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Parsonver FF2

Parsonver Smart Watch User Manual

Model: FF2

INTRODUCTION

The Parsonver Smart Watch is a versatile fitness activity tracker designed for daily wear and various sports, including swimming. It features a 1.8-inch HD touchscreen, comprehensive health monitoring, and smart notification capabilities. This manual provides essential information for setting up, operating, and maintaining your device.



Figure 1: Parsonver Smart Watch (Black 1.8")

WHAT'S IN THE BOX

Upon opening the package, verify that all the following items are included:

- 1x Smartwatch
- 1x Magnetic Charging Cable
- 1x Multilingual User Manual

200+ Customized Watch Faces

Your Style, Your Choice

Explore over 200 dial styles to match your mood, preferences, or outfits. Plus, personalize your watch face with your own photos!

Just Raise to See!



Figure 2: Included items: Smartwatch, Magnetic Charging Cable, and User Manual.

SETUP

1. Charging the Device

Before first use, fully charge the smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a compatible power source. A full charge typically takes approximately 2 hours. The watch offers up to 7 days of working time and 40 days of standby time on a single charge.

1.8" HD



Color Full Touch Screen



**Long
Battery Life**

- ⚡ 2 Hrs Charging Time
- 🕒 7 Days Working Time
- 🔋 40 Days Standby Time



**Comfortable
Wear**

37g

Figure 3: Magnetic charging cable connection.

2. Connecting to Your Smartphone

The Parsonver Smart Watch is compatible with Android 6.0+ and iOS 9.0+ smartphones. Download the official companion app from your device's app store. Follow the in-app instructions to pair your smartwatch via Bluetooth for full functionality, including message notifications and data synchronization. The watch is not compatible with tablets, computers, or any non-smartphone devices.

OPERATING INSTRUCTIONS

1. Navigating the Touchscreen

The smartwatch features a 1.8-inch HD color full touchscreen. Swipe left, right, up, and down to navigate through menus, access different features, and view information. Tap to select options.

2. Sports Modes and Activity Tracking

The watch supports over 110 sports modes for various indoor and outdoor activities. It tracks heart rate, steps, and calories burned during workouts. It also offers all-day activity tracking, recording daily steps, calories, distance, and heart rate. Remember to enable exercise recognition in the settings for automatic detection of walking, running, elliptical training, and rowing.

110+ Sports Modes



All-Day Activity Tracking



Daily Readiness Score



Figure 4: Overview of 110+ sports modes and activity tracking.

3. Health Monitoring

The Parsonver Smart Watch provides 24-hour accurate health monitoring:

- **Heart Rate Monitoring:** Real-time continuous tracking of your heart rate.
- **Blood Oxygen (SpO2) Monitoring:** Measures blood oxygen saturation levels.
- **Sleep Monitoring:** Analyzes sleep patterns, including deep sleep, light sleep, REM, and sporadic naps.

- **Stress Monitoring:** Provides insights into stress levels.
- **Women's Health Monitoring:** Tracks menstrual cycles and symptoms, and predicts ovulation.

