



Citrea

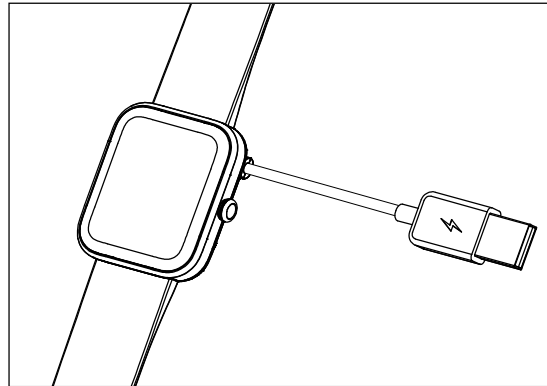
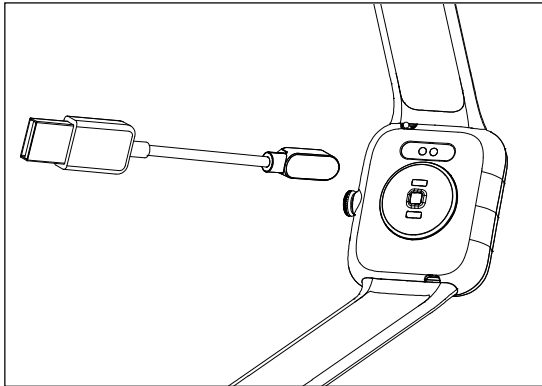
Instruction  
Manual

# GET STARTED

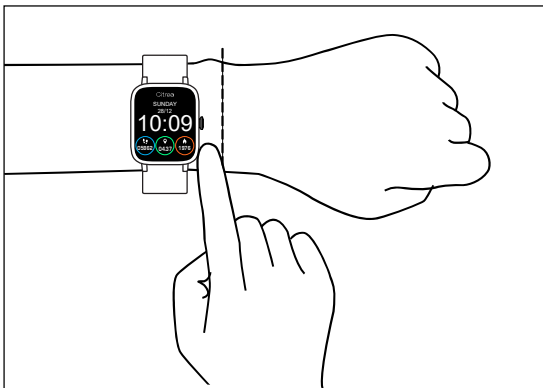
---

## 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

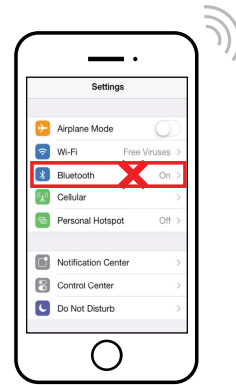
## Download VeryFit

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 VeryFit App through the mobile App store to pair with the smartwatch



Wrong operation: Pair the smartwatch directly with the bluebooth<sup>®</sup> in your mobile phone's setting



