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> Woneligo DR06 Smart Watch for Women - 1.57-inch AMOLED Touchscreen Fitness Watch Instruction Manual

Woneligo DR06

Woneligo DR06 Smart Watch for Women

1.57-inch AMOLED Touchscreen Fitness Watch Instruction Manual

Model: DR06 | Brand: Woneligo

1. INTRODUCTION

Thank you for choosing the Woneligo DR06 Smart Watch. This advanced fitness tracker combines elegant design with comprehensive health and fitness monitoring capabilities. Featuring a vibrant 1.57-inch AMOLED touchscreen, it offers a seamless user experience and keeps you connected and informed throughout your day. This manual will guide you through the setup, operation, and maintenance of your new smartwatch.

Smart Notification

Receive real-time message alerts on your wrist.
Stay connected and never miss important message
from loved ones and friends



Image 1.1: Woneligo DR06 Smart Watch highlighting its fashion, fitness, and health capabilities.

Video 1.1: An official overview of the Woneligo DR06 Smart Watch for women, showcasing its design and primary functions.

2. WHAT'S IN THE BOX

Upon unboxing your Woneligo DR06 Smart Watch, you will find the following items:

- Woneligo DR06 Smart Watch (with pre-installed silicone strap)
- Additional Leather Strap
- Magnetic Charging Cable

- Quick Function Guide
- Operation Manual



Image 2.1: The Woneligo DR06 Smart Watch packaged with both a flexible silicone strap and a leather strap, offering versatile styling options.

3. SETUP

3.1 Initial Charging

Before first 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). A full charge typically takes about 1.5 hours.

3.2 App Download and Pairing

1. **Power On:** Long press the function button on the side of the watch to power it on.
2. **Scan QR Code:** The watch display will show a QR code. Use your smartphone's camera to scan this code.
3. **Download App:** The QR code will direct you to download the 'VeryFit' app from the Google Play Store (for Android) or the Apple App Store (for iPhone).
4. **Create Profile:** Open the 'VeryFit' app, log in or register, and create your personal profile by entering details such as gender, birth date, height, and weight.
5. **Pair Device:** Within the 'VeryFit' app, navigate to the device pairing section. The app will search for your smartwatch. Select 'DR06' from the list of found devices to initiate pairing. Confirm the pairing request on both your phone and the watch.
6. **Health Access:** Grant the app necessary permissions to access health data from your phone for comprehensive tracking.

4. OPERATING YOUR SMART WATCH

4.1 Touchscreen Navigation

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick settings, widgets, or different watch faces.
- **Tap:** Select an item or confirm an action.
- **Press Side Button:** Return to the home screen or access the app list.



Image 4.1: The 1.57-inch AMOLED display offers smooth 40 FPS scrolling and a clear 360x360 HD resolution for easy navigation.

Video 4.2: A demonstration of the DR06 Smart Watch's various features and menu navigation.

5. HEALTH MONITORING FEATURES

The Woneligo DR06 Smart Watch is equipped with advanced sensors for continuous health tracking:

- **Heart Rate Monitor:** Continuously tracks your heart rate throughout the day. View real-time data on the watch or detailed graphs in the app.
- **Blood Oxygen (SpO2) Monitor:** Measures your blood oxygen saturation levels.
- **Sleep Monitor:** Analyzes your sleep patterns, including deep sleep, light sleep, and REM sleep, to help improve sleep quality.
- **Stress Monitor:** Checks your personal stress levels and provides advice for reduction.
- **Menstrual Cycle Tracking:** Helps women track and predict their menstrual cycle, ovulation, and fertile window.

Note: All data is for general wellness and fitness purposes only and is not intended for medical use.



Image 5.1: The smartwatch provides continuous monitoring of key health metrics like heart rate, blood oxygen, and sleep quality.

Long-lasting Battery Life

Long-lasting navigation, safe exploration and possessing abilities



1.5 Hours
Charging Time



30 Days
Standby Time



12 Days
Typical Use



7 Days
Heavy Use



Image 5.2: Dedicated features for menstrual cycle management, helping users track important dates.

