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› ENOMIR Smart Watch for Men Women, Alexa Built-in Fitness Tracker with Call Function&1.8" HD Touchscreen, IP68 Waterproof Heart Rate/Sleep/SpO2 Monitor, 100+ Sport Modes, iOS Android Compatible, Green 1.8 Inches Green User Manual

## ENOMIR IDW19

# ENOMIR Smart Watch User Manual

MODEL: IDW19

## Introduction

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Welcome to the user manual for your new ENOMIR Smart Watch. This guide provides essential information on setting up, operating, maintaining, and troubleshooting your device to ensure optimal performance and a seamless user experience. Your smart watch is designed to be a versatile companion for fitness, health monitoring, and staying connected.

## What's in the Box

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- ENOMIR Smart Watch (Model IDW19)
- Magnetic Charging Cable
- User Manual (this document)

## Setup

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### 1. Charging Your Smart Watch

Before initial use, fully charge your ENOMIR Smart Watch. Connect the magnetic charging cable to the charging points on the back of the watch. Plug the USB end into a compatible power adapter (not included) or a computer USB port. A full charge typically takes about 2 hours and provides up to 7 days of typical usage.

## 2. App Download and Pairing

To unlock the full potential of your smart watch, download the 'VeryFit' app from your smartphone's app store (Google Play Store for Android or Apple App Store for iOS). Once installed, open the app and follow the on-screen instructions to create an account and pair your device via Bluetooth 5.3. Ensure Bluetooth is enabled on your phone during the pairing process.



Figure 1: The ENOMIR Smart Watch, showcasing its sleek design and call function.

Video 1: An official overview of the ENOMIR Smartwatch, demonstrating its features and user interface.

## Operating Instructions

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### 1. Display and Navigation

The ENOMIR Smart Watch features a vibrant 1.8-inch HD touchscreen for intuitive navigation. Swipe left/right or up/down to access different menus and functions. The side button can be used to wake the screen or return to the

home screen.

## 2. Bluetooth Call Function & Notifications

With Bluetooth 5.3, your smart watch allows you to answer and make calls directly from your wrist. You will also receive instant notifications for texts, social media alerts (Facebook, WhatsApp, etc.), and other app messages. Note that while you can receive texts, you cannot reply directly from the watch.



Figure 2: Seamless Bluetooth 5.3 connectivity enables making and receiving calls directly on your smart watch.

## 3. Alexa Built-in

Leverage the power of Alexa with built-in voice commands. Ask questions, set alarms, check the weather, and control smart home devices directly from your wrist, providing convenient hands-free assistance.

