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Parsonver PSSW8

Parsonver Smart Watch PSSW8 User Manual

Built-in GPS, Bluetooth Calling, Fitness Tracker

INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your Parsonver Smart Watch PSSW8. Please read thoroughly to ensure optimal performance and longevity of your device.

What's in the Box:

- 1x Smartwatch
- 1x Charging Cable
- 1x User Manual

SETUP

1. Initial Charge

Before first use, fully charge your smartwatch using the provided magnetic charging cable. Connect the USB end of the cable to a standard USB power adapter (not included) and align the magnetic end with the charging points on the back of the watch. A full charge typically takes approximately 2 hours.

Image: The smartwatch connected to its magnetic charging cable.

2. App Download & Pairing

Download the companion app (VeryFit) to your smartphone. The app can be found by scanning the QR

code in the user manual or searching in your device's app store. Ensure Bluetooth is enabled on your smartphone. Open the app and follow the on-screen instructions to pair your smartwatch. You will need to set up your personal profile within the app for accurate data tracking.

Image: The companion app interface on a smartphone, displaying various watch face options.

3. Band Replacement

The smartwatch bands are easily replaceable. To remove a band, locate the small pin on the underside where the band connects to the watch face. Pull the pin inwards and gently detach the band. To attach a new band, align the pin with the holes on the watch face and release the pin to secure it.

Image: A close-up of the smartwatch, demonstrating how to remove and attach the interchangeable bands using the quick-release pin.

OPERATING THE SMARTWATCH

1. Navigation

- **Swipe Down:** Access notifications.
- **Swipe Up:** Access quick settings (e.g., brightness, battery status, do not disturb).
- **Swipe Left/Right:** Scroll through various widgets and features (e.g., heart rate, SpO2, stress, sleep, weather, music control, activity stats).
- **Top Button:** Press to return to the home screen.
- **Bottom Button:** Press to access the workout menu.

2. Watch Face Customization

The smartwatch features a 1.27-inch (32mm) 360x360 Ultra HD display. You can customize your watch face through the companion app's 'Dial Center'. Choose from over 100 pre-installed watch faces or create your own DIY watch face using personal photos.

100+ Watch Faces & DIY

Image: The companion app interface on a smartphone, displaying various watch face options for customization.

HEALTH MONITORING

The smartwatch offers 24/7 wellness monitoring, providing insights into your health data directly on your wrist and synced to the app.

- **Heart Rate Monitoring:** Tracks your heart rate continuously. Customizable alerts can be set for exceeding specific thresholds.
- **SpO2 Monitoring:** Measures your blood oxygen levels.
- **Stress Monitoring:** Monitors stress levels throughout the day.
- **Sleep Monitoring:** Analyzes sleep patterns, recording deep, light, and REM stages, along with naps.
- **Women's Health Tracking:** Supports data-driven cycle management.
- **Guided Breathing Sessions:** Offers guided breathing exercises for relaxation.

- **Smart Alerts:** Provides gentle reminders to stand up, drink water, take medication, or wash hands.

24 Hour Health Monitoring

Image: A woman sleeping while wearing the smartwatch, with icons illustrating sleep, heart rate, stress, and blood oxygen monitoring features.

FITNESS TRACKING

1. 100+ Sports Modes

Choose from over 100 sports modes, including running, cycling, yoga, and strength training. The smartwatch automatically detects and records key metrics such as heart rate, calories, distance, and pace for each workout. Set goals and track your progress within the app.

100+ Sports Modes & IP68 Waterproof

Image: Illustrations of various sports activities, with the smartwatch displaying real-time metrics for different sports modes.

2. Built-in GPS

The high-precision built-in GPS chip accurately tracks your routes, distance, pace, and calories without requiring your phone. All journey data is automatically mapped and synced to the app for review.

Built-in GPS

Accurately records your workout routes without relying on your phone

Image: A woman running outdoors, with the smartwatch and a smartphone displaying GPS-tracked routes and fitness data.

3. 24/7 Activity Tracking

Track steps, calories, distance, and activity time around the clock to stay motivated towards your fitness goals. The app allows you to unlock achievement badges at every milestone.

CONNECTIVITY & SMART FEATURES

1. Bluetooth 5.3 Calling & Smart Alerts

With dual Bluetooth support (BT 3.0 + BLE 5.3) and a premium microphone, you can make and receive crystal-clear calls directly from your wrist. Receive instant notifications for calls, texts, and popular apps like WhatsApp and Facebook. Simply raise your wrist to view alerts.

5.3 Bluetooth Calling & Smart Notifications

Image: A woman lifting weights, with the smartwatch on her wrist showing an incoming call and various app notification icons.

2. Quick Call Replies

For Android users, the smartwatch supports quick call replies, allowing you to respond instantly during meetings or cycling without reaching for your phone. This feature is not available for iPhone.

