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Quican W16P

Quican Smart Watch User Manual

Model: W16P
Brand: Quican

1. INTRODUCTION

Welcome to the Quican Smart Watch user manual. This guide provides comprehensive instructions for setting up, operating, and maintaining your new smart watch. Designed for both men and women, this device is compatible with iOS and Android phones, offering a wide range of features including fitness tracking, health monitoring, communication capabilities, and smart assistant integration.



Figure 1: Quican Smart Watch (Model W16P)

2. WHAT'S IN THE BOX

Upon opening your Quican Smart Watch package, please ensure all the following items are present:

- Quican IDW16 Smart Watch (with band)
- Smart Watch Magnetic Charging Cable
- Product Manual (this document)

Everything you need in a box



IDW16 Smartwatch*1



Smart Watch
Magnetic Charger x1



IDW16 Smart Watch
Operation Manual

Thanks for purchasing this product.
Please read this Manual carefully before use.

Product Manual×1



SMART WATCH

DO SPORTS



Figure 2: Package Contents

3. INITIAL SETUP

3.1 Charging the Device

Before first use, fully charge your smart watch. Connect the magnetic charging cable to the charging points on the back of the watch. Plug the USB-A end of the cable into a compatible USB power adapter (not included) or a computer USB port. The watch screen will indicate charging status.

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Video 1: Quican Smartwatch for men women - Demonstrates charging and basic features.

3.2 Connecting to the VeryFit App

To unlock the full potential of your Quican Smart Watch, download and connect it to the VeryFit app on your smartphone. The app is available on both the Google Play Store (for Android) and the Apple App Store (for iOS). Search for "VeryFit" (not VeryFitPro).

1. Scan the QR code in your user manual or search for "VeryFit" in your phone's app store.
2. Install the app and open it.
3. Follow the on-screen instructions to create an account or log in.
4. Enable Bluetooth on your smartphone and allow the app to access location services if prompted.
5. In the VeryFit app, navigate to the device pairing section and select your Quican Smart Watch (Model W16P) from the list of available devices.
6. Confirm the pairing on both your watch and the app.

Once connected, you can synchronize data, customize settings, and manage notifications directly from the app.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

The Quican Smart Watch features a responsive 1.95-inch HD touchscreen display for intuitive navigation. Use the side button for power on/off and to return to the main screen.

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different data screens.
- **Tap:** Select an item or confirm an action.
- **Long Press:** Used for specific functions like turning on/off or changing watch faces.

Unique And Stylish Gift Options



Figure 3: Large 1.95" HD Display

4.2 Making and Receiving Calls

With Bluetooth 5.3 connectivity, you can make and receive calls directly from your wrist, provided your watch is connected to your smartphone.

- **To Make a Call:** Navigate to the "Phone" option on your watch, use the dial pad to enter a number, or select a contact from your synchronized phonebook.
- **To Receive a Call:** When a call comes in, the watch will vibrate and display the caller ID. Tap the green icon to answer or the red icon to decline.

Bluetooth Phone Calls

Bluetooth 5.3 for more reliable calling.



Figure 4: Bluetooth Phone Calls

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Video 2: How to use smartwatch - Demonstrates various functions including calls and notifications.

4.3 Message Notifications

Stay connected by receiving notifications for SMS, Email, and various social media apps (SNS) directly on your watch. The watch will vibrate to alert you to new messages, ensuring you don't miss important information.



