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Amzhero Runfit D19

Amzhero Fitness Smart Watch with Alexa User Manual

MODEL: RUNFIT D19

Introduction

This manual provides essential information for setting up, operating, and maintaining your Amzhero Fitness Smart Watch with Alexa, Model Runfit D19. Please read this guide thoroughly to ensure proper usage and to maximize the features of your device.

What's in the Box

Upon opening your Amzhero Fitness Smart Watch package, you should find the following items:

- Amzhero Fitness Smart Watch (Runfit D19)
- Charging Cable
- User Manual

In The Box



Image: The Amzhero Fitness Smart Watch, an additional strap, and the magnetic charging cable are shown, illustrating the contents of the product box.

Setup

1. Charging the Device

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



Image: A close-up view of the Amzhero smartwatch's rear, showing the magnetic charging cable attached to its charging pins.

2. Pairing with Your Smartphone

1. Download the **"VeryFit"** app from the App Store (iOS) or Google Play Store (Android).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the VeryFit app, create an account or log in.
4. Follow the in-app instructions to search for and connect to your Amzhero smartwatch.
5. Confirm the pairing request on both your phone and the watch.

3. Wearing the Watch

For accurate heart rate, blood oxygen, and stress monitoring, wear the watch snugly on your wrist, about one finger's width above your wrist bone. Ensure the sensor on the back of the watch is in contact with your skin.

Operating Instructions

1. Basic Navigation

- **Touch Screen:** Swipe up, down, left, or right to navigate through menus and notifications. Tap to select.
- **Side Button:** Press to return to the home screen or wake the device.

2. Health Monitoring

The Amzhero Smart Watch provides comprehensive health tracking features:

- **Heart Rate:** Monitors your heart rate 24/7. View real-time data on the watch or detailed trends in the VeryFit app.
- **Blood Oxygen (SpO2):** Measures your blood oxygen saturation levels.
- **Stress Tracking:** Provides insights into your stress levels and offers guidance for relaxation.
- **Sleep Tracker:** Analyzes your sleep patterns, including awake time, light sleep, and deep sleep, providing a sleep score and suggestions for improvement.
- **Female Menstrual Period Tracking:** Record and predict menstrual cycles.

Advanced Health tracker



Image: The Amzhero smartwatch shows screens for 24/7 heart rate, blood oxygen, and stress management. A woman is shown sleeping, indicating sleep tracking capabilities.

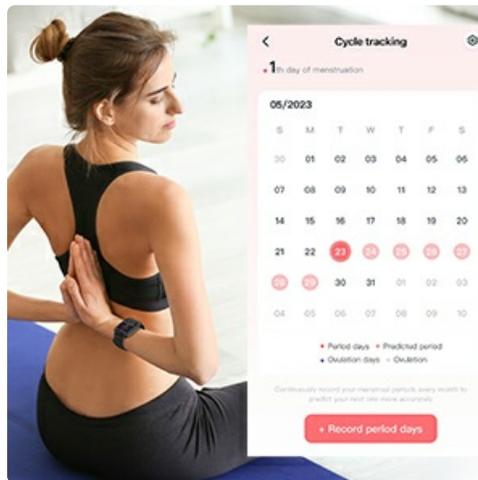


Image: The smartwatch screen displays a calendar interface for cycle tracking, showing predicted period and ovulation days.

3. Sports Modes

The watch supports over 100 sports modes, including walking, running, cycling, swimming, yoga, and more. Select your activity to track real-time metrics such as steps, distance, calories burned, and active minutes. GPS tracking is enabled via your connected smartphone.

