

MILOUZ IDW19

MILOUZ IDW19 Smart Watch User Manual

Model: IDW19 | Brand: MILOUZ

1. INTRODUCTION

Welcome to the MILOUZ IDW19 Smart Watch user manual. This guide provides detailed instructions on setting up, operating, maintaining, and troubleshooting your new smartwatch. The MILOUZ IDW19 is designed to enhance your daily life with comprehensive health monitoring, smart communication features, and extensive fitness tracking capabilities. Please read this manual thoroughly to ensure optimal performance and longevity of your device.



Image 1: The MILOUZ IDW19 Smart Watch, showcasing its main display and sleek design.

2. KEY FEATURES

- **Bluetooth Call/Read Messages:** Built-in microphone and speaker for calls, contact storage, and message notifications (Facebook, Calendar, Messenger, Instagram, Gmail, Whatsapp, Twitter, Snapchat, etc.).
- **Alexa Voice Assistant:** Integrated Alexa function for voice commands, weather checks, alarms, and smart home device control.
- **24-Hour Health Monitoring:** Continuous monitoring of heart rate, blood oxygen, and sleep quality. Includes women's period reminder, breathing training, sedentary reminder, handwashing reminder, and water drinking reminder.
- **1.8" DIY Dial/Multifunctional:** 1.8" HD full-color touch screen with over 100 customizable dial options. Features include alarm clock, stopwatch, music/camera control, weather, torch, and 'find your phone'.
- **100 Sport Modes:** Supports 100 exercise modes (walking, running, cycling, yoga, etc.) for personalized exercise

data and athletic performance analysis.

- **7-10 Days Working Time:** 300mAh battery provides up to 7-10 days of usage and 30 days of standby time with a 2-hour charge.



Image 2: Overview of the MILOUZ Smart Watch's diverse features and monitoring capabilities.

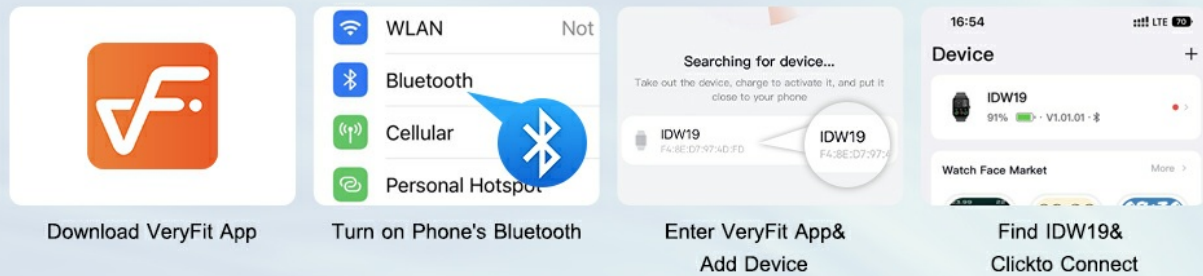
3. SETUP

3.1 Initial Setup (VeryFit App)

To begin using your MILOUZ IDW19 Smart Watch, you must first connect it to your smartphone via the VeryFit app.

1. **Download VeryFit App:** Scan the QR code displayed on the watch screen or search for "VeryFit" in your phone's app store (Google Play Store for Android, Apple App Store for iOS) and download it.
2. **Turn on Phone's Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Enter VeryFit App & Add Device:** Open the VeryFit app, agree to the user agreement and privacy policy, and navigate to the device pairing section.
4. **Find IDW19 & Connect:** The app will search for nearby devices. Select "IDW19" from the list to initiate pairing.
5. **Confirm Pairing:** Follow the on-screen prompts on both your phone and watch to confirm the pairing.

FIRST CONNECT VIA VERYFIT APP



THEN CONNECT THE SECOND BLUETOOTH FOR ANSWERING/CALLING



Image 3: Visual guide for initial setup and Bluetooth calling connection.

3.2 Bluetooth Calling Setup

After the initial connection via the VeryFit app, you need to establish a second Bluetooth connection for calling functionality.

