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Gydom IDW19H

Gydom Smart Watch IDW19H User Manual

Model: IDW19H

1. INTRODUCTION

This manual provides detailed instructions for the Gydom Smart Watch IDW19H. It covers device setup, operational procedures, maintenance guidelines, and troubleshooting information to ensure optimal use of your smart watch.



Image: The Gydrom Smart Watch IDW19H featuring a purple band and a digital display showing current time, step count, and heart rate.

2. SETUP

2.1 Package Contents

- Gydrom Smart Watch IDW19H
- Magnetic Charging Cable
- User Manual (this document)

2.2 Charging the Device

Before first use, fully charge the smart watch. Connect the magnetic charging cable to the charging contacts on the back of the watch and to a USB power source. A full charge typically takes approximately 2 hours.

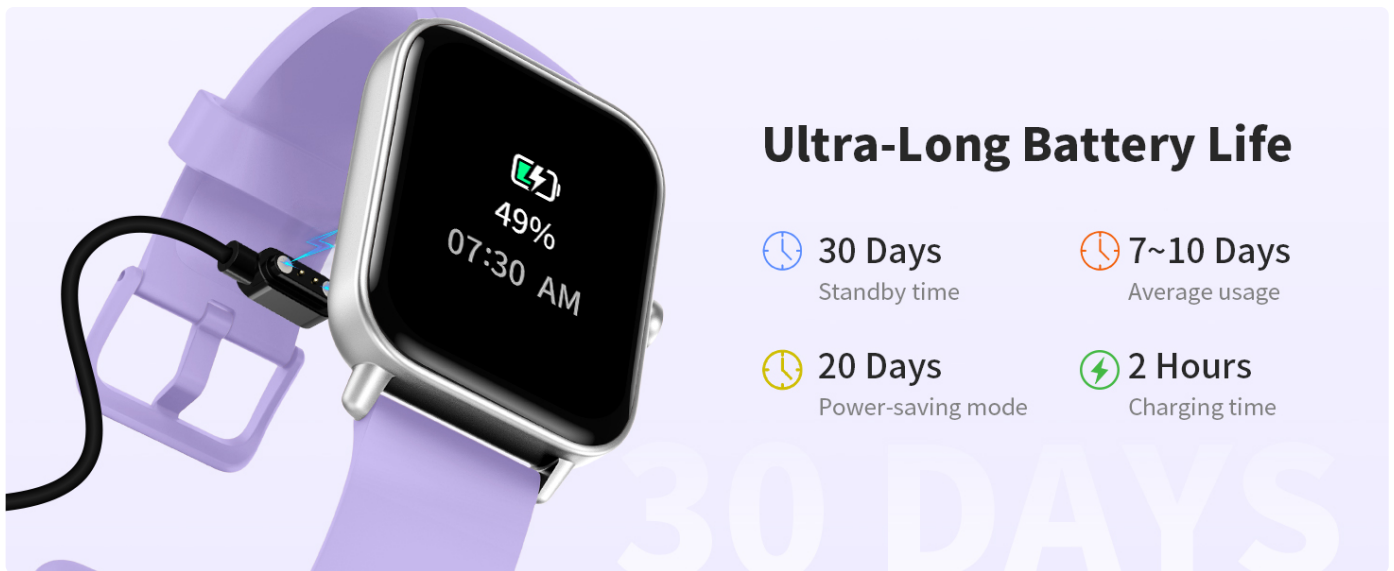


Image: The Gydom Smart Watch IDW19H being charged with its magnetic cable, displaying the current battery level.

2.3 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 create an account or log in.
3. Follow the in-app instructions to search for and pair your Gydom Smart Watch IDW19H via Bluetooth. Ensure Bluetooth is enabled on your smartphone.
4. Confirm the pairing request on both your smartphone and the smart watch.

Successful pairing is indicated by a confirmation message on both devices. The watch will then synchronize time and data with your phone.

