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› [WNH Smart Watch IDW25 User Manual - 1.83" Touch Screen Fitness Tracker with Bluetooth Calls and Health Monitoring](#)

WNH IDW25

WNH Smart Watch IDW25 User Manual

Model: IDW25

1. INTRODUCTION

This manual provides comprehensive instructions for the setup, operation, and maintenance of your WNH Smart Watch IDW25. Please read this manual thoroughly before using the device to ensure proper functionality and to maximize your user experience. This device is intended for general fitness and wellness purposes and is not a medical device.

2. PACKAGE CONTENTS

Verify that all items are present in the package:

- WNH Smart Watch IDW25
- Charging Cable
- User Manual (this document)

3. PRODUCT OVERVIEW

Familiarize yourself with the components of your smart watch.



Figure 3.1: WNH Smart Watch IDW25 with various screen displays.

This image displays the WNH Smart Watch IDW25, highlighting its 1.83-inch touch screen. The main display shows the current time (09:30), date (Monday, January 26), heart rate (120 bpm), distance (5.76 units), steps (2568), calories (27803), and battery level (80%). Smaller screens illustrate features such as answering/making calls, using a dial pad, and interacting with Alexa.

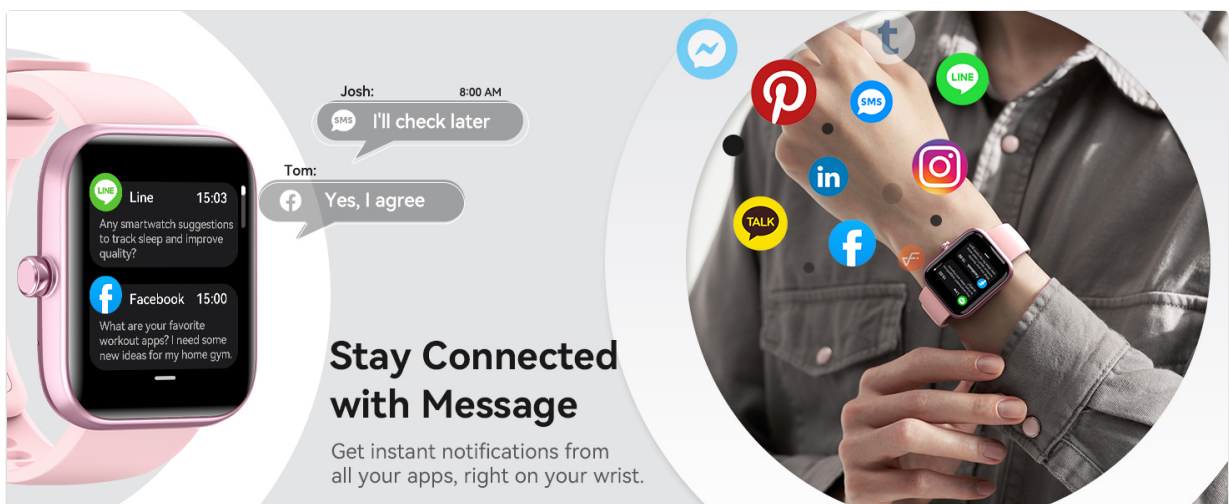


Figure 3.2: Internal Sensor Components.

This diagram illustrates the advanced internal components of the WNH Smart Watch IDW25, including the PPG Heart Rate

sensor, 3D motion sensor, and the Bluetooth Low Energy 5.3 chip, which contribute to accurate health and fitness tracking.

Watch Components:

- **1.83" Touch Screen Display:** For interaction and information display.
- **Side Button:** Power on/off, return to home screen, access menu.
- **Heart Rate/SpO2 Sensor:** Located on the back of the watch for health monitoring.
- **Charging Contacts:** On the back for magnetic charging.
- **Microphone:** For Bluetooth calls and voice assistant.
- **Speaker:** For Bluetooth calls and audio alerts.

4. SETUP GUIDE

4.1 Charging the Device

Before first use, fully charge your smart watch.

1. Connect the magnetic charging cable to the charging contacts on the back of the watch.
2. Connect the USB end of the cable to a standard USB power adapter (5V/1A recommended) or a computer USB port.
3. The watch display will show a charging indicator. A full charge takes approximately 2.5 hours.

