

## Stiive B0CS33B186

# Stiive Fitness Tracker Smart Watch User Manual

Model: B0CS33B186

## 1. INTRODUCTION

Thank you for choosing the Stiive Fitness Tracker Smart Watch. This device is designed to be your excellent daily assistant, offering a wide range of features to help you monitor your health and fitness. It includes a 1.3-inch TFT-LCD full-touch screen and is compatible with both iOS and Android smartphones.

Key features include 24/7 heart rate monitoring, sleep tracking, multiple sports modes, step tracking, calorie counting, distance measurement, and smart notifications. The watch boasts a long-lasting battery life and is 50 meters waterproof, making it suitable for various daily activities.



Image: Stiiive Fitness Tracker Smart Watch, showcasing its sleek black design.

## 2. INITIAL SETUP

### 2.1 Charging the Device

Before first use, fully charge your Stiiive Fitness Tracker. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a standard USB power adapter (not included). A full charge typically takes approximately 2.5 hours.



## Your Excellent Assistant



**30** Days  
standby time

**7-9** Days  
Battery life  
(Depending on specific usage)

**2.5** Hours  
Charging time



**50**Meters  
Waterproof



Image: Visual representation of the watch's battery life (7-9 days usage, 30 days standby) and 50-meter waterproof rating.

## 2.2 App Download and Installation

The Stiive Fitness Tracker requires the "VeryFitPro" app for full functionality and data synchronization. Follow these steps to download and install the app:

1. Scan the QR code provided in the manual or on the watch screen, or search for "VeryFitPro" in your device's app store (App Store for iOS, Google Play Store for Android).
2. Download and install the "VeryFitPro" app on your smartphone.

### How to activate smart watch?

**Step 1**  
Turn on Phone's Bluetooth.

**Step 2**  
Download "VeryFitPro" App from App store or Google Play.

**Step 3**  
Install

**Step 4**  
Open "VeryFitPro" app. Click "Pair device", Find "ID205U" to bind.

Image: Step-by-step guide on how to activate the smart watch, including turning on Bluetooth, downloading the VeryFitPro app, installing it, and pairing the device.

For direct app download, visit: <http://www.youduoyun.net/qrcode.html>

## 2.3 Pairing the Device

After installing the app, pair your watch with your phone:

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the "VeryFitPro" app.
3. Navigate to the device section within the app and select "Add Device" or "Pair Device".
4. The app will search for nearby devices. Select "ID205U" (or similar model identifier) from the list to connect.
5. Follow any on-screen prompts to complete the pairing process.

## 3. OPERATING THE SMART WATCH

### 3.1 Basic Navigation

The Stiive Fitness Tracker features a full-touch screen for easy navigation:

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different data screens.
- **Tap:** Select an item or confirm an action.
- **Press Side Button:** Return to the previous screen or watch face.



### Multi-function Assistant

 Daily activity	 Breathing exercise
 Sleep	 Menstrual period
 Multiple sports mode	 Music
 Notifications	 Alarm clock
 Heart Rate	 Stopwatch
 50 meters waterproof	 Blood Oxygen
 Timer	 4 dials
 Sedentary reminder	 Call reminder (Can't answer or make calls)

Image: Overview of the watch's multi-function assistant capabilities, including daily activity, breathing exercise, sleep, menstrual period, sports modes, music control, notifications, alarm clock, heart rate, stopwatch, 50 meters waterproof, blood oxygen, timer, 4 dials, sedentary reminder, and call reminder.

### 3.2 Activity Tracking

The watch automatically tracks your daily activities, including steps taken, calories burned, and distance covered. You can view detailed summaries in the VeryFitPro app.



Image: Illustration of all-day activity tracking, showing calorie, step, and distance metrics, along with a phone screen displaying a map and activity statistics.

### 3.3 Heart Rate Monitoring

The watch provides 24/7 real-time heart rate monitoring. Wear the watch snugly on your wrist for accurate readings. Data can be viewed directly on the watch or in the app for historical trends.



## Real-Time Heart Rate Tracking

Elevate your health assessment with continuous heart rate monitoring, offering a comprehensive view of your overall well-being.

