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› Quican Smartwatch IDW208 Plus User Manual

## Quican IDW208 Plus

# Quican Smartwatch IDW208 Plus User Manual

Model: IDW208 Plus | Brand: Quican

## INTRODUCTION

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This user manual provides comprehensive instructions for the Quican Smartwatch IDW208 Plus. It covers setup, operation, fitness tracking, health monitoring, and troubleshooting. Please read this manual thoroughly to ensure proper use and to maximize your experience with the device.

## PACKAGE CONTENTS

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Upon opening your Quican Smartwatch package, please verify that all the following items are included:

- Quican Smartwatch IDW208 Plus x 1
- Charging Cable x 1
- User Manual x 1



Image: The Quican Smartwatch IDW208 Plus, its charging cable, and the user manual, as typically found in the product packaging.

## SETUP GUIDE

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### 1. Charging the Smartwatch

Before initial use, fully charge your smartwatch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. A full charge takes approximately 2.5 hours.

# Long Battery Power Smart Watch



Long Battery Life

**7 Days**



Charging Time

**2.5 hours**



iOS 9.0+



Android 6.0+



Bluetooth 5.3

Image: The smartwatch connected to its magnetic charging cable, illustrating the charging process.

## 2. Downloading the "Veryfit" App

The Quican Smartwatch requires the "Veryfit" app for full functionality and data synchronization. Download the app from your smartphone's app store (App Store for iOS or Google Play Store for Android).

1. Open your smartphone's app store.
2. Search for "Veryfit".
3. Download and install the app.

## 3. Pairing with Your Smartphone

Follow these steps to pair your smartwatch with the "Veryfit" app via Bluetooth:

1. Ensure your smartwatch is charged and powered on.
2. Enable Bluetooth on your smartphone.
3. Open the "Veryfit" app on your smartphone.
4. In the app, navigate to the "Device" section and select "Add Device".
5. The app will search for nearby devices. Select "IDW208 Plus" from the list. You may need to scan a QR code displayed on the smartwatch screen to initiate pairing.

6. Confirm the pairing request on both your smartphone and the smartwatch.

## 7-day Battery Power Smart Watch

Enjoy a Convenient Smart Life



- Health Monitor
- Activity Fitness Tracker
- Alexa Voice Assistant
- Bluetooth Call & Notification Intelligence
- 1.8 Inches Touch Screen
- IP68 Waterproof
- Lightweight Design

Image: Visual guide for downloading the "Veryfit" app and connecting the smartwatch via Bluetooth, showing phone screens and watch display during the pairing process.

## 4. Initial App Configuration

After successful pairing, the "Veryfit" app will guide you through initial settings, such as personal profile (age, height, weight), notification preferences, and health monitoring settings. Ensure you grant necessary permissions for the app to function correctly.

## OPERATING THE SMARTWATCH

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### Basic Navigation

The Quican Smartwatch features a 1.8-inch HD touchscreen and a side button for navigation:

- **Touchscreen:** Swipe up, down, left, or right to navigate through menus and screens. Tap to select an option.
- **Side Button:** Press to return to the home screen or wake the device. Long press for power options.

## Color Touchscreen Smartwatch for Android-iOS

1.8 inch Larger and Easier to Navigate



Fits the Wrist Size from 6.3-9.06 Inches



Replacement Band Fit for 22 mm



Image: The smartwatch display, highlighting its 1.8-inch size and showing typical information like time, steps, and heart rate. Also includes wrist size compatibility.

### Communication Features

- **Making/Answering Calls:** Once paired, you can make and answer Bluetooth calls directly from your smartwatch. Access the call interface from the main menu.
- **Notifications:** Receive SMS, social media (e.g., Instagram, Facebook), and other app notifications directly on your watch. (Note: Messaging or text responses are not supported directly from the watch).



## Benefits of Stress Monitor Features for Smartwatches

**Improved Stress Response:** With the **Stress Monitor** feature, users can learn how their body responds to different stressors. By tracking stress levels over time, individuals develop a deeper awareness of their stress response patterns which can enable individuals to proactively manage stress through relaxation techniques, mindfulness practices, or other stress-reducing activities to regulate stress. This leads to **improved resilience and better-coping mechanisms in high-stress situations.**

Image: Smartwatch screens showing an incoming call from "Selena" and a Facebook message notification, demonstrating its communication features.

