

Bettdow IDW26

Bettdow SmartWatch GPS IDW26 User Manual

Model: IDW26

1. INTRODUCTION

Thank you for choosing the Bettdow SmartWatch GPS IDW26. This smartwatch is designed to enhance your daily life with advanced features for fitness tracking, communication, and health monitoring. This manual provides essential information for setting up, operating, and maintaining your device. Please read it carefully before use to ensure optimal performance and longevity.



Bettdow FB055 Smartwatch GPS

 **AMOLED de 1.85"**

 **Posicionamento GPS preciso**

 **Resistência à água 3ATM**

 **100+ modos esportivos**

 **Memória de 1 GB**

 **Lembretes inteligentes**

 **Chamadas Bluetooth**

 **Assistente de voz com IA**

 **Até 7+ dias de uso normal**

 **Reprodução de música local**



2. WHAT'S IN THE BOX

Upon opening your Bettdow SmartWatch GPS IDW26 package, you should find the following items:

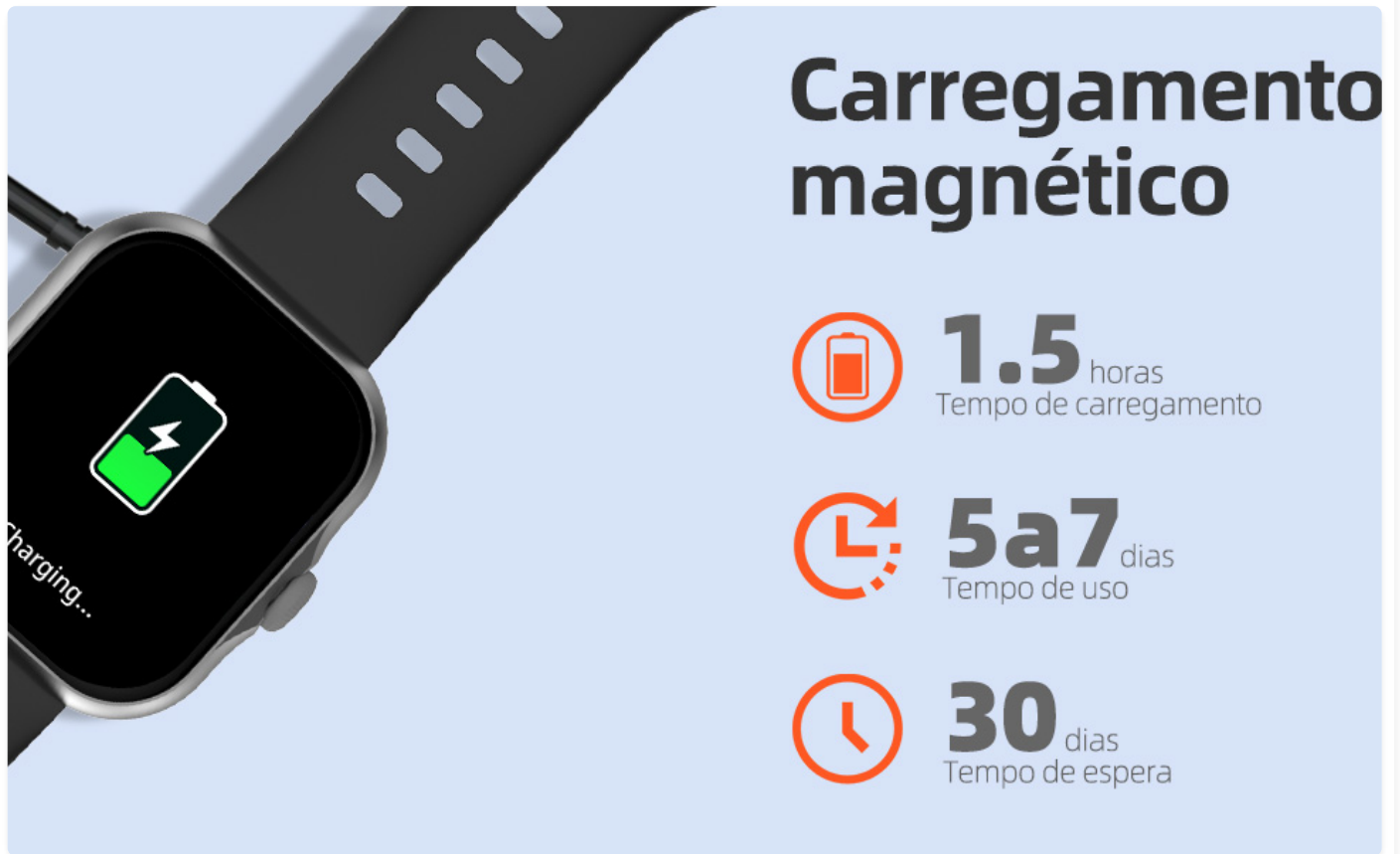
- Bettdow SmartWatch GPS IDW26 (with one strap attached)
- Additional watch strap
- Magnetic charging cable
- Screen protector
- User Manual

