



## Udfine Watch Rosa Display iOS and Android User Manual

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#### Notes:

1. The company reserves the right to modify the contents of this manual without any further notification. It is normal that some functions may vary in certain versions of software.
2. Please refer to this manual before using the product.
3. Before using the product, you need to connect the APP synchronisation time and set your personal information.
4. This product supports IP68 rank waterproof, Suitable for use in swimming pools and shallows; not suitable for deep sea diving, sea swimming or sauna, hot water, tea and other corrosive liquids are destructive to the watch, and will not be able to enjoy the product warranty and free maintenance services

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## Warranty:

1. One year warranty for default hardware defectives, half of year for battery and charging cable.
2. Below reasons cause to defectives are not included in free warranty service:
  1. Personal assemble or disassemble.
  2. Falling damage during use.
  3. All man-made damage or due to the third party's fault, improper use(Such as:water in the smart watch, external force shattering, scratch during use etc.)
3. Please provide a warranty card with the details filled when request for after selling service.
4. Please contact with direct dealers for warranty service.
5. Please note all functions of the product are based on physical objects.

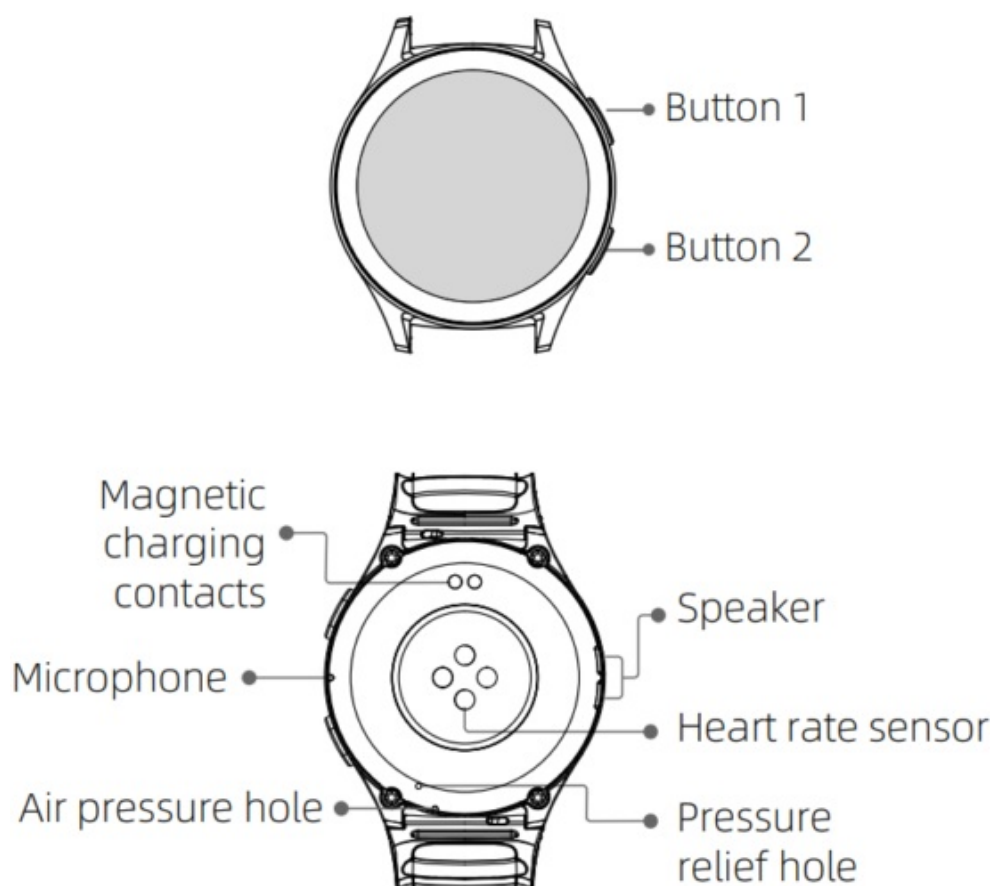
Warranty Card		
Contact Name		Your Country
Your Email		Your Telephone
Product Name		SN Number
Purchase Date		
Your Address		
Vendor's Contact		
Vendor's Address		
Warranty Record		
Defect Description:		

