

## IDO Smart Bracelet

### User Guide



ID132Color HR

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:**





iOS8.0& Above    Android4.4 & Above    Support Bluetooth4.0

#### 1. Download VeryFitPro

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

2. Scan the QR code and download  
It probably has a problem to open the link with WeChat or other scan tools, please copy the link and open it through browser.



### Product introduction

The product must be activated by charging before initial use, and then charge the product to ensure normal power supply. The hand ring will automatically power on.

① Remove the bracelet body and wrist strap



② Insert the main body of the wristband into the USB interface for charging activation (comply with the required voltage and current: 5V / 500mA)



③ Mount the bracelet body into the slot of the wrist strap.



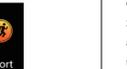
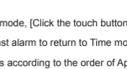
④ Adjust the length of the wrist strap until it is appropriate to wear on the wrist.



### Function Introduction

#### 1. Interface description

Note: [Click the touch button] display in sequence

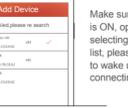





Time mode    Status mode    Heart rate monitoring mode    Sports mode

#### 2. Touch to use

[Click the touch button]: switch the same-level interfaces: in the main interface and sub-interfaces; click to switch and view the same-level interfaces  
 [Hold the touch button for 2s]: switch the upper/lower interface; nter the sub-interface/return to the upper interface

#### 3. open app "VeryFitPro", and pair the device

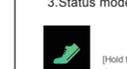
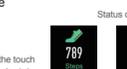


Make sure the Bluetooth of smart phone is ON, open app "VeryFitPro". When selecting the right band from the search list, please slide the screen of wristband to wake up the device and then complete connecting.

#### 2. Time mode

Note: Music control mode is closed, and functions will be displayed after they are turned on in APP.



Stopwatch mode    Information mode    Do not disturb mode    Music control mode

#### 3. Status mode

[Hold the touch button for 2s]



Kcal, Step Active, Distance, active time, Total sleep, deep sleep

Note: in State details mode, [Click the touch button] to enter the next details mode, and click the touch button in the last interface of State details mode to return to State mode.

#### 4. Heart rate monitoring mode

[Hold the touch button for 2s]



Resting heart rate mode

Note: in Resting heart rate mode, [Hold the touch button for 2s] to return to Heart rate monitoring mode. Entering Resting heart rate mode will not interrupt heart rate monitoring. When returning to Heart rate monitoring mode, it will directly display the heart rate data if it has been detected.

#### 5. Sports mode

[Hold the touch button for 2s]



5.1. Sports type mode

1) In Sports type mode, [Click the touch button] to switch to the next sports type (switch cyclically); [Hold the touch button for 2s] return to Sports mode. After 5s of no operation, it will automatically enter Sports underway mode.

2) In Sports underway mode, [Click the touch button] to switch the next Sports underway mode; [Hold the touch button for 2s] enter Sports end mode (Hold in Music control interface to switch to the next music, it will not enter Sports end mode).

5.3. Sports end mode

1) If the Sports time is less than 1 minute, it will prompt the user not to save the data



Note: [Click the touch button] enter Sports mode (without displaying the Sports end data view interface)

#### 5.2. Sports underway mode



68 BPM, 56789 Steps, 3.5 Step/s, 2 m, 1245 Kcal

Sports heart rate    Step    Step frequency    Stride    KCAL



34.5 KM, 8'45" Pace, 8'45" AVG Pace, 12:45 PM

Distance    Current pace    Average pace    Current time    Music control

Note:

1) In Sports type mode, [Click the touch button] to switch to the next sports type (switch cyclically); [Hold the touch button for 2s] return to Sports mode. After 5s of no operation, it will automatically enter Sports underway mode.

2) In Sports underway mode, [Click the touch button] to switch the next Sports underway mode; [Hold the touch button for 2s] enter Sports end mode (Hold in Music control interface to switch to the next music, it will not enter Sports end mode).

5.3. Sports end mode

1) If the Sports time is less than 1 minute, it will prompt the user not to save the data



Note: [Click the touch button] enter Sports mode (without displaying the Sports end data view interface)

2) If the Sports time is more than 1 minute, it will display the prompt of Sports end



Note: [Click the touch button] enter Sports data display mode

#### 3) Sports data display mode:

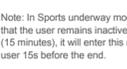


Step, Distance, Sports time, KCAL, Average pace, Heart rate

Note: [Click the touch button] enter the next Sports data display mode, click on the last interface of Sports data display mode and enter Sports mode.

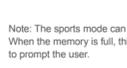
#### 5.5. Sports event reminder

1) Reminder of exiting from Sports mode upon a period of no actions



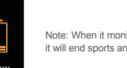
Note: In Sports underway mode, when it monitors that the user remains inactive for a period of time (15 minutes), it will enter this mode to remind the user 15s before the end.

2) Reminder of force exiting from Sports mode due to full RAM



Note: The sports mode can last up to 6 hours. When the memory is full, this mode will pop up to prompt the user.

