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› Parsonver PSSW2PG Smart Watch Fitness Tracker User Manual

Parsonver PSSW2PG

Parsonver PSSW2PG Smart Watch Fitness Tracker User Manual

Model: PSSW2PG

INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your Parsonver PSSW2PG Smart Watch Fitness Tracker. Please read this manual thoroughly before using the device to ensure proper function and to maximize your user experience.

1. SETUP

1.1 Charging the Device

Before initial use, fully charge your smart watch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port.



Image: The Parsonver PSSW2PG Smart Watch, illustrating its design and charging connection points.

1.2 Downloading and Pairing the App

1. **Download the App:** Search for the official Parsonver companion app in your smartphone's app store (App Store for iOS, Google Play Store for Android).
2. **Create Account:** Open the app and follow the on-screen instructions to create a user account.
3. **Pair the Watch:**
 - Ensure your watch is charged and powered on.
 - Enable Bluetooth on your smartphone.
 - In the app, navigate to the device pairing section and select your watch from the list of available devices.
 - Confirm the pairing request on both your phone and watch.

1.3 Bluetooth Call and Notification Setup

To enable call and smart notification features, ensure your watch is connected via Bluetooth to your smartphone. The watch supports making and answering calls directly and displays notifications from various applications.



Bluetooth Dial/ Answer Calls



Call Management Features



Sync Notifications



Image: The smartwatch screen showing an incoming call and a list of synchronized notifications from various apps.

2. OPERATING INSTRUCTIONS

2.1 Basic Navigation

- **Touchscreen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Side Button:** Press to return to the home screen or wake the device. Long press for power options.

2.2 Sports Modes

The watch includes over 100 built-in sports modes, such as running, cycling, hiking, yoga, and badminton. Select a mode to track specific metrics for your activity, including steps, distance, calories burned, and heart rate.

Built-in 100+ Sports Modes



Daily Readiness Score

00:34:05



Total Calories
368 Kcal



Total Steps
6028 Steps



Heart Rate
146 BPM



Total Distance
5.03 Km

All-Day Activity Tracking



Image: A person running outdoors, with the smartwatch screen showing activity tracking data like calories, steps, heart rate, and distance.

2.3 Health Monitoring

The device continuously monitors various health metrics:

- **Heart Rate:** Real-time heart rate monitoring.
- **Blood Oxygen (SpO2):** Measures blood oxygen levels.

- **Sleep Tracking:** Analyzes sleep patterns, including deep sleep, light sleep, and awake times.
- **Women's Health:** Tracks menstrual and ovulation cycles (requires setup in the app).
- **Sedentary Reminders:** Alerts you to move after periods of inactivity.
- **Hydration Reminders:** Prompts you to drink water.

