

KALINCO IDW25

KALINCO Smart Watch IDW25 User Manual

Model: IDW25

1. INTRODUCTION

This manual provides essential instructions for setting up, operating, and maintaining your KALINCO Smart Watch IDW25. Please read this guide thoroughly to ensure proper use and to maximize the features of your device.



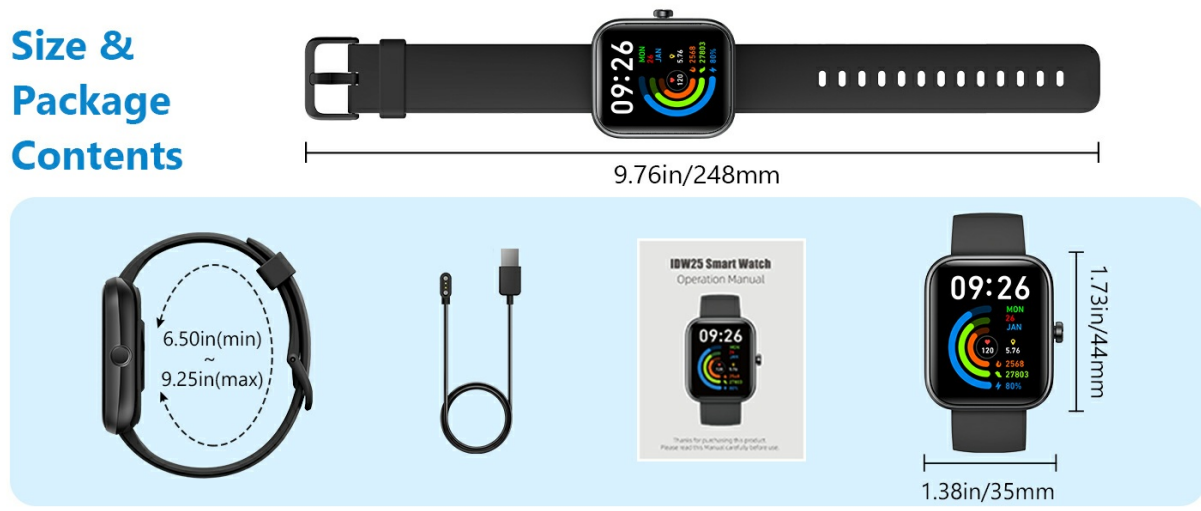
The KALINCO Smart Watch IDW25 in black, showcasing its rectangular display with current time, date, weather, activity metrics like steps and heart rate, and quick access icons for calls and messages.

2. WHAT'S IN THE BOX

Verify that all items are present in your package:

- KALINCO Smart Watch (IDW25)
- Charging Cable
- User Manual

Size & Package Contents



An illustration detailing the dimensions of the KALINCO Smart Watch and its package contents, which include the smartwatch, a charging cable, and the user manual.

3. SETUP

3.1 App Installation

To use the full functionality of your smartwatch, download the 'VeryFit' app from the App Store (for iOS devices) or Google Play Store (for Android devices).

3.2 Device Pairing

1. Ensure your smartphone's Bluetooth is enabled.
2. Open the 'VeryFit' app and follow the on-screen instructions to add a new device.
3. Select the KALINCO Smart Watch (IDW25) from the list of available devices.
4. Confirm the pairing request on both your smartphone and the watch.

The watch is compatible with Android 6.0+ or iOS 9.0+ smartphones.

3.3 Charging the Device

Connect the provided charging cable to the charging port on the back of the watch and to a USB power source. A full charge typically takes 2 hours. The watch offers approximately 7 days of battery life with normal use, 20 days in power-saving mode, and 30 days in standby mode.

No More Battery Anxiety

Ultra long battery life, no hassle of frequent charging.

 **30 Days**
Standby time

 **7 Days**
Normal Usage

 **20 Days**
Power Saving Mode

 **2 Hours**
Charging time



The KALINCO Smart Watch screen showing a full battery indicator, accompanied by text outlining its battery performance: 30

days standby time, 7 days of normal usage, 20 days in power-saving mode, and a 2-hour charging time.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

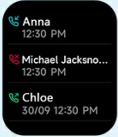
The smartwatch features a touchscreen display for navigation. Swipe left, right, up, or down to access different menus and functions. Press the side button to return to the home screen or activate certain features.

