

# ID205L

## Smart Watch User Manual



Thank you for purchasing our products. This manual addresses the safety guidelines, warranty, and operating instructions. Please review this manual thoroughly before operating your device.

*All pictures in this manual are for illustration purpose only. Actual product may vary due to product firmware upgrade and app upgrade.*

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## Getting Started

### What's in the Box



Smart watch  
(ID205L with bands)



Charging cable



User manual

### What's in this Document

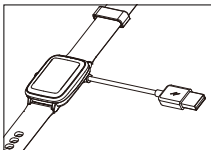
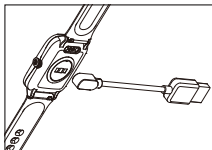
This manual gets you started quickly with setting up your watch. Setup ensures that your watch can synchronize its data with the Letsfit app, where you can get detailed information on your stats, view historical trends, log sleep, and more. As soon as setup is complete, you're ready to start moving. The remainder of the manual walks you through every function on your ID205L.

## 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 press the function button to check the battery level.



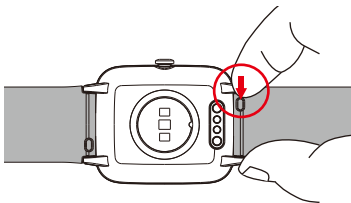
Remove the watch from the power supply once fully charged.

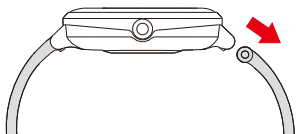
- USB charger requirement: DC USB port (5V-500mA)
- Charging time: 2-3 hours

## 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.

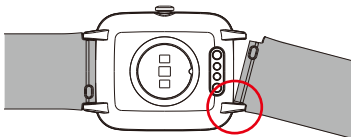




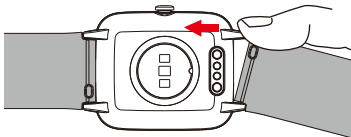
3. Repeat on the other side.

### **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.

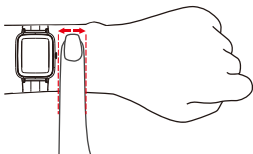


3. When both ends of the pin are inserted, release the quick-release lever.

## Wearing Your Watch

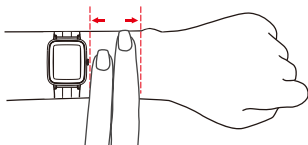
### All-day Wear and Exercise

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.



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 slightly tighter (snug but not constricting) during exercise than during all-day wear.

## Using Your Watch

### App Installation

Use the watch with our customized **Letsfit app**. You can download **Letsfit** from App Store / Google Play or scan the QR codes below to download.

iOS



Letsfit

Android



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### **Note:**

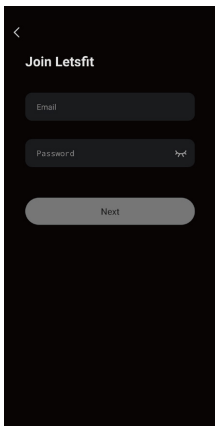
Letsfit app is only compatible with smartphones, not tablets or PCs.

### Smart Phone System Requirements

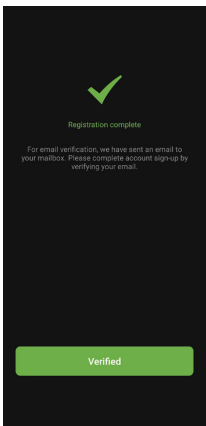
- iOS 11.0 & higher
- Android 6.0 & higher
- Bluetooth 4.0 & higher

## Account Registration and Login

Please register an account with a valid email address. After registration, check your email box to complete email verification, and then tap "Verified" to log in.



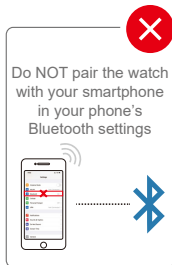
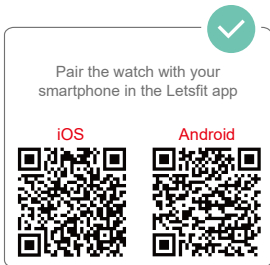
A dark-themed mobile app registration screen. At the top left is a white back arrow. Below it is the title "Join Letsfit" in white. There are two input fields: "Email" and "Password" (with a small eye icon for visibility). Below the fields is a rounded rectangular button labeled "Next".