Scan the QR code with your mobile phone to get the manual in more languages



Introduction

Screen display area	Microphone
Function button	Speaker
Air pressure hole	Front side
Pressure relief hole	Back side
Heart rate sensor	/



## Getting started

1. Open the package and check its content.
2. Delivery content:
  1. Udfine Watch Rosa smart watch (with built-in lithium battery);
  2. user manual;
  3. original charging cable.
3. Charge the watch to activate and turn it on before first use. To charge, simply connect the magnetic charging cable to the charging contacts located on the back of the watch.
4. Search for “veryfit” on the App Store, Google Play or scan the QR code to download and install the app.
5. Log in to the app and set your personal information, as well as your step and weight goals.



6. On the “Device” interface, tap the “+” icon in the upper right corner, your phone starts searching. From the device list found, choose your smart watch name to pair with. You may also link the device directly by scanning the device’s QR code using the scan function.

## Health

## Watch

1. The watch will automatically record your data.
2. You can measure your heart rate, blood oxygen, stress level and body energy on the watch, or turn on automatic measurement of heart rate, blood oxygen, stress level and sleep on the app to track these data the whole day. You can manually or make the watch automatically monitor your health status continuously.
3. **To start an exercise:**
  1. When the watch face interface is displayed, press the up button shortly to access the application list. Tap the Workout icon to access the icons of different exercise types, then tap the icon of an exercise (such as Outdoor Running) to start the exercise.
  2. The watch can display up to 20 exercise types by default. You can add or delete the exercise types displayed on the watch or change their order.

## APP

1. Start "very fit", enable the Bluetooth feature, and grant the GPS positioning permission;
2. Light up the bracelet screen and bring it close to your phone;
3. Click the "+" icon on the App, and select the smart watch model in the search results to bind;
4. Confirm the binding request on the smart watch;
5. Fill in your information and set your step goal on the App to complete the binding.

## Basic Operations

1. **Wear the watch correctly:** ensure that your watch is at least one finger above your wrist bone and that the sensor on the back touches your skin.



2. **Screen operation:** Udfine Watch Rosa has a full touch screen, which supports operations including short tap, swipe left/right and swipe up/down.
3. **Button operation:** This product has two buttons; which supports "short press" and "long press" operations. Press the up button shortly: return to the home screen and light up when the screen is off. Press the down button shortly: light up the screen when it is off and go to the sports list when it is on. Long press the up button: turn the watch on and 8 seconds to hard reboot. Long press the down button: 5 seconds to enter the off-restart screen.

## Function Description

### 1. Watch face

The watch comes with 4 watch faces by default. You can switch between them manually on the watch or on the

very fit app's watch face settings. You can also customise the watch face on the app. More watch faces are available for download from the "Watch Face Market".

## 2. Workout

a) Up to 20 exercise types can be displayed by default: Outdoor run , Indoor run , Outdoor walk , Indoor walk , Hiking , Outdoor ycle , Indoor cycle , Cricket , Pool swim , Open water swim , Yoga , Dance , Rower , Elliptical, Workout , HIIT, Functional strength training , Core training , Pilates , Cool down. You can add or delete the exercise types or change their order displayed on the watch. There are a total of 110 exercise types to choose from on the app.



b) Udfine Watch Rosa supports intelligent exercise recognition. It can recognise whether the user is running/walking/rowing /elliptical.It supports automatically pausing an exercise or reminding when an exercise ends. This feature can be turned on/off on the watch.

c) Udfine Watch Rosa summary of exercise contains various exercise data, which can be checked on the very fit app.

d) You can view your recent exercise records on the watch, including detailed data about your exercise; you can also view the exercise records on the APP.

e) Connect to GPS outdoor sports, you can go to the App to view GPS tracks after the exercise is completed.

