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## YMZ DR03

# YMZ Smart Watch DR03 User Manual

Model: DR03

## INTRODUCTION

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This manual provides detailed instructions for setting up, operating, and maintaining your YMZ Smart Watch DR03. Please read this manual thoroughly to ensure proper use and to fully utilize all features of your device.



Image: The YMZ Smart Watch DR03, featuring a round display and black silicone strap.

## SETUP

### 1. Package Contents

Before starting, ensure all items are present in the package:

- YMZ Smart Watch DR03
- Watch Band
- Charging Cable
- User Manual (this document)

As a Gift, Showing  
The Importance Of Love



95mm



Max: 212 mm  
Min: 153 mm

43.16mm



43.16mm

Image: Diagram showing the smartwatch, watch band, charging cable, and user manual included in the package.

## 2. Charging the Device

The YMZ Smart Watch DR03 comes with a magnetic charging cable. Connect the magnetic end to the charging points on the back of the watch and the USB end to a power adapter (not included) or a computer's USB port. A full charge typically takes approximately 1.5 hours.

- Ensure the charging contacts on the watch and cable are clean and dry.
- The watch display will show the charging status.

## 3. App Installation and Pairing

To unlock the full potential of your YMZ Smart Watch DR03, download and install the companion app on your smartphone.

1. **Download the App:** Search for "VeryFit" in your smartphone's app store (Google Play Store for Android or Apple App Store for iOS) and install it.
2. **Enable Bluetooth:** On your smartphone, go to Settings and ensure Bluetooth is turned on.

3. **Open VeryFit App:** Launch the VeryFit app and follow the on-screen instructions to create an account or log in.
4. **Pair the Watch:** In the app, navigate to the device pairing section. The app will search for available devices. Select "DR03" from the list to connect.
5. **Confirm Pairing:** A pairing request may appear on your watch and phone. Confirm on both devices to complete the connection.

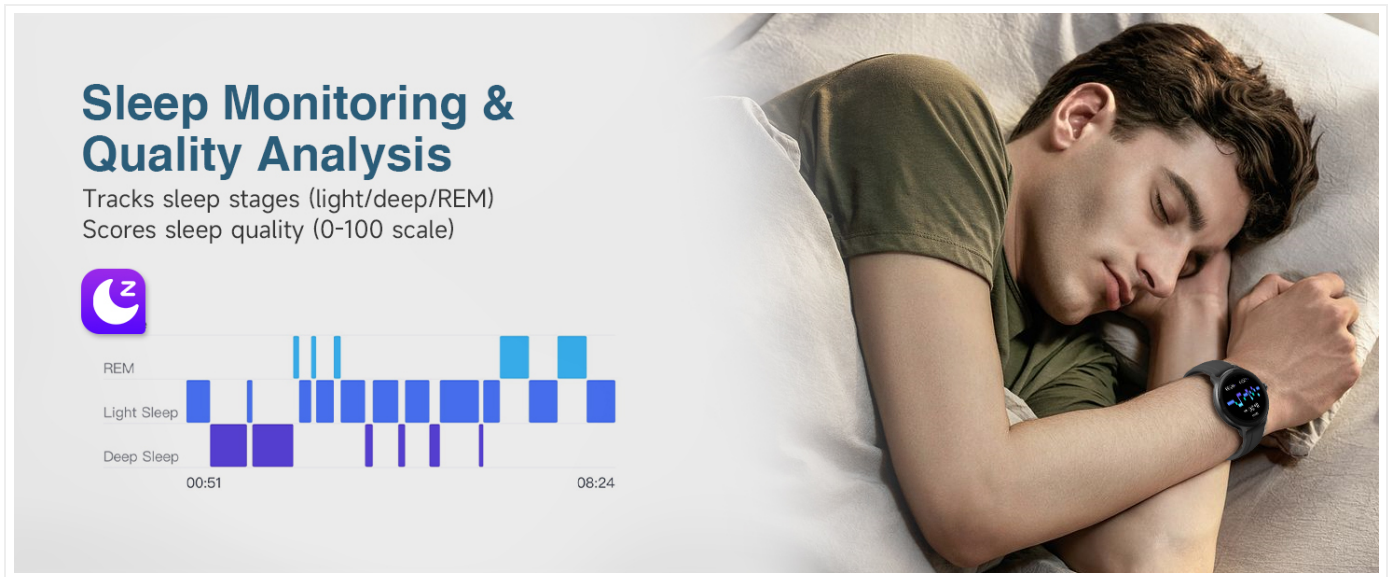


Image: Step-by-step visual guide for connecting the YMZ Smart Watch DR03 to a smartphone via the VeryFit app and Bluetooth.

