



FAQS How to bind the watch to your phone? User Manual

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FAQS

FAQS How to bind the watch to your phone?



Set up

Please scan the QR code below to install the “VeryFit” app, or download it from App Store or Google Play. (Please don't connect the watch via the Bluetooth pairing list of your phone.)

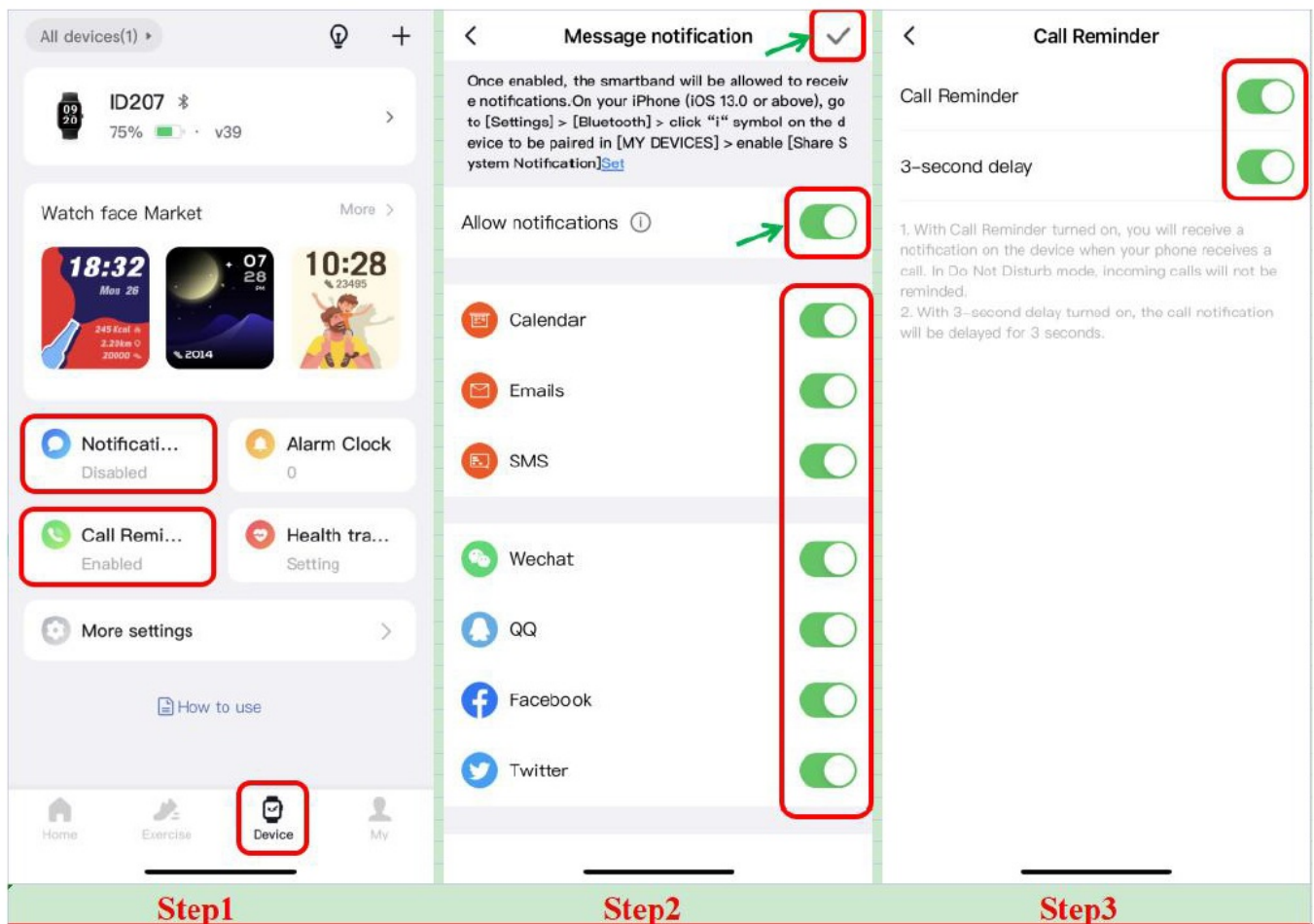
1. Open the VeryFit app, allow the request to enable the Bluetooth function of your phone to connect the watch.
2. Select “ID207” on the VeryFit app-> Click “Confirm Bind Device”. After binding, fill in your age/weight/height correctly.
3. Then a progress bar will appear at the top of the VeryFit app → It will take 1-2 mins to sync the date/time and your info. The pairing will be done once it reaches 100%. *If disconnection occurs, you just need to swipe down the homepage of VeryFit app app to reconnect.



