

WMK IDW20

WMK Smart Watch User Manual

Model: IDW20

INTRODUCTION

Welcome to the WMK Smart Watch user manual. This guide provides detailed instructions on how to set up, operate, maintain, and troubleshoot your new smart watch. Please read this manual thoroughly to ensure optimal performance and a seamless user experience.

WHAT'S IN THE BOX

Upon opening your WMK Smart Watch package, you will find the following items:

- WMK Smart Watch × 1
- WMK Charging Cable × 1
- WMK Manual × 1

Message Reminder

Smart watch supports information reminders and social media notifications such as Facebook, WhatsApp, Instagram, etc.



Figure 1: Contents of the WMK Smart Watch package. Includes the smart watch, magnetic charging cable, and user manual.

For a visual guide on what's included, please watch the video below:

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Video 1: An unboxing video demonstrating the contents of the WMK Smart Watch package.

SETUP

1. Charging the Smart Watch

Before initial use, fully charge your WMK Smart Watch. It is recommended to charge it for more than 30 minutes until it powers on.

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Video 2: Instructions on how to properly charge the WMK Smart Watch using the provided magnetic charging cable.

Long Last Battery Smart Watch

Convenient Magnetic
Charging Design



Figure 2: The smart watch connected to its magnetic charging cable, indicating a full charge. A full charge provides up to 7 days of normal use.

2. Downloading and Setting Up the VeryFit APP

The WMK Smart Watch requires the VeryFit app for full functionality. You can download it by scanning the QR code on the watch screen or the product packaging, or by searching for "VeryFit" in your device's app store.

- **Compatibility:** iOS 9.0 & Android 6.0 or above.

- **iOS Device Requirement:** iPhone 5S or later.

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Video 3: A step-by-step guide on downloading and setting up the VeryFit app on your smartphone.

During setup, ensure you grant necessary permissions for notifications and health data access to enable all features of the watch.

3. Pairing the Smart Watch with Your Phone

Once the app is installed and you have registered or logged in, you can pair your smart watch. Bring the watch close to your phone and follow the on-screen instructions in the VeryFit app to scan the QR code displayed on the watch or manually select it from the Bluetooth device list.



Figure 3: Visual guide for connecting the smart watch to your phone using the VeryFit app, including scanning a QR code.

OPERATING INSTRUCTIONS

Basic Functions

The WMK Smart Watch offers a range of features for daily use:

- **Time Display:** Digital and customizable watch faces.
- **Notifications:** Receive alerts for calls, messages, and social media.
- **Activity Tracking:** Steps, distance, calories burned.
- **Health Monitoring:** Heart rate, blood oxygen, sleep, stress.
- **Sports Modes:** Over 100 different sports tracking options.
- **Music Control:** Control music playback on your phone.
- **Camera Control:** Remotely trigger your phone's camera.
- **Alarm Clock:** Set and manage alarms.
- **Weather Forecast:** Get real-time weather updates.
- **Find Phone:** Locate your paired smartphone.

Multifunctional Smartwatch for Daily Use

Convenient Music Control



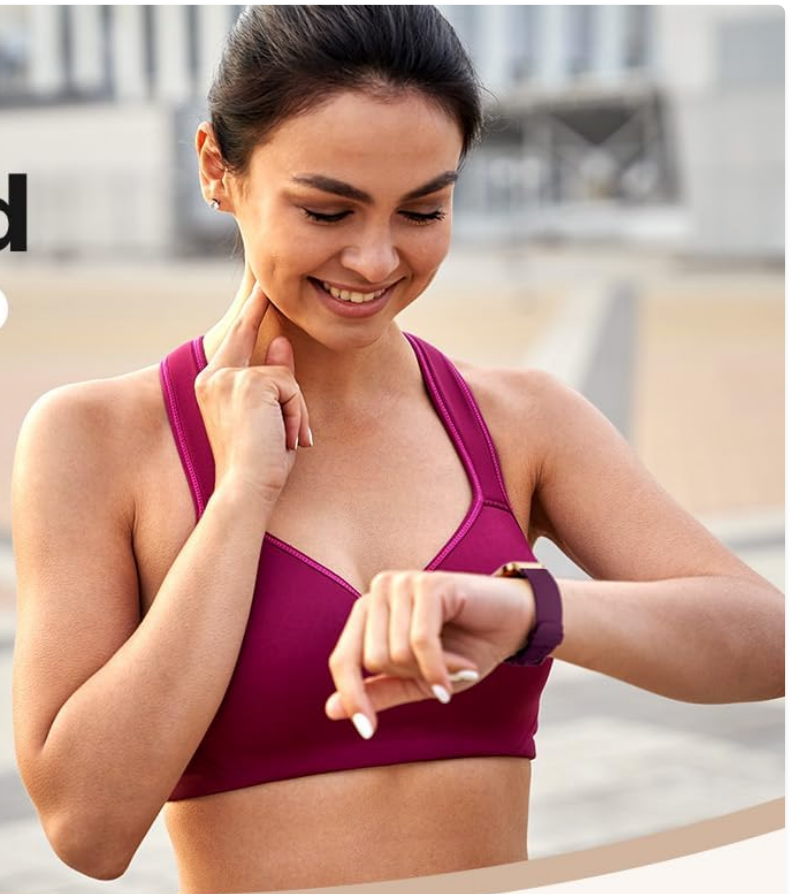
Figure 4: Overview of multifunctional features available on the smart watch for daily convenience.