## OPERATING INSTRUCTIONS

### 1. Basic Navigation

- **Touchscreen:** Swipe left, right, up, or down to navigate through menus and features. Tap to select an option.
- **Side Button:** Press the side button to return to the home screen or wake the display.

### 2. Bluetooth Calling and Message Notifications

Once paired with your smartphone, the DR03 allows you to manage calls and receive notifications directly on your wrist.

- **Bluetooth Calling:** Answer or reject incoming calls directly from the watch. You can also view call history and access frequent contacts.
- **Message Notifications:** Receive alerts for SMS messages and notifications from various social media applications.  
Note: The device displays notifications but does not support replying to messages.

# Bluetooth Call/Answer



Image: The YMZ Smart Watch DR03 displaying an incoming call and various app notification icons, illustrating Bluetooth calling and message alert features.

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Video: A demonstration of the YMZ Smart Watch DR03's features, including call management, health tracking, and various watch faces.

### 3. AI Voice Assistant

Utilize the integrated AI Voice Assistant for hands-free control. Tap the AI voice icon on your watch and speak commands to set alarms, check the weather, find your phone, or control music playback.

# AI Voice Assistant

Please set an alarm for 7 PM tonight.

What's the weather today?

please help me find my phone.

Image: A user interacting with the YMZ Smart Watch DR03's AI Voice Assistant, demonstrating commands like setting an alarm or asking for the weather.

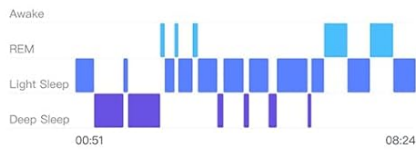
## 4. Health Monitoring

The DR03 provides comprehensive health tracking features:

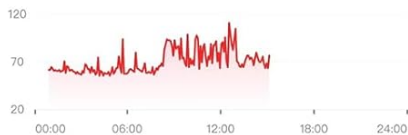
- **Heart Rate Monitoring:** Continuously tracks your heart rate and provides alerts for abnormal rhythms.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen levels day and night, with sleep oxygen variation analysis.
- **Sleep Monitoring:** Tracks sleep stages (light, deep, REM) and scores sleep quality.
- **Respiratory Rate:** Monitors your breathing patterns.
- **Stress Level Monitoring:** Provides real-time stress assessment with a 3-tier classification (High, Medium, Low).
- **Breathing Training:** Guided breathing exercises to help manage stress.
- **Menstrual Cycle Prediction:** The companion app assists in recording and tracking menstrual cycles and symptoms.

# Real-Time Health Monitoring

## Sleep Monitoring



## Heart Rate



## Blood Oxygen



## Respiratory Rate

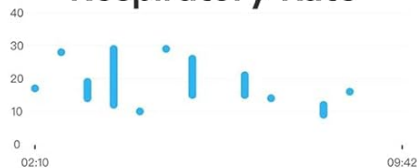


Image: Screenshots from the YMZ Smart Watch DR03 showing data for sleep monitoring, heart rate, blood oxygen, and respiratory rate.

## 5. Sports Modes and Activity Tracking

The DR03 supports over 100 sports modes to track your workouts accurately. It also monitors daily activity metrics.

- **100+ Sports Modes:** Select your activity (e.g., running, cycling, swimming) to track specific metrics like duration, distance, calories burned, and heart rate.
- **Daily Activity:** Tracks steps, calories, and distance throughout the day.
- **GPS:** Built-in GPS for accurate outdoor activity tracking.

# 100+ Sport Modes & IP68 Waterproof



Image: The YMZ Smart Watch DR03 displaying various workout options, alongside images of individuals engaging in different sports activities.

## 6. Additional Features

The YMZ Smart Watch DR03 includes several convenient tools:

- **Find Phone:** Locate your misplaced smartphone by triggering an alert from your watch.
- **Alarm Clock:** Set alarms directly on your watch.
- **Camera Control:** Use your watch as a remote shutter for your phone's camera.
- **Music Control:** Play, pause, skip tracks, and adjust volume for music playing on your phone.
- **Calculator:** A basic calculator function.
- **Games:** Simple games for entertainment.
- **Flashlight:** Turns the screen bright white for a temporary light source.
- **Weather:** Displays current weather conditions.
- **Smart Quick Timer:** Pre-set and custom timers for various activities.