4.2 Call Functionality

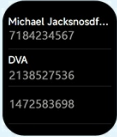
When connected to your smartphone, the watch allows you to answer and make calls directly from your wrist. Access call history, frequent contacts, or use the dial pad on the watch screen.

Make & Answer Calls Anywhere


Easily make calls, adjust volume, and stay connected on the go.




Call History



20 Contacts




Dialpad



A person demonstrating the call functionality of the KALINCO Smart Watch, with images of the watch displaying call history, frequent contacts, and a dial pad for making calls directly from the wrist.

4.3 Message Notifications

Receive notifications from various applications (e.g., WhatsApp, SNS) directly on your watch. A red dot on the watch face indicates unread messages. Note: Replying to messages directly from the watch is not supported.



Note: CANNOT text back.

Smart Reminder


Never miss important messages and develop healthy habits.



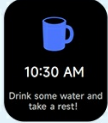
Message Reminder



Washing Hand Reminder



Walking-around Reminder



Drinking Water Reminder

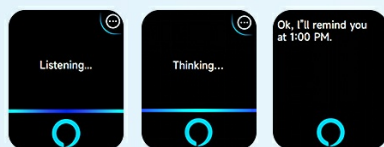
The KALINCO Smart Watch illustrating its smart reminder features, including notifications for messages, prompts to wash hands, reminders to move around, and alerts to drink water, promoting healthy habits.

4.4 Alexa Voice Assistant

The device integrates Alexa voice assistant. Activate Alexa by pressing and holding the power button or selecting the Alexa icon. Use voice commands for tasks such as asking questions, setting alarms, checking weather, and controlling smart devices.

Work with Built-in Alexa

Control smart devices, set alarms, check weather, play music and more with Alexa.



A user interacting with the built-in Alexa on the KALINCO Smart Watch, demonstrating voice commands for tasks such as turning off lights, checking weather, and setting timers.

4.5 Health Monitoring

The smartwatch provides comprehensive health monitoring features:

- **Heart Rate:** Continuous 24/7 heart rate monitoring with alerts for irregularities.
- **Blood Oxygen (SpO2):** Monitors blood oxygen saturation levels.
- **Stress:** Tracks stress levels throughout the day.
- **Simultaneous Measurement:** Measure heart rate, blood oxygen, and stress simultaneously with one click.
- **Sleep Tracking:** Monitors sleep and breathing quality in real-time, providing detailed analysis of sleep stages (awake, REM, light, deep sleep) in the VeryFit app.

One Step Health Tracking

With new advanced sensor, it can monitor heart rate, blood oxygen and stress simultaneously with one click.

Tip: You need to enable the automatic/ continuous health measurement in the Health tracking of VeryFit.



The KALINCO Smart Watch demonstrating its ability to measure heart rate, blood oxygen, and stress levels simultaneously with a single action, providing a comprehensive health overview.

Daily Health Care

The convenient health monitoring lets women track their health anytime, enabling timely exercise adjustments for scientific, effective workouts.



Screenshots from the KALINCO Smart Watch showing daily health monitoring data, including heart rate (BPM), blood oxygen saturation (SpO2), stress levels, and total sleep duration.

Learn More about Your Sleep

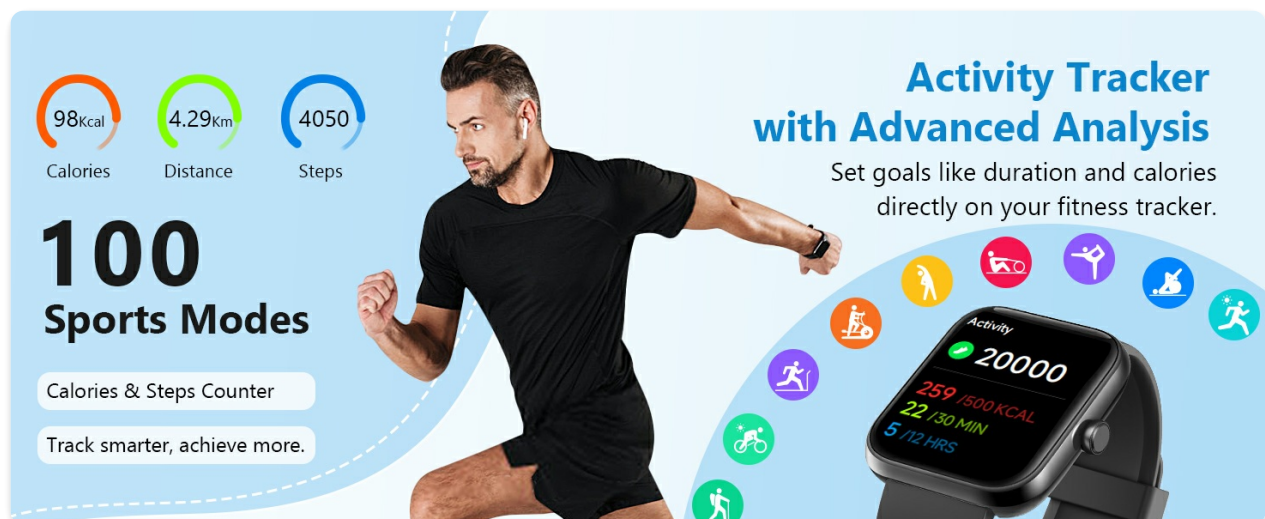
You can learn more information about sleep and get sleep service in the VeryFit.