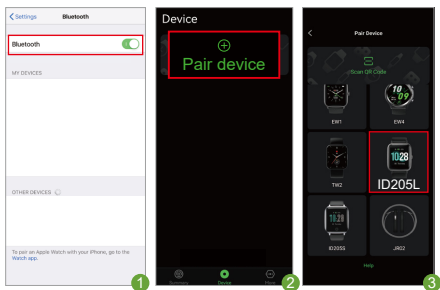


## Pairing the Watch with Your Phone

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



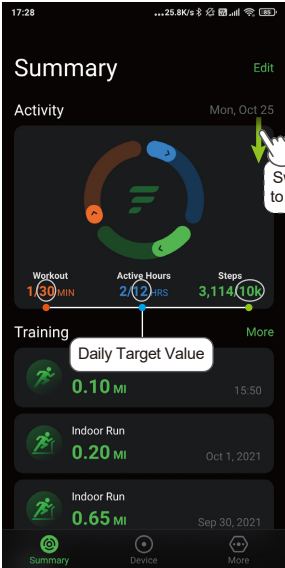
1. Enable the Bluetooth of your smartphone.
2. Open the Letsfit app on your smartphone and go to the "Device" page, tap "+ Pair new device".
3. Tap "ID205L", and your smartphone starts searching devices.
4. In the list of found devices that appear on your smartphone, tap "ID205L" to connect the watch to your smartphone. (If your phone failed to find ID205L, 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 you unpair the watch with the app, the watch will be reset, and the information on the watch will be cleared. Please do not unpair the watch with the app 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 that the watch screen is on and the watch and your smartphone is within 0.5 meters distance.

# App Interfaces



Daily Target Value

Swipe down to sync data.

## Summary



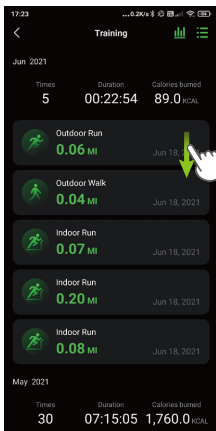
Daily Workout Minutes



Daily Active Hours

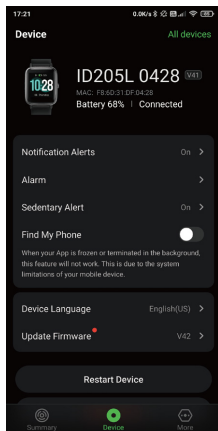


Daily Steps



## Training

When you start a sport mode on your watch, detailed data and graphs will be displayed here after the exercise is over (swipe down to sync data first).



## Device

Tap "ID205L", you can customize call / message / alarm alert or set other parameters.

## 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.

The home screen is a clock. On the clock:

- Swipe down to see notifications.
- Swipe up to see your daily stats.
- Swipe left to see the function list.
- Swipe right to see the status bar. (automatic heart rate monitoring, wrist sense, do not disturb, find my phone).



(automatic heart rate monitoring, wrist sense, do not disturb, find my phone).

fig. 1

After the watch is bound to the app, the home screen will display the time and date as shown in fig. 1.

You can customize the home screen by following the steps below:

- 1) Tap and hold the home screen.
- 2) Swipe down to choose one and tap to confirm.



### Wake a Dimmed Screen

To conserve power, the watch has a standby mode in which the screen turns off. To wake the screen, turn your wrist towards you or press the function button.

## Function Introduction



Sport

Tracks your exercise data in up to 8 sports modes.



Heart rate

Tracks your real-time heart rate automatically and continuously.



Relax

Guides your breathing for a relaxation.



Alarm

Set alarms in the app to have the watch vibrates to wake you up, take pills, and more.



Music controller

Control the music playing of your smartphone.



Timer

Timing and countdown.



Setting

Some basic settings of the watch.



Sports record

Your recent sports record.

### 1. Tracking Sports

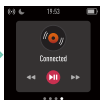
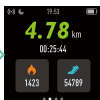
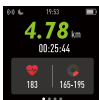
The watch tracks your exercise data in up to 8 sports modes.

#### *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 and control the music playing on your phone.
- Press the function button to pause / resume the sport.



## End the sport

Press and hold the function button to end the sport → Tap "√" to confirm.

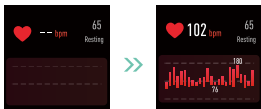
Exercise data is displayed after the exercise has ended. Swipe up the screen to flip through exercise data:

### Notes:

- After ending an exercise, you can view detailed data and graphs in the app (Go to the "Training" page, swipe down the page to synchronize data, and tap the exercise you just ended).
- Data of exercises less than 1 minute will not be saved.
- When the battery level is less than 20%, you cannot start a sports mode. Please charge the watch to operate it again.

## 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.




### Note:

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.



### 3. Relaxing

Tap  to start the relaxing → Press the function button to end the relaxing → Tap "√" to confirm.



