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## YMZ DR03

# YMZ Smart Watch DR03 User Manual

Model: DR03

## 1. PRODUCT OVERVIEW

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The YMZ Smart Watch DR03 is a versatile fitness tracker designed for men and women, featuring a 1.27-inch HD touchscreen, Bluetooth calling capabilities, and over 100 sports modes. It offers comprehensive health monitoring, including sleep, heart rate, and blood oxygen tracking, and is IP68 waterproof. Compatible with both Android and iOS devices, this smartwatch enhances daily convenience and supports fitness goals.



Figure 1.1: YMZ Smart Watch DR03. This image displays the smartwatch with its round face and black strap, highlighting its sleek design.

## 2. SETUP AND INITIAL USE

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### 2.1 Package Contents

Before starting, please verify that all items are present in the package:

- 1 x YMZ Smart Watch DR03
- 1 x Charging Cable
- 1 x Instruction Manual

### 2.2 Charging the Device

The smartwatch comes with a built-in Lithium Polymer battery (290 Milliamp Hours). For optimal performance, fully charge

the device before first use. A full charge typically takes approximately 2.5 hours. The average battery life is 7 days with basic usage, and up to 20 days in standby mode.



Figure 2.1: Battery Life Overview. This image shows the smartwatch display indicating battery percentage and estimated usage days, highlighting its long battery life.

### 2.3 App Download and Pairing

To unlock the full functionality of your YMZ Smart Watch DR03, download and install the **VeryFit** app on your smartphone. The app is compatible with both Android and iOS devices.

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, navigate to your 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. **Search for Device:** Within the app, select the option to add a new device. The app will search for available smartwatches. Select "DR03" from the list of found devices.

5. **Confirm Connection:** Follow any prompts on both your phone and the smartwatch to confirm the pairing. A successful connection will be indicated in the app.

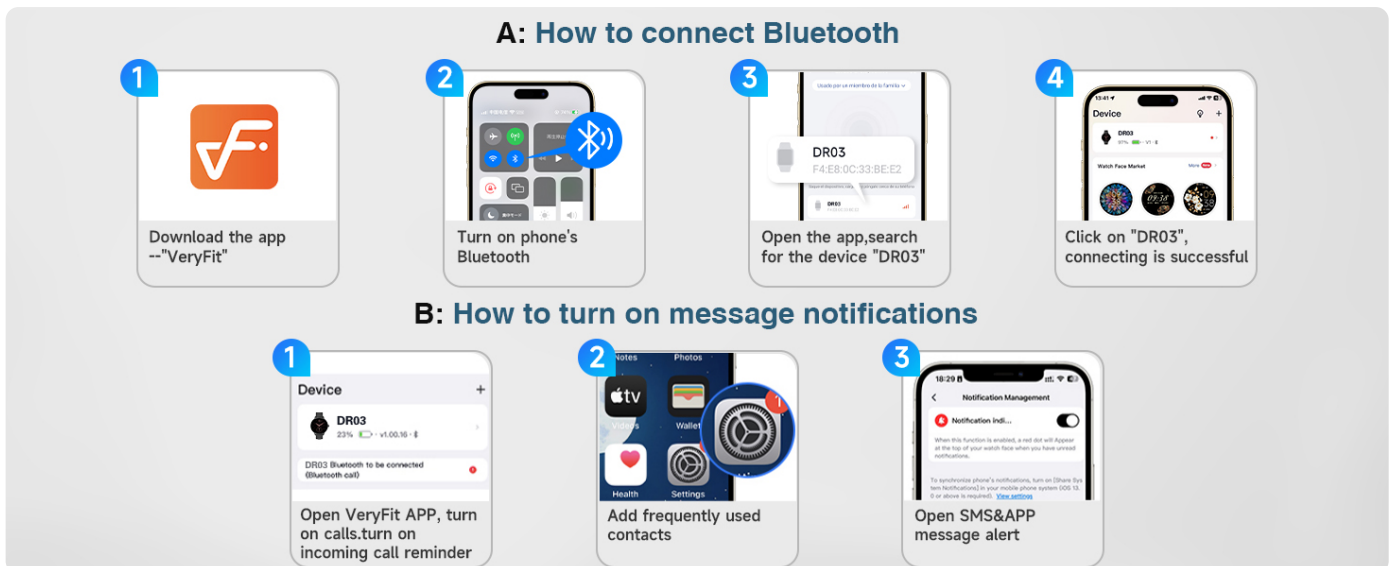


Figure 2.2: Bluetooth Connection and Notification Setup. This diagram illustrates the step-by-step process for connecting the smartwatch to a smartphone via Bluetooth and configuring message notifications within the VeryFit app.

