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> [SENBONO IDW25 Smart Watch User Manual](#)

## SENBONO IDW25

# SENBONO IDW25 Smart Watch User Manual

Model: IDW25

Brand: SENBONO

## INTRODUCTION

This manual provides comprehensive instructions for the SENBONO IDW25 Smart Watch. Please read this manual carefully before using the device to ensure proper operation and to maximize its features. Keep this manual for future reference.

## WHAT'S IN THE BOX

- Smart Watch (1 unit)
- Charging Cable (1 unit)
- User Manual (1 unit)
- Watch Band (1 unit)

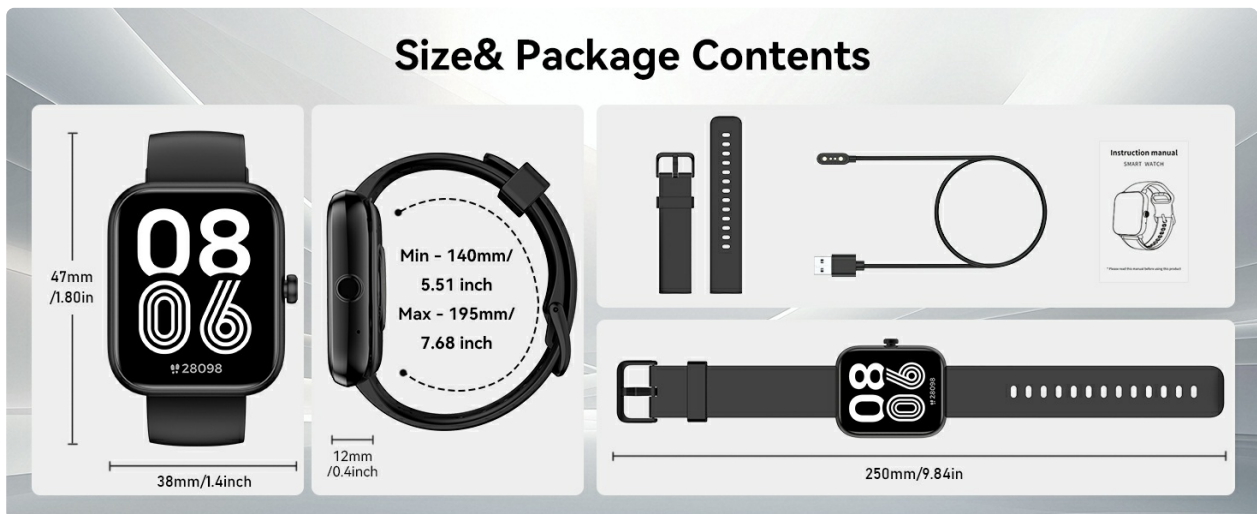


Image: Package contents showing the SENBONO IDW25 Smart Watch, charging cable, user manual, and watch band.

## SETUP

## 1. Charging the Device

Before initial use, fully charge the smart watch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port.

- Charging Time: Approximately 2.5 hours for a full charge.
- Battery Capacity: 300 mAh.
- Battery Life: Up to 7 days with normal use, 30 days standby time.



**30Days**

Stanby time

**7Days**

Battery life

**2.5Hours**

Charging time

**300mAh**

Battery



Image: Watch dimensions and battery information, including charging time and battery life.

## 2. App Download and Device Pairing

To utilize all features of the SENBONO IDW25 Smart Watch, download and install the "VeryFit" application on your smartphone.

1. Download "VeryFit" from the App Store (iOS) or Google Play Store (Android).
2. Ensure Bluetooth and GPS are enabled on your mobile phone.
3. Open the "VeryFit" app and search for "IDW25". Select the device to connect.
4. Once paired, you can manage device settings and view data within the app.