VeryFit app is compatible with most iOS 9.0 & Android 6.0 above smartphones. Not suitable for PC or tablet.

How to active the call/text messages/SNS notification function

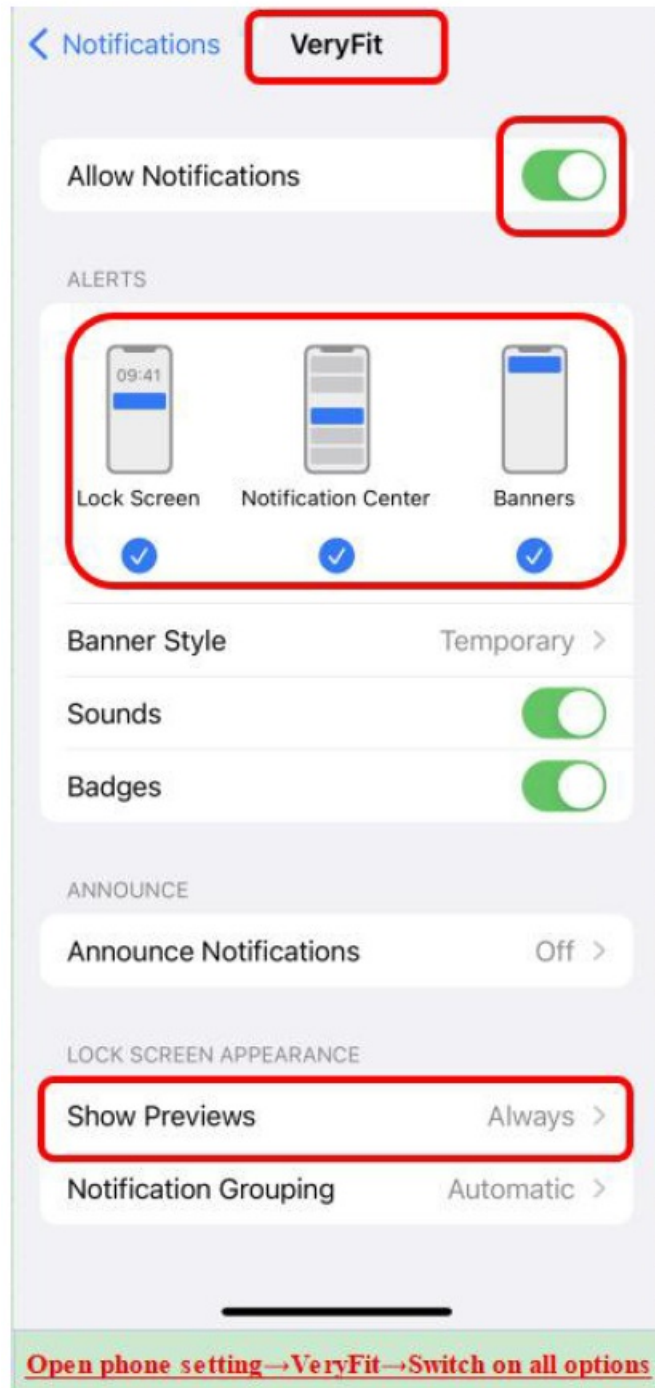
Turn on both “Call Alert” & “SNS Alert” function in the VeryFit app: Open app → Click “Device” below → Turn on “Call Alert” & “SNS Alert” → Switch on the app you need to get notification from → Click the “√” icon at the top right to save the settings.