3. Smart Life Assistant

Beyond fitness, the smartwatch offers various smart assistant features:

- Weather tracking
- Music and camera control
- Alarms and timers

- Guided breathing
- Find my phone function

More Features To Explore

Image: The smartwatch display showcasing a variety of app icons, representing features such as music control, weather updates, camera remote, and alarm settings.

WATER RESISTANCE

The smartwatch is IP68 water- and dust-resistant, rigorously tested to withstand splashes, hand washing, face washing, and intense sweat. This makes it suitable for daily wear and various activities. **Note:** It is not recommended for showering, swimming, or sauna use.

Video: A demonstration of the smartwatch's water resistance, showing it being submerged in water and functioning normally.

BATTERY LIFE & COMPATIBILITY

The smartwatch offers extended battery life, providing up to 7 days of typical use or 30 days of standby time on a quick 2-hour charge. It is compatible with Android (5.0+) and iOS (12.0+) smartphones.

MAINTENANCE

To ensure the longevity and proper functioning of your smartwatch, follow these maintenance guidelines:

- **Cleaning:** Regularly wipe the watch face and band with a soft, dry cloth. If necessary, use a slightly damp cloth for the silicone band.
- **Charging:** Use only the provided magnetic charging cable. Avoid exposing the charging contacts to water or sweat.
- **Storage:** Store the smartwatch in a cool, dry place when not in use.
- **Avoid Extreme Conditions:** Do not expose the watch to extreme temperatures, direct sunlight for prolonged periods, or harsh chemicals.

TROUBLESHOOTING

If you encounter any issues with your smartwatch, try the following steps:

- **Not Powering On:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes before attempting to power it on again.
- **Pairing Issues:** Make sure Bluetooth is enabled on your smartphone and the smartwatch is within range. Try restarting both devices and attempting the pairing process again.
- **Inaccurate Data:** Ensure your personal profile information (height, weight, gender) in the app is accurate. For health monitoring, ensure the watch is worn snugly on your wrist.
- **Notifications Not Received:** Check the notification settings within the companion app and your smartphone's system settings to ensure app notifications are enabled and synced.
- **Screen Unresponsive/Frozen:** Try restarting the device by pressing and holding the power button. If unresponsive, allow the battery to fully drain and then recharge.
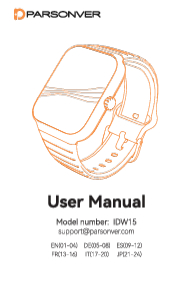
SPECIFICATIONS

Feature	Detail
Product Dimensions	11.02 x 3.35 x 0.71 inches
Item Weight	40 Grams (1.41 ounces)
Item Model Number	PSSW8
Standing Screen Display Size	1.27 Inches
Screen Resolution	360x360 Ultra HD
Battery Capacity	270 Milliamp Hours
Battery Life (Typical Use)	Up to 7 days
Battery Life (Standby)	Up to 30 days
Charging Time	Approx. 2 hours
Water Resistance	IP68

Connectivity Technology	Bluetooth 5.3 (BT 3.0 + BLE 5.3)
Operating System Compatibility	iOS 12.0/Android 5.0 or above
Special Feature	Built-in GPS

WARRANTY & SUPPORT

Your Parsonver Smart Watch PSSW8 is supported by 24/7 customer service. For any inquiries or assistance, please refer to the contact information provided in your user manual or visit the official Parsonver support channels.

Related Documents - PSSW8

[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 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.

Parsonver User Manual Model number: PSLD1 support@parsonvvr.com	**Parsonver PSLD1 Smartwatch User Manual** Comprehensive user manual for the Parsonver PSLD1 smartwatch, detailing setup, features, operation, specifications, and precautions for optimal use.
PARSONVER SPROD1 Smartwatch User Manual EN (02–08) DE (09–16) FR (17–24) IT (25–31) ES (32–38) JP (39–46) Model number: SR1 support@parsonver.com	**Parsonver SPROD1 Smartwatch User Manual** Your comprehensive guide to the Parsonver SPROD1 Smartwatch. Learn how to set up, pair, use features like calls, health tracking, sports modes, and customize settings. Includes charging, maintenance, and troubleshooting information.
SR1 User Instructions Please read the instructions before use. ● The company reserves the right to revise the contents of this notice without prior notice. Under normal circumstances, some functions differ in specific software versions. ● The product should be charged for more than 2 hours before use, but avoid long-term charging in an unattended environment when charging. ● Please attach the magnetic charging cable to the charging port of the bracelet automatically. ● Please use the input voltage 5V/1A charging head, with the original charging cable provided by the manufacturer. ● Before using the product, please download the login application to your mobile phone and set your personal information. ● It is forbidden to use the car charger to charge (the car voltage is unstable when the car is turned off). APP download login	**SR1 Smart Watch User Instructions and Specifications** Comprehensive user instructions and technical specifications for the SR1 Smart Watch, covering setup, operation, features, and FCC compliance.