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› IOWODO Smart Watch W40 User Manual

IOWODO W40

IOWODO Smart Watch W40 User Manual

Model: W40

1. INTRODUCTION

This manual provides detailed instructions for setting up and operating your IOWODO Smart Watch W40. Please read this manual thoroughly before using the device to ensure proper function and optimal performance.



Figure 1: IOWODO Smart Watch W40

The IOWODO Smart Watch W40 features a 1.43-inch AMOLED ultra-clear screen, comprehensive fitness tracking, Bluetooth calling, and multi-language support. It is designed for compatibility with both Android and iPhone devices.

2. PACKAGE CONTENTS

Verify that all items are present in your package:

- Smart Watch W40 x 1
- Silicon Strap x 1
- Nylon Strap x 1
- Charging Cable x 1
- Product Manual x 1

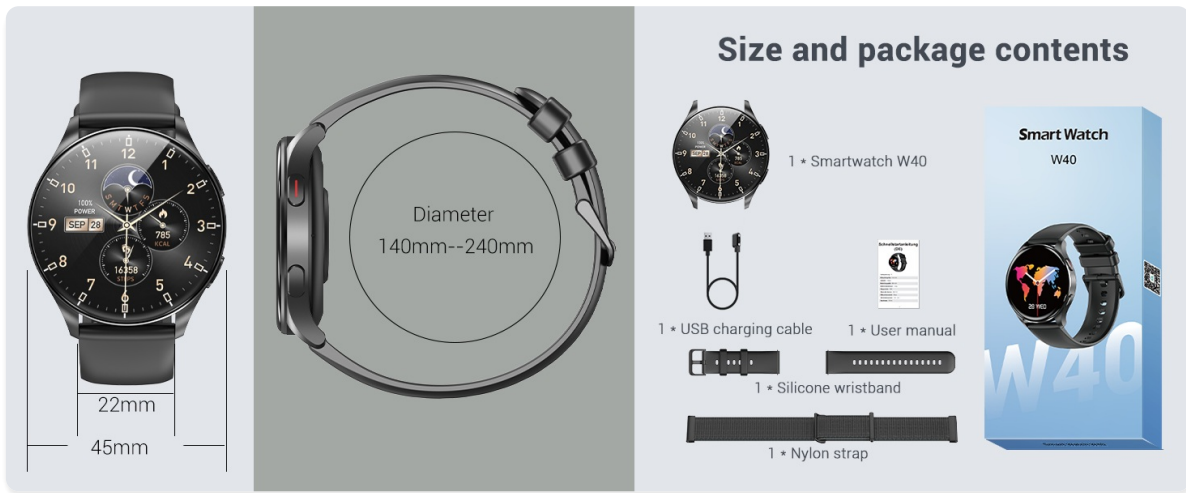


Figure 2: Package Contents

3. SETUP

3.1 Charging the Device

Before initial use, fully charge your Smart Watch W40. Connect the provided charging cable to the charging port on the back of the watch and to a USB power adapter (not included). The watch display will indicate charging status.

3.2 App Installation and Pairing

1. Download the "Da Fit" app from your smartphone's app store (available for Android and iOS).
2. Open the "Da Fit" app and follow the on-screen instructions to create an account or log in.
3. Ensure Bluetooth is enabled on your smartphone.
4. In the "Da Fit" app, navigate to the device pairing section and select "Add Device".
5. Select "W40" from the list of available devices to initiate pairing. Confirm the pairing request on both your watch and smartphone.

Note: For optimal performance, ensure the "Da Fit" app is updated to the latest version.

3.3 Strap Installation

The IOWODO Smart Watch W40 comes with two interchangeable straps (silicone and nylon). To attach a strap, align the spring bar with the lug holes on the watch body and push the pin inward to secure it. Repeat for the other side.

4. OPERATING THE SMART WATCH

4.1 Display and Navigation

The W40 features a 1.43-inch AMOLED ultra-clear screen with a resolution of 466x466 pixels. It supports an always-on display function, allowing you to view the time without activating the screen.