3. OPERATING INSTRUCTIONS

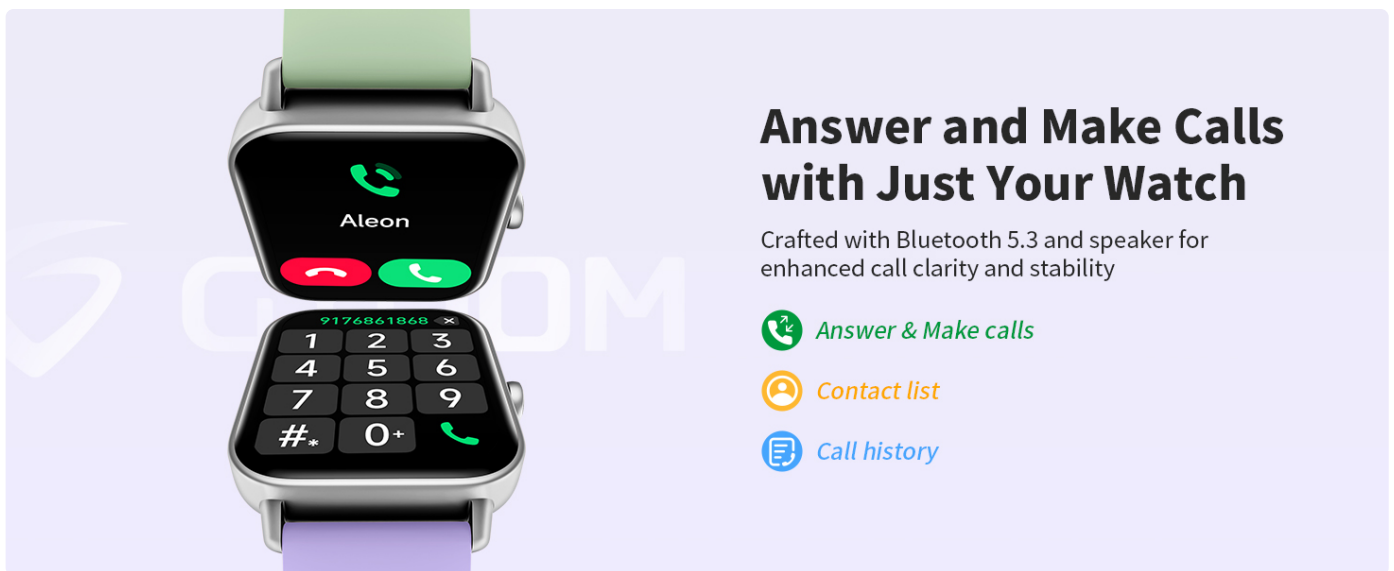
3.1 Basic Navigation

- **Touchscreen:** Swipe up, down, left, or right to navigate through menus and features. Tap to select.
- **Side Button:** Press to return to the home screen or wake the device. Long press for specific functions (e.g., activating Alexa).

3.2 Call Functionality

The Gydom Smart Watch IDW19H allows you to make and answer calls directly from your wrist when connected to your smartphone via Bluetooth 5.3.

- **Answering Calls:** When a call comes in, tap the green icon on the watch screen.
- **Making Calls:** Access the phone function on the watch to dial numbers or select from a synchronized contact list (up to 20 contacts can be set in the app).



Answer and Make Calls with Just Your Watch

Crafted with Bluetooth 5.3 and speaker for enhanced call clarity and stability

 Answer & Make calls

 Contact list

 Call history

Image: The smart watch screen showing options to answer an incoming call and a numeric keypad for dialing.

3.3 Smart Notifications

Receive real-time alerts for SMS messages and various app notifications (e.g., Facebook, Twitter, WhatsApp, Instagram) directly on your watch. Configure which notifications to receive through the VeryFit app.



Smart Notifications

With Yoever smart watch, receive real-time message alerts on your wrist

Stay connected and never miss important messages from loved ones and friends

Image: A Gydom Smart Watch IDW19H showing a Facebook notification, illustrating its smart notification capability.

3.4 Alexa Built-in

Utilize Amazon Alexa directly from your wrist. Long press the side button or select Alexa from the menu to activate voice commands. You can ask questions, control music playback, check weather, set alarms, and more.

Alexa Built-in

Transform your wrist into command central: smart home control, instant answers



Image: A user activating Alexa on the Gydrom Smart Watch IDW19H, demonstrating voice command functionality.

