

Fitpolo IDW28

Fitpolo IDW28 Smart Watch User Manual

Model: IDW28

INTRODUCTION

This manual provides essential instructions for setting up, operating, and maintaining your Fitpolo IDW28 Smart Watch. Please read this guide thoroughly to ensure proper use and to maximize the device's features.

WHAT'S IN THE BOX

- Fitpolo IDW28 Smart Watch
- Charging Cable
- User Manual (this document)

SETUP

1. Charging the Device

Before first use, fully charge your Fitpolo IDW28 Smart Watch. Connect the charging cable to the watch's charging port and a USB power source. The watch display will indicate charging status.



Image: The Fitpolo IDW28 Smart Watch with its charging cable, illustrating the charging process.

2. App Download and Installation

The Fitpolo IDW28 Smart Watch requires the **VeryFit** application for full functionality. Download and install the VeryFit app from your device's app store (Google Play Store for Android or Apple App Store for iOS).

Compatibility: Requires iOS 12.0+ or Android 6.0+. Not compatible with PCs, iPads, or tablets.

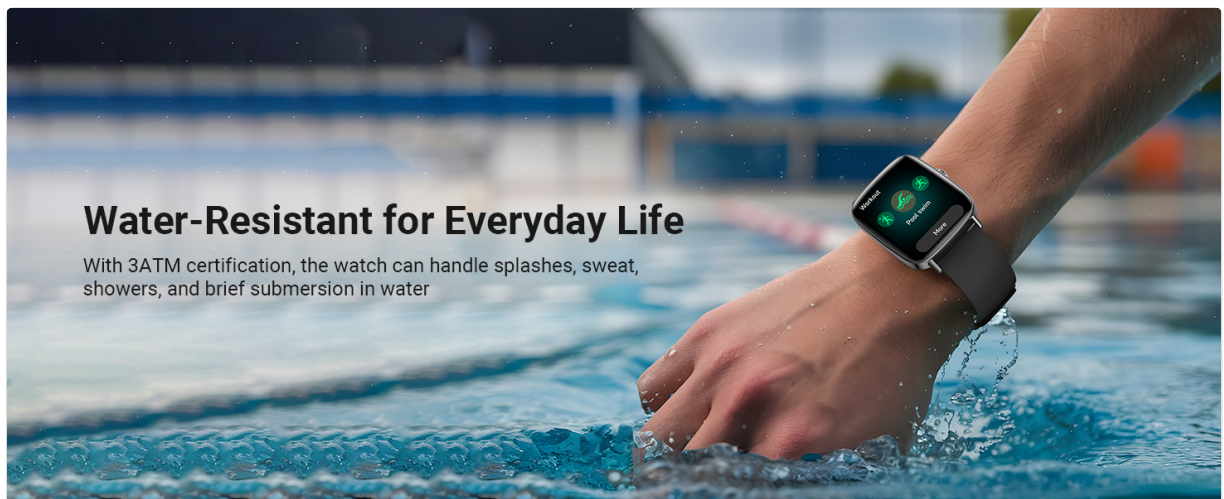


Image: A visual guide showing the steps to download the VeryFit app and initiate pairing.

3. Device Pairing

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the VeryFit app.
3. Follow the in-app instructions to search for and connect to your Fitpolo IDW28 Smart Watch. **Do not pair directly through your phone's Bluetooth settings.**
4. Confirm the pairing request on both your watch and smartphone.

OPERATING INSTRUCTIONS

1. Basic Navigation

The Fitpolo IDW28 Smart Watch features a 1.85-inch full-touch HD screen. Swipe across the screen to navigate through menus and functions. Press the side button to return to the home screen or access the app list.



Image: The Fitpolo IDW28 Smart Watch displaying time, date, battery, heart rate, and step count on its bright touchscreen.

2. Bluetooth Calling

The watch supports making and answering calls directly from your wrist when connected to your

smartphone via Bluetooth.

- **Making Calls:** Access the dial pad or phone book on the watch to initiate a call.
- **Answering Calls:** Incoming calls will display on the watch screen. Tap the green icon to answer or the red icon to reject.
- **Volume Adjustment:** Adjust call volume via the watch when your phone is nearby.



Image: A user interacting with the Fitpolo IDW28 Smart Watch to manage a phone call, showing the dial pad and incoming call display.

3. Notifications and AI Voice Assistant

Receive notifications for calls, texts, and various applications directly on your watch. The watch also integrates with your phone's AI voice assistant (e.g., Siri, Google Assistant) for hands-free commands.

Note: Message sending and replying are not supported directly from the watch.