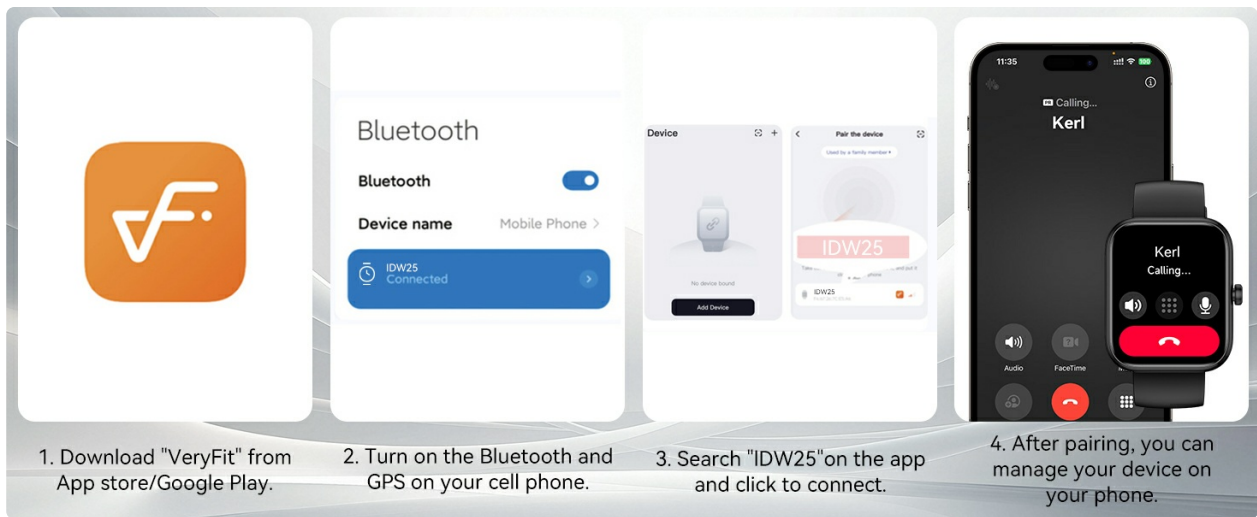


Image: Steps for downloading the VeryFit app and pairing the smart watch.

## OPERATING INSTRUCTIONS

### 1. Basic Controls

- **Touchscreen Navigation:** Swipe left, right, up, or down to navigate through menus and features. Tap to select.
- **Side Button:** Typically used to return to the home screen or activate certain functions.



Image: The SENBONO IDW25 Smart Watch displaying its main interface.

## 2. Customizing Watch Faces

The watch features a 1.83-inch HD touchscreen with customizable watch faces. You can select from over 130 watch faces via the VeryFit app or create your own using personal photos.

# SENBONO IDW25 SMART WATCH

For Healthier Lifestyle

IOS iOS 9.0+ | Android 5.0+ | Bluetooth 5.3



Image: Examples of customizable watch faces for the IDW25 Smart Watch.

## 3. Alexa Built-in

The smart watch includes Alexa voice assistant functionality. To use Alexa:

- Ensure your watch is connected to your phone and the VeryFit app.
- Access the Alexa feature on your watch (refer to the app for specific activation steps).
- You can use voice commands to control music, set reminders, check weather, and access other Alexa skills.

A man in a light blue polo shirt and white pants is sitting on a rocky ledge outdoors. He is wearing a smartwatch on his left wrist. To his right is a graphic overlay with the text 'Sync Notifications' and 'Smart Information Reminder'. Below the text is a grid of social media and app icons including YouTube, Twitter, Bumble, Snapchat, Facebook, LINE, WhatsApp, Instagram, Telegram, Messenger, X, TALK, S, LinkedIn, Tumblr, and TikTok. A small note at the bottom right of the graphic says '\*Can not reply to messages'.

Image: Demonstrating Alexa voice assistant functionality on the smart watch.

## 4. Bluetooth Calling

The watch supports Bluetooth calls, allowing you to make and answer calls directly from your wrist.

- Ensure the watch is connected to your phone via Bluetooth.
- Access the phone function on the watch to view call history, frequent contacts, or use the dialpad.
- This feature is useful during workouts or when your phone is not easily accessible.



Image: Bluetooth call functionality on the smart watch.

## 5. Notifications

Receive notifications for calls, text messages, and various applications directly on your watch. Note that replying to messages is not supported.



Image: Smart information reminder and notification display on the watch.

## 6. Health Monitoring

The watch is equipped with advanced sensors for 24/7 health monitoring. **Note:** This device is not intended for medical diagnosis.

