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> HIRREO EF7 Smart Watch User Manual - Model EF7-N2-US

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HIRREO EF7 Smart Watch User Manual

Model: EF7-N2-US

1. WHAT'S IN THE BOX

Your HIRREO EF7 Smart Watch package includes the following items:

- Smartwatch
- 2 Straps (one pre-installed, one additional)
- Charger (magnetic USB cable)
- Strap Installation and Removal Tools
- Instructions (this manual)

2. SETUP GUIDE

2.1 Initial Charging

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a power source. The watch will display charging progress.

ACTIVITY FITNESS TRACKER RECORDING

Smart watches provide more exercise options, choose the exercise method that suits you best, and make it easier to achieve personalized fitness goals.



Image: The HIRREO EF7 Smart Watch displaying its 600mAh battery capacity and charging times (2 hours charging, 7-10 days use, 40+ days standby).

2.2 App Installation & Pairing

To unlock the full potential of your smartwatch, download the companion app. Scan the QR code provided in the user manual or search for 'FitCloudPro' in your device's app store (compatible with iOS 9.0+ and Android 5.0+).

Once installed, open the app and follow the on-screen instructions to pair your smartwatch via Bluetooth 5.0. Ensure your phone's Bluetooth is enabled and the watch is nearby.

Your browser does not support the video tag.

Video: An unboxing and initial setup demonstration of the HIRREO EF7 Smart Watch, showing the watch being powered on and the app pairing process.

2.3 Strap Installation

The smartwatch comes with two different strap styles. To attach or change a strap:

- Align the spring bar of the strap with the lug holes on the watch case.
- Push the spring bar lever inwards and slide the strap into place.
- Release the lever to secure the strap. Gently tug the strap to ensure it's firmly attached.

3. OPERATING INSTRUCTIONS

3.1 Basic Navigation

The HIRREO EF7 Smart Watch features a 1.43-inch AMOLED full-touch screen and side buttons for intuitive control:

- **Touchscreen:** Swipe left/right, up/down to navigate menus and tap to select.
- **Top Button (Power/Menu):** Long press to power on/off. Short press to return to the main watch face or access the main menu.
- **Middle Button (Sport):** Short press to quickly access sports modes.

- **Bottom Button (Back):** Short press to go back to the previous screen.



Image: The HIRREO EF7 Smart Watch showcasing its 1.43-inch AMOLED HD screen with 466x466 pixel resolution, vibrant color display, and full touch capabilities.

3.2 Watch Faces & Customization

The watch offers over 300 online watch faces. You can change them via the companion app to match your style or occasion. You can also use your own photos for DIY watch faces.

3.3 Bluetooth Calling & Message Notifications

Stay connected directly from your wrist. The watch features Bluetooth 5.0 for stable connections, a built-in speaker, and a noise-canceling microphone.

- **Make Calls:** Access contacts or use the dial pad on the watch.
- **Answer/Reject Calls:** Receive incoming call alerts and manage them directly.
- **Message Notifications:** Get instant alerts for messages and app notifications (e.g., SMS, WhatsApp, Instagram) on your wrist.



Image: The HIRREO EF7 Smart Watch demonstrating its Bluetooth calling capabilities with a dial pad, contact list, and message notifications displayed on the screen.

3.4 LED Flashlight

The watch includes a convenient LED flashlight. Activate it with a simple tap on the screen or via a dedicated button (refer to the user manual for specific button mapping) for quick illumination in dark environments.

3.5 Health Monitoring (24/7)

The EF7 Smart Watch is equipped with high-precision sensors for comprehensive health tracking:

- **Heart Rate Monitor:** Tracks your heart rate in real-time.
- **Blood Oxygen Monitor:** Measures your blood oxygen levels (SpO2).
- **Blood Pressure Monitor:** Provides blood pressure readings.
- **Sleep Tracker:** Monitors your sleep patterns (light sleep, deep sleep) to help improve sleep quality.



Image: The HIRREO EF7 Smart Watch showing real-time data for heart rate, blood pressure, and blood oxygen levels, indicating continuous health monitoring.

3.6 Sports Modes & Activity Tracking

With over 100 sports modes, the watch accurately records your workout details:

- **Modes:** Includes running, cycling, yoga, swimming, basketball, and many more.
- **Tracking:** Monitors heart rate, step count, calories burned, and exercise duration.
- **Pedometer:** Built-in step counter for daily activity levels.



Image: The HIRREO EF7 Smart Watch illustrating its extensive range of 132 sport modes, with examples like basketball, cycling, running, and snowboarding, alongside key activity metrics.

3.7 Multifunction Features

The smartwatch integrates various smart services for daily convenience:

- Music control
- Weather forecasts
- Alarms & Timers
- Phone locator
- Remote camera control
- Hydration reminders
- Calculator
- Voice assistant



Image: The HIRREO EF7 Smart Watch showcasing its diverse functionalities, such as LED flashlight, 'Find Phone' feature, sleep tracking, blood oxygen monitoring, and a grid of colorful app icons.

4. MAINTENANCE

4.1 Waterproofing

The HIRREO EF7 Smart Watch is 5ATM waterproof and IP68 rated, making it resistant to splashes, sweat, rain, and even submersion in water. It is suitable for swimming and other water-based activities (excluding deep diving or high-pressure water activities).

Your browser does not support the video tag.

Video: A demonstration of the HIRREO EF7 Smart Watch's waterproof capabilities, highlighting its durability against water exposure.

4.2 Cleaning & Care

- Wipe the watch and straps regularly with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts are clean and dry before charging.

4.3 Battery Life

The watch is equipped with a 600mAh battery, providing approximately 5-10 days of active use and up to 30 days of standby time, depending on usage patterns and enabled features.

5. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Long press the power button.
- **Cannot pair with phone:** Ensure Bluetooth is enabled on your phone and the watch. Make sure the watch is within range. Try restarting both devices.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist. Avoid excessive movement during measurements.
- **Notifications not received:** Check app settings to ensure notifications are enabled for the desired apps. Verify Bluetooth connection.

6. SPECIFICATIONS

| Feature | Detail |
|-------------------|--|
| Model Number | EF7-N2-US |
| Display Size | 1.43 Inches AMOLED |
| Resolution | 466 x 466 pixels |
| Waterproof Rating | 5ATM, IP68 |
| Battery Capacity | 600 Milliamp Hours |
| Connectivity | Bluetooth 5.0 |
| Compatibility | iOS 9.0+ (calls iOS 13+), Android 5.0+ |
| Item Weight | 3.17 ounces |
| Special Features | Flashlight, 100+ Sports Modes, Health Monitoring, Bluetooth Calling, Music Control, Weather, Notifications |

7. WARRANTY & SUPPORT

Your HIRREO EF7 Smart Watch comes with a **24-month warranty**. For any issues, questions, or support needs, please contact our customer service. We offer **24-hour online support** to ensure your satisfaction.

If you encounter any problems with accessories, quality, operation, or charging, do not hesitate to reach out. We are committed to providing a solution within 24 hours.