Figure 2: Contents of the Bettdow SmartWatch GPS IDW26 package.

3. SETUP

3.1 Charging the Smartwatch

Before initial use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. The watch will display a charging indicator. A full charge typically takes approximately 1.5 hours.



Carregamento magnético

	1.5 horas Tempo de carregamento
	5 a 7 dias Tempo de uso
	30 dias Tempo de espera

Figure 3: Magnetic charging and battery life details.

3.2 Pairing with Your Smartphone

To unlock the full potential of your Bettdow SmartWatch, pair it with your smartphone via the dedicated app. The app is compatible with both Android and iOS devices.

1. Download the companion app from your smartphone's app store (search for 'Bettdow' or refer to the QR code in the manual).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the app and follow the on-screen instructions to create an account or log in.
4. Select 'Add Device' or similar option within the app.
5. The app will search for your smartwatch. Select 'IDW26' when it appears.
6. Confirm the pairing request on both your smartphone and smartwatch.

4. OPERATING INSTRUCTIONS

4.1 Display and Navigation

The Bettdow SmartWatch IDW26 features a vibrant 1.85-inch HD AMOLED touchscreen display for clear visuals and intuitive interaction.

- **Touchscreen:** Swipe up, down, left, or right to navigate through menus and features. Tap to select.
- **Side Button:** Press the side button to return to the home screen or wake the device. Long press for power options.
- **Customizable Watch Faces:** Choose from over 100 watch faces or create your own dynamic video watch faces via the app.



Figure 4: High-definition AMOLED display features.

4.2 Bluetooth Calling and Notifications

With Bluetooth 5.3 connectivity, the smartwatch allows you to make and receive calls directly from your wrist. You will also receive notifications for messages and app alerts.

- **Making Calls:** Access the dialer or contacts list on your watch to initiate calls.
- **Receiving Calls:** Answer or reject incoming calls directly from the watch screen.

- **Notifications:** View incoming messages and app notifications. *Note: Replying to messages is not supported directly from the watch.*

Chamadas telefônicas Bluetooth 5.3

Suporte para fazer chamadas, atender chamadas, desligar chamadas e retornar chamadas.

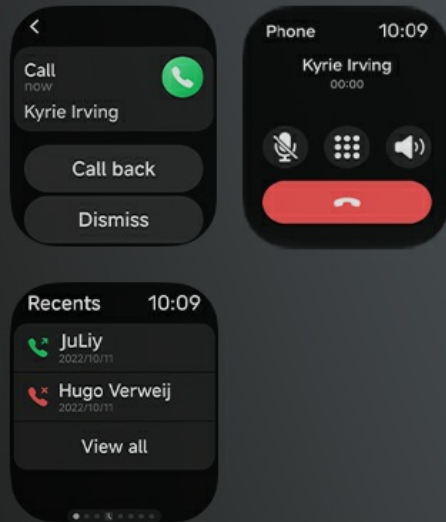


Figure 5: Bluetooth calling interface.

Comunicação Sem Mãos

Sincronize chamadas e mensagens ao dirigir ou se exercitar, com suporte a respostas rápidas.



Figure 6: Call and message notification display.

4.3 Offline Music Playback

The smartwatch features 1GB of NAND flash memory, allowing you to store music directly on the device. You can connect TWS (True Wireless Stereo) headphones to the watch for music playback during workouts or on the go, without needing your phone.

Música Offline & Reprodução TWS

Música nos treinos, a qualquer hora, sem precisar do celular.



Figure 7: Offline music playback with TWS headphones.

4.4 Sports Modes and GPS Tracking

The IDW26 offers over 100 sports modes, including running, cycling, and various fitness activities. Its integrated GPS, utilizing 5 satellite systems, provides precise positioning for outdoor activities.

