

Quican IDW19

Quican Smartwatch IDW19 User Manual

Your comprehensive guide to getting started and maximizing your smartwatch experience.

1. INTRODUCTION

The Quican IDW19 Smartwatch is a versatile fitness tracker designed for both men and women, featuring Alexa Built-in, Bluetooth call functionality, and comprehensive health monitoring. This manual provides detailed instructions to help you set up, operate, and maintain your device, ensuring you get the most out of its advanced features.

2. WHAT'S IN THE BOX

Upon unboxing your Quican IDW19 Smartwatch, please ensure all the following items are present:

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

Ideal Gifts for Men and Women



Figure 2.1: Package Contents and Size Overview

3. SETUP GUIDE

3.1 Initial Charging

Before first use, fully charge your smartwatch. The device can be fully charged in approximately 2.5 hours. A full charge provides 7 days of normal use and up to 30 days of standby time.

More Important Functions



Figure 3.1: Battery Life and Charging Information

3.2 App Download and Connection

To unlock the full potential of your Quican IDW19 Smartwatch, you need to download and connect it to the **VeryFit** app (ensure it's not VeryFitPro).

1. **Download the App:** Scan the QR code provided in your smartwatch manual or on the product packaging, or search for "VeryFit" in your device's app store (Google Play Store for Android, Apple App Store for iOS).
2. **Install and Open:** Install the app and open it.
3. **Register/Log In:** Follow the on-screen prompts to register a new account or log in if you already have one. You

may need to input personal information for accurate health tracking.

4. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
5. **Pair Device:** Within the VeryFit app, navigate to the device pairing section and search for "IDW19". Select your watch to establish the connection.

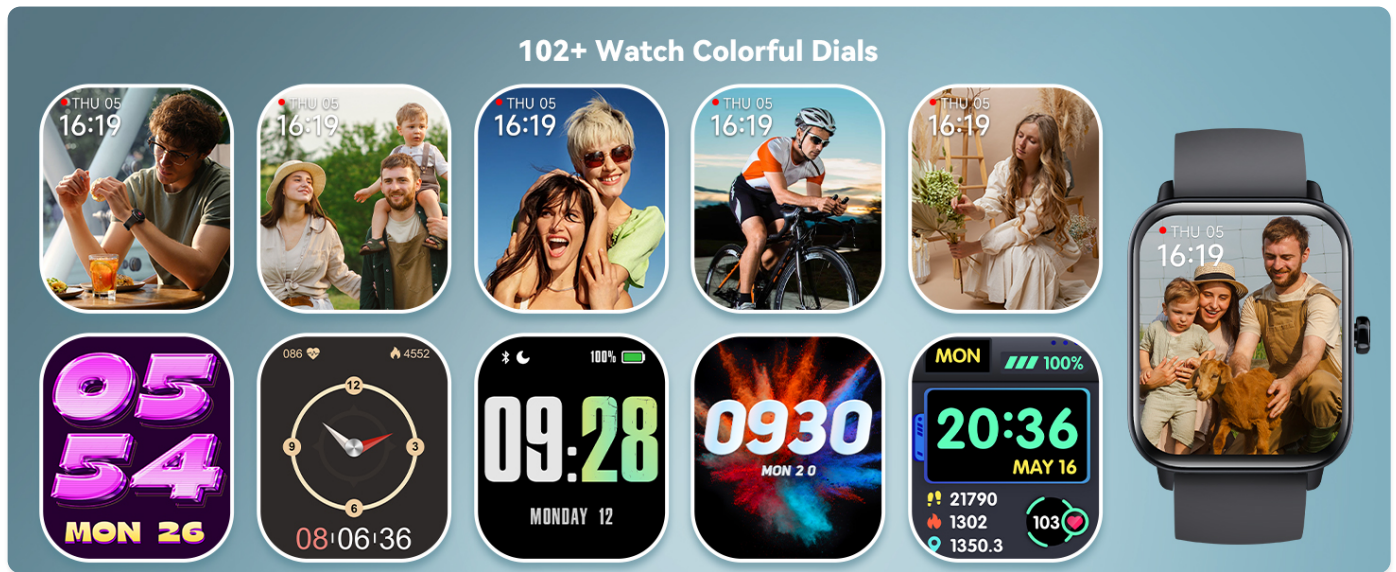
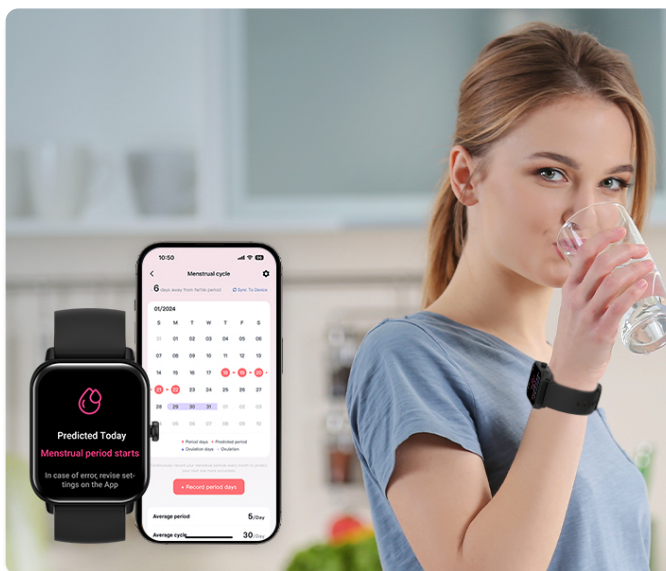