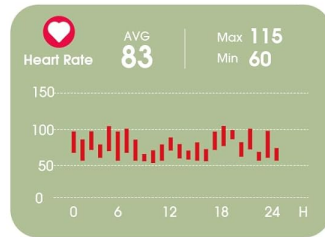


Image: A person stretching, with an overlay showing the real-time heart rate tracking feature and a graph of heart rate over 24 hours.

## 24-Hour Heart Rate Monitor

Accurately track your heart rate changes and know your heart health

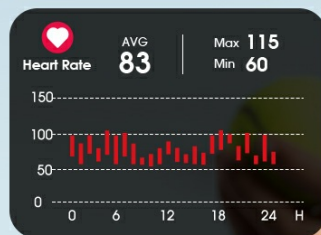


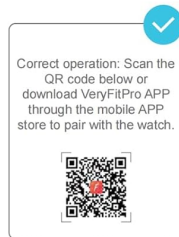
Image: A woman holding a tennis racket, illustrating the 24-hour heart rate monitoring capability with a detailed graph.

## 3.4 Sleep Monitoring

The watch automatically monitors your sleep patterns, including deep sleep, light sleep, and awake time. This data helps you understand your sleep quality and make adjustments for better rest.

## Help You Have A Good Sleep Habit

- View sleep data, please download the "VeryFitPro" app



- Long-term data could be found in the App

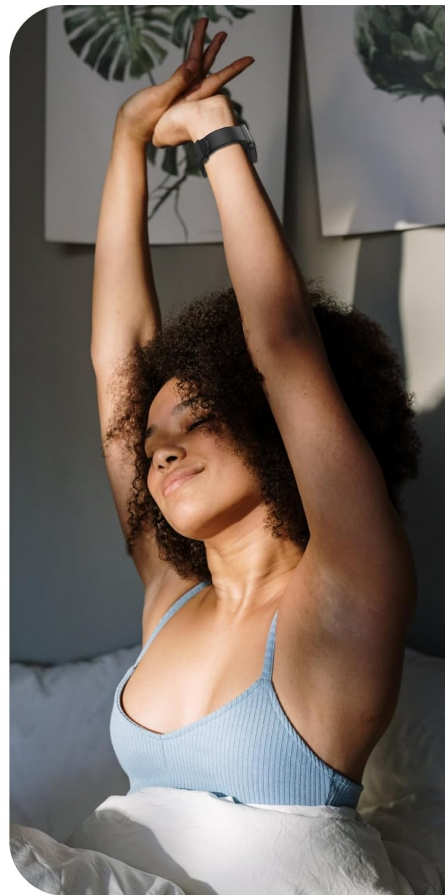


Image: A person waking up, with an overlay showing the QR code to download the VeryFitPro app for viewing sleep data and long-term trends.

## Automatic Sleep Monitor

By tracking sleep metrics, you can make informed lifestyle adjustments to enhance the overall quality of your sleep.

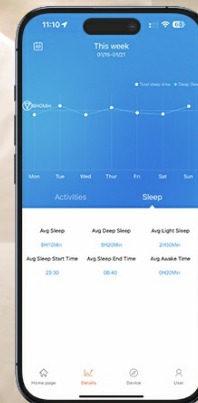
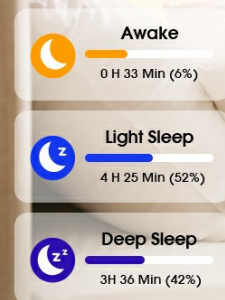


Image: A woman sleeping, with detailed sleep metrics (awake, light sleep, deep sleep) and a phone screen displaying weekly sleep data.

## 3.5 Blood Oxygen Monitor

Track and display your recent blood oxygen saturation changes. This feature provides additional insights into your overall health.



Image: Two individuals meditating, with an overlay showing the blood oxygen monitoring interface on the watch, indicating current SpO2 levels.

### 3.6 Multiple Sports Modes

The watch supports various sports modes to accurately track your workout data, including duration, calories burned, and heart rate during exercise.