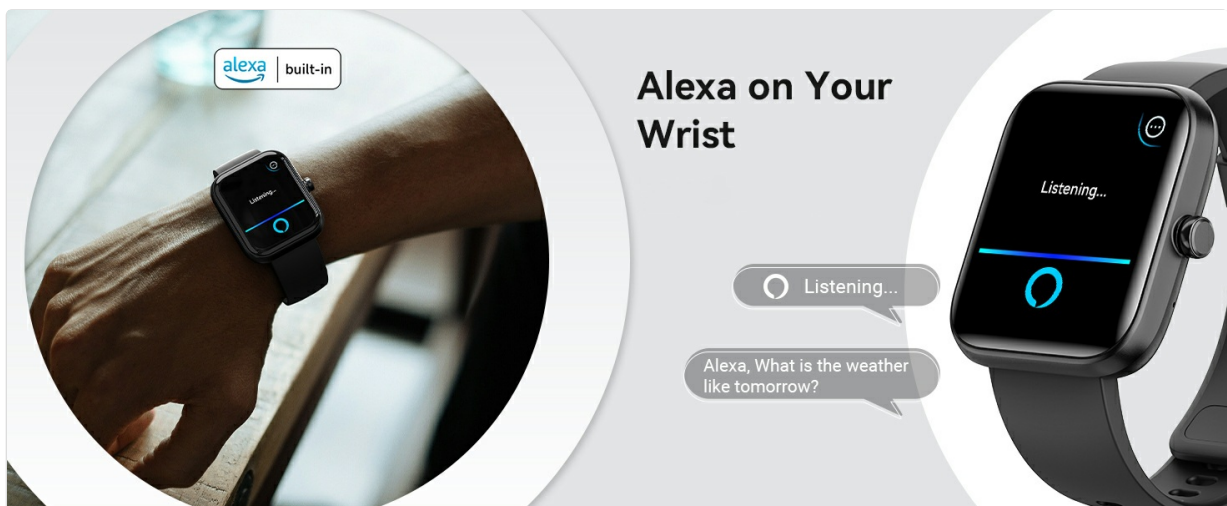


Figure 4.1: Charging the Smart Watch.

This image demonstrates the magnetic charging process for the WNH Smart Watch IDW25, with the watch displaying its battery charge status.

4.2 App Installation and Pairing

To unlock all features, download and install the companion app on your smartphone.

1. **Download the App:** Scan the QR code provided in the quick start guide or search for "VeryFit" in your smartphone's app store (compatible with iOS 9.0+ and Android 6.0+).
2. **Create Account:** Open the VeryFit app and follow the on-screen instructions to create an account and set up your profile.
3. **Pairing:**
 - Ensure Bluetooth is enabled on your smartphone.
 - In the VeryFit app, navigate to "Device" or "Add Device".
 - Select your WNH Smart Watch (e.g., "IDW25") from the list of available devices.

- Confirm the pairing request on both your phone and the watch.

Figure 4.2: Smartphone Compatibility.

The WNH Smart Watch IDW25 is compatible with both iOS (9.0+) and Android (6.0+) smartphones, ensuring seamless synchronization with your device.

5. OPERATING INSTRUCTIONS

5.1 Basic Navigation

- **Wake Screen:** Raise your wrist or press the side button.
- **Swipe Up/Down:** Scroll through notifications or quick settings.
- **Swipe Left/Right:** Access widgets like activity data, heart rate, weather, etc.
- **Tap:** Select an item or open an application.
- **Press Side Button:** Return to the watch face or open the app menu.

5.2 Health Monitoring

The watch monitors various health metrics. For accurate readings, ensure the watch is snug on your wrist.



Figure 5.1: One-Tap Health Monitoring.

This image shows the WNH Smart Watch IDW25's ability to monitor heart rate, blood oxygen (SpO₂), and stress levels simultaneously with a single tap. Historical data for these metrics is also displayed.

- **Heart Rate:** Continuous monitoring and alerts for abnormal readings.
- **Blood Oxygen (SpO₂):** On-demand measurement and low SpO₂ alerts.
- **Stress Monitoring:** Tracks stress levels throughout the day.
- **Sleep Tracking:** Monitors sleep stages (deep, light, REM) and duration.
- **Menstrual Cycle Tracking:** Provides predictions and reminders for menstrual periods.

Note: This device is not intended for medical use and should not be used to diagnose or treat any medical condition.

5.3 Fitness Tracking

The watch supports over 120 sport modes.

FITNESS TRACKING

Recognizes over 120 workout modes



Figure 5.2: Fitness Tracking Modes.