### 3. OPERATING INSTRUCTIONS

#### 3.1 Basic Navigation

The YMZ Smart Watch DR03 features a 1.27-inch full-touch HD screen for intuitive interaction. Swipe left, right, up, or down to navigate through menus and access different functions. Tap to select options.

# 1.27" LCD Display and 100+ DIY Watch Dials

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



Figure 3.1: Customizable Watch Faces. This image showcases the smartwatch's 1.27-inch LCD display with several customizable watch face options, demonstrating its high resolution and vibrant colors.

## 3.2 Bluetooth Calling and Smart Notifications

With Bluetooth 5.3, the smartwatch allows you to make and receive calls directly from your wrist using its built-in microphone and high-performance speaker. It also provides real-time notifications for SMS, Facebook, WhatsApp, Instagram, TikTok, Twitter, and other applications.

- **Making/Receiving Calls:** Once paired, you can dial numbers or answer incoming calls directly on the watch.
- **Message Alerts:** Notifications will appear on the watch screen. While you can view messages, direct replies are not supported from the watch.



# Bluetooth Call/Answer



Figure 3.2: Bluetooth Call and Message Notifications. This image illustrates the smartwatch's capability to handle Bluetooth calls and display real-time message notifications from various social media and communication apps.

### 3.3 AI Voice Assistant

The integrated AI Voice Assistant allows for hands-free control and information retrieval. Simply activate the assistant and speak your commands.

- **Examples:** "Set an alarm for 7 PM tonight," "What's the weather today?", "Please help me find my phone."

# AI Voice Assistant

Please set an alarm for 7 PM tonight.

What's the weather today?

please help me find my phone.

Figure 3.3: AI Voice Assistant in Use. This image depicts a user interacting with the smartwatch's AI Voice Assistant, demonstrating how to issue commands for setting alarms, checking weather, or finding a phone.

## 3.4 Health Monitoring

The YMZ Smart Watch DR03 provides 24/7 health monitoring features, syncing data with the VeryFit app for detailed insights.

- **Sleep Monitoring:** Tracks sleep quality, including light sleep, deep sleep, and REM stages.
- **Heart Rate Monitoring:** Continuously tracks heart rate patterns and alerts for abnormal rhythms.
- **Blood Oxygen (SpO2) Monitoring:** Measures blood oxygen levels day and night.
- **Stress Level Monitoring:** Provides real-time stress assessment with a 3-tier classification.
- **Menstrual Cycle Prediction:** The app helps record and track menstrual cycles and symptoms.

# Real-Time Health Monitoring



Figure 3.4: Real-Time Health Monitoring. This image shows the smartwatch interface displaying various health data points, including sleep patterns, heart rate, blood oxygen levels, and respiratory rate, indicating comprehensive health tracking.

## 3.5 Sports Modes

The smartwatch supports over 100 sports modes, allowing you to track various activities and monitor your fitness progress.

- **Examples:** Running, cycling, basketball, yoga, swimming, and more.
- **Tracking:** Records steps, distance, calories burned, and other relevant metrics for each activity.



# 100+ Sport Modes & IP68 Waterproof



Figure 3.5: 100+ Sports Modes. This visual demonstrates the smartwatch's extensive range of sports tracking capabilities, showing users engaged in different physical activities while the watch displays workout options.

## 3.6 Additional Features

The YMZ Smart Watch DR03 includes several other convenient features:

- **Find Phone:** Helps locate your paired smartphone.
- **Alarm Clock:** Set alarms directly from your wrist.
- **Camera Control:** Remotely control your smartphone's camera.
- **Music Control:** Manage music playback on your phone.
- **Calculator:** A basic calculator function.
- **Games:** Simple games for entertainment.
- **Weather Forecast:** Get real-time weather updates.
- **Smart Quick Timer:** Instant timers for various routines.

# More Features, All you Need



Figure 3.6: Multifunctionality. This image highlights the smartwatch's diverse range of features, including phone finding, alarm, camera control, music control, calculator, and games, all accessible from the device.

## 4. MAINTENANCE AND CARE

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### 4.1 Waterproof Rating

The YMZ Smart Watch DR03 has an IP68 waterproof rating, meaning it is protected from sweat, rain, and can withstand handwashing. It is also suitable for swimming. However, it is **not** recommended for:

- Hot showers/saunas (steam and high temperatures can damage seals)
- Ocean swimming (saltwater can cause corrosion)
- High-pressure water jets