Bluetooth Call & APP Notifications

The smart watch allows you to make and answer calls directly from your wrist, thanks to its built-in speakers and Bluetooth connectivity. It also supports notifications from various apps, ensuring you stay connected without needing to check your phone constantly.

Always Stay Connected

Compatible with Android iOS Phone



Text & Notifications



Alexa Built-in

Alexa, set an alarm for 10:00 pm



Figure 5: The smart watch's capability to handle Bluetooth calls and display notifications from popular messaging and social media applications.

Alexa Assistant Integration

With built-in Alexa, you can use voice commands to check news, weather, set reminders, and control smart devices compatible with the Amazon platform, enhancing your daily convenience.



Figure 6: The smart watch's Alexa integration, allowing for hands-free voice commands and smart home control.

Health Monitoring

The WMK Smart Watch is equipped with high-performance optical sensors to continuously monitor various health metrics:

- **Heart Rate:** Tracks your heart rate 24/7, providing insights into your cardiovascular health and exercise intensity.

Heart Rate
Sleep Tracking
Blood Oxygen
Stress Monitor
Breathe Training
Women's Health

Breathing Training Smartwatches

- Engaging in 1-minute inhalation and exhalation training can activate the body's relaxation response, helping to lower stress levels.
- By **focusing on slow and controlled breaths**, individuals can **effectively manage their stress response, promoting a sense of calm and relaxation.**
- Deep breathing exercises assist in regulating heart rate and respiratory rate, making them more steady and regular.

Figure 7: Real-time heart rate monitoring on the smart watch, showing current heart rate and historical data.

- **Sleep Tracking:** Analyzes different sleep stages (light sleep, deep sleep, REM, and wakefulness) to help you understand and improve your sleep patterns.

Sleep Tracker Smartwatch

Analyze sleep stages

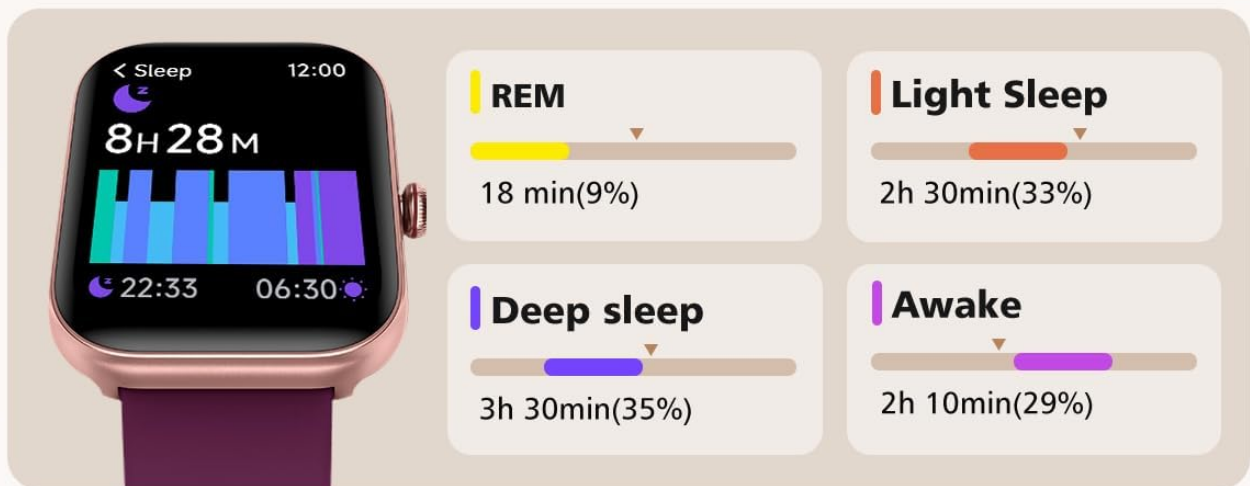


Figure 8: Detailed sleep analysis provided by the smart watch, showing sleep duration and quality across different stages.

