life, avoid extreme temperatures and fully discharge the battery only occasionally. Charge the device when the battery level is low.

Troubleshooting

Connectivity Issues

If the watch has trouble connecting to your phone or Alexa:

- Ensure Bluetooth is enabled on your phone.

- Make sure the watch is within the effective Bluetooth range (approx. 10 meters).
- Restart both your phone and the smartwatch.
- Check the VeryFit app for any pending updates or connection prompts.
- Verify your phone's network connection is stable, especially for Alexa commands.

Inaccurate Readings

If health or activity data appears inaccurate:

- Ensure the watch is worn snugly on your wrist, but not too tight.
- Clean the sensor on the back of the watch.
- For sleep tracking, ensure you wear the watch consistently throughout the night.

Watch Not Turning On

Ensure the watch is fully charged. If it still doesn't turn on, try connecting it to a different USB power source.

Specifications

Feature	Detail
Model Number	IDW208 Plus
Screen Size	1.8 Inches
Display Resolution	240 x 286
Battery Capacity	300 Milliamp Hours
Battery Life	Up to 7 days (usage), 30 days (standby)
Charging Time	Approx. 2 hours
Waterproof Rating	IP68
Connectivity	Bluetooth
Compatibility	iOS 9.0+ / Android 6.0+
Weight	3.53 ounces (100 grams)
Product Dimensions	4.33 x 2.95 x 2.1 inches
Special Features	Alexa Built-In, Bluetooth Calls, Message Notification, 100+ Sports Modes, Health Monitoring (HR, SpO2, Sleep, Stress, Menstrual Cycle), Pedometer, Music Control, Camera Control, Find Phone/Watch

Warranty and Support

The aeac Smart Watch comes with a **3-Year Warranty**. For any technical support or warranty claims, please contact aeac

customer service. They offer 24/7 lifetime technical support.
You can also refer to the officialUser Guide (PDF) for more detailed information.

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