

Quican IDW19

Quican IDW19 Smart Watch User Manual

Model: IDW19 | Brand: Quican

INTRODUCTION

This manual provides detailed instructions for the setup, operation, maintenance, and troubleshooting of your Quican IDW19 Smart Watch. Please read this manual thoroughly before using your device to ensure proper functionality and to maximize your user experience.



The Quican IDW19 Smart Watch, showcasing its primary functions including Bluetooth calling, Alexa voice assistant, and message notifications on a vibrant display.

WHAT'S IN THE BOX

Upon unboxing your Quican IDW19 Smart Watch, please verify that all the following components are included:

- Smartwatch Body ×1
- Smartwatch Band ×1
- Smartwatch Manual ×1
- Smartwatch Charging Cable ×1

Package Content and Size



An illustration detailing the contents of the Quican IDW19 Smart Watch package and the dimensions of the watch and strap.

SETUP

1. Initial Charging

Before first use, fully charge your Quican IDW19 Smart Watch. 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 typically takes approximately 2.5 hours.

2. App Download and Pairing

To unlock the full functionality of your smart watch, you need to download and pair it with the 'VeryFit' app on your smartphone.

1. **Download 'VeryFit' App:** Scan the QR code in the manual or search for 'VeryFit' in your phone's app store (App Store for iOS, Google Play Store for Android).
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Add Device:** Open the 'VeryFit' app, navigate to the 'Device' section, and click 'Add Device'.
4. **Connect to IDW19:** The app will search for nearby devices. Select 'IDW19' from the list to initiate the pairing process. Follow any on-screen prompts to complete pairing.


3. Bluetooth Call Function Setup

After successfully pairing the watch with the 'VeryFit' app, you need to enable the Bluetooth call function separately:

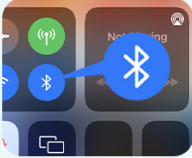
1. **Open Phone Bluetooth Settings:** Go to your smartphone's Bluetooth settings.
2. **Find 'IDW19':** Locate 'IDW19' in the list of available Bluetooth devices (it might appear as a second 'IDW19' connection for calls).
3. **Connect:** Tap on 'IDW19' to connect for call audio. Ensure it shows as 'Connected' or 'Paired'.
4. **Verify:** Once connected, you can use the watch to make and answer calls directly.

STEP 1

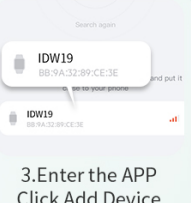
Download and Bundle "VeryFit"



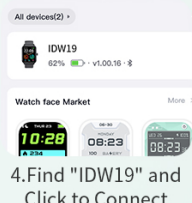
1. Download "VeryFit" App



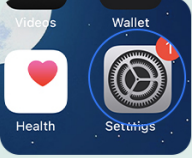
2. Turn on Bluetooth on your phone



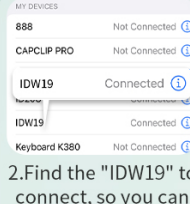
3. Enter the APP Click Add Device



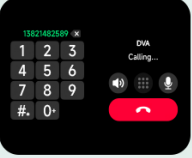
4. Find "IDW19" and Click to Connect



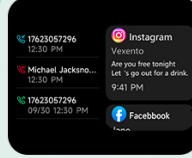
1. Open the phone Bluetooth Setting and keep it turned



2. Find the "IDW19" to connect, so you can make/answer calls



3. Normal Use the Bluetooth Call Function



4. Use more functions of smartwatches as needed

STEP 2

Call and other Functions

Visual instructions for the initial setup, including app download, pairing, and enabling the Bluetooth call feature.

OPERATING INSTRUCTIONS

1. Basic Navigation

The Quican IDW19 Smart Watch features a 1.8-inch HD touch screen for intuitive navigation. Swipe left, right, up, or down to access different functions and menus. The physical button on the side typically serves as a power button, back button, or to return to the home screen.

2. Customizing Watch Faces

The watch offers over 120 different styles of dials. You can customize your watch face through the 'VeryFit' app by uploading personal photos of family, pets, or scenery.



A selection of the 102+ colorful watch dials available for the IDW19 Smart Watch, including customizable options.