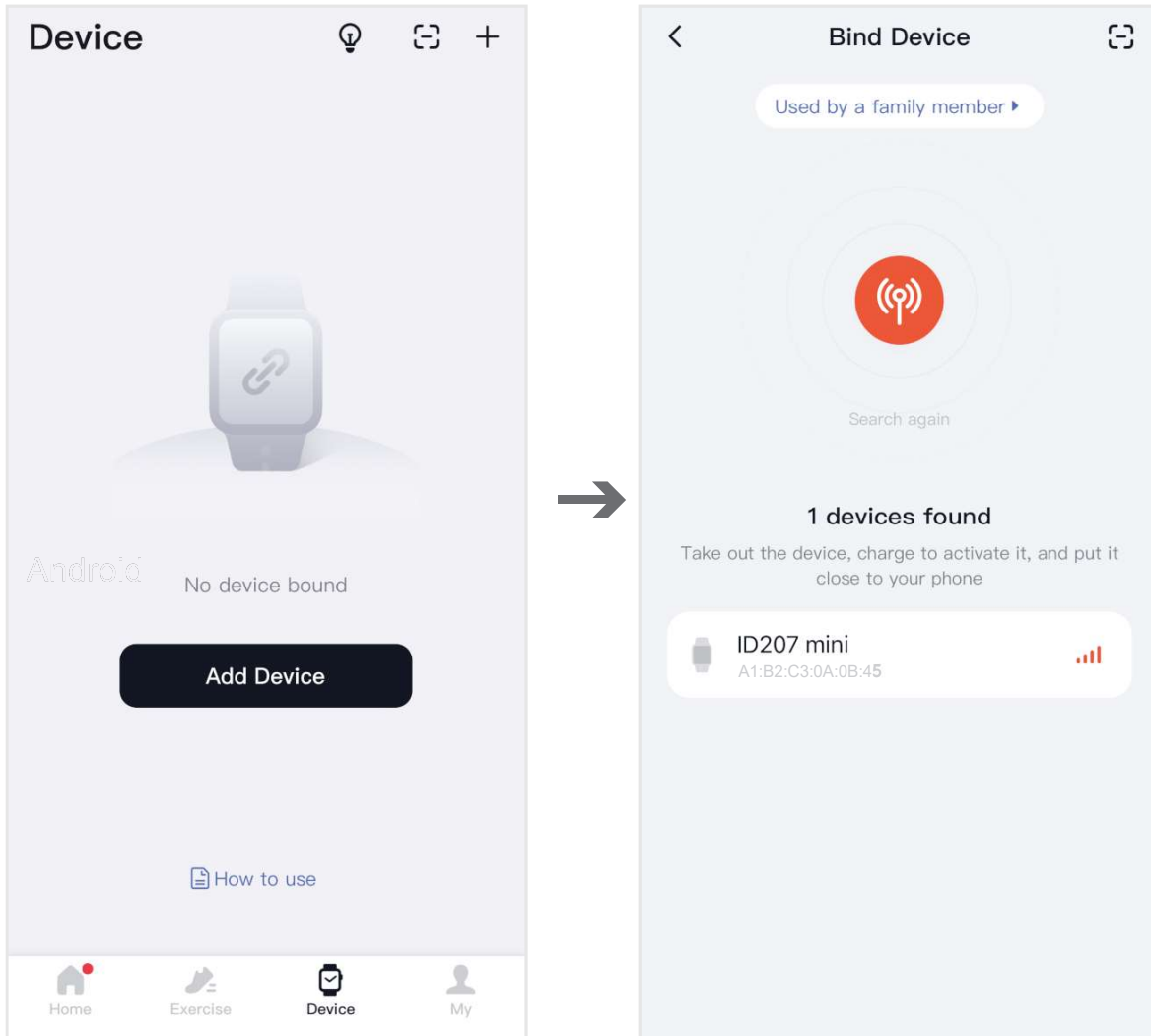
- VeryFit is a trademark of Shenzhen DO Intelligent Technology Co., Ltd.
- VeryFit is developed and provided by Shenzhen DO Intelligent Technology Co., Ltd.
- Citizen Watch Co., Ltd. does not store personal information of VeryFit. Note that VeryFit may retain personal information in accordance with their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

Shenzhen DO Intelligent Technology Co., Ltd.

Email: [ido@idoosmart.com](mailto:ido@idoosmart.com)

