



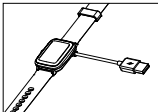
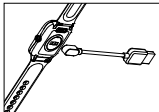
Citrea

Instruction
Manual

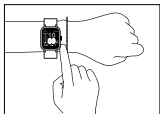
GET STARTED

1. Charge

Connect and charge the smartwatch to activate the smartwatch when it is started for the first time.



2. Wear



Wear the device a finger's distance from the wrist bone and adjust the tightness of the strap to a comfortable position.

Note: Wearing too loosely may affect the accuracy of heart rate data.

DOWNLOAD

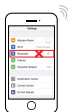
Download VeryFitPro

SMARTWATCH App for iOS or Android
(iOS 9.0 or above / Android 6.0 or above)

Correct operation: Scan the QR code below or download VeryFitPro App through the mobile App store to pair with the smartwatch



Wrong operation: Pair the smartwatch directly with the bluetooth® in your mobile phone's setting



- VeryFitPro is a trademark of Shenzhen DO Intelligent Technology Co., Ltd.
- VeryFitPro is developed and provided by Shenzhen DO Intelligent Technology Co., Ltd.
- Citizen Watch Co., Ltd. does not store personal information of VeryFitPro. Note that VeryFitPro may retain personal information in accordance with their own privacy policy and terms.
- If you have any question about VeryFitPro, please contact following:

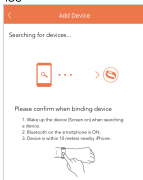
Shenzhen DO Intelligent Technology Co., Ltd.

Email: ido@idoosmart.com

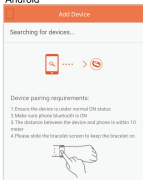
Address: 11th Floor, 3# Building, Guole Tech Park,
Lirong Road, Dalang, Longhua District, Shenzhen,
Guangdong, P.R.China.

PAIR

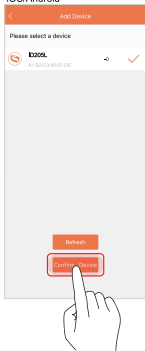
iOS



Android



iOS/Android



1. Turn on the Bluetooth and GPS on your mobile phone
2. Find the binding request on the pull-down list on the home page of the App

3. Select product model: ID205L
4. Select "Confirm Device" to complete binding

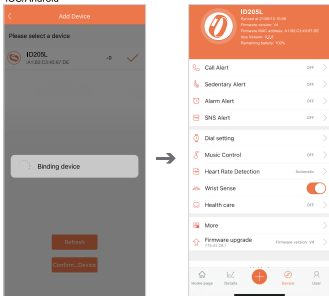
Model number

Black : X00A-001VY / Pink : X00A-003VY

Note: The model number shown on the App is ID205L.

PAIR

iOS/Android



Notes:

- * During binding process, VeryFitPro will prompt you to enable GPS and Bluetooth, and authorize VeryFitPro to get access to the GPS on your mobile phone.
- * iPhone will not prompt you with any information unless you complete Bluetooth pairing on your ID205L in the built-in Bluetooth in your mobile phone after binding.

FUNCTIONS

Swipe the screen to enter menu

Notification



Status



Function



Data

FUNCTIONS



Step

Keep track of your daily steps



Distance

Keep track of your daily distance



Calory

Keep track of your daily calories burnt



Notifications

Get notifications and read messages



Heart rate

Perform a heart rate test to check your heart rate data for the day



Sleep

Wear your smartwatch at night to record your sleep



Timer

Have the timing and countdown function



Alarm

View, turn off or turn on the alarm clock. You need to add an alarm clock on the mobile App



Sport

Enter the sports window, and choose sports modes. Change the sports mode on the App

Note: For more functions and operation, please check VeryFitPro software of the mobile phone.

