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› IOWODO SmartWatch C04 User Manual

IOWODO C04

IOWODO SmartWatch C04 User Manual

Model: C04 (W40)

1. INTRODUCTION

Welcome to the IOWODO SmartWatch C04 user manual. This guide provides detailed instructions on how to set up, operate, and maintain your new smartwatch. Please read this manual carefully before using the device to ensure proper functionality and a safe user experience. Keep this manual for future reference.

2. WHAT'S IN THE BOX

Upon opening your IOWODO SmartWatch C04 package, you should find the following items:

- IOWODO SmartWatch C04 (with one strap attached)
- Additional interchangeable strap (if included in your specific package)
- Magnetic Charging Cable
- User Manual (this document)

3. SETUP

3.1 Initial Charging

Before first use, fully charge your smartwatch. 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 (5V/1A recommended) or a computer's USB port. The watch display will indicate charging status.

3.2 App Installation

To unlock the full potential of your IOWODO SmartWatch C04, you need to install the companion application on your smartphone. Search for the 'IOWODO Fit' app (or similar name as indicated in the packaging) on the Apple App Store (for iOS devices) or Google Play Store (for Android devices). Alternatively, scan the QR code provided in the packaging or on the watch itself to download the app.

3.3 Device Pairing

1. Ensure your smartphone's Bluetooth is enabled.
2. Open the 'IOWODO Fit' app on your smartphone.
3. Follow the in-app instructions to add a new device. Select 'IOWODO C04' from the list of available devices.
4. Confirm the pairing request on both your smartphone and the smartwatch.
5. Once paired, the watch will synchronize time and data with your phone.

For Bluetooth calling functionality, you may need to pair the watch a second time through your phone's Bluetooth settings, specifically looking for a connection named 'IOWODO C04_CALL' or similar.

4. OPERATING YOUR SMARTWATCH

The IOWODO SmartWatch C04 features a responsive touchscreen and a physical button for navigation and interaction.



Image: The IOWODO SmartWatch C04 main display showing various metrics and an incoming call screen.

4.1 Basic Navigation

- **Swipe Down:** Access quick settings (e.g., brightness, DND mode).
- **Swipe Up:** View notifications.
- **Swipe Left/Right:** Cycle through widgets/main functions (e.g., activity data, heart rate, weather).
- **Press Side Button:** Return to the main watch face or open the app menu.
- **Long Press Side Button:** Power on/off or access restart options.

4.2 Changing Watch Faces

From the main watch face, long-press the screen. Swipe left or right to browse available watch faces. Tap to select and apply a new watch face. More watch faces can be downloaded and customized via the 'IOWODO Fit' app.

4.3 Health Monitoring

Your smartwatch continuously monitors various health metrics:

- **Heart Rate:** Access the heart rate widget or app to view real-time heart rate and historical data.
- **Blood Oxygen (SpO2):** Initiate a measurement from the SpO2 app on the watch. Ensure the watch is snug on your wrist.
- **Steps & Calories:** Daily steps, distance, and calories burned are tracked automatically. View summaries on the watch or in the app.
- **Sleep Tracking:** Wear the watch to bed for automatic sleep analysis, including sleep stages and duration.

4.4 Sports Modes

The watch supports multiple sports modes. Access the 'Workout' or 'Sports' app on the watch, select your desired activity (e.g., running, cycling, walking), and start tracking. The watch will record duration, calories, heart rate, and other relevant metrics.

4.5 Notifications & Bluetooth Calling

- **Notifications:** Once paired, the watch will display incoming call alerts, SMS messages, and notifications from selected apps on your smartphone. Swipe up from the main screen to view recent notifications.
- **Bluetooth Calling:** With the 'IOWODO C04_CALL' paired, you can answer incoming calls directly from your watch, dial numbers, and view call history. Use the integrated microphone and speaker for conversations.

5. MAINTENANCE

5.1 Cleaning

Regularly clean your smartwatch and strap to prevent skin irritation and maintain device longevity. Use a soft, lint-free cloth. If necessary, slightly dampen the cloth with water. Do not use harsh chemicals, abrasive cleaners, or solvents.

5.2 Water Resistance

The IOWODO SmartWatch C04 is designed with a certain level of water resistance (refer to specifications for details, typically IP67 or IP68). It is generally suitable for daily use, such as hand washing or light rain. Avoid wearing it during hot showers, saunas, or diving, as steam and high water pressure can compromise the seals.

5.3 Storage

When not in use for extended periods, store the smartwatch in a cool, dry place. Ensure it has at least a 50% charge to prevent battery degradation.

6. TROUBLESHOOTING

If you encounter issues with your IOWODO SmartWatch C04, please refer to the following common solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable for at least 30 minutes.
- **Unable to pair with smartphone:**
 - Check if Bluetooth is enabled on your phone.
 - Ensure the watch is within Bluetooth range (typically 10 meters).
 - Restart both your phone and the smartwatch.
 - Forget the device in your phone's Bluetooth settings and try pairing again through the app.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Avoid excessive movement during measurements.
- **Notifications not received:**
 - Check app notification permissions on your smartphone.
 - Ensure the 'IOWODO Fit' app is running in the background.
 - Verify that DND (Do Not Disturb) mode is not active on the watch.
- **Short battery life:** Reduce screen brightness, disable continuous heart rate monitoring if not needed, and limit excessive notifications.
- **Factory Reset:** If problems persist, you can perform a factory reset via the watch settings menu. Note that this will erase all data on the watch.

7. SPECIFICATIONS

Feature	Detail
Model Number	W40
Product Dimensions	4.72 x 0.67 x 7.09 inches
Item Weight	3.87 ounces (0.11 Kilograms)
Screen Size	1.43 Inches
Display Type	Round
Memory Storage Capacity	128 MB
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Ion
GPS	GPS Via Smartphone
Compatible Devices	Smartphone

Manufacturer	IOWODO
Date First Available	June 19, 2025

8. WARRANTY AND SUPPORT

IOWODO provides a limited warranty for the SmartWatch C04 against defects in materials and workmanship under normal use. The specific warranty period and terms may vary by region. Please refer to the warranty card included in your package or visit the official IOWODO website for detailed warranty information.

For technical support, troubleshooting assistance, or warranty claims, please contact IOWODO customer service through their official website or the contact information provided in your product packaging. When contacting support, please have your product model (C04/W40) and purchase details ready.

Official Website: [IOWODO Store on Amazon](#)

