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Gydom B0DZXKPLSX

Gydom Smart Watch User Manual

MODEL: B0DZXKPLSX

Introduction

Thank you for choosing the Gydom Smart Watch. This device is designed to enhance your daily life by providing comprehensive health monitoring, fitness tracking, and smart communication features directly from your wrist. Please read this manual carefully to ensure proper use and maintenance of your new smart watch.



The Gydom Smart Watch, featuring a vibrant 1.8-inch display and a comfortable pink band.

What's in the Box

- Gydom Smart Watch x 1
- Magnetic Charging Cable x 1
- User Manual x 1

Setup

1. Initial Charging

Before first use, fully charge your smart watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. The watch will

display a charging indicator.

2. App Installation and Pairing

To unlock the full potential of your Gydrom Smart Watch, download the **VeryFit** app from your smartphone's app store (available for iOS 9.0+ and Android 6.0+). Open the app, create an account, and follow the on-screen instructions to pair your watch via Bluetooth. Ensure Bluetooth is enabled on your phone.

This video demonstrates the initial setup and basic navigation of the Gydrom Smart Watch, including how to access different features and settings.

Operating Instructions

The Gydrom Smart Watch features a responsive 1.8-inch HD touch screen and a side button for navigation.

- **Swipe Down:** Access quick settings (brightness, DND mode, battery level, settings).
- **Swipe Up:** View notifications.
- **Swipe Left/Right:** Navigate through widgets (activity, heart rate, SpO2, weather, music control, etc.).
- **Press Side Button:** Return to the watch face or open the app menu.

Sweat the Wise Way



100+
Exercise
Modes



Step
Distance
Calories
Burned



Daily
Exercise
Analysis



The watch offers convenient access to features such as music control, brightness adjustment, stopwatch, weather forecasts, and guided breathing exercises.

Health Monitoring Features

Your Gydrom Smart Watch is equipped with advanced sensors to provide comprehensive insights into your health.

- **Heart Rate Monitoring:** Continuously tracks your heart rate throughout the day.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen saturation levels.
- **Sleep Tracking:** Analyzes your sleep patterns, including deep sleep, light sleep, and awake times, to help you understand and improve your sleep quality.
- **Stress Level Monitoring:** Provides insights into your stress levels.
- **Menstrual Cycle Tracking:** For women, the watch can track menstrual cycles and predict fertile periods when set up in the app.

Keep Track of Your Health



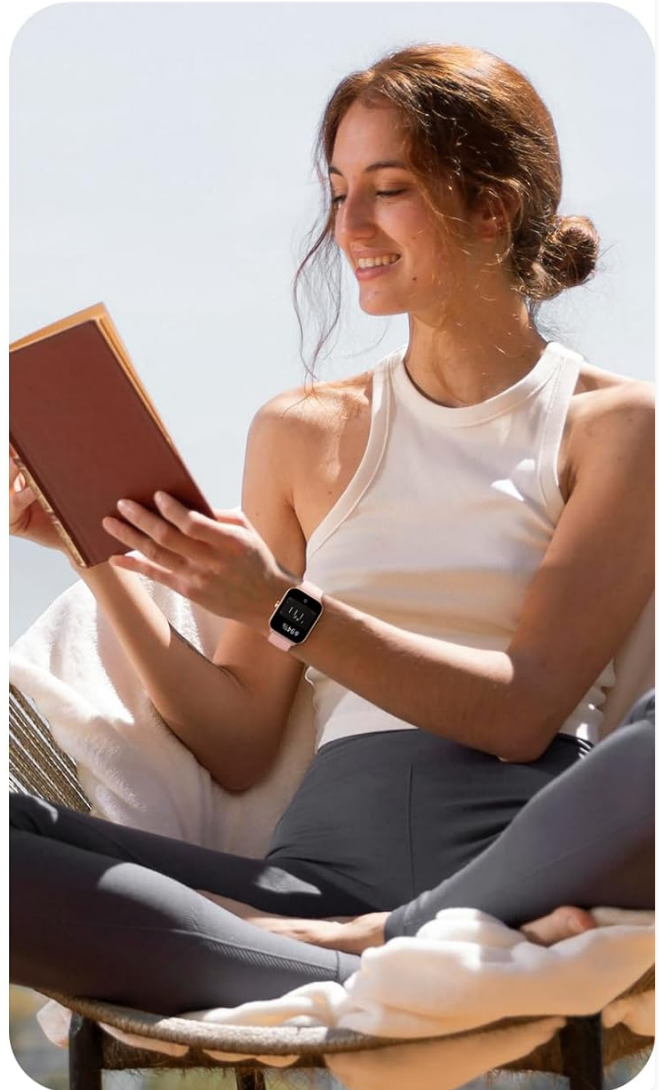
Sleep Tracking
and Sleep Aid



All-day Body
Response
Tracking for
Heart Rate



Blood Oxygen
Management
Score



Monitor key health metrics such as sleep duration and quality, real-time heart rate, and blood oxygen saturation directly on your watch.

