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## Tensky ID208Plus

# Tensky Bluetooth Smart Watch User Manual

MODEL: ID208PLUS

## 1. Introduction

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Thank you for choosing the Tensky Bluetooth Smart Watch. This device is designed to enhance your daily life by providing convenient communication features, comprehensive fitness tracking, and advanced health monitoring directly from your wrist. Please read this manual carefully to ensure proper setup and optimal use of your new smartwatch.



Figure 1: Tensky Bluetooth Smart Watch (ID208Plus) with its main display showing various metrics.

## 2. What's in the Box

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- 1 x Tensky ID208Plus Bluetooth Smart Watch
- 1 x User Manual
- 1 x Original Charging Cable

## 3. Setup Guide

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Follow these steps to set up your Tensky Smart Watch and connect it to your smartphone:

1. **Download the VeryFit App:** Scan the QR code provided in the quick start guide or search for "VeryFit" in your smartphone's app store (compatible with iOS 9.0+ and Android 6.0+).
2. **Initial Connection via VeryFit App:**
  - Ensure Bluetooth is enabled on your phone.
  - Open the VeryFit app and follow the on-screen instructions to add a new device.
  - Select "ID208Plus" from the list of available devices to establish the initial connection.
3. **Connect for Call Functionality:**

- After the initial connection, go to your phone's Bluetooth settings.
- Find "ID208Plus BT" in the list of devices and tap to connect. This enables the call receive/dial function.



Figure 2: Step-by-step guide for connecting your smartwatch for full functionality.

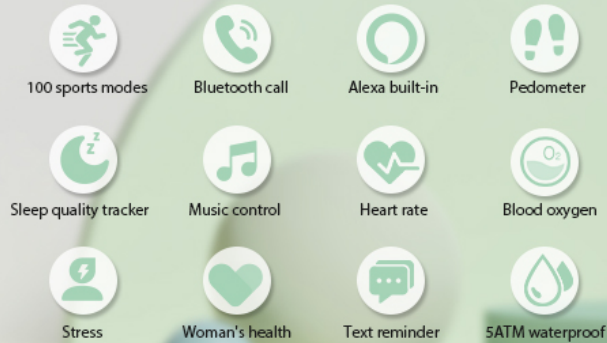
## 4. Operating Instructions

### 4.1 Communication Features

- **Call Receive/Dial:** Use the built-in microphone to make and answer calls directly from your watch.
- **Smart Notifications:** Receive SMS and app messages (Text, Facebook, WhatsApp, Instagram, Twitter, etc.) directly on your wrist. Note: Message reply is not supported.
- **Alexa Built-in:** Ask questions, control music playback, check weather, set alarms, timers, and more by speaking to your watch.

# Tensky

## Smart Watch with Bluetooth Call



*And more feature...*

Figure 3: Stay connected with call and notification features.

### 4.2 Health Monitoring

The smartwatch provides 24/7 accurate health monitoring to help you understand and adjust your lifestyle.

- **Heart Rate Monitoring:** Tracks your heart rate data 24/7.
- **Blood Oxygen Monitoring:** Measures blood oxygen levels. Ensure correct wearing for accurate readings.
- **Sleep Monitoring:** Automatically monitors sleep status and provides comprehensive sleep quality analysis (deep sleep, light sleep, awake).
- **Stress Monitoring:** Provides data on stress levels, indicating when adjustment may be needed. (Note: Not a blood pressure test).
- **Female Menstrual Cycle Reminder:** Records and predicts menstrual cycle and ovulation dates.

# Life is about movement



Figure 4: Comprehensive health monitoring features.

## 4.3 Fitness Tracking & Sports Modes

Track your daily activities and optimize your workouts with 100+ sports modes.

- **Daily Activity Tracking:** Accurately records steps, distance, calories burned, and active minutes.
- **100+ Sports Modes:** Includes modes like Outdoor Running, Indoor Walking, Cycling, Yoga, Swimming, and more. (24 modes are pre-set; others can be added via the VeryFit app: Device → More Settings → Sports Type → Edit).
- **Daily Readiness Score:** Provides insights into your daily physical status.



Figure 5: Track your progress and make every workout count.

#### 4.4 Smart Life Partner & Other Features

The 1.8" HD full touch screen offers a unique visual experience and various useful tools:

- **Customizable Watch Faces:** Upload your favorite pictures as watch faces.
- **Music Control:** Control music playback (play, stop, next/previous song) on your smartphone.
- **Camera Control:** Remotely control your phone's camera.
- **Weather Forecast:** Supports current city's seven-day weather viewing.
- **Alarm Clock & Timer:** Set alarms and use the timer function.
- **Sedentary Reminder:** Vibrates to remind you to move after long periods of inactivity.
- **Flashlight:** Provides a basic light source in dark places.
- **Breath Exercise:** Guided breathing exercises for stress management.
- **Find Phone:** Helps locate your misplaced smartphone.
- **Adjustable Brightness:** Customize screen brightness for comfort.



Figure 6: Explore more special features for a smarter life.

## 5. Maintenance

- **Water Resistance:** The smartwatch is 5ATM waterproof, suitable for swimming pools, washing hands, and showering. **Do not use in hot water or seawater.**
- **Cleaning:** Regularly clean the watch and strap with a soft, dry cloth. Avoid harsh chemicals.
- **Charging:** Use the provided original charging cable. Ensure the charging contacts are clean and dry before charging.



Figure 7: The smartwatch is 5ATM waterproof for daily use.

## 6. Troubleshooting

- **Connection Lost:** If the watch displays "Connection lost," ensure Bluetooth is enabled on your phone and the VeryFit app is running in the foreground or background. Re-establish the connection through the app.
- **Notifications Not Received:** Check app permissions on your phone to ensure VeryFit has access to notifications. Verify that notifications are enabled within the VeryFit app settings for specific applications.
- **Inaccurate Health Data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch regularly.
- **Short Battery Life:** Reduce screen brightness, disable unnecessary features, and ensure the watch is fully

charged (1.5-2.5 hours for a full charge).

## 7. Specifications

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Feature	Detail
Brand	Tensky
Model Number	ID208Plus
Screen Size	1.8 Inches
Operating System	Android (Compatible with iOS 9.0+ & Android 6.0+)
Connectivity Technology	Bluetooth 5.0+
Battery Capacity	300mAh Lithium Polymer
Charging Time	1.5-2.5 hours
Battery Life (Normal Use)	7-12 days
Battery Life (Standby)	Up to 30 days
Waterproof Rating	5ATM
Item Weight	3.2 ounces (0.09 Kilograms)

## 8. Warranty and Support

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Tensky is committed to providing excellent customer service. Your smartwatch comes with a 2-year free replacement warranty. For any questions or assistance, please do not hesitate to contact our professional technical team, available 24/7. We strive to provide you with the best service and satisfied solutions.

For support, please refer to the contact information provided with your product packaging or visit the official Tensky store on Amazon.