# 100+ Sports Modes

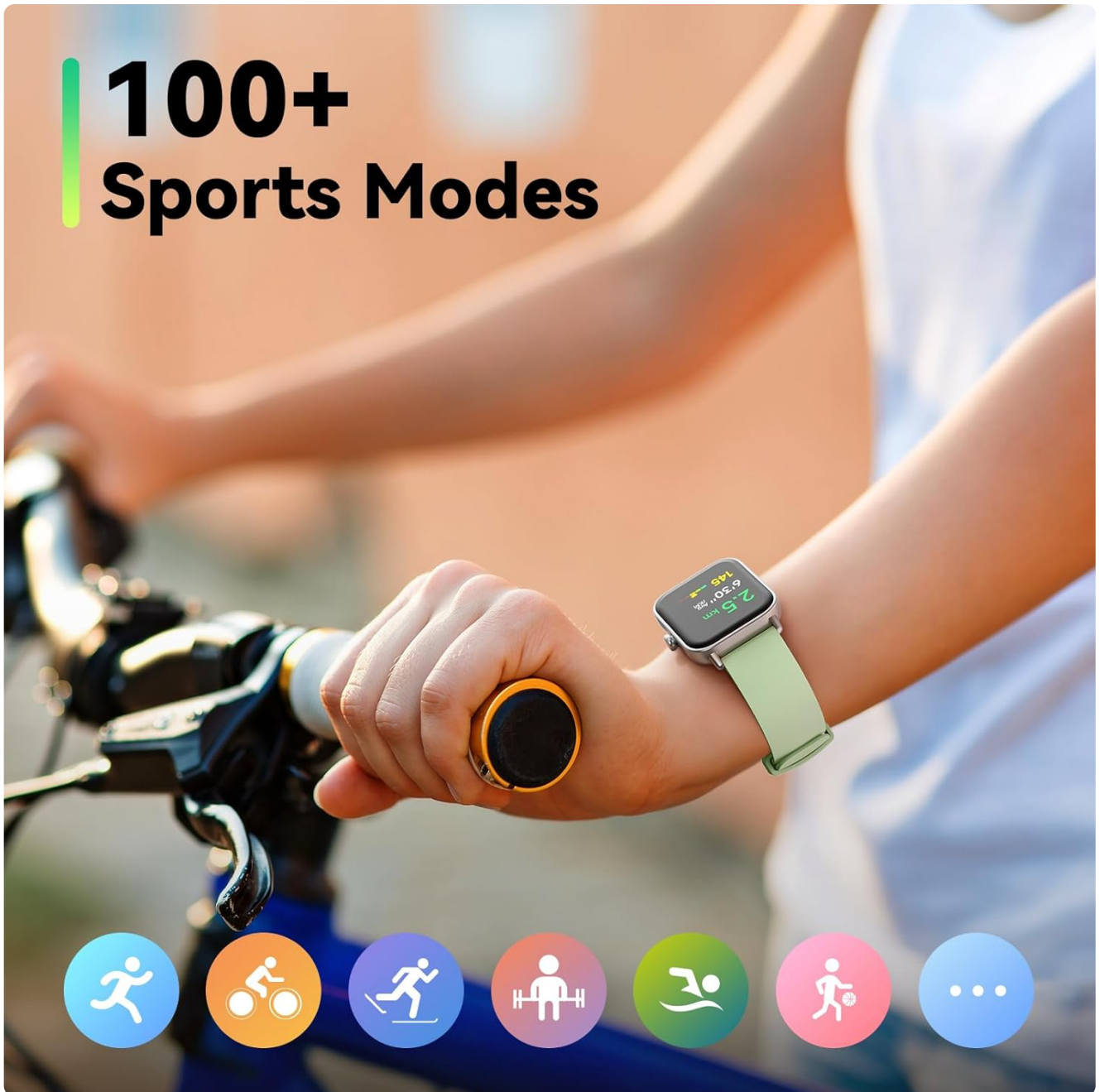


Figure 3: Utilize Alexa's intelligent assistance for quick queries and commands.

## Health and Fitness Tracking

Your ENOMIR Smart Watch is equipped with high-performance optical sensors for comprehensive 24/7 health monitoring.

### 1. 24/7 Health Monitoring

- **Heart Rate:** Continuously tracks your heart rate, providing insights into your cardiovascular health.
- **Blood Oxygen (SpO2):** Measures your blood oxygen saturation levels.
- **Stress:** Monitors your stress levels throughout the day.
- **Sleep:** Analyzes your sleep patterns, including deep sleep, light sleep, and REM stages, to help you improve sleep quality.

# Bluetooth 5.3

## Make/Receive Call



Figure 4: The smart watch provides 24/7 health management, including heart rate, blood oxygen, and stress tracking.

# IP68

## Water Resistance



Figure 5: Detailed sleep stage analysis helps you understand and improve your sleep quality.

## 2. 110+ Sports Modes

Track your workouts with over 110 sports modes, including running, swimming, cycling, and more. The watch records essential metrics like calories burned, distance covered, steps taken, and real-time heart rate during your activities.




Figure 6: Explore over 100 sports modes to accurately track your diverse physical activities.

## Water Resistance

The ENOMIR Smart Watch boasts an IP68 waterproof rating, making it suitable for daily wear, showering, and swimming in pools. It is built to withstand splashes, rain, and even submersion up to a certain depth, ensuring durability for active lifestyles.

# Alexa Intelligent Assistance



 Alexa, What is the weather in London?

