

## Gydom B0FRFFR131

# Gydom Smart Watch User Manual

Model: B0FRFFR131

## 1. INTRODUCTION AND OVERVIEW

Welcome to the Gydom Smart Watch user manual. This document provides essential information for setting up, operating, and maintaining your new smartwatch. The Gydom Smart Watch is designed to enhance your daily life with features such as Alexa Built-in, comprehensive health monitoring, and a wide array of sports modes.

This smartwatch is compatible with both iOS 9.0+ and Android 6.0+ devices, offering seamless integration with your smartphone for calls, notifications, and data synchronization.

## 2. WHAT'S IN THE BOX

- Gydom Smart Watch (1 unit)
- Charging Cable (1 unit)
- User Manual (This document)

## 3. SETUP

### 3.1 Initial Charge and Activation

Before first use, please fully charge your Gydom Smart Watch. The watch requires charging to activate. Connect the provided charging cable to the magnetic charging points on the back of the watch and plug the USB end into a compatible power source.

### 3.2 App Installation and Pairing

1. Download the **VeryFit** app from your smartphone's app store (compatible with iOS 9.0+ and Android 6.0+).

2. Open the VeryFit app and follow the on-screen instructions to create an account and set up your profile.
3. Enable Bluetooth on your smartphone.
4. In the VeryFit app, search for your Gydом Smart Watch and pair it via Bluetooth.
5. Once paired, the watch will synchronize time and data with your phone.

**Note:** Ensure your smartphone is within Bluetooth range for continuous data synchronization and notification delivery.



## Intelligent Alerts

Elevate your connectivity with the innovative Gydом smartwatch.

Experience seamless notifications right on your wrist, ensuring you're always in the loop.

Image: Gydом Smart Watch highlighting key features like Alexa, IP68 waterproofing, and fitness tracking.

## 4. OPERATING INSTRUCTIONS

### 4.1 Basic Navigation

- **Wake Screen:** Press the side button or raise your wrist (if 'Wake Gesture' is enabled in settings).
- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different data screens.
- **Tap:** Select an item or open an app.
- **Side Button:** Press to return to the home screen or access the app list.

### 4.2 Calls & Notifications

The Gydом Smart Watch allows you to make, answer, or reject calls directly from your wrist when connected via Bluetooth to your smartphone. You will also receive notifications from various apps like Facebook, Instagram, WhatsApp, and more.

## Bluetooth Call, Truly Hands-Free Experience

Whether you're at the gym, cooking, or driving, it ensures that you never miss a beat in your communication, keeps you connected at all times.

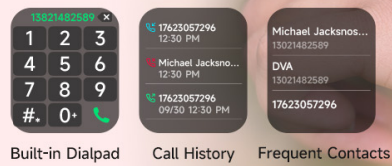


Image: Smart Watch screen showing incoming call and various app notifications.

### 4.3 Alexa Built-in

Utilize the integrated Alexa voice assistant for hands-free commands. You can set alarms, check the weather, control music playback, and more by simply speaking to your watch.

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Video: A demonstration of the Gydrom Smart Watch's functions, including Alexa voice commands and various app interactions.

### 4.4 Health Monitoring

The Gydrom Smart Watch continuously monitors key health metrics:

- **Heart Rate:** 24/7 monitoring to track your heart rate trends.
- **Blood Oxygen (SpO2):** Measures blood oxygen levels for health insights.
- **Sleep Tracking:** Automatically records sleep patterns and provides detailed quality analysis.
- **Stress Monitoring:** Helps you understand and manage your stress levels.
- **Cycle Tracking:** For women, it helps keep a precise record of menstrual cycles with timely reminders.
- **Breathe Training:** Guided breathing exercises to help you relax.

## 24/7 Heart Rate Monitoring

Guiding you to a more informed and active lifestyle.

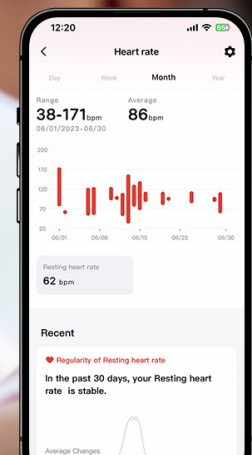
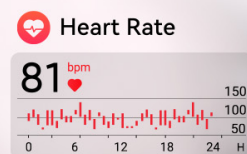


Image: Visual representation of the smartwatch monitoring heart rate, blood oxygen (SpO2), and stress levels.

### 4.5 Sports Modes & Activity Tracking

With over 100 sports modes, the watch tracks steps, distance, and calories burned for various activities

including walking, running, rugby, baseball, basketball, and mountain climbing.



Image: Smart Watch interface displaying a selection of over 100 professional sport modes.

## 4.6 Water Resistance

The Gydom Smart Watch features an IP68 waterproof rating, allowing you to wear it while washing hands, in the rain, or during water sports like swimming. It is water resistant up to 1.5 meters.

