

## Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

› [Tensky](#) /

› [Tensky Smart Watch User Manual](#)

## Tensky IDW13

# Tensky Smart Watch User Manual

Model: IDW13



The Tensky Smart Watch, featuring a vibrant display and comprehensive health tracking capabilities.

## 1. SETUP GUIDE

---

### 1.1 What's in the Box

- Smart Watch \*1
- Original Watch Strap \*1
- Magnetic Charging Cable \*1
- User Manual \*1

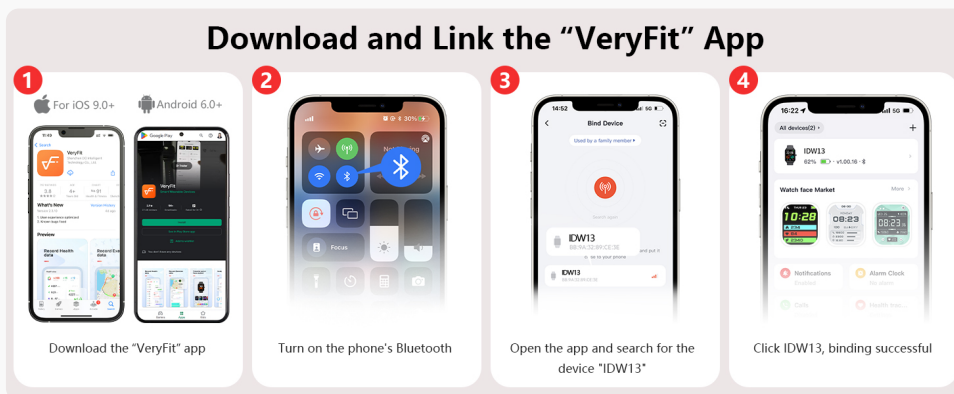


Illustration of the Tensky Smart Watch and its included accessories.

## 1.2 App Download & Pairing

To unlock the full potential of your Tensky Smart Watch, download the **VeryFit** app on your smartphone. The app is compatible with iOS 9.0+ and Android 6.0+ devices.

1. Search for "VeryFit" in your phone's app store (App Store for iOS, Google Play for Android) and download the application.
2. Ensure your phone's Bluetooth is turned on.
3. Open the VeryFit app and follow the on-screen instructions to search for and bind your device. The device ID is typically "IDW13".
4. Confirm the binding on both your phone and the watch.



Visual guide for downloading and linking the VeryFit app to your smartwatch.

## 1.3 Customizing Your Watch Face

Personalize your smartwatch by choosing from over 100 watch faces available in the VeryFit app. You can also customize the watch face with your favorite photos to express your personality.

## Change Watch Faces to Suit Your Style

**100+**

Watch Faces & DIY Watch Faces  
DIY Watch Face with Your Favorite Photos



Robust Battery Life

**7 Days**



**1,8"** HD  
Full Touch Screen



The Tensky Smart Watch offers a wide variety of watch faces and DIY options.

## 2. OPERATING INSTRUCTIONS

### 2.1 Communication Features

Stay connected with the Tensky Smart Watch's communication capabilities:

- **Bluetooth Calling:** Answer, reject, or make clear calls directly from your smartwatch. Equipped with Bluetooth 5.3 and high-quality speakers for improved call clarity and stability.
- **Alexa Built-in:** Use voice commands to set alarms, check the weather, control music, and manage smart devices.
- **Message Notifications:** Receive notifications from various apps like Text, Facebook, WhatsApp, Instagram, X, Telegram, TikTok, Skype, and more. *(Note: Message reply is not supported.)*

# Enjoy Your Intelligent Life

**Alexa Assistant**

Alexa, will it rain today?

Listening...

Alexa, turn on the lights.

**Sync Text/Phone/App Notifications**

Facebook Me...  
Vexento  
Are you free tonight?  
12:30 PM

Facebook  
JON  
When do we meet?