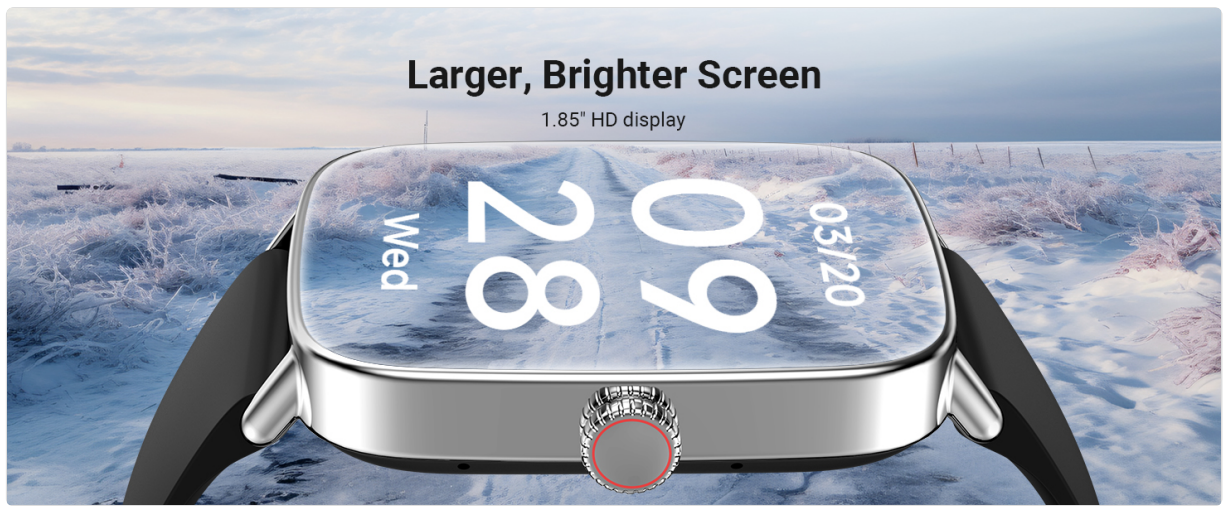


Image: The Fitpolo IDW28 Smart Watch showing various app icons and a notification from WhatsApp.

4. Health and Activity Tracking

The Fitpolo IDW28 Smart Watch provides comprehensive health and activity monitoring:

- **Heart Rate Monitoring:** Continuous 24/7 heart rate tracking.
- **Blood Oxygen (SpO2) Monitoring:** Real-time blood oxygen level checks.
- **Sleep Tracking:** Monitors sleep stages (deep, light, REM) and awake time.
- **Stress Level Monitoring:** Provides feedback on current stress levels.
- **Activity Tracking:** Records steps, calories burned, and distance walked.
- **Female Health Tracking:** Tracks menstrual cycles.

Disclaimer: This device is not intended for medical use. Health data is for reference only.



Image: The Fitpolo IDW28 Smart Watch showing a heart rate reading of 98 bpm with a historical graph.

5. Exercise Modes

The watch supports over 100 exercise modes, including running, cycling, weightlifting, and yoga. Track real-time stats during your workouts.

On-wrist Bluetooth Calls

Make/Answer Phone Calls



Image: A person swimming underwater, wearing the Fitpolo IDW28 Smart Watch, demonstrating its IP68 waterproof capability.

6. Additional Smart Features

The Fitpolo IDW28 Smart Watch includes various utility features:

- Calculator
- Calendar
- Remote Camera Control
- Breathing Exercises
- Weather Updates
- Music Control
- Stopwatch
- Alarm Clock
- Timer
- Find My Phone
- Flashlight



Image: A collage of screens from the Fitpolo IDW28 Smart Watch showing features like alarm, music control, weather forecast, breathing exercise, and remote camera.

MAINTENANCE

1. Cleaning

Regularly clean your watch and strap to prevent skin irritation and maintain device functionality. Use a soft, damp cloth. Avoid harsh chemicals or abrasive materials.

2. Water Resistance (IP68)

The Fitpolo IDW28 Smart Watch is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for swimming, showering, and everyday use. However, avoid prolonged exposure to hot water or steam, and do not press buttons underwater.

3. Battery Care

The watch features an energy-efficient battery designed to last 7-14 days on a single charge, depending on usage. To prolong battery life:

- Avoid extreme temperatures.
- Charge the device fully before first use.
- Do not leave the device uncharged for extended periods.

Intelligent Voice Assistants



Image: The Fitpolo IDW28 Smart Watch displaying a watch face with battery information and an overlay indicating "10 Days Battery Life".

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged.
- **Cannot pair with phone:**
 - Make sure Bluetooth is on and the VeryFit app is open.
 - Ensure you are pairing through the VeryFit app, not directly via phone settings.
 - Restart both the watch and your phone.
- **Inaccurate health data:**
 - Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.
 - Clean the sensor on the back of the watch.
 - Note that the device is not for medical use; readings are for reference.
- **Notifications not received:**
 - Check app notification settings within the VeryFit app.
 - Ensure your phone's Bluetooth is connected and the app is running in the background.

- Verify phone notification permissions for the VeryFit app.

SPECIFICATIONS

| Feature | Detail |
|------------------|----------------------------|
| Model Number | IDW28 |
| Screen Size | 1.85 inches (47 mm) |
| Dimensions | 10.11 x 1.57 x 0.48 inches |
| Item Weight | 0.1 ounces |
| Battery Capacity | 350 mAh Lithium Polymer |
| Battery Life | 7-14 days (typical usage) |
| Water Resistance | IP68 |
| Connectivity | Bluetooth |
| Operating System | VeryFit |
| Compatibility | iOS 12.0+ / Android 6.0+ |

10 Days Battery Life



Image: A diagram illustrating the dimensions of the Fitpolo IDW28 Smart Watch and its compatibility with iOS and Android devices.

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the official Fitpolo website or contact their customer service directly. Keep your purchase receipt for warranty claims.

Manufacturer: Fitpolo