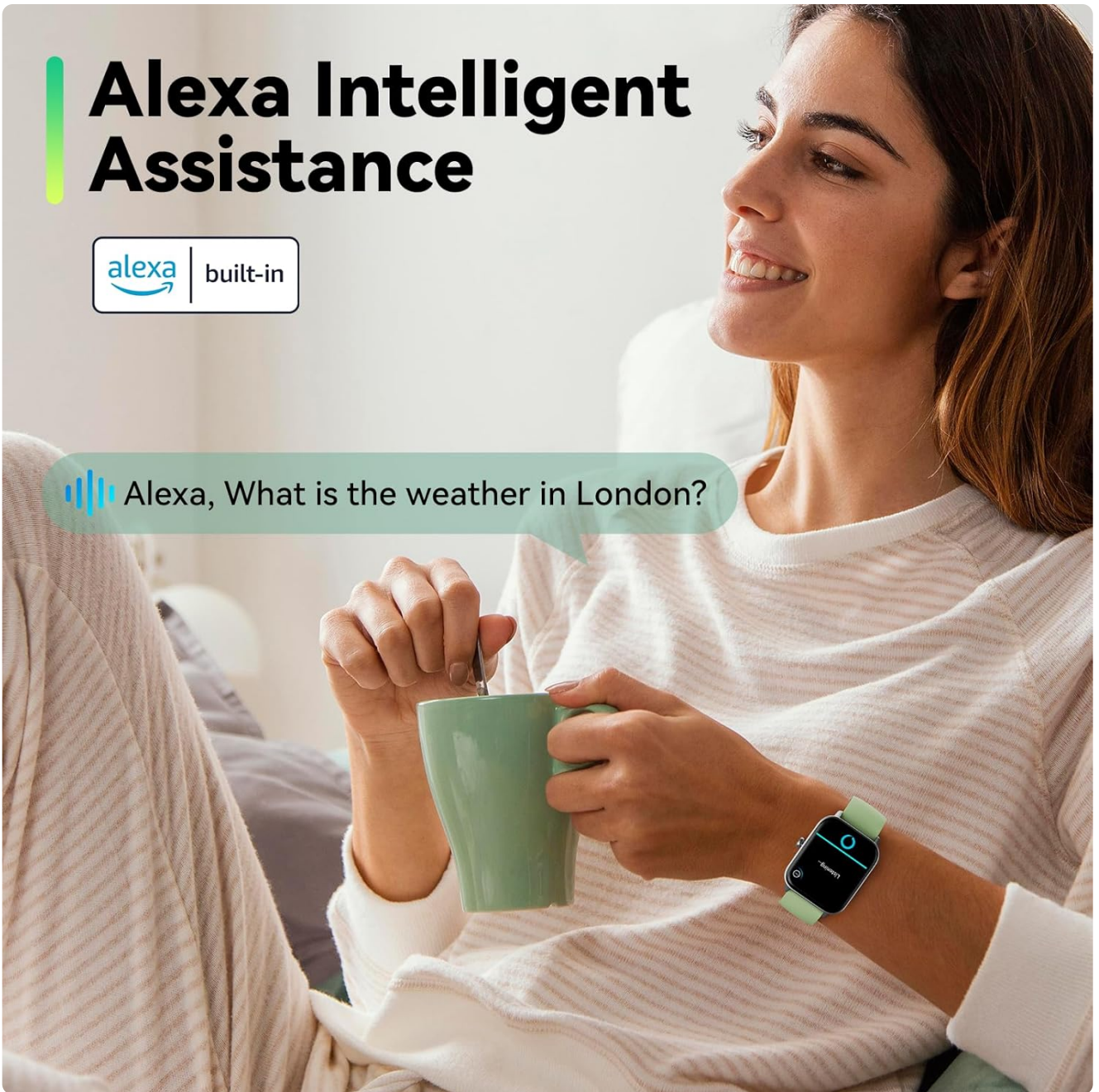


Figure 7: The IP68 water resistance ensures your smart watch is protected during water activities.

## Battery Life

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The 2025 upgraded battery provides impressive longevity. Enjoy up to 7 days of typical usage on a single 2-hour charge, with a standby time of up to 30 days. This ensures your smart watch stays powered longer, reducing the need for frequent recharging.

## Specifications

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Feature	Detail
Product Dimensions	10.63 x 3.54 x 0.79 inches
Item Weight	3.2 ounces
Item Model Number	IDW19
Batteries	1 Lithium Polymer batteries required (included)
OS Compatibility	Android, iOS
Wireless Communication	Bluetooth 5.3
GPS	No GPS
Special Features	Bluetooth Call (Answer/Make Call), TEXT&APP Message notification, Alexa Built-in, Weather Forecast, Music Control, 24-Hour Heart Rate, Blood Oxygen (SpO2), Sleep Stress Health Guard, 110+ Sports Modes, IP68 Water Resistance, Calories, Steps, Distance, Game, Female menstrual cycle, Pedometer, Alarm Clock, Stopwatch, Calendar, Brightness Adjustment, 105+ Dial selection, Custom dial, Removable 22mm strap
Human Interface Input	Touchscreen
Color	Green
Screen Size	1.8 Inches
Memory Storage Capacity	32 GB

## Maintenance

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To ensure the longevity and optimal performance of your ENOMIR Smart Watch, follow these maintenance guidelines:

- **Cleaning:** Regularly wipe the screen and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.
- **Drying:** After exposure to water, ensure the watch is completely dry before charging or prolonged use.
- **Storage:** Store the watch in a cool, dry place away from direct sunlight and extreme temperatures.
- **Avoid Impact:** While durable, avoid dropping the watch or subjecting it to strong impacts.

## Troubleshooting

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If you encounter any issues with your ENOMIR Smart Watch, please refer to the following common solutions:

- **Watch Not Turning On:** Ensure the watch is fully charged. Long-press the side button to power on.
- **Connectivity Issues (Bluetooth):** Ensure Bluetooth is enabled on your phone and the watch is within range (10m). Try unpairing and re-pairing the device in the 'VeryFit' app. Restart both your phone and the watch.
- **Notifications Not Received:** Check notification settings in the 'VeryFit' app and your phone's system settings to ensure app notifications are enabled for the watch.
- **Heart Rate/SpO2/Stress Monitoring Inaccurate:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors on the back of the watch.
- **'Raise to Wake' Not Working:** Check the settings within the 'VeryFit' app for display preferences and ensure the 'Raise to Wake' feature is enabled. If the issue persists, try restarting the watch.

For further assistance, please contact customer support.

## Warranty and Support

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Your ENOMIR Smart Watch comes with a 365-day replacement warranty and lifetime service. For any inquiries or support needs, please contact EnomirDirect customer service. They offer 12-hour quick reply support.

**Contact Information:** Refer to the 'VeryFit' app or the seller's contact details on the purchase platform for direct support.