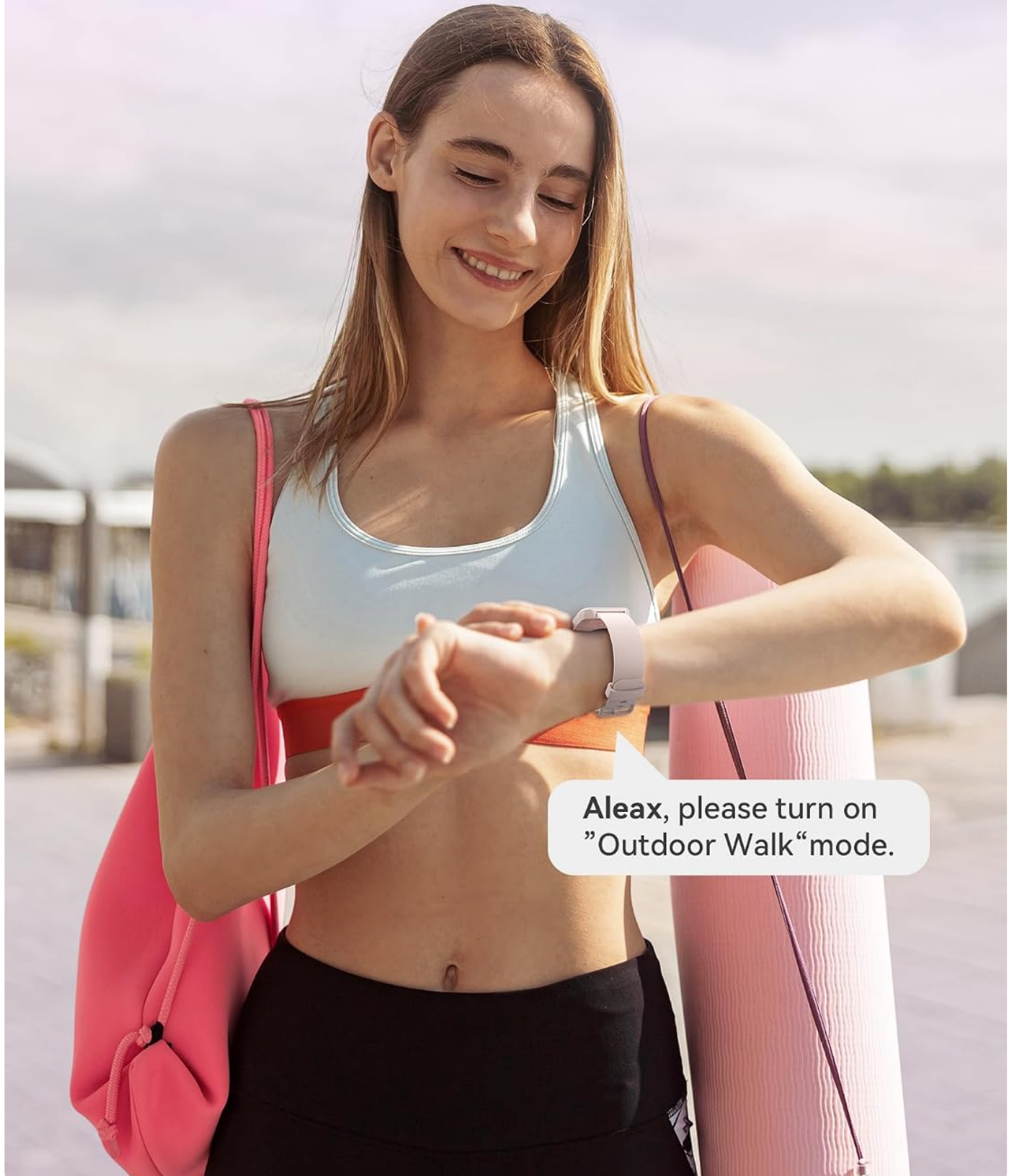
Figure 5: Message Notification Function on Wrist

4.4 Alexa Voice Assistant

Your Quican Smart Watch comes with Alexa built-in, allowing you to ask for news, weather updates, set alarms, and control smart home devices with your voice.

Aleax Voice Control

Your daily assistant.



Aleax, please turn on
"Outdoor Walk" mode.

Figure 6: Alexa Voice Control

4.5 Customizing Watch Faces

Personalize your smart watch with over 100 personalized dials and customizations available through the VeryFit app. You can choose from a variety of pre-designed faces or even upload your own photos.

