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SENBONO IDW25

SENBONO Smart Watch IDW25 User Manual

Model: IDW25 | Brand: SENBONO

INTRODUCTION

This manual provides detailed instructions for setting up, operating, and maintaining your SENBONO Smart Watch IDW25. Designed for a healthier and more connected lifestyle, this smartwatch features Alexa Built-in, Bluetooth calling, comprehensive health monitoring, and a wide array of sports modes. Please read this manual thoroughly to ensure optimal performance and longevity of your device.



Figure 1: SENBONO Smart Watch IDW25

1. SETUP

1.1 Charging the Device

Before first use, fully charge your smartwatch. The device comes with a 300 mAh Lithium Polymer battery. A full charge typically takes approximately 2.5 hours.

- Connect the magnetic charging cable to the charging contacts on the back of the watch.

- Plug the USB end of the cable into a standard USB power adapter (5V/1A recommended) or a computer's USB port.
- The watch display will show a charging indicator.



Figure 2: Charging and Battery Information

1.2 App Installation and Pairing

To unlock the full potential of your smartwatch, download and install the companion app on your smartphone.

1. Download the **"VeryFit"** app from the App Store (for iOS 10.0+ devices) or Google Play Store (for Android 6.0+ devices).
2. Ensure Bluetooth and GPS are enabled on your mobile phone.
3. Open the VeryFit app and follow the on-screen instructions to search for and connect to your device. The device name will appear as **"IDW25"**.
4. Once paired, you can manage settings, view health data, and customize your watch through the app.

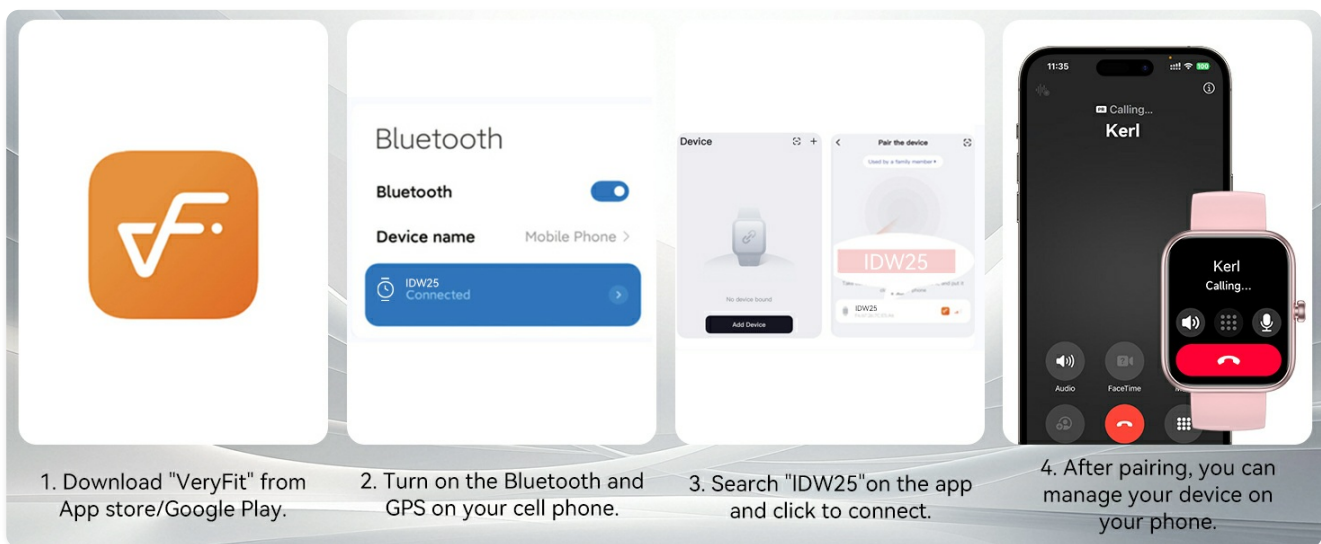


Figure 3: App Connection Steps

2. OPERATING THE SMART WATCH

2.1 Basic Navigation

The SENBONO Smart Watch IDW25 features a 1.83" HD full-touch screen for intuitive navigation. Swipe left, right, up, or down to access different functions and menus. Press the side button to return to the home screen or wake the device.