WhatsApp, Twitter, LinkedIn, YouTube, Facebook, Instagram, Messenger, LINE, Pinterest, Telegram, SMS, and more.

(\*Cannot reply to messages)

The Tensky Smart Watch integrates Alexa, Bluetooth calling, and smart notifications for an intelligent life.

**Alexa Voice Assistant**

By sending voice commands to your watch, you can check the weather, set alarms, view workout data and health status, and control smart devices in your home.

What's the weather like?

Listening...

Set an alarm for 10:00 a.m.

Utilize the built-in Alexa voice assistant for convenient control and information.

**Smart Notifications**

You can see the news directly on the watch. This way you will be informed about everything important promptly.  
(\*Does not support reply messages.)

Twitter, WhatsApp, Pinterest, LinkedIn, Instagram, Telegram, Email, LINE, YouTube, Facebook, Gmail, Snapchat, TikTok, and more.

Receive real-time notifications from your favorite social media and messaging apps.

## Bluetooth Call feature on Tensky Smart Watch

Enjoy hands-free calling directly from your wrist with enhanced clarity.

## 2.2 Health Monitoring

The Tensky Smart Watch provides comprehensive health tracking:

- **Heart Rate Monitoring:** Continuously and accurately track your heart rate 24/7.
- **Blood Oxygen (SpO2) Measurement:** Conveniently check your blood oxygen saturation at any time.
- **Sleep Tracking:** Automatically monitors your sleep status (deep sleep, light sleep, wakefulness) and provides a comprehensive analysis of sleep quality.
- **Stress Monitoring:** Helps you concentrate and offers breathing exercises to relax if stress levels are high.
- **Women's Health Management:** Track your menstrual cycle and predict fertile periods.

### Track Your Health



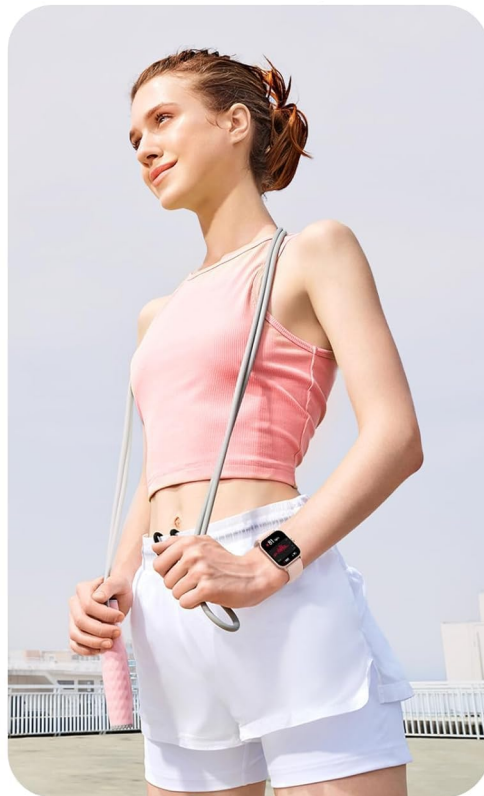
Sleep Tracking  
and Sleep Analysis



24/7  
Heart Rate  
Measurement



24/7  
Blood Oxygen  
Measurement



Monitor your sleep, heart rate, and blood oxygen levels for a healthier lifestyle.

Sleep Tracking

Heart Rate

Blood Oxygen

Stress

Menstrual Cycle



### Sleep Tracking

Records sleep status at different stages (awake, REM, light sleep, deep sleep) and provide comprehensive sleep quality analysis to help you improve your sleep habits.

Detailed sleep analysis helps you improve your sleep habits.

Sleep Tracking Heart Rate Blood Oxygen Stress Menstrual Cycle

**Heart Rate Monitoring**

Track heart rate changes continuously and accurately to protect your heart rate health 24/7.

The smartwatch displays a heart rate of 86 bpm with a line graph showing fluctuations. The smartphone app shows a heart rate range of 61-143 bpm and a 24-hour average of 86 bpm.

