

品名:	ID205G中性说明书	规格:	85g哑粉纸 四色 双面印刷
版本:	2020-08-27 V1		骑马钉 48P
制作:	欧楚欣		成品尺寸: 75x120mm
料号:	SM-SH-ID205G-V1		

封底

封面

English Version		Deutsche Version
Getting Started	1	Anfangen25
What's in the box.....	1	Was ist in der Box25
What's in This Document.....	1	Was steht in diesem Dokument.....25
Setting up Your Watch	1	Einrichten Ihre Smart Watch25
Charging your watch.....	1	Laden Sie Ihre Smart Watch auf.....25
Disassembling / Assembling Your Watch.....	2	Demontage/ Montage Ihrer Smart Watch.....26
Wearing Your Watch	4	Tragen Sie Ihre Smart Watch26
All-day wear and exercise.....	4	Tragen und trainieren Sie den ganzen Tag.....26
Using Your Watch	5	Benutzen Ihren Smart Watch29
App Installation.....	5	Die Installation der App.....29
App Interfaces.....	6	Die App-Seiten.....30
Pairing Your Watch with Your Phone.....	7	Wie Sie die Smart Watch mit Handy.....30
Getting to Know Your Watch	8	Kennen Sie Ihre Smart Watch32
Function Introduction	10	Funktion Einführung34
1. Tracking Sports.....	11	1. Sport verfolgen.....35
2. Monitoring Heart Rate.....	14	2. Überwachung der Herzfrequenz.....38
3. Relating.....	15	3. Erklären.....39
4. Controlling Phone Music.....	15	3. Steuern der Telefonmusik.....39
5. Setting Alarms.....	15	5. Alarmer einstellen.....39
6. Tracking Sleep.....	15	6.Schlaf verfolgen.....39
7. More Functions.....	16	7. Weitere Funktionen.....40
7.1 Call Notification.....	16	7.1 Anruferbenachrichtigung.....40
7.2 Message Notification.....	16	7.2 Nachrichtenbenachrichtigung.....40
7.3 Women's Health Tracking.....	16	7.3 Gesundheitsdaten Erfassung für Frauen.....40
7.4 Sedentary Reminder.....	17	7.4 Sitzende Mahnungen.....41
7.5 Find Phone.....	17	7.5 Telefon suchen.....41
Basic Specifications	17	Spezifikationen41
FAQs	18	FAQs42
Warranty	20	Garantie42
Important Safety Instructions	20	Wichtige Sicherheitsanweisungen44

Deutsche Version		Getting Started		 	
Anfangen	25	What's in the box			
Was ist in der Box.....	25				
Was steht in diesem Dokument.....	25				
Einrichten Ihre Smart Watch	25				
Laden Sie Ihre Smart Watch auf.....	25				
Demonstrator / Montage Ihre Smart Watch.....	26	Smart watch (ID2056 with band)	Charging cable	User manual	Quick start guide
Tragen Sie Ihre Smart Watch	28				
Tragen und trainieren Sie den ganzen Tag.....	28				
Benutzen Ihre Smart Watch	29				
Die Installation der App.....	29				
Die App-Speilen.....	30				
Verbinden Sie die Smart Watch mit Handy.....	31				
Kennen Sie Ihre Smart Watch	32				
Funktion Einführung	34	What's in this document			
1. Sport verfolgen.....	35	This manual gets you started quickly with setting up your watch. Setup ensures that your watch can synchronize its data with the VeriFit® app, where you can get detailed information on your stats, view historical trends, log sleep, and more. As soon as setup is complete, you're ready to start moving. The remainder of the manual walks you through every function on your ID205G.			
2. Überwachung der Herzfrequenz.....	38				
Eintragungen.....	39				
4. Steuern der Telefonmusik.....	39				
5. Alarme einstellen.....	39				
6.Schrit verfolgen.....	39				
7. Weitere Funktionen.....	40				
7.1 Anwendungsbereich.....	40				
7.2 Nachrichtenbenachrichtigung.....	40				
7.3 Gesundheitsdatenerfassung für Frauen.....	41				
7.4 Sitzende Mahnungen.....	41				
7.5 Telefon suchen.....	41				
Spezifikationen	42				
FACS	42				
Garantie	44				
Wichtige Sicherheitsanweisungen	44				

Getting Started

What's in the box

What's in this document

This manual gets you started quickly with setting up your watch. Setup ensures that your watch can synchronize its data with the Veer®iPho app, where you can get detailed information on your stats, view historical trends, log sleep, and more. As soon as setting is complete, you're ready to start moving. The remainder of the manual walks you through every function on your ID2056G.