- **Heart Rate Monitoring:** Tracks your heart rate continuously.
- **Sleep Tracking:** Automatically monitors sleep quality, including light sleep, deep sleep, and REM.
- **Blood Oxygen Monitoring:** Measures blood oxygen levels.
- **Stress Levels:** Provides insights into your stress levels.
- **Menstrual Cycle Tracking:** Helps track menstrual cycles and predict special dates.



Image: Health monitoring features including heart rate, blood oxygen, and sleep tracking.

## 7. Sports Modes and Activity Tracking

The watch offers over 120 sports modes to track various physical activities. It monitors real-time stats such as calories burned, distance covered, and duration.

- **Activity Tracking:** Records steps, distance, and calories throughout the day.
- **Sports Modes:** Select a specific mode for activities like running, cycling, swimming, yoga, etc., for detailed tracking.

Image: Daily activity tracking and sports mode features.

## 8. Other Features

The SENBONO IDW25 Smart Watch includes additional functionalities:

- **Music Control:** Control music playback on your connected smartphone.
- **Camera Control:** Remotely trigger your phone's camera shutter.
- **Weather Forecast:** View current weather conditions.

- **Alarm Clock:** Set alarms directly from the watch.
- **Find My Phone:** Locate your paired smartphone.
- **Breathing Exercises:** Guided breathing sessions for relaxation.
- **Drink Water Reminder:** Reminders to stay hydrated.
- **Sedentary Reminder:** Alerts to encourage movement after periods of inactivity.

## Multifunctional SmartWatch

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



Image: Overview of multifunctional features available on the smart watch.

## MAINTENANCE

### 1. Water Resistance (IP68)

The SENBONO IDW25 Smart Watch has an IP68 waterproof rating. This means it can withstand submersion up to 1.5 meters for 30 minutes. It is suitable for daily activities such as handwashing, showering, and training in heavy rain.

- **Do not use in hot water or saunas**, as high water temperatures can affect water resistance.
- Avoid diving with the watch.



## Heart Rate Monitor

The optical sensor in the watch provides you with 24-hour heart rate monitoring, allowing you to keep an eye on your health.

Image: IP68 waterproof capabilities and limitations.

## 2. Cleaning and Care

- Regularly clean the watch and strap with a soft, damp cloth.
- Ensure the charging contacts are clean and dry before charging.
- Avoid exposing the watch to extreme temperatures or harsh chemicals.

## TROUBLESHOOTING

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If you encounter issues with your SENBONO IDW25 Smart Watch, try the following steps:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with phone:**
  - Ensure Bluetooth and GPS are enabled on your phone.
  - Make sure the watch is within range of your phone.
  - Restart both your phone and the watch.
  - Try unpairing and re-pairing the device through the VeryFit app.
- **Notifications not appearing:**
  - Check notification settings in the VeryFit app to ensure they are enabled for desired applications.
  - Verify that your phone's notification settings allow the VeryFit app to display alerts.
- **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.
- **Alexa not responding:**
  - Confirm the watch is connected to your phone and has an active internet connection.
  - Check Alexa settings within the VeryFit app.

For further assistance, refer to the support section.

## SPECIFICATIONS

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Feature	Detail
Model Number	IDW25
Screen Size	1.83 Inches HD Touchscreen
Connectivity	Bluetooth 5.3
Battery Capacity	300 mAh
Charging Time	Approx. 2.5 hours
Battery Life (Normal Use)	5-7 Days
Standby Time	Up to 30 Days
Waterproof Rating	IP68
Operating System	Proprietary OS
Compatibility	iOS 10.0+ / Android 6.0+
Special Features	Alexa Built-in, Bluetooth Calling, Heart Rate Monitor, Sleep Tracker, Blood Oxygen, 120+ Sports Modes, Activity Tracker, Weather Forecast, Music Control, Camera Control
Item Weight	1.6 Ounces

## WARRANTY AND SUPPORT

SENBONO provides the following support for its products:

- **Lifetime Support:** Dedicated customer service for assistance and solutions.
- **2-Year Free Replacement:** A 2-year warranty period for free replacement of defective units.
- **Prompt Response:** Customer inquiries are typically responded to within 24 hours.

For support, please contact SENBONO customer service through the contact information provided on the official SENBONO website or through your purchase platform.



Image: SENBONO brand logo.