### Smart Features

- **Alexa Integration:** Built-in Alexa allows you to use voice commands for weather forecasts, setting alarms, controlling smart home devices, and more. Simply activate Alexa on your watch and speak your command.
- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks) directly from your smartwatch.
- **Camera Remote:** Use your smartwatch as a remote shutter for your smartphone's camera.
- **Find Phone:** If your phone is within Bluetooth range, use this feature to make your phone ring, helping you locate it.
- **Watch Faces Customization:** Choose from over 110 customizable watch faces via the "Veryfit" app, or set your favorite photo as the watch face.

# ALEXA BUILT-IN

This device has been certified by Amazon for its built-in Alexa functionality, providing a voice-forward experience to **play music, read news, control other smart home devices,** and more.

Alexa, What is the weather like tomorrow?

Listening...



Image: A user interacting with the smartwatch, demonstrating the Alexa voice assistant feature by asking about the weather.

- Heart Rate
- Stress Monitoring
- Blood Oxygen
- Sleep Tracking
- Breathing Training
- Women's Health

## Benefits of Blood Oxygen Monitor Features for Smartwatches

The Blood Oxygen Monitor feature, also known as SpO2 monitoring, smartwatches can provide users with instant insights into their blood oxygen levels. The ideal range for blood oxygen saturation level is typically considered to be between 95% and 100%. This means that the blood is carrying a high level of oxygen, ensuring proper oxygen delivery to tissues and organs throughout the body. It's important to note that individual variations may exist, and certain medical conditions may require specific target ranges.

Measurement results are for reference only, do not take them as the basis for medical diagnosis. If you have concerns about your blood oxygen levels, it is recommended to consult with a healthcare professional for personalized guidance.



Image: Two smartwatch screens illustrating the camera remote function and music playback controls.

Heat Rate

Stress Monitoring

Blood Oxygen

Sleep Tracking

Breathing Training

Women's Health

## The Benefits of Sleep Tracker Feature for Smartwatches:

The Sleep Tracker can differentiate between different sleep stages, **including light sleep, deep sleep, REM (Rapid Eye Movement) sleep**, and wakefulness. By accurately identifying these stages, the tracker provides a detailed analysis of the overall sleep architecture. Empowers users to take control of their sleep health, leading to improved sleep patterns, enhanced daytime performance, and better overall physical and mental well-being. Motivates individuals to make healthier lifestyle choices regarding sleep.

Image: A collage of smartwatch screens showing various smart features: weather forecast, alarm clock, drinking reminder, and the 'Find Your Phone' function.

## FITNESS TRACKING

The Quican Smartwatch is equipped with advanced sensors to track your physical activity and support your fitness goals.

- **120 Sports Modes:** The watch supports over 120 sports modes, including running, walking, hiking, yoga, and more. Select your activity to accurately monitor exercise time, steps, distance, and calories burned.
- **Activity Tracking:** Automatically tracks daily steps, distance covered, and calories burned, providing a comprehensive overview of your activity levels.
- **IP68 Waterproof:** The smartwatch is IP68 rated, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, including hand washing and rain exposure, but not recommended for swimming or diving.