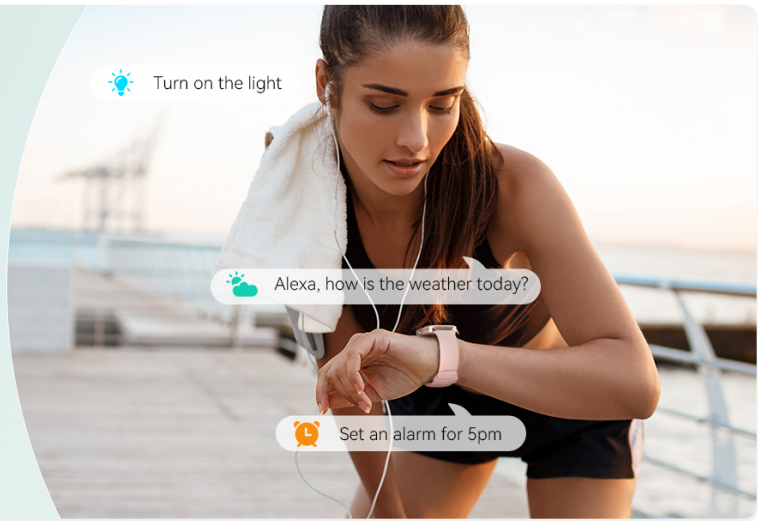
3. Alexa Voice Control

The IDW19 Smart Watch has Alexa built-in. Once connected to your phone and the 'VeryFit' app, you can use voice commands to:

- Inquire about news and weather.
- Set alarms and timers.
- Control smart home devices (if compatible).

Alexa Built-in Sports Watch

Make your daily life more convenient and simple with IDW19 Smartwatch



The Alexa Built-in Sports Watch feature, demonstrating voice commands for weather inquiries and alarm setting.

4. Bluetooth Calling

With Bluetooth 5.3, you can answer or make calls directly from your smart watch when your phone is within range. The watch features a built-in HD speaker. You can also view call history, frequent contacts, and use a dial-up pad on the watch.

Fitness Watch with Make and Answer Calls

Bluetooth 5.3 smartwatch for Android/iOS phones, you won't miss any messages or calls

Frequent Contacts Call History Dial Function

The fitness watch's capability to make and answer calls via Bluetooth 5.3, showing various call-related interfaces.

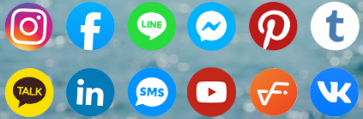
5. Message Notifications

The smart watch supports message reminders from various social media platforms such as SMS, Email, Facebook, WhatsApp, Instagram, Twitter, Telegram, and TikTok. All notifications are delivered via vibration. Please note that replying to messages directly from the watch is not supported.



Message Notification

The Quican fitness tracker watch supports most social media platforms such as Facebook, Instagram, Twitter, etc. (reply messages are not supported)



The message notification feature of the Quican fitness tracker watch, showing support for multiple social media platforms.

6. Sports Modes

The IDW19 Smart Watch supports over 120 sports modes, including walking, running, baseball, basketball, hiking, climbing, cycling, football, swimming, and yoga. It provides accurate exercise data such as steps, calories burned, and distance traveled, helping you to monitor and plan your fitness activities.

100+ Sport Modes Tracking

Fitness tracker built-in 20 kinds of regular motion modes 4 kinds of self-motion recognition. It can be expanded to 100 sports modes: walking, running, cycling, skipping rope, badminton and swimming etc.

The 100+ Sport Modes Tracking feature, illustrating the watch's ability to monitor various physical activities.

7. Health Monitoring

Equipped with 7 high-performance optical sensors, the watch continuously monitors key health metrics:

- **Heart Rate:** 24/7 heart rate monitoring.
- **SpO2 (Blood Oxygen):** Tracks blood oxygen levels.
- **Stress Level:** Monitors your stress levels throughout the day.
- **Sleep Tracker:** Records deep sleep, light sleep, and wakefulness patterns.
- **Activity Data:** Records daily steps, distances, and calories.

The watch also provides sedentary reminders and water drinking reminders to promote a healthy lifestyle.

Note: This device is not intended for medical use.

24-Hour Health Monitoring

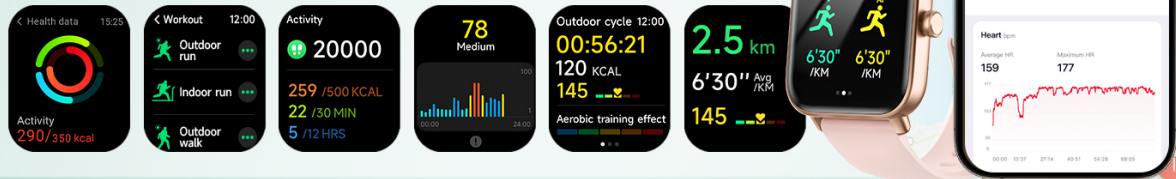
Monitor your heart rate, stress, and blood oxygen 24 hours a day, the IDW19 smartwatch for men and women is a great assistant for your healthy lifestyle



The 24-Hour Health Monitoring feature, displaying heart rate, SpO2, and stress level tracking.

