

HIRREO FV12-H

HIRREO FV12-H Smart Watch Instruction Manual

Model: FV12-H | Brand: HIRREO

1. INTRODUCTION

The HIRREO FV12-H Smart Watch is a versatile fitness tracker designed for women, featuring a 1.43-inch AMOLED display. It offers Bluetooth calling, comprehensive health monitoring, and various sports modes. This manual provides detailed instructions for setup, operation, and maintenance to ensure optimal performance and user experience.

2. WHAT'S IN THE BOX

- Smart Watch (FV12-H) ×1
- Stainless steel net strap ×1
- Silicone strap ×1
- Magnetic charger ×1
- 2-year warranty card ×1

3. SETUP

3.1 Initial Charging

Before first use, fully charge your smartwatch. Connect the magnetic charger to the charging points on the back of the watch. Plug the USB end into a compatible power source. A full charge typically takes about 1 hour and provides up to 5 days of daily use or 15 days of standby time.



IP68 Waterproof

Excellent Battery Life

Equipped with a low-power wearable chip and long battery life for every day



4-7days

Daily use



15 days

Standby time



Image: The HIRREO FV12-H Smart Watch connected to its magnetic charger, indicating the charging process.

3.2 App Download and Pairing

Download the 'GloryFit' app from your smartphone's app store (compatible with Android 4.4+ and iOS 8.0+). Open the app and follow the on-screen instructions to pair your smartwatch via Bluetooth 5.0. Ensure Bluetooth is enabled on your phone and keep the watch close during pairing.

3.3 Strap Installation

The smartwatch comes with two interchangeable straps: a fashionable metal mesh strap and a soft silicone strap. To change straps, use the provided tool to release the spring bars on the watch body and attach the desired strap.



Image: The HIRREO FV12-H Smart Watch displayed with both its metal mesh and silicone strap options, highlighting their distinct styles.

4. OPERATING INSTRUCTIONS

4.1 Touchscreen Navigation

The 1.43-inch HD AMOLED touchscreen provides crystal-clear visuals and ultra-responsive touch controls. Swipe left/right or up/down to navigate through menus and features. Tap to select options.

4.2 Bluetooth Calling & Notifications

With Bluetooth 5.0, you can make and receive calls directly from your watch. It also displays text messages, emails, and social media notifications (Twitter, Facebook, Instagram, SMS, WhatsApp, WeChat). To disable call function or notifications, activate 'Do Not Disturb' mode or adjust settings in the app.



Image: The HIRREO FV12-H Smart Watch screen showing incoming call and message notification icons, demonstrating its communication features.

4.3 Music Control & Remote Camera

Control music playback on your phone directly from the watch. You can also use the watch as a remote shutter for your phone's camera.

4.4 AI Voice Assistant & Other Functions

Utilize the AI voice assistant for quick commands. Other practical functions include weather forecast, stopwatch, alarm, timer, calculator, and 'Find Phone' feature.



Image: A collage of smartwatch screens showing features such as music control, alarm, weather, voice assistant, and remote camera control.

5. HEALTH MONITORING

The FV12-H smartwatch acts as a 24-hour health assistant, tracking various metrics to keep you informed about your well-being. (Note: This device is not a substitute for medical data.)

- **Heart Rate Monitoring:** 24-hour heart rate monitoring with vibration reminders if a certain level is exceeded (adjustable via app).
- **Sleep Monitoring:** Intelligently tracks sleep time and quality (deep sleep, light sleep).
- **Blood Oxygen Monitoring:** Monitors blood oxygen levels.
- **Stress Monitoring:** Tracks stress levels.
- **Female Cycle Tracking:** Tracks and records menstrual cycles, providing reminders.



Image: The HIRREO FV12-H Smart Watch screen showing the female cycle tracking interface with period, prediction, gestation, and ovulation indicators.

6. SPORTS MODES

The smartwatch offers over 100 sports modes, including walking, cycling, yoga, basketball, running, hiking, and more. During workouts, it automatically tracks key metrics such as heart rate, steps, calories burned, and distance.



Image: The HIRREO FV12-H Smart Watch screen showing workout data including steps, calories, exercise time, and heart rate, with icons for various sports modes.

7. CUSTOMIZATION

7.1 Watch Faces

Personalize your smartwatch with over 200 premium watch faces available through the app. You can also upload your own photos

to create custom watch faces.



Image: A selection of customizable watch faces for the HIRREO FV12-H Smart Watch, including digital and analog styles with diverse designs.

8. BATTERY LIFE & ALWAYS ON DISPLAY

The powerful battery provides up to 5 days of daily use after a 1-hour charge. The leading AI power-saving algorithm minimizes power consumption. The AMOLED display supports an Always On Display (AOD) clock, showing the time even when the screen is static.

9. WATERPROOFING

The smartwatch has an IP68 waterproof rating, protecting it against daily activities like handwashing, rain, and surfing. It is **not** suitable for hot water, bathtubs, saunas, or diving.

10. APP INTEGRATION

The 'GloryFit' app serves as the central hub for your smartwatch data and settings. It allows you to:

- View detailed health data (heart rate, sleep, steps, calories).
- Customize watch faces.
- Manage notifications and call settings.
- Adjust units (distance, time, temperature).
- Access sports records and training programs.

11. TROUBLESHOOTING

If you encounter any issues such as quality-related problems, operational glitches, or charging difficulties, please refer to the 'Warranty & Support' section for assistance. Many common issues can be resolved by restarting the device or checking app settings.

12. SPECIFICATIONS

Feature	Detail
Model Number	FV12-H
Display Size	1.43 Inches AMOLED (466x466)
Thickness	7.9mm
Item Weight	0.634 ounces
Battery Capacity	200 Milliamp Hours
Connectivity	Bluetooth 5.0
Waterproof Rating	IP68
Operating System	Android, iOS
Memory Storage Capacity	128 MB
Special Features	Always On Display, Fitness Tracker, Phone Call, Sleep Monitor, Calorie Tracker, Alarm Clock, Stopwatch, Timer, Pedometer, Camera Control, Music Playback/Control, Sedentary Reminder, Weather, Notifications, All-day activity tracker, Distance, Breathing Training, 100+ Sports Modes, Female Cycle Tracking, AI Voice Assistant

13. WARRANTY & SUPPORT

HIRREO provides a comprehensive 2-year warranty for the FV12-H Smart Watch. If you encounter any issues, please contact our customer service team. We guarantee to offer a solution within 24 hours.

For support, please refer to the contact information provided in your warranty card or visit the official HIRREO website.

14. OFFICIAL PRODUCT VIDEOS

Your browser does not support the video tag.

Video: Thin & light smartwatch for women FV12. This video demonstrates the sleek design and lightweight nature of the HIRREO FV12-H Smart Watch, highlighting its comfortable fit and aesthetic appeal.

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Video: 1.43" Ultra-thin Smart Watch for Women. This video showcases the ultra-thin profile and the vibrant 1.43-inch AMOLED display of the HIRREO FV12-H Smart Watch, emphasizing its visual clarity and compact design.

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

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