1.83" Full-Touch Screen

130 watch faces (customizable watch faces)



Figure 4: 1.83" HD Full-Touch Screen and Watch Faces

2.2 Bluetooth Calling

With Bluetooth 5.3, you can make and answer calls directly from your wrist, providing hands-free convenience during workouts, driving, or busy days.

- Access the "Phone" function on your watch.
- You can view call history, frequent contacts, or use the dialpad to make a call.
- Answer incoming calls directly on the watch.



Figure 5: Bluetooth Call Functionality

2.3 Alexa Built-in

The integrated Alexa voice assistant allows for convenient control and information access directly from your wrist.

- Activate Alexa by swiping to the Alexa screen or using the designated voice command.
- Use voice commands to control music, set reminders, check the weather, set alarms, and access over 6 million Alexa skills.

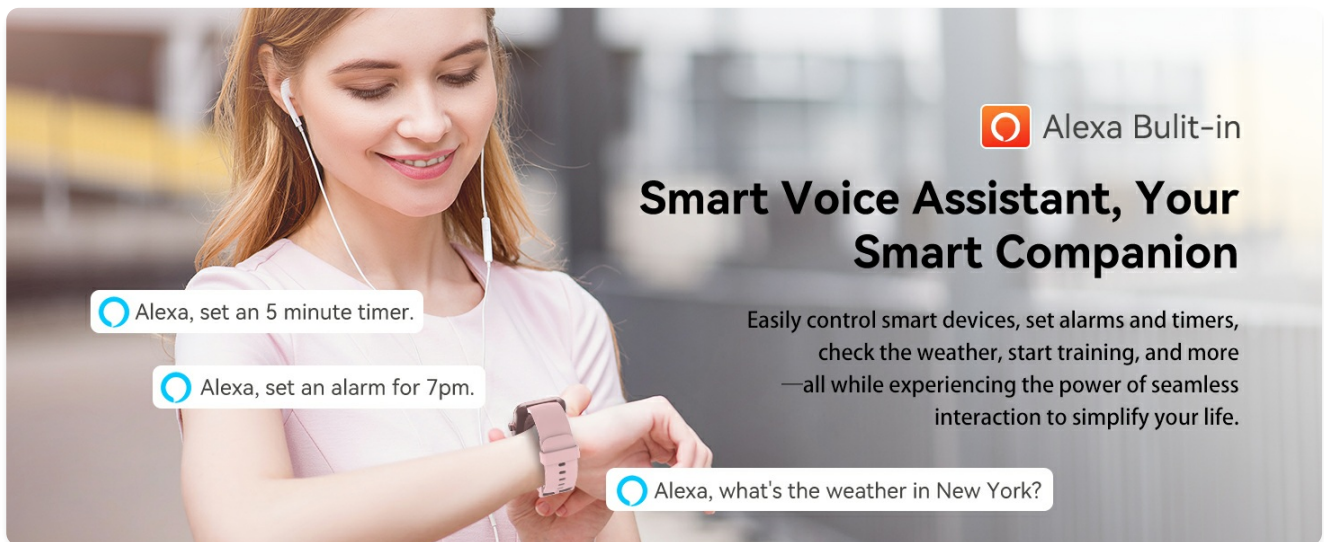


Figure 6: Alexa Built-in Features

2.4 Notifications

Receive real-time notifications for calls, texts, and various app alerts directly on your smartwatch. Note: The watch supports message notifications but does not support replies.

- Ensure notification permissions are enabled in the VeryFit app and your phone's system settings.
- Supported apps include Twitter, Facebook, WhatsApp, YouTube, and more.