## Running courses

Set exercise heart rate zones scientifically for different ages.  
Gradually improve it by alternating between running and walking.

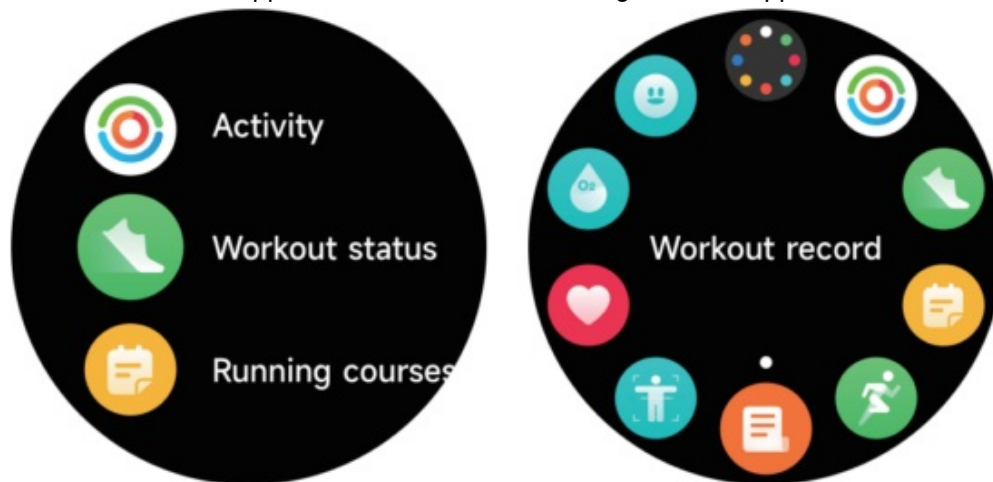


## Application list

When the watch face interface is displayed,short press the physical button above to go to the application list:

Activity, Workout status, Running courses, Workout, Workout record, Push for measurement, Heart rate, SpO2, Stress, Body energy, Sleep, Breath training, Cycle tracking, Ambient sound, Phone, Alexa, Barometer, Compass, The pomodoro technique, Event reminder, Weather, Music, Camera, Alarm, Timer, Stopwatch, World clock, Find phone, Flashlight, Settings.

You can select the application list view in the settings, which supports both list and dial pad display methods.

