iDO

Smart Bracelet

User Guide

Thanks for choosing our device, please read the user guide carefully before using.

Setting

Use VeryFitPro on iOS or Android smart phone to set the wristband as follows.

Note: Hardware and system of devices should meet the requirements.

iOS Apt 8.4/iOS

Android Pie & More

Support Bluetooth 4.0

1. Download VeryFitPro

Search and download

Search and download "VeryFitPro" from the Apple Store or Android App store.

Scan the QR code and download

If unable to have a problem to open it after with WeChat or other scan tools, please copy the link and open through browser.

2. Product activation and installation

The product must be activated by charging battery initial use, and recharge the product to ensure sufficient power supply. The hard key will automatically power on.

Take out the pin from the strap and take out the bracelet body.

Charge the battery: Insert the charging terminal of the bracelet body into the USB interface to activate the product by charging the positive and negative of the battery, and carefully with the magnetic charge and connect the USB port.

Installation: Insert the bracelet body into the clip of the wriststrap.

Wear on: Adjust the length of the wriststrap until it is appropriate to wear on the wrists.

3. Touch key:

Single click the touch key: Turn on the screen.
Press and hold the touch key: Clear.

4. Make sure the Bluetooth of smart phone is ON, open app"VeryFitPro"

When entering the light band from the search list, please click the name of wristband to wake up the device and then can be connected.

Know your Device

1. Wearing Method

Wear the device on your wrist horizontally, about 2cm to one finger's width at an easy watching.

2. Heart Rate Monitoring

To monitor Heart Rate more accurately, please wear the device on the upper position of your wrist and not tighter than usual(leave you one finger's width).

3. Heart Rate Monitoring

Automatic heart rate monitoring is ON as default. monitor Heart Rate 1 time by automatically.

4 . Interface

（1）Click the touch key to display successively:

Time | Date Week | Heart Rate Monitor | Alarm Blood Pressure | Sports Mode

Function Introduction

1.1 Time Mode

Instructions
Time shall be switched as follows:
Hour-Minute-Second
（1）Click the touch key(1) to enter the main mode: Date Week.
you can customize the interface through the app.

1.2 Data Mode

（1）Click the touch key(1) to enter the main mode: Time.
（2）Long press the touch key for 2s(2) to enter the sub-menus of "Data Recording".

1.2.1 Data Recording Sub-Mode

（1）Click the touch key(1) to enter the next submode.

Note：To go back to the Data Recording Mode by pressing the touch key on the first interface of Data Recording Submode.

1.3 Heart Rate Mode

Static Data | After Data Exercise | Change in 5s

Note: Upon staying at the Heart Rate interface for 1s, start to monitor the heart rate (the heart rate will be displayed after the measurement is completed, and upon the correct data being monitored, data is displayed). （1）Click the touch key(1) to enter the next mode: Alarm Clock Mode.

1.4 Alarm Clock Mode

Note: Alarm clock function should be turned on in App first then Alarm clock can be displayed.

（1）Click the touch key(1) to enter the next mode: Sports Mode.
（2）Long press the touch key for 2s(2) to enter Alarm Clock.

1.5 Sports Mode

Press and hold the touch key for 2s(1) to enter the Sports Mode.
（2）Click the touch key(2) to enter the next sports mode, and in case there are no other sports modes, it will pass to the first mode.
Note: Types of Sports mode can be selected in App (Max four types of sports modes including walk and 10 types of other activities).

1.5.1 Sports Start Mode

After the countdown interface of 3s→GO to the sports underway mode.

1.5.2 Sports Underway Mode

Heart Rate | Steps | Calories | Distance

Average pace | Pace/Speed | Time

（1）Click the touch key(2) to enter the next submode of Sports Underway (Fitness and walk) the touch key for 2s(2) to enter the Sub-Menu of Data Recording, press and hold (3) to end the sports mode.