Figure 3.2: VeryFit App Connection Steps

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Video 3.1: How to Connect Quican IDW19 Smart Watch to VeryFit App. This video demonstrates the process of pairing your smartwatch with the VeryFit application on your smartphone.

The smartwatch is compatible with iOS 9.0 and above, and Android 6.0 or above, including various iPhone, Samsung, Google, Motorola, Huawei, and Xiaomi models.



Women's Menstrual Health

Record women's menstrual data to prevent unnecessary embarrassment and help better prepare for pregnancy

S	M	D	M	D	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	21
22	23	24	25	26	27	28
29	30	31				

● Menstruation ● Forecast menstrual cycle ● Ovulation

Figure 3.3: Smartphone Compatibility Overview

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

The Quican IDW19 Smartwatch features a 1.8-inch ultra-high-definition colorful touch screen (240x284 resolution) for clear and easy interaction. Navigate through menus by swiping and tapping. The side button typically serves as a back or home button, depending on the context.

Compatible with more Smartphones

For iOS 9.0+ and Android 6.0+

IOS Devices


iPhone 16 Series


iPhone 15 Series


iPhone 14 Series


iPhone 13 Series


iPhone 12 Series


iPhone XR/XS/8/7

Andorid Devices


Samsung series


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



Figure 4.1: 1.8" HD Touch Screen and Display

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Video 4.1: Quican IDW19 Bluetooth Smart Watch Menu Overview. This video provides a detailed walkthrough of the smartwatch's user interface and menu options.

4.2 Bluetooth Call & Alexa Voice Control

The smartwatch is equipped with a built-in HD speaker and Bluetooth 5.3, allowing you to answer or make calls directly from your wrist when your phone is within range. You can also view call history, frequent contacts, and use the dial-up function.

With Alexa Built-in, you can inquire about news, weather, set alarms, and control smart home devices directly from your watch, enhancing convenience and smart living.