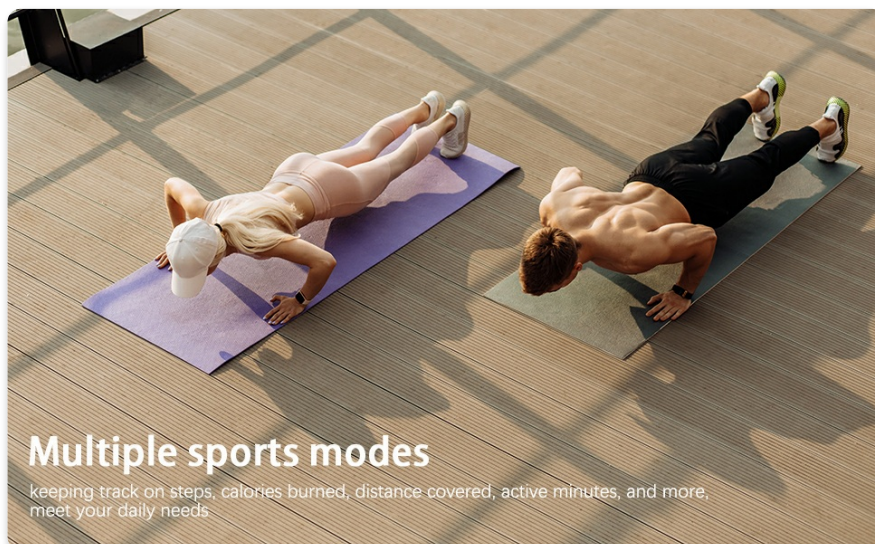


Image: Two people performing push-ups, illustrating the watch's capability to track multiple sports modes and daily activity metrics.

### 3.7 Intelligent Notifications

Receive timely alerts for calls, SMS, and SNS notifications (Facebook, Twitter, WhatsApp, Skype, Snapchat, etc.) directly on your watch when connected to your smartphone.





Image: A woman checking her watch, with an illustration of various social media and messaging app icons, demonstrating the intelligent notification feature.

### 3.8 Other Features

The Stiive Fitness Tracker also includes:

- Menstrual health tracking
- Relaxation guidance
- Alarms
- Timers
- Sedentary reminders
- Music control

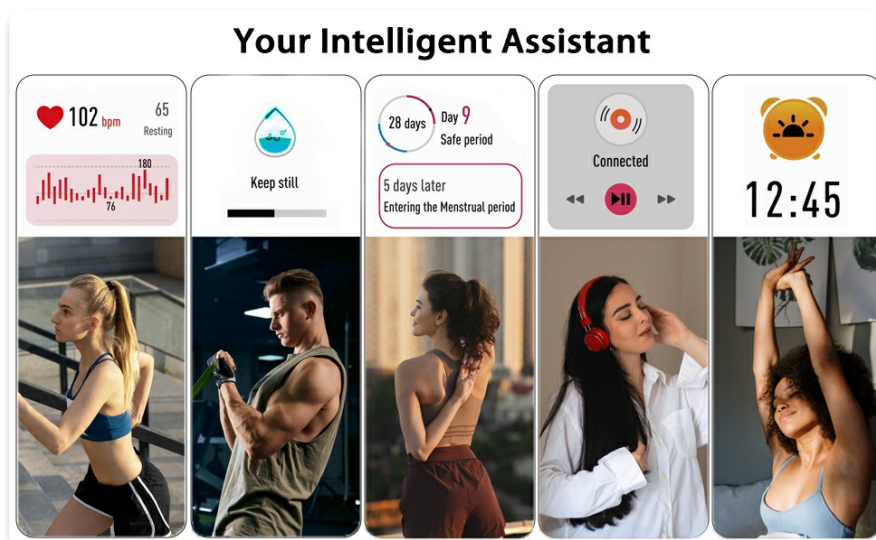


Image: A collage of images depicting various intelligent assistant features, including heart rate, hydration reminder, menstrual cycle tracking, music control, and alarm clock.

## 4. MAINTENANCE

### 4.1 Cleaning the Watch

To maintain the watch's appearance and ensure proper sensor function:

- Wipe the screen and strap regularly with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials, as they may damage the watch.
- Ensure the charging contacts are clean and dry before charging.

### 4.2 Water Resistance

The Stiive Fitness Tracker is rated 50 meters waterproof. This means it can be worn for swimming and showering. However, it is not suitable for diving or high-pressure water activities. Avoid exposing the watch to hot water, steam, or corrosive liquids, as this may compromise its water resistance.

