KALINCO IDW19

KALINCO Smart Watch IDW19 User Manual

Model: IDW19

1. Introduction

This manual provides detailed instructions for the setup, operation, maintenance, and troubleshooting of your KALINCO Smart Watch IDW19. Please read this manual thoroughly before using the device to ensure proper function and to maximize your user experience.



Image 1.1: The KALINCO Smart Watch IDW19, showcasing its display and design.

2. Package Contents

Ensure all items are present in the package:

- KALINCO Smart Watch IDW19
- Charging Cable
- User Manual



Image 2.1: Contents of the KALINCO Smart Watch IDW19 package, including the watch, charging cable, and manual.

3. Setup Guide

3.1 Charging the Device

Before first use, fully charge your smart watch. Connect the charging cable to the charging port on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. The watch display will indicate charging status. A full charge typically takes approximately 2 hours.

3.2 Downloading and Installing the VeryFit App

The KALINCO Smart Watch IDW19 requires the VeryFit app for full functionality. Download the app from the Apple App Store (for iOS devices) or Google Play Store (for Android devices).

1. Scan the QR code in the manual or on the watch packaging, or search for "VeryFit" in your app store.
2. Install the app on your smartphone.
3. Ensure your smartphone meets the compatibility requirements: iOS 9.0 and above or Android 6.0 and above.

3.3 Pairing the Smart Watch

After installing the VeryFit app, follow these steps to pair your watch:

1. Enable Bluetooth on your smartphone.
2. Open the VeryFit app and create an account or log in.
3. Navigate to the 'Device' section within the app and select 'Add Device'.
4. The app will search for nearby devices. Select 'IDW19' from the list.
5. Confirm the pairing request on both your watch and smartphone.

3.4 Initial Power On/Off

To power on the watch, press and hold the side button until the screen lights up. To power off, navigate to the settings menu on the watch, select 'Power Off', and confirm.

4. Operating Your Smart Watch

4.1 Basic Navigation

The IDW19 features a 1.8-inch full touch screen for intuitive navigation. Swipe left, right, up, or down to access different functions and menus. Press the side button to return to the home screen or wake the device.

4.2 Making and Answering Calls

Once paired with your smartphone, you can manage calls directly from your wrist.

- **To Answer a Call:** When an incoming call notification appears, tap the green answer icon on the watch screen.
- **To Reject a Call:** Tap the red reject icon on the watch screen.
- **To Make a Call:** Access the call function on your watch to dial numbers or select contacts from your synced phonebook.



Image 4.1: Call and notification features on the KALINCO Smart Watch IDW19.

4.3 Receiving Notifications

The watch can display notifications from various apps on your smartphone. Ensure notification permissions are enabled in both your phone's settings and the VeryFit app.

- Incoming calls, text messages, and app alerts (e.g., Facebook, Instagram, Twitter, WhatsApp) will be displayed on the watch screen.

- Swipe down from the top of the watch face to view your notification history.

4.4 Using Alexa Built-in

Your KALINCO IDW19 Smart Watch features Amazon Alexa built-in for voice control.

- Activate Alexa by swiping right on the watch face or by pressing and holding the side button (if configured).
- Speak clearly into the watch's microphone to ask questions, control music playback, check weather forecasts, set alarms, or manage timers.



Image 4.2: Demonstrating Alexa voice commands on the KALINCO Smart Watch.

4.5 Health Monitoring

The watch provides comprehensive health monitoring features:

- **Heart Rate Monitor:** Continuously tracks your heart rate throughout the day. View real-time data on the watch or detailed trends in the VeryFit app.
- **SpO2 Monitor:** Measures your blood oxygen saturation levels.

- **Stress Level Monitor:** Assesses your stress levels and provides insights into your mental well-being.
- **Sleep Monitor:** Automatically detects and analyzes your sleep patterns, including deep sleep, light sleep, and awake time.
- **Female Menstrual Period Tracking:** Allows tracking of menstrual cycles for women.
- **Breathing Guide:** Offers guided breathing exercises to help manage stress and promote relaxation.