100+

Sports Modes

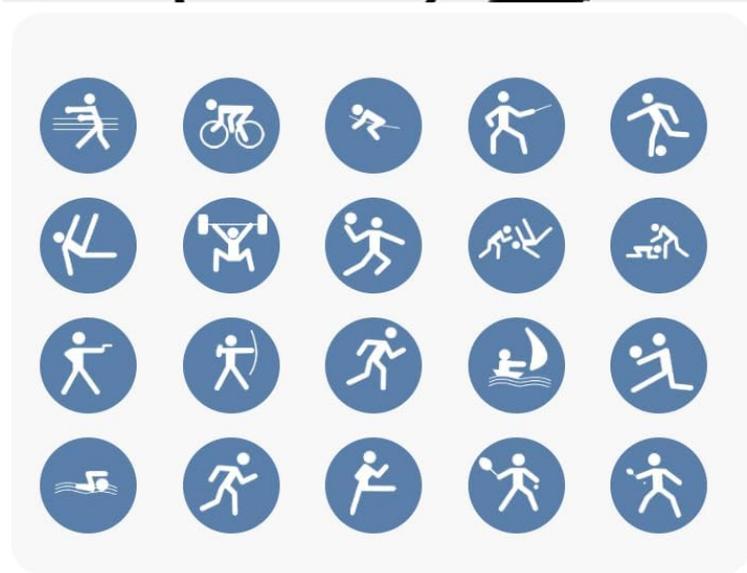


Image: The Amzhero smartwatch shows a selection of sports mode icons and a detailed screen for outdoor cycling, displaying duration, heart rate, and calories.

Amzhero Fitness Smartwatch

Level up your health and fitness



Image: A man is shown cycling while wearing the Amzhero smartwatch. The watch display shows current weather, calories burned, step count, and tracking distance.

4. Alexa Integration

Your Amzhero Smart Watch features built-in Alexa. Use your voice to get weather updates, news, set timers, reminders, ask questions, and control smart home devices.



Image: Three smartwatch screens are displayed side-by-side, illustrating an incoming call, the Alexa voice assistant in listening mode, and a message notification.

5. On-wrist Bluetooth Calls, Texts & Notifications

With its built-in speaker and Bluetooth connectivity, you can make and receive calls directly from your smartwatch. Receive vibration alerts for incoming calls, text messages, and social media app notifications, ensuring you stay connected.