#### 3) Reminder of force exiting from Sports mode due to low battery



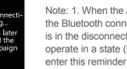
Note: When it monitors low battery during sports, it will end sports and enter this mode.

#### 4) Reminder of inaccessible sport mode for low-battery



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

#### 5.6. Abnormal operations during sports



Note: 1. When the App is actively launching a sport, the Bluetooth connection between App and wristband is in the disconnected state, if the wristband needs to operate in a state (Hold to enter End sports), it will enter this reminder mode.

2. [Click the touch button] exit this mode and execute End sports command, and enter the Sports data display mode.

#### 6. Stopwatch mode

Stopwatch ready timing mode



Hold the touch button for 2s

Click the touch button

Pause stopwatch timing mode (flash dynamic effect)    Stopwatch timing mode

#### 7. Information mode

[Hold the touch button for 2s]



Information details mode

Note: 1) [Click the touch button] enter the next page of information (not necessarily the next piece). 2) [Hold the touch button for 2s] return Information mode.

#### 8. Do Not Disturb mode

Do Not Disturb mode off    Do Not Disturb mode on




Hold the touch button for 2s

Note: When Do Not Disturb mode is on, except the alarm clock, other reminders will not be effective: the time period of Do Not Disturb mode can be set in the App.

#### 9. Music control mode



Note: [Hold the touch button for 2s]: 1) Switch to the next music; 2) The wristband will display this mode when music control function is turned on in the App and the mobile phone and wristband are connected by Bluetooth. Otherwise, it will hide this mode.

#### 10. Photo mode



Note: 1) [Click the touch button] [Raise wrist] [Shake]: take a picture; [Hold the touch button for 2s]: exit the Remote photo mode and return to the previous mode; 2) If the mobile phone and wristband are not connected by Bluetooth, the App initiates remote photo taking, prompting users "Wristband disconnected", the wristband will not enter this mode.

#### 11. Reminder mode

Enter Photo mode



0755-60    老爸

Long press hang up    Long press hang up

Note: 1) [Click the touch button] to ignore this reminder and end it. 2) [Hold the touch button for 2s] to refuse to answer the phone and end the reminder;

#### 11.1. Call reminder

#### 11.2. Message reminder



let's have dinner tonight

Note: [Click the touch] view the next page

#### 11.3 Alarm clock



12:53 AM

Note: [Click the touch button] cancel the reminder

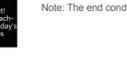
#### 11.4. Long sitting reminder



let's get some exercise

Note: [Click the touch button] cancel the reminder

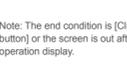
#### 11.5. Sports target completion reminder



Great! You've achieved today's steps

Note: The end condition is [Click the touch button].

#### 11.6. Low battery reminder

Low battery reminder    Ultra-low battery reminder

Note: The end condition is [Click the touch button] or the screen is out after 2s of no operation display.

#### 11.7 Device abnormality reminder



-02

Note: Status Code: -01 means the abnormality of acceleration sensor -02 means the abnormality of heart rate sensor -03 means the abnormality of touch key IC -04 means the abnormality of flash

#### 12. Bind/Unbind mode

#### 12.1 Binding



Note: When the App selects the device and sends the binding instruction, the wristband will enter this mode.

#### 12.2 Binding results



Binding successful    Binding failed

Note: The end condition is [Click the touch button].

#### 12.3 Unbinding results



Unbinding successful    Unbinding failed

Note: The end condition is [Click the touch button].

### Basic Specifications

Model No.: ID132Color HR  
 Battery Capacity: 90mAh  
 Working Voltage: 3.8V  
 Host weight: 20g  
 Sync: Bluetooth 4.0  
 Working temperature: -20°C-45°C  
 Waterproof: IP67  
 Charging time: 1-2h  
 Working Time: 7days  
 Product frequency band: 2402-2480MHz  
 Maximum transmit power: -4.39dBm

### Declaration of toxic and hazardous substances in electronic information products



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

### Wearing and Maintenance



Our products are designed for you to wear throughout the day. So please follow a few brief instructions when you are wearing and maintaining your smart devices. To keep your wristband clean 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 attach on the internal side of the wristband.
- Do not wash the wristband with household cleanser. Please use soapless detergent, rinse thoroughly and wipe with a piece of soft towel or napkin.
- 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.
- Failed to connect with Bluetooth occasionally

1. Make sure the Bluetooth of smart phone is ON, and smart phone OS Android 4.4 & Above, IOS 8.0 & Above.

2. Make sure the distance between phone and device is within 0.5meter, device is among the normal Bluetooth communication distance range(within 7meter) after pairing finished.

3. Make sure the device is not under low battery. If there is still a problem after fully charged, please contact us.

1. Caused by the abnormality of Bluetooth service when it restarted on the phone.

2. Reboot mobile phone or re-start the Bluetooth service, then it works normal.

How to restore factory defaults

Make sure the device is connected with smart phone, go in the App, enter "device-- more", and choose "reboot device".

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 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. 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  
 RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE  
 DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS

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.

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