

IOWODO USED-01

IOWODO USED-01 Smartwatch User Manual

Model: USED-01

1. INTRODUCTION

Thank you for choosing the IOWODO USED-01 Smartwatch. This manual provides essential information for setting up, operating, and maintaining your device. Please read it carefully to ensure optimal performance and longevity of your smartwatch.

2. PRODUCT OVERVIEW

The IOWODO USED-01 Smartwatch is designed for active lifestyles, featuring robust construction and a range of smart functionalities.

Key Features:

- **LED Flashlight and Compass:** Equipped with an adjustable LED flashlight (up to 20 meters range) and a built-in compass, ideal for outdoor activities.
- **Bluetooth Calling & AI Voice Assistant:** Optimized Bluetooth 5.3 for calls, HiFi stereo speakers, microphone, and intelligent message notifications. Features an AI voice assistant for hands-free operation.
- **Extensive Workout Modes & Health Tracking:** Supports over 100 workout modes (e.g., yoga, cycling, running, hiking) and continuous health monitoring including heart rate, blood pressure, sleep patterns, calories burned, and activity records.
- **Durable Design:** Military-grade metal case for ruggedness and durability.

Components:

- IOWODO USED-01 Smartwatch Unit
- Charging Cable
- User Manual (this document)



Figure 1: The IOWODO USED-01 Smartwatch. The main display shows the time (10:08), date (Monday 26 May), weather (24°C), steps (7645), and calories (328). An incoming call notification is also visible. The image highlights the watch's 900mAh battery capacity, capable of providing up to 30 days of daily use.

3. SETUP

3.1 Charging the Smartwatch

1. Connect the charging cable to the charging port on the back of your smartwatch.
2. Plug the other end of the charging cable into a USB power adapter (not included) or a computer's USB port.
3. The watch display will indicate charging status. Ensure the watch is fully charged before first use. A full charge provides approximately 30 days of typical usage due to its 900mAh battery.

3.2 App Installation and Pairing

1. Scan the QR code provided in the packaging or search for the official IOWODO app in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).

2. Install the app on your smartphone.
3. Open the app and follow the on-screen instructions to create an account or log in.
4. Enable Bluetooth on your smartphone.
5. In the app, navigate to the device pairing section and select your IOWODO USED-01 Smartwatch from the list of available devices.
6. Confirm the pairing request on both your smartphone and the smartwatch. The watch utilizes Bluetooth 5.3 for a stable connection.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

- **Touchscreen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **MENU Button:** Press the 'MENU' button (typically on the side) to access the main menu or confirm selections.
- **BACK Button:** Press the 'BACK' button (typically on the side) to return to the previous screen or exit a function.

4.2 Bluetooth Calling and AI Voice Assistant

1. Ensure your smartwatch is paired with your smartphone via Bluetooth.
2. **Making/Answering Calls:** When a call comes in, you can answer or reject it directly from the watch screen. To make a call, access the dialer or contacts through the watch menu.
3. **AI Voice Assistant:** Activate the AI voice assistant through the watch interface. You can then use voice commands to perform various tasks, such as making calls, sending messages, or checking weather.

4.3 Health Tracking

The smartwatch continuously monitors your health data. Access these features through the watch menu or the companion app:

- **Heart Rate Monitoring:** Provides real-time heart rate data.
- **Blood Pressure Monitoring:** Measures blood pressure levels.
- **Sleep Tracking:** Analyzes your sleep patterns, including deep sleep, light sleep, and wake times.
- **Calorie & Activity Tracking:** Records steps taken, distance covered, and calories burned throughout the day.

4.4 Workout Modes

The watch supports over 100 workout modes. To start a workout:

1. Navigate to the 'Workout' or 'Sports' section on your watch.
2. Select your desired activity (e.g., running, cycling, yoga).
3. Tap to start the workout. The watch will record relevant data for your activity.

4.5 LED Flashlight and Compass

- **Flashlight:** Access the flashlight function from the watch menu. You can adjust the flash rate as needed.
- **Compass:** The built-in compass can be accessed via the watch menu, providing directional guidance for outdoor use.

4.6 Message Notifications

Once paired, the smartwatch will display intelligent notifications from your smartphone, including SMS, WhatsApp, Facebook, Twitter, and other applications. Ensure notification permissions are enabled in both the watch app and your phone settings.

5. MAINTENANCE

5.1 Cleaning

- Wipe the watch screen and body with a soft, lint-free cloth.
- For stubborn dirt, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts are clean and dry before charging.

5.2 Water Resistance

The IOWODO USED-01 Smartwatch is designed with water resistance. However, it is not suitable for deep diving or high-pressure water activities. Avoid prolonged exposure to hot water, steam, or corrosive liquids. Always dry the watch thoroughly after exposure to water.

6. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes before attempting to power it on.
- **Cannot pair with smartphone:**
 - Ensure Bluetooth is enabled on your phone and the watch.
 - Make sure the watch is within range of your phone.
 - Restart both your phone and the smartwatch.
 - Clear the Bluetooth cache on your phone and try pairing again.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch.
- **Notifications not appearing:** Check notification permissions in both the smartwatch app and your phone's system settings. Ensure the app is running in the background.

7. SPECIFICATIONS

Feature	Specification
Model Name	USED-01
Brand	IOWODO
Screen Size	2.01 Inches
Operating System	Wear OS 1.5
Battery Capacity	900 Milliamp Hours
Battery Cell Composition	Lithium Ion
GPS	GPS Via Smartphone
Item Weight	3.2 ounces
Package Dimensions	7 x 3 x 0.7 inches
Manufacturer	IOWODO
Date First Available	August 2, 2025

8. WARRANTY AND SUPPORT

For warranty information, please refer to the warranty card included with your purchase or visit the official IOWODO website. If you encounter any issues not covered in this manual, please contact IOWODO customer support through their official channels for assistance.

Online Support: [Visit the IOWODO Store on Amazon](#)

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question