Health Monitoring

Heart rate & reminder



128
BPM

Max **168**

Min **58**

Blood oxygen monitoring



98%

Max **99**

Min **96**

Real-time pressure



45
Normal

Max **82**

Min **12**

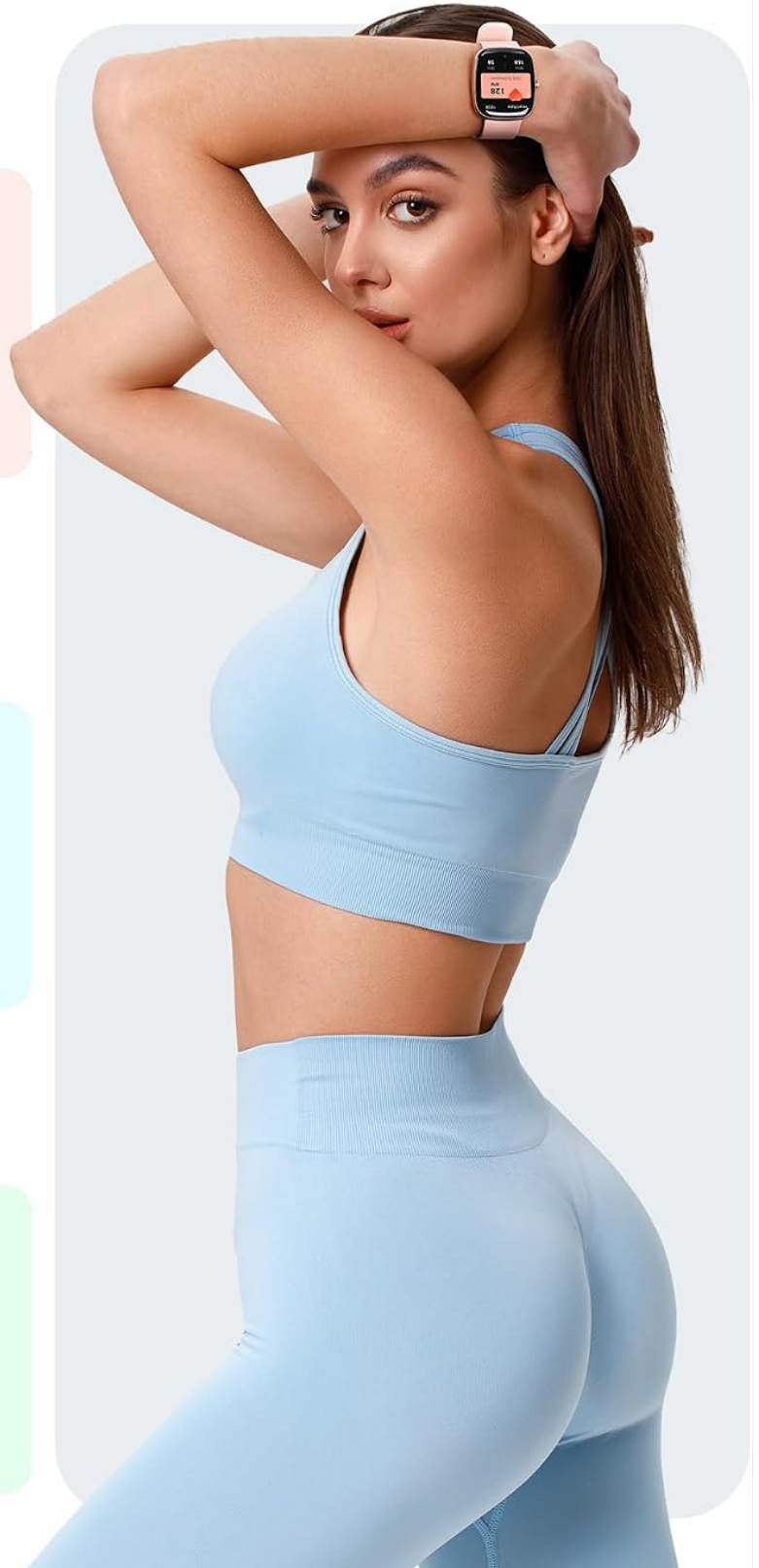


Image: The smartwatch screen showing health monitoring data, including heart rate (BPM), blood oxygen percentage, and real-time pressure levels.