All day Activity Data Recording

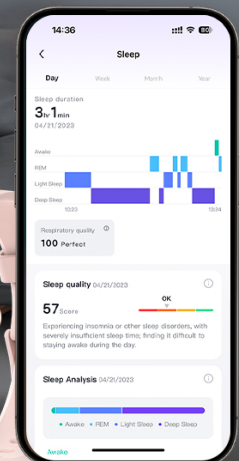
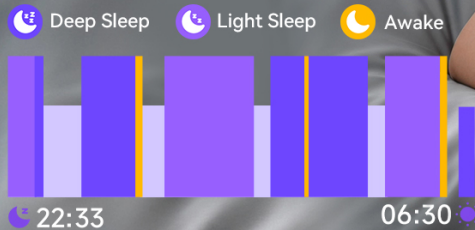
Monitor your exercise status 24 hours a day to help you better specify your exercise plan



All-day activity data recording, illustrating how the watch monitors exercise status and helps plan activities.

Sleep Monitoring

You Can Better Know Your Sleep Quality with DW19 Health Tracker



Sleep monitoring feature, providing insights into deep sleep, light sleep, and awake periods.

8. Women's Menstrual Health

The watch can record women's menstrual data, assisting in tracking cycles and preparing for pregnancy.



The Women's Menstrual Health tracking feature, showing cycle recording and prediction.

9. Other Features

The Quican IDW19 Smart Watch includes additional functionalities to enhance daily convenience:

- Weather forecasts
- Stopwatch and Timer
- Alarms
- Raise to wake screen
- Flashlight
- Music and Camera control
- Motion Recognition
- Breather guide
- Find phone functionality



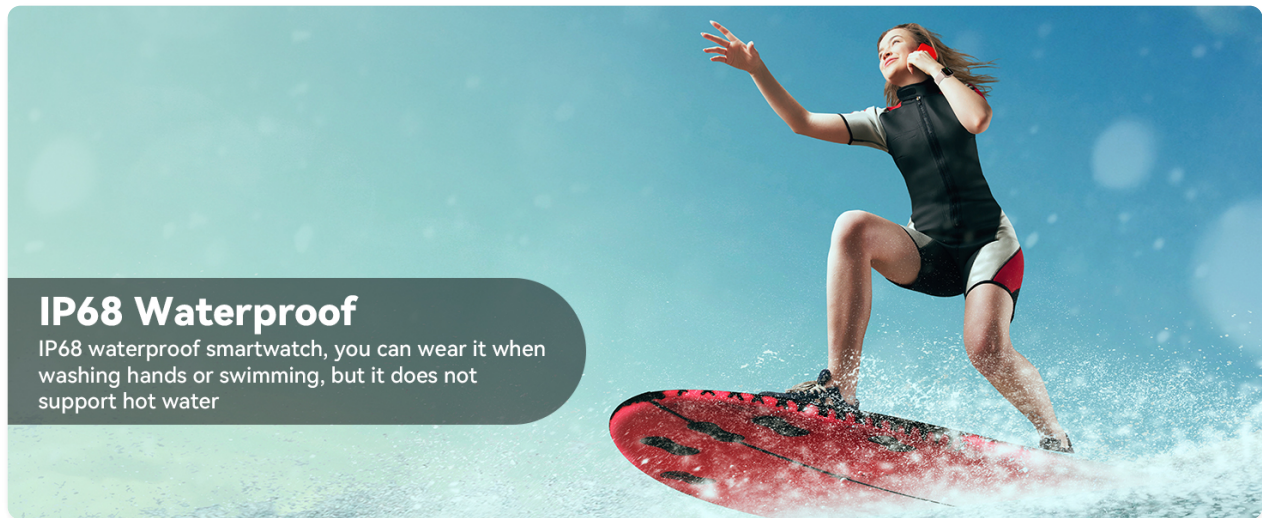
A visual representation of additional important functions such as drinking reminders, weather forecasts, camera and music control, breathing training, and the 'Find Your Phone' feature.

MAINTENANCE

1. Water Resistance (IP68)

The Quican IDW19 Smart Watch is IP68 waterproof, meaning it can be worn while washing hands, swimming,

or surfing. However, it is **not** suitable for hot water environments (e.g., hot showers, saunas) as steam can penetrate the seals and cause damage.



The IP68 Waterproof feature, indicating suitability for activities like swimming but cautioning against hot water exposure.

2. Cleaning

Regularly clean your smart watch and strap to prevent skin irritation and maintain device hygiene. Use a soft, damp cloth to wipe the watch body and strap. Avoid harsh chemicals or abrasive materials.

3. Battery Care

To prolong battery life:

- Avoid extreme temperatures.
- Charge the watch fully before first use.
- Do not leave the watch fully discharged for extended periods.