Continuous heart rate tracking for proactive health management.

Sleep Tracking Heart Rate Blood Oxygen Stress Menstrual Cycle

**Blood Oxygen Measurement**

It is convenient to check your blood oxygen saturation at any time and understand your physical health status.

The smartwatch displays a blood oxygen saturation of 94%. The smartphone app shows a range of 97-100% and a current reading of 98%.

Quick and easy blood oxygen saturation checks.

Sleep Tracking Heart Rate Blood Oxygen Stress Menstrual Cycle

**Stress Monitoring**

Adequate pressure helps you concentrate. If you find that your stress level is too high, you can use the watch to do breathing exercises to relax.

The smartwatch displays a stress level of 65 Medium. The smartphone app shows a range of 28-86 and a bar chart of stress levels over time.

Manage stress levels with guided breathing exercises.

Sleep Tracking Heart Rate Blood Oxygen Stress Menstrual Cycle

**Women's Health Management**

Tracking menstrual cycle  
Predict fertile period

The smartwatch displays 'Menstrual period Day 2' and '5 days to end of menstrual period'. The smartphone app shows a calendar for January 2024 with a 6-day fertile period indicator.

Track and manage your menstrual cycle directly from the watch.

## 2.3 Fitness Tracking

The Tensky Smart Watch is designed for better fitness:

- **100+ Sports Modes:** Choose from a wide variety of sport modes including walking, running, football, cycling,

and more.

- **Activity Tracking:** Tracks steps, exercise duration, distance, and calorie consumption. View previous week's health analysis in the VeryFit app.
- **IP68 Waterproof:** Suitable for daily use such as hand washing or in the rain. (Note: Not for hot water or sauna.)

## Designed for Better Fitness



Over 100  
Sports Modes



Exercise Analysis



IP68  
Waterproof



Engage in over 100 sports modes and track your exercise with precision.

### 100+ Sports Modes

Your favorite sport, the Smartwatch has it all!

太极拳 瑜伽 跆拳道 气功 武术  
击剑 柔道 空手道 摔跤 柔术  
冲浪 潜水 划水 游泳 ...



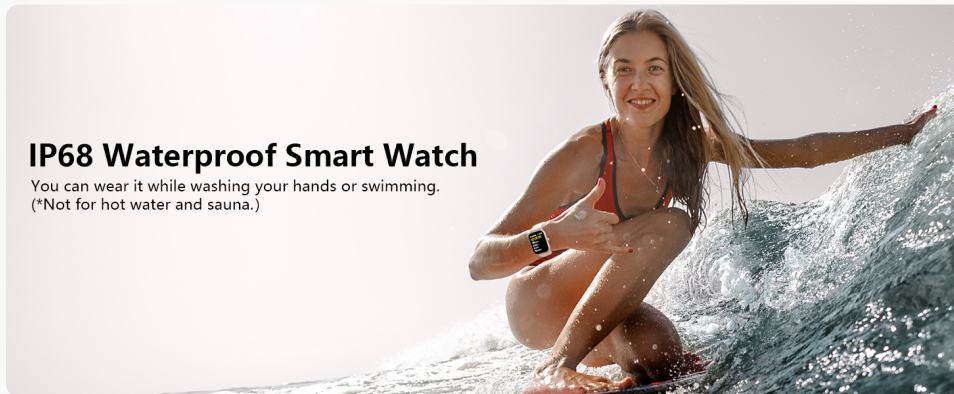
Explore a wide range of sports modes to suit your activity preferences.



## All-Day Activity Tracking



Monitor your daily activity including calories, heart rate, distance, and steps.