# More Features, All you Need



Image: The YMZ Smart Watch DR03 displaying icons for various features including Find Phone, Alarm Clock, Camera Control, Music Control, Calculator, and Games.

## 7. Customizing Watch Faces

Personalize your watch with a variety of watch faces. Access the watch face gallery through the VeryFit app to choose from numerous designs or create your own custom dials.

# 1.27" LCD Display and 100+ DIY Watch Dials

A high-resolution screen, rich color display, and fast touch-screen response speed.



Image: The YMZ Smart Watch DR03 showcasing multiple customizable watch faces with different designs and colors.

## MAINTENANCE

### 1. Water Resistance (IP68)

The YMZ Smart Watch DR03 is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for daily use, hand washing, and light swimming.

- **Limitations:** Not suitable for hot showers/saunas, ocean swimming, or exposure to high-pressure water jets. These conditions may compromise the water seal.
- After exposure to water, wipe the watch dry with a soft cloth.

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Video: A demonstration of the YMZ Smart Watch DR03's IP68 waterproof capability, showing it submerged in water and still functioning.

### 2. Cleaning

Regularly clean your watch and strap to prevent skin irritation and maintain device performance.

- Wipe the watch screen and body with a soft, damp, lint-free cloth.
- For the strap, use mild soap and water if necessary, then rinse thoroughly and dry completely before wearing.
- Avoid using harsh chemicals or abrasive materials.

### 3. Battery Life

The DR03 offers varying battery life depending on usage:

- **Heavy Usage:** Up to 5 days
- **Basic Usage:** Up to 7 days
- **Low Power Mode:** Up to 15 days
- **Standby:** Up to 30 days

To optimize battery life, consider adjusting settings such as screen brightness, notification frequency, and continuous health monitoring features.