Setting up Your Watch

Charging your watch

Please fully charge your watch before initial use.

1. Insert the USB plug of the charging cable into the USB port on your computer or a UL-certified USB wall charger.
2. Hold the other end of the charging cable near the port on the back of the watch until it attaches magnetically.
3. Make sure the pins on the charging cable lock securely with the port. The connection is secure when the watch vibrates and the battery icon with percent charged appears on the screen.

When the watch shows that the battery is low, connect the watch to a USB port with 5V-500mA.

While the watch charges, there is a battery progress bar on the screen and you can tap the touch key to check the battery level.

4. Remove the watch from the power supply once fully charged.
 - USB charger requirement: DC USB port (5V-500mA)
 - Charging time: 1.5-2 hours

Disassembling / Assembling Your Watch Disassembly

1. To remove the wristbands, turn over the watch and find the quick-release lever.
2. While pressing the quick-release lever inward, gently pull the wristband away from the watch to release it.

Wearing Your Watch

All-day wear and exercise

For all-day wear when you're not exercising, wear the device on your wrist horizontally, a finger's width below your wrist bone and lying flat, the same way you would put on a watch.

3. Repeat on the other side.

Assembly

1. To reattach the wristbands, slide the pin (the side opposite the quick-release lever) into the notch on the watch. Attach the wristband with the clasp to the top of the watch.

2. While pressing the quick-release lever inward, slide the other end of the wristband into place.

For optimized heart rate tracking, keep these tips in mind:

1. Experiment with wearing the watch higher on your wrist during exercise. Because the blood flow in your arm increases the farther up you go, moving the watch up a couple of inches can improve the heart rate signal. Also, many exercises such as bike riding or weight lifting require you to bend your wrist frequently, which is more likely to interfere with the heart rate signal if the watch is lower on your wrist.

2. Do not wear your watch too tight. A tight band restricts blood flow, potentially affecting the heart rate signal. This being said, the watch should also be snugly tighter (snug but not constricting) during exercise than during all-day wear.

Using Your Watch

Pairing the Watch with Your Phone

Please pair the watch with your phone in the *VeryFitPro* app, NOT in the Bluetooth settings of your phone.

1. Enable the Bluetooth of your smartphone.
2. Open the VeryFitPro app on your smartphone and go to the "Device" page, tap "Pair device", then your smartphone starts searching devices.
3. In the list of found devices that appear on your smartphone, tap "ID205G" to connect the watch to your smartphone. (If your phone failed to find ID205G, please search the watch on your smartphone again.)

Notes:

- Once the watch is connected to your app, the watch will automatically search and reconnect itself if the connection is lost or when Bluetooth is restarted after manual disconnection.
- If the watch is unbound from the app, the information on the watch will be reset, and the information on the app will be cleared. Please do not unbind the connection unless there is an issue that will require a reset.
- The watch can only pair with one smartphone at a time. When pairing, please ensure the watch and your smartphone is within 0.5 meters distance.

Getting to Know Your Watch

Function Button

- Press the function button to wake the screen or return to the previous interface.
- Press and hold the function button to turn on the watch.

Watch Interfaces

This is a touch screen; swipe the screen to go to different interfaces, and tap to enter the function.

1. Tracking Sports

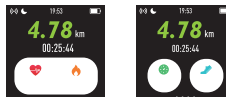
The watch tracks your exercise data in up to 14 sports modes. You can set up to 8 different sports modes from among 14 sports modes in the app to display on the watch screen ("Device" tap --> "More" --> "Activity display").

Start a sport

Tap "Sport" -- Swipe the screen to view sports modes --> Tap the sport you choose to start.

During sports

- Swipe the screen left/right to flip through exercise data.
- Press the function button to pause/resume the sport.



End the sport

Press and hold the function button to end the sport --> Tap "V" to confirm. (For swimming, press the function button to "V" and then press and hold the function button to end.)