SMART WATCH IDW19


Heart rate


Sleep monitoring


Blood oxygen


Pedometer


Calories


Message


Make a call



Figure 4.2: Bluetooth Call/Answer Feature

Alexa Built-in Sports Watch

Make your daily life more convenient and simple with IDW19 Smartwatch

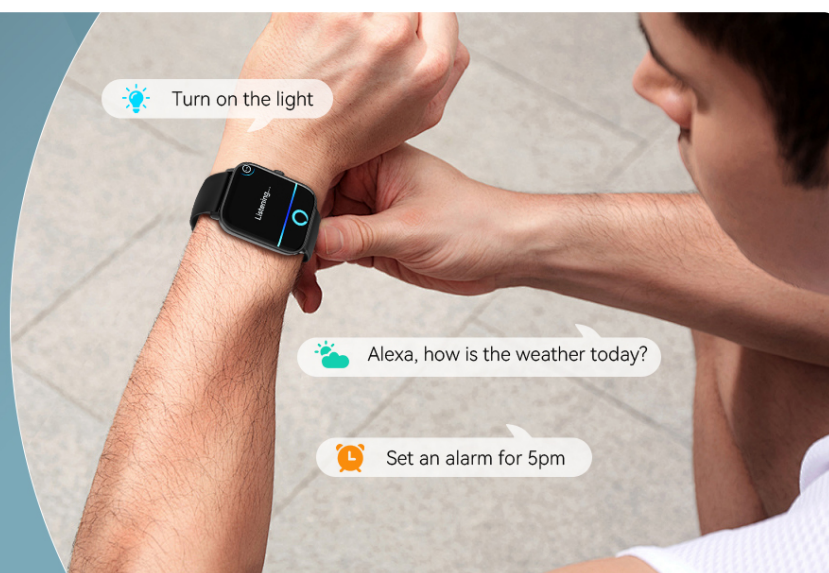


Figure 4.3: Alexa Built-in Functionality

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Video 4.2: Quican IDW19 Multi-function Smart Watch. This video highlights various features of the smartwatch, including Bluetooth calls and Alexa voice control.

4.3 Message Notifications

Receive notifications for SMS, Email, and various social media platforms (Facebook, WhatsApp, Instagram, Twitter, Telegram, TikTok, etc.) directly on your smartwatch. All notifications are accompanied by a vibration alert, ensuring you don't miss important messages. *Note: Replying to messages is not supported directly from the watch.*

An advertisement for a 'Fitness Watch with Make and Answer Calls'. It features a smartphone on the left showing a call interface with 'olivia' and '00:02'. In the center, a smartwatch displays a call in progress with 'olivia' and 'Calling...'. To the right, a woman is shown with two speech bubbles: 'Hey, what are you up to?' and 'Hi, I am running'. Below these are three call log cards: 'Frequent Contacts' with a keypad, 'Call History' with a list of calls, and 'Frequent Contacts' with a list of contacts. On the far right, the text 'Fitness Watch with Make and Answer Calls' is displayed, followed by 'Bluetooth 5.3 smartwatch for Android/iOS phones, you won't miss any messages or calls'. At the bottom right are three icons: 'Frequent Contacts', 'Call History', and 'Dial Function'.

Figure 4.4: Message Notification Feature

4.4 Customizing Watch Faces

Personalize your smartwatch with over 100 different styles of dials available. You can also upload your own photos of family, pets, or scenery to create a custom watch face that reflects your unique style.



Figure 4.5: Customizable Watch Dials

4.5 Additional Smart Features

The Quican IDW19 Smartwatch offers a range of additional features to enhance your daily life:

- **Music Control:** Control music playback on your smartphone directly from your watch.
- **Camera Control:** Remotely trigger your phone's camera for convenient photo taking.
- **Find Phone:** Use your watch to locate your misplaced smartphone.
- **Weather Forecasts:** Get real-time weather updates.
- **Stopwatch & Timer:** Essential tools for various activities.
- **Alarms:** Set and manage alarms directly from your wrist.
- **Sedentary Reminder:** Receive alerts to encourage movement after periods of inactivity.
- **Breather Guide:** Guided breathing exercises for relaxation.
- **Flashlight:** A convenient light source on your wrist.