Figure 7: Smart Information Reminder

2.5 Other Functions

The smartwatch offers a variety of practical functions to assist in your daily life:

- **Music Control:** Control playback on your smartphone.
- **Camera Control:** Remotely trigger your phone's camera.
- **Weather Forecast:** Get real-time weather updates.
- **Alarm Clock:** Set alarms directly from your wrist.
- **Find Your Phone:** Locate your misplaced phone.
- **Breathing Exercises:** Guided breathing for relaxation.
- **Drink Water Reminder:** Set reminders to stay hydrated.
- **Female Menstrual Partner:** Track and predict menstrual cycles (requires setup in VeryFit app).

Multifunctional SmartWatch

Smart watches have a variety of practical functions and become a portable assistant in your life.



Figure 8: Multifunctional SmartWatch Overview

3. HEALTH MONITORING AND SPORTS MODES

3.1 24/7 Health Monitoring

Equipped with advanced sensors, the smartwatch provides continuous monitoring of key health indicators. *(Note: This device is not intended for medical diagnosis and should not replace professional medical advice.)*

- **Heart Rate Monitor:** Tracks your heart rate 24/7, providing insights into your cardiovascular health.
- **Blood Oxygen:** Measures your blood oxygen saturation levels.
- **Sleep Monitor:** Automatically tracks your sleep patterns, including light sleep, deep sleep, and REM, to help improve sleep quality.
- **Steps & Calories:** Records your daily steps and estimated calories burned.
- **Stress Levels:** Monitors your stress levels throughout the day.