Heat Rate

Stress Monitoring

Blood Oxygen

Sleep Tracking

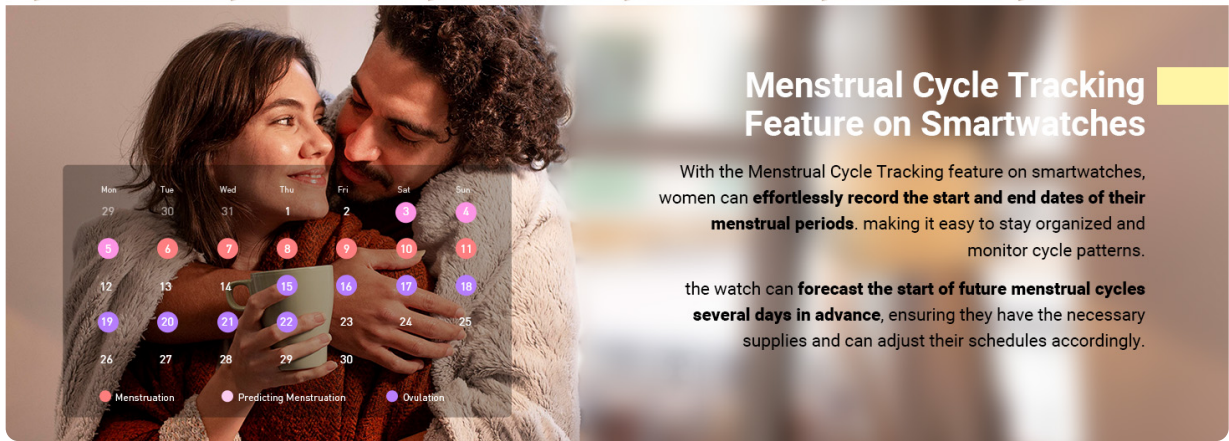
Breathing Training

Women's Health

## The Benefits of Breathing training Feature for Smartwatches:

Engaging in 1-minute inhalation and exhalation training can activate the body's relaxation response, helping to lower stress levels. **By focusing on slow and controlled breaths, individuals can effectively manage their stress response, promoting a sense of calm and relaxation.** Deep breathing exercises assist in regulating heart rate and respiratory rate, making them more steady and regular.

Image: A man running, with an overlay of the smartwatch displaying activity tracking metrics like calories, distance, and laps, alongside icons representing various sports modes.



## Menstrual Cycle Tracking Feature on Smartwatches

With the Menstrual Cycle Tracking feature on smartwatches, women can **effortlessly record the start and end dates of their menstrual periods**, making it easy to stay organized and monitor cycle patterns.

the watch can **forecast the start of future menstrual cycles several days in advance**, ensuring they have the necessary supplies and can adjust their schedules accordingly.

Image: The smartwatch shown in different outdoor scenarios (running, cycling, hiking), emphasizing its IP68 waterproof and dust-resistant capabilities.

## HEALTH MONITORING

The Quican Smartwatch provides comprehensive health monitoring features to help you stay informed about your well-being.

- **Heart Rate Monitor:** Continuously monitors your heart rate throughout the day. This data helps you understand your cardiovascular health and optimize exercise intensity.
- **Stress Monitoring:** Tracks your stress levels, providing insights into your body's response to different stressors.
- **Blood Oxygen (SpO2) Monitor:** Measures your blood oxygen saturation levels, an important indicator of respiratory health.
- **Sleep Tracking:** Analyzes your sleep patterns, including light sleep, deep sleep, and REM sleep, to help you improve sleep quality.
- **Breathing Training:** Guided breathing exercises to help manage stress and promote relaxation.
- **Female Menstrual Cycle Tracking:** Allows women to record and track their menstrual periods, predict future cycles, and manage their health accordingly.

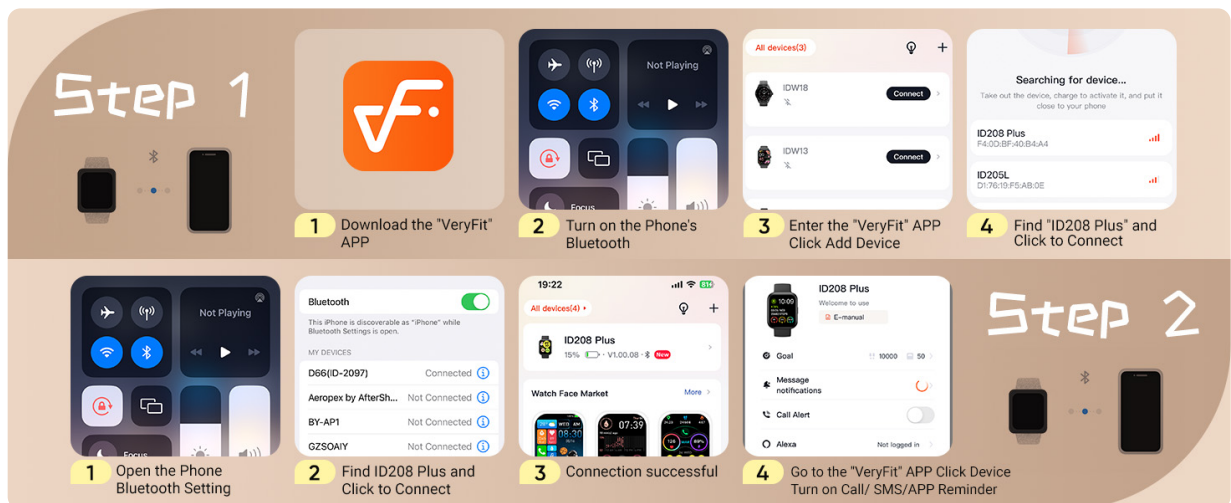


Image: The smartwatch showing real-time heart rate data, accompanied by text explaining the benefits of 24/7 heart rate monitoring for health and exercise optimization.



