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Fitpolo IDW13

Fitpolo Smart Watch IDW13 User Manual

Model: IDW13 | Brand: Fitpolo

1. PRODUCT OVERVIEW

The Fitpolo Smart Watch IDW13 is a versatile wearable device designed to enhance your daily life through smart features and comprehensive health and fitness tracking. It features a 1.8-inch HD screen, built-in Alexa voice control, Bluetooth calling capabilities, and a wide array of sensors for continuous health monitoring.



Figure 1: Fitpolo Smart Watch IDW13 main display and Alexa interface.

2. WHAT'S IN THE BOX

- Fitpolo Smart Watch (IDW13) x 1
- Magnetic Charging Cable x 1
- User Manual x 1

3. SETUP GUIDE

3.1 Initial Charging and Activation

Before first use, fully charge the smartwatch. Connect the magnetic charging cable to the charging points on the

back of the watch and plug the USB end into a compatible power source. The watch will activate once charging begins.



Figure 2: Smart Watch dimensions and magnetic charging points.

3.2 App Installation and Pairing

To unlock the full functionality of your Fitpolo Smart Watch, download the 'VeryFit' app from the Google Play Store (for Android devices) or the Apple App Store (for iOS devices). Follow the on-screen instructions within the app to pair your watch via Bluetooth 5.3.

Your browser does not support the video tag.

Video 1: Demonstrates the user-friendly operation interface of the Fitpolo Smart Watch, including navigation and feature access.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

The watch features a responsive 1.8-inch HD touchscreen. Swipe left/right or up/down to navigate through menus and features. Use the physical button on the side to return to the home screen or activate certain functions.

4.2 Customizing Watch Faces

Choose from over 102 watch faces available through the VeryFit app. You can also personalize the watch face using your favorite photos.



Figure 3: Customizing your watch face on the 1.8-inch HD screen.

4.3 Bluetooth Calling

With Bluetooth 5.3, you can answer or make calls directly from your smartwatch when your phone is within 8-10

meters. The watch does not support sending or replying to messages.



Figure 4: Bluetooth call interface on the smartwatch.

4.4 Alexa Voice Control

The watch features built-in Amazon Alexa. Speak to your watch to ask questions, control music playback, check the weather, set alarms and timers, and manage Alexa-compatible smart devices.

4.5 Message Notifications

Stay connected with notifications from SMS, Facebook, WhatsApp, Instagram, X, Telegram, TikTok, Skype, and other applications. Notifications will appear on your watch screen.

4.6 Additional Smart Features

The Fitpolo Smart Watch includes useful tools such as music control, camera control, medication reminders, weather forecasts, alarms, stopwatch, timer, breather guide, raise-to-wake function, and a 'Find Phone' feature.

5. HEALTH MONITORING

The Fitpolo Smart Watch provides continuous and accurate health monitoring (for non-medical use) to help you understand your body better.

- **Heart Rate Monitor:** Continuously tracks your heart rate.
- **Blood Oxygen (SpO2) Monitor:** Measures your blood oxygen levels.
- **Stress Level Monitor:** Provides insights into your stress levels.
- **Sleep Tracking:** Monitors your sleep patterns and quality.
- **Cycle Tracking:** Helps women track their menstrual cycles.

The image features a man in a grey athletic shirt and dark shorts, wearing a smartwatch and earbuds. Overlaid on the right side are four data panels:

- Sleep Monitor:** Shows a total sleep duration of 6H 25M, with a bar chart and a timeline from 22:33 to 06:30.
- Blood Oxygen:** Shows a 94% saturation level with a bar chart and a timeline from 00:00 to 24:00.
- Heart Rate:** Shows a current heart rate of 86 bpm, with a bar chart and a timeline from 00:00 to 24:00. It also indicates a range from 108 (up) to 80 (down).
- Stress Level:** Shows a stress level of 29 (Relax) with a bar chart and a timeline from 00:00 to 24:00.

In the bottom right, a close-up of the smartwatch displays:

- Heart rate: 108 BPM
- Blood oxygen: 99% SpO2
- Stress level: 56 Medium
- A refresh button (circular arrow icon)

Accurate Health Monitoring
Knows yourself better and healthier

Figure 5: Overview of accurate health monitoring features.

6. FITNESS TRACKING

Track your daily activities and workouts with precision.

- **Activity Tracking:** Records daily steps, distance, and calorie consumption.
- **105+ Sports Modes:** Supports a wide range of activities including running, walking, hiking, badminton,

basketball, boating, climbing, cycling, fitness, football, swimming, and yoga.

- **IP68 Waterproof:** Designed to withstand water exposure, making it suitable for washing hands, face, and sweaty activities. Not recommended for hot water activities or deep diving.



Figure 6: Accurate daily activity monitoring.

Your browser does not support the video tag.

Video 2: Highlights the fitness tracking capabilities and various sports modes of the Fitpolo Smart Watch.

7. MAINTENANCE

7.1 Cleaning the Watch

Regularly clean your smartwatch and band to prevent skin irritation and maintain product longevity. Use a soft, damp cloth to wipe the screen and band. Avoid harsh chemicals or abrasive materials.

7.2 Battery Life and Charging

The watch has a 350 mAh Lithium Polymer battery. A full charge takes approximately 2.5 hours. It offers up to 7 days of typical use and 30 days of standby time. Ensure the magnetic charging cable is securely connected during charging.

8. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Long press the function button to power on.
- **Unable to pair with app:** Ensure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and the app.
- **Inaccurate readings:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors regularly.
- **Notifications not appearing:** Check app permissions in your phone settings and ensure notifications are enabled within the VeryFit app.

9. SPECIFICATIONS

Model Number	IDW13
Screen Size	1.8 Inches
Display Resolution	240 x 240
Battery Capacity	350 Milliamp Hours (Lithium Polymer)
Charging Time	2.5 Hours
Typical Use Battery Life	7 Days
Standby Time	30 Days
Waterproof Rating	IP68
Connectivity	Bluetooth 5.3
Compatibility	iOS 9.0+ / Android 6.0+
Item Weight	1.35 ounces (38.2 Grams)
Product Dimensions	1 x 1 x 1 inches

10. WARRANTY AND SUPPORT

Fitpolo offers a 3-year guarantee for the Smart Watch IDW13. For any issues or technical assistance, 24/7 tech support is available. Please refer to the contact information provided in your product packaging or on the official Fitpolo website for support details.

The smartwatch band fits wrists ranging from 166 to 232mm (6.5-9.1 inches). If a different size band is required, please contact customer support for a replacement.