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

# PAIR



1. Turn on the Bluetooth and GPS on your mobile phone

2. VeryFit >  > Select "Add Device"

3. Select product model: ID207 mini

Model number

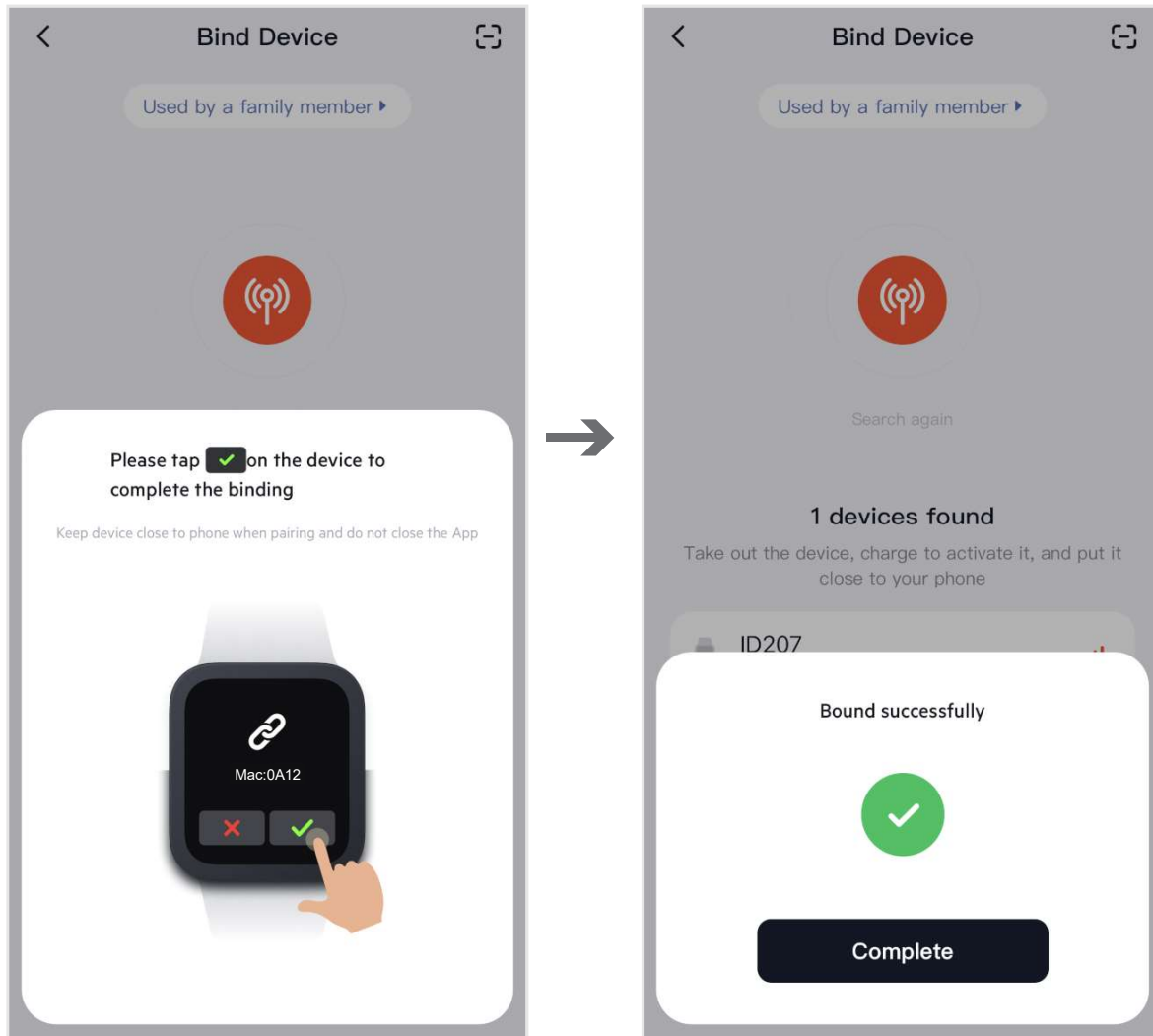
X01A-001VY/X01A-002VY/X01A-003VY

X01A-004VY/X01A-005VY/X01A-006VY

Note: The model number shown on the App is ID207 mini

# PAIR

---