1. **Connect IDW19-BT:** In your phone's Bluetooth settings, look for "IDW19-BT" and connect to it. This enables Bluetooth calls.
2. **Use Calling Feature:** Once connected, you can use the watch to make and receive calls directly.

3.3 Changing Units (Temperature & Distance)

You can adjust the units for temperature and distance measurements within the VeryFit app.

1. **Open VeryFit App:** Launch the VeryFit application on your smartphone.
2. **Navigate to 'Me' Section:** Tap on the 'Me' icon, usually located at the bottom of the app interface.
3. **Select 'Unit' Settings:** Within the 'Me' section, find and tap on 'Unit'.
4. **Adjust Temperature Unit:** Choose between Celsius or Fahrenheit for temperature display.
5. **Adjust Distance Unit:** Select 'Metric Imperial Units' for miles (British system) or 'Metric System' for kilometers.

4. OPERATING INSTRUCTIONS

4.1 Navigation

The MILOUZ IDW19 Smart Watch features a full-color touch screen for easy navigation. Swipe left/right, up/down, and tap to access different functions and menus.

4.2 Health Monitoring

Your smartwatch continuously monitors various health metrics:

- **Heart Rate Monitor:** Tracks your heart rate throughout the day, providing real-time data and trends.
- **Blood Oxygen Monitor:** Measures your blood oxygen saturation (SpO2) levels.
- **Sleep Monitor:** Analyzes your sleep patterns, including deep sleep, light sleep, and wake times, to help improve sleep quality.
- **Stress Monitor:** Provides insights into your stress levels.
- **Breathing Training:** Guided breathing exercises to help you relax and manage stress.

Your Health Keeper

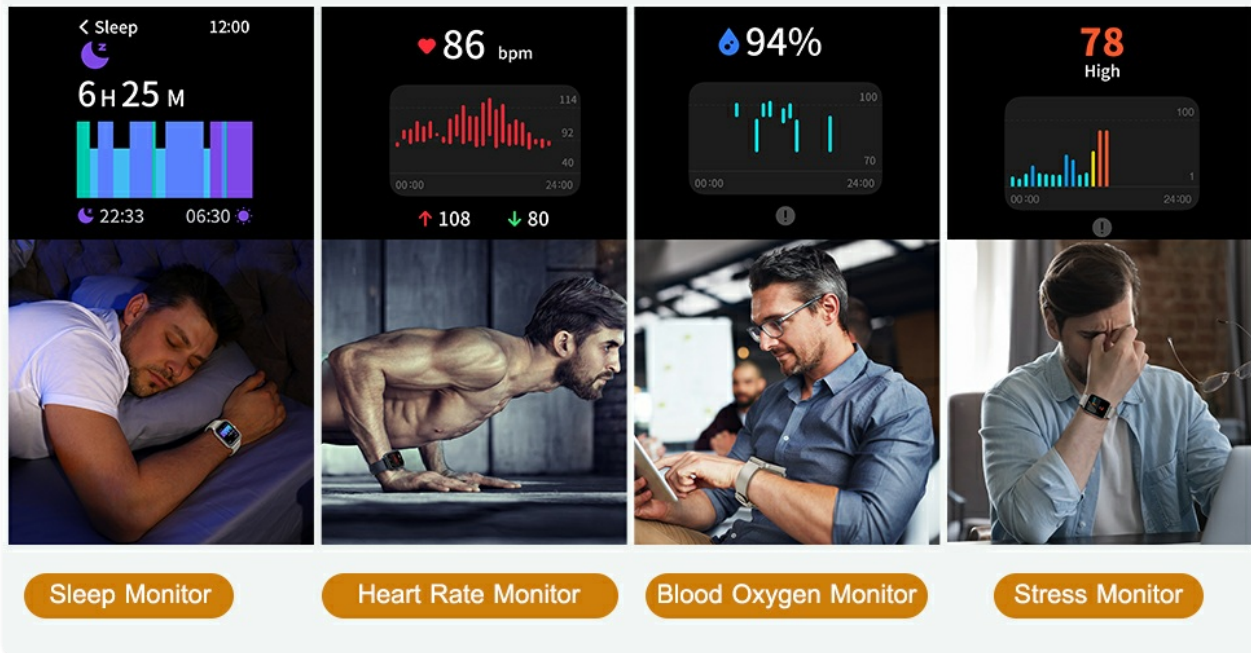


Image 4: Detailed health monitoring features of the MILOUZ Smart Watch.