24^{Hour} Health Monitoring

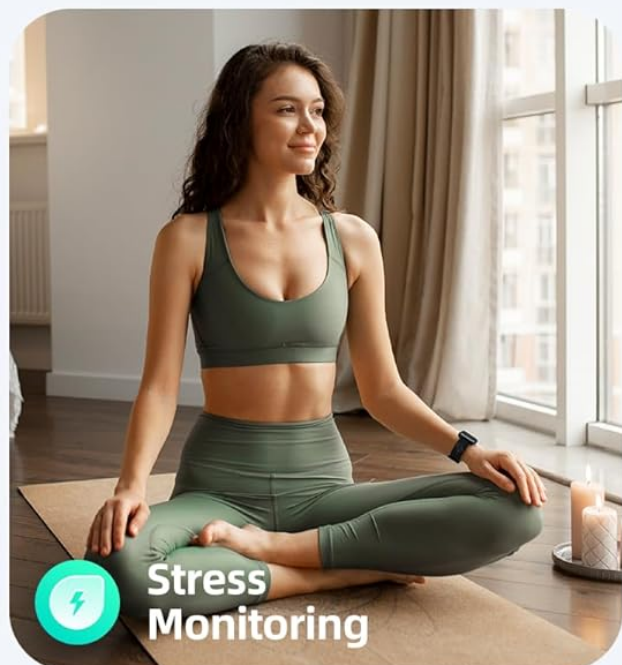
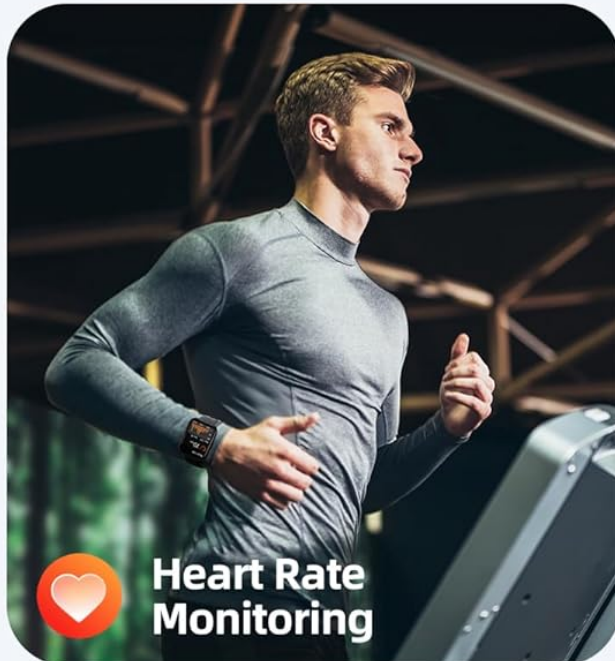


Figure 5: Health monitoring capabilities including heart rate, sleep, blood oxygen, and stress.

4. Smart Notifications

Stay connected by receiving incoming call notifications, SMS, emails, and real-time alerts from various applications (e.g., WhatsApp, LinkedIn, Instagram, Twitter) directly on your wrist. You can decline calls from the watch, but direct answering

or replying is not supported.