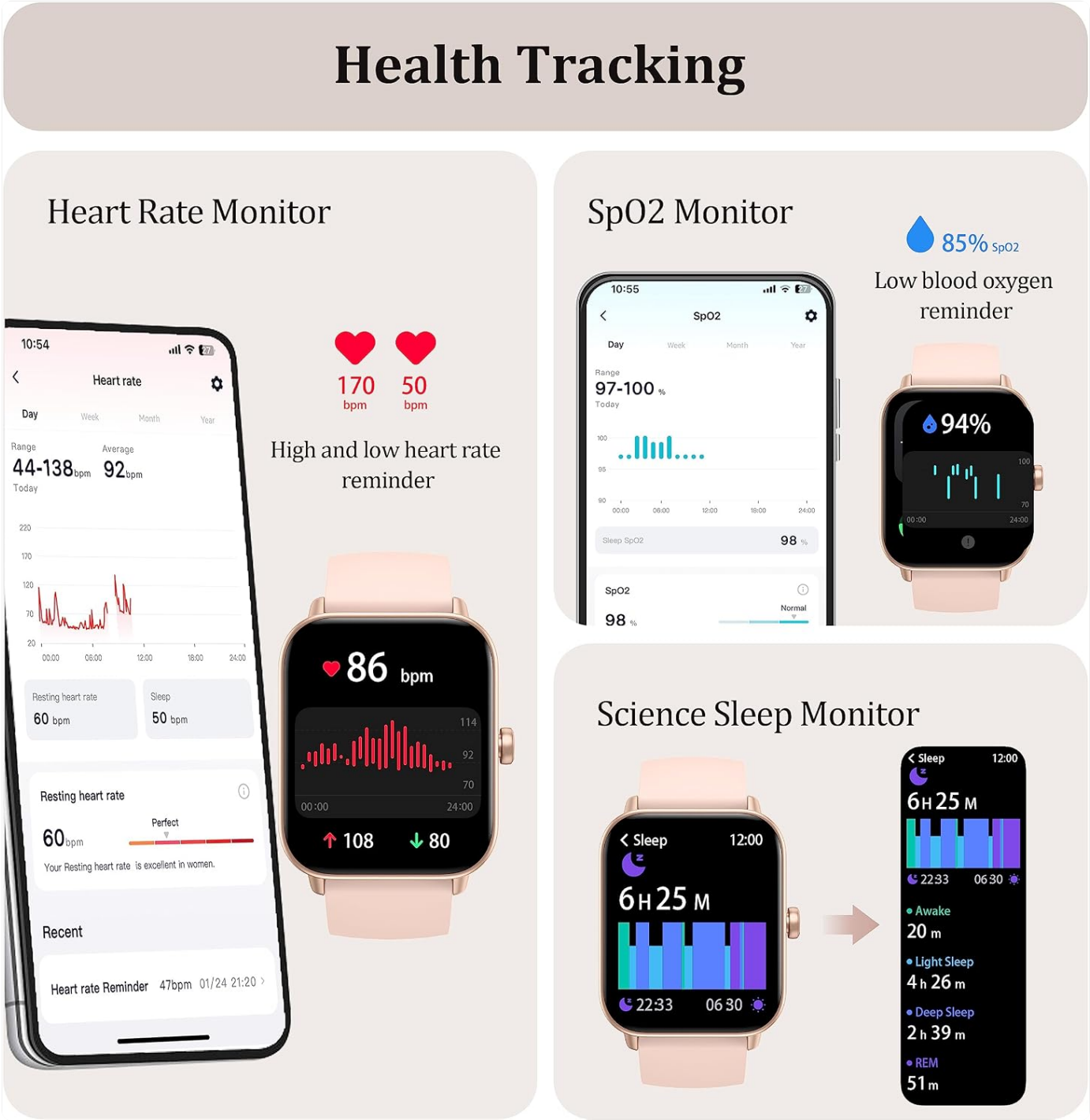


Image 4.3: Health tracking features including heart rate, SpO2, and sleep analysis.

