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## Gydom IDW19

# Gydom IDW19 Smart Watch User Manual

Model: IDW19 | Brand: Gydom

## INTRODUCTION

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This manual provides essential information for setting up, operating, and maintaining your Gydom IDW19 Smart Watch. Please read it thoroughly to ensure proper usage and to maximize your device's capabilities.

## WHAT'S IN THE BOX

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- Gydom Smart Watch x1
- Original Charging Cable x1
- User Manual x1

## SETUP

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### 1. Charging the Device

Before initial use, fully charge your Gydom IDW19 Smart Watch. Connect the magnetic charging cable to the charging points on the back of the watch. Plug the USB end into a compatible power source. The watch display will indicate charging status.



Image: Gydrom IDW19 Smart Watch with its magnetic charging cable.

## 2. App Installation and Pairing

1. Download the **VeryFit App** from your smartphone's app store (compatible with iOS 9.0+ and Android 6.0+).
2. Open the VeryFit App and follow the on-screen instructions to create an account and input your personal information.
3. Enable Bluetooth on your smartphone.
4. In the VeryFit App, search for your Gydrom IDW19 Smart Watch and select it to pair. The watch will display a QR code or pairing prompt.
5. Confirm the pairing on both your smartphone and the watch.

Your browser does not support the video tag.

Video: An overview of the Gydrom IDW19 Smartwatch features and its health and fitness tracking capabilities.

## OPERATING INSTRUCTIONS

### Navigation

The Gydom IDW19 features a 1.8" HD touchscreen. Swipe left, right, up, or down to access different functions and menus. The side button typically serves as a home button or to wake the screen.

Your browser does not support the video tag.

Video: A demonstration of the various functions and navigation of the Gydom IDW19 Smart Watch.

## Key Features

- **Call Receiving/Dialing & Alexa Built-in:** Make or take calls directly from your wrist. Receive instant SMS and app alerts (Facebook, Twitter, WhatsApp, Instagram, etc.). Utilize Amazon Alexa for voice commands, music control, weather checks, and alarms.
- **Music Control:** Control music playback on your connected smartphone directly from your watch.
- **Camera Control:** Use your watch as a remote shutter for your smartphone's camera.
- **Find Phone:** Activate this feature to make your paired smartphone ring, helping you locate it.
- **Other Smart Features:** Access stopwatch, weather alerts, smart reminders, noise detection, and adjust screen brightness.



Image: Smartwatch displaying call and message notifications, and the Alexa voice assistant interface.

## HEALTH MONITORING

The Gydom IDW19 Smart Watch is equipped with advanced sensors to provide comprehensive health insights.

- **Heart Rate Monitor:** Continuously tracks your heart rate throughout the day.
- **Blood Oxygen (SpO2) Monitor:** Measures your blood oxygen saturation levels.
- **Sleep Monitor:** Provides detailed analysis of your sleep patterns, including deep sleep, light sleep, and awake times.
- **Stress Monitor:** Helps track and manage your stress levels.
- **Cycle Tracking:** For women, track menstrual cycles and predict fertile periods.
- **Activity Tracking:** Monitors daily activities such as steps, calories burned, and distance covered.
- **101+ Sports Modes:** Offers a wide range of sports modes, from soccer to swimming, to accurately track your workouts.