## IP68 Waterproof Smart Watch

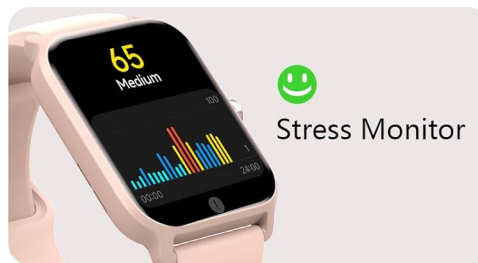
You can wear it while washing your hands or swimming.  
(\*Not for hot water and sauna.)

The IP68 waterproof rating allows for daily wear, but avoid hot water and saunas.

## 2.4 Other Useful Functions

The Tensky Smart Watch includes additional practical features:

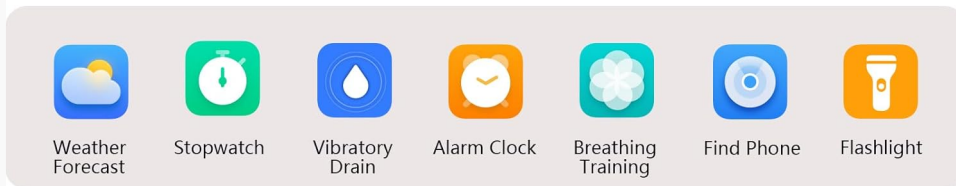
- Weather Forecast
- Music Control
- Camera Control
- Alarm Clock Setting
- Stopwatch
- Timer
- Find Phone
- Sedentary Reminder
- Brightness Adjustment (5 levels)



Stress Monitor



Music Control



Weather Forecast



Stopwatch



Vibratory Drain



Alarm Clock



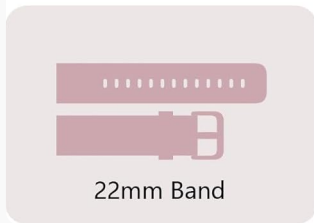
Breathing Training



Find Phone



Flashlight



22mm Band

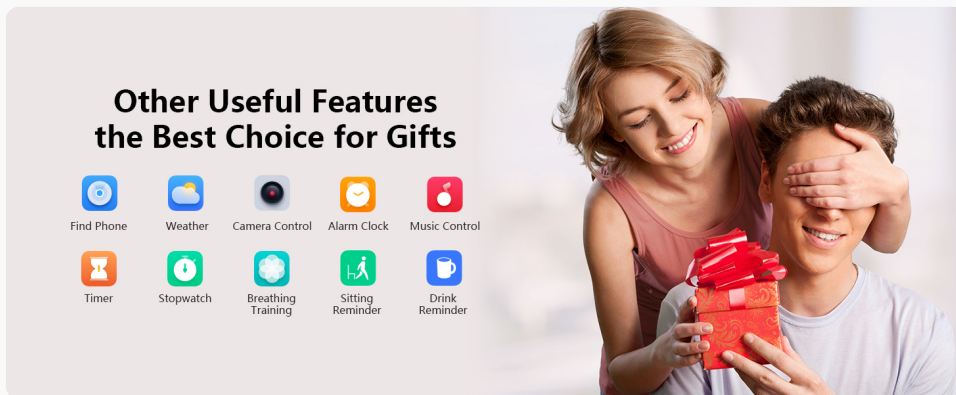


For iOS 9.0+ / Android 6.0+

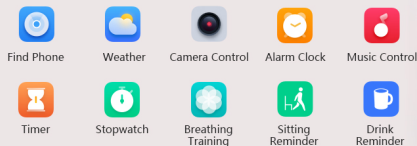


Brightness Adjustment

A variety of daily functions enhance convenience and smart living.



Other Useful Features  
the Best Choice for Gifts



Explore additional features like Find Phone, Weather, Camera Control, and more.

## 2.5 Display and Battery

- **Display:** 1.8-inch HD touch screen with 5 levels of adjustable brightness for clear visibility in various lighting conditions.
- **Battery Life:** Equipped with a 300mAh large-capacity battery.
  - Charging Time: Approximately 2 hours
  - Heavy Use: 7-10 days
  - Daily Use: Up to 12 days
  - Standby Time: Up to 30 days



Experience a clear and responsive 1.8-inch HD screen with adjustable brightness.