Note: The speed and distance of riding can be displayed, but App need to be connected and the riding and App needs to start at the same time.

1.5.3 Sports Stop Mode

（1）If the sports lasts less than 1 minute, the sport will be reminded of not saving the data.

（2）Click the touch key(1) to enter the next submode of Sports Underway (Fitness and walk) the touch key for 2s(2) to enter any interface of Data Recording, press and hold (3) to exit the sports mode.

Note: The speed and distance of riding can be displayed, but App need to be connected and the riding and App needs to start at the same time.

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Note: The speed and distance of riding can be displayed, but App need to be connected and the riding and App needs to start at the same time.

Step | Distance | Duration, Calories | Pace, Heart Rate

（1）Click the touch key(1) to enter the next sports data display mode, and in case there are no other sports modes, it will pass to the first interface of sports mode.

1.5.4 Event Reminder in Sports Mode

1）Reminder of setting from sports events upon a period of time mode:

（1）Click the touch key(1) to remove the reminder of automatic quitting from sports mode.

Note:

（2）If there is no any activity in a period (10 minutes), the sport will be reminded of automatic quitting from sports mode.

（3）Click the touch key(1) to enter the next sports data display mode, and in case there are no other sports modes, it will pass to the first interface of sports mode.

（4）Click the touch key(1) to enter the next submode of Sports Underway (Fitness and walk) the touch key for 2s(2) to enter any interface of Data Recording, press and hold (3) to exit the sports mode.

Sports Data Display Mode | After Data Exercise | Change in 5s

Note: Upon staying at the Heart Rate interface for 1s, start to monitor the heart rate (the heart rate will be displayed after the measurement is completed, and upon the correct data being monitored, data is displayed). （1）Click the touch key(1) to enter the next mode: Alarm Clock Mode.

1.5.4 Event Reminder in Sports Mode

2）Reminder of reminding from sports events upon a period of time mode:

（1）Click the touch key(1) to remove the reminder of automatic quitting from sports mode.

（2）If there is no any activity in a period (10 minutes), the sport will be reminded of automatic quitting from sports mode, it will pass to the first interface of sports mode.

（3）Click the touch key(1) to enter the next sports data display mode, and in case there are no other sports modes, it will pass to the first interface of sports mode.

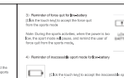
（4）Click the touch key(1) to enter the next submode of Sports Underway (Fitness and walk) the touch key for 2s(2) to enter any interface of Data Recording, press and hold (3) to exit the sports mode.

Sports Data Display Mode | Non-reminder (Cancel 15s)

3）Reminder of Sports Event:

（1）Click the touch key(1) to confirm the Sports Event.

Note: When the memory of mind stop is full of sports data, the sport will be reminded of ending from the Sports Mode.



（1）Click the touch key(1) to accept the reminder of automatic quitting from sports mode.

Note: The reminder will occur when a user tries to start the sports mode with the battery of device is low.

1.5.5 Abnormal operations during the reminder will be available soon

（1）Click the touch key(1) to quit from the reminder walking mode

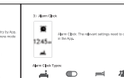
（1）Click the touch key(1) to accept the reminder of automatic quitting from sports mode.

Note: The reminder will occur when a user tries to start the sports mode with the battery of device is low.

1.5.5 Abnormal operations during the reminder will be available soon

（1）Click the touch key(1) to quit from the reminder walking mode

1. Camera mode control



Entry mode: Start the camera entry by long pressing the button (Exit the camera mode successfully).

Photo taking:
Anti-lost: vibrations/flashing lights the touch key.

Modes of use:
1. Press and hold the touch key to exit from the camera mode
2. Exit through key will make the wrist strap quit from the camera mode.

2. More modes of reminders

Medicine | Meeting | Sleeping | Party | Appointment | Exercise | Washing

1）Reminder

（1）Click the touch key to remove the alarm reminder. Press and hold the touch key to long up the alarm.