This image illustrates the fitness tracking capabilities of the WNH Smart Watch IDW25, showing a selection of workout modes such as outdoor run, indoor run, and outdoor walk. Icons around the watch face represent the wide variety of over 120 supported sports activities.

1. Navigate to the "Workout" or "Sport" app on your watch.
2. Select your desired activity from the list.
3. Tap to start tracking. The watch will record metrics such as duration, distance, calories burned, and heart rate.
4. End the workout by swiping right and tapping "End".

All workout data will sync to the VeryFit app for detailed analysis and progress tracking.

5.4 Bluetooth Calls and Notifications

Stay connected directly from your wrist.



Figure 5.3: Bluetooth Call Functionality.

This image demonstrates the Bluetooth call feature of the WNH Smart Watch IDW25, allowing users to answer and make calls directly from their wrist, as shown by an incoming call from "Aleon" on the watch screen.

- **Making/Answering Calls:** Once paired via Bluetooth 5.3, you can make and answer calls directly on the watch using its built-in speaker and noise-canceling microphone.
- **Notifications:** Receive alerts for incoming calls, text messages, and app notifications (e.g., social media, email) directly on your watch. Configure notification settings in the VeryFit app.

5.5 Alexa Voice Assistant

The watch features built-in Alexa for convenient voice commands.



Figure 5.4: Alexa Voice Assistant.

This image demonstrates the integrated Alexa voice assistant on the WNH Smart Watch IDW25. The watch screen displays "Listening..." as a user interacts with Alexa, with an example query: "Alexa, What is the weather like tomorrow?"

1. Ensure your watch is connected to your smartphone and the VeryFit app has permission to access Alexa.
2. Activate Alexa on your watch (usually by pressing and holding the side button or swiping to an Alexa widget).
3. Speak your command clearly.

6. MAINTENANCE

6.1 Cleaning Your Watch

- Wipe the watch screen and body with a soft, lint-free cloth.
- For the strap, use a mild soap and water solution, then rinse thoroughly and dry.
- Avoid using harsh chemicals or abrasive materials.

6.2 Water Resistance (IP68)



Figure 6.1: IP68 Water Resistance.

This image shows the WNH Smart Watch IDW25 being used in water, highlighting its IP68 rating for water, dust, and sweat resistance, making it suitable for various activities.

The WNH Smart Watch IDW25 has an IP68 rating, meaning it is resistant to dust, water, and sweat. This allows for use during workouts, in the rain, or while washing hands.

- Do not use the watch in hot water, saunas, or steam rooms.
- Avoid prolonged submersion in water.
- After exposure to water, dry the watch thoroughly before charging.

7. TROUBLESHOOTING

Issue	Possible Cause	Solution
Watch not turning on	Low battery	Charge the watch for at least 30 minutes.
Cannot pair with phone	Bluetooth off, app issue, watch too far	Ensure phone Bluetooth is on. Restart watch and phone. Make sure watch is close to phone. Check app permissions.
Inaccurate health data	Loose fit, sensor obstruction	Ensure watch is snug on wrist. Clean the sensor area on the back of the watch.
No notifications	App permissions, phone settings	Check notification permissions in the VeryFit app and your phone's settings. Ensure Bluetooth is connected.

8. SPECIFICATIONS

Feature	Detail
Model Number	IDW25
Display	1.83-inch Touch Screen
Connectivity	Bluetooth 5.3
Battery Capacity	300mAh
Battery Life	Up to 14 days (normal use), 7 days (intensive use)
Charging Time	Approx. 2.5 hours
Water Resistance	IP68
Compatibility	iOS 9.0+ / Android 6.0+
Health Monitoring	Heart Rate, Blood Oxygen, Stress, Sleep, Menstrual Cycle
Fitness Tracking	120+ Sport Modes, Step Count, Distance, Calories
Special Features	Bluetooth Calls, Notifications, Alexa Service, Customizable Watch Faces
Item Weight	3.2 ounces
Package Dimensions	11.1 x 3.54 x 0.75 inches

9. WARRANTY AND SUPPORT

Your WNH Smart Watch IDW25 comes with a manufacturer's warranty. For specific warranty terms and conditions, please refer to the documentation included with your purchase or contact customer support. For technical assistance, troubleshooting, or any other inquiries, please contact WNH customer support via Amazon messages or the contact details provided in your product packaging. We value your satisfaction and are committed to providing reliable service.

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