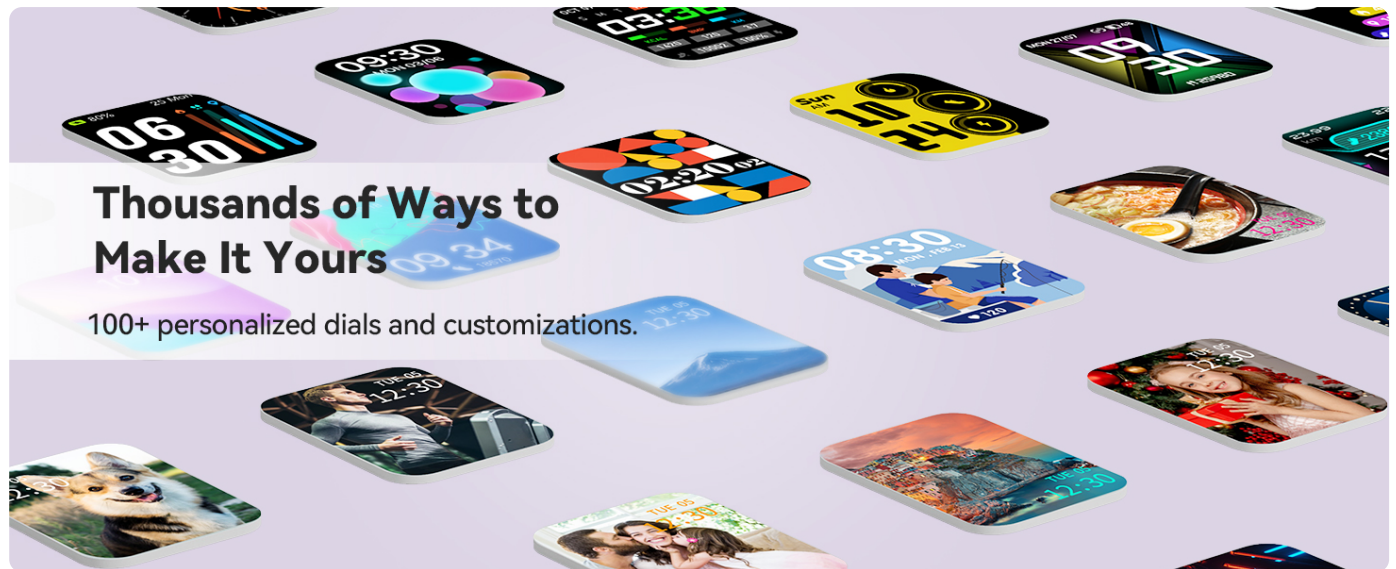


Figure 7: Thousands of Ways to Make It Yours

5. HEALTH MONITORING

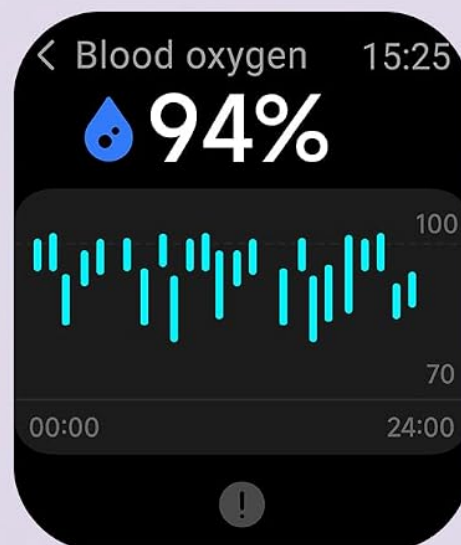
The Quican Smart Watch is equipped with advanced sensors to continuously monitor your health metrics 24/7.

5.1 Heart Rate, Blood Oxygen (SpO2), and Stress Level

Monitor your heart rate, blood oxygen saturation, and stress levels throughout the day. The watch provides real-time data and historical trends in the VeryFit app, helping you stay aware of your physical condition.

24-hour Health Tracking

Heart Rate & Blood-Oxygen & Stress Level.



