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ENOMIR IDW19

ENOMIR Smart Watch User Manual

Model: IDW19

PRODUCT OVERVIEW

The ENOMIR Smart Watch is a versatile fitness tracker designed for both men and women, featuring Alexa Built-in and call functionality. It boasts a 1.8-inch HD anti-fall screen and IP68 waterproof rating, making it suitable for various activities. This smartwatch monitors essential health metrics such as heart rate, sleep, and SpO2, and is compatible with both iOS and Android devices.



Figure 1: Front view of the ENOMIR Smart Watch in Rose Pink.

WHAT'S IN THE BOX

- ENOMIR Smart Watch (Model: IDW19)
- Charging Cable
- User Manual

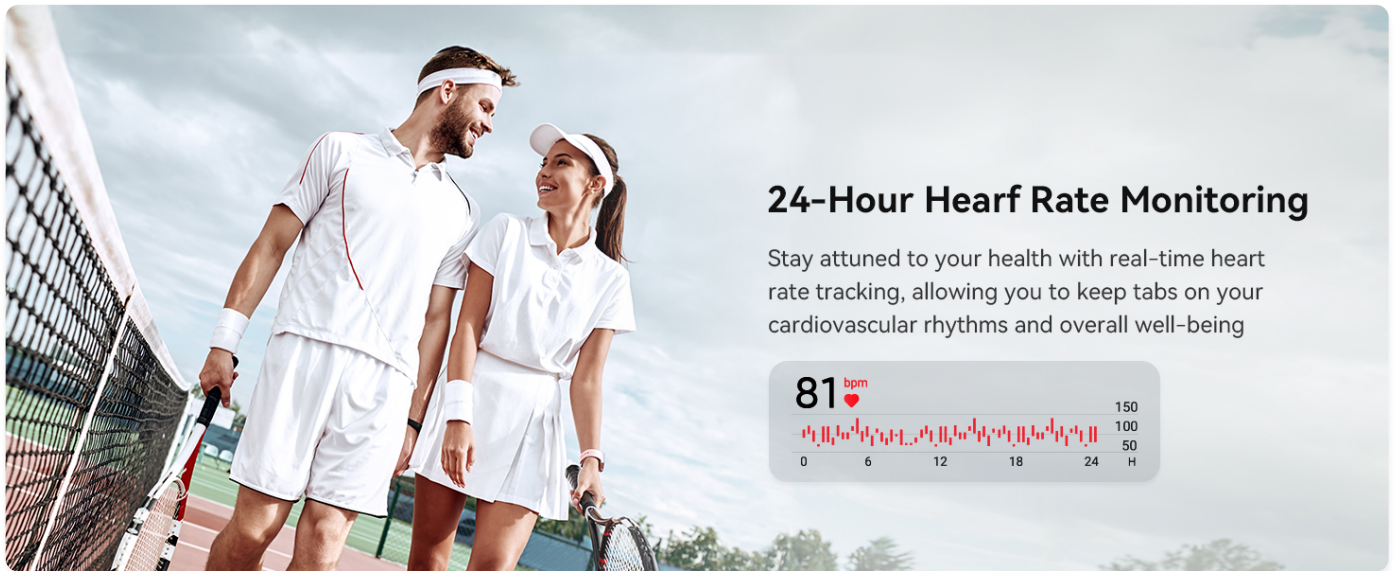


Figure 2: Included accessories: Smart Watch, USB Charging Cable, and User Manual.

SETUP

1. Initial Charging

Before first use, fully charge your ENOMIR Smart Watch. Connect the provided charging cable to the magnetic charging points on the back of the watch and plug the USB end into a compatible power adapter (not included) or a computer's USB port. A full charge takes approximately 2 hours.