- **Activity Tracking:** Automatically recognizes and records exercise data, including steps, calories, distance, and active time.
- **GPS Functionality:** Records your movement trajectory during outdoor walks and runs, allowing for dynamic playback of your route.

Mais de 100 Tipos de Esporte

Reconhecimento automático
de exercícios — registre e
acompanhe sua performance!



Passos
7389Step



Calorias
429Kcal



Distância
5.72Km



Tempo Ativo
1.5H



Figure 8: Sports mode tracking and data display.

Sistema de Posicionamento Global de Cinco Estrelas (GPS) Posicionamento Global de Cinco Estrelas: GPS/Beidou/Galileo/Glonass/QZSS



Figure 9: GPS tracking for outdoor activities.

4.5 Health Monitoring

The smartwatch continuously monitors various health metrics to help you stay informed about your well-being.

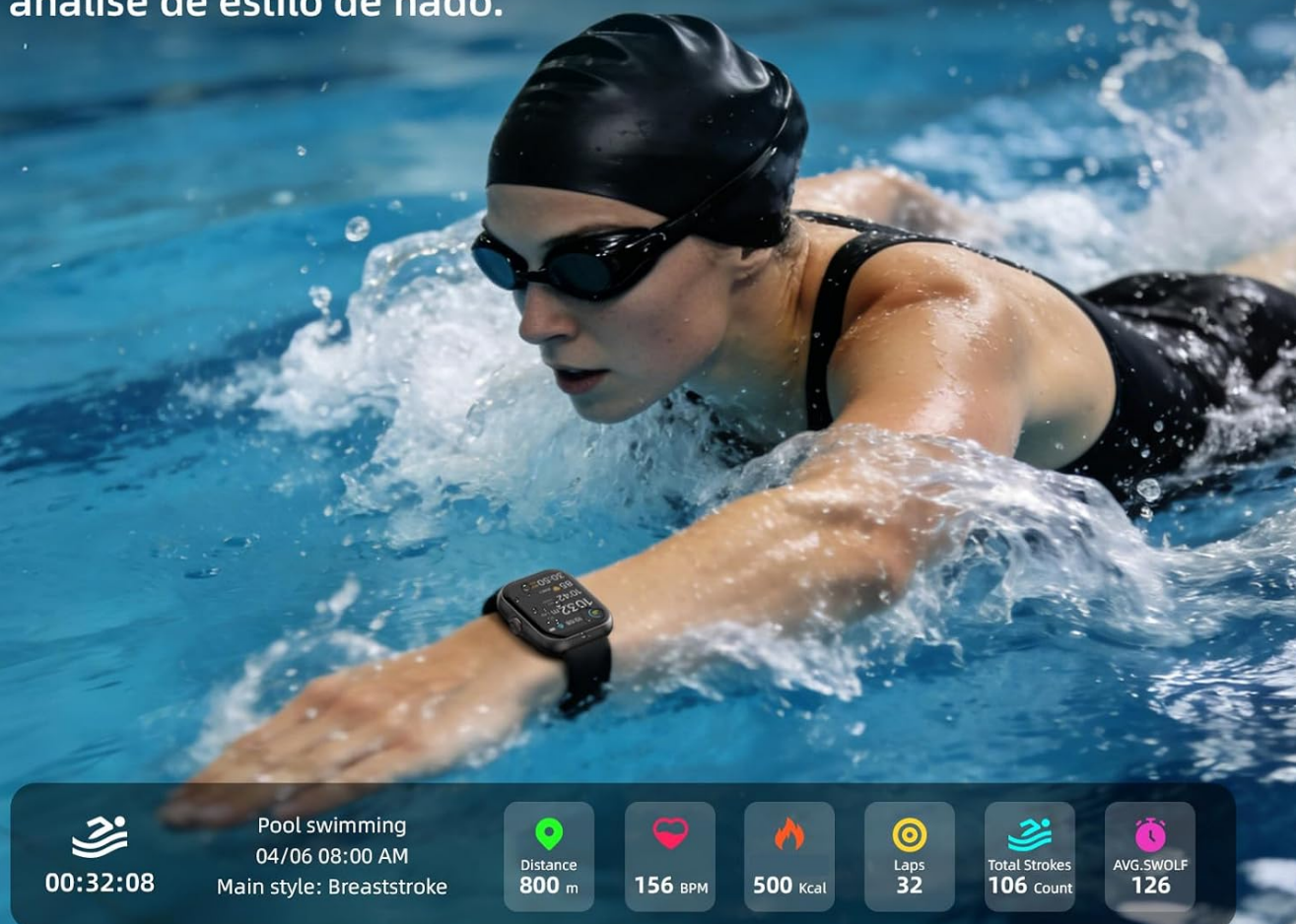
- **Heart Rate Monitoring:** Tracks your heart rate throughout the day.
- **Sleep Tracking:** Analyzes your sleep patterns to provide insights into sleep quality.
- **Stress Monitoring:** Helps you manage stress levels.
- **Menstrual Cycle Tracking:** Provides support for tracking menstrual cycles.
- **Breathing Exercises:** Guided breathing exercises to help you relax.

