Parsonver SPROD1

Parsonver Smart Watch SPROD1 User Manual

MODEL: **SPROD1**

The Parsonver Smart Watch SPROD1 in Starry Silver, showcasing its sleek design and digital display.

1. SETUP GUIDE

1.1 What's in the Box

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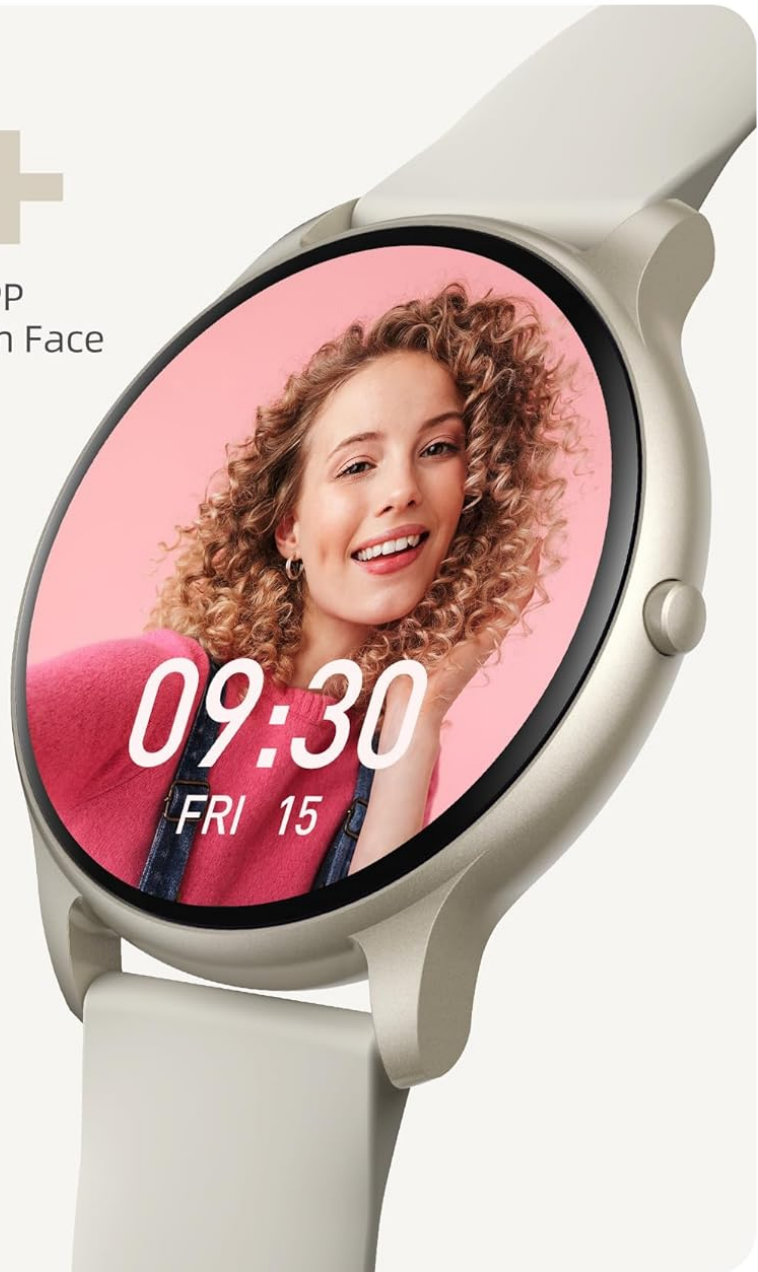
1.2 Initial Charging

Before first use, fully charge your smartwatch using the provided magnetic charging cable. A full charge

takes approximately 2 hours. The watch offers up to 7 days of working time and 40 days of standby time.

DIY your watch Face

200+

Watch Faces Built in APP &Customize Your Watch Face

The smartwatch connected to its magnetic charging cable, showing a 100% battery indicator on the display.