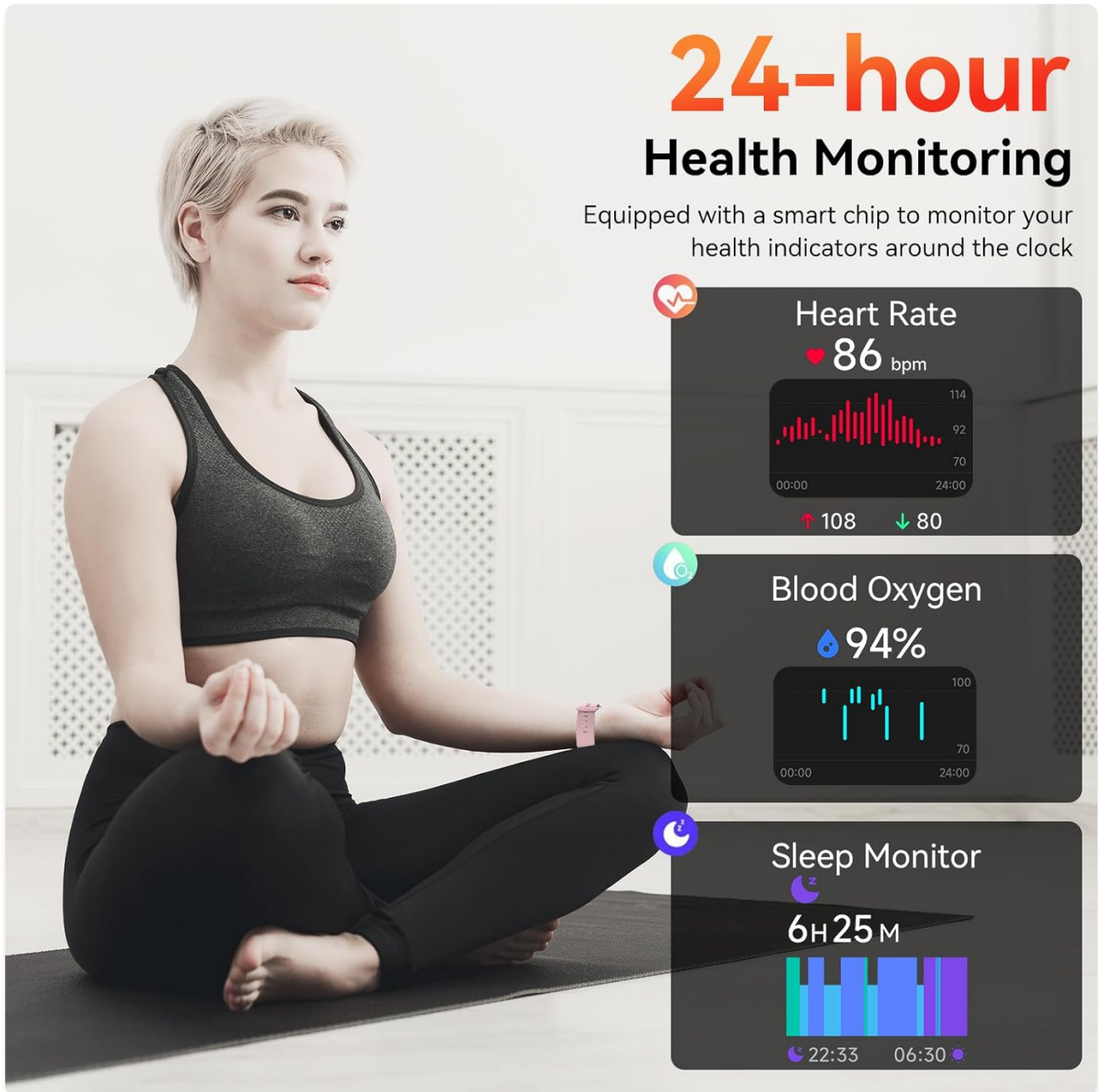


Figure 9: 24-hour Health Monitoring

3.2 120+ Sports Modes

The smartwatch supports over 120 sports modes, allowing you to track various activities and monitor real-time stats such as calories burned, distance, and duration.

- Select your desired sport mode from the watch menu.
- The watch will begin tracking your activity data.
- Review your workout summaries in the VeryFit app for detailed analysis.

120+ sports modes for you to choose

Personalize your active lifestyle with all-day activity data tracking

Activity Tracking

16460 Steps 15.2 Km 788 Kcal

IP68 Waterproof

Almost won!
9.99 km behind
Pace 6'30" Competitor 6'30"

Calorie consumption
45 kcal

Activity amount goal: 500 kcal

Learn about calories
Calories, also known as calorie consumption, are composed of activity calories, all-day calories and food thermal efficiency. Activity calories refer to the calories consumed by the human body during activities, excluding the calories consumed by additional mental activities. All-day calories, also known as resting metabolic rate, are the calories the body uses to maintain full body functions.

Figure 10: 120+ Sports Modes and Activity Tracking

4. MAINTENANCE

4.1 IP68 Waterproof Rating

The SENBONO Smart Watch IDW25 has an IP68 waterproof rating, meaning it is resistant to dust and can withstand submersion in water up to 1.5 meters for 30 minutes. It is suitable for daily washing, showering, and training in heavy rain.

- **Suitable for:** Handwashing, Raining, Swimming (shallow water).
- **Not suitable for:** Hot showers, Saunas, Diving, or prolonged submersion in hot water. High water temperatures can affect water resistance.
- After exposure to water, wipe the watch dry with a soft cloth.