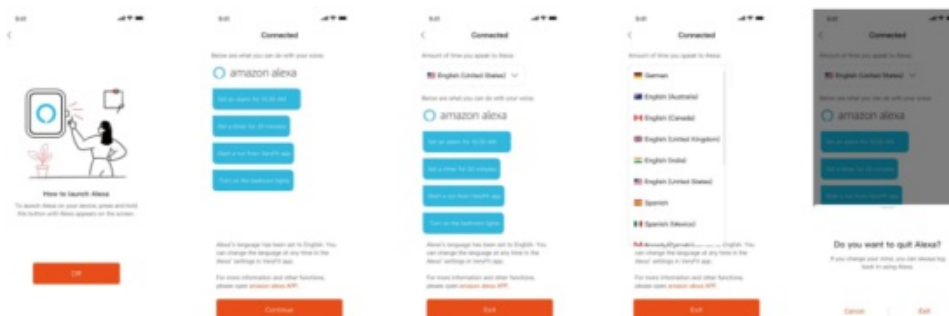


## Alexa

### Very Fit App-Alexa

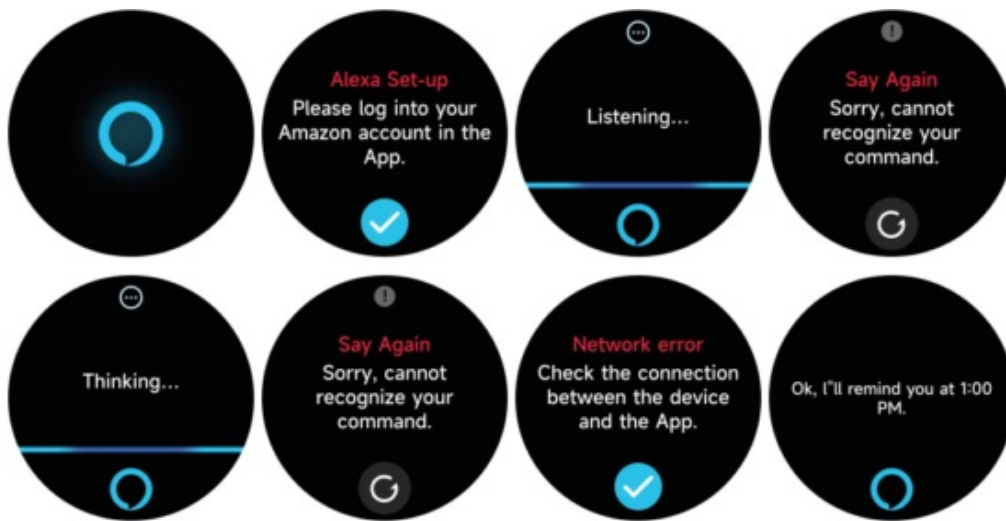


1. App can click the amazon Alexa area to enter the login tutorial interface.
2. Jump to the Amazon dedicated Alexa account login interface for account binding authorization.



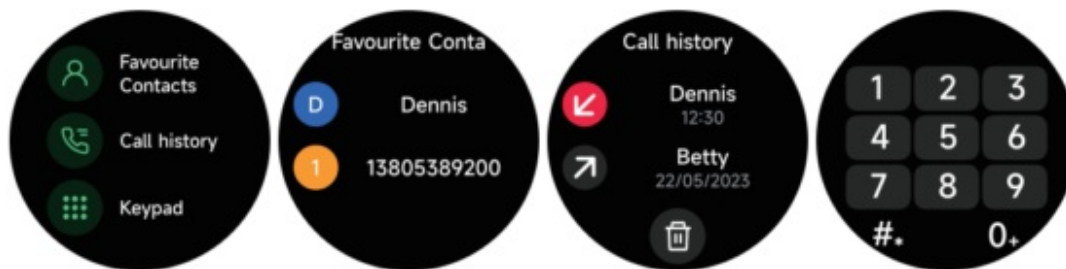
3. After binding authorization, you can view part of the operation introduction and set different national languages;
4. Click the log out button to log out of Alexa, you can log in again at any time.

## Watch-Alexa



1. The watch is Alexa built-in. On Listening interface, if you ask a question or say a voice command, it turns to Thinking interface and returns an answer or executes the command. Currently via Alexa you can turn on the stopwatch, alarm clock, countdown, event reminder services on the watch.
2. A corresponding prompt is displayed in case the request is timed out, the voice is not recognized, the account is not logged in, the network connection is unstable, or the Bluetooth is not connected.

## Phone



1. You can add up to 10 frequent contacts to your watch through the app, then call these contacts on your watch.
2. You can view recent call history on your watch and call the numbers displayed in the call history.
3. You can make calls through the watch's dialer.