4.3 Smart Functions

The IDW19 offers a range of smart functionalities:

- **Alexa Voice Assistant:** Speak commands to Alexa for various tasks, such as setting alarms, checking weather, or controlling smart home devices.
- **Bluetooth Calls & Notifications:** Make and receive calls directly from your wrist. Receive notifications from your phone and various apps.
- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks, adjust volume).
- **Camera Control:** Use your watch as a remote shutter for your phone's camera.
- **Find Your Phone:** Locate your misplaced phone by triggering an alarm from your watch.
- **Weather:** Get real-time weather updates directly on your watch.
- **Reminders:** Set various reminders including handwashing, water drinking, and sedentary alerts.

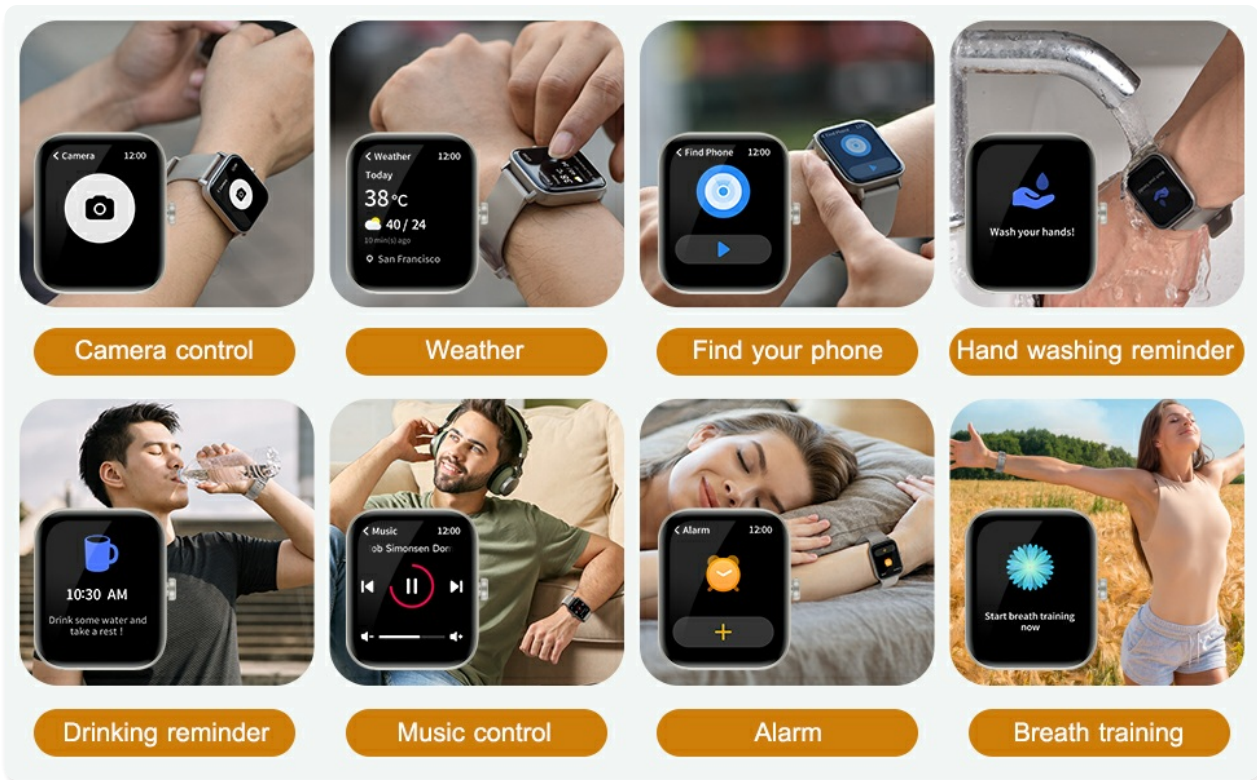


Image 5: Smart functions available on the MILOUZ IDW19 Smart Watch.