IP68 Waterproof



Waterproof up to 10m



Swim confidently with your watch



Gain insights into your health status through real-time heart rate, blood oxygen, and stress monitoring.

All-Day Activity Tracking

🔥 1200 Kcal

📍 8.35 mi

👣 20800 Steps



The watch provides detailed sleep tracking and analysis within the accompanying app.

Support 100 Sport Modes

Choose your favorite sports, and go for it!



Utilize the watch for women's health management, including menstrual cycle tracking and fertile period prediction.

Fitness Tracking

The Gydrom Smart Watch supports over 101 sport modes, allowing you to accurately track various activities.

- **Activity Tracking:** Monitors steps, calories burned, and distance covered throughout the day.
- **Sport Modes:** Select from a wide range of activities like running, walking, cycling, and more to get specific workout data.
- **Workout Records:** View detailed summaries of your past workouts in the app.

The Optimal Companion for Your Wrist



Ultra-Light
at Just
37.7g 
for Ultimate
Comfort



Exquisite
Craftsmanship
- Tailored
Just for You

Track over 100 exercise modes, monitor steps, distance, and calories burned, and analyze your daily exercise data.

The Ultimate Gift for Family, Loved Ones, and Friends



The watch provides comprehensive all-day activity tracking, including calories burned, distance traveled, and steps taken.

Smart Features

Stay connected and manage your digital life with ease using the smart features of your Gydom Smart Watch.

- **Call Receiving/Dialing:** Make and answer calls directly from your wrist via Bluetooth.
- **Smart Notifications:** Receive instant alerts for SMS, Facebook, Twitter, WhatsApp, Instagram, and other app notifications.
- **Alexa Built-in:** Use voice commands to ask questions, control music, check weather, set alarms, and more.
- **Find Phone:** Locate your misplaced smartphone by triggering an alarm from your watch.

Access All from Your Wrist



Answer
and
Make Calls



Sync Text/
Phone/ App
Notifications



Alexa
Built-in

Access calls, notifications, and Alexa directly from your wrist for enhanced convenience.

Make Your Watch Your Signature Style

- Explore **100+** stylish dials in the Veryfit App
- **Customize** with your own photos
- Supported **1.8"** HD touch screen



Crafted with Bluetooth 5.3 and a speaker, the watch allows you to answer and make calls directly, with enhanced clarity and stability.


22mm Watch Band, Any Style You Want




Receive real-time message alerts from your favorite social media and communication apps directly on your wrist.


Ultra-Long Battery Life



 **30 Days**
Standby time

 **7~10 Days**
Average usage

 **20 Days**
Power-saving mode

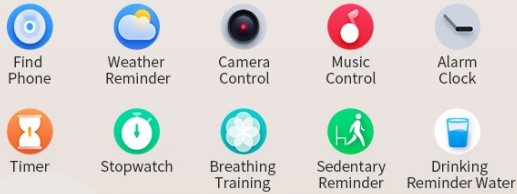
 **2 Hours**
Charging time

Transform your wrist into a command central with Alexa built-in, offering smart home control and instant answers.

Water Resistance

The Gydom Smart Watch has an IP68 water-resistant rating, meaning it can withstand submersion in water up to 1.5 meters for 30 minutes. You can wear it while swimming, washing hands, or showering. However, avoid hot water or seawater, as these can damage the device.

Sophisticated Smart Life Companion for You



The IP68 rating ensures the watch is waterproof up to 10 meters, allowing you to swim confidently while wearing it.

Customization

Personalize your Gydom Smart Watch to match your style.

- **Customizable Dials:** Choose from over 100 stylish dials in the VeryFit app or upload your own photos to create unique watch faces.
- **Interchangeable Bands:** The watch supports standard 22mm watch bands, allowing you to easily switch styles.

Switch Dials with Your Style



7+ Day Battery
Life with Fast
Charge

iOS and Android
Compatible

For 6.5-9.4 inch
Wrist

Easily switch between various watch faces to match your personal style and preferences.

The Ultimate Gift for Family, Loved Ones, and Friends



Explore over 100 stylish dials in the VeryFit App or customize with your own photos on the 1.8-inch HD touch screen.

The Ultimate Gift for Family, Loved Ones, and Friends



The watch is compatible with 22mm watch bands, allowing for easy customization with any style you prefer.

Battery Life

The Gydom Smart Watch is equipped with a large 300mAh battery and a low power consumption design for extended use.

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

Music Control



Brightness



22mm - Any Band Your Like



Stopwatch



Weather Forecast



Breath



Enjoy 7+ days of battery life with fast charging, compatible with both iOS and Android phones, and designed for wrists measuring 6.5-9.4 inches.