## Activity



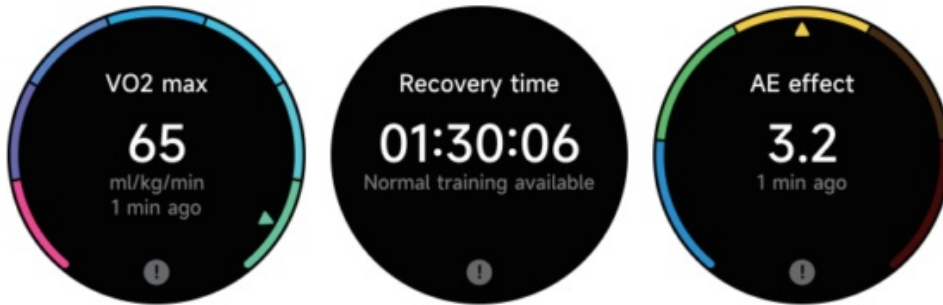
### The watch can collect and display:

Steps/Calories/Medium to high intensity/Standing data and goals of the day, histogram of Steps/Calories/Medium to high intensity/Standing data per hour throughout the day, Steps and Distance of the day, Recovery Time and Maximal Oxygen Uptake for the latest Exercise, etc.



### Workout status

You can see the Vo2max, cardio training effect of your most recent workout, and the time it takes for your body to recover to your best state in Exercise Status.



### Heart rate

1. You can manually measure the heart rate on the watch. In the APP settings, you can turn on/off the intelligent round-the-clock monitoring of the heart rate, or view the heart data.
2. Each time heart rate is measured, keep your arm and wrist still and wait patiently until the measurement finishes.



### SpO2

1. You can manually measure SPO2 on the watch. In addition, the watch supports automatic around-the-clock SPO2 monitoring.  
In the APP settings, you can turn on/off this function, or view the SPO2 data.
2. Each time blood oxygen is measured, keep your arm and wrist still and wait patiently until the measurement finishes.



### Stress

1. You can manually measure stress on the watch. In addition, the watch supports automatic around-the-clock stress monitoring.

In the APP settings, you can turn on/off this function, or view the stress data.

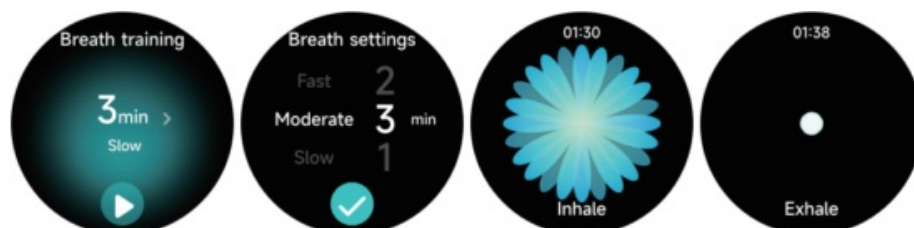
2. Each time stress is measured, keep your arm and wrist still and wait patiently until the measurement finishes.



## Breathe training

1. Click Breath training icon to access this feature. you can choose the duration, it helps adjust your breathing;
2. Click Start to directly enter the breath training animation. Follow the vibration and animation frequency to adjust your breathing.

Reasonable breath training can help soothe your emotions.



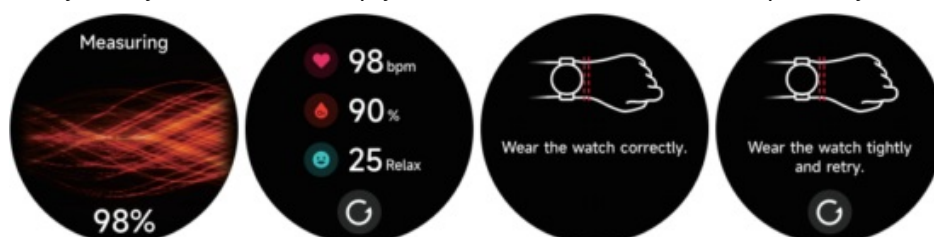
## Sleep

You can view the most recent sleep record and sleep status at each stage.