3.5 Health Monitoring

The watch provides comprehensive health tracking features:

- **Heart Rate Monitor:** Continuous 24/7 heart rate tracking.
- **Blood Oxygen (SpO2) Monitor:** Measures blood oxygen levels.
- **Sleep Monitor:** Analyzes sleep patterns including deep sleep, light sleep, and awake times.
- **Stress Monitor:** Tracks stress levels throughout the day.
- **Women's Health Management:** Features for menstrual cycle tracking and fertile period prediction.



Image: Multiple Gydrom Smart Watches IDW19H showcasing their heart rate, SpO2, and stress monitoring interfaces.

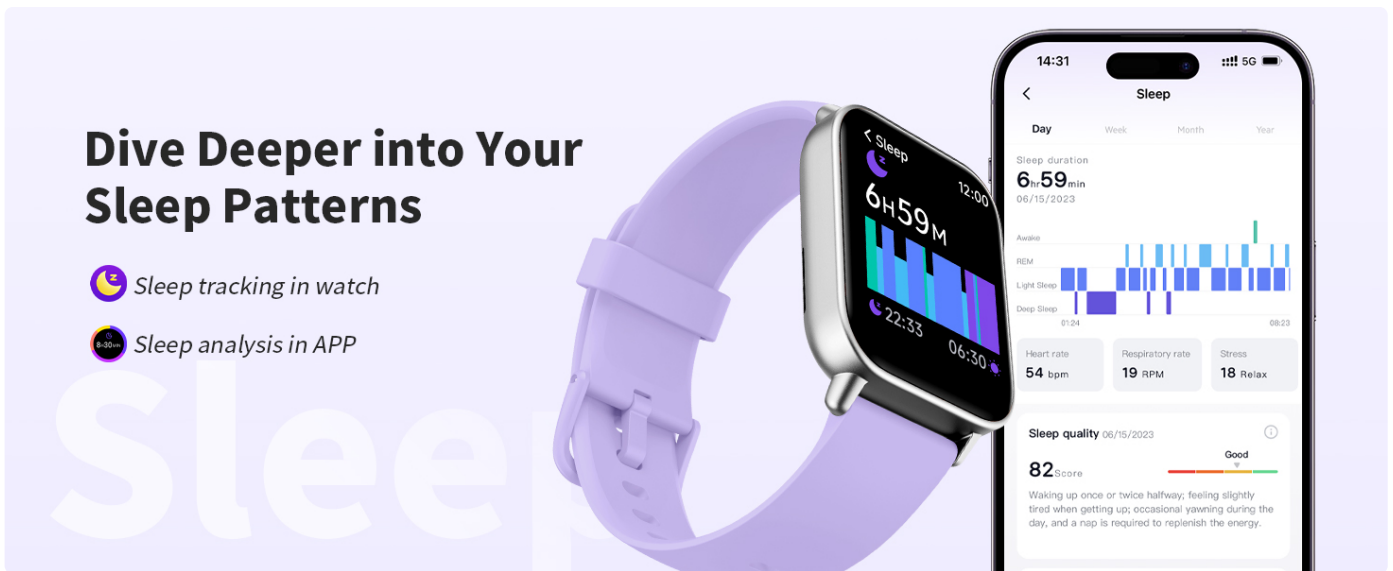


Image: The smart watch showing sleep duration, complemented by a smartphone displaying a detailed sleep analysis graph from the VeryFit app.



Image: The Gydom Smart Watch IDW19H demonstrating its women's health management features, including cycle tracking.

3.6 Sport Modes and Activity Tracking

The watch supports over 100 sport modes, accurately tracking activities such as steps, calories burned, and distance. Daily exercise analysis is available through the VeryFit app.

Support 100 Sport Modes

Choose your favorite sports, and go for it!



Image: The smart watch screen showing a selection of sport modes, highlighting its versatility for different physical activities.

All-Day Activity Tracking

1200 Kcal

8.35 mi

20800 Steps



Image: The smart watch and a smartphone displaying synchronized daily activity tracking data, including calories, distance, and steps.

3.7 Customization

Personalize your watch with over 100 stylish dials available in the VeryFit app. You can also customize watch faces using your own photos.

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



Image: The smart watch showcasing different customizable watch faces, including those with user-uploaded photos.