WATCH FACE

Built-in

Choose one from the 4 built-in watch faces



Hour, Minute, Second



Step, Calory, Km/Mile



Step, Calory, Km/Mile

Date chosen one from 8 languages:
English, Spanish, German, Italian, French, Hindu,
Chinese, Japanese

Cloud (Date supported only in English)

Download one from VeryFitPro App



Step, Calory, Km/Mile



Step, Calory, Km/Mile



Step, Km/Mile



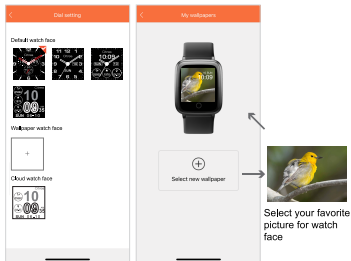
Step, Km/Mile



Step, Km/Mile

WATCH FACE

Use a photo for watch face from VeryFitPro App



Note: Please enjoy this function with only the photos you take.

PRODUCT SPECIFICATIONS

Model	Black : X00A-001VY Pink : X00A-003VY
Screen	1.3 inch TFT-LCD, Full screen touch
Case Size	35mm x 48mm
Strap Width	18.5mm
Product Weight	35g
Water Resistant	3 BAR
Operating Temperature	0°C~45°C
Range of Charging Temperature	10°C~45°C
Rechargeable Battery Life	8 days
Charging Time	About 2.5 hours
Charging Voltage	5V±0.2V
Bluetooth Version	Bluetooth 4.2
Maximum Output Power	-0.75dBm(0.84mW)
Maximum Radio-Frequency Power	2402~2480MHz
Compatible System	Android 6.0 or above/ iOS 9.0 or above

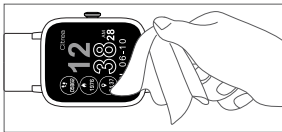
PRODUCT SPECIFICATIONS

Battery life: Actual battery life and charging time will vary depending on usage and environment, etc.

Waterproof: Not suitable for diving, swimming and sauna.

- The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc.
- Android is a registered trademark of Google Inc.
- iOS is a name of an operating system of Apple Inc. iOS is a trademark or a registered trademark of Cisco in the U.S. and other countries and is used under license.

MAINTENANCE



It is recommended to wear and maintain according to the following three points:

- ① Keep the product clean;
 - ② Keep the product dry;
 - ③ Do not wear the product too tight.
-
- ★ Do not use household cleaners to clean the smartwatch, but use the soap free detergent.
 - ★ It is recommended to use alcohol to scrub stains that are not easy to remove.

FAQ

1. Mobile App search for the smartwatch failed

- ① It is recommended to update VeryFitPro to the latest version.
- ② It is recommended to close all programs, restart the Bluetooth, and then connect.
- ③ Confirm whether the mobile phone system meets Android 6.0 or iOS 9.0 or above.

2. The smartwatch received no alerts, text messages or phone calls

- ① You need to turn on the SNS Alert and the Call Alert in the App, and synchronize to the smartwatch.
- ② iPhone needs to be paired with the smartwatch via Bluetooth. (Please check the column of PAIR for details)
- ③ You need to keep your smartwatch connected to Bluetooth.

3. Bluetooth is often disconnected

- ① If the distance between the smartwatch and the mobile phone is too far, the smartwatch does not connect to the mobile phone. Please keep close to the smartwatch when you are connecting.

FAQ

- ② Whether there is a shield between the smartwatch and the mobile phone, the human body, wearing metal jewelry, etc., will interfere with the bluetooth connection signal.
- ③ Whether the bluetooth function of the mobile phone is abnormal.

4. About data backup

The data of the smartwatch is synchronized at least once every 7 days to the mobile phone (the smartwatch end only keeps the data of the last 7 days).

5. How to restart and restore factory settings

Shutdown operation: Function> Setting >

Shutdown/right-key restart

Restore factory settings: connect the smartwatch to App > open App > Device > More >

Reboot the device

FAQ

6. Do I need to keep my bluetooth on when I wear my smartwatch?

- ① For the three functions, i.e. counting steps, sleeping and alarm clock, you do not need to connect the smartwatch to the mobile phone all the time. If you only need to wear the smartwatch when you exercise, you can connect the smartwatch and your mobile phone to view the data synchronously after the exercise.
- ② For the functions of call alert, message alert, find the phone, you need to turn on the mobile phone's bluetooth, and maintain the connection with the mobile phone.

