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› Parsonver 5ATM Waterproof Smart Watch User Manual

Parsonver Parsonver 5ATM Waterproof Smart Watch

Parsonver 5ATM Waterproof Smart Watch User Manual

Model: Parsonver 5ATM Waterproof Smart Watch

INTRODUCTION

Thank you for choosing the Parsonver 5ATM Waterproof Smart Watch. This manual provides essential information for setting up, operating, and maintaining your device. Please read it carefully to ensure proper use and to maximize the watch's features.

Smart Calls & Smart Notifications



Image: The Parsonver 5ATM Waterproof Smart Watch, showcasing its sleek design.

SETUP GUIDE

1. Charging the Device

Before first use, fully charge your Parsonver Smart Watch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a standard USB power adapter (not included).

- A full charge typically takes approximately 2 hours.
- The watch display will show the charging status.

2. App Download and Pairing

To unlock all features, download the official Parsonver app on your smartphone.

1. Scan the QR code provided in the watch's packaging or search for "Parsonver" in your smartphone's app store (iOS App Store or Google Play Store).
2. Install and open the app.
3. Ensure Bluetooth is enabled on your smartphone.
4. In the app, follow the on-screen instructions to add your device. Select your Parsonver Smart Watch from the list of available devices.
5. Confirm the pairing request on both your watch and smartphone.

Note: If you have a 2-pack, repeat the pairing process for the second watch with the same or a different smartphone as desired.

3. Initial Settings

After successful pairing, you can customize basic settings through the app, such as time format, unit preferences, and personal profile information.

OPERATING INSTRUCTIONS

Basic Navigation

- **Touchscreen:** Swipe up, down, left, or right to navigate through menus and notifications. Tap to select items.
- **Side Button(s):** Typically, a short press returns to the previous screen or watch face. A long press may access power options or a quick menu. Refer to the watch's on-screen prompts for specific button functions.

Smart Calls & Notifications

Stay connected by receiving call, text, and app notifications directly on your wrist.

- **Incoming Calls:** The watch will display caller ID. You can reject calls directly from the watch. Answering calls is not supported directly on the watch.
- **Messages:** View SMS, emails, and alerts from apps like WhatsApp, LinkedIn, Instagram, and Twitter.
- **Setup:** Enable desired notifications through the Parsonver app on your smartphone.

24/7 Health Monitoring

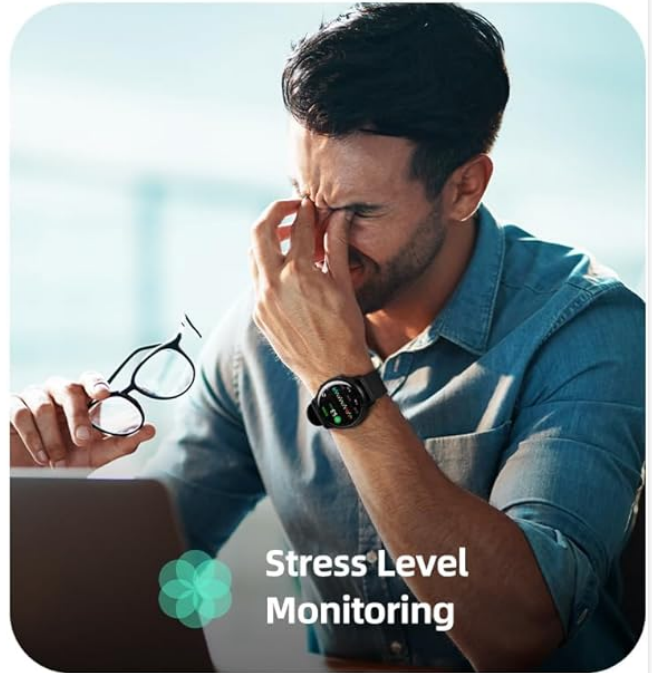
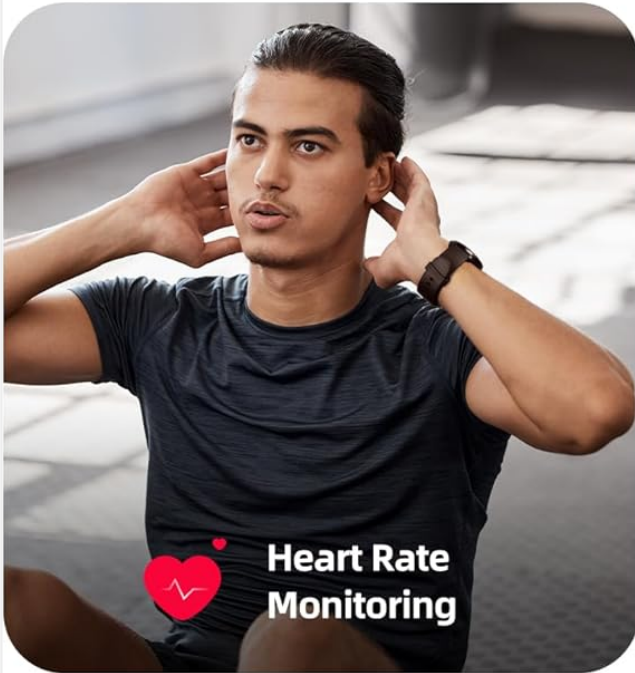