1.3 App Download & Pairing

Download the 'Fitomo' app from your phone's app store (compatible with Android 6.0/iOS 9.0 and above). Follow the on-screen instructions to grant necessary permissions for full functionality.

Official video guide on how to connect the Parsonver SPROD1 Smart Watch to an Android phone using the Fitomo app.

Official video guide on how to connect the Parsonver SPROD1 Smart Watch to an iPhone using the Fitomo app.

Ensure your phone's Bluetooth and location services are enabled. Open the Fitomo app, navigate to the 'Me' section, and select 'Connect Device'. The app will search for your watch (PARSONVER SR1). Select it to initiate pairing. Confirm the pairing request on both your phone and the watch.

Screenshot of the Fitomo app guiding the user through the device connection process.

1.4 Granting Permissions

After pairing, the app will request various permissions (call history, contacts, location, notifications). Grant all permissions to ensure full functionality of the smartwatch, including call answering, message display, and accurate weather updates.

Official video demonstrating the setup process and granting permissions for the Parsonver SPROD1 Smart Watch.

2. OPERATING INSTRUCTIONS

2.1 Call & Notification Management

The Parsonver Smart Watch allows you to make and answer calls directly from your wrist via Bluetooth connection. Receive smart reminders for calls, SMS, texts, and app notifications (Facebook, WhatsApp, Instagram, Twitter, TikTok, etc.). Note: The watch does not support sending messages.

Bluetooth Dial / Answer Calls & Smart Notification

A woman interacting with her Parsonver Smart Watch to manage calls and view app notifications.

2.2 Health Monitoring

The smartwatch is your 24-hour health companion. It continuously monitors your heart rate and blood oxygen levels. Detailed sleep analysis (deep sleep, light sleep, REM stages, wake times, quick naps) provides insights into your sleep quality. It also features specialized women's health tracking and smart stress monitoring.

24-Hours Health Monitoring

Heart Rate Monitor

❤ 68 bpm
200 150 100 50
0h 6h 12h 18h 24h
↑ 130 ↓ 52

Blood Oxygon Monitor

97 %

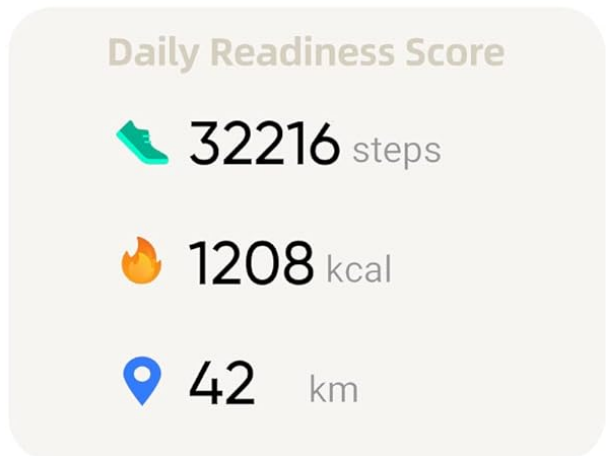**Sleep Monitor**

8 H 20 M
Aim : 8H

Visual representation of the smartwatch's 24-hour health monitoring capabilities, including heart rate, blood oxygen, and sleep tracking.

2.3 Sports Modes & Activity Tracking

Elevate your fitness journey with over 100 indoor and outdoor sports modes. The watch automatically records daily steps, distance traveled, calories burned, and active minutes, syncing data seamlessly with your mobile device.

100+ Sports Modes

100+

- Outdoor Walk
- Outdoor Run
- Outdoor Cycle

Daily Readiness Score

- 👟 32216 steps
- 🔥 1208 kcal
- 📍 42 km

The smartwatch displaying various sports modes and activity tracking metrics like steps, calories, and distance.