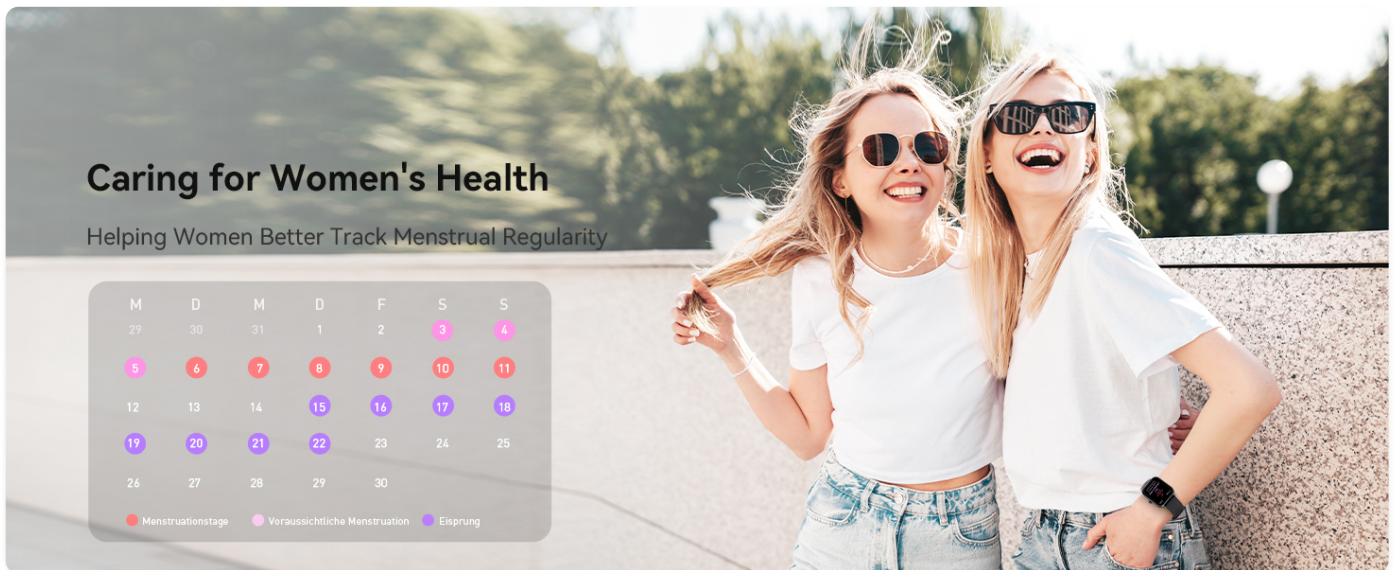


Figure 3: The watch charging via its magnetic USB cable.

2. App Installation and Pairing

Download the companion app from your smartphone's app store (iOS or Android). Follow the in-app instructions to pair your smartwatch via Bluetooth 5.3. Ensure your phone's Bluetooth is enabled and the watch is within 10 meters for optimal connection.



Figure 4: Compatibility with iOS and Android devices.

OPERATING INSTRUCTIONS

1. Basic Navigation

The smartwatch features a 1.8-inch HD touchscreen. Swipe left/right or up/down to navigate through menus and features. Press the side button to return to the home screen or wake the device.

2. Call Functionality

With Bluetooth 5.3, you can answer and make calls directly from your watch. The watch supports call answering but cannot reply to text messages. Ensure your watch is connected to your smartphone via Bluetooth.

BLUETOOTH CALL

Make or answer calls directly on the watch at anytime anywhere



Figure 5: Bluetooth call feature, allowing users to answer or make calls directly from the watch.

3. Health Monitoring

The watch provides 24/7 health tracking for heart rate, blood oxygen (SpO₂), stress, and sleep. Access these features through the watch menu or the companion app for detailed insights.

- **Heart Rate:** Continuous monitoring of your heart rate.
- **Blood Oxygen (SpO₂):** Measures blood oxygen saturation levels.
- **Stress:** Tracks stress levels throughout the day.
- **Sleep:** Analyzes sleep stages (REM, Light, Awake, Deep sleep) to help improve sleep habits.