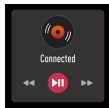
### 4. Setting Alarms

- 1) Go to the "Settings" page in the Letsfit app and tap "ID205L".
- 2) Tap "Alarm" to enter the alarm setting interface.
- 3) Tap "Add" to add an alarm.
- 4) Set the alarm time.
- 5) Tap "Confirm" to save your settings.

You can enable/disable the alarm on your watch (Tap "Alarm" on the watch and then turn on/off the alarm you set.)

### 5. Controlling Phone Music

After the watch is connected to your phone, tap "Music Controller" on the watch 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 phone.

### 6. Tracking Sleep

The watch automatically tracks your sleep duration (Deep Sleep, Light Sleep, and Wake-sleep) and consistency with a comprehensive analysis of sleep quality data so you can see your sleep trends and improve your routine.

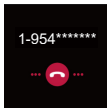
You can check your detailed sleep data in the app.

## 7. More Functions


### 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 "Notification alerts" is enabled in the app ("Settings" page → "ID205L" → "Notification alerts", turn on "Notification alerts"), will calls be notified.
- When the "Do not disturb" function is enabled on the watch (Status bar → ) , calls will not be notified on the watch during the do-not-disturb period.

### 7.2 Message Notification

When messages (like short messages, Facebook, Twitter, and Instagram messages) come in, the watch vibrates to alert you, and the screen displays the message content.



#### Notes:


- Only when "Notification alerts" is enabled in the app ("Settings" page → "ID205L" → "Notification alerts", turn on "Notification alerts"), will messages be notified.
- When the "Do not disturb" function is enabled on the watch (Status bar → ) , messages will not be notified on the watch during the do-not-disturb period.

### 7.3 Sedentary Reminder

The watch vibrates to remind you to get up and move around when you have been sitting too long ("Activity" page → "Active Hours" → "Sedentary Alert Settings", enable the movement reminders function and set the remind period.)

## 7.4 Find My 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 the "Settings" page → "ID205L" → "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.

### **Note:**

You can use the find phone function only when it is enabled in the app.

## Basic Specifications

Model No.: ID205L

Sync: Bluetooth 4.2

Screen: 1.3" TFT LCD

Battery Capacity: 210mAh

Working Voltage: 3.8V

Working Temperature: -10°C to 40°C

Weight: 1.37oz (39g)

Waterproof Rating: IP68

Working Time: about 10 days

## FAQs

### ● Failure to re-pair the watch with the Letsfit app on your smartphone

1. Make sure your smartphone's Bluetooth is enabled and your smartphone's system meets the requirements of Android 6.0 or higher, iOS 11.0 or higher, and Bluetooth 4.0 or higher.
2. Make sure the distance between your 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

*Calls / 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 Letsfit app, and enable the Location and all Notifications.
2. Enable your phone's Bluetooth and go to the Letsfit app to pair the watch.
3. Open the app. Go to the "Settings" page → "ID205L" → "Notification alerts", turn on "Notification alerts".
4. Make sure the "Do not disturb" function is not enabled on the watch.

● **The watch is disconnected from the Letsfit app on your 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 Letsfit 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 Letsfit app, and enable the Location and Bluetooth.
2. Clear all running / background processes on your smartphone.
3. Open the Letsfit app, go to the "Settings" page, tap "ID205L", and then the watch will reconnect to your smartphone and update data. You can also restart your smartphone and Bluetooth, then re-pair the watch in the app.

## Warranty

We strive to build our products with the highest attention to detail and craftsmanship. However, sometimes there are occurrences of a defect, so we are happy to offer a ONE-year hassle-free warranty on all our devices as we continue to make amazing products. Please 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 and care.

- 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 using this 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 device's display while driving or in other situations where distractions could cause injury or hazard. Always be aware of your surroundings while exercising.

### **Battery Warnings**

A lithium-ion 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 a 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 general fitness and wellness purposes, not for medical purposes, and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.
- The heart rate readings are for reference only, and no responsibility is assumed for the consequences of any false readings.
- While the optical wrist heart rate monitor technology typically provides the best estimate of a user's heart rate, there are inherent 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 intensity of activity.

- 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 may not be completely accurate, including 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 two hours while wearing your watch, 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 for an hour 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 cleanser. Please use soapless detergent, rinse thoroughly and wipe with a soft towel or napkin.
- While the watch is water resistant, wearing a wet band is not good for 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.



**NOTE:** This equipment has been tested and found to comply with the limits for Class B digital devices, in accordance with section 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

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) this device must accept any interference received, including interference that may cause undesired operation.