Information on the long battery life of the IDW19 Smart Watch, including capacity, usage duration, standby time, and charging time.

TROUBLESHOOTING

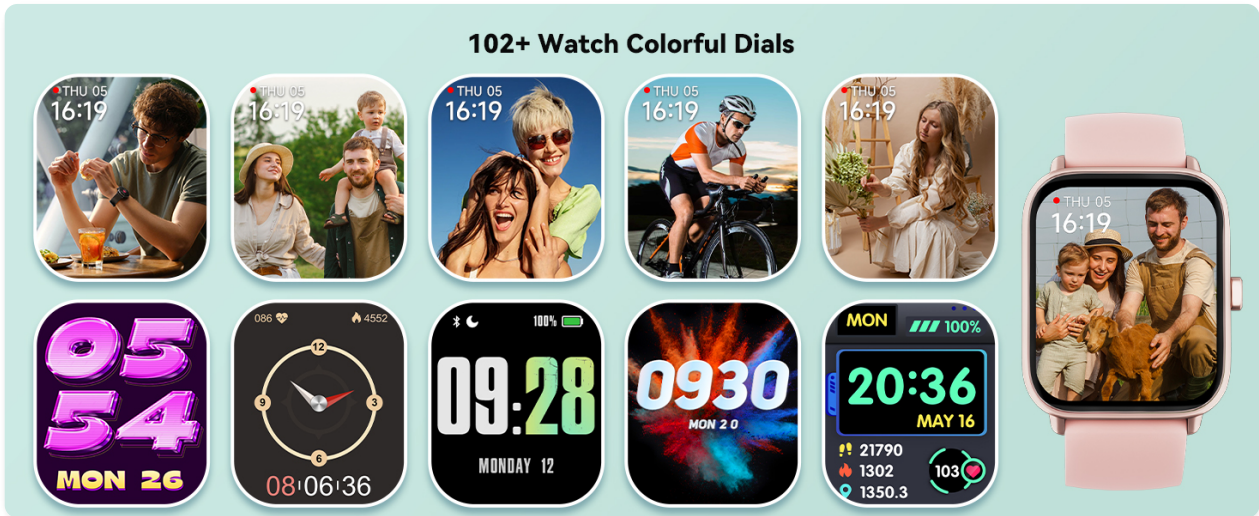
Problem	Possible Solution
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Problem	Possible Solution
Watch won't turn on	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Unable to pair with phone	Ensure Bluetooth is enabled on your phone. Restart both the watch and phone. Make sure the 'VeryFit' app is installed and open. Check if the watch is already paired with another device.
Bluetooth call not working	Verify that the watch is connected for calls in your phone's Bluetooth settings (a second 'IDW19' connection might be needed). Ensure the watch's volume is not muted.
Notifications not received	Check app notification permissions on your phone. Ensure the 'VeryFit' app is running in the background. Disable 'Do Not Disturb' mode on both the watch and phone.
Inaccurate health data	Ensure the watch is worn snugly on your wrist, about one finger's width from the wrist bone. Keep the sensor clean. Avoid excessive movement during measurements.

SPECIFICATIONS

Feature	Detail
Model Number	IDW19
Screen Size	1.8 Inches
Resolution	240 * 284 HD
Connectivity	Bluetooth 5.3
Battery Capacity	300 mAh Lithium Polymer
Normal Use Battery Life	3-7 Days
Standby Battery Life	30 Days
Charging Time	Approx. 2.5 Hours
Water Resistance	IP68
Item Weight	2.89 ounces (0.08 Kilograms)
Product Dimensions	9.8 x 1.5 x 0.45 inches
Compatibility	Android 6.0+ / iOS 9.0+

Feature	Detail
Special Features	Alexa Built-in, Bluetooth Call, Heart Rate/SpO2/Sleep/Stress Monitor, 120+ Sports Modes, Customizable Dials, Message Notifications, Music/Camera Control, Find Phone



Details of the 1.8-inch HD Touch Screen, including resolution, weight, and color options.

Compatible with more Smartphones

For iOS 9.0+ and Android 6.0+

iOS Devices








Andorid Devices




Google Pixel/Nexus. Microsoft. Huawei,Xiaami, HTC and More.



Compatibility information for the Quican IDW19 Smart Watch with various iOS and Android smartphone models.

WARRANTY AND SUPPORT

Quican offers a **5-year warranty** for the IDW19 Bluetooth Smart Watch. For any product-related issues, questions, or suggestions, please do not hesitate to contact Quican customer support. We are committed to responding within 24 hours to resolve your concerns and ensure your satisfaction.

For support, please refer to the contact information provided on the official Quican website or through your purchase platform.