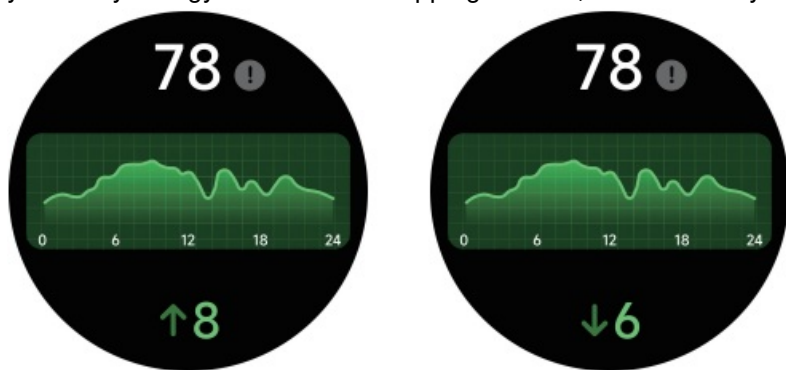
## Push for measurement

1. Heart rate, pressure, and blood oxygen can be measured simultaneously within 35 seconds.
2. Every time you measure, keep your arm and wrist still and wait patiently until the measurement finishes.



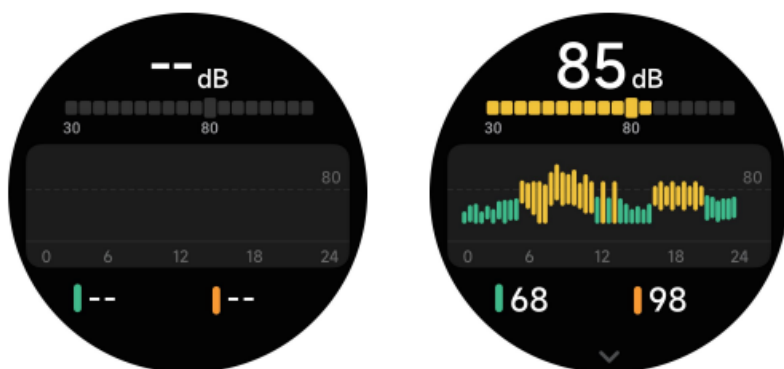
## Body energy

If you wear the watch and enable body energy in the App, the watch will measure your body energy automatically. If your body energy is too low or dropping too fast, it will remind you to rest.



## Ambient sound

1. You can manually measure noise on the watch. In addition, the watch supports automatic around-the-clock noise monitor. In the APP settings, you can turn on/off this function, or view the corresponding data.
2. Each time noise is measured, keep your arm and wrist still and wait patiently until the measurement finishes.



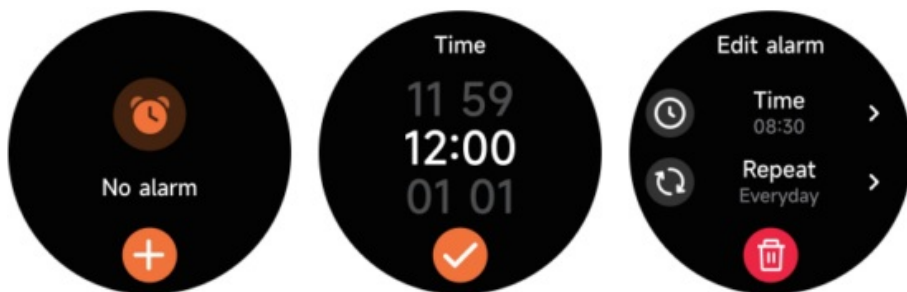
## Stopwatch

Use the watch as a stopwatch. The stopwatch has a “Lap” function.