24-Hour All-round Health Management

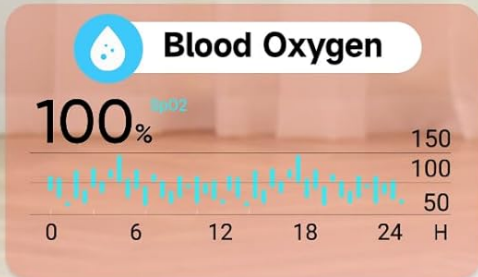
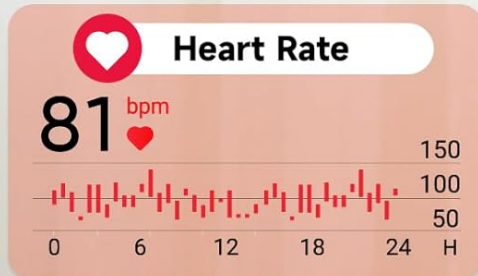


Figure 6: Health management features including Heart Rate, Blood Oxygen, and Stress monitoring.



Figure 7: Sleep stage analysis for improved sleep quality.

4. Sports Modes and Activity Tracking

The smartwatch supports over 110 sports modes, including running, swimming, and cycling. It records calories burned, distance covered, steps taken, and real-time heart rate during workouts.

Over 110 Sports Modes

Steps: **8340** steps

Distance: **4.5** km

Calories: **210** kcal




Figure 8: Over 110 sports modes for comprehensive activity tracking.

5. Alexa Built-in

Utilize Alexa voice commands for various tasks such as asking questions, setting alarms, or checking the weather. This feature requires a stable connection to your smartphone and internet.

Alexa Intelligent Assistance



 Alexa, What is the weather in London?