24H Heart
Rate



Blood-Oxygen
Saturation



Stress
Level

Figure 8: 24-hour Health Tracking

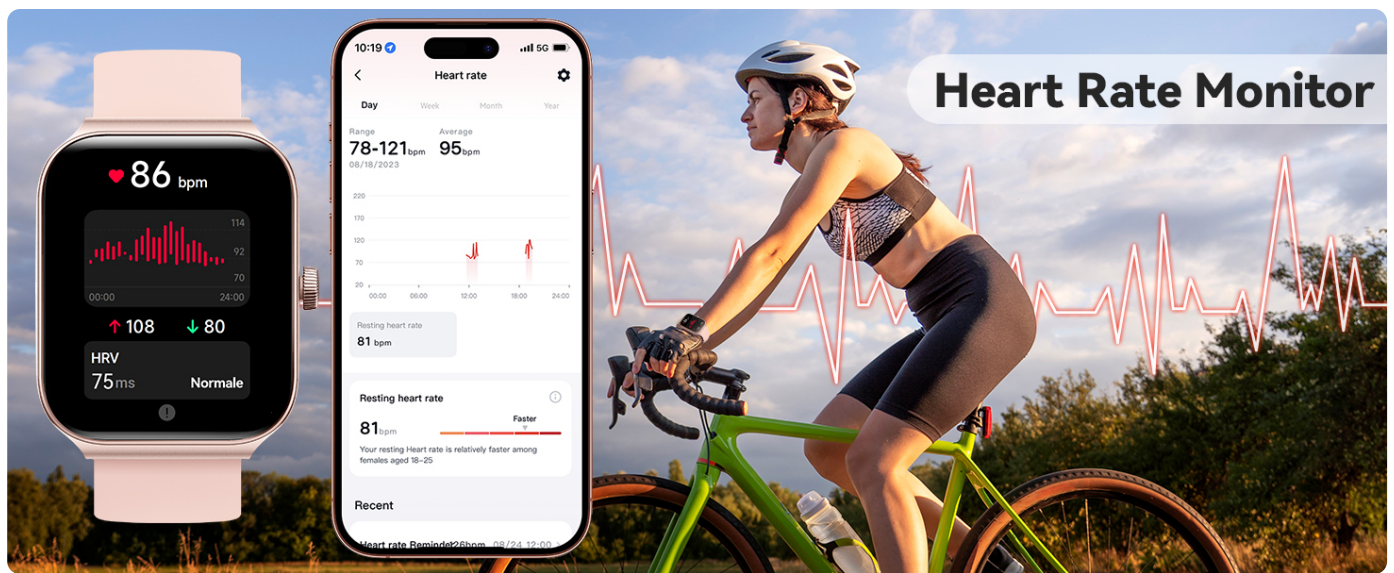


Figure 9: Heart Rate Monitor

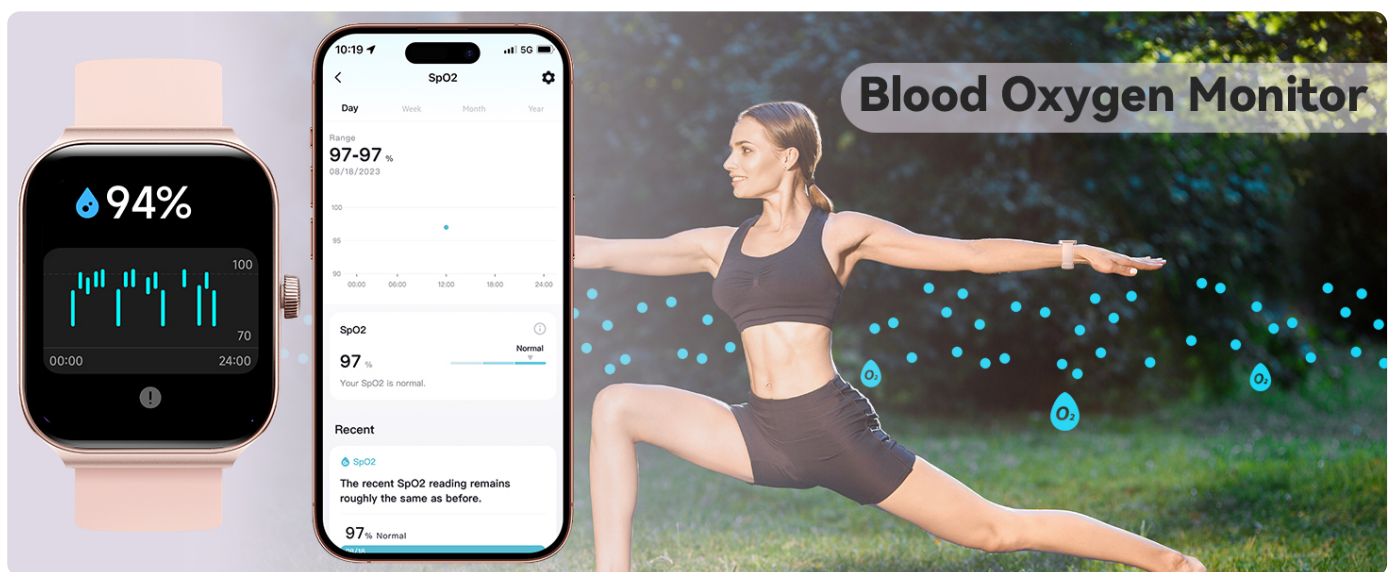


Figure 10: Blood Oxygen Monitor

5.2 Sleep Tracking

Understand your sleep patterns with detailed sleep tracking. The watch monitors your sleep duration, light sleep, deep sleep, and awake times, providing insights into your sleep quality.

Sleep Data Monitor

Make yourself familiar with your sleep quality.



Wake



Deep Sleep



Light Sleep



Figure 11: Sleep Data Monitor



Figure 12: Sleep Monitor

5.3 Body Energy Monitoring & HRV

Track your body's energy levels and Heart Rate Variability (HRV) to understand your physical state and prevent overexertion. This data helps you manage your daily activities and recovery.