# Keep Track of Your Health



Sleep Tracking  
and Sleep Aid



All-day Body  
Response  
Tracking for  
Heart Rate



Blood Oxygen  
Management  
Score

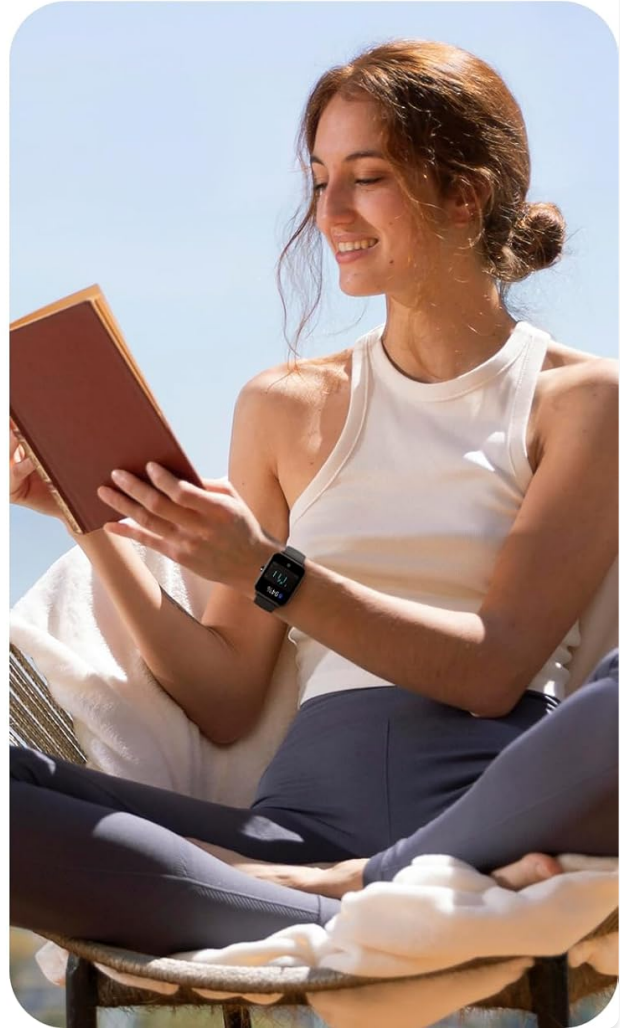


Image: The smartwatch screen showing sleep tracking data, heart rate, and blood oxygen saturation.

# Sweat the Wise Way



100+  
Exercise  
Modes



Step  
Distance  
Calories  
Burned



Daily  
Exercise  
Analysis



Image: The smartwatch interface showing different sports modes and daily activity statistics.

## CUSTOMIZATION

- **Customizable Dials:** Choose from over 100 stylish dials in the VeryFit App or customize your watch face with your own photos.
- **Interchangeable Bands:** The watch supports 22mm watch bands, allowing you to personalize its style.

# Switch Dials with Your Style



7+ Day Battery  
Life with Fast  
Charge

iOS and Android  
Compatible

For 6.5-9.4 inch  
Wrist

Image: The smartwatch screen showcasing different customizable watch faces, including a photo option.

## BATTERY LIFE

The Gydom IDW19 Smart Watch is equipped with a large 300mAh battery, offering extended usage times:

- **Standby Time:** Up to 30 days
- **Average Usage:** 7-10 days
- **Power-saving Mode:** Up to 20 days
- **Charging Time:** Approximately 2 hours

## WATER RESISTANCE

The Gydom IDW19 Smart Watch has an **IP68 water-resistant rating**, meaning it is protected against immersion in water up to 1.5 meters for up to 30 minutes. You can wear it while swimming, washing hands, or showering. However, avoid using it in hot water or seawater to prevent damage.

## MAINTENANCE

- **Cleaning:** Regularly clean your watch and strap with a soft, dry cloth. If necessary, use a slightly damp cloth with mild soap, then rinse and dry thoroughly.
- **Avoid Chemicals:** Do not expose the watch to strong chemicals, solvents, or detergents, as these can damage the materials.
- **Storage:** Store the watch in a cool, dry place when not in use.

## TROUBLESHOOTING

### Common Issues and Solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Press and hold the side button for several seconds.
- **Cannot pair with phone:** Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and your phone, then try pairing again through the VeryFit App.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors on the back of the watch.
- **Notifications not received:** Check app permissions on your phone to ensure the VeryFit App has access to notifications. Verify that notifications are enabled within the VeryFit App settings for your watch.

## SPECIFICATIONS

| Feature                 | Detail  |
|-------------------------|---|
| Screen Size             | 1.8 Inches  |
| Battery Capacity        | 300 Milliamp Hours  |
| Operating System        | Android & iOS   |
| Connectivity Technology | Bluetooth   |
| Water Resistance        | IP68  |
| Special Features        | Voice Call, Sleep Monitor, Heart Rate Monitor, Blood Oxygen (SpO2), Cycle Tracking, Stress, Activity Tracker, Multisport Tracker, Calorie Tracker, Pedometer, Weather Forecast, Sedentary Reminder, Camera Control, Music Player, Voice Control, Notifications, Find your Phone |
| Item Weight             | 3.52 ounces   |
| Manufacturer            | Gydom   |

## WARRANTY AND SUPPORT

Gydom stands by its product with a **3-Year Guarantee**. For any issues or technical assistance, 24/7 tech support is available. Please refer to the contact information provided in your product packaging or on the

official Gydom website for support.