

正面

Smartwatch

TGW02

User Manual



Please use a 5V1A adapter for charging.

To make full use of the features of this smartwatch, please read this manual (including the warranty certificate) carefully until the end.

Safety Precautions

Before Use

This product is not a medical device. The watch and its app cannot be used for the diagnosis, treatment, or prevention of diseases or symptoms.

Caution

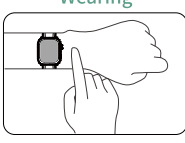
1.The watch has waterproof, sweatproof, and rainproof features, allowing for direct use in daily environments such as exposure to rain, sweat, and hand washing.
2.Do not use it in baths, saunas, hot springs, or other hot and steamy environments.

Usage Precautions

1.The language of the smartwatch synchronizes with the smartphone settings.
2.Monitoring data for various features will sync with the product. To obtain information, wearing the product is necessary.
3.Available features include: multiple watch faces, step counting, calorie tracking, various sports modes, smart reminders (calls/SMS/sedentary reminders, etc.), stopwatch, brightness adjustment, find my phone,power on/off, and more.
4.Some features like drink water reminders, call notifications, SMS notifications, and menstrual calendar are off by default. You need to enable them in the app under "Device Settings."

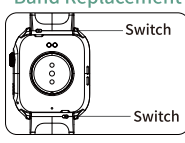
Wearing/Installation

Wearing



Wear the device approximately one finger's width away from the wrist bone. Adjust the strap to a comfortable position. Press the switch on either the right or left side to remove the strap. Do not wear it too tight, a slight looseness allowing the index finger to pass through is optimal.

Band Replacement



Switch

App Download and Pairing

1.App Download:

Download and install the "VeryFit" app from the App Store or Google Play by scanning the QR code below.



iOS:
Requires iOS 9.0 or later.



Android:
Requires Android 6.0 or later.



Features and Operations

1. Main Interface Introduction

Notifications

Swipe up to access message notifications.

- Do Not Disturb Mode
- Screen Brightness Adjustment
- Raise to Wake
- Flashlight
- Drain Water Function
- Settings
- Alarm Settings
- Power Saving Mode
- Find My Phone

Main screen

Basic Settings

Swipe down to switch to the basic settings screen.

Data and Records:

Swipe left to switch screens. Alexa, weather, and music display can be added in the app. "VeryFit App" → "Device" → "Other Settings" → "Shortcuts."

3. AI Voice Assistant

Use voice commands to control built-in assistants like Siri or Google Assistant on your smartphone.

4. Sports Mode

The watch supports up to 12 types of exercises. The app offers 100 sports modes, which can be added or removed from the smartwatch. A maximum of 12 sports modes can be displayed on the smartwatch at a time.



7. Notification Function

a. Message Notifications

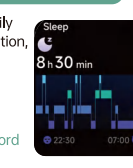
When the smartwatch is paired with the dedicated app, notifications from Instagram, Facebook, LINE, SMS, Twitter, incoming calls, and messages can be set in the app to notify you via vibration, ensuring you never miss any important contacts.

b. Call Notifications

1.This product can display incoming calls from the paired smartphone on the watch.
2. When there is an incoming call on the smartphone, the watch will ring and display the phone number or caller's name.
3.By pressing the touch button, you can either answer or reject the call.

9. Sleep Mode

The smartwatch can manage daily sleep quality, tracking sleep duration, deep sleep, light sleep, wake-up time, and awakening moments.



12. Weather Forecast

Today's weather

Weekly weather

Weather Push

13. Health Tracking

Use the smartwatch to develop better lifestyle habits! The app allows you to set stress measurement, water drinking reminders, handwashing reminders, fitness (sedentary reminders), sleep monitoring, and menstrual calendar.

14. Music Playback Function

After connecting to the app, the smartwatch can control music playback on the smartphone, including play/ pause, previous/next track, and volume adjustment.

15. Timer/Stopwatch

Short press the multifunction button

Select the clock from the function list

Charging

Connect the watch to the charger as shown below.

