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Vowtop ID205U

Vowtop Smart Watch ID205U User Manual

Model: ID205U | Brand: Vowtop

INTRODUCTION

This user manual provides essential information for the proper setup, operation, and maintenance of your Vowtop ID205U Smart Watch. Please read this manual thoroughly before using the device to ensure optimal performance and longevity.

WHAT'S IN THE BOX

Upon opening the package, please verify that all the following components are present:

- Vowtop ID205U Smart Watch
- Magnetic Charging Cable
- User Manual (this document)



Image: The Vowtop ID205U Smart Watch, showcasing its sleek design and included charging cable.

SETUP

Charging the Device

Before initial use, fully charge your Vowtop ID205U Smart Watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a standard USB power adapter (not included) or a computer USB port.

MAGNETIC CHARGING

2.5 hours
a single charge

7-9 days
Lasting life time

35 days
Standby time



Actual battery life varies depending on usage habits.

Image: The Vowtop ID205U Smart Watch connected to its magnetic charging cable, indicating battery status.

App Installation and Pairing

To unlock the full functionality of your smart watch, download and install the **VeryFitPro** app on your smartphone. The app is compatible with iOS 8.0 and above, and Android 4.4 and above.

1. Scan the QR code in the included quick start guide or search for "VeryFitPro" in your phone's app store (App Store for iOS, Google Play Store for Android).
2. Install the app and open it.
3. Follow the on-screen instructions within the app to create an account and pair your Vowtop ID205U Smart Watch via Bluetooth. Ensure Bluetooth is enabled on your smartphone.



Image: A smartphone displaying the VeryFitPro app interface, which is used to manage the smart watch.

Video: An official product video demonstrating the features and usage of the Vowtop ID205U Smart Watch, including its display and various functions.

OPERATING YOUR SMART WATCH

Display and Navigation

The Vowtop ID205U features a 1.3-inch TFT-LCD full touch screen. Swipe left, right, up, or down to navigate through menus and access different functions. You can customize your watch face through the VeryFitPro app.

MULTI-DIAL SWITCH

Choose Anything You Like



Image: Three different watch faces displayed on the Vowtop ID205U Smart Watch, illustrating the multi-dial switch feature.

Health Monitoring

The smart watch provides comprehensive health data tracking, including heart rate, blood oxygen (SpO2), and blood pressure monitoring. These measurements can be initiated directly from the watch or through the VeryFitPro app for detailed historical data.

DAILY DATA MONITORING

Data generated from daily activities such as heart rate, step counting, calories, distance, active time, etc.



Image: A person running, with the Vowtop ID205U Smart Watch displaying daily activity data such as steps, calories, and distance.



Image: A person sleeping, with the Vowtop ID205U Smart Watch displaying sleep tracking data including awake time, deep sleep, and light sleep durations.

Sports Modes

The Vowtop ID205U supports 9 sports modes to track your workouts effectively. These include Cycling,

Running, Fitness, Climbing, Yoga, Walking, Treadmill, Hiking, and Stationary Bike. Select the appropriate mode before starting your activity to record accurate data.

9 SPORT MODES

Whether you are indoors or outdoors, get effective sports data



Walking



Running



Riding



Hiking



Treadmill



Fitness



Mountain climbing



Spinning bike



Yoga



Image: An illustration showing the 9 distinct sport modes available on the Vowtop ID205U Smart Watch, such as walking, running, and climbing.

Notifications and Reminders

Stay connected with smart notifications for calls, messages, and app alerts directly on your wrist. The watch also supports sedentary reminders, alarm reminders, and goal achievement reminders to help you maintain a healthy lifestyle.

Compact yet feature packed smartwatch

24/7 HEALTH DATA TRACKING MULTIPLE REMINDERS

SMS, calling, APP push messages, alarm clock and other information from time to time to remind, sedentary reminder, goal achievement reminder, low battery reminder and many other small function are supported.



Image: A hand interacting with a smartphone, while the Vowtop ID205U Smart Watch on the wrist displays incoming notifications from various applications.

Women's Health Mode

The dedicated Women's Health Mode allows users to record menstrual cycles and predict ovulation periods, providing valuable insights for better understanding of their body's health patterns.



Image: A woman using her smartphone, with the Vowtop ID205U Smart Watch on her wrist displaying the women's health mode.

MAINTENANCE

Water Resistance

The Vowtop ID205U Smart Watch has a 5ATM waterproof rating, making it suitable for daily use such as handwashing, bathing, and swimming. It is not recommended for hot water immersion or seawater exposure.



Image: A person in a swimming pool, wearing the Vowtop ID205U Smart Watch, demonstrating its 5ATM water resistance.

Cleaning and Care

To maintain your smart watch, regularly clean the device and strap with a soft, dry cloth. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.

TROUBLESHOOTING

Issue	Possible Solution
Watch does not turn on	Ensure the watch is fully charged. Press and hold the side button for several seconds.
Cannot pair with smartphone	Ensure Bluetooth is enabled on your phone. Restart both the watch and phone. Check the VeryFitPro app for pairing instructions. Make sure the watch is not already paired with another device.
Inaccurate health data	Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch. Avoid excessive movement during measurement.
Notifications not received	Check app notification settings in VeryFitPro. Ensure phone's Bluetooth is connected. Verify app permissions on your phone.
Short battery life	Reduce screen brightness. Turn off continuous heart rate monitoring if not needed. Limit frequent notifications.

SPECIFICATIONS

Feature	Detail
Model Number	ID205U
Screen Size	1.3 Inches TFT-LCD
Connectivity	Bluetooth 5.0
Operating System Compatibility	iOS 8.0 and above, Android 4.4 and above
Water Resistance	5ATM
Battery Life (Typical Use)	7-9 days
Standby Time	Up to 35 days
Charging Time	Approximately 2.5 hours
Item Weight	1.38 ounces (39 Grams)
Product Dimensions	10.08 x 1.46 x 0.52 inches

WARRANTY AND SUPPORT

Vowtop provides a **1-year warranty** for the ID205U Smart Watch from the date of purchase. This warranty

covers manufacturing defects under normal use. For any issues or inquiries, please contact our **24-hour customer service** team.

For additional information and a downloadable PDF version of the user guide, please refer to the official product page or contact Vowtop customer support.

You can also refer to the official [User Guide \(PDF\)](#) for more detailed instructions.