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› Gydom Smartwatch IDW13 User Manual

Gydom IDW13

Gydom Smartwatch IDW13 User Manual

Model: IDW13

INTRODUCTION

This manual provides detailed instructions for setting up, operating, and maintaining your Gydom Smartwatch IDW13. This smartwatch features Bluetooth calling, integrated Alexa, comprehensive health monitoring (heart rate, SpO2, sleep, stress, women's health), over 100 sport modes, and IP68 water resistance. Please read this manual thoroughly to ensure proper use and to maximize your device's capabilities.

1. SETUP

1.1 Initial Charging

Before first use, fully charge your Gydom Smartwatch IDW13. Connect the magnetic USB charger to the charging points on the back of the watch and to a standard USB power source. A full charge typically takes approximately 2 hours. The watch has a 300 mAh battery capacity, providing an average usage time of 7 days on a full charge.

1.2 App Installation and Pairing

To unlock all features and synchronize data, download the **VeryFit** app on your smartphone. The app is compatible with Android 6.0 and iOS 9.0 or superior devices.

1. Scan the QR code in the watch's quick start guide or search for "VeryFit" in your phone's app store.
2. Install and open the VeryFit app.
3. Follow the on-screen instructions in the app to pair your smartwatch via Bluetooth. Ensure Bluetooth is enabled on your phone.
4. Grant necessary permissions to the app for full functionality, including notifications and health data access.



Image: The Gydом Smartwatch IDW13 on a wrist, showing its display with time and activity information. This illustrates the device's appearance and user interface.

2. OPERATING INSTRUCTIONS

2.1 Bluetooth Calling and Alexa Integration

The Gydом Smartwatch IDW13 allows you to make and receive calls directly from your wrist and interact with Alexa for various tasks.

- **Bluetooth Calling:** Once paired with your phone, the smartwatch can handle incoming and outgoing calls. You can also receive synchronized SMS and app notifications (WhatsApp, Instagram, Facebook, email, TikTok, Twitter, etc.).
- **Alexa Built-in:** Use voice commands to play music, retrieve information (weather, health data, sports data), set alarms/timers, control smart home devices (lights, thermostats), and more.

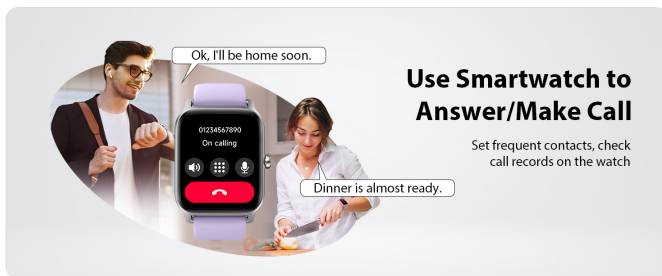


Image: A man answering a call on his Gydom Smartwatch, demonstrating the Bluetooth calling feature. A woman is in the background, indicating hands-free communication.

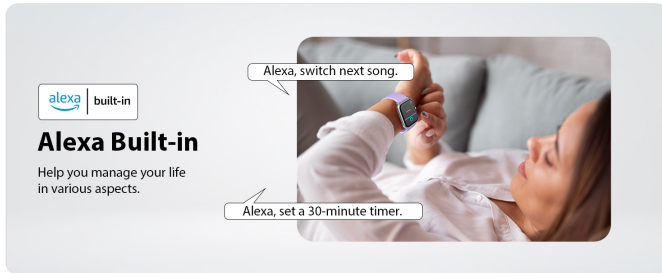


Image: A woman using the Alexa built-in feature on her Gydom Smartwatch to control music and set a timer, illustrating voice command capabilities.

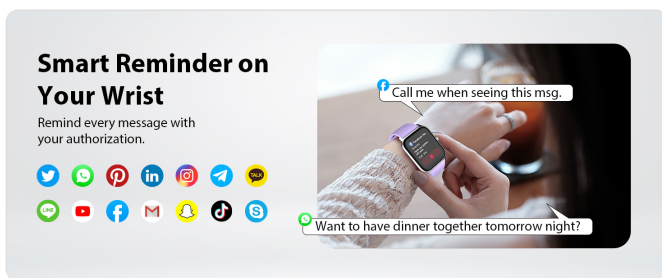


Image: A woman receiving a message notification on her Gydom Smartwatch, demonstrating the smart reminder function for various apps.