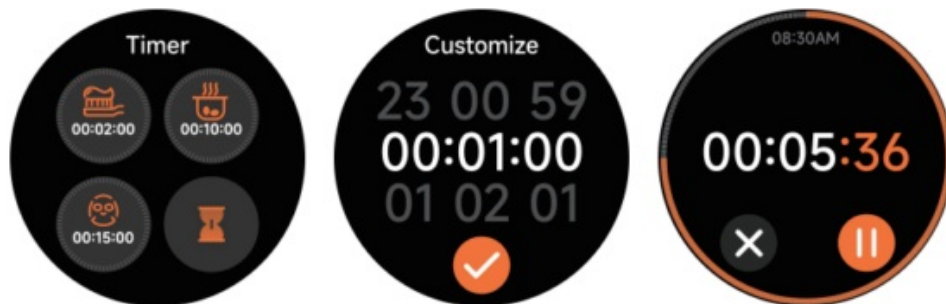
## Alarm

1. You can add, delete an alarm, or turn the alarm on/off on the watch, and also set an alarm for the watch via the app.
2. You can set the alarm delay time and times in the APP to decide how long you want to delay and how many times to delay.



## Timer

You can set a timer with a preset duration on the watch, and the timer will remind you when the timer expires; you can customise the timer time.



## World clock

You can check the time in your city on the watch, and set on the APP the time in cities of other countries to be displayed on the watch.



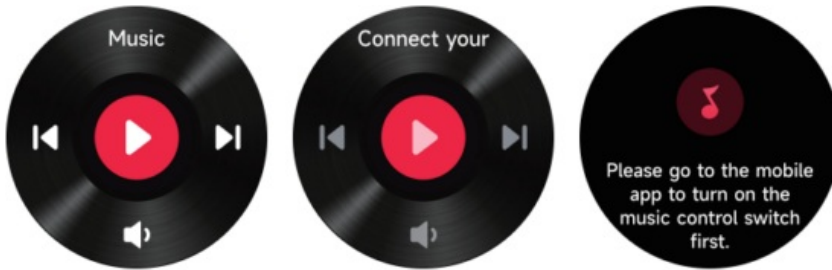
## Weather

Supports Current city Seven-day weather viewing, you can view today's "current weather, highest and lowest weather values" and the "highest and lowest weather values" for the next six days.



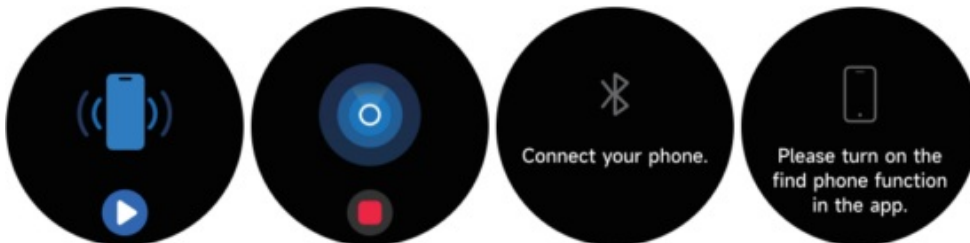
## Music

1. When the watch is connected to the APP, you can control the mobile music player to perform the functions of “next, previous”, “play/pause” and “volume increase and decrease”.
2. This function can be open/close in the APP settings.



## Find phone

1. When the watch is connected to the APP, you can make your phone ring.
2. Click the icon to end the ringing.
3. This function can be open/close in the APP settings.

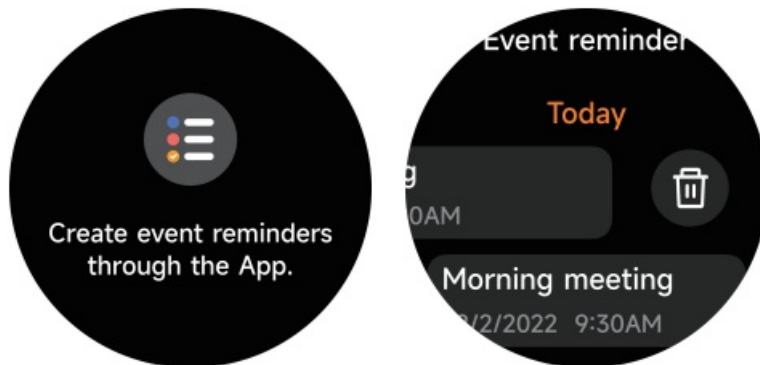


## Event reminder

You can set a reminder, reminder time on the APP. Once the setting is completed, the reminder will be synchronized to the watch.

