



## global sources ID206 Lite Smart Watch User Manual

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ID206 Lite Smart Watch

**Operation Manual**



Thanks for purchasing this product.  
Please read this Manual carefully before use.

Model	<b>ID206 Lite</b>	Screen Type	<b>1.69" -inch color screen</b>
Battery capacity	<b>300mAh</b>	Charging Voltage	<b>5V±0.2v</b>
Charging Time	<b>about 2 hours</b>	Battery Life	<b>8Day</b>
Waterproof level	<b>5ATM</b>	Weight of Product	<b>38.5g</b>
Operating Temperature	<b>0°C-60°C</b>	Bluetooth Version	<b>BLE5.1</b>
Product Frequency	<b>2402-2480MHz</b>	Max. transmission Power Consumption	<b>4dBm</b>



Scan the QR code for more function information

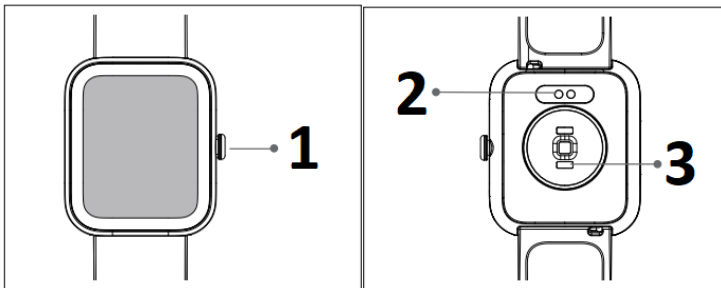




4.SM.206LITE000 V1.0  
This number is for internal use only

## Quick start guide

### 1. Product overview



1. Physical button
2. Magnetic charging contacts
3. Heart rate sensor

### Physical button operation

#### Short press

1. To return.
2. To wake the screen when it is off.

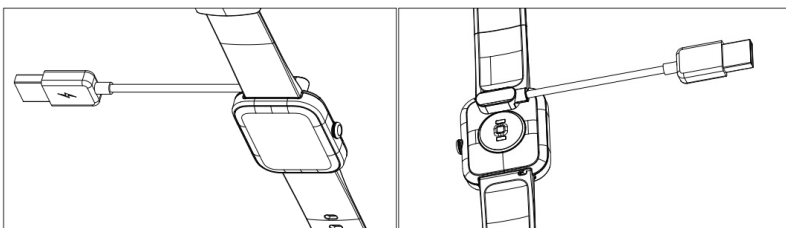
#### Long press

1. To turn on the watch.
2. For 5s while charging to reset apps. (Data will not be cleared)

### 2. Turning on/off

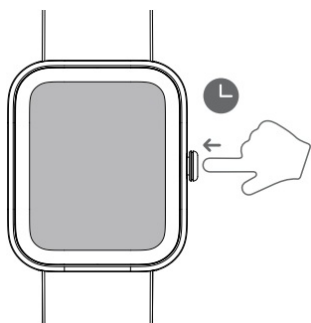
#### Turning on

Whilst the watch is off, it automatically turns on when you put it on charge.



Note: Charge the watch to activate it before first use. The original power adapter must be used for charging.

Long press the button to turn on the watch.



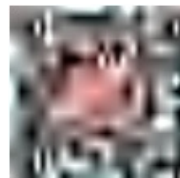
### **Turning off**

To turn off the watch: go to Settings -> Turning off menu.

### **App downloads and pairing**

#### **1. App downloads**

Download and install the “VeryFit” app on the App Store, Google Play or by scanning the QR code below.



#### **2. Pairing**

Turn on VeryFit app -> Activate Bluetooth connection on your phone -> Search on the app for the device to pair with (or scan the QR code on the device) -> Finish binding on the app (or on the device).

### **Screen operation**

#### **Swipe up/down**

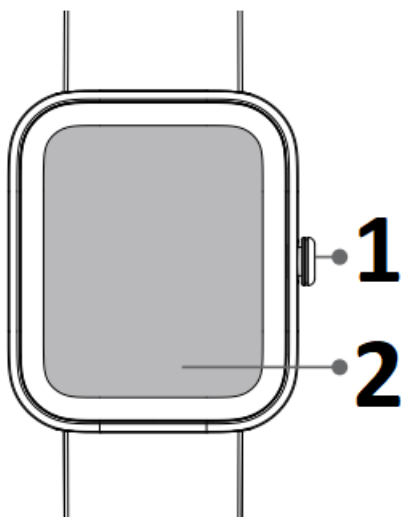
1. To toggle through menu.
2. To view Long text/details.