A detailed sleep analysis report from the VeryFit app, illustrating the breakdown of sleep stages including awake time, REM sleep, light sleep, and deep sleep, along with a sleep quality score.

4.6 Fitness Tracking

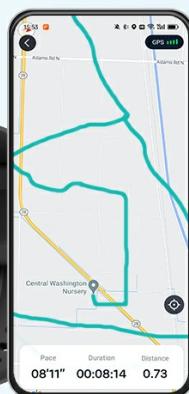
The watch supports over 100 sports modes, with the ability to add 20 directly to the device. It automatically recognizes running and walking activities. Users can view exercise data such as duration, calories, distance, pace, and aerobic training effect on the watch, with further analysis available in the app. Connected GPS is available via the VeryFit app.



A man running, with the KALINCO Smart Watch displaying activity metrics like calories, distance, and steps. Icons representing over 100 sports modes are also shown, emphasizing the watch's comprehensive activity tracking.

More Exercise, More Health

Track your exercise data and get personalized insights to optimize your workouts.



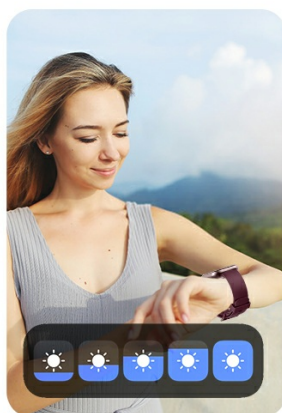
A man playing basketball, with the KALINCO Smart Watch and a smartphone displaying detailed workout data from the VeryFit app, including outdoor run metrics, recovery time, aerobic training effect, and a connected GPS route map.

4.7 Other Features

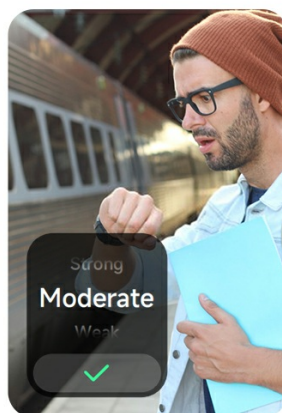
- **Find My Phone:** Locate your paired smartphone.
- **Weather Notifications:** Receive current weather updates.
- **Music Control:** Control music playback on your smartphone.
- **Camera Remote Control:** Use the watch as a remote shutter for your smartphone camera.
- **Alarms, Stopwatch, Timer:** Standard timekeeping and alert functions.
- **Do Not Disturb (DND) Mode:** Silence notifications during specific periods.
- **Screen Brightness & Screen-on Time:** Adjustable display settings.
- **Raise to Wake:** Screen activates when you raise your wrist.
- **Flashlight:** Utilize the screen as a temporary light source.
- **Breathing Training:** Guided breathing exercises for relaxation.
- **Women's Health Tracking:** Monitor menstrual cycles and predictions via the VeryFit app.