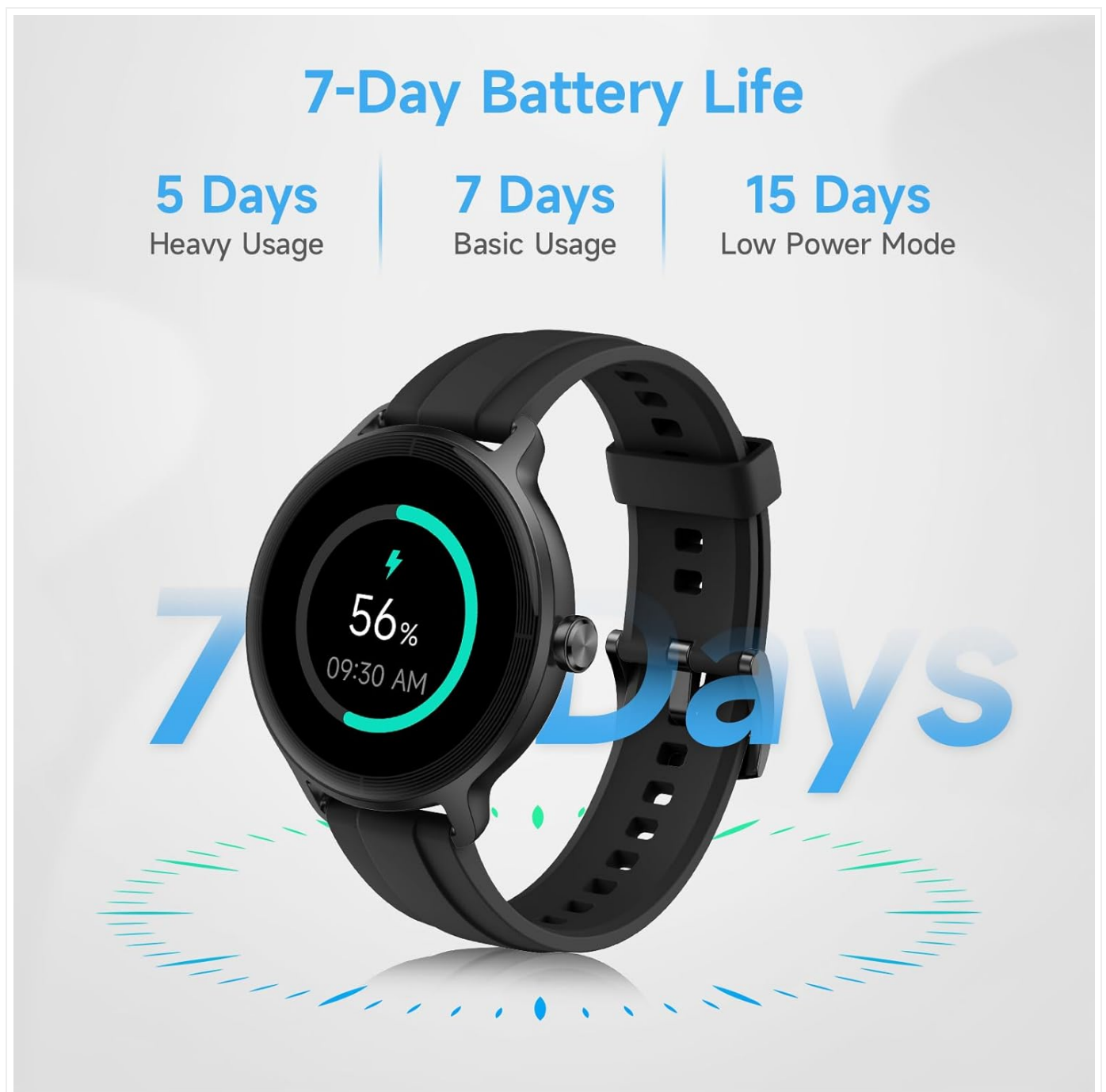


Image: The YMZ Smart Watch DR03 displaying battery percentage, with text indicating battery life under different usage scenarios.

## TROUBLESHOOTING

Issue	Possible Solution
Watch not turning on or charging	<ul style="list-style-type: none"><li>• Ensure the charging cable is securely connected to both the watch and a power source.</li><li>• Check if the power adapter is working.</li><li>• Clean the charging contacts on the watch and cable.</li><li>• Try a different USB port or power adapter.</li></ul>
Cannot pair with smartphone	<ul style="list-style-type: none"><li>• Ensure Bluetooth is enabled on your smartphone.</li><li>• Make sure the watch is sufficiently charged.</li><li>• Restart both your watch and smartphone.</li><li>• Ensure the VeryFit app is updated to the latest version.</li><li>• Forget the device in your phone's Bluetooth settings and try pairing again through the app.</li></ul>
Notifications not appearing	<ul style="list-style-type: none"><li>• Check if the watch is properly connected to the app via Bluetooth.</li><li>• Verify that notification permissions are enabled for the VeryFit app in your phone's settings.</li><li>• Ensure specific app notifications are enabled within the VeryFit app settings.</li><li>• Disable "Do Not Disturb" mode on both your phone and watch.</li></ul>
Inaccurate health data (e.g., heart rate, steps)	<ul style="list-style-type: none"><li>• Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.</li><li>• Clean the sensors on the back of the watch.</li><li>• Ensure your personal information (height, weight, age) is accurately entered in the VeryFit app.</li><li>• For best results, avoid excessive movement during heart rate or SpO2 measurements.</li></ul>

## SPECIFICATIONS

Feature	Detail
Model Number	DR03 (Internal: 983e3cd9-ee1b-463d-b611-962407899636)
Screen Size	1.27 Inches HD Touchscreen
Connectivity	Bluetooth
Water Resistance	IP68 (Swim-Proof)
Battery Life (Basic Usage)	Up to 7 days
Charging Time	Approx. 1.5 hours
Health Monitoring	Heart Rate, Blood Oxygen, Sleep, Respiratory Rate, Stress Level, Menstrual Cycle
Sports Modes	100+
GPS	Built-in GPS
Compatible Devices	Android & iPhones (Smartphones)
Item Weight	5.3 ounces (0.15 Kilograms)
Package Dimensions	5.63 x 3.46 x 0.75 inches

## WARRANTY AND SUPPORT

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Your YMZ Smart Watch DR03 is covered by a manufacturer's warranty. For specific warranty terms and conditions, please refer to the documentation included with your purchase or contact YMZ customer support.

If you encounter any issues or have questions regarding your device, please contact YMZ customer support through the following channels:

- **Online Support:** Visit the official YMZ website for FAQs and support resources.
- **Email Support:** Refer to your product packaging or the YMZ website for contact email.
- **In-App Support:** Some support features may be available directly within the VeryFit app.

Please have your product model (DR03) and purchase information ready when contacting support.

