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› HIRREO Military Smart Watch FV7-A User Manual

HIRREO FV7-A

HIRREO Military Smart Watch User Manual

Model: FV7-A

INTRODUCTION

This manual provides comprehensive instructions for the HIRREO Military Smart Watch, Model FV7-A. It covers setup, operation, maintenance, and troubleshooting to ensure optimal use of your device. This smartwatch is designed for robust performance, featuring a 1.46-inch AMOLED display, 500mAh battery, 5ATM waterproofing, and extensive health and fitness tracking capabilities.



Image: The HIRREO Military Smart Watch, showcasing its main display with time and weather, and smaller insets demonstrating heart rate monitoring, call answering, and a vibrant AMOLED display.

SETUP

1. Charging the Device

Before first use, fully charge your HIRREO Smart Watch. The watch features a 500mAh battery supporting fast charging.

- **Charging Time:** Approximately 2 hours for a full charge.
- **Normal Use Battery Life:** 7-15 days.
- **Standby Time:** Up to 30 days in low power consumption mode.

500mAh


Ultra-Long Battery Life

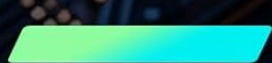
Extra long time life, no more worries about frequent charging




 Charging

 **2-3 Hours**

 Normal Use

 **7-15 Days**

 Standby

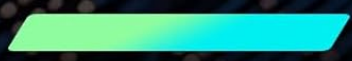
 **30 Days**

Image: Visual representation of the 500mAh battery capacity, highlighting a 2-3 hour charging time, 7-15 days of normal use, and 30 days of standby time.

2. Pairing with Your Smartphone

The smartwatch is compatible with Android 5.0+, iOS 9.0+, and HarmonyOS 2.0. To enable full functionality, pair the watch with your smartphone via Bluetooth.

1. Download the official companion application (APP) from your phone's app store. Refer to the watch's packaging or quick start guide for the specific APP name.
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the APP and follow the on-screen instructions to search for and connect to your HIRREO Smart Watch.

- Grant necessary permissions for notifications, health data, and other features as prompted by the APP.

OPERATING INSTRUCTIONS

Display and Interface

The watch features a 1.43-inch AMOLED HD display with a resolution of 466x466 pixels and up to 1000 NIT brightness for clear visibility. It supports two always-on display modes: pointer mode and analog digital mode.

1.43" AMOLED Touchscreen
466*466 resolution, ultra-clear display and smooth operation

AMOLED

TFT/IPS

Always on Display

466*466 Pixels

Eye-Caring

Image: A visual demonstrating the 1.43-inch AMOLED touchscreen, highlighting its 466x466 resolution, always-on display capability, and eye-caring features compared to a TFT/IPS display.

You can customize the watch face from over 200 options available through the companion APP, or use your own photos.

Communication Features

- **Bluetooth Calls:** Make and receive calls directly from your smartwatch. Access contacts and a dial pad on the watch interface.
- **Notifications:** Receive real-time message notifications from various social media applications (e.g., Messaging, QQ, WeChat, Skype, Facebook, Twitter, Line, Whatsapp). The watch will vibrate to alert you.

WIRELESS BLUETOOTH PHONE CALLS

Free your hands and make voice calls at anytime and anywhere

Contacts **Dial Pad** **Make & Receive Calls**

Jimmy: What are you going to do tomorrow?

Messages
Just now
Alin: Can i invite you to dinner tomorrow?
enn
08:20am
Alin: Can i invite you to dinner tomorrow?

Receive realtime message notifications from social software APP

Facebook, Snapchat, X, LINE, Messenger, KAKAO TALK, Instagram

Image: The smartwatch displaying its wireless Bluetooth phone call capabilities, including contacts, dial pad, and the ability to make and receive calls. It also shows real-time message notifications from various social media apps.

Health Monitoring

The smartwatch uses an optical sports sensor to collect health data accurately.

- **Heart Rate Monitoring:** Continuous heart rate tracking.
- **Blood Pressure Monitoring:** Measure blood pressure directly from your wrist.
- **Blood Oxygen (SpO2) Monitoring:** Track your blood oxygen levels.
- **Sleep Monitoring:** Automatically monitors sleep patterns (deep sleep, light sleep, and wakefulness) and provides a comprehensive sleep quality analysis. Ensure you wear the watch during sleep for accurate data.

24/7 All-Day Health Monitor

Advanced sensors can accurately and effectively monitor body data in real time, helping you live a healthy life



Image: A visual representation of the smartwatch's 24/7 all-day health monitoring capabilities, showing readings for blood pressure, SpO2, heart rate, and sleep duration.

Sports and Activity Tracking

The watch accurately tracks steps, distance, and calories, supporting over 120 sports modes.

- **Sports Modes:** Includes running, cycling, badminton, hiking, and many more.
- **GPS Tracking:** The smartwatch can obtain GPS positioning from your phone to upload your workout route.



Image: The smartwatch displaying its activity tracking interface with calories, distance, and steps. Icons for over 100 sport modes are also shown, with a cyclist in the background.

Other Functions

The HIRREO Smart Watch offers a variety of practical daily functions:

- Calculator
- Stopwatch

- Timer
- Weather Forecast
- Alarm Clock
- Pedometer
- Phone Finder
- Music Playback Control
- Remote Camera Control
- Voice Assistant
- Password Lock
- Collection Code / Business Card display
- Do Not Disturb Mode
- Brightness Setting

The watch supports 21 language options, including English, German, French, Spanish, Portuguese, Polish, Japanese, and Chinese.