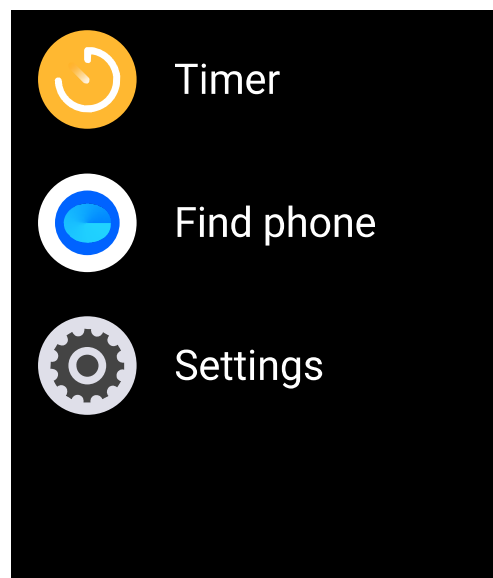
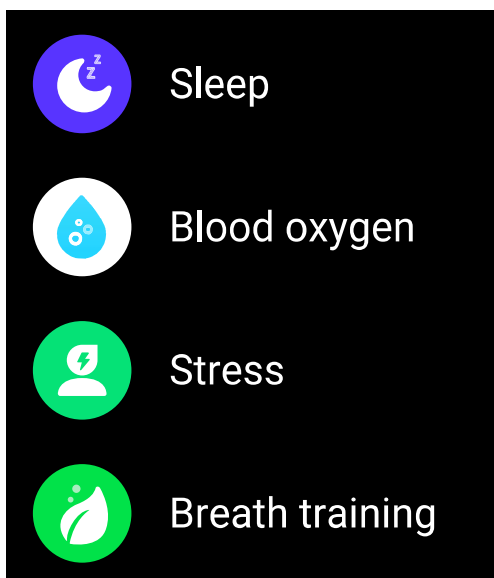
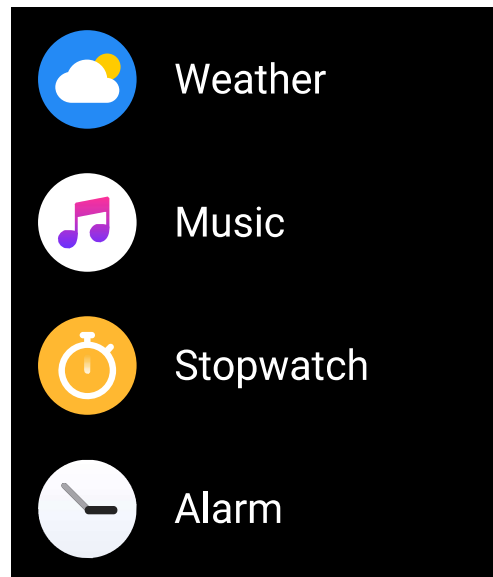
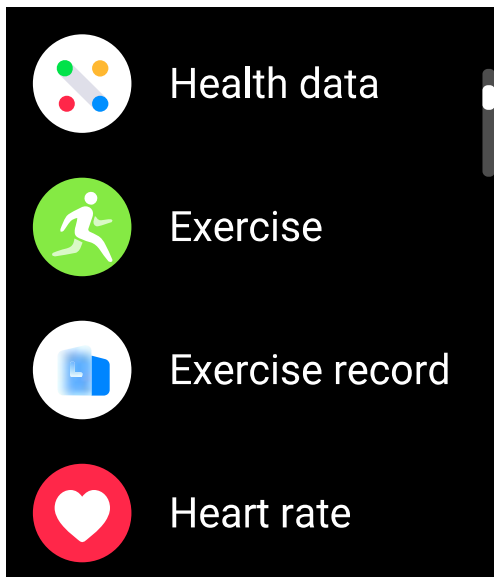
## Notes:

- \* During binding process, VeryFit will prompt you to enable GPS and Bluetooth, and authorize VeryFit 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 ID207 mini in the built-in Bluetooth in your mobile phone after binding.