- **Blood Oxygen (SpO2):** Measures your blood oxygen saturation level, an important indicator of respiratory and circulatory health.

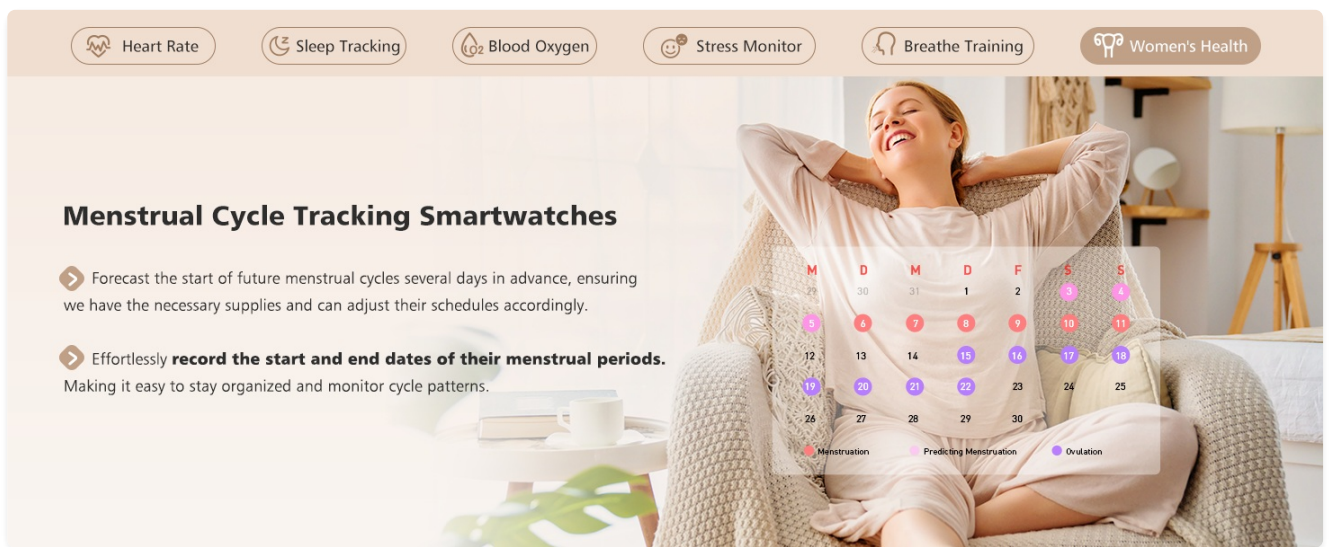


Figure 9: Blood oxygen monitoring feature on the smart watch, showing the current SpO2 percentage.

- **Stress Monitor:** Tracks your stress levels over time, helping you identify patterns and manage stress through relaxation techniques.