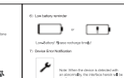
Note: The alarm reminder in the App needs to be set up in.

2）Message Reminder

（1）Click the touch key to remove the alarm reminder. Press and hold the touch key to long up the alarm.

Note: The alarm reminder in the App needs to be set up in.

3. Alarm Clock



Alarm Clock Types:

Wake up | Medicine taking | Sleeping | Party | Appointment | Exercise | Washing

4.Long Sitting Reminder

Alarm Clock Reminder: The relevant settings need to done in the App.
（1）Click the touch key to remove the alarm reminder.

5. Yoga Lunch Break reminder

When some people are sedentary, stroke the wrist strap, the device will be in the state of trigger and vibration reminder (Duration 2s) (1）Click the touch key to quit from the reminder

6）Low battery reminder

（Low Battery Fitness exchange tips）

7）Device Anti-Lost Reminder

Note: When the device is connected with an electrical Bluetooth, the interface is displayed each time the device is opened.

Modes Cards:
M1 means the abnormality of acceleration sensor
M2 means the abnormality of heart rate 1
M3 means the abnormality of heart rate 2
M4 means the abnormality of flash

Basic Specifications

Wearing Mode: Wrist
Sensor: Acceleration Sensor
Working Voltage: 3.7V
Host weight: about 27g
Size: 2.3inch*1.1cm
Working temperature: -20℃~45℃
Working Time: 7days
Product frequency band: 2402μ2480MHz
Maximum transmit power: ≤ 10.0dbm (for EU compliance)

Explanation of toxic and hazardous substances in electronic information products

RoHS

This device meets the EU ROHS mandatory standard and the requirements of the Directive 2011/65/EU and revised directive.

Wearing and Maintenance

Our products are designed for you to wear throughout the day, for above 1 year a few brief instructions when you are wearing and maintenance, please read carefully, to ensure the wear-on and your skin comfortable, we put forward the following tips:

- Regularly clean your wrist and the smart wristband, especially after sweating in the exercise or being exposed to substances such as soap or detergent which may attack on the metal parts of the wristband.
- Do not wash the wristband with household detergent. Rinse one with clean water and wipe dry, more thoroughly and wear with a piece of soft towel if needed.
- For spots or stains that are not easy to remove, scrub with alcohol and then follow the above steps.

FAQ

◆ Failed to find the device when pairing

1. Make sure the Bluetooth of smart phone is ON, and smart phone OS Android 4.4/ iOS 8.4/ iOS 8.4 More.
2. Make sure the distance between phone and device is within 5meter, device is among the non-Bluetooth communication distance (especially: Shielded Lobby parking facility).
3. Make sure the device is not under Bluetooth, if there is, unbind or delete the Bluetooth device connection.

Remind: Bluetooth 4.0 is a new Bluetooth standard, it is not compatible with the old version Bluetooth. Some Bluetooth devices in a residential installation. The 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:

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

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) the 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 void 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.

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◆ Failed to connect with Bluetooth occasionally

1. Make sure the device is not under Bluetooth from a call, pair the device after disconnect phone connection.
2. Restart mobile phone or restart the Bluetooth service, then it works normally.

◆ How to restore factory defaults

Make sure the device is connected with smart phone, go to the App, enter "Devices-System setting", and choose "reset device".

Caution:

If you experience a sensitivity when wearing your watch, please stop using it and remove it immediately. Continued use may lead to complete rash. 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 allergic from a wristlet device.

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CAUTION:
RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE.
DISPOSE OF USED BATTERIES ACCORDING TO LOCAL REGULATIONS.

This electrical appliance must not be disposed of together with the medical waste, but have to be disposed of separately. The disposal of the contaminated sharp parts by private persons is for free. The owner of old appliances is responsible to bring the appliances to those collecting points or to another collection points. With this little personal effort, you contribute to recycle valuable raw materials and the treatment of toxic substances.