Image: A user interacting with the smartwatch to manage incoming calls and view app notifications.

24/7 Health Monitoring

The watch continuously monitors various health metrics to help you stay informed about your well-being.

- **Heart Rate Monitoring:** Real-time heart rate tracking throughout the day.
- **Blood Oxygen (SpO2) Measurement:** On-demand or continuous blood oxygen level monitoring.
- **Sleep Analysis:** Tracks sleep stages (deep, light, REM) and provides insights into sleep quality.
- **Stress Level Monitoring:** Helps identify periods of high stress.

- **Sedentary Alerts:** Reminds you to move after periods of inactivity.
- **Menstrual Cycle Tracking:** Specialized tracking for female users.

Ultra-Light, Elegant Comfort

37g



Anti-allergic



Soft & Comfortable

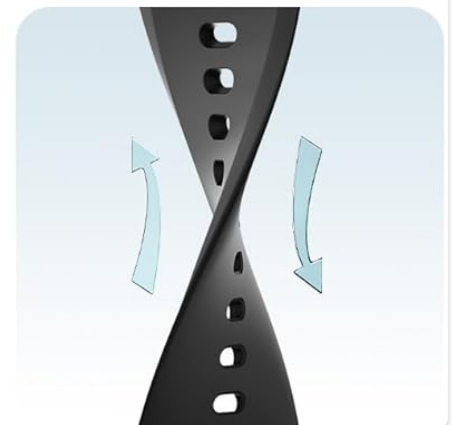


Image: Visual representation of the smartwatch's health monitoring capabilities, including heart rate, stress, sleep, and blood oxygen tracking.

110+ Sports Modes & Fitness Tracking

Track your workouts with a wide range of sports modes, both indoors and outdoors.

- **Activity Tracking:** Monitors steps, calories burned, distance, and active time.

- **Supported Modes:** Includes walking, running, cycling, swimming, yoga, gym workouts, and many more.
- **Data Sync:** All workout data is synced to the Parsonver app for detailed analysis and progress tracking.

100+ Sports Modes



- Treadmill
- Outdoor cycling
- Treadmill
- Indoor walking
- Hiking
- Pool swimming

- Outdoor runni...
- Indoor cycling
- Treadmill
- Walking
- Yoga
- Open water

- Calories: **234/500 kcal**
- Standing: **10/12 times**
- Steps: **2035/8000 steps**
- Distance: **1.60/3.00 km**

Image: A person cycling while wearing the smartwatch, with an overlay showing different sports modes like treadmill, outdoor running, and yoga.

5ATM Waterproof & Swim Tracking

The Parsonver Smart Watch is rated 5ATM waterproof, suitable for swimming and daily water exposure up to 50 meters.