Message Notification

Get notifications easily, Never miss any important message

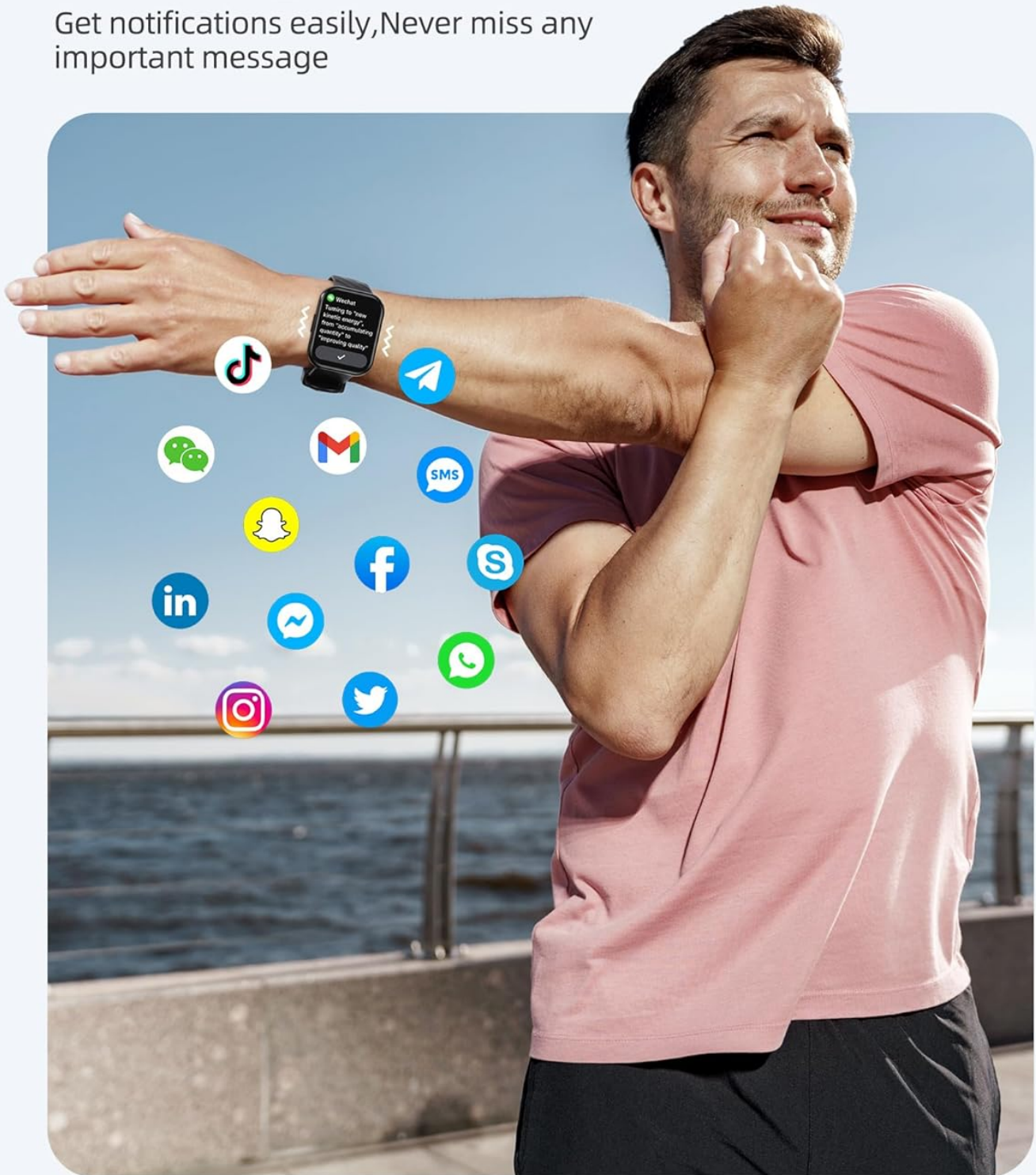


Figure 6: Smartwatch displaying various app notifications.

5. Customizing Watch Faces

Personalize your smartwatch with over 200 customizable watch face options available through the companion app. You can also upload your own photos to create unique watch faces.

200+

WATCH FACES

Customize the watch interface via the app



Figure 7: Examples of customizable watch faces.

6. Additional Features

The smartwatch includes a variety of practical functions:

- Weather updates
- Music control
- Stopwatch

- Alarms and timers
- Remote camera control
- Brightness adjustment
- Sedentary reminders
- Phone finder
- Wrist-raise wake-up feature
- Breathing exercises

Multiple Functions For You To Explore

Weather Forecast, Remote Camera, Raise to Wake, Sedentary Reminder, Alarm Clock,
Many functions are on the watch, and more fun is waiting for you to experience.



Figure 8: Icons representing various additional functions of the smartwatch.

MAINTENANCE

Water Resistance (5ATM)

The Parsonver Smart Watch has a 5ATM water resistance rating, meaning it can withstand pressures equivalent to a depth of 50 meters. This makes it suitable for washing hands, rain, cold showers, swimming, and diving. It automatically

tracks various swim metrics like stroke count, rate, and SWOLF for Butterfly, Backstroke, Breaststroke, and Freestyle.

5ATM Waterproof & Swimming Monitor



Figure 9: Smartwatch demonstrating 5ATM water resistance during swimming.

Important Note: To ensure the longevity of your device, avoid pressing buttons underwater. Do not wear the watch in hot baths, saunas, or steam rooms, as high-temperature environments can compromise its performance and water resistance.

Your browser does not support the video tag.

Video 1: Demonstration of the Parsonver Smart Watch's 5ATM waterproof capabilities during swimming and daily use.

Your browser does not support the video tag.

Video 2: An outdoor waterproof test demonstrating the durability of the Parsonver Smart Watch.

TROUBLESHOOTING

If you encounter issues with your Parsonver Smart Watch, consider the following common solutions:

- **Connectivity Issues:** Ensure Bluetooth is enabled on your smartphone and the watch is within range. Restart both devices and try pairing again. Verify the companion app is up to date.
- **Battery Life:** If battery life is shorter than expected, ensure background app usage is minimized and frequent notifications are managed. Charging fully before use is recommended.
- **Touchscreen Unresponsive:** Ensure the screen is clean and dry. If wet, dry it thoroughly. Restart the watch if the issue persists.
- **Inaccurate Tracking:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. For sports tracking, confirm the correct sport mode is selected and exercise recognition is enabled in the app settings.
- **Notifications Not Appearing:** Check app permissions on your smartphone to ensure the companion app has access to notifications. Verify notification settings within the watch app.