Failure to receive SMS/calls notifications

For iPhone:

1. Please give Phone/Messaging/Call log permissions when you install the VeryFit app for the first time.
2. Turn on both "Call Alert" & "SNS Alert" function in the VeryFit app: Open app → Click the "Device" below → Turn on "Call Alert" & "SNS Alert" → Switch the app you need to get notification from → Click the "✓" icon at the top right to save the settings.
3. Allow the VeryFit app to send notifications: Open your phone settings → Find "VeryFit" app → Notifications → Click "Allow Notifications" → Tick Lock Screen/Notification Center/banners, and tick "Always (Default)" in Show Previews.



Note: The watch won't receive any notification if messages/calls/SNS notifications didn't appear on dropdown of your phone, make sure they are able to show up: Phone Settings → Notifications → Find the app you need to get notification from → Allow Notifications. (Same process as the pic above.)

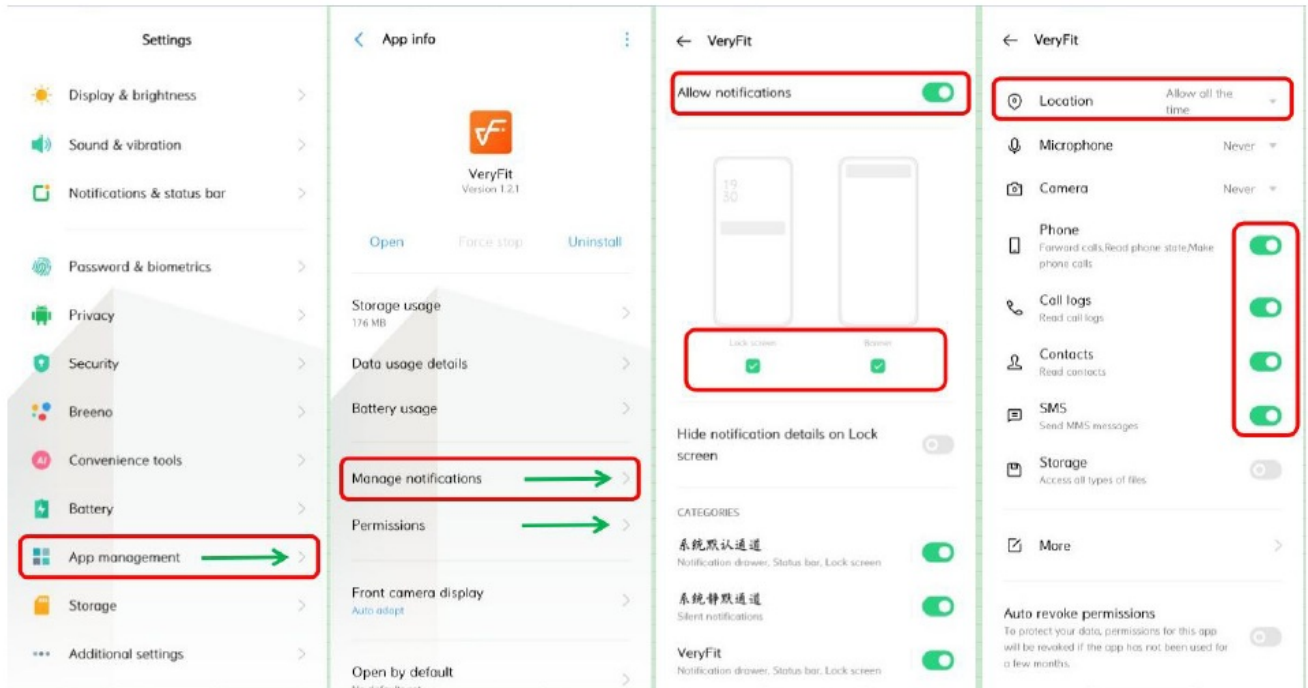
4. Go to the homepage of VeryFit app and swipe down the screen to finish the synchronization. If the watch still can't receive any notification: Please delete the "ID207" from the Bluetooth paired device list from your phone → Delete VeryFit app and download again → Repeat the step