Figure 3: AMOLED Ultra-Clear Display

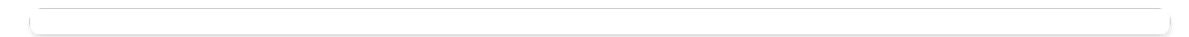


Figure 4: Always-On Display Functionality

Swipe across the screen to access different functions and menus. The watch supports various menu display modes, including List View, Honeycomb, Grid View, Parallel, Surface, Crescent, Full Moon, and Helm.

4.2 Bluetooth Calling and AI Voice Assistant

The W40 allows you to answer and make calls directly from your wrist using its built-in HiFi stereo speakers and microphones. Ensure your watch is connected to your smartphone via Bluetooth.



Figure 5: Answering/Making Calls

Activate the AI Voice Assistant to execute commands such as checking weather forecasts or setting alarms. This feature provides real-time information and hands-free control.

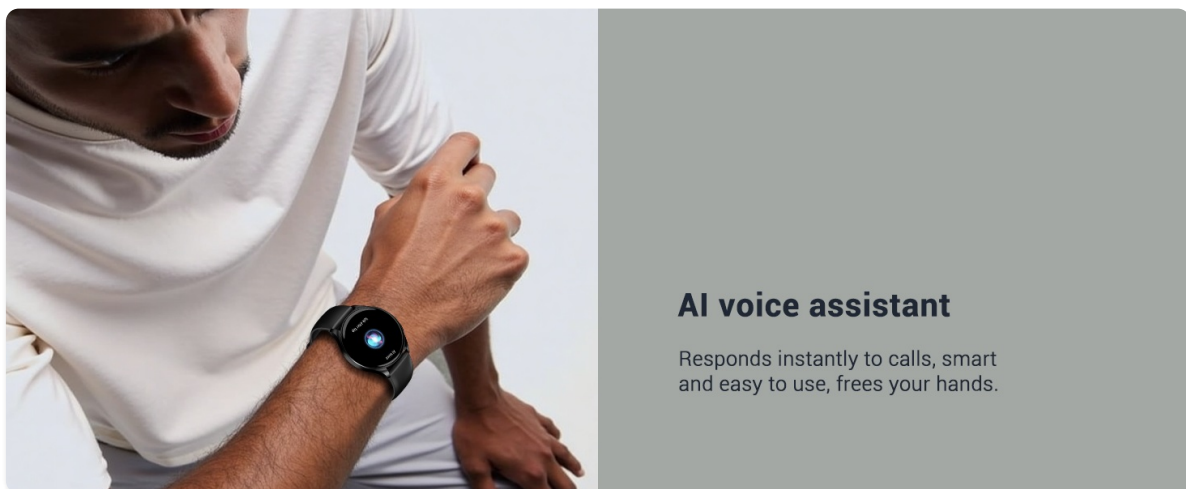


Figure 6: AI Voice Assistant

4.3 Health and Wellness Tracking

The W40 monitors various health metrics:

- **Heart Rate Monitoring:** Continuously tracks your heart rate 24/7 and alerts you if it's too high or too low.
- **Sleep Monitoring:** Records sleep stages (deep, light, awake) and wake-up times.
- **Stress Level Detection:** Provides insights into daily stress levels and sounds an alarm if stress is unusually high.
- **Blood Oxygen (SpO2) Monitoring:** Measures blood oxygen saturation.

Heart rate monitoring

It continuously monitors your heart rate 24/7 and sends an alarm if your heart rate is too high or too low.



Figure 7: Heart Rate Monitoring

Sleep monitoring

Check your sleep and wake-up times and key sleep stages (awake, light, deep, REM)



Figure 8: Sleep Monitoring

Pressure detection

The watch sounds the alarm if the stress level is unusually high.



Figure 9: Pressure Detection

Disclaimer: This device is not a medical instrument and is not intended for medical diagnosis or treatment.

4.4 Sports Modes

The W40 supports over 100 sports modes, tracking duration, calorie consumption, and heart rate data to help you exercise scientifically and achieve training goals.

100+ sports modes

Monitor your training data to train more scientifically!