Exercise data is displayed after the exercise has ended. Swipe the screen to flip through exercise data.



Notes:

- The watch automatically recognizes and records your run and walk. When the function is enabled in the app ("Device" page --> "Enable/disable activity mode" --> "Automatically detect activity") and the watch recognizes your run/walk, the watch will prompt you to confirm. When confirmed, the watch enters the running/walking sports mode.
- Data of exercises less than 1 minute will not be saved.

Using GPS

The watch includes a GPS receiver to track your route during several activities, including Outdoor run, Outdoor walk, Outdoor cycle, and Hiking. On your watch, GPS data is shown in a map view along with the status tracked during the activity.

When you select a run or exercise that uses GPS, the watch begins searching for a GPS signal. As with any GPS application, a signal is likely to be discovered more quickly if you are outside in an open area and standing still.



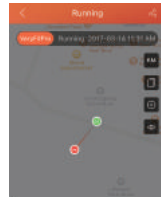
For best results, wait for the signal to be discovered before you start your activity.

If you don't want to wait for the GPS signal to be discovered, tap the skip icon "X" --> to move to the activity screen and get started.

But your movement route can't be displayed before successful positioning. Sport starts after successful positioning or skipping positioning.

Notes:

- GPS is required for calculating your distance in Outdoor cycle. Please wait for successful GPS positioning before starting cycling.
- You can also use your phone's GPS to track your pace and distance during walks, runs, rides or bikes, while mapping both your route on your phone (take your phone with you to use your phone's GPS during exercise).



In the app, tap **1** and **2** will pop up. Tap **3** to enter running mode directly or tap **4** to choose another sports mode. After entering running mode, the app will track and map your run distance (using your phone's GPS). After the exercise, you can effectively check your exercise data in both the app and the watch.

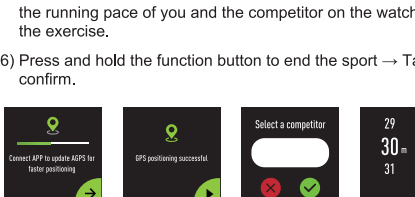
Add a virtual running competitor

In the Outdoor run mode, you can set a virtual running competitor and the competitor's running pace, and check the gap between yourself and the competitor in real time to improve your running performance more effectively.

- 1) Swipe to the function list and tap "Sport".
- 2) Find "Outdoor run" and tap to choose it. The watch starts GPS positioning.
- 3) Wait for GPS positioning to succeed.
- 4) Tap "Customize" to set the competitor's pace and running duration as prompted.

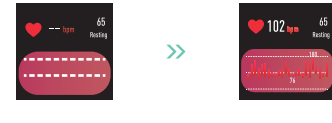
5) Tap **1** to start your running with a competitor. You can view the running pace of you and the competitor on the watch during the exercise.

6) Press and hold the function button to end the sport → Tap "1" to confirm.



2. Monitoring Heart Rate

The watch tracks your real-time heart rate automatically and continuously. You can also view your detailed heart rate data on the watch screen or in the app.

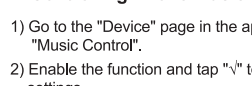


Notes:

- To monitor heart rate more accurately, wear the watch on the upper position of your wrist and a bit tighter than usual when you exercise. In addition, complete your profile in the app.
- Automatic heart rate monitoring is ON by default, monitoring heart rate all day automatically. You can disable/enabled automatic heart rate monitoring on the watch (swipe the watch screen right to come to the status bar), or in the app ("Device" page → "Heart Rate Detection").

3. Relaxing

Tap **🌿** to start the relaxing... → Press the function button to end the relaxing... → Tap **🌿** to confirm.



4. Setting Alarm

1) Go to the "Device" page in the app and tap "Phone Control".

2) Enable the function and tap **🔔** to save your settings.

3) "Music Controller" on the watch screen to enter the function and control the music playing on your phone.



Note:
You can only control the music player that's running on your smartphone.

5. Setting Alarms

1) Go to the "Device" page in the app and tap "Alarm Alert".

2) Tap **🔔** to set an alarm.

3) Tap the alarm, then set the alarm type, repeat type and time.