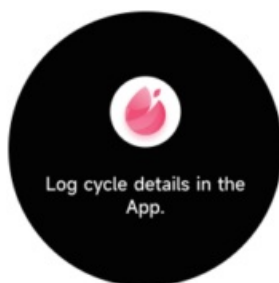
When the reminder is due, a notification will pop up on the watch.

You can view all event reminders set on the watch.



## Cycle tracking

After opening Cycle tracking on the APP, the watch will display the cycle tracking function options, and set the cycle length, reminder time and other options, and the time will be reminded periodically.



## Camera

When the watch is connected to the App, you can manually turn on the phone's system camera to control taking photos.



Please keep your Bluetooth connection, and turn on your phone camera.

## Barometer

You can view the barometric pressure and altitude values of your current location.



## Compass

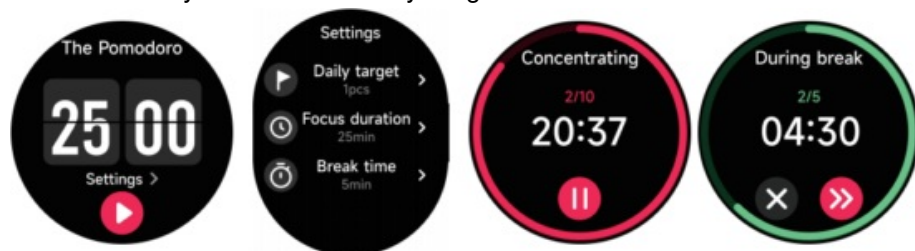
This module can help find your way accurately in the outdoors.

When you access the Compass page for the first time, or the sensor is disturbed or demonstrates a large deviation, the compass calibration window will pop up and guide you to calibrate the compass.



## The pomodoro technique

You can set the length of individual Pomodoro clocks, the rest time after the Pomodoro clock is completed, and the daily target Pomodoro number on your watch, and when you complete the target Pomodoro for the day, you will be reminded that you have reached your goal.



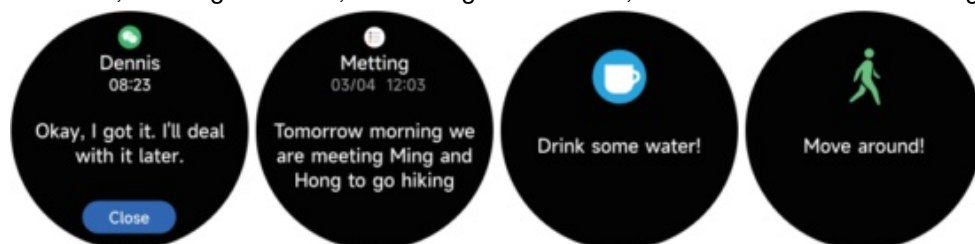
## Settings

1. In the watch's settings, you can set the screen-on time, ringtone volume and vibration, etc.
2. In the watch's settings, you can also shut down, restart or reset the watch (once reset, all data stored in the watch will be cleared, and the watch will be unpaired from your phone).



## Reminder module

The watch supports multiple reminder modes, including message reminder, incoming call reminder, walking reminder, drinking reminder, exercise goal reminder, exercise center rate warning reminder, etc.




## Control center

Control center gives you an easy way to turn on functions such as Do Not Disturb, raise to Wake, set the screen brightness, find my phone, turn your watch into a flashlight,etc.



Documents / Resources

	<p><a href="#">Udfine Watch Rosa Display iOS and Android</a> [pdf] User Manual Watch Rosa Display iOS and Android, Display iOS and Android, and Android, Android</p>
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References

- [User Manual](#)

[Manuals+.](#) [Privacy Policy](#)

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