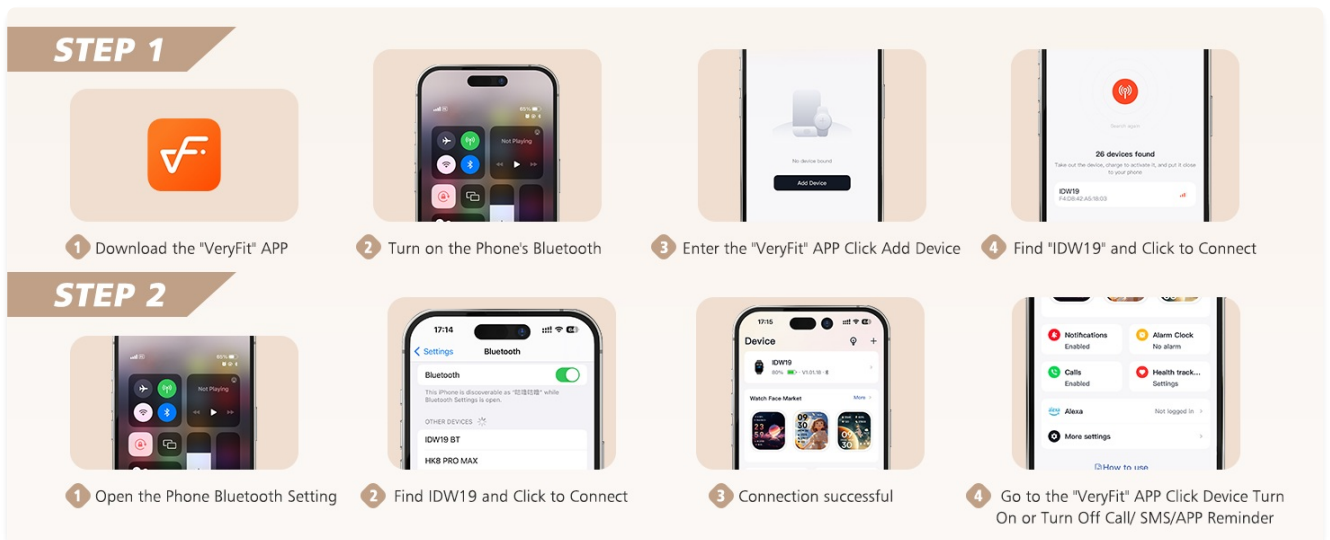


Figure 10: Stress monitoring interface on the smart watch, providing insights into daily stress levels.

- **Breathing Training:** Guides you through breathing exercises to help reduce stress and promote relaxation.



Figure 11: The breathing training feature on the smart watch, guiding users through controlled breathing for relaxation.

- **Women's Health:** Provides menstrual cycle tracking and prediction features to help manage women's health.



Figure 12: Menstrual cycle tracking feature, allowing users to monitor and predict their cycles.

Sports Tracking

The smart watch supports over 100 sports modes, accurately recording your fitness data such as steps, distance, and calories burned. This helps you track your progress and make your workouts more effective.