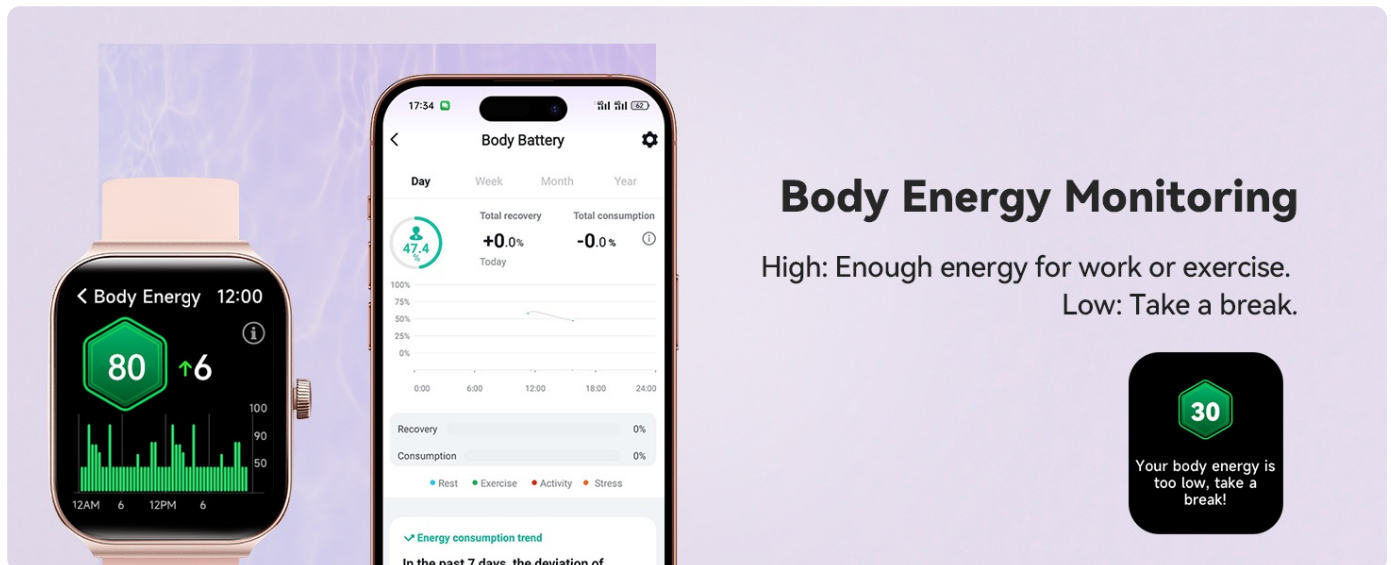


Figure 13: Body Energy Monitoring

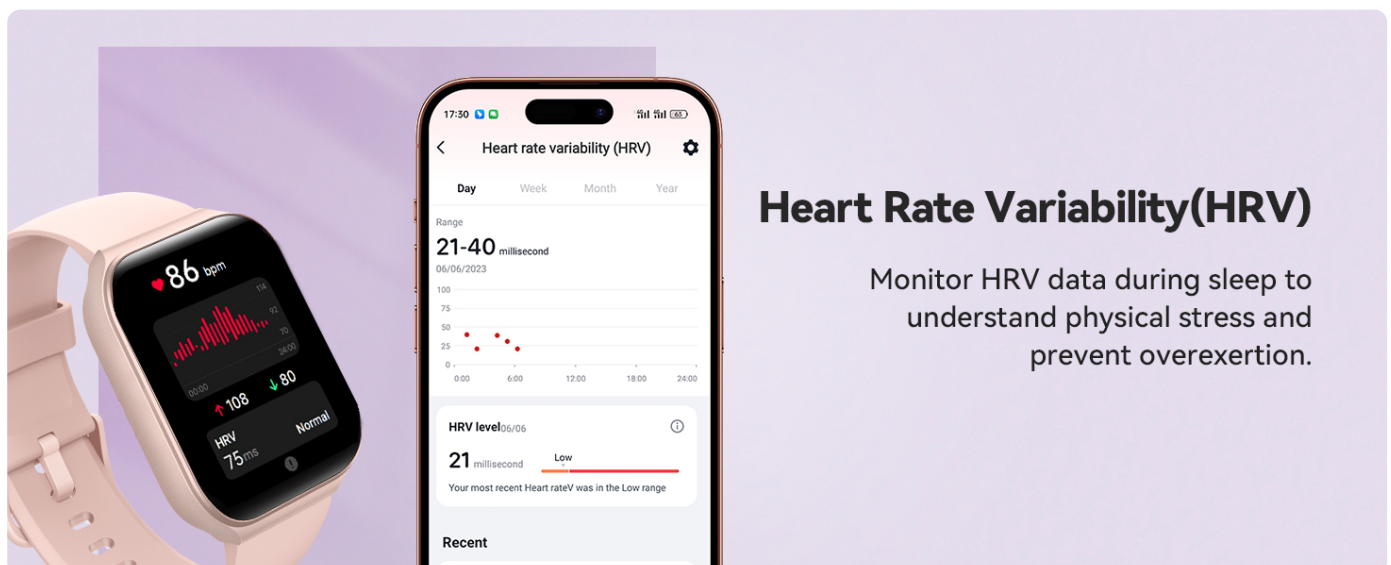


Figure 14: Heart Rate Variability (HRV)

5.4 Respiratory Rate Monitoring

Gain a better understanding of your breathing health during sleep with respiratory rate monitoring.



Figure 15: Respiratory Rate Monitoring

6. FITNESS TRACKING & SPORTS MODES

The Quican Smart Watch supports over 100 sports modes, allowing you to accurately record your data in real-time for various activities. It tracks steps, distance, and calories burned.

Professional Daily Fitness Smartwatch

99+ sports modes, record your data in real time.