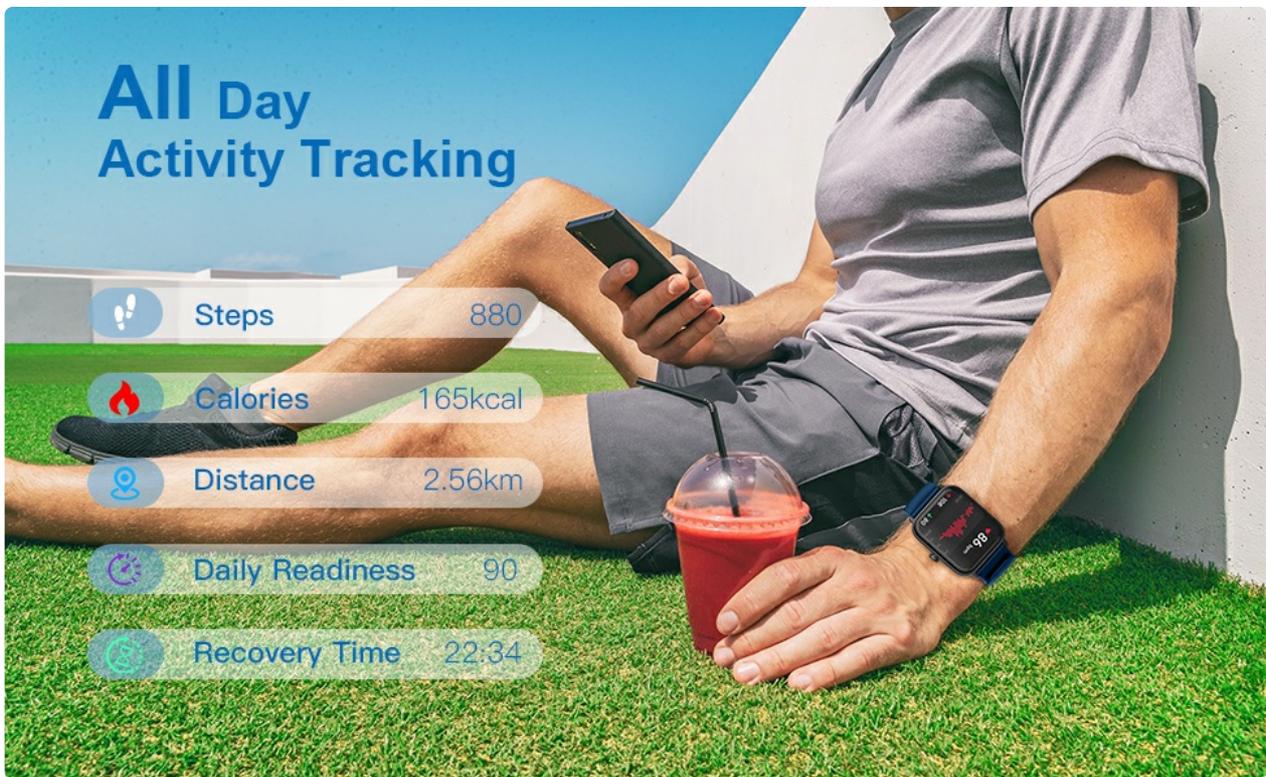


Image: The Amzhero smartwatch shows an incoming call notification and message alerts. A woman is shown interacting with her watch, demonstrating connectivity features.

6. Customization

Personalize your watch with various watch faces available through the VeryFit app. You can also use your own photos as watch faces.



Image: The Amzhero smartwatch screen shows a customizable watch face featuring a personal photo of a woman and a dog.

Maintenance

1. Water Resistance

The Amzhero Fitness Smart Watch is IP68 waterproof, meaning it can withstand splashes, rain, and can be worn during swimming. However, it is not recommended for hot showers, saunas, or diving, as steam and high water pressure may damage the device.

Your browser does not support the video tag.

Video: This video demonstrates the Amzhero Smart Watch's IP68 waterproof rating, showing it being splashed with water and a person swimming while wearing it.

2. Cleaning

Regularly clean your watch and strap to prevent skin irritation and maintain device functionality. Use a soft, damp cloth to wipe the watch. For the strap, use mild soap and water, then rinse thoroughly and dry completely before wearing.

3. Battery Life

A full charge provides approximately 7 days of normal use or 5 days in sports modes. Standby time is up to 10 days. Actual battery life may vary based on usage patterns and settings.



Ultra Long Battery Life

7 Day
Normal Use

5 Day
Sports Modes

2 Hour
Magnetic

7 DAY



Image: The Amzhero smartwatch displays battery life information, indicating 7 days of normal use, 5 days in sports modes, and 2 hours for magnetic charging.

Troubleshooting

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes.
- **Unable to pair with phone:** Make sure Bluetooth is on, the VeryFit app is open, and the watch is within range. Restart both the watch and your phone.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too loose or too tight. Clean the sensor on the back of the watch.
- **Notifications not received:** Check app permissions in your phone settings to ensure the VeryFit app has access to notifications. Verify notification settings within the VeryFit app.
- **Alexa not responding:** Ensure your watch is connected to your phone and has an active internet connection. Check Alexa settings in the VeryFit app.

For further assistance, refer to the help section within the VeryFit app or contact customer support.

Specifications

Feature	Specification
Model Number	Runfit D19
Screen Size	1.8 Inches
Resolution	240 x 240
Connectivity	Bluetooth 5.0
Battery Capacity	300 mAh Lithium Polymer
Water Resistance	IP68
Operating System	Android Wear 2.0 (Compatible with iOS 9.0+ / Android 6.0+)
Special Features	100+ Sports Modes, Heart Rate, SpO2, Sleep, Stress Monitor, Pedometer, Bluetooth Call, Alexa Built-in
Product Dimensions	3.5 x 0.6 x 10.3 inches
Item Weight	3.52 ounces

Warranty and Support

The Amzhero Fitness Smart Watch (Model Runfit D19) comes with a **1-Year Warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use.

For product support, warranty claims, or any questions regarding your device, please contact Amzhero customer service through the contact information provided in your purchase documentation or via the VeryFit app.