Fitness Tracking Smartwatch

Over **100** Sports Modes



5ATM
Waterproof

Sport Watch for Men
and Women

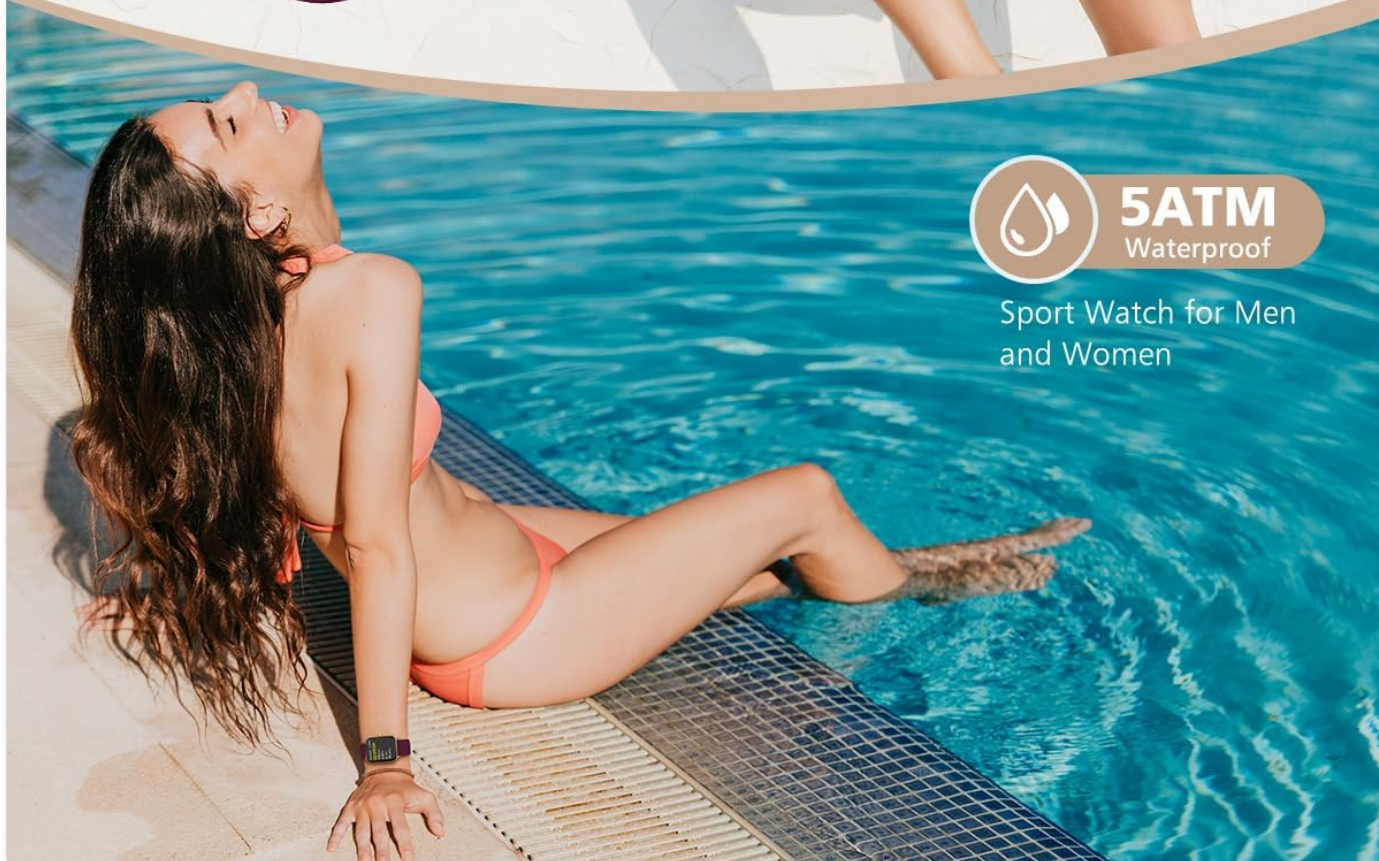


Figure 13: The smart watch tracking a running activity, showing metrics like duration, calories, and steps, alongside icons representing various supported sports modes.

Customizing Watch Faces

Personalize your smart watch with over 100 available dials in the VeryFit app. You can also upload your favorite personal photos to create custom DIY watch faces.



Fitness Data Analysis Report



Activity
20000
259 / 500 KCAL
22 / 30 MIN
5 / 12 HRS



Outdoor cycle 12:00
00:56:21
120 KCAL
145
Aerobic training effect



< Workout 12:00
Outdoor run
Indoor run
Outdoor walk

Smart fitness watch compatible with Android and iOS phones record fitness data: calories, steps, distance, and workout time, generates your report, making your sweating more smarter.

Figure 14: Customization options for watch faces within the VeryFit app, allowing users to choose from a gallery or use their own photos.

Battery Life

The WMK Smart Watch features a large capacity, low-power consumption battery, providing up to 7 days of battery life with normal use. It charges quickly using the magnetic charging cable.

Detail Features

2.5 D Glass Screen Technology
Provide a more comfortable and natural touch experience

Fit for 22 MM
Replacement Liquid Silicone Strap



Magnetic Charging Design
So easy to charging

Advanced Optical Sensors
Health data monitoring

Figure 15: Battery performance details, highlighting 7 days of working time and a quick 2-hour charging duration.

MAINTENANCE

Cleaning Your Smart Watch

To maintain the cleanliness and longevity of your smart watch, regularly wipe the screen and band with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.

Water Resistance

The WMK Smart Watch is 5ATM waterproof, meaning it is resistant to splashes, rain, and can be worn during swimming or surfing. However, it is not suitable for diving or high-pressure water activities. Avoid exposure to hot water or steam.