For Android

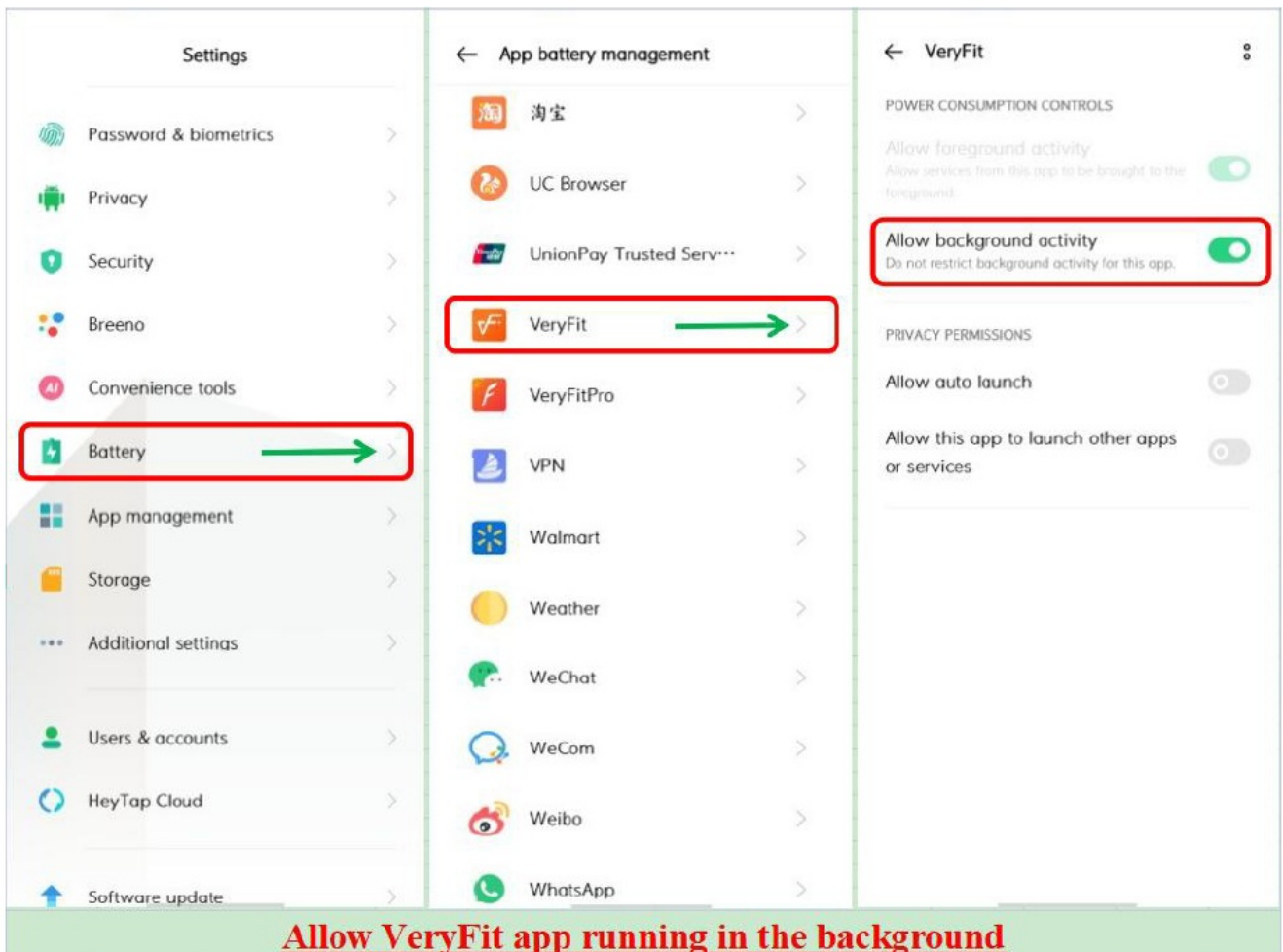
1. Please give Phone/Messaging/Call log permissions when you install the VeryFit app for the first time.
2. Turn on both "Call Alert" & "SNS Alert" function in the VeryFit app: Open app → Click the "Device" below → Turn on "Call Alert" & "SNS Alert" → Switch on the app you need to get notification from → Click the "✓" icon at the top right to save the settings.
3. Please allow the VeryFit app to send notifications and keep running in the background of your phone.