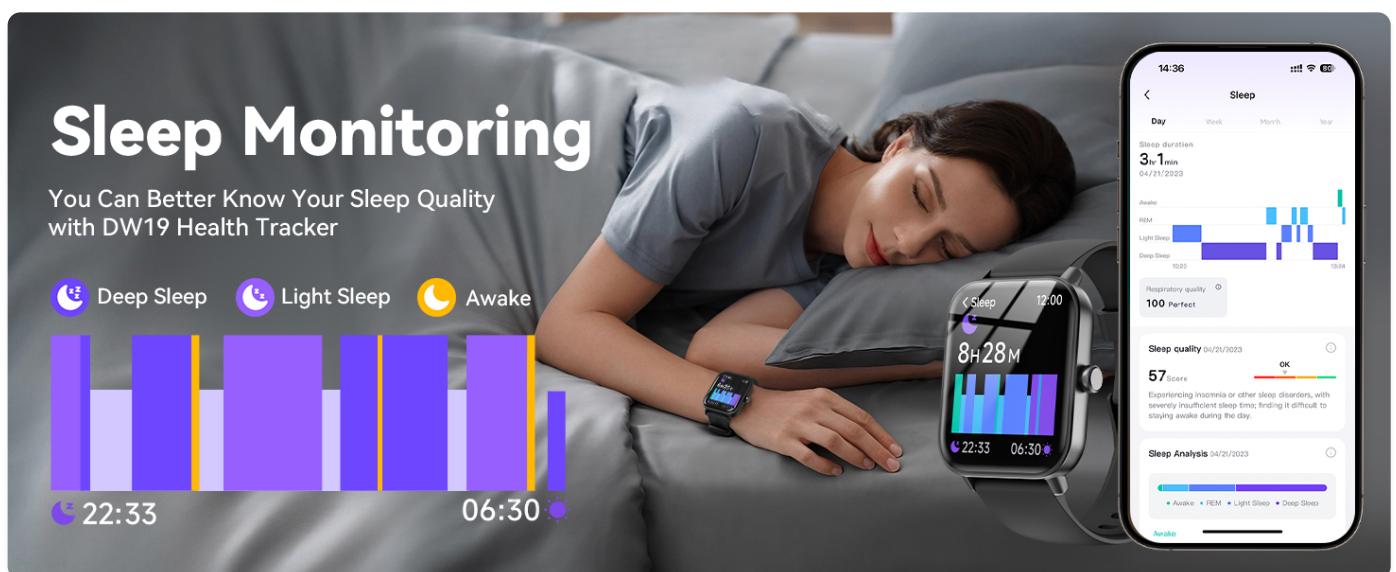


Figure 4.6: Overview of More Important Functions

5. HEALTH MONITORING

The Quican IDW19 Smartwatch is equipped with 7 high-performance optical sensors to continuously monitor your health data.

5.1 24/7 Health Tracking

Monitor your heart rate, SpO2 (blood oxygen), and stress levels 24 hours a day. This data helps you keep track of your health and encourages a healthy lifestyle. *Note: This device is for non-medical use.*



Figure 5.1: 24-Hour Health Monitoring

5.2 Sleep Monitoring

The smartwatch tracks your sleep status, including deep sleep, light sleep, and wakefulness, providing insights into your sleep quality. This helps you better understand your sleep patterns and make adjustments for improved rest.