4) Tap **🔔** to save your settings. You can tap the alarm you set on the watch screen to enable/disable the alarm.

6. Tracking Sleep

The watch automatically tracks your sleep duration (Deep Sleep, Light Sleep, and Awake time) and consistency with a comprehensive analysis of sleep quality data so you can see your sleep trends and improve your routine. You can check your detailed sleep date in the app.



7.1 Call Notification

When there is an incoming call, the watch vibrates to alert you, and the screen displays the caller ID.

Tap **📞** on the watch screen to reject the call.

Notes:

- Only when "Call Alert" is enabled in the app ("Device" page → "Call Alert") will calls be notified. (After enabling/disabling the Call Alert function, tap **🔔** to save your settings.)
- When "Non disturb mode" function is enabled in the app ("Device" page → "More" → "Non disturb mode"), calls will not be notified on the watch during the do-not-disturb period.

7.2 Message Notification

When messages (SMS, Facebook, WhatsApp, Twitter, Instagram, Facebook Messenger, LinkedIn, Email Mail, Calendar, and more) come in, the watch vibrates to alert you, and the screen displays the message content.

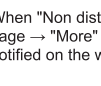


Notes:

- Only when "SNS Alert" is enabled in the app ("Device" page → "SNS Alert" → "Allow notifications"), will messages be notified. (After enabling/disabling the SNS Alert function, tap **🔔** to save your settings.)
- When the "Non disturb mode" function is enabled in the app ("Device" page → "More" → "Non disturb mode") and the watch (Status bar → **🔕**), messages will not be notified on the watch during the do-not-disturb period; the watch during the do-not-disturb period.

7.3 Women's Health Tracking

The watch reminds you of your important days like menstrual period and safe period at the time you set when you enable the function in the app ("Device" page → "Health care").



7.4 Secondary Reminder The watch vibrates to remind you to get up and move around when you have been sitting too long ("Device" page → "Secondary Alert", enable the Secondary Alert function and set the remind interval). Note: You can use the find phone function only when it is enabled in the app.	FAQs ○ Failure to find the watch when pairing 1. Make sure your smartphone's Bluetooth is enabled and your smartphone's system meets the requirements of Android 4.4 or higher, iOS 8.0 or higher, and Bluetooth 4.0 or higher. 2. Make sure the distance between the smartphone and the watch does not exceed 0.5 meters and that Bluetooth communication is also within range (10 meters max). 3. Make sure your watch has enough battery life. If there is still a problem after being fully charged, please contact us. ○ Occasional failure to connect with Bluetooth Reboot your smartphone or restart your smartphone's Bluetooth. ○ Failure to receive SMS / calls notifications Call's / SMS notification function works when the watch connects to your smartphone via the app. Please kindly refer to the following tips: 1. Go to your smartphone Settings, find VeriFiPro app and enable the Location and all Notifications. 2. Enable the phone's Bluetooth and go to the VeriFiPro app to bind the watch. 3. Enable the Call's / SMS Alert function, and tap "*" to save your settings.
7.5 Find Phone You can use the watch to locate your phone by making your phone vibrate or ring when the distance between your phone and the watch is within 10 meters (33 feet). 1) Go to "Device" page → "More" → "Find My Phone" in the app and enable the function. 2) Swipe the watch screen right to come to the status bar and tap  to use the function.	