6. CONNECTIVITY & NOTIFICATIONS

Stay connected with your phone directly from your wrist:

- **Bluetooth Calls:** With Bluetooth 5.3 and a built-in DSP noise-reduction chip, you can make and receive crystal-clear calls directly from your wrist.
- **Smart Notifications:** Receive real-time alerts for texts, emails, and social media notifications (e.g., Facebook, Instagram, WhatsApp) directly on your watch.
- **AI Voice Assistant:** Wake up your phone's smart voice assistant (like Siri, Google Assistant) for convenient control.



Image 6.1: The smartwatch allows you to view notifications and manage Bluetooth calls directly from your wrist.

7. SPORT MODES & ACTIVITY TRACKING

Track your fitness journey with precision:

- **110+ Sport Modes:** Accurately track various workouts, including running, swimming, yoga, Pilates, and more. The watch records calories burned, distance, steps, and exercise duration.
- **24/7 Activity Tracking:** Monitor your daily steps, distance, and calories burned to better understand your activity levels.

- **IP68 Waterproof:** The watch is rated IP68 waterproof, making it suitable for daily use and various sports activities, including swimming (up to 30 meters depth).

Two Types of Bands, Two Styles

Insertable sports strap-The first choice for sports enthusiasts, simple and convenient.

Leather strap-Refined and beautiful, suitable for everyday work and life.



Image 7.1: The smartwatch supports over 120 sport modes and provides continuous activity tracking.

8. BATTERY LIFE & CHARGING

Enjoy extended usage with efficient power management:

- **Long Battery Life:** The watch offers up to 7 days of typical usage on a single charge. Standby time can extend up to 30 days.
- **Fast Charging:** A full charge takes approximately 1.5 hours using the provided magnetic charging cable.



Image 8.1: Visual representation of the smartwatch's impressive battery performance and quick charging capability.

9. ADDITIONAL FUNCTIONS

Beyond health and fitness, the DR06 Smart Watch offers a variety of convenient features:

- **Customizable Watch Faces:** Choose from over 200 preloaded watch faces or upload your favorite photos to personalize your display.
- **Music Control:** Control music playback on your smartphone directly from your watch.
- **Camera Control:** Use your watch as a remote shutter for your phone's camera.

- **Weather Forecast:** Get real-time weather updates on your wrist.
- **Find Phone:** Locate your misplaced smartphone by triggering an alert from your watch.
- **Alarms & Timers:** Set alarms and use stopwatch/timer functions.
- **Reminders:** Includes medication reminders, sedentary reminders, drink water reminders, and hand-washing reminders.
- **Games:** Enjoy simple games directly on your watch.
- **Calculator:** Perform basic calculations.
- **Flashlight:** Utilize the screen as a temporary light source.
- **Breathing Exercises:** Guided breathing exercises for relaxation.