Otherwise it will be refreshed to cause the disconnection:

<1>Phone Settings → Apps → Find “VeryFit” app → Turn on “Notification” → Also allow the “Phone” & “Messaging” permission.



<2>Phone Settings → Find “VeryFit” app → Launch settings → Switch on “Run in background”

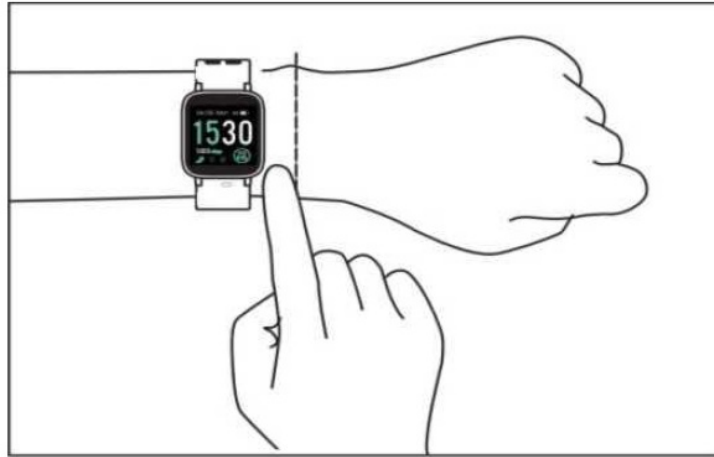


*Please make sure your phone’s dropdown can show you the message notification when it comes in.

4. Go to the homepage of VeryFit app and swipe down the screen to finish the synchronization. If the watch still can’t receive any notification: Please delete the “ID207” from the Bluetooth paired device list from your phone → Delete VeryFit app and download again → Repeat the step #1-3.

How to measure my heart rate more accurately?

1. Please make sure your personal info(age, height, weight) in VeryFit app filled in correctly.(Steps: Go to VeryFit app → User → My info)
2. Please wear the watch on finger away from the wrist bone and adjust the tightness of the wristband to a comfortable position. Then keep breathing smoothly and stay still. It needs more time to measure more accurate data. This in normal that the heart rate data will be more volatile at start. If you measure more times and test longer, you will find that data will be more accurate.



How to track my steps more accurately?

1. Please make sure your personal info(age, height, weight) in VeryFit app are filled in correctly. (Steps: Go to VeryFit app → User → My info).
2. This watch counts steps by a built-in 3D gravity sensor, and the step counting result is affected by the user's swinging arm posture, stride length, body type, road level or slope, and other factors. So it may have some tolerance errors when using. However, after many tests, the step counting data of our watch will not exceed 10% error from the actual. You can test whether it is accurate by walking 100 steps outdoors. (If the number of steps is less than 30, it may not be recorded.)

How to track my sleep more accurately?

1. The sleep tracker will automatically monitor your sleep — It monitors your sleeping status from your wrist action & body movement. The watch only records your last period of sleep (only record the sleep lasting more than 3 hrs)
2. The sleep data is also related to your personal info, please make sure your personal info in VeryFit app are filled in correctly.(Steps: Go to VeryFit app -> User-> My info).
3. Just sync it to VeryFit app once you get up, you can view a comprehensive analysis graph of your sleep quality data(Deep sleep, Shallow sleep, Awake) in the app, it interprets the sleep characteristics at each stage and analyze sleep quality, to help you adjust your sleep habits.

How to turn off heart rate detection light?


You can turn it off in the VeryFit app: Open the app → Click “Device” below → “Heart Rate Detection” → Choose “Manual”.

Worry-Free Warranty

Hey! We back our products all with 12-month warranty and provide lifetime, friendly, easy-to-reach support. If you have any other issue while using. Please feel free to contact us via your order(We will reply within 24hrs):

1. Go to Your Orders
2. Find the order ID in the list
3. Click “Contact with us”

Documents / Resources

	<p>FAQS How to bind the watch to your phone? [pdf] User Manual</p> <p>How to bind the watch to your phone</p>
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