Benefit from extended battery life for prolonged usage.

## 3. MAINTENANCE

---

### 3.1 Cleaning and Care

- Regularly clean the watch screen and strap with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials, as these can damage the watch.
- Ensure the charging contacts on the back of the watch are clean and dry before charging.

### 3.2 Charging Your Device

Use the provided magnetic charging cable to charge your Tensky Smart Watch. Align the magnetic pins on the cable with the charging contacts on the back of the watch. The watch will indicate when it is charging.

## 4. TROUBLESHOOTING

---

### 4.1 Common Issues and Solutions

Issue	Possible Cause	Solution
Cannot connect to phone / Frequent disconnections	Bluetooth off, app not running in background, distance too far, interference.	Ensure Bluetooth is on. Keep the VeryFit app running. Keep watch within phone's immediate vicinity. Reconnect manually via Bluetooth if needed.

Issue	Possible Cause	Solution
Health tracking (HR, steps) inaccurate or not working	Watch not worn correctly, sensor obstruction, software glitch.	Ensure the watch is worn snugly on the wrist. Clean the sensor area. Check for app updates or perform a watch restart. A system upgrade may resolve tracking issues.
Notifications not received	App permissions, notification settings, app not running.	Check notification permissions for the VeryFit app on your phone. Ensure notifications are enabled within the VeryFit app settings. Keep the app running in the background.
Watch not charging	Improper cable connection, dirty contacts, faulty cable/charger.	Ensure the magnetic charging cable is correctly aligned and securely attached. Clean the charging contacts on both the watch and cable. Try a different USB power source.
Short battery life	High usage of features, high brightness, frequent notifications.	Reduce screen brightness. Limit background app refresh. Disable unnecessary notifications. Ensure watch is fully charged.

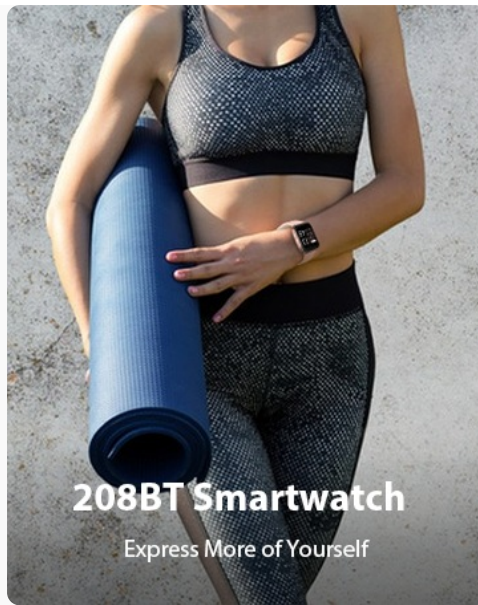
## 5. SPECIFICATIONS

Feature	Detail
Brand	Tensky
Model Number	IDW13
Screen Size	1.85 Inches
Operating System	Android & iOS
Connectivity Technology	Bluetooth
Battery Capacity	300 Milliamp Hours
Battery Cell Composition	Lithium Polymer
Item Weight	4.6 ounces
Waterproof Rating	IP68
Special Features	Activity Tracker, Alarm Clock, Notifications, Phone Call, Time Display

## 6. WARRANTY AND SUPPORT

Tensky is committed to providing quality products and excellent customer service.

- **Lifetime Support:** Access to lifetime support and satisfied solutions.
- **24 Hours Quick Service:** Quick service available via email.
- **30 Days Return Policy:** 30 days no reason to return policy.
- **2 Years Free Replacement:** Enjoy a 2-year free replacement policy.



Tensky's commitment to customer satisfaction and product quality.

For further assistance or inquiries, please contact Tensky customer support through the contact information provided in your product packaging or on the official Tensky website.

© 2025 Tensky. All rights reserved.