MAINTENANCE

Water Resistance

The HIRREO Smart Watch is 5ATM waterproof, meaning it can withstand pressures equivalent to a depth of 50 meters. This makes it suitable for:

- Hand washing
- Rain exposure
- Sweat during exercise
- Shallow-water activities like swimming.

Note: While 5ATM is suitable for swimming, it is not recommended for diving, high-pressure water activities, or hot water exposure (e.g., hot showers, saunas) as steam can penetrate the seals.

IP68

IP68 Waterproof

The IP68 waterproof level meets your daily waterproof needs, eliminating the need to take off the watch due to hand washing



**Hand
Washing**



Rain



Sweat

Image: A visual confirming the IP68 waterproof rating, depicting a person swimming, and indicating suitability for hand washing, rain, and sweat.

Cleaning and Care

- Wipe the watch regularly with a soft, damp cloth to remove dirt and sweat.
- Avoid using harsh chemicals or abrasive materials for cleaning.
- Ensure the charging contacts are clean and dry before charging to prevent corrosion.

Durability

The tactical sports smart watch is constructed from special metal materials and has undergone rigorous military-grade testing for extreme temperatures, low pressure, and dust resistance, ensuring its durability in various environments.

TROUBLESHOOTING

Connectivity Issues

- **Watch not connecting to phone:**
 - Ensure Bluetooth is enabled on your phone and the watch.
 - Make sure the watch is within the Bluetooth range of your phone.
 - Restart both the watch and your phone.
 - Try unpairing and re-pairing the device through the companion APP.
 - Check if the APP has all necessary permissions granted on your phone.
- **Notifications not appearing:**
 - Verify that notification permissions are enabled for the APP in your phone's settings.
 - Check the APP's settings to ensure specific app notifications are turned on.
 - Ensure the watch is connected to the phone.

Battery and Charging

- **Watch not charging:**
 - Ensure the charging cable is securely connected to both the watch and the power source.
 - Check for any debris or corrosion on the charging contacts of the watch and cable.
 - Try a different USB port or power adapter.
- **Short battery life:**
 - Frequent use of features like Bluetooth calls, continuous health monitoring, and high screen brightness can reduce battery life.
 - Reduce screen brightness or disable always-on display.
 - Limit background app refresh for the companion APP on your phone.

Health Data Accuracy

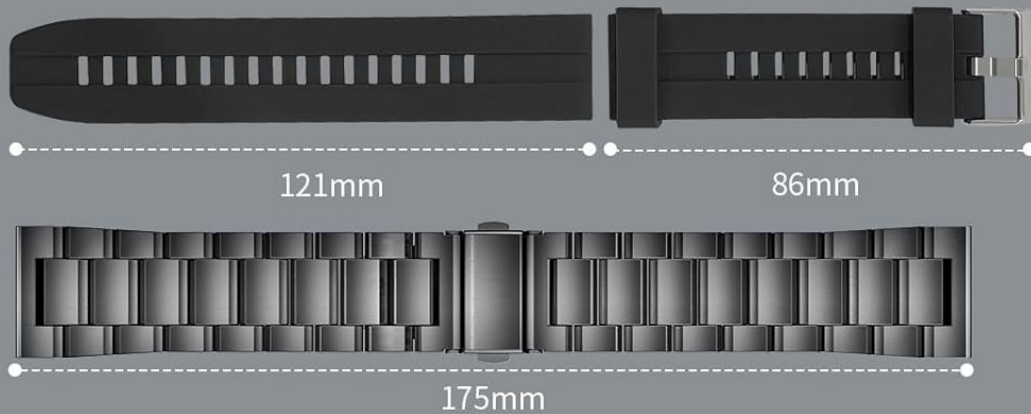
- **Inaccurate readings:**
 - Ensure the watch is worn snugly on your wrist, but not too tight.
 - Clean the sensor on the back of the watch regularly.
 - Avoid excessive movement during measurements.
 - Note that smartwatches are not medical devices and readings are for reference only.

SPECIFICATIONS

Feature	Detail
Brand	HIRREO
Model Name	FV7-A
Display Size	1.43 Inches AMOLED

Feature	Detail
Display Resolution	466x466 pixels
Battery Capacity	500 mAh Lithium Polymer
Charging Time	Approx. 2 hours
Normal Use Battery Life	7-15 days
Standby Battery Life	Up to 30 days
Water Resistance	5ATM (IP68)
Operating System	Proprietary OS
Memory Storage	256 MB
Connectivity	Bluetooth
Compatible Devices	Android 5.0+, iOS 9.0+, HarmonyOS 2.0
Human Interface Input	Buttons, Touchscreen
Product Dimensions	10 x 5 x 2.5 cm; 80 g
Supported Languages	21 languages including English, German, French, Spanish, Portuguese, Polish, Japanese, Chinese.

Product Size



22mm



Smartwatch is the
perfect surprise for your
father/boyfriend/friend.



Image: Detailed product size dimensions for the smartwatch, including watch face diameter (51mm), strap lengths (121mm, 86mm), and total circumference (min 138mm, max 238mm).

WARRANTY AND SUPPORT

The HIRREO smart watch is backed by a **24-month warranty**.

For any issues regarding strap size, quality, operation, or charging, please contact HIRREO customer service. A solution will be provided within 24 hours.

Please refer to the contact information provided with your product packaging or visit the official HIRREO website for support details.