2.2 Health Monitoring and Analysis

The smartwatch provides 24/7 health monitoring and analysis to help you understand your body's condition.

- **Heart Rate Monitoring:** Continuous heart rate tracking is available.
- **Blood Oxygen (SpO2) Measurement:** Measure your blood oxygen levels at any time.
- **Sleep Monitoring:** The watch automatically tracks your sleep status (deep sleep, light sleep, awake time) and provides a comprehensive analysis of sleep quality.
- **Stress Monitoring:** Monitor your stress levels throughout the day.
- **Women's Health Tracking:** Features for tracking menstrual cycles and planning for pregnancy.
- **Smart Reminders:** Receive intelligent reminders for drinking water, sedentary alerts, hand washing, high heart rate, low blood oxygen, and high stress.



Image: A woman playing tennis, with her Gydом Smartwatch displaying real-time heart rate and calorie burn, illustrating 24/7 heart rate monitoring.



Image: A woman meditating outdoors, with graphics indicating blood oxygen measurement, demonstrating the ability to measure SpO2 at any time.



Image: A couple sleeping, with the Gydом Smartwatch displaying a breakdown of sleep stages (awake, light sleep, deep sleep), illustrating sleep quality analysis.

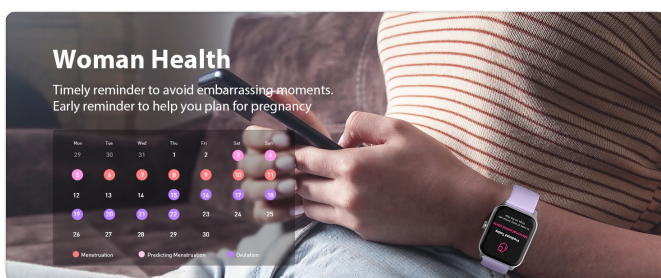


Image: A woman checking her phone with a menstrual cycle calendar, while wearing the Gydом Smartwatch, highlighting the women's health tracking feature.

2.3 Sport Modes and Activity Tracking

The Gydом Smartwatch IDW13 supports over 100 sport modes and automatically tracks your daily activity.

- **100+ Sport Modes:** Choose from a variety of activities such as walking, running, yoga, cycling, swimming, and more. The watch displays real-time data including steps, distance, and calories burned.
- **Automatic Sport Detection:** High-precision sensors can automatically identify 4 common sport modes.
- **IP68 Water Resistance:** The watch is IP68 waterproof, suitable for swimming, hand washing, and use in the rain. It is not recommended for hot water or sauna use.

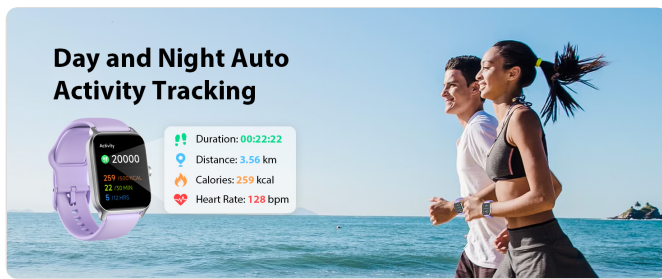


Image: A couple jogging on a beach, with the Gydom Smartwatch displaying activity tracking data like duration, distance, calories, and heart rate.



Image: The Gydom Smartwatch displaying sport mode data, accompanied by icons representing over 100 different sports, highlighting its extensive sport tracking capabilities.



Image: A woman surfing, with text emphasizing the IP68 waterproof rating of the Gydom Smartwatch, indicating its suitability for water activities.

2.4 Watch Faces

Personalize your smartwatch with a wide selection of watch faces.

- **100+ Watch Faces:** Choose from over 100 watch faces available in the VeryFit app.
- **Custom Watch Faces:** Create your own watch face using any photo from your phone, such as family pictures or pets.