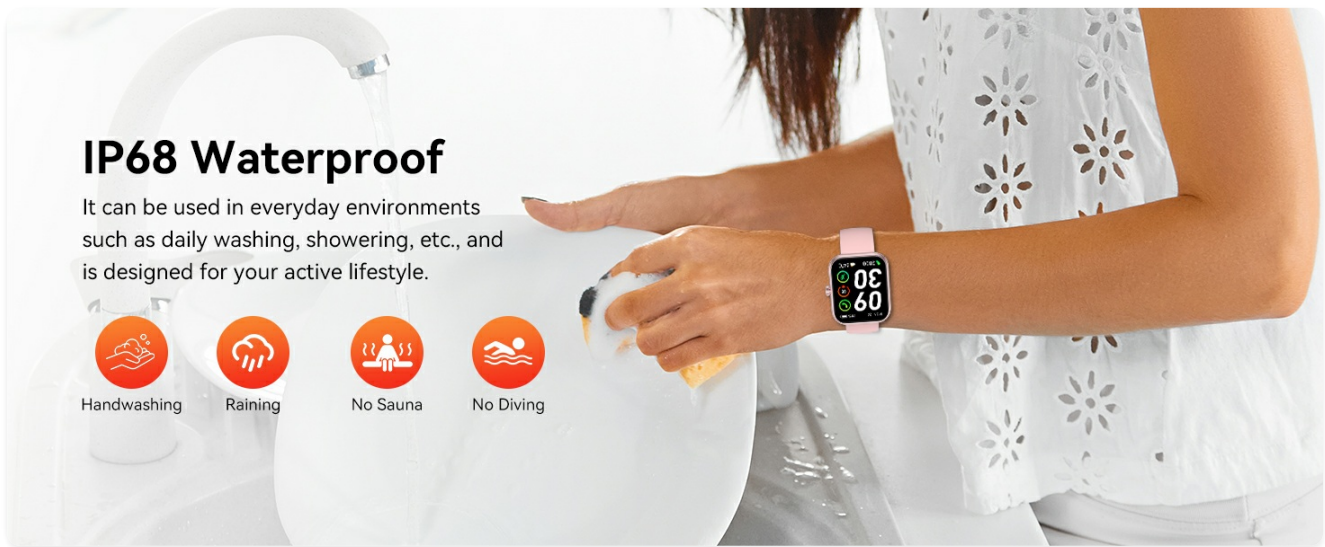


Figure 11: IP68 Waterproof Guidelines

4.2 Cleaning and Care

To maintain your smartwatch in optimal condition:

- Regularly clean the watch and strap with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive cleaners.
- Ensure the charging contacts are clean and dry before charging.
- Store the watch in a cool, dry place when not in use.

5. TROUBLESHOOTING

If you encounter issues with your SENBONO Smart Watch IDW25, please refer to the following common solutions:

Problem	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes.
Unable to pair with phone	<p>Ensure Bluetooth and GPS are enabled on your phone.</p> <p>Make sure the watch is within Bluetooth range (approx. 10 meters).</p> <p>Restart both your phone and the watch.</p> <p>Clear Bluetooth cache on your phone (Android).</p> <p>Try unpairing and re-pairing the device in the VeryFit app.</p>
Notifications not received	<p>Check notification permissions in the VeryFit app and your phone's system settings.</p> <p>Ensure the watch is connected via Bluetooth.</p> <p>Disable "Do Not Disturb" mode on both the watch and phone.</p>

Problem	Possible Solution
Inaccurate health data (e.g., steps, heart rate)	<p>Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.</p> <p>Clean the sensor on the back of the watch.</p> <p>Calibrate the watch through the VeryFit app if available.</p>
Alexa not responding	<p>Ensure the watch is connected to your phone and has an active internet connection.</p> <p>Check Alexa settings in the VeryFit app.</p> <p>Speak clearly and directly into the watch.</p>

For further assistance, please refer to the "Help" section within the VeryFit app or contact SENBONO customer support.

6. SPECIFICATIONS

Feature	Detail
Model Number	IDW25
Screen Size	1.83 Inches (HD Touchscreen)
Connectivity	Bluetooth 5.3
Battery Capacity	300 Milliamp Hours (Lithium Polymer)
Charging Time	Approx. 2.5 Hours
Battery Life (Normal Usage)	5-7 Days
Standby Time	Up to 30 Days
Waterproof Rating	IP68
Operating System	Proprietary OS
Compatibility	iOS 10.0+ / Android 6.0+
Item Weight	1.6 Ounces
Package Dimensions	7.24 x 3.35 x 0.75 inches

7. WARRANTY AND SUPPORT

SENBONO is committed to providing high-quality products and excellent customer service. For any product-related inquiries, technical support, or warranty claims, please contact our support team through the following channels:

- **In-App Support:** Access the "Help" or "Support" section within the VeryFit app for FAQs and direct contact options.
- **Online Support:** Visit the official SENBONO website for support resources and contact information.
- **Amazon Product Page:** Refer to the product page on Amazon for additional details and customer service contacts.

Please retain your proof of purchase for warranty purposes.