Parsonver PSSW3B, PSSW4SL

Parsonver Smart Watch User Manual

Models: PSSW3B, PSSW4SL

INTRODUCTION

Thank you for choosing the Parsonver Smart Watch. This manual provides essential information and instructions to help you set up, operate, and maintain your PSSW3B or PSSW4SL smart watch. Please read this manual thoroughly before use to ensure optimal performance and longevity of your device.

WHAT'S IN THE BOX

- Parsonver Smart Watch (PSSW3B or PSSW4SL)
- Watch Band
- Charging Cable
- User Manual

SETUP

1. Charging the Device

Before initial use, fully charge your smart watch. Connect the magnetic charging cable to the charging port on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. A full charge typically takes approximately 2 hours. A fully charged watch provides up to 7 days of regular use and up to 40 days of standby time.

1.85" HD

Colorful Touch Screen

3ATM Waterproof Support

Short-term immersion in water
Splashing water
Shallow water swimming

Fast on Power

Magnetic charging
2H charging time
7Day working Time
40 Days Standby Time

Image: The Parsonver Smart Watch connected to its magnetic charging cable, illustrating the charging process.

2. App Installation

To unlock the full functionality of your smart watch, download the companion app on your smartphone. The app is compatible with iOS devices (version 12.0 and above) and Android devices (version 6.0 and above). Search for the 'Parsonver' app in your device's app store or scan the QR code provided in the quick start guide.

3. Device Pairing

After installing the app, open it and follow the on-screen instructions to create an account and pair your smart watch. Ensure Bluetooth is enabled on your smartphone. The watch uses Bluetooth 5.3 for a stable connection. Once paired, you can enable smart notifications and Bluetooth calling features.

1. Basic Navigation

The smart watch features a 1.85" HD colorful touch screen. Swipe left, right, up, or down to navigate through menus and access different functions. Use the physical buttons on the side for quick access to specific features or to return to the home screen.

2. Bluetooth Calls and Smart Notifications

Once connected via Bluetooth, you can make and receive calls directly from your watch using its built-in speaker and microphone with noise cancellation. The watch will also display smart notifications for incoming calls, SMS messages, and alerts from various applications such as Facebook, WhatsApp, Instagram, and Twitter.
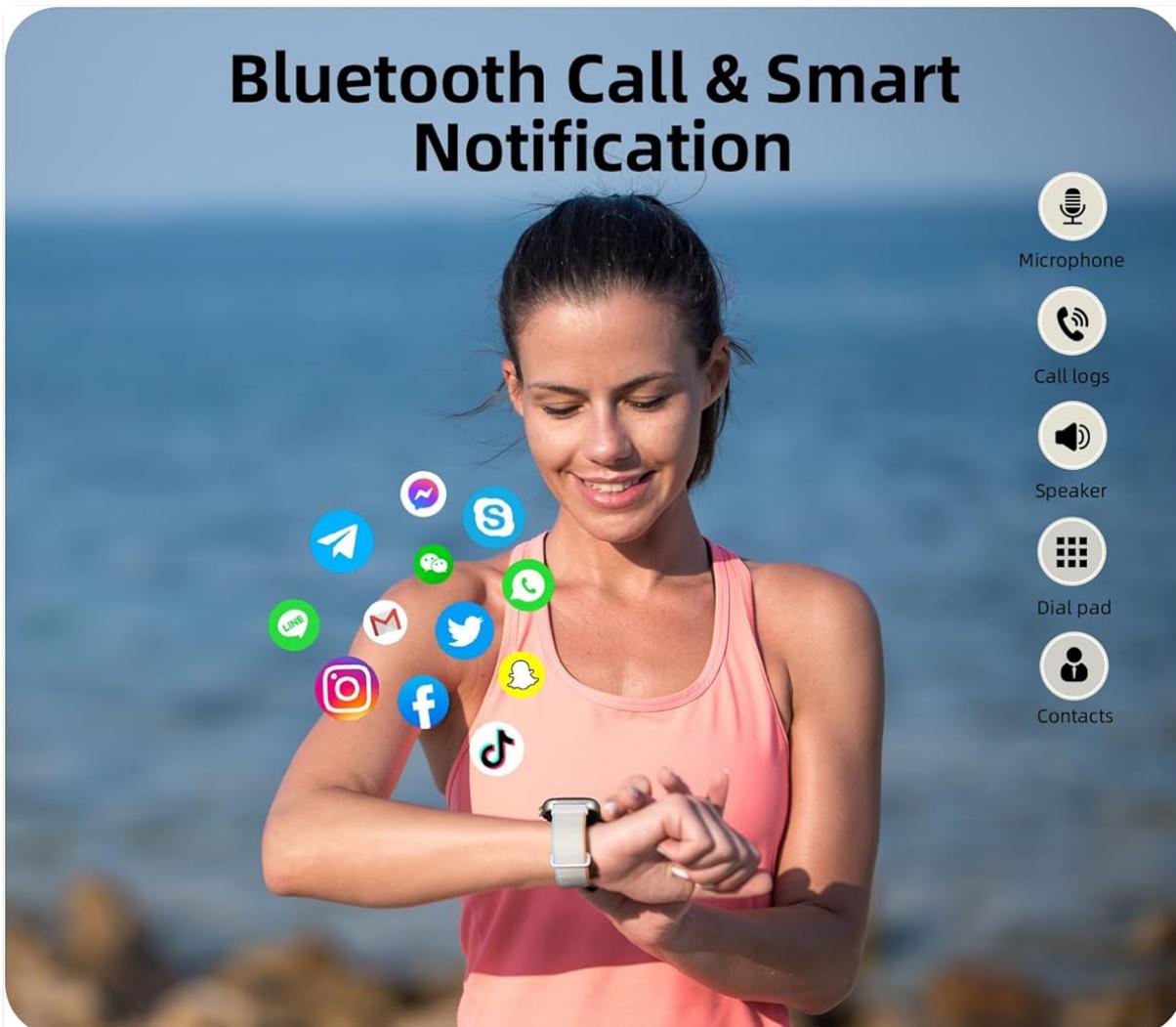
3. 24-Hour Comprehensive Health Monitoring