4.6 Water Resistance

The Bettidow SmartWatch IDW26 has a 3 ATM water resistance rating, making it suitable for swimming and other water activities. You can enjoy the sea or pool without concerns.

Nível de Natação 3ATM

Rota de natação ao ar livre,
análise de estilo de nado.



Aviso: A resistência à água de 3ATM é baseada em testes laboratoriais estáticos; o desempenho real pode variar em cenários do mundo real. A garantia padrão não cobre danos por uso indevido, como exposição a água quente (chuveiros/saunas) ou impacto de água de alta pressão.

Figure 10: Water resistance features and swimming data.

Important Note: The 3 ATM water resistance is based on static laboratory tests. Actual performance may vary in real-world scenarios. The standard warranty does not cover damage due to improper use, such as exposure to hot water (showers/saunas) or high-pressure water impact.

4.7 Altitude and Elevation

The smartwatch provides high-level data for off-road and outdoor adventures, including a compass, altimeter, and barometer.

Altitude e Elevação

Fornece dados de alto nível para aventuras off-road e ao ar livre.



Bússola



Altímetro



Barômetro

Figure 11: Altitude and elevation tracking for outdoor activities.

5. MAINTENANCE

To ensure the longevity and optimal performance of your Bettdow SmartWatch GPS IDW26, follow these maintenance guidelines:

- **Cleaning:** Regularly clean the watch and straps with a soft, dry cloth. If necessary, use a slightly damp cloth and mild soap, then rinse and dry thoroughly. Avoid harsh chemicals.
- **Charging:** Use only the provided magnetic charging cable. Ensure the charging contacts are clean and dry before charging.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.
- **Water Exposure:** While water-resistant, avoid prolonged exposure to hot water, steam, or high-pressure water jets. Dry the watch thoroughly after exposure to water.
- **Screen Protection:** Apply the included screen protector to prevent scratches.

6. TROUBLESHOOTING

If you encounter issues with your Bettdow SmartWatch, try the following steps:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes.
- **Cannot pair with phone:** Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and your phone, then try pairing again.
- **Inaccurate data:** Ensure the watch is worn snugly on your wrist. For GPS, ensure you are in an open area with a clear view of the sky.
- **Notifications not received:** Check your phone's app settings to ensure notification permissions are granted for the companion app and the watch. Ensure the watch is connected via Bluetooth.
- **Screen unresponsive:** Restart the watch by long-pressing the side button.

If problems persist, refer to the detailed troubleshooting section in the full user manual or contact Bettdow customer support.

7. SPECIFICATIONS

Feature	Specification
Model Name	IDW26
Display Type	AMOLED
Screen Size	1.85 Inches
Memory Storage Capacity	1 GB
Connectivity Technology	Bluetooth 5.3
GPS	Built-in GPS (5 satellite systems)
Water Resistance Level	3 ATM (30 Meters)
Human Interface Input	Touchscreen
Battery Life	Up to 48 Hours (normal use), 5-7 days (typical use), 30 days (standby)
Compatible Devices	Smartphone, Tablet (iOS and Android compatible)
Included Components	Watch strap (2 included)
Special Features	GPS, AI Voice Assistant, Heart Rate Monitor, Sleep Tracker, Stress Monitor, Menstrual Cycle Tracker, Breathing Exercises, 100+ Sports Modes

8. WARRANTY AND SUPPORT

Your Bettdow SmartWatch GPS IDW26 comes with a 6-month warranty against manufacturing defects. For warranty claims or technical support, please contact Bettdow customer service through the official website or your retailer.

Return Policy: The product is eligible for a 30-day return/replacement policy from the date of purchase, subject to the retailer's terms and conditions.

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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