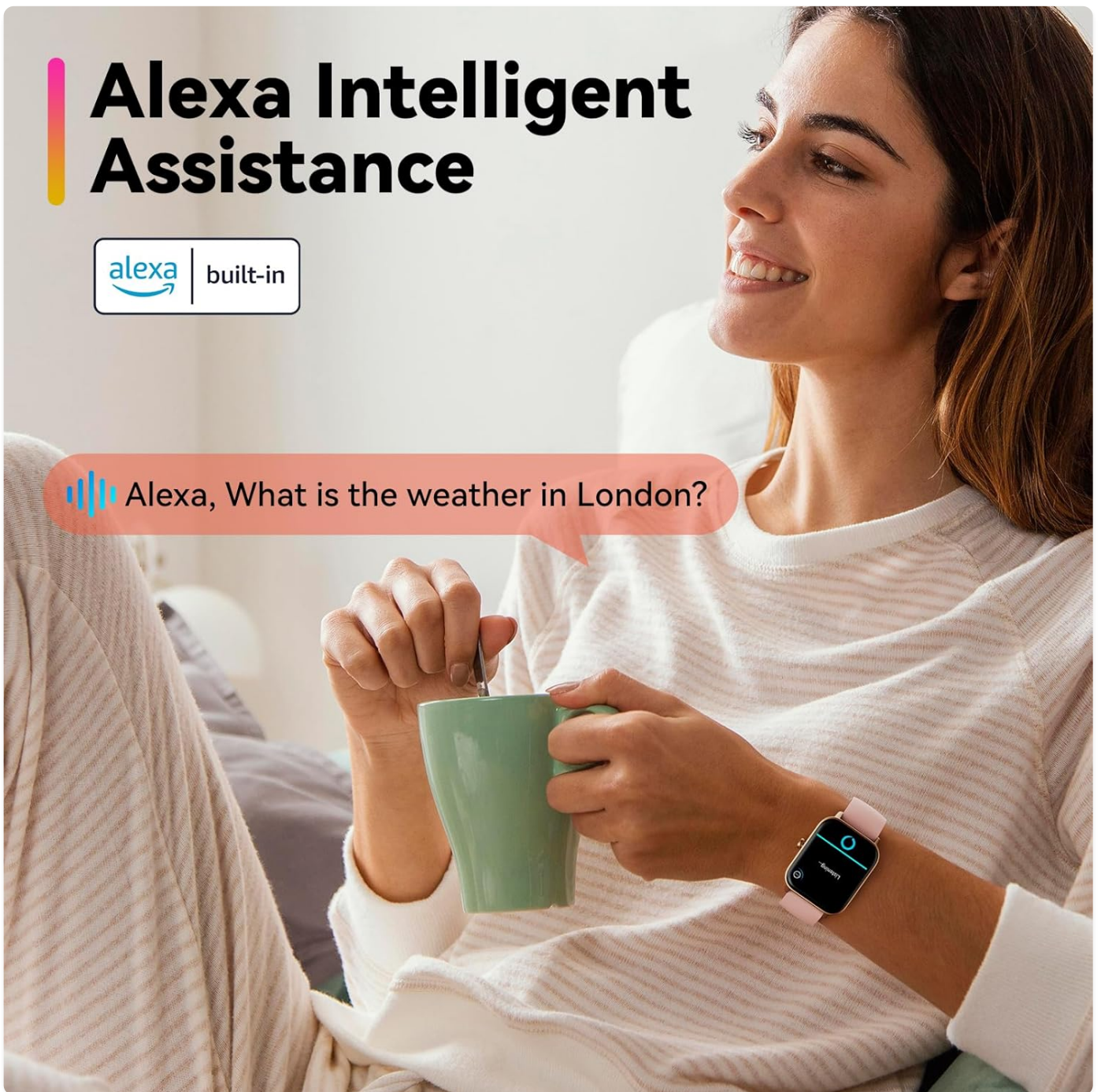


Figure 9: Alexa Intelligent Assistance for voice commands.

6. Watch Faces

Personalize your watch with over 100 stylish watch faces available through the companion app. You can also create custom watch faces using your own photos.

110+ Watch Faces

Choose your Favorite Photos



Figure 10: A selection of over 110 watch faces, including options to customize with personal photos.

MAINTENANCE

1. Water Resistance (IP68)

The ENOMIR Smart Watch has an IP68 waterproof rating, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for pool swims, rain, and intense workouts. Avoid prolonged exposure to hot water or steam, and do not use it for diving or high-pressure water activities.

IP68

Water Resistance



Figure 11: The watch's IP68 water resistance, suitable for various water-related activities.

2. Cleaning and Care

Wipe the watch regularly with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.

3. Battery Life

The 350mAh Lithium Polymer battery provides up to 9 days of typical use and 30 days of standby time on a single 2-hour charge. Actual battery life may vary based on usage patterns and enabled features.

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and allow it to charge for at least 10 minutes before attempting to power it on.
- **Cannot pair with phone:**
 - Ensure Bluetooth is enabled on your phone.

- Make sure the watch is within the optimal range (10m) of your phone.
 - Restart both the watch and your phone.
 - Check if the companion app is updated to the latest version.
- **Call function not working:** Verify that the watch is properly connected to your phone via Bluetooth and that the necessary permissions are granted in the companion app.
 - **Notifications not received:** Check notification settings in both the watch's menu and your phone's app settings. Ensure the companion app has permission to send notifications.
 - **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Keep the sensor clean.

SPECIFICATIONS

Feature	Detail
Model Number	IDW19
Screen Size	1.8 Inches HD Touch Screen
Connectivity	Bluetooth 5.3
Operating System	Android Wear 1.0 (Compatible with iOS & Android)
Water Resistance	IP68
Battery Capacity	350 mAh Lithium Polymer
Battery Life	Up to 9 days (typical use), 30 days (standby)
Charging Time	Approx. 2 hours
Weight	0.035 ounces (approx. 1 gram)
Special Features	Alexa Built-in, Bluetooth Call (Answer/Make), TEXT&APP Message notification, Weather Forecast, Music Control, 24-Hour Heart Rate, Blood Oxygen (SpO2), Sleep & Stress Health Guard, 110+ Sports Modes, Calories, Steps, Distance, Game, Female menstrual cycle, Pedometer, Alarm Clock, Stopwatch, Calendar, Brightness Adjustment, 105+ Dial selection, Custom dial, Removable 22mm strap.

Dimension

Tips: Fits for **22mm** width straps.



Figure 12: Key dimensions of the ENOMIR Smart Watch, including screen size and strap compatibility.

WARRANTY AND SUPPORT

ENOMIR offers a 365-day replacement policy and lifetime service for its products. For any inquiries, technical assistance, or warranty claims, please contact ENOMIR customer support. They aim to provide a 12-hour quick reply.

- **Replacement Policy:** 365 days
- **Customer Support:** 12-Hour Quick Reply
- **Contact:** Refer to the contact information provided in the product packaging or on the official ENOMIR website.