4.6 Sports Modes and Activity Tracking

The watch supports over 100 sports modes to track your workouts.

- Select your desired sport mode from the watch's menu before starting an activity.
- The activity tracker records calories burned, steps taken, distance covered, and workout duration.
- Access detailed fitness data and exercise plans in the VeryFit app.



Image 4.4: Overview of sports modes and activity tracking data.

4.7 Customizing Watch Faces

Personalize your watch with various watch faces.

- Choose from a selection of pre-installed watch faces directly on the watch.
- Use the VeryFit app to browse additional watch faces or upload your own photos to create custom designs.



Image 4.5: Customizable watch faces and screen size details.

4.8 Other Practical Features

The KALINCO IDW19 includes several other useful features:

- **Weather Forecasts:** View current weather conditions and forecasts.
- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks).
- **Alarm Settings:** Set and manage alarms directly from your watch.
- **Stopwatch & Timer:** Utilize built-in stopwatch and timer functions.
- **Reminders:** Receive sedentary, drinking, and hand-washing reminders.
- **Raise-to-Wake:** Lift your wrist to automatically wake the screen.
- **Find Phone:** Locate your paired smartphone by triggering an alert sound.
- **Adjustable Brightness:** Customize screen brightness for optimal viewing.



Image 4.6: Reminders for developing good habits, such as hand-washing and drinking water.

5. Maintenance

5.1 Water Resistance (IP68)

The KALINCO IDW19 Smart Watch is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for daily use, showering, rain, and swimming. However, it is not recommended for hot water activities (e.g., hot showers, saunas) or diving, as steam and high pressure can compromise the seal.