★ More detailed questions can be answered with help and feedback in the App.

Operation steps: VeryFitPro >  > System settings > feedback

For after sales service, please contact the retail store you purchased or the local distributor.

For additional information, visit <https://qq-watch.jp/eng/citrea/> or scan the QR code.



Safety and Product Information Notes



Warning

BATTERY WARNING

Do not disassemble, bore or damage the battery. Do not disassemble the built-in batteries of non-replaceable battery devices. Do not use sharp objects to remove the battery.

HEALTH WARNING

If you are wearing a pacemaker or other implanted electronic devices, please consult your doctor before using the heart rate monitoring strap.

The smartwatch's optical heart rate sensor glows green and flashes.

If you suffer from epilepsy or are sensitive to blinking light sources, please consult your doctor if you can wear this product.

The device tracks your daily activities through sensors. These data are intended to tell you about your daily activities, such as steps, sleep, distance, heart rate and calories, but may not be completely accurate.

The device, accessories, heart rate sensors and other relevant data are designed for entertainment and fitness, not for medical purposes. They are not applicable to the diagnosis, monitoring, treatment or prevention of any diseases or symptoms. The heart rate data is for reference only. Citizen Watch Co. Ltd. are not responsible for any consequences caused by any data deviation.

CYCLING WARNING

Please maintain good judgment at all times and ride in safe manner. Make sure your bike and hardware are properly maintained, and all components are properly installed.

MATTERS NEEDING ATTENTION

- Smartwatch data needs to be kept once every 7 days to avoid data loss.
- The smartwatch has no waterproof effect on seawater, acidic and alkaline solutions, chemical reagents and other corrosive liquid.
- Sports mode supports up to 6 hours of exercise at a time.
- Avoid wearing the smartwatch too tight in daily use. Please keep the parts of the smartwatch touching the skin dry.
- When your heart rate is measured, keep your arm still during the test.



The device meets the EU RoHS criterion.

Please refer to IEC 62321, EU RoHS Directive 2011/65/EU and revised directive.

ALLERGIES

Prolonged rubbing and pressure can irritate the skin. You may be more likely to experience irritation from any wearable device if you have allergies or other sensitivities. Please take special care to keep the device clean as the combination of sweat and dirt may also cause skin irritation.

WATER RESISTANCE

This product has waterproof for use in everyday life. It resists water such as sweat in daily life, splash during face-washing or rain, but it cannot be used under conditions where water pressure largely changes. It cannot be used during wet work or water sports.

BLUETOOTH

Before Use

Use of the Bluetooth communication technology is not permitted in some countries or regions. Visit our web site below to confirm the list of countries where Bluetooth is legally available.

"<https://qq-watch.jp/eng/citrea/>"

- Using this smartwatch in a country not on the list may be punished under its law
- Communication using Bluetooth may be monitored intentionally or accidentally. Do not use this smartwatch for important communication or any communication involving human lives.

CE / UKCA

CITIZEN WATCH CO., LTD hereby declares that this product is in the compliance with the essential requirements and other relevant provisions of directives 2011/65/EU, the Restriction of the Use of Certain Hazardous Substances in Electrical and Electronic Equipment legislations 2012 and all other relevant EU directives and UK legislations.

You can find your product's Declaration of Conformity at
"<https://qq-watch.jp/eng/citrea/>"



FCC

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 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 local environmental regulations.



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 collection points or to similar collection points. With this little personal effort, you contribute to recycle valuable raw materials and the treatment of toxic substances.

■ IMPORTER:

■ MANUFACTURER:

CITIZEN WATCH CO., LTD.

Q&Q SALES DEPARTMENT

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