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› Fitpolo Smart Watch IDW19H User Manual

## Fitpolo IDW19H

# Fitpolo Smart Watch IDW19H User Manual

Model: IDW19H

## INTRODUCTION

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This manual provides essential information for setting up, operating, and maintaining your Fitpolo Smart Watch IDW19H. This device is designed to assist you in monitoring your health, tracking fitness activities, and staying connected. Please read this manual thoroughly before using your smartwatch.

## WHAT'S IN THE BOX

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- Fitpolo Smartwatch x1
- Smartwatch Charging Cable x1
- User Manual x1

## SETUP

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- Charging the Smartwatch:** Connect the magnetic charging cable to the charging points on the back of the smartwatch. Plug the USB end into a compatible power adapter (not included). Ensure the watch is fully charged before first use.
- Downloading the App:** Scan the QR code in the user manual or search for the "VeryFit" app in your smartphone's app store (compatible with Android 5.0+ and iOS 10.0+).
- Pairing with Your Smartphone:**
  - Enable Bluetooth on your smartphone.
  - Open the VeryFit app and follow the on-screen instructions to create an account and pair your smartwatch.
  - Confirm the pairing request on both your phone and the smartwatch.
- Initial Configuration:** Follow the app prompts to set up your personal profile, preferences, and enable desired notifications.

# 1.8" HD Display & DIY Dial

100+ Watch Face For Your Choose,Customize Dial With Your Favorite Photo

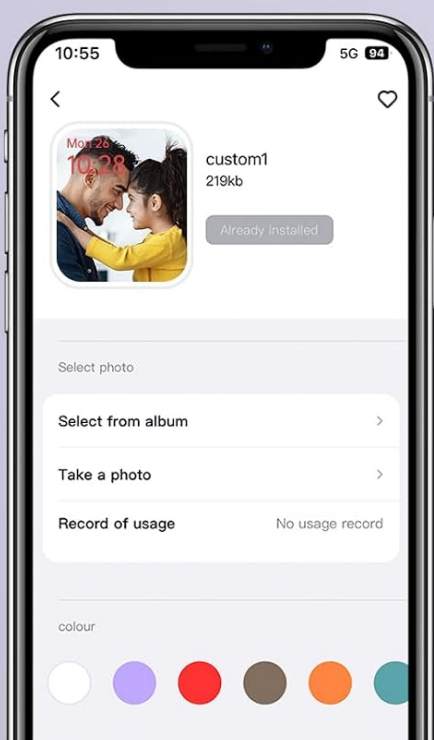


Image: The Fitpolo Smart Watch and its magnetic charging cable, laid out on a wooden surface.

## OPERATING INSTRUCTIONS

The Fitpolo Smart Watch features a 1.8-inch touchscreen for easy navigation. Swipe across the screen to access different functions and settings.

### Customizing Watch Faces

Personalize your smartwatch by choosing from a variety of watch faces available through the VeryFit app. You can also upload your own photos to create custom dials.



Image: A smartwatch displaying various customizable watch faces, alongside a smartphone screen showing the watch face selection interface in the companion app.

## Smart Notifications

Once connected to your smartphone, the watch will display real-time notifications for calls, text messages, and app alerts (e.g., Facebook, WhatsApp, Instagram). You can answer or make calls directly from your wrist.

### One click answer/ make call

Set up frequently used contacts and show call logs with smartwatch



Image: A smartwatch showing an incoming call notification and a message notification, illustrating its communication features.

## Alexa Built-in

Utilize Alexa Built-in for hands-free control. Ask questions, set alarms, check the weather, and more using simple voice commands directly from your smartwatch.

Alexa , Turn off the light

## Built in Alexa

Help them free hands and take control of different aspects of their lives

Alexa, Set an alarm clock after 1 hour

Image: A smartwatch displaying the Alexa listening interface, demonstrating its voice assistant capability.

## HEALTH MONITORING FEATURES

The Fitpolo Smart Watch provides continuous 24/7 health monitoring for various metrics.

- **Heart Rate Monitoring:** Tracks your wrist-based heart rate continuously throughout the day.
- **SpO2 Monitoring:** Measures your blood oxygen saturation levels. (Note: This device is not intended for medical use.)
- **Sleep Tracking:** Monitors your sleep patterns, including awake time, REM, light sleep, and deep sleep, providing insights into your sleep quality.
- **Stress Level Monitoring:** Assesses your stress levels throughout the day.
- **Female Menstrual Cycle Reminders:** Provides reminders and tracking for the female menstrual cycle.

## 24/7 Heart Rate Tracking



Image: A smartwatch screen showing real-time data for heart rate, blood oxygen (SpO2), and stress levels.

## Analysis Your Sleep Quality

**15**min **2h53**min **2h53**min **47**min  
Awake REM Light Sleep Deep Sleep

Image: A smartwatch screen showing detailed sleep analysis, including awake, REM, light, and deep sleep durations.

## FITNESS TRACKING

The Fitpolo Smart Watch supports over 100 workout modes, providing real-time statistics directly on your wrist. It automatically detects walking and running activities.

- **100+ Workout Modes:** Includes activities like walking, running, cycling, swimming, weight training, yoga, and more.
- **Activity Tracking:** Tracks steps, calories burned, and distance.
- **GPS via Smartphone:** Connects to your smartphone's GPS for accurate tracking of outdoor workout routes, distance, and pace.

## IP68 Waterproof

The smartwatch can wash hands, swimming, wear in the rain etc. but please not used for hot water and sauna

Image: A smartwatch screen showing a selection of sports modes and an overview of activity tracking data like distance, calories, and steps.