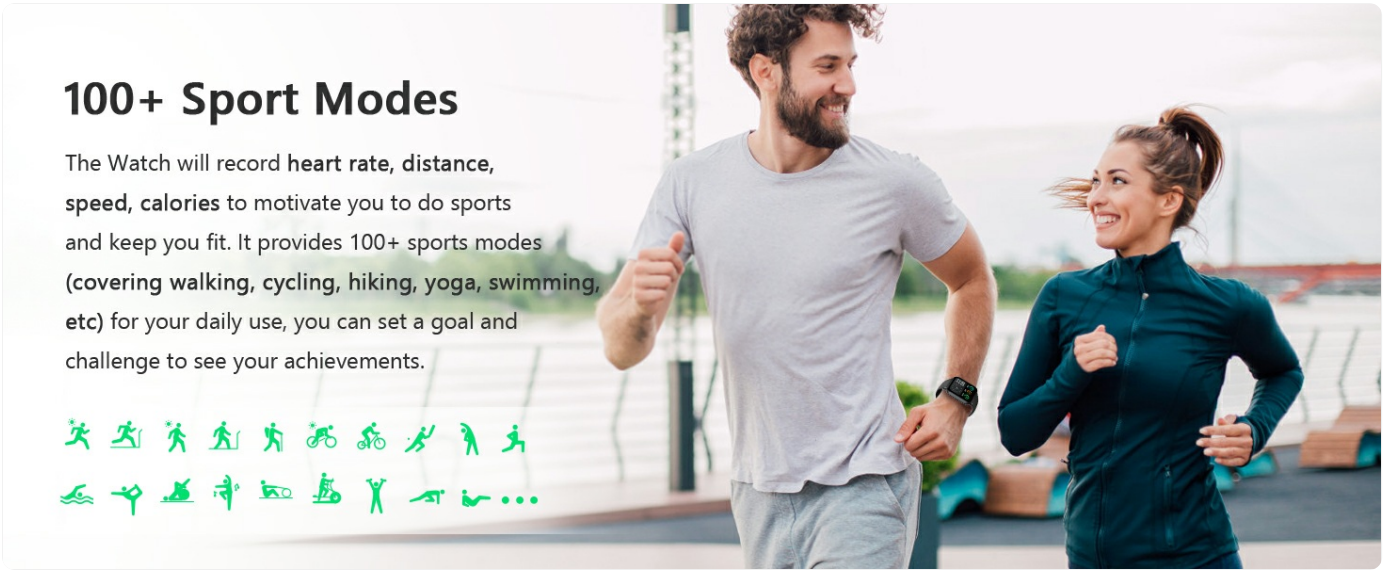


Image 5.1: The watch's IP68 waterproof rating allows for use during water activities.

5.2 Cleaning and Care

To maintain your watch's performance and appearance:

- Wipe the watch and strap regularly with a soft, damp cloth.
- Avoid using harsh chemicals, abrasive cleaners, or solvents.
- Ensure the charging contacts are clean and dry before charging.
- Store the watch in a cool, dry place when not in use.

5.3 Battery Management

The watch is equipped with a 300mAh Lithium Polymer battery, offering 5-7 days of typical daily use and over 30 days of standby

time.

- Charge the watch when the battery level is low to prolong battery life.
- Avoid extreme temperatures, as they can affect battery performance.
- If the watch will not be used for an extended period, charge it to about 50% before storing.



Image 5.2: Battery performance details for the KALINCO Smart Watch IDW19.

6. Troubleshooting

If you encounter issues with your KALINCO Smart Watch IDW19, refer to the following common solutions:

6.1 Connectivity Issues (Watch Disconnecting from App)

- Ensure Bluetooth is enabled on your smartphone and the watch is within range.
- Check if the VeryFit app is running in the background and has necessary permissions.
- Restart both your smartphone and the smart watch.
- Unpair the device from the VeryFit app and your phone's Bluetooth settings, then re-pair it.

6.2 Display Issues (Screen Not Turning On, Goes Black Quickly)

- Ensure the watch is charged.
- Adjust the screen timeout settings in the watch's menu or via the VeryFit app.
- Try restarting the watch.

6.3 Incorrect Time/Date

- The watch's time and date typically sync automatically with your paired smartphone. Ensure the watch is properly connected to the VeryFit app.
- Verify that your smartphone's time and date settings are correct, including time zone.
- If issues persist, try unpairing and re-pairing the watch.

6.4 Charging Problems

- Ensure the charging cable is securely connected to both the watch and the power source.
- Check for any debris or damage on the charging contacts of both the watch and the cable.
- Try using a different USB power adapter or port.

6.5 General Performance Issues

- If the watch is unresponsive or behaving erratically, perform a factory reset through the watch's settings menu (note: this will erase all data on the watch).
- Ensure the VeryFit app is updated to the latest version.

7. Specifications

Feature	Detail
Brand	KALINCO
Model	IDW19
Display Size	1.8 Inches
Display Type	TFT LCD
Display Resolution	240x284
Battery Capacity	300 mAh (Lithium Polymer)
Battery Life (Typical Use)	5-7 days
Standby Time	Over 30 days
Waterproof Rating	IP68
Operating System	Android (compatible with iOS 9.0+ / Android 6.0+)
Memory Storage Capacity	128 MB
Connectivity	Bluetooth
Special Features	Alexa Built-in, Voice Control, Heart Rate, SpO2, Stress, Sleep Monitor, 100+ Sport Modes, Call/Message Notifications

8. Warranty and Support

8.1 Warranty Information

The KALINCO Smart Watch IDW19 comes with a **12-month warranty** from the date of purchase. This warranty covers manufacturing defects and issues arising from normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or failure to follow the instructions in this manual.

8.2 Customer Support

If you encounter any issues, have questions, or require assistance with your KALINCO Smart Watch, please do not hesitate to contact our customer support team. We are committed to providing satisfactory solutions.
For support, please refer to the contact information provided on the KALINCO official website or within the VeryFit app.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question