3.8 Other Features

- **Music Control:** Control music playback on your connected smartphone.
- **Weather Alerts:** Receive current weather information.
- **Find Phone:** Locate your misplaced smartphone.
- **Stress Tracker:** Monitor and manage stress levels.
- **Smart Reminders:** Set reminders for various activities.
- **Noise Detection:** Detect ambient noise levels.
- **Brightness Adjust:** Adjust screen brightness for optimal viewing.
- **Camera Control:** Remotely control your smartphone's camera.
- **Timer & Stopwatch:** Built-in timing functions.
- **Breathing Training:** Guided breathing exercises.
- **Sedentary Reminder:** Alerts to encourage movement.
- **Drinking Reminder:** Prompts to stay hydrated.



Image: The smart watch screen showing a selection of its integrated smart life features.

4. MAINTENANCE

4.1 Waterproof Guidelines

The Gydome Smart Watch IDW19H is IP68 water resistant, meaning it can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for swimming, washing hands, and showering.

Important: Avoid exposure to hot water, steam, or seawater, as these can compromise the waterproof seals and damage the device.



IP68 Waterproof



Waterproof up to 10m



Swim confidently with your watch

Image: The smart watch shown underwater, demonstrating its IP68 waterproof capability.

4.2 Battery Care

The watch features a 300mAh battery. To maximize battery life:

- Charge the device fully before first use.
- Avoid extreme temperatures during charging and operation.
- If not using the watch for an extended period, charge it to about 50% before storing.

Average usage provides 7-10 days of battery life, with standby time up to 30 days. Power-saving mode can extend usage to 20 days.

5. TROUBLESHOOTING

If you encounter issues with your Gydrom Smart Watch IDW19H, refer to the following common solutions:

| Problem | Possible Solution |
|---|---|
| Watch does not turn on or respond. | Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes. If unresponsive, perform a soft reset by pressing and holding the side button for 10-15 seconds. |
| Cannot pair with smartphone. | <p>Ensure Bluetooth is enabled on your smartphone.</p> <p>Make sure the VeryFit app is installed and open.</p> <p>Restart both your smartphone and the watch.</p> <p>Ensure the watch is not already paired with another device.</p> <p>Move the watch closer to your smartphone.</p> |
| Notifications are not received. | <p>Check notification settings within the VeryFit app to ensure they are enabled for desired applications.</p> <p>Verify that your smartphone's notification settings allow the VeryFit app to display alerts.</p> <p>Ensure the watch is connected via Bluetooth.</p> |

| Problem | Possible Solution |
|---|--|
| Alexa is not responding or connecting. | <p>Ensure the watch is properly connected to your phone and the VeryFit app is running in the background.</p> <p>Open the VeryFit app to force a synchronization if the connection seems lost.</p> <p>Check your internet connection on your smartphone.</p> |
| Inaccurate health data. | <p>Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.</p> <p>Clean the sensors regularly. Avoid excessive movement during measurements.</p> |

6. SPECIFICATIONS

| Feature | Detail |
|---------------------------------------|---|
| Model | IDW19H |
| Screen Size | 1.8 Inches |
| Battery Capacity | 300 Milliamp Hours |
| Battery Life (Average Usage) | 7-10 Days |
| Standby Time | Up to 30 Days |
| Charging Time | Approx. 2 Hours |
| Connectivity | Bluetooth 5.3 |
| Water Resistance | IP68 |
| Operating System Compatibility | iOS 9.0+ / Android 6.0+ |
| Memory Storage Capacity | 128 MB |
| Item Weight | 3.2 ounces |
| Special Features | Voice Call, Alexa Built-in, Heart Rate Monitor, SpO2 Monitor, Sleep Monitor, Stress Monitor, 100+ Sport Modes, Notifications, Music Control, Weather Forecast, Find Phone, Camera Control, Women's Health Tracking. |

7. WARRANTY AND SUPPORT

Gydom offers a **3-Year Guarantee** for the Smart Watch IDW19H. For any technical assistance or product-related inquiries, please contact our **24/7 technical support** team. Refer to the product packaging or the official Gydom website for contact details.

For warranty claims, please retain your proof of purchase.