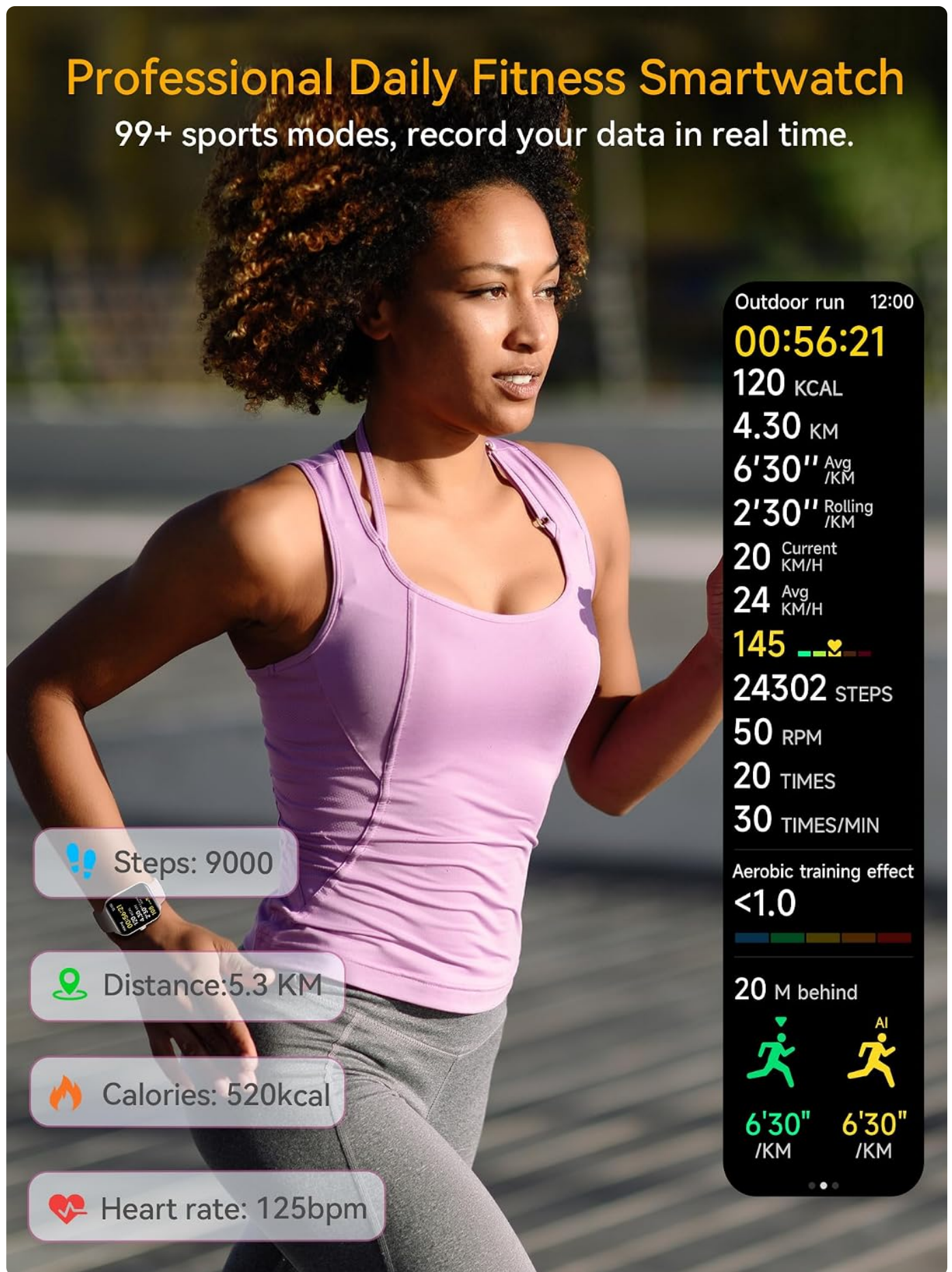


Figure 16: Professional Daily Fitness Smartwatch

Exercise Tracking and Automatic Recognition

Support 100 sports modes, chase more goals.



Figure 17: Exercise Tracking and Automatic Recognition (100+ Sports Modes)