4.4 Sport Modes

The watch supports over 100 sport modes to track your workouts accurately. Select your desired sport mode before starting an activity to record duration, steps, distance, calories, and heart rate.



Image 6: The MILOUZ Smart Watch's extensive sport mode tracking capabilities.

Video 1: An official overview of the MILOUZ Smart Watch, highlighting its key features and design.

5. MAINTENANCE

5.1 Charging

The smartwatch comes with a 300mAh battery. To charge, connect the provided magnetic charging cable to the charging points on the back of the watch. A full charge takes approximately 2 hours. Avoid using fast charging heads as excessive current can damage the battery.

5.2 Water Resistance

The watch is designed for daily life waterproofing. It is not suitable for bathing, diving, seawater, hot springs, sauna, or other wading or deep-water activities under high-speed water flow. Due to the call function and sound hole, water vapor or high-speed water flow can easily enter the watch, potentially causing corrosion.

5.3 Cleaning

Regularly clean your watch band and screen with a soft, dry cloth. If necessary, use a slightly damp cloth and dry thoroughly. Avoid harsh chemicals or abrasive materials.

6. TROUBLESHOOTING (FQA)

Q: How to connect the watch to your phone?

A: The watch requires dual Bluetooth connection. First, connect "IDW19" in the VeryFit app. Second, connect "IDW19" in your phone's Bluetooth settings. Ensure your phone and watch are within ten meters during connection.

Q: Why can't your watch receive SMS and notifications?

A: 1. Ensure app permissions for messages, calls, etc., are allowed when first downloading VeryFit. 2. Allow VeryFit to send notifications: Phone Settings > VeryFit > Notifications > Allow Notifications > Tick Lock Screen/Notification Center/Banners, and tick "Always (Default)" in Show Previews. 3. Check if app messages appear as pop-ups on your mobile phone. If not, the watch won't receive them. Ensure they are able to show up: Phone Settings > Notifications > Find the app you need to get notification from > Allow Notifications. 4. In the App: authorize the watch to receive messages. Do not enable DND mode.

Q: Why is the watch usage time shorter?

A: If the call function is always on, it will increase power consumption. Avoid using fast charging heads as excessive current can damage the battery.

Q: Why is it not recommended for deep water sports or bathing?

A: The watch is for daily life waterproofing only. Not suitable for bathing, diving, seawater, hot springs, sauna, or other wading/deep water activities under high-speed water flow. The sound hole for the call function can allow water vapor or high-speed water to enter, causing corrosion.

Q: How to measure my heart rate & steps more accurately?

A: Ensure your personal info (age, height, weight) in the VeryFit app is correct (VeryFit app > User > My info). Arm swing, slight watch movement, wearing too tight, raising arm, or making a fist can affect blood circulation and HR signal. Initial volatile heart rate data is normal; data becomes more accurate with more frequent and longer measurements.

7. SPECIFICATIONS

Feature	Detail
Brand Name	MILOUZ
Model Name	IDW19
Color	Starlight
Screen Size	1.8 Inches
Operating System	Android (Compatible with Android 6.0+ and iOS 9.0+)
Connectivity Technology	Bluetooth
Battery Capacity	300 Milliamp Hours
Working Time	7-10 Days
Standby Time	30 Days
Item Weight	0.09 Kilograms
Included Components	Smart watch, charging cable

8. WARRANTY AND SUPPORT

The MILOUZ IDW19 Smart Watch comes with a 365-day warranty, ensuring peace of mind with your purchase. For any inquiries, technical assistance, or support, MILOUZ offers 24/7 online customer support.

For additional information or to download the official User Manual (PDF), please refer to the product's Amazon listing or the MILOUZ brand store.

Official User Manual (PDF): [Download Here](#)

MILOUZ Store: [Visit Store](#)