The Parsonver Smart Watch provides continuous health tracking:

- **Heart Rate Monitoring:** Accurately monitors your heart rate throughout the day.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen saturation levels.
- **Sleep Monitoring:** Analyzes your sleep patterns, including deep sleep, light sleep, awake time, and REM sleep.
- **Stress Level Detection:** Intelligently detects and helps you manage stress levels.
- **Reminders:** Includes hydration and sedentary reminders to promote a healthy lifestyle.
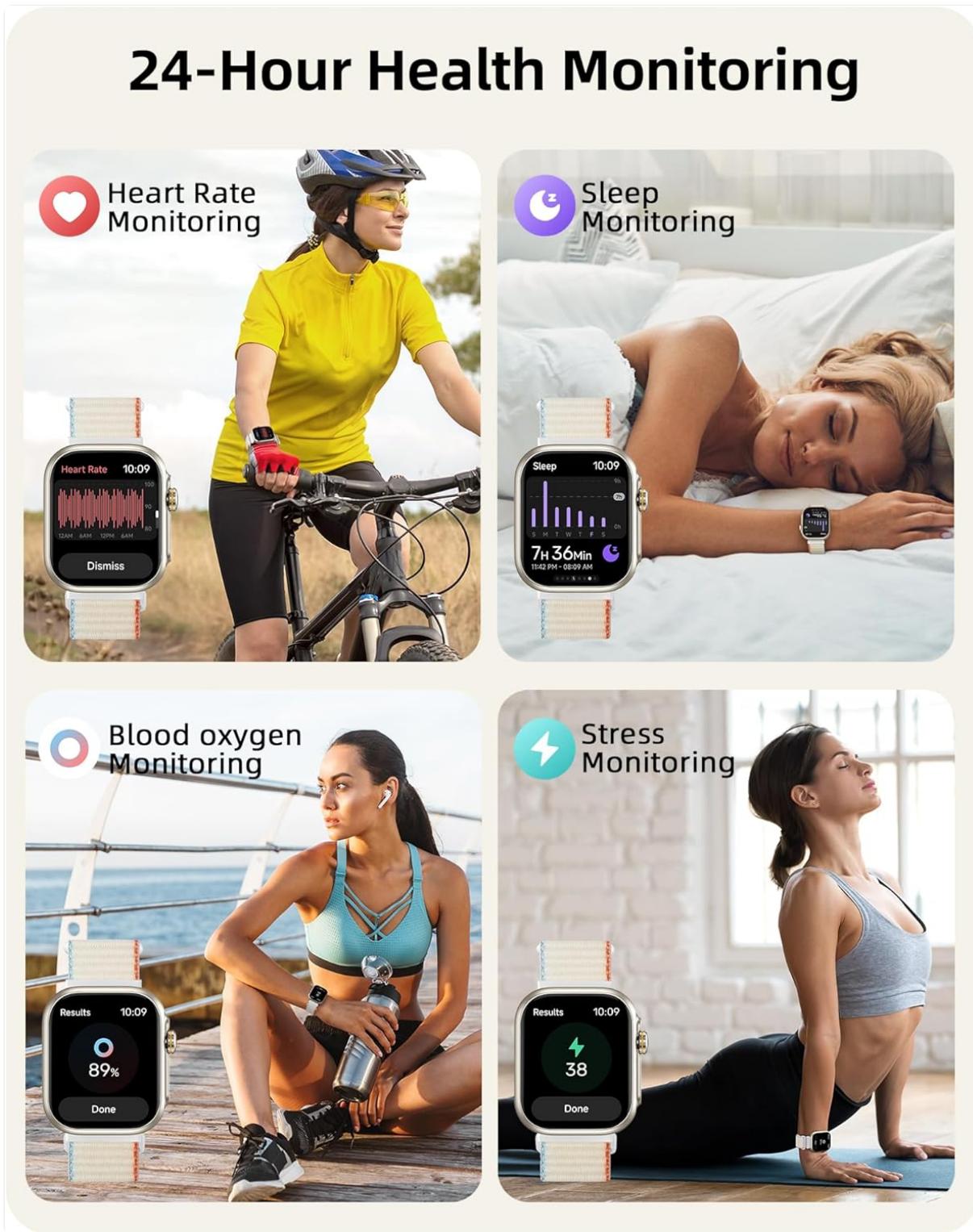
4. Built-in GPS Fitness Tracker