# FUNCTIONS

---

Push the crown to enter menu



# FUNCTIONS

---



Keep track of  
your daily steps



Keep track of  
your daily  
distance



Keep track of  
your daily  
calories burnt



Get notifications  
and read  
messages



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



Get to know your  
blood oxygen  
situation



Wear your  
smartwatch at  
night to record  
your sleep



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



See the current  
temperatue and  
conditions for  
the day

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

# WATCH FACE

## Built-in

Choose one from the 3 built-in watch faces



Step, Calory, Km/Mile



Step

Date chosen one from 7 languages:

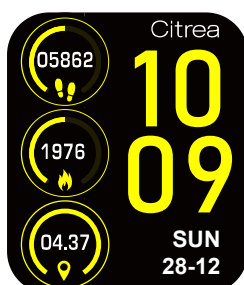
English, Spanish, German, Italian, French, Swedish, Japanese

## Cloud (Date supported only in English)

Download one from VeryFit App



Step, Calory



Step, Calory, Km/Mile



Step, Calory



Step, Calory, Km/Mile



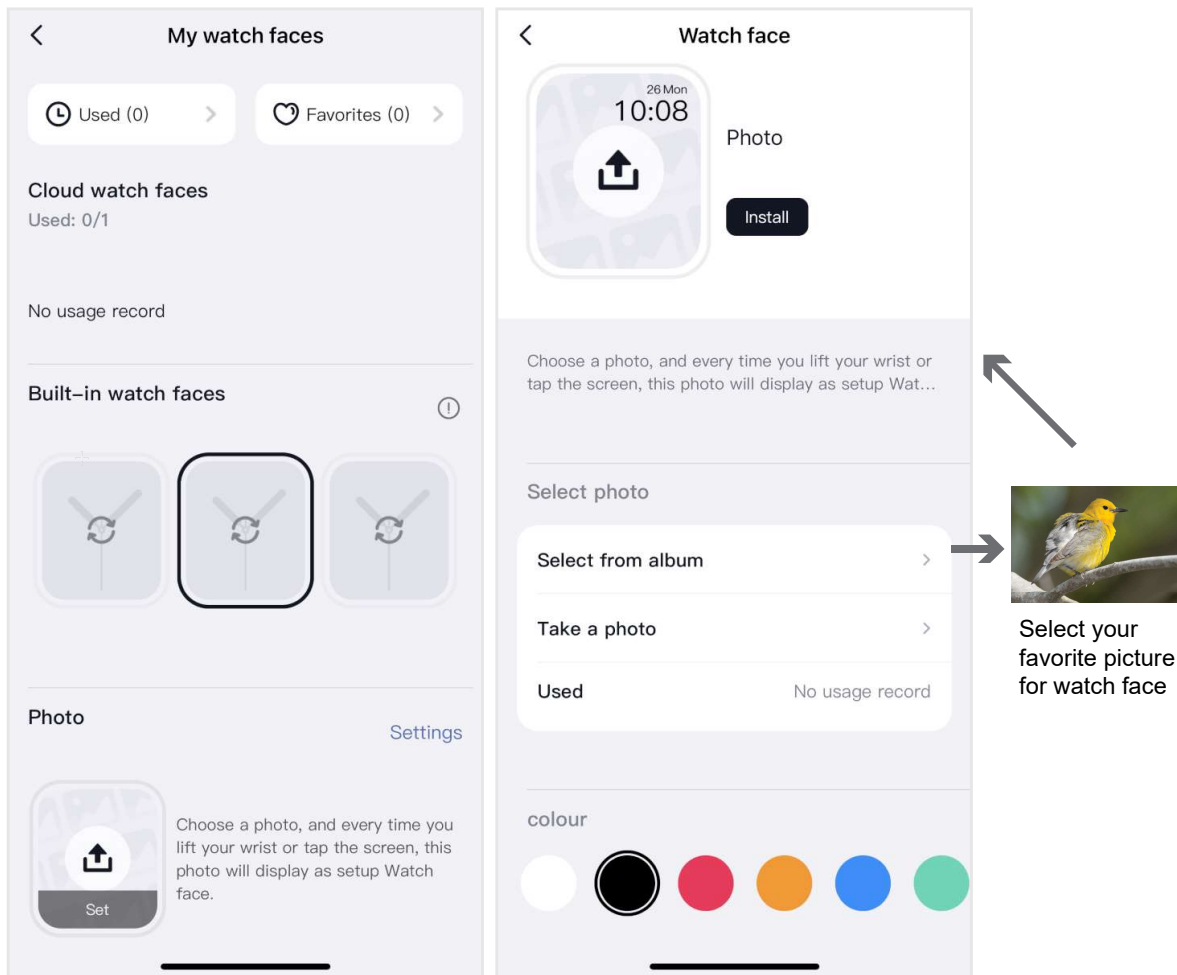
Step, Calory, Km/Mile

Note: For more Cloud Watch Face, please check VeryFit software of the mobile phone.



# WATCH FACE

Use a photo for watch face from VeryFit App



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

# PRODUCT SPECIFICATIONS

---

Model	X01A-001VY, X01A-002VY, X01A-003VY X01A-004VY, X01A-005VY, X01A-006VY
Screen	1.5 inch TFT-LCD, Full Screen Touch
Case Size	34.5mm x 41.0mm
Strap Width	20.0mm