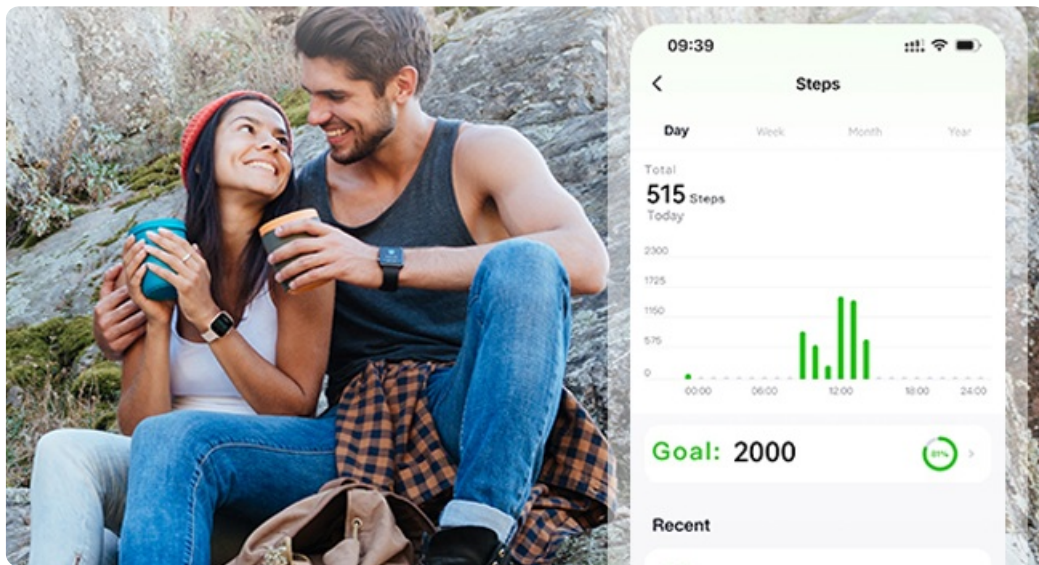


Figure 18: Steps Tracking

7. BATTERY LIFE

Enjoy extended usage with the Quican Smart Watch's long-lasting battery. A single 2.5-hour charge provides up to 7 days of average usage, 30 days of standby time, and 20 days in power-saving mode.

Powerful Battery Life



7-10 Days
Average Usage



30 Days
Standby Time



20 Days
Power-saving Mode



Figure 19: Powerful Battery Life

8. WATER RESISTANCE

The Quican Smart Watch is IP68 waterproof and dustproof, making it suitable for daily swimming, showering, and dishwashing. Avoid exposure to salt water, saunas, or hot water showers to maintain its integrity.

Easy to Read Large 1.95" HD Display

Edge-to-edge, even clear visibility in sunlight.



5-Level Brightness



Figure 20: IP68 Waterproof & Dustproof

9. MAINTENANCE

9.1 Cleaning Your Smart Watch

Regularly clean your watch and band to prevent skin irritation and maintain device performance. Use a soft, damp cloth to wipe the screen and band. For stubborn dirt, a mild soap solution can be used, followed by thorough rinsing and drying.

9.2 Replacing the Watch Band

The Quican Smart Watch supports interchangeable 22mm wide bands, allowing for personalization or replacement if the original band is damaged. To replace the band, locate the quick-release pins on the underside of the watch where the band connects to the watch body. Slide the pin to detach the band, then align the new band and slide the pin back into

place until it clicks securely.

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Video 3: How to replace the band, suitable for 22mm wide bands.

10. TROUBLESHOOTING

If you encounter any issues with your Quican Smart Watch, please refer to the following common solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Long press the side button to power it on.
- **Cannot connect to app:** Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and your phone, then try pairing again through the VeryFit app.
- **Inaccurate data:** Ensure the watch is worn snugly on your wrist, about one finger's width above your wrist bone. Keep the sensors clean.
- **Notifications not appearing:** Check app notification settings on your phone and within the VeryFit app to ensure they are enabled for the desired applications.

For further assistance, please contact Quican customer support.

11. SPECIFICATIONS

Feature	Detail
Model Number	W16P
Product Dimensions	2.83 x 5.59 x 0.87 inches
Item Weight	1.46 ounces
Screen Size	1.95 Inches
Operating System	Android (Compatible with iOS & Android)
Connectivity Technology	Bluetooth
Water Resistance	IP68 Waterproof
Battery Life	Up to 7 days (average usage)
Special Features	Work with Alexa, Bluetooth Call Make/Answer, Heart Rate/SpO2/Sleep/Stress Monitor, 105+ Sports Modes, Pedometer/Calories/Distance Record, Alarm Clock, Message Notification, Music Control

12. WARRANTY & SUPPORT

Quican is committed to providing high-quality smartwatches and excellent customer service. Your Quican Smart Watch comes with a **365-day warranty**. For any inquiries, technical support, or warranty claims, please refer to the contact information provided in your warranty card or visit the official Quican website.

You can also find additional support and resources via the official [Quican Store on Amazon](#).

For a quick overview of the watch's features, you may refer to this video:

Your browser does not support the video tag.

Video 4: Go with Quican IDW16 Smartwatch - A brief overview of key features.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

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