## 4.7 Battery Life

Equipped with a 300mAh battery, the watch fully charges in approximately 2 hours, providing up to 7 days of typical daily use and 30 days of standby time.

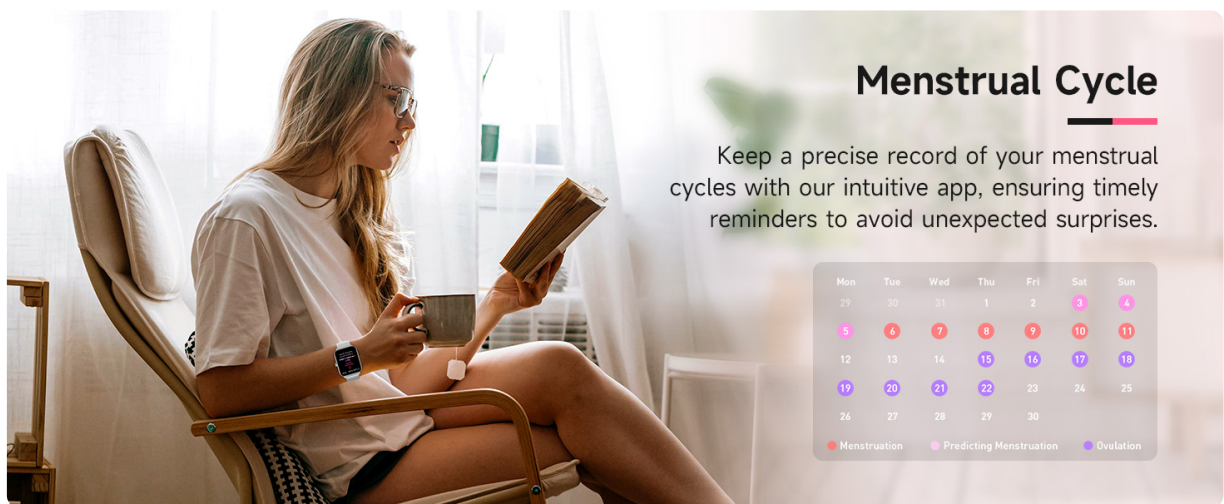


Image: Smart Watch connected to its charging cable, showing battery percentage and typical usage duration.

## 4.8 Customization

The 1.8" HD touch screen offers a clear visual experience. Personalize your watch with over 100 free watch faces available through the VeryFit app, or use your own photos as a custom watch face.

Image: Smart Watch showing different customizable watch faces, including options to use personal photos.

## 4.9 Other Functions

The Gydom Smart Watch includes many other useful functions:

- Weather Forecasts

- Alarm Clocks
- Remote Camera Control
- Music Control
- Find Your Phone
- Calculator
- Calendar
- Games
- Flashlight
- Sedentary Reminder



Image: Smart Watch screen showcasing multiple functions such as AI voice, weather, camera control, music playback, breathing training, and games.

## 5. MAINTENANCE

- **Cleaning:** Regularly wipe the watch screen and band with a soft, damp cloth. Avoid harsh chemicals.
- **Charging:** Use only the provided charging cable. Ensure the charging points are clean and dry before charging.
- **Storage:** Store the watch in a cool, dry place when not in use.
- **Water Exposure:** While IP68 waterproof, avoid prolonged submersion in hot water or exposure to high-pressure water jets.

## 6. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. It requires an initial charge to activate.
- **Cannot pair with phone:** Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both devices and try pairing again.
- **Notifications not received:** Check app settings in VeryFit to ensure notifications are enabled for desired apps. Verify Bluetooth connection.
- **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.
- **Short battery life:** Reduce screen brightness, disable unnecessary features like continuous heart rate monitoring if not needed, and ensure proper charging.

## 7. SPECIFICATIONS

Feature	Detail
Model Number	B0FRFFR131
Screen Size	1.8 Inches
Operating System	Android & iOS (Compatible with iOS 9.0+ and Android 6.0+)
Connectivity	Bluetooth
Battery Capacity	300 Milliamp Hours
Battery Charge Time	2 Hours
Typical Use Battery Life	7 Days
Water Resistance Level	IP68 Waterproof (up to 1.5 meters)
Metrics Measured	Heart Rate, Sleep Duration, Blood Oxygen, Stress
Special Features	Alexa Built-in, Voice Call, 101+ Sports Modes, Remote Camera, Music Control, Find My Phone, Weather Forecast, Alarm Clock, Sedentary Reminder

## 8. WARRANTY AND SUPPORT

The Gydome Smart Watch comes with a **3-Year Guarantee** and a **365-day warranty**. For any technical support or warranty claims, please refer to the contact information provided with your purchase or visit the official Gydome support website.

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Video: A seller's review highlighting the Gydome Smart Watch as a highly recommended fitness tracker with various features.