The Ultimate Gift for Family, Loved Ones, and Friends



Experience ultra-long battery life with up to 30 days standby, 7-10 days average usage, 20 days in power-saving mode, and a 2-hour

charging time.

Specifications

Feature	Detail
Model Number	B0DZXKPLSX
Screen Size	1.8 Inches
Battery Capacity	300 Milliamp Hours
Connectivity Technology	Bluetooth
Operating System	Android & iOS
Water Resistance	IP68
Item Weight	3.2 ounces (0.09 Kilograms)
Memory Storage Capacity	128 MB
GPS	GPS Via Smartphone
Battery Cell Composition	Lithium Polymer
Shape	Rectangular

Maintenance

To ensure the longevity and optimal performance of your Gydom Smart Watch, follow these maintenance guidelines:

- **Cleaning:** Regularly wipe the watch screen and band with a soft, dry cloth. For stubborn stains, use a slightly damp cloth and mild soap, then rinse and dry thoroughly.
- **Charging:** Use only the provided magnetic charging cable. Ensure the charging contacts on the watch and cable are clean and dry before charging.
- **Storage:** When not in use for extended periods, store the watch in a cool, dry place. Avoid extreme temperatures.
- **Avoid Chemicals:** Do not expose the watch to strong chemicals, detergents, or solvents, as these can damage the materials.

Troubleshooting

If you encounter issues with your Gydom Smart Watch, try the following solutions:

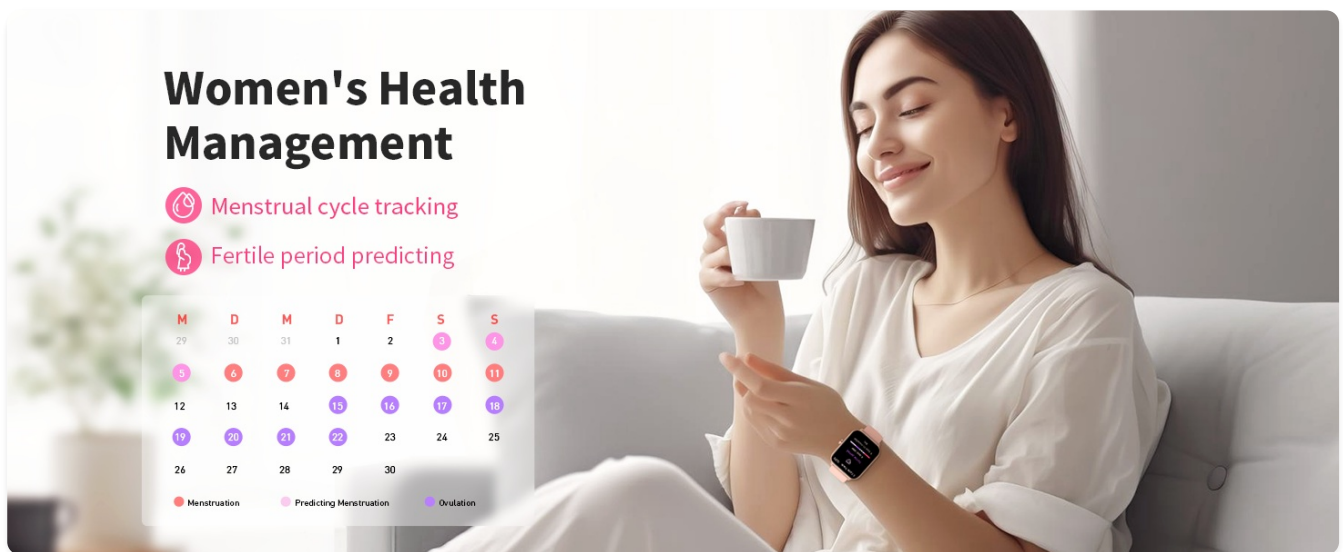
- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with phone:**
 - Ensure Bluetooth is enabled on your phone.

- Make sure the watch is within range of your phone.
 - Restart both your phone and the watch.
 - Clear the Bluetooth cache on your phone (if applicable).
 - Try unpairing and re-pairing the device in the VeryFit app.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, about one finger's width above your wrist bone. Keep the sensor clean.
 - **Notifications not received:**
 - Check app notification settings in the VeryFit app.
 - Ensure your phone's notification permissions are granted to the VeryFit app.
 - Verify that the watch is connected to your phone via Bluetooth.
 - **Screen unresponsive:** Restart the watch by pressing and holding the side button until it powers off, then power it back on.

Warranty and Support

Gydom stands by the quality of its products. Your Smart Watch comes with a **3-Year Guarantee** and **24/7 technical support** for a hassle-free experience. Additionally, we offer a **30-day no-reason return policy** and a **1-year free replacement** for manufacturing defects.

For any issues or inquiries, please feel free to reach out to our customer support team. Contact information can be found on our official website or through the VeryFit app.



Gydom offers 24-hour quick service via email, a 30-day no-reason return policy, and 1-year free replacement.