## SMART FEATURES

- **Bluetooth Calls:** Make and receive calls directly from your wrist using the built-in microphone and loudspeaker.
- **Music Control:** Control music playback on your smartphone.
- **Camera Control:** Remotely control your smartphone's camera.
- **Find Phone:** Locate your misplaced smartphone by triggering an alert from your watch.
- **Reminders:** Set personalized reminders, including hydration prompts.

## BATTERY AND CHARGING

The smartwatch is equipped with a high-capacity, energy-efficient 300 mAh Lithium Polymer battery. It offers convenient weekly or bi-weekly charging cycles for sustained use.

- **Battery Capacity:** 300 Milliamp Hours
- **Charging Time:** Approximately 2 hours for a full charge.
- **Usage:** Up to 7 days in Bluetooth mode, 30 days standby time.

## WATER RESISTANCE

The Fitpolo Smart Watch has an IP68 water resistance rating, making it suitable for aquatic activities like swimming, showering, or spa use. **Note: Not suitable for use in sea water.**

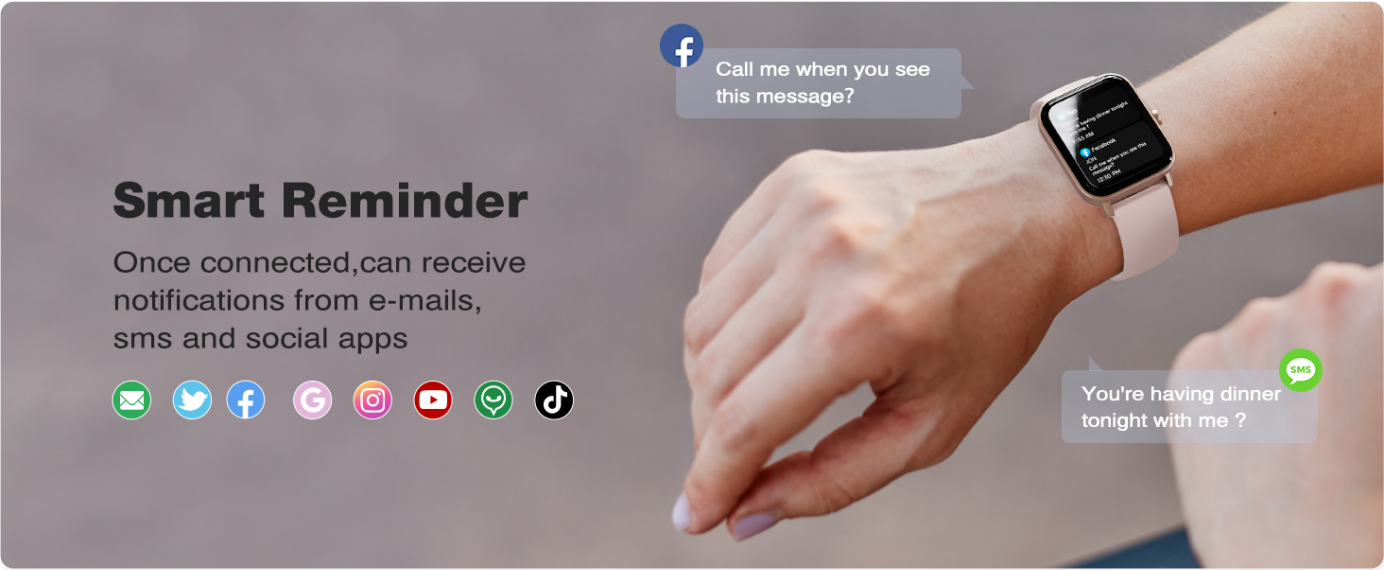


Image: A person in water wearing the smartwatch, demonstrating its IP68 waterproof capability.

## SPECIFICATIONS

|                              |                                                                                                  |
|------------------------------|--------------------------------------------------------------------------------------------------|
| Product Dimensions           | 10.11 x 1.57 x 0.48 inches                                                                       |
| Item Weight                  | 1.37 ounces                                                                                      |
| Item Model Number            | IDW19H                                                                                           |
| Batteries                    | 1 Lithium Polymer batteries required (included)                                                  |
| Standing Screen Display Size | 45 Millimeters                                                                                   |
| Memory Storage Capacity      | 128 MB                                                                                           |
| Operating System             | Android (compatible with iOS)                                                                    |
| Connectivity Technology      | Bluetooth                                                                                        |
| Special Features             | Personalize watch faces, Alexa built-in, Bluetooth calls, Blood oxygen monitor (non-medical use) |

## TROUBLESHOOTING

- **Connection Issues:** Ensure Bluetooth is enabled on your phone and the watch is within range. Restart both devices and try pairing again.
- **Notifications Not Appearing:** Check app notification settings on your phone and within the VeryFit app to ensure permissions are granted.
- **Inaccurate Readings:** Ensure the watch is worn snugly on your wrist. Avoid excessive movement during measurements.
- **Battery Draining Quickly:** Reduce screen brightness, disable unnecessary notifications, or limit continuous heart rate monitoring to extend battery life.

## WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the contact details provided in the packaging or visit the official Fitpolo website. Keep your purchase receipt as proof of purchase.

## OFFICIAL PRODUCT VIDEOS

Video: An official overview of the Fitpolo VeryFit Smart Watch for Women, showcasing its design and key functionalities.

Video: A seller-provided video highlighting the features of the Smart Watch for Women and Men, including its 1.8-inch display and Alexa integration.

### 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

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