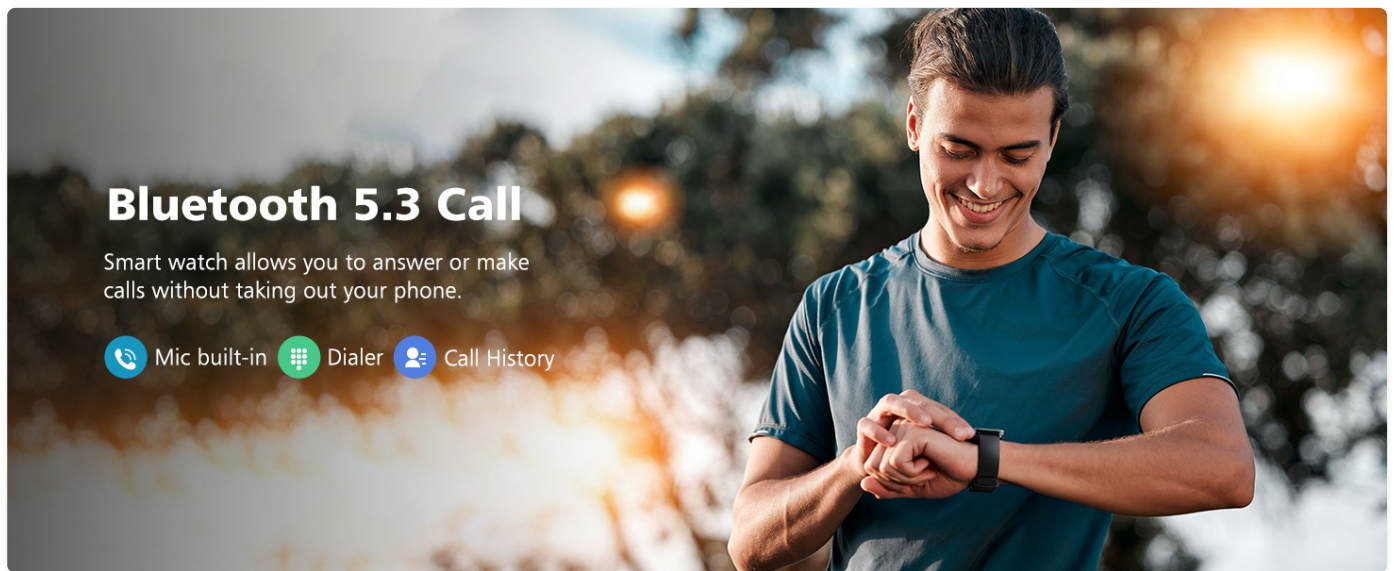


Figure 16: The 5ATM waterproof rating of the smart watch, suitable for various water activities.

Replacing the Band

The smart watch features a replaceable band design, compatible with 22mm straps. This allows for easy customization and replacement if needed.

Replaceable Band Design Smartwatch

1.91 Inch Screen Easier to Navigate



Replaceable Band Fit for
22mm

Fits Wrist
6.5-9.2



Figure 17: Details on the replaceable band design, including dimensions and wrist fit range (6.5-9.2 inches).

TROUBLESHOOTING

This section addresses common issues you might encounter with your WMK Smart Watch. For more detailed

troubleshooting, refer to the "How to Use" or "Help" sections within the VeryFit app.

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Video 4: A brief introduction to navigating the VeryFit app, including where to find help and FAQs for troubleshooting.

- Issue:** The smart watch is not turning on or charging.

Solution: Ensure the magnetic charging cable is securely connected to the watch and a 5V power source (e.g., a USB port on a PC or a phone charger). Charge the watch for at least 30 minutes until the screen lights up and vibrates, indicating it's receiving power.
- Issue:** The VeryFit app is not syncing data or pairing fails.

Solution: First, ensure your phone's Bluetooth is enabled. If pairing fails, go to your phone's Bluetooth settings, "forget" or "unpair" the smart watch (IDW20 BT), then close and reopen the VeryFit app. Attempt to re-pair the device. Make sure the app has all necessary permissions (Bluetooth, notifications, health data) granted in your phone's settings.
- Issue:** Inaccurate health monitoring data (e.g., heart rate, sleep).

Solution: Ensure the watch is worn correctly – not too loose or too tight – and positioned properly on your wrist. For accurate health data, ensure your personal information (age, height, weight) is correctly entered and updated in the VeryFit app.
- Issue:** Notifications are not appearing on the watch.

Solution: Verify that notification permissions are enabled for the VeryFit app in your phone's settings. Also, check the VeryFit app settings to ensure that notifications for specific applications (e.g., Facebook, WhatsApp) are turned on.

SPECIFICATIONS

Feature	Detail
Brand	WMK
Model Number	IDW20
Screen Size	1.91 Inches
Battery Capacity	350 Milliamp Hours
Battery Life (Normal Use)	7 Days
Charging Time	2 Hours

Feature	Detail
Operating System Compatibility	Android 6.0 or Above and iOS 9.0 or Above
Connectivity Technology	Bluetooth
Water Resistance	5ATM
Item Weight	98 Grams
Special Features	Work with Alexa, Bluetooth Call Make/Answer, Heart Rate/SpO2/Sleep/Stress Monitor, 110 Sports Modes, 120 DIY Dials, Pedometer/Calories/Distance Record, Alarm Clock, Message Notification, Music Control

WARRANTY AND SUPPORT

Warranty Information

The WMK Smart Watch comes with a 365-day warranty from the date of purchase. This warranty covers manufacturing defects and issues arising from normal use. Please retain your proof of purchase for warranty claims.

Customer Support

For any questions, technical assistance, or warranty claims, please contact WMK customer support. You can also find additional help and FAQs within the VeryFit app.

- **Online Support:** WMK offers 24/7 online customer support.
- **In-App Help:** Access the "How to Use" or "Help" sections directly within the VeryFit app for comprehensive guides and FAQs.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question