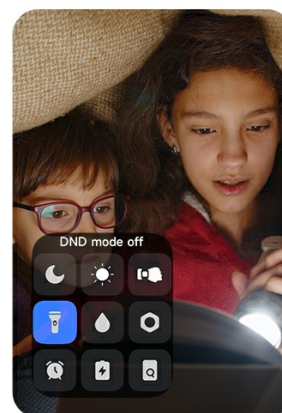
Wake Gesture



Brightness Adjustment

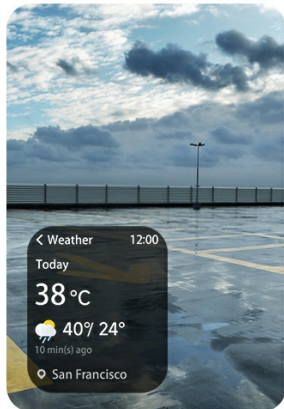


Vibration Adjustment

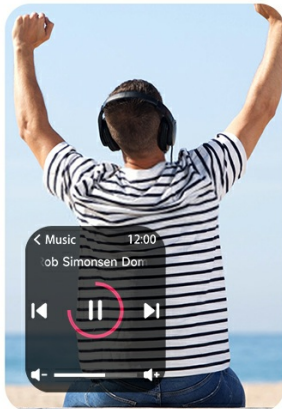


Flashlight

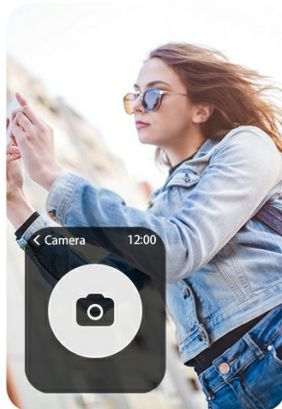
Screenshots from the KALINCO Smart Watch demonstrating various settings: enabling/disabling wake gesture, adjusting screen brightness levels, setting vibration intensity, and activating the flashlight function.



Weather Forecast



Music Control

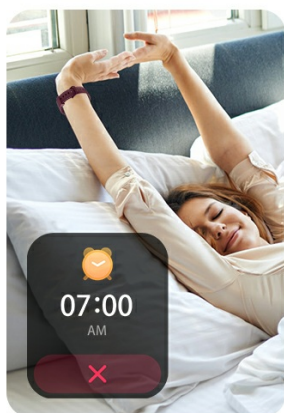


Camera Remote Control

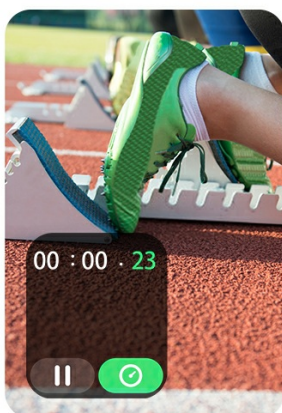


Find Phone

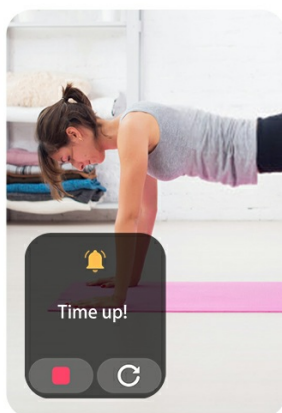
Screenshots from the KALINCO Smart Watch illustrating utility functions: displaying weather forecasts, controlling music playback on a connected device, acting as a remote control for a smartphone camera, and initiating the 'Find Phone' feature.



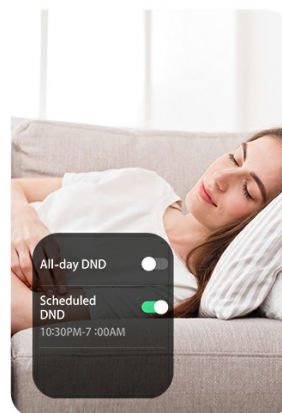
Alarm



Stopwatch



Timer



DND Mode

Screenshots from the KALINCO Smart Watch demonstrating built-in tools: setting alarms, using the stopwatch, activating a timer, and configuring Do Not Disturb (DND) mode for focused periods.

4.8 Watch Faces

Customize your watch's appearance with over 100 available watch faces through the VeryFit app. You can also create unique designs.



A collage of diverse watch face designs, illustrating the customization options available to personalize the KALINCO Smart Watch's appearance.

5. MAINTENANCE

5.1 Water Resistance Guidelines

The KALINCO Smart Watch is IP68 waterproof, making it suitable for swimming and other water sports. It features a draining function to expel water. However, it is not suitable for hot showers, saunas, or deep-sea diving, as extreme temperatures or high-pressure water can compromise its seals.

Smart IP68 Waterproof Watch with Draining Function

Smart waterproofing, one-touch drainage, maintains crystal-clear audio, fearless of splashes.



Warm Tip:

Not for hot water bath, sauna, or high and corrosive places like seawater, etc.



The KALINCO Smart Watch submerged in water, illustrating its IP68 waterproof rating and a 'Draining water...' function. Icons indicate 10-meter water resistance, suitability for swimming, and the draining feature.