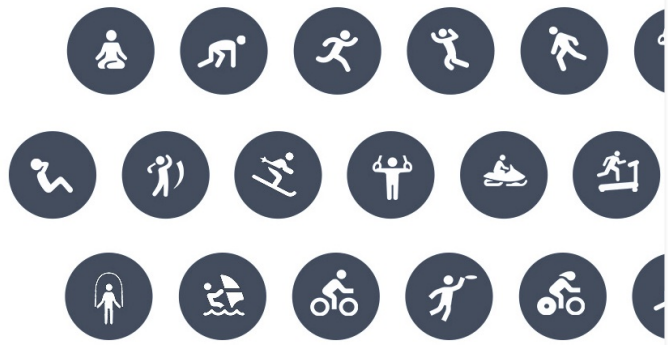


Figure 10: 100+ Sports Modes

4.5 Other Smart Features

The watch includes additional practical functions:

- **Notification Reminders:** Receive alerts for messages from various apps directly on your wrist.
- **Calculator:** Perform basic calculations.
- **Music Control:** Manage music playback on your connected smartphone.
- **Camera Control:** Remotely trigger your smartphone's camera shutter.
- **Reminders:** Set water drinking and sedentary reminders.
- **DIY Watch Faces:** Personalize your watch face with custom photos or choose from over 100 online options.
- **Casual Games:** Enjoy simple games on your watch.
- **Weather Forecast:** Get current weather information.
- **Alarm Clock, Stopwatch, Timer:** Standard timekeeping functions.
- **World Clock:** Check time in different time zones.