Product Weight	30g
Water Resistant	3 BAR
Operating Temperature	0°C~45°C
Range of Charging Temperature	10°C~45°C
Rechargeable Battery Life	6~8 days
Charging Time	About 2 hours
Charging Voltage	5V±0.2V
Bluetooth Version	Bluetooth 5.1
Maximum Output Power	4dBm(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.
- Temporary Alert : In case unexpected conditions are detected, this indication might appear. Smartwatch will resume after a while.

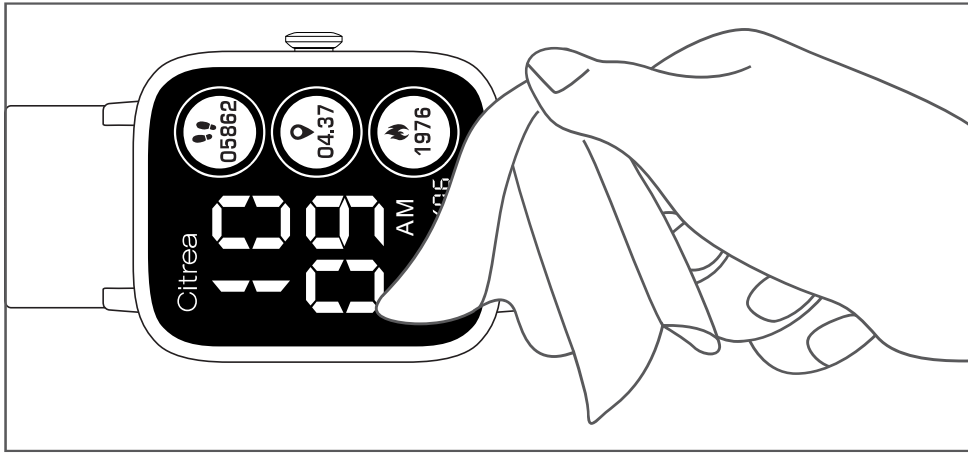


Note : This indication is displayed together with number.  
i.e., -5

- The Bluetooth<sup>®</sup> 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 VeryFit 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> Settings >  
Restart

Restore factory settings: Connect the smartwatch  
Function > Settings > Reset  
Resetting will erase all you data.

# 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: VeryFit >  >

Questions and Suggestions > Type of problem 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, blood oxygen and calories, but may not be completely accurate.

The device, accessories, heart rate sensors, blood oxygen monitor 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 and blood oxygen data are 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 legally available in some countries or regions.

- 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

6-1-12, Tanashi-cho, Nishi-Tokyo-shi,

Tokyo 188-8511, Japan

MA-X01A