#### **Swipe left/right**

1. To toggle through menu.

#### **Tap the screen**

1. To enter the menu.
2. To operate according to the prompts.



1. Button
2. Screen

### **Tap and hold on the screen**

1. To switch between watch faces.

### **Features**

ID206 Lite has features such as 5ATM water resistance, ultra-long battery life, full-screen touch control low latency, 24 workout modes and multiple cloud watch faces. It supports heart rate monitoring and stress detection throughout the day, blood oxygen detection and sleep monitoring, etc. For operating instructions and FAQs on these features, please turn on the app and go to “User Guide” section.

### **Care and maintenance**

Three suggestions for use and maintenance:

1. Keep the product clean;
2. Keep the product dry;
3. Do not wear the product too tight;

\* Do not use household cleansers when cleaning the product. Use soap free cleansers instead.

\* For stubborn stains, it is recommended to remove by scrubbing with alcohol.

Waterproof: Not suitable for use while diving, swimming in the sea, or in a sauna. Suitable for use in swimming pools, showers (cold water) and shallows.

### **Safety instructions**

- Do not place the product and its accessories at extreme temperatures, otherwise it may cause hazards such as product failure, fire or explosion.
- Protect the product from strong impacts or jolts, so as not to damage the product and its accessories, thus avoiding product failures.
- Do not disassemble or modify the product and its accessories by yourself. Contact us for after-sales service when the product fails.



The device meets the EU ROHS criterion.  
Please refer to IEC 62321, EU ROHS  
Directive 2011/65/EU and revised directive.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. this device may not cause harmful interference, and
2. this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could avoid the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

#### CAUTION

The device has been evaluated to meet general RF exposure statement. The device can be used in portable exposure condition without restriction

- Risk of explosion if the battery is replaced by an incorrect type;
- disposal of a battery into fire or a hot oven, or mechanically crushing or cutting of a battery, that can result in an explosion;
- leaving a battery in an extremely high temperature surrounding environment that can result in an explosion or the Leakage of flammable Liquid or gas;
- a battery subjected to extremely Low air pressure that may result in an explosion or the leakage of flammable Liquid or gas.



Old electrical appliances must not be disposed of together with the residual waste, but have to be disposed of separately. The disposal at the communal collecting point via private persons is for free. The owner of old appliances is responsible to bring the appliances to these collecting points or to similar collection points. With this little personal effort, you contribute to recycle valuable raw materials and the treatment of toxic substances.

If you experience discomfort or skin irritation when wearing your smart watch, then we recommend you try cleaning your device. Sometimes residue or foreign materials build up around your device and may aggravate your skin. It's also possible that you are not wearing the watch correctly. We recommend making sure to clean and adjust your watch regularly for a more comfortable fit.

Caution:

- If you experience skin irritation when wearing your watch, please refrain from wearing, and wait two to three days to see if your symptoms ease. If symptoms persist or worsen, please consult a physician.

- If you have eczema, allergies or asthma, you may be more likely to experience a skin irritation or allergy from a wearable device.



This device was tested for operations. To comply with RF exposure requirements, a minimum separation distance of 0mm must be maintained between the user’s body and the handset including the antenna. Third-party belt-clips, holsters and similar accessories used by this device should not contain any metallic components. Body-worn accessories that do not meet these requirements may not comply with RF exposure requirements and should be avoided. Use only the supplied or an approved antenna.

This device in compliance with the essential requirements and other relevant provisions of UKCA. All essential radio test suites have been carried out.

1. CAUTION : RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE. DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.
2. The device complies with RF specifications when the device used at 0mm form your body.

Function	Operation Frequency	Max RF output power	Limit
BT	2402-2480MHz	-0.65dBm	10dBm.

**Documents / Resources**

	<a href="#">global sources ID206 Lite Smart Watch</a> [pdf] User Manual 485, 2AHFT485, ID206 Lite Smart Watch, ID206 Lite, Smart Watch
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