- **Swimming Metrics:** Automatically detects swim strokes (Butterfly, Backstroke, Breaststroke, Freestyle) and provides data on stroke count, stroke rate, and SWOLF score.
- **Usage:** Ideal for pool swimming and open water activities. Not suitable for diving or high-pressure water activities.

5ATM Waterproof & Swim Tracker

Withstands pressures
A depth of
50m


	00:24:00	Distance 2.92 kms	Calories 234 kcal	Strokes 1023 Times	Avg stroke... 126 Times/min
Pool swimming 04/06 08:00 AM Main style: Breaststroke		Avg pace 72 /100 m	Max pace 6'30" /100 m	Min pace 1'30" /100 m	Max stroke... 2024 Times/min

Image: A swimmer in a pool, with the smartwatch displaying swim tracking data such as distance, calories, strokes, and average pace.

Customizable Watch Faces

Personalize your watch with over 200 customizable watch faces available through the Parsonver app.

- **Selection:** Choose from a wide variety of built-in and dynamic watch faces.
- **Personalization:** Upload your own photos to create unique watch faces.



Image: The smartwatch screen showing various customizable watch face options, including a photo of a family.

MAINTENANCE AND CARE

- **Cleaning:** Regularly clean your watch and strap with a soft, damp cloth. Avoid harsh chemicals or abrasive materials.
- **Water Exposure:** While 5ATM waterproof, it is recommended to rinse the watch with fresh water after exposure to saltwater or chlorinated water to prevent corrosion. Dry thoroughly.
- **Strap Care:** The watch features an anti-allergic, soft, and comfortable strap. Ensure it is not too tight or too loose for optimal comfort and sensor accuracy.
- **Battery Care:** Avoid extreme temperatures. Do not fully discharge the battery for extended periods. Charge regularly to prolong battery life.

- **Storage:** Store the watch in a cool, dry place when not in use.

200+ DIY Your Watch Face

200+ Watch faces built-in APP to choose.
Also support custom watch faces
and dynamic watch faces.

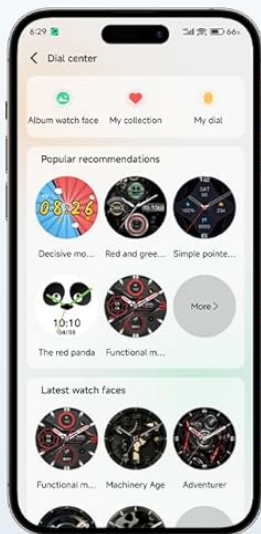


Image: Close-up of the smartwatch, emphasizing its lightweight design (37g) and the anti-allergic, soft, and comfortable strap material.

TROUBLESHOOTING

- **Watch Not Turning On:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot Pair with Smartphone:**

- Ensure Bluetooth is enabled on your phone and the watch.
 - Make sure the watch is within Bluetooth range of your phone.
 - Restart both your phone and the watch.
 - Try unpairing and re-pairing through the Parsonver app.
- **Inaccurate Health Data:**
 - Ensure the watch is worn snugly on your wrist, but not too tight.
 - Clean the sensor on the back of the watch.
 - Avoid excessive movement during measurements.
 - **Notifications Not Appearing:**
 - Check notification settings in the Parsonver app.
 - Ensure app notifications are enabled in your phone's system settings.
 - Verify that the watch is connected via Bluetooth.
 - **Factory Reset:** If issues persist, you may perform a factory reset via the watch's settings menu. This will erase all data on the watch and restore it to its original state.

SPECIFICATIONS

Brand	Parsonver
Model	Parsonver 5ATM Waterproof Smart Watch
Water Resistance	5ATM (up to 50 meters)
Display	1.8-inch HD Touchscreen
Special Features	Heart Rate Monitor, Blood Oxygen Monitor, Sleep Tracker, Stress Monitor, 110+ Sports Modes, Smart Notifications
Shape	Round
Weight	37g (approximate, watch body only)
ASIN	B0DH2P2SJP

WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your product or visit the official Parsonver website. If you encounter any issues or require technical assistance, please contact Parsonver customer support through their official channels.

You can often find support contact details on the manufacturer's website or within the Parsonver application.