Caution:

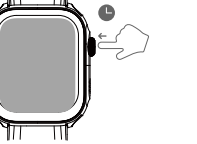
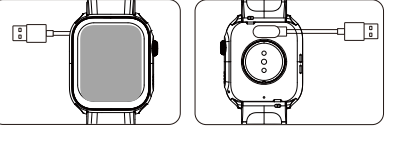
Charge the watch before first use. Always use the original power adapter for charging. Before first use, charge the device to activate the screen.

Power On:

Long press the multi-function button for 5 seconds to turn on the watch.

Power Off:

To turn off the watch, short press the multi-function button, then tap "Settings" → "General" → "Shutdown."



Pairing:

Open the "VeryFit" app. Enable Bluetooth on your smartphone. Search for the device in the app (or scan the QR code on the device). Complete the binding process through the app or device.

Caution:

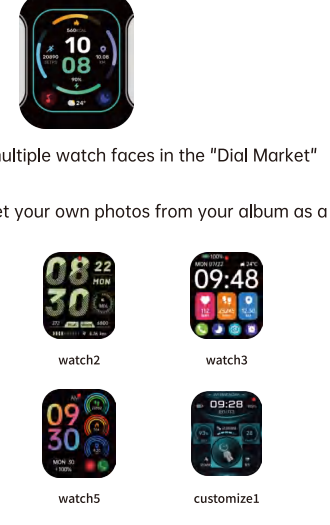
If you need to delete the already paired device after resetting the smartwatch, please unpair it first. How to operate: Go to "Settings" → "Bluetooth" → "TGW02" → "Forget This Device"

2.Main Screen Settings

Long press the watch face for about 3 seconds to enter the watch face selection screen.

Choose from multiple watch faces in the "Dial Market" within the app.

You can also set your own photos from your album as a watch face.



5. Editing Sports Mode

6. Starting Exercise

1. Set the name, duration, calories burned, and exercise distance.
2. Short press the multifunction button → Click on Sports → Select and click on the exercise type → Click the right to set.

Find Phone

After pairing with the dedicated app, tap the icon, and the phone will ring.

Screen Brightness

You can adjust the smartwatch brightness and screen-on duration.

Maintenance

To ensure optimal use of this product, perform regular maintenance.

Use a soft cloth to wipe off dirt when cleaning the watch body. For heavy dirt, use a damp cloth to remove it. Note: Do not use detergents or soap. This may cause malfunction. When cleaning the watchband, separate it from the watch body before cleaning. If the dirt is severe, use a cloth with alcohol to wipe it off.

CAUTION

The device has been evaluated to meet general RF exposure statement. The device can be used in portable exposure condition without restriction.

- Risk of explosion if the battery is replaced by an incorrect type;
- disposal of a battery into fire or a hot oven, or mechanically crushing or cutting of a battery, that can result in an explosion;
- leaving a battery in an extremely high temperature surrounding environment that can result in an explosion or the leakage of flammable liquid or gas;
- a battery subjected to extremely low air pressure that may result in an explosion or the leakage of flammable liquid or gas.

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.

If you experience discomfort or skin irritation when wearing your smart watch, then we recommend you try cleaning your device. Sometimes residue or foreign materials build up around your device and may aggravate your skin. It's also possible that you are not wearing the watch correctly. We recommend making sure to clean and adjust your watch regularly for a more comfortable fit. Caution:

- If you experience skin irritation when wearing your watch, please refrain from wearing, and wait two to three days to see if your symptoms ease. 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 allergy from a wearable device.

Wear and Care

Some users may experience skin irritation when using this product. To reduce the potential for irritation please follow four simple wear and care tips: (1) keep it clean; (2) keep it dry; (3) do not wear it too tightly, and keep the wearing gap as one finger; (4) after long-term wearing, remove the device in time to relax the wrist; (5) after exercise, if your wrists sweat, please clean and dry your wrists and watches before wearing again. The residual sweat components will corrode the watch. It is recommended to regularly use soap or hand sanitizer to clean the watch. In case of skin allergy, please take off your watch and seek medical advice in time.

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

(1) This device may not cause interference.

(2) This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

1) L'appareil ne doit pas produire de brouillage.

2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.