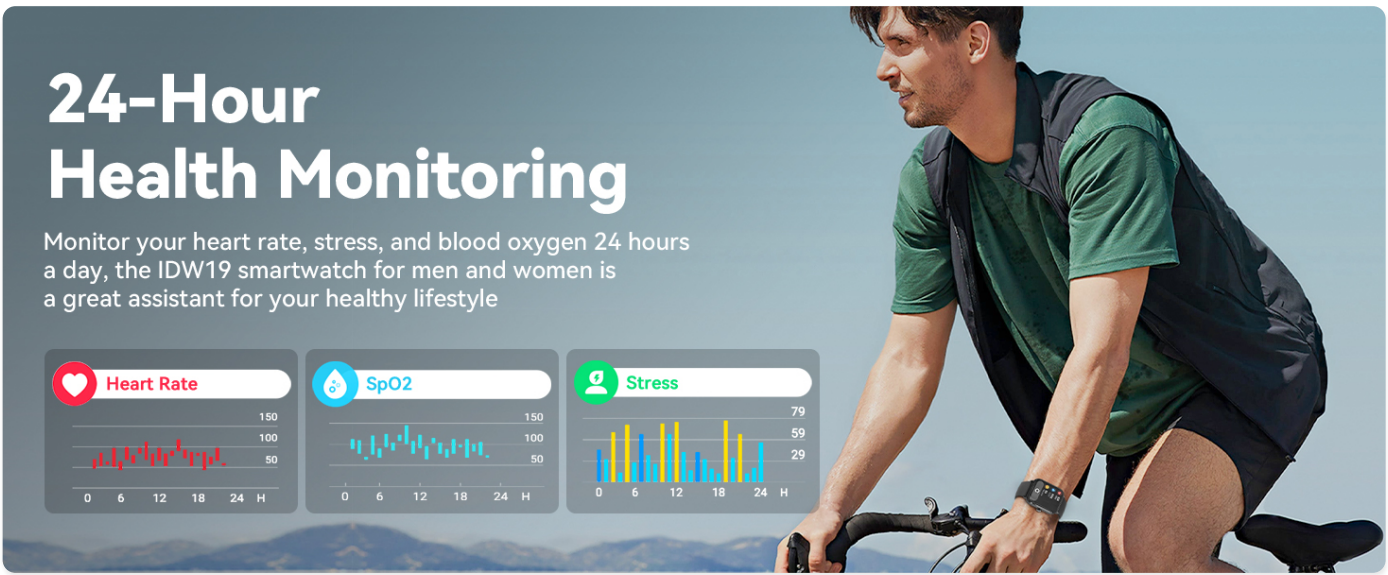


Figure 5.2: Sleep Monitoring Data

5.3 Sports Modes & Activity Tracking

The IDW19 Smartwatch supports over 100 sports modes, including walking, running, cycling, swimming, yoga, and more.

It records your steps, calories burned, and distance traveled throughout the day, helping you understand your exercise situation and plan your fitness schedule accordingly.

11:10

4G

olivia

00:02

mute

Dialing keyboard

hands-free

+

+

+

Add call

Face Time

Address book

olivia

Calling...

Hey, what are you up to?

Hi, I am running

1235455620

1 2 3

4 5 6

7 8 9

0

17623057296

12:30 PM

Michael Jacksono...

12:30 PM

17623057296

09:30 12:30 PM

< Phone 12:00

Call History >

Frequent Contacts >

Dialpad >

Frequent Contacts

Call History

Frequent Contacts

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

Figure 5.3: 100+ Sports Modes Tracking

IP68 Waterproof

IP68 waterproof smartwatch, you can wear it when washing hands or swimming, but it does not support hot water

Figure 5.4: All Day Activity Data Recording

5.4 Women's Menstrual Health

The smartwatch allows you to record women's menstrual data, helping to prevent unnecessary embarrassment and assisting in better preparation for pregnancy.

All day Activity Data Recording

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



Figure 5.5: Women's Menstrual Health Tracking

6. MAINTENANCE

6.1 Water Resistance

The Quican IDW19 Smartwatch has an IP68 waterproof rating, meaning it can be used while washing hands, swimming, or surfing. However, it is **not** suitable for hot water, saunas, or diving.