Change the Dial as You Wish

Rich dials to meet diverse aesthetics.
Support custom dials, choose favorite photo as dial to create a unique smartwatch



Image: Several Gydrom Smartwatch displays showcasing various watch face designs, alongside a smartphone, illustrating the customization options.

2.5 Other Functions

The Gydrom Smartwatch IDW13 includes several additional useful features:

- **Music Control:** Control music playback on your smartphone.
- **Camera Control:** Remotely control your phone's camera.
- **Weather Forecast:** View current weather conditions and forecasts.
- **Breathing Training:** Guided breathing exercises for relaxation.
- **Alarm Clock, Stopwatch, Timer, Flashlight:** Standard utility functions.
- **Find Phone:** Locate your paired smartphone.



Image: A composite image displaying five key functions of the Gydrom Smartwatch: Music Control, Weather Forecast, Stress Monitor, Sedentary Reminder, and Find Phone.

3. MAINTENANCE

3.1 Cleaning Your Smartwatch

Regularly clean your smartwatch to ensure optimal performance and hygiene.

- Wipe the screen and watch body with a soft, lint-free cloth.
- If necessary, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts are clean and dry before charging.

3.2 Battery Care

To prolong battery life:

- Charge the watch using the provided magnetic USB charger.
- Avoid extreme temperatures, which can affect battery performance.
- Do not leave the watch fully discharged for extended periods.

3.3 Water Resistance

The Gydrom Smartwatch IDW13 has an IP68 water resistance rating. This means it is protected against immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for:

- Hand washing
- Use in rain
- Swimming in a pool

Important: The watch is **not** suitable for hot water, saunas, or diving, as steam and high pressure can compromise the seals.

4. TROUBLESHOOTING

If you encounter issues with your Gydrom Smartwatch IDW13, please refer to the following common solutions:

Issue	Possible Solution
Watch not turning on or charging	Ensure the magnetic charger is correctly aligned with the charging points. Try a different USB power source. Allow the watch to charge for at least 10 minutes before attempting to turn it on.
Unable to pair with phone	Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both your phone and the watch. Ensure the VeryFit app is updated to the latest version. Forget the device in your phone's Bluetooth settings and try pairing again through the app.
Inaccurate health data (Heart Rate, SpO2, Sleep)	Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Clean the sensor on the back of the watch. Ensure your personal information (height, weight, age) is correctly entered in the VeryFit app.
Notifications not received	Check if notifications are enabled in the VeryFit app for specific applications. Ensure the app has permission to access notifications on your phone. Verify that "Do Not Disturb" mode is not active on either your phone or the watch.
Time display freezes or is incorrect	Restart the smartwatch. Ensure the watch is properly synced with your phone via the VeryFit app. The time should automatically update upon successful synchronization.
Alexa not responding	Ensure the watch is connected to your phone and your phone has an active internet connection. Verify that Alexa is properly set up and logged in within the VeryFit app. Speak clearly and directly into the watch.

5. SPECIFICATIONS

Feature	Detail
Brand	Gydom
Model Name	IDW13
Display Size	1.8 Inch
Display Type	LCD (Amoled/LCD/OLED listed, but LCD is primary)
Resolution	240*284
Operating System	Wear OS (as per specifications, though the app is VeryFit)
Memory Storage Capacity	128 MB
Battery Capacity	300 mAh (Lithium-polymer)
Charging Time	2 Hours
Average Battery Life	7 Days
Connectivity	Bluetooth
Water Resistance	IP68
Compatible Devices	Android 6.0+ and iOS 9.0+
Product Dimensions	25.7 x 0.9 x 4 cm; 80 g
Included Components	Smartwatch, Magnetic USB Charger, Manual

6. WARRANTY AND SUPPORT

Gydom is committed to providing quality products and customer satisfaction.

- **Lifetime Support:** We offer lifetime support and solutions for your Gydom product.
- **24-Hour Service:** Quick service is available via email for any inquiries or issues.
- **Return Policy:** Enjoy a 30-day no-reason return policy.
- **Warranty:** A 2-year free replacement warranty is provided for manufacturing defects.



Image: An illustration summarizing Gydom's customer support offerings, including lifetime support, 24-hour email service, a 30-day return policy, and a 2-year free replacement warranty.