5.2 Cleaning

Regularly clean your watch and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.

6. TROUBLESHOOTING

If you encounter issues with your KALINCO Smart Watch, please refer to the 'Help' or 'FAQ' sections within the VeryFit app. For further assistance, contact customer support.



Screenshots from the VeryFit application illustrating how to access the user guide and help sections within the app, found under 'Device - How to use' and 'My - Help - Guides & FAQs'.

7. SPECIFICATIONS

Feature	Specification
Model Number	IDW25
Screen Size	1.83 Inches
Resolution	240 x 284
Item Weight	1.34 ounces (38 Grams)
Product Dimensions	15.75 x 11.81 x 11.81 inches



Operating System Compatibility	iOS 9.0 or Android 6.0 and above
Connectivity Technology	Bluetooth
GPS	Connected GPS (via app)
Special Features	Alexa Built-in, Make/Answer Calls, Heart Rate/Blood Oxygen/Stress Monitoring
Battery Capacity	300 Milliamp Hours
Battery Type	Lithium Polymer
Water Resistance	IP68
Memory Storage Capacity	128 MB





8. WARRANTY AND SUPPORT

KALINCO offers a 3-Year Quality Assurance for this product. For any inquiries or support, please utilize the 24/7 Online Customer Service available through the VeryFit app or the official KALINCO channels.

© 2024 KALINCO. All rights reserved.

Related Documents - IDW25

<div>IDW25 Manuale dell'utente</div> <div></div> <div>IDW25 Smart Sports Watch</div>	<div>IDW25 Smart Sports Watch User Manual</div> <div>This user manual provides detailed instructions for the IDW25 Smart Sports Watch. Learn how to set up your device, track health metrics like heart rate and blood oxygen, monitor activities and sleep, use smart features like Alexa and phone calls, and customize settings. Includes information on app connectivity and basic operations.</div>
<div>KALINCO® Smart Watch</div> <div></div> <div>IDW19 User Manual IDW19 Smart Sports Watch</div>	<div>KALINCO IDW19 Smart Watch User Manual</div> <div>User manual for the KALINCO IDW19 Smart Watch, covering its features, basic operations, health monitoring, app integration, and various functions like Alexa, phone calls, activity tracking, and more.</div>

<div data-bbox="118 91 309 376"><p>P76 Smart Watch User Manual</p><p><small>All pictures in this manual are only for illustration. Actual products may vary due to product firmware upgrade and software upgrade. Please feel free to contact us via orders if you have any product questions.</small></p></div>	<p>KALINCO P76 Smart Watch User Manual</p> <p>Comprehensive user manual for the KALINCO P76 Smart Watch, covering setup, features, specifications, FAQs, and safety information.</p>
<div data-bbox="118 414 309 674"><p>IDW25 Manual</p><p>IDW25 Smart Sports Watch</p></div>	<p>IDW25 Smart Sports Watch User Manual</p> <p>This manual provides comprehensive instructions for the IDW25 Smart Sports Watch, covering setup, features like health monitoring, sports tracking, Alexa integration, phone functions, and more.</p>
<div data-bbox="118 705 309 987"><p>KALINCO P22 SMART WATCH FAQS</p><p>Q: How to charge a smartwatch?</p><p>Please place the watch on a standard surface with the back facing up and face charge it.</p><p>When charging, please be patient, and do not charge the watch with the charging cable in the back of the watch. The charging cable will be damaged when the watch is not fully charged. Please do not charge the watch with the charging cable in the back of the watch.</p><p>Q: How to download the app "FitCloudPro"?</p><p>1. Scan the QR code to download it.</p><p>2. Download it from Google Play or App Store (for Android phones) or App Store (for iPhones).</p><p>NOTE: The APP is only compatible with Android 4.3 or iOS 9.0 or above smartphones.</p></div>	<p>KALINCO P22 Smart Watch FAQs and User Guide</p> <p>Frequently asked questions and instructions for setting up and using the KALINCO P22 Smart Watch, including charging, app connection, notifications, and weather settings.</p>
<div data-bbox="118 1019 309 1279"><p>Manual del usuario de IDW25</p><p>Reloj deportivo inteligente IDW25</p></div>	<p>IDW25 Smart Sports Watch User Manual</p> <p>User manual for the IDW25 smart sports watch, covering features like health monitoring, exercise tracking, phone functions, Alexa integration, and device settings.</p>