### 4.3 Battery Care

To prolong battery life:

- Charge the watch fully before its first use.
- Avoid completely draining the battery frequently.
- Store the watch in a cool, dry place when not in use for extended periods.

## 5. TROUBLESHOOTING

If you encounter issues with your Stiive Fitness Tracker, refer to the following common problems and solutions:

Problem	Solution
Watch not connecting to phone.	Ensure Bluetooth is on, the watch is charged, and the VeryFitPro app is open. Try restarting both the watch and your phone. Unpair and re-pair the device in the app.
Inaccurate heart rate or sleep data.	Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Avoid excessive movement during readings. Ensure the watch is worn during sleep for sleep tracking.
Short battery life.	Reduce screen brightness, turn off unnecessary notifications, and limit continuous heart rate monitoring if not needed. Ensure the watch is fully charged.
Screen not responding.	Try restarting the watch by pressing and holding the side button. If unresponsive, allow the battery to drain completely and then recharge it.

Problem	Solution
Notifications not appearing.	Check app notification settings in VeryFitPro. Ensure Bluetooth connection is stable. Verify phone's notification permissions for the app.

## 6. SPECIFICATIONS




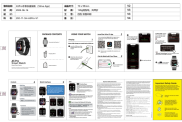
Feature	Detail
Model	B0CS33B186
Brand	Stiive
Screen Size	1.3 Inches TFT-LCD
Water Resistance	50 Meters
Battery Life (Typical Use)	Up to 7 days
Battery Life (Standby)	Up to 35 days
Charging Time	Approx. 2.5 hours
Compatibility	iOS 8.0+ and Android 4.4+ (Smartphone only)
Dimensions (LxWxH)	9.96 x 1.65 x 0.47 inches
Weight	Approx. 0.07 Kilograms
Special Features	Heart rate monitoring, Message/Call Reminder, Multiple sports modes, Activity tracking, Sedentary Reminder, Alarm clock, Pedometer, Calorie burned, Distance, Sleep Monitor, Stress Tracking, Blood Oxygen, Weather Forecast

## 7. WARRANTY AND SUPPORT

The Stiive Fitness Tracker Smart Watch comes with a standard manufacturer's warranty. Please refer to the product packaging or the seller's information for specific warranty terms and conditions.

For technical support, troubleshooting assistance beyond this manual, or warranty claims, please contact the seller or manufacturer directly through the platform where the product was purchased. Provide your model number (B0CS33B186) and a detailed description of the issue for faster service.

Related Documents - B0CS33B186

<div><p><b>Fitness Tracker</b> ID115Plus HR User Manual</p><p>Thank you for purchasing our product. We want to ensure you get the most out of your product, so we've included this manual. Please read this manual thoroughly before using your device.</p></div>	<p><a href="#">ID115Plus HR Fitness Tracker User Manual</a></p> <p>Comprehensive user manual for the ID115Plus HR fitness tracker, covering setup, charging, wearing, app usage, pairing, FAQs, and safety instructions.</p>
<div><p><b>Fitness Tracker</b> Operation Manual</p><p>Thanks for purchasing this product. Please read this Manual carefully before use.</p></div>	<p><a href="#">Fitness Tracker Operation Manual - ID130PlusHR</a></p> <p>Operation manual for the ID130PlusHR Fitness Tracker, covering product overview, touch instructions, charging, app connection, functions, precautions, FAQ, and technical specifications.</p>
<div><p><b>Smart Watch</b> User Manual</p><p><b>LCZ01</b></p><p>Thank you for purchasing our product. The manual contains the basic operation, functions, and safety instructions. Please read the manual carefully before using the product.</p></div>	<p><a href="#">Stiive LCZ01 Smart Watch User Manual</a></p> <p>Comprehensive user manual for the Stiive LCZ01 Smart Watch, covering setup, operation, features, troubleshooting, and safety guidelines. Learn how to use your smartwatch with the F Fit app.</p>
<div></div>	<p><a href="#">A5 Pro Smart Watch Quick Start Guide - Setup and Safety Information</a></p> <p>Concise guide for setting up and using the A5 Pro Smart Watch, including package contents, pairing instructions, controls, watch interfaces, and important safety information. Compatible with the Stiive App.</p>