The watch features high-precision built-in GPS, allowing you to record and display your running routes directly on the watch without needing your phone. After synchronization with the app, you can view detailed city route maps. The advanced sports chip tracks distance, real-time/average pace, and calories burned.

Image: The smart watch displaying a GPS-tracked running route, with a smartphone showing a detailed map view.

5. Sports Modes and Activity Tracking

Choose from over 100 built-in sports modes to accurately track your workouts. The watch also provides a daily

readiness score and all-day activity tracking, monitoring steps, calories, and distance.

Image: A user stretching with the smart watch, illustrating its use during exercise, alongside displays of daily readiness score and activity tracking icons.

6. Customization and Other Functions

Personalize your watch with over 100 creative watch dials. The watch also includes various practical functions such as camera control, music control, weather updates, alarm clock, and timer.

Image: A collection of diverse watch faces and icons representing additional practical functions available on the smart watch.

7. Water Resistance

The Parsonver Smart Watch features 3ATM water resistance, making it suitable for short-term immersion in water, splashing, and shallow water swimming. It is not recommended for diving, hot showers, or high-pressure water activities.

MAINTENANCE

1. Cleaning

Regularly clean your smart watch and watch band to prevent skin irritation and maintain device hygiene. Use a soft, lint-free cloth to wipe the screen and body. For the band, use a mild soap solution and rinse thoroughly, ensuring it is completely dry before reattaching to your wrist.

2. Storage

When not in use for extended periods, store the watch in a cool, dry place away from direct sunlight and extreme temperatures. Ensure the watch is partially charged (around 50%) before storage to preserve battery health.

3. Water Resistance Precautions

While the watch is 3ATM water-resistant, avoid exposing it to hot water, steam, or chemicals. Do not press buttons underwater. After exposure to water, especially saltwater, gently wipe the watch dry.

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and wait a few minutes before attempting to power it on again.

- **Unable to pair with phone:** Ensure Bluetooth is enabled on your phone and the watch. Make sure the watch is within range of your phone. Restart both the watch and your phone, then try pairing again through the app.

- **Notifications not received:** Check app permissions on your phone to ensure the Parsonver app has access to notifications. Verify that notifications are enabled within the Parsonver app settings.

- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors regularly. Avoid excessive movement during measurements.

- **Short battery life:** Reduce screen brightness, disable unnecessary notifications, and limit continuous heart rate monitoring if not required. Ensure the watch is fully charged each time.

SPECIFICATIONS

Model Numbers	PSSW3B, PSSW4SL
Brand	Parsonver
Manufacturer	Parsonver
Connectivity Technology	Bluetooth 5.3
Battery Capacity	300mAh
Charging Time	Approx. 2 hours
Battery Life (Typical Use)	Up to 7 days
Standby Time	Up to 40 days
GPS	Built-in GPS
Water Resistance	3ATM
Display	1.85" HD Colorful Touch Screen (PSSW3B)
Compatibility	iOS 12.0+ / Android 6.0+

WARRANTY INFORMATION

Parsonver products are covered by a limited warranty. For specific details regarding your product's warranty period and terms, please refer to the warranty card included with your purchase or visit the official Parsonver website. Keep your purchase receipt as proof of purchase for warranty claims.

SUPPORT

If you encounter any issues or have questions not covered in this manual, please contact Parsonver customer support. You can find contact information on the official Parsonver website or through your purchase platform.
Online Support: Visit the Parsonver official website for FAQs, troubleshooting guides, and contact forms.
Email Support: Refer to your product packaging or the Parsonver website for the customer service email address.