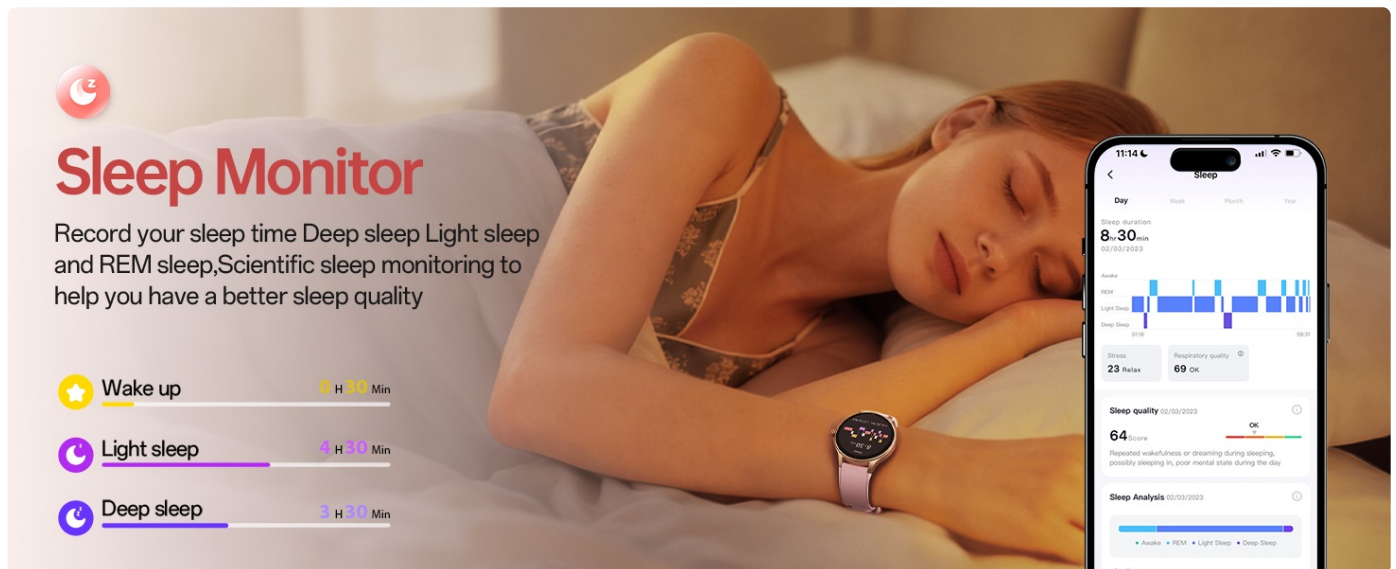


Image 9.1: An overview of the diverse functions available on the smartwatch, from daily utilities to entertainment.

10. SPECIFICATIONS

Feature	Specification
Operating System	AsteroidOS
Memory Storage Capacity	258 MB
Battery Capacity	290 Milliamp Hours
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Screen Size	1.57 Inches
Display Type	AMOLED
Resolution	360 x 360
Maximum Display Brightness	600 Nit
Waterproof Rating	IP68
Water Resistance Depth	30 Meters
Battery Average Life	7 days

Battery Charge Time	1.5 Hours
Band Material Type	Silicone (additional leather strap included)
Case Material Type	Metal
Compatible Phone Models	Android Devices, iOS Devices



Image 10.1: Detailed dimensions of the smartwatch and its compatibility with various iOS and Android phone models.

11. MAINTENANCE

To ensure the longevity and optimal performance of your Woneligo DR06 Smart Watch, follow these maintenance guidelines:

- **Cleaning:** Regularly wipe the watch screen and straps with a soft, dry cloth. For stubborn dirt, use a slightly damp cloth and mild soap, then rinse and dry thoroughly.
- **Water Resistance:** While the watch is IP68 waterproof (suitable for swimming and showering), avoid prolonged exposure to hot water, steam, or high-pressure water jets, as this can compromise the seal. Do not press buttons underwater.
- **Avoid Chemicals:** Do not expose the watch to strong chemicals, solvents, or detergents, as these can damage the materials and finish.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.
- **Screen Protection:** Avoid sharp objects that could scratch the screen.

12. TROUBLESHOOTING

If you encounter any issues with your smartwatch, try the following steps:

- **Watch Not Turning On:** Ensure the watch is fully charged. Connect it to the magnetic charger for at least 10-15 minutes.
- **Cannot Pair with App:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Make sure the watch is close to your phone during pairing.
 - Restart both your phone and the smartwatch.
 - Check if the 'VeryFit' app is updated to the latest version.

- If previously paired, try unpairing the device from your phone's Bluetooth settings and then re-pairing through the app.

- **Notifications Not Appearing:**

- Ensure the watch is successfully paired with the app.
- Check notification permissions for the 'VeryFit' app in your phone's settings.
- Verify that specific app notifications are enabled within the 'VeryFit' app settings.
- Ensure 'Do Not Disturb' mode is not active on your watch.

- **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.
- Avoid excessive movement during measurements.

- **Short Battery Life:**

- Reduce screen brightness.
- Disable continuous heart rate monitoring if not needed 24/7.
- Limit the number of apps sending notifications to the watch.
- Ensure the watch is fully charged each time.

If problems persist, please refer to the detailed operation manual or contact Woneligo customer support.

13. WARRANTY & SUPPORT

Your Woneligo DR06 Smart Watch is protected by a **Limited Warranty**. The manufacturer provides a **2-year warranty** and lifetime technical support. For any inquiries, technical assistance, or warranty claims, please contact Woneligo customer support through the contact information provided in your product packaging or on the official Woneligo website.

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

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