Figure 11: Notification Reminders

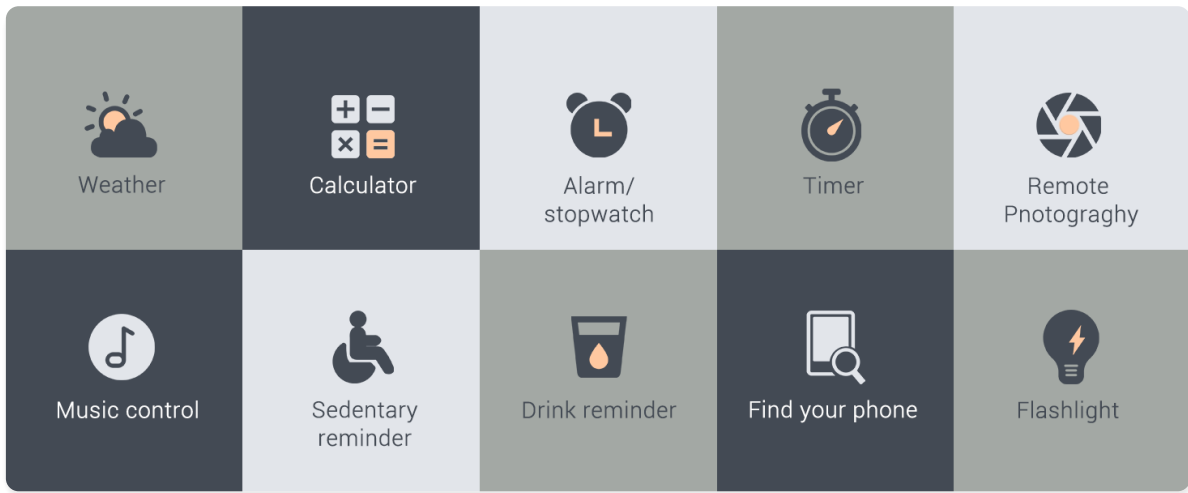


Figure 12: Additional Smart Tools

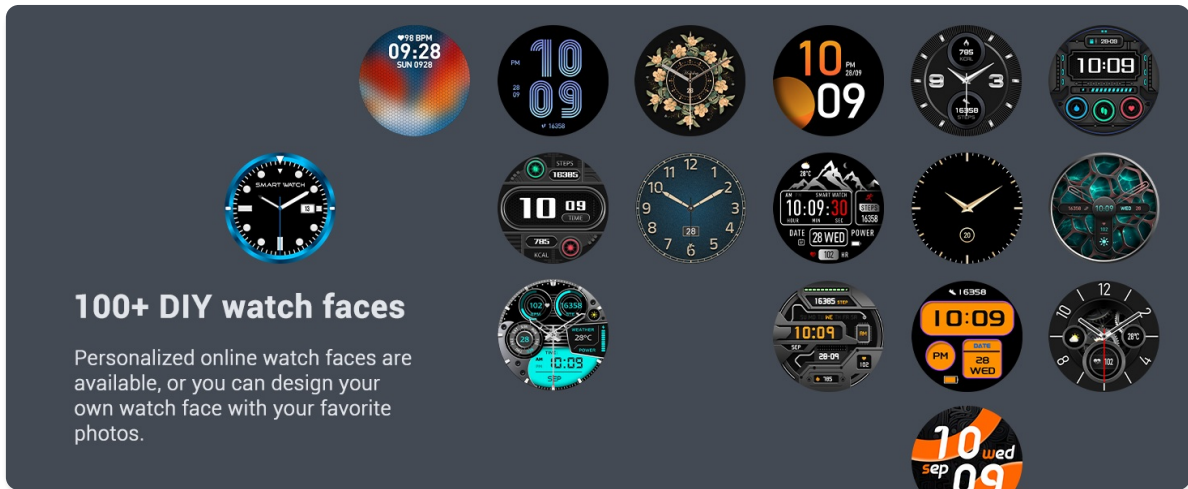


Figure 13: Customizable Watch Faces

4.6 Language Settings

The watch supports 24 built-in languages. You can easily switch between languages like English, Spanish, French, German, and Chinese. The Smart World Clock feature allows you to set a specific city in the "Da Fit" app to instantly check worldwide time.

5. MAINTENANCE

5.1 Cleaning and Care

Regularly clean your watch and straps to prevent skin irritation and maintain device longevity. Use a soft, damp cloth to wipe the screen and watch body. For silicone straps, mild soap and water can be used. Ensure the watch is completely dry before wearing.

5.2 Water Resistance

The IOWODO Smart Watch W40 is waterproof. While it can withstand splashes and brief immersion, it is not recommended for prolonged underwater activities or hot water exposure (e.g., hot showers, saunas) as this may affect its water resistance over time.

5.3 Battery Care

To prolong battery life, avoid fully discharging the watch frequently. Charge the device when the battery level is low. Store the watch in a cool, dry place when not in use for extended periods.

6. TROUBLESHOOTING

If you encounter issues with your IOWODO Smart Watch W40, refer to the following common solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
- **Unable to pair with smartphone:**
 - Ensure Bluetooth is enabled on your phone and the watch is within range.
 - Restart both your watch and smartphone.
 - Clear the Bluetooth cache on your phone or try pairing from a different device.
 - Ensure the "Da Fit" app has necessary permissions enabled.
- **Inaccurate health data:**
 - Ensure the watch is worn snugly on your wrist, not too tight or too loose.
 - Clean the sensor on the back of the watch.
 - Avoid excessive movement during measurements.
- **Notifications not appearing:**
 - Check notification settings in the "Da Fit" app and on your smartphone.
 - Ensure the watch is connected via Bluetooth.

For further assistance, please contact customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	IOWODO
Model Number	W40
Screen Size	1.43 Inches
Display Type	AMOLED
Resolution	466 x 466
Connectivity	Bluetooth 5.3
Battery Capacity	380 Milliamp Hours
Operating System	Compatible with Android and iOS
Water Resistance	Waterproof (specific IP rating not provided)
Item Weight	2.72 ounces

Feature	Detail
Special Features	Always-on Display, Make and Answer Calls, AI Voice Assistant, 110+ Sport Modes, DIY Watch Face, Health Monitoring (Heart Rate, SpO2, Sleep, Stress), Notifications, Music Control, Camera Control, Games, Weather Forecast, Alarms, Timers, Stopwatch, Reminders.



Figure 14: Watch Dimensions

8. WARRANTY AND SUPPORT

IOWODO offers a 365-day replacement policy and lifetime service for the Smart Watch W40. For any inquiries or issues, please contact our customer service team.

- **Warranty:** 365-day replacement.
- **Service:** Lifetime service.
- **Customer Support:** 24/7 online customer service.

Visit the official IOWODO store for more information and support: [IOWODO Store](#)

9. PRODUCT VIDEOS

Watch the official product video for a visual guide to the IOWODO Smart Watch W40's features and functionality.

Your browser does not support the video tag.

Video 1: IOWODO W40 Smartwatch Features Overview. This video demonstrates the key features of the W40 smartwatch, including its display, calling capabilities, and various health tracking functions.