## 1.8 Inches Touch Screen Women's and Men's Square Faces Smartwatches

Ideas Gifts for Family and Friends

Image: The smartwatch displaying stress level data, with text detailing how stress monitoring can improve resilience and coping mechanisms.



Image: The smartwatch displaying blood oxygen saturation (SpO2) levels, with accompanying text explaining the importance of these measurements.



Image: The smartwatch displaying sleep tracking data, with text describing how it helps identify sleep stages and improve overall well-being.



**Camera Remote**



**Music Control**

Image: The smartwatch showing a breathing exercise interface, with text explaining how breathing training activates relaxation and manages stress.



## Android & iOS Bluetooth Fitness Tracker Smartwatch

Stay Sync and Contact

Image: The smartwatch displaying a menstrual cycle tracking calendar, with text explaining how it helps women record and predict their cycles.

## BATTERY LIFE & CHARGING

The Quican Smartwatch IDW208 Plus is designed for extended use:

- **Battery Life:** Up to 7 days of typical usage, and up to 30 days in standby mode.
- **Charging Time:** Approximately 2.5 hours for a full charge.



## Waterproof Multifunctional Fitness Smart Watch

Compatible with Android-iOS  
Comes in 6 Colors

Rose Purple

Dark Blue

Pale Green

Galaxy Black

Ivory White

Baby Pink

Image: A diagram of the smartwatch emphasizing its 7-day battery life, 2.5D glass technology, advanced optical sensors, and replaceable silicone strap.

## SPECIFICATIONS

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| Feature          | Detail   |
|------------------|--|
| Model Number     | IDW208 Plus  |
| Display Size     | 1.8 Inches   |
| Connectivity     | Bluetooth 5.3  |
| Battery Capacity | 300 mAh Lithium Polymer  |
| Battery Life     | Up to 7 days (typical usage), 30 days (standby)  |
| Charging Time    | Approx. 2.5 hours  |
| Water Resistance | IP68   |
| Compatibility    | iOS 9.0+ / Android 6.0+  |
| Item Weight      | 1.38 ounces (39 grams)   |
| Dimensions       | 10.7 x 3.5 x 0.7 inches  |
| Special Features | Built-in Alexa, Bluetooth Call Make/Answer, Heart Rate/SpO2/Sleep/Stress Monitor, 120 Sports Modes, Customizable Dials, Music/Camera Control |

## TROUBLESHOOTING

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

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
- **Unable to pair with phone:**
  - Make sure Bluetooth is enabled on your phone and the watch is within range.
  - Restart both your phone and the smartwatch.
  - Ensure the "Veryfit" app is updated to the latest version.
  - Forget the device in your phone's Bluetooth settings and try pairing again through the app.
- **Notifications not appearing:**
  - Check notification permissions for the "Veryfit" app in your phone's settings.
  - Ensure the watch is connected via Bluetooth.
  - Verify that notification alerts are enabled within the "Veryfit" app for specific applications.

- **Inaccurate health data:**

- Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.
- Clean the sensor on the back of the watch.
- Note that health data is for reference only and should not be used for medical diagnosis.

- **Short battery life:**

- Reduce screen brightness.
- Limit continuous heart rate monitoring or frequent use of power-intensive features.
- Ensure the watch is fully charged each time.

## **WARRANTY AND SUPPORT**

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Quican provides a 5-year warranty for your smartwatch. If you experience any issues or require assistance, please contact Quican customer support. Refer to the contact information provided on the product packaging or the official Quican website for the most up-to-date support channels.

For additional resources, you may also refer to the official user guide PDF available online [Quican Smartwatch User Guide \(PDF\)](#)