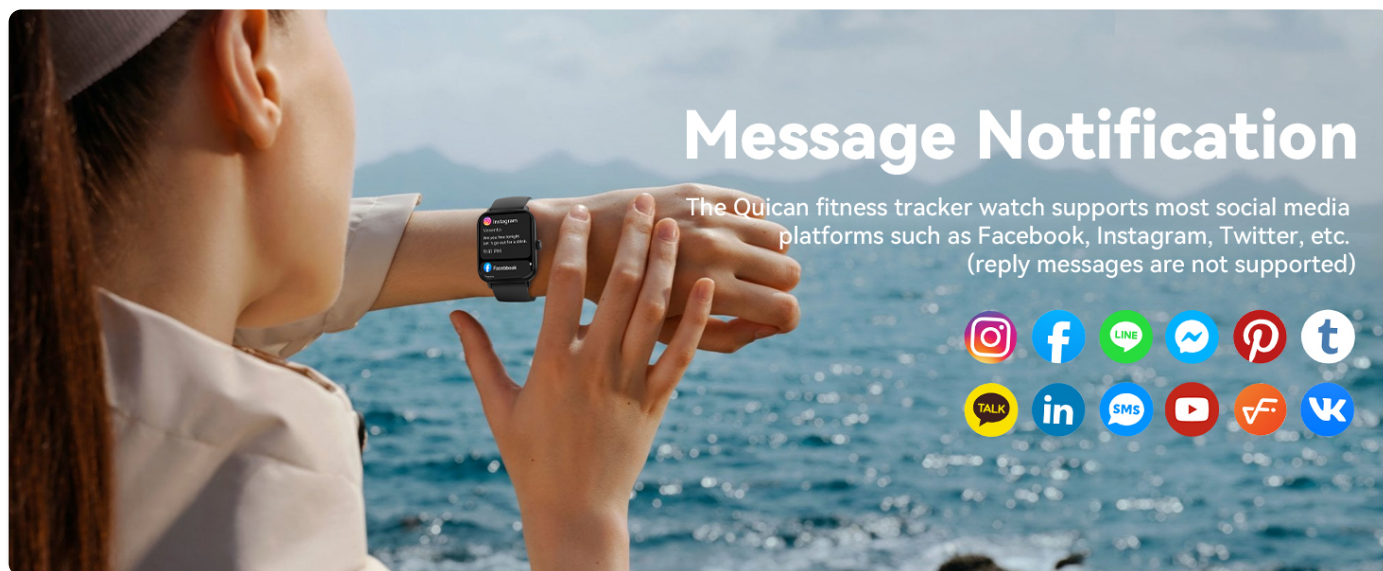


Figure 6.1: IP68 Waterproof Feature

6.2 Cleaning and Care

To maintain your smartwatch's performance and appearance:

- Wipe the watch and band regularly with a soft, damp cloth.
- Avoid using harsh chemicals, abrasive cleaners, or solvents.
- Ensure the charging contacts are clean and dry before charging to prevent corrosion.

6.3 Battery Care

To prolong battery life, avoid exposing the watch to extreme temperatures. Charge the device using the provided magnetic charging cable. Regular charging within the recommended cycle helps maintain battery health.

7. TROUBLESHOOTING

If you encounter issues with your Quican IDW19 Smartwatch, try the following common troubleshooting steps:

- **Connection Lost (Alexa/App):** If your watch loses connection to Alexa or the VeryFit app, ensure Bluetooth is active on your phone and the app is running in the background. Try restarting both your watch and your phone. Re-pairing the device in the app may also resolve the issue.
- **Inaccurate Tracking:** Ensure the watch is worn snugly on your wrist, about one finger's width above your wrist bone. Loose fit can affect heart rate and activity tracking accuracy.
- **Notifications Not Appearing:** Check your phone's notification settings to ensure the VeryFit app has permission to display notifications. Also, verify that notification alerts are enabled within the VeryFit app for the specific applications you wish to receive alerts from.
- **Watch Not Turning On:** Ensure the watch is sufficiently charged. Connect it to the charging cable and a power source for at least 10-15 minutes before attempting to turn it on again.
- **Screen Unresponsive:** Try restarting the watch by long-pressing the side button. If unresponsive, allow the battery to fully drain and then recharge it.

8. SPECIFICATIONS

Feature	Detail
Model Number	IDW19
Screen Size	1.8 Inches
Display Resolution	240 x 284
Waterproof Rating	IP68
Battery Capacity	300 Milliamp Hours
Normal Use Battery Life	7 Days
Standby Battery Life	30 Days
Charging Time	2.5 Hours
Connectivity Technology	Bluetooth 5.3
Operating System Compatibility	iOS 9.0+ / Android 6.0+

Feature	Detail
Product Dimensions	9.8 x 1.5 x 0.45 inches
Item Weight	3.53 ounces
Memory Storage Capacity	128 MB
Manufacturer	Quican
Country of Origin	China

9. WARRANTY AND SUPPORT

Quican offers a **5-year warranty** for the IDW19 Bluetooth Smartwatch. For any product problems, suggestions, or technical assistance, please do not hesitate to contact the Quican store directly. We are committed to responding within 24 hours to resolve your concerns and highly value your experience with our products.

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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.

Name

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