2.4 Customization & Additional Features

Choose from over 200 stunning watch dials or create your unique design with your favorite photos. The watch includes features like breathing training, real-time weather updates, music control, stopwatch, camera control, adjustable brightness, sedentary reminders, hydration prompts, and a phone finder.

1.32"HD
Colorful & Sensitive
Touch

Big on Power

⚡ 2 Hrs Charging Time

⏱ 7 Days Working Time

🔋 40 Days Standby

IP68 Waterproof
Meet your daily
waterproof needs

A close-up of the smartwatch displaying a customizable watch face, highlighting the variety of options available through the app.

3. MAINTENANCE

3.1 Cleaning & Care

Regularly clean your smartwatch and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.

3.2 Waterproofing

The Parsonver SPROD1 smartwatch has an IP68 waterproof/dustproof rating, suitable for daily use like

hand washing or sweating during exercise. Avoid prolonged submersion, hot water, or high-speed water activities like showering, sauna, or diving, as this may affect its waterproof integrity.

Liquid Silicone Strap

Soft & Comfortable

Anti-allergic

Free to wear

The smartwatch being splashed with water, demonstrating its IP68 waterproof rating.

4. TROUBLESHOOTING

4.1 Connectivity Issues

If your watch fails to connect or maintain a connection:

- Ensure Bluetooth is enabled on your phone.
- Check that location services are turned on and set to 'Always' for the Fitomo app.

- Restart both your phone and the smartwatch.
- Forget the device in your phone's Bluetooth settings and re-pair through the Fitomo app.
- Verify all app permissions are granted in your phone's system settings.

4.2 Notification Problems

If you are not receiving notifications:

- Ensure 'Message Notifications' and 'Incoming Call Alert' are enabled in the Fitomo app.
- Check your phone's notification access settings to ensure Fitomo has permission to read notifications.
- Disable any battery optimization settings for the Fitomo app that might restrict background activity.

4.3 Inaccurate Data

If health or activity data appears inaccurate:

- Ensure the watch is worn snugly on your wrist, not too loose or too tight.
- Verify that the watch's sensors are clean and free from debris.
- Confirm that location services are active and precise for accurate distance tracking.

5. PRODUCT SPECIFICATIONS

Product Dimensions	10.24 x 1.77 x 0.41 inches
Item Weight	1.41 ounces (40 Grams)
Item Model Number	SR1
Batteries	1 C batteries required (included)
Standing Screen Display Size	1.32 Inches
Memory Storage Capacity	512 MB
Operating System Compatibility	iOS 9.0/Android 6.0 or above Smartphones
Battery Capacity	250 Milliamp Hours
Connectivity Technology	Bluetooth 5.3
GPS	GPS Via Smartphone
Shape	Round

6. WARRANTY & SUPPORT

Parsonver is dedicated to ensuring a seamless and enjoyable experience with their products. A knowledgeable and friendly support team is available 24/7 to assist with any questions or feedback.

For further assistance, please refer to the official user manual available as a PDF Download User Manual (PDF)

Icon representing 24/7 online support for Parsonver products.

Related Documents - SPROD1

[Parsonver SR2 Smartwatch User Manual: Setup, Features, and Specifications](#)
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.

[Parsonver IDW15 Smartwatch User Manual](#)
User manual for the Parsonver IDW15 smartwatch, covering setup, basic operations, app settings, charging, and precautions.

[Parsonver FF1 Smartwatch User Manual](#)
Comprehensive user manual for the Parsonver FF1 smartwatch, covering setup, basic operations, features like calls, health monitoring, app connectivity, and specifications.

[Parsonver LW45 Smartwatch User Manual - Features, Setup, and Specifications](#)
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.

User Manual Model number: PSLD1 support@parsonver.com	[Parsonver PSLD1 Smartwatch User Manual](#) Comprehensive user manual for the Parsonver PSLD1 smartwatch, detailing setup, features, operation, specifications, and precautions for optimal use.
User Manual Model number: FF1 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.