Sleep Monitoring

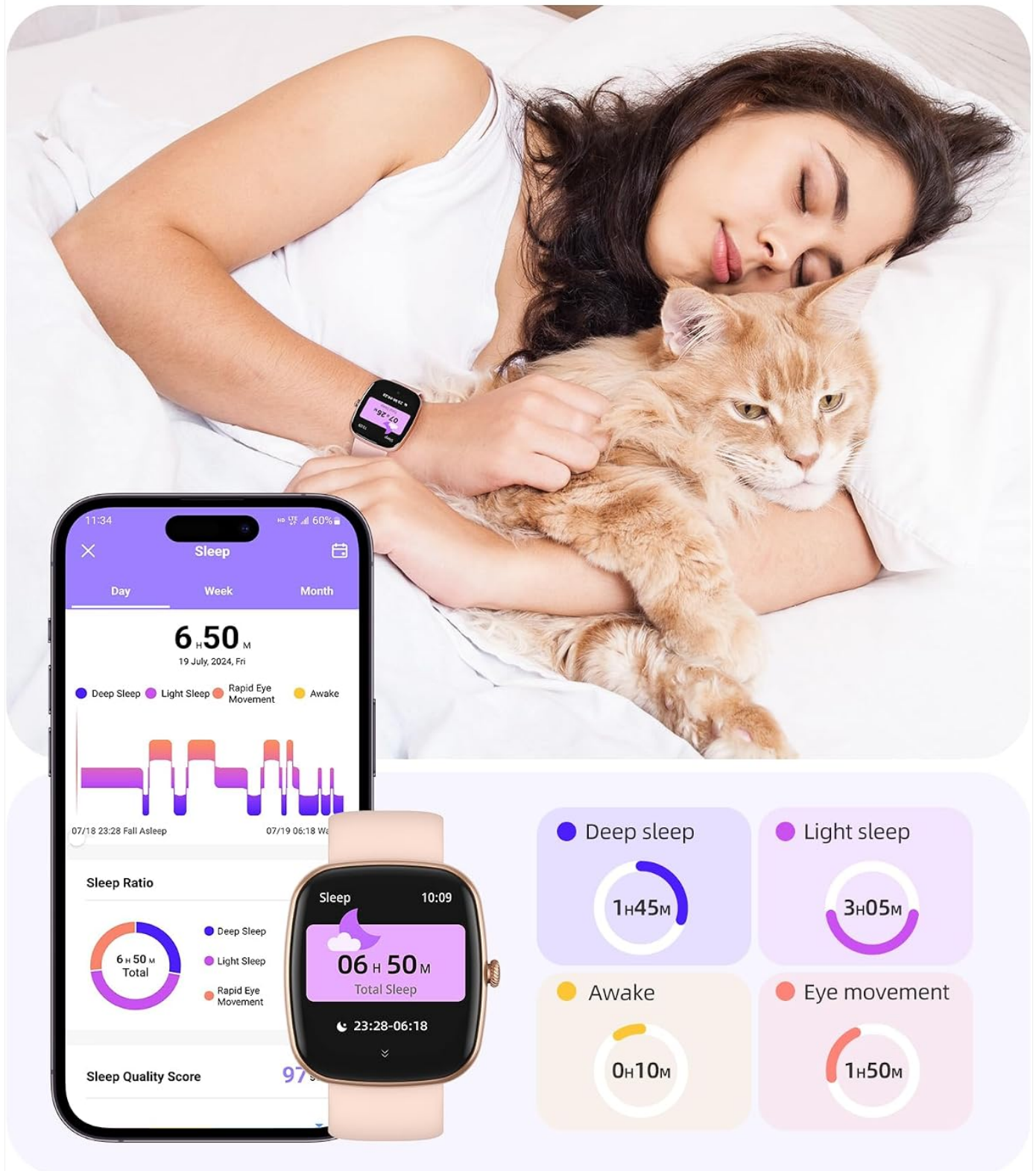


Image: A person sleeping with the smartwatch on, and the watch screen displaying detailed sleep analysis, including deep sleep, light sleep, and awake durations.

2.4 Customizing Watch Faces

Choose from over 200 watch faces available through the companion app, or personalize your watch face using your own photos.

200+

Customize Watch Faces

Customize the watch interface via the app



Image: A collage of various customizable watch faces, including digital, analog, and photo-based designs, demonstrating personalization options.

2.5 Additional Functions

The watch offers a range of practical features:

- **Smart Alarms:** Set alarms directly from the watch or app.
- **Weather Updates:** View current weather conditions.
- **Breathing Exercises:** Guided breathing sessions for relaxation.
- **Music Controls:** Control music playback on your smartphone.

- **Find Phone:** Locate your paired smartphone.
- **Remote Camera Control:** Use the watch as a remote shutter for your phone's camera.
- **Timer & Stopwatch:** Built-in timing functions.

More Practical Functions



Image: A visual representation of various smartwatch functions, including call management, message notifications, pedometer, calorie tracking, heart rate monitoring, sleep tracking, alarm, blood oxygen, breathing exercises, training modes, weather, remote photo capture, brightness adjustment, find phone, timer, music control, and stopwatch.

3. MAINTENANCE

3.1 Water Resistance

The Parsonver PSSW2PG Smart Watch is IP68 waterproof and dustproof, allowing it to withstand immersion in water up to 1 meter deep. It is suitable for daily use, including hand washing, rain, and swimming in shallow water. Avoid hot water, saunas, or diving, as extreme temperatures or high-pressure water may compromise the seal.



Image: The smartwatch being splashed with water, highlighting its waterproof capabilities and durability.

3.2 Cleaning and Care

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

4. TROUBLESHOOTING

4.1 Device Not Powering On

- Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- Try pressing and holding the side button for 10-15 seconds to force a restart.

4.2 Unable to Pair with Smartphone

- Confirm Bluetooth is enabled on your smartphone.
- Ensure the watch is within Bluetooth range (typically 10 meters).
- Restart both your smartphone and the watch.
- If previously paired, try unpairing the device from your phone's Bluetooth settings and then re-pairing through the app.
- Ensure the companion app is up to date.

4.3 Notifications Not Appearing

- Check if the watch is successfully paired with your smartphone.
- Verify that notification permissions are granted for the companion app in your phone's settings.
- Ensure that specific app notifications are enabled within the companion app settings.
- Confirm that "Do Not Disturb" mode is not active on either your watch or smartphone.

4.4 Inaccurate Health Readings

- 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 readings.
- Note that smartwatches are not medical devices and readings are for reference only.

5. SPECIFICATIONS

Model Number	PSSW2PG
Brand	Parsonver
Connectivity Technology	Bluetooth
Water Resistance Level	Waterproof (IP68)
Water Resistance Depth	1 meter
Display Type	Analog <i>(Note: Refers to traditional watch face display options, actual display is digital)</i>
Human Interface Input	Touchscreen
Band Material Type	Silicone
Metrics Measured	Heart Rate Monitor, Blood Oxygen Monitor
Special Features	Music Player, Heart Rate Monitor, Activity Tracker, Sleep Monitor, Pedometer, Alarm Clock, Call Functionality

Supported Application	Alarm, Contacts, Fitness Tracker, Health Management, Messages, Music Player, Phone, Sleep Monitor, Smart Home Integration, Social Media, Weather
Compatible Devices	Smartphone (iPhone 14 Pro Max, Samsung Galaxy S22 Ultra, all current iPhone models, all current Samsung Galaxy models)

6. WARRANTY INFORMATION

The Parsonver PSSW2PG Smart Watch Fitness Tracker comes with a **Lifetime Warranty**. For details regarding warranty claims and coverage, please refer to the official Parsonver website or contact customer support.

7. CUSTOMER SUPPORT

If you encounter any issues or have questions not covered in this manual, please contact Parsonver customer support. Contact information can typically be found on the official Parsonver website or within the companion app. For the latest FAQs and support resources, visit the [Parsonver Store](#).

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question