0 Failure to connect to smartphone The watch will disconnect from your smartphone in the following cases: 1. Smartphone Bluetooth is off or exceeds the Bluetooth connection range (the maximum Bluetooth connection range is 10 meters and can easily be reduced by walls, furniture, etc.) 2. The VeriFitPro app is closed on the phone. (This can occur automatically under certain circumstances.) To reconnect the watch to your smartphone, please kindly take the following steps: 1. Go to your smartphone system Settings, find the VeriFitPro app and enable the Location and all Notifications. 2. Clear all running / background processes on your smartphone. Go to the VeriFitPro app and swipe down "Manage", then the watch will reconnect to your smartphone and update data. You can also restart your smartphone and Bluetooth, then rebuild the watch in the app. 0 GPS signal missing Environmental factors, including tall buildings, dense forest, hills, and even thick rain cover, can interfere with your phone's ability to connect to GPS satellites. For best results, stand outside in an open area and standing still to wait for your phone find the signal before you start your workout.	Warranty We strive to build our products with the highest attention to detail and craftsmanship. However, sometimes there are occurrences of a defect in our products. We offer a ONE-year hassle-free warranty on all our devices as we continue to make amazing products and we want to contact us if you have any questions about our devices. Important Safety Instructions The device contains electrical equipment that may cause injury if not used properly. For example, prolonged contact may contribute to skin allergies for some users. To reduce irritation, please read the safety guidelines on the following pages to ensure proper use. • Do not expose your device to liquid, moisture, humidity or rain while charging; do not charge your device when it is wet, as this may result in electrical shock and injury. • Keep your device clean and dry; do not use abrasive cleaners to clean your device. • Consult your doctor before use if you have any preexisting conditions that might be affected by the device. • Do not wear it too tight. If your device feels hot or warm, or if it causes any skin irritation or other discomforts, please discontinue using your device and consult your doctor. • Do not expose your watch to extremely high or low temperatures. • Do not leave your watch near open flames such as cooking stoves, candles, or fireplaces. • This product is NOT a toy – never allow children or pets to play with this product. Always store the product out of the reach of children. The devices themselves or the many small parts they contain may cause choking if ingested. • Never try to abuse, crush, open, repair or disassemble this device. Doing so will void the warranty and can result in a safety hazard. • If any parts of your product require replacement for any reason, including normal wear and tear or breakage, please contact us. • Do not use your device in a sauna or steam room.
--	---

• Dispose of this device, the device's battery and its package in accordance with local regulations. • Do not check any notifications, GPS, or any information on your smartphone while wearing the device. Always wear the device when you are outdoors. Always be aware of your surroundings while exercising. Battery Warnings A lithium battery is used in this device. If these guidelines are not followed, batteries may experience a shortened life span or may cause fire, chemical burn, electrolyte leakage, and/or injury. • Do not disassemble, modify, remanufacture, puncture or damage the device or batteries. • Do not remove or attempt to remove the non-user-replaceable battery. • Do not expose the device or batteries to fire, explosion, or other hazards. Health Warnings • If you have a pacemaker or other internal electronic device, consult your physician before using an heart rate monitor. • The optical wrist heart rate monitor emits green light and flashes occasionally. Consult your physician if you have epilepsy or are sensitive to flashing lights. • Always consult your physician before beginning or modifying any exercise program. • The device, accessories, heart rate monitor, and related data are intended to be used only for recreational purposes and are not intended for medical purposes and are not intended to diagnose, treat, cure, prevent, or replace a doctor's examination or condition. • The heart rate readings are for reference only, and no responsibility is accepted for the consequences of any inaccurate readings. • While the optical wrist heart rate monitor technology typically provides the best estimate of a user's heart rate, there are certain limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device and type and use of clothing.	• The smart watch relies on sensors that track your movements and other metrics. The data and information provided by these devices are intended to be a close estimation of your activity and metrics tracked, but they are not completely accurate. This includes step, sleep, distance, heart rate, and calorie data. • If you have eczema, allergies or asthma, you may be more likely to experience skin irritation or allergies from a wearable device. • Whether you have the conditions above or not, if you start to experience any discomfort or skin irritation on your wrist, remove your device. If symptoms persist longer than 2-3 days of not using your device, contact your doctor. • If you sweat for more than 2 hours while wearing your device, be sure to clean and dry your band and your wrist to avoid skin irritation. • Prolonged rubbing and pressure may irritate the skin, so give your wrist a break by removing the band on your wrist after extended wear. Maintenance • Regularly clean your wrist and the smart watch, especially after sweating during exercise or being exposed to substances such as soap or detergent which may adhere to the internal side of the watch. • Do not wash the watch with household detergent. Please use soapless detergent, rinse thoroughly and wipe with a soft towel and napkin. • While the watch is water resistant, wearing a wet band is not recommended on your skin. • If your bands get wet—for example after sweating or showering—clean and dry them thoroughly before putting them back on your wrist. • Be sure your skin is dry before you put your bands back on. • Do not bring your device into contact with any sharp objects, as this could cause scratches and other damage. • For light-colored arm bands, minimize direct contact with dark-colored clothing, as color transfer can occur.
--	--