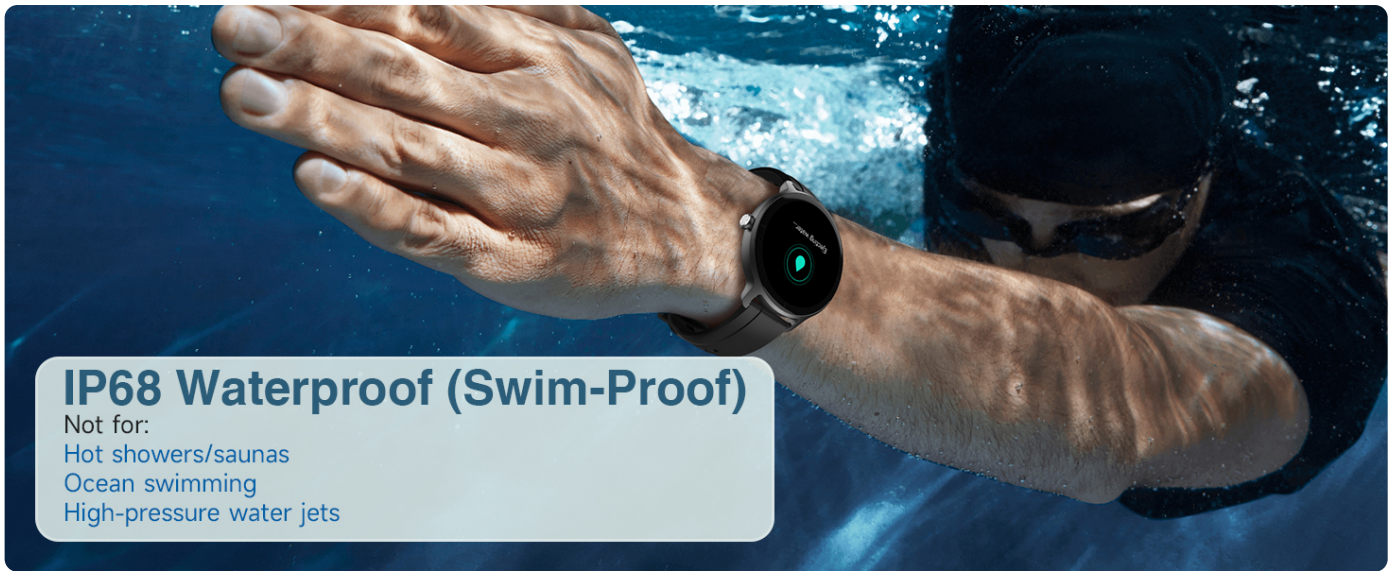


Figure 4.1: IP68 Waterproof (Swim-Proof). This image shows the smartwatch being used during swimming, emphasizing its IP68 waterproof rating, along with a list of activities to avoid.

## 4.2 Cleaning

To maintain the watch's appearance and functionality, regularly clean the device and strap. Use a soft, damp cloth to wipe down the surfaces. Avoid using harsh chemicals or abrasive materials.

## 5. TROUBLESHOOTING

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If you encounter issues with your YMZ Smart Watch DR03, please refer to the following common solutions:

Problem	Possible Solution
Watch does not turn on	Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
Cannot pair with smartphone	Ensure Bluetooth is enabled on your phone and the watch. Restart both devices. Make sure the VeryFit app is updated. Check if the watch is already paired with another device.
Notifications not appearing	Check notification settings in the VeryFit app and your phone's system settings. Ensure the app has necessary permissions. Keep the app running in the background.
Inaccurate health data	Ensure the watch is worn snugly on your wrist, not too loose or too tight. Clean the sensor on the back of the watch. Consult the app for calibration options if available.
Short battery life	Reduce screen brightness, disable continuous heart rate monitoring if not needed, limit frequent notifications, and ensure background app refresh is managed.

If the issue persists, please contact customer support for further assistance.

## 6. SPECIFICATIONS

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Key technical specifications for the YMZ Smart Watch DR03:



Feature	Detail
Model	DR03
Display Size	1.27 Inches
Display Type	LCD (AMOLED-HD Touch Screen)
Battery Capacity	290 Milliamp Hours
Battery Type	Lithium Polymer
Average Battery Life	7 days (basic usage)
Charging Time	2.5 Hours
Wireless Standard	Bluetooth 5.3
Waterproof Rating	IP68
Compatible Devices	Smartphone (Android and iPhone)
Memory Storage Capacity	128 MB
Human Interface Input	Touchscreen
Item Dimensions	43.16mm (diameter), Max wrist circumference: 212mm, Min wrist circumference: 153mm





Figure 6.1: Smartwatch Dimensions and Package Contents. This image provides detailed measurements of the smartwatch and its strap, alongside a visual representation of the items included in the package.

## 7. WARRANTY AND SUPPORT

YMZ offers a **one-year warranty** for the Smart Watch DR03, ensuring worry-free shopping. For any inquiries, technical assistance, or support, our customer service team is available for quick response **24/7**.

Please visit the official YMZ website or contact the seller directly for warranty claims and support.