For further assistance, refer to the support section or contact customer service.

SPECIFICATIONS

Feature	Detail
Model Number	FF2
Screen Size	1.8 Inches
Display Type	HD Color Full Touch Screen
Water Resistance	5ATM (50 meters)
Battery Life (Working)	Up to 7 days
Battery Life (Standby)	Up to 40 days
Charging Time	Approx. 2 hours
Compatibility	Android 6.0+ / iOS 9.0+
Connectivity	Bluetooth
Item Weight	1.31 ounces (37 Grams)
Product Dimensions	9.72 x 1.5 x 0.47 inches
GPS	No GPS



For Lover



For Friends



For Parents



For Tennes

The Best Gift For Love



Figure 10: Detailed product dimensions.

WARRANTY AND SUPPORT






Parsonver is committed to customer satisfaction. For any questions or assistance, 24/7 friendly customer support is available. The product typically comes with a standard return policy of 30 days for refund or replacement, as per Amazon's policy. For specific warranty details, please refer to the documentation included with your purchase or contact Parsonver customer service directly.

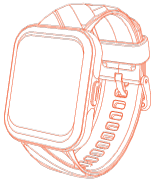


Parsonver: Comfortable Life Companion

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Related Documents - FF2

<div data-bbox="116 91 311 392"><p>Smartwatch User Manual</p><p>EN01-08) DE010-145) FR010-271) IT028-345) ES037-460)</p><p>Help and Guide If you encounter any problems while using the product, you can consult the following Q&A, Troubleshooting, and search keywords to get answers.</p><p>Model number: SR2</p></div>	<p>Parsonver SR2 Smartwatch User Manual: Setup, Features, and Specifications</p> <p>Comprehensive user manual for the Parsonver SR2 smartwatch, covering setup, pairing, basic operations, health monitoring, app integration, and specifications. Learn how to use your Parsonver smartwatch effectively.</p>
<div data-bbox="116 674 311 974"><p>User Manual Model Number: LW45</p><p>EN 01-08 3th 07-15</p><p>Customer Service: support@parsonver.com</p></div>	<p>Parsonver LW45 Smartwatch User Manual - Features, Setup, and Specifications</p> <p>Comprehensive user manual for the Parsonver LW45 smartwatch. Learn how to set up, pair, navigate, use features like fitness tracking, heart rate monitoring, notifications, and understand specifications and care instructions.</p>
<div data-bbox="116 1016 311 1317"><p>User Manual</p><p>Model number: PSLD1 support@parsonver.com</p></div>	<p>Parsonver PSLD1 Smartwatch User Manual</p> <p>Comprehensive user manual for the Parsonver PSLD1 smartwatch, detailing setup, features, operation, specifications, and precautions for optimal use.</p>
<div data-bbox="116 1339 311 1639"><p>User Manual</p><p>Model number: IDW15 support@parsonver.com</p><p>EN01-06) DE08-08) ES08-12) FR03-18) IT07-28) JP07-24)</p></div>	<p>Parsonver IDW15 Smartwatch User Manual</p> <p>User manual for the Parsonver IDW15 smartwatch, covering setup, basic operations, app settings, charging, and precautions.</p>
<div data-bbox="116 1662 311 1962"><p>User Manual</p><p>EN 02-05) FR 06-18) DE 07-04) ES 09-10) IT 02-05) JP 04-10) support@parsonver.com</p></div>	<p>Parsonver FF1 Smartwatch User Manual</p> <p>Comprehensive user manual for the Parsonver FF1 smartwatch, covering setup, basic operations, features like calls, health monitoring, app connectivity, and specifications.</p>



User Manual

EN (2024-03) | FR (2024-03) | DE (2024-03) | Model number: FF1
US (2024-03) | IT (2024-03) | PT (2024-03) | support@parsonver.com

[Parsonver FF1 Smart Watch User Manual](#)

The official user manual for the Parsonver FF1 smartwatch, detailing setup, features, operations, health tracking, specifications, and maintenance. Learn how to maximize your Parsonver FF1 experience.