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> HIRREO EF7 Smart Watch Instruction Manual

HIRREO EF7

HIRREO EF7 Smart Watch Instruction Manual

Model: EF7-M2-US, EF7-C2-US, EF7-N2-US

Brand: HIRREO

1. GETTING STARTED

1.1 Package Contents

Verify that all items are present in your product package:

- Smartwatch
- 2 Straps (one pre-installed, one additional)
- Charger
- Strap Installation and Removal Tools
- Instructions



Image: The HIRREO EF7 Smart Watch displayed with its included accessories, including two different straps, a charging cable, and documentation.

1.2 Strap Installation

To install or change the watch strap:

1. Locate the quick-release pins on the back of the strap.
2. Slide the pin inwards to detach or attach the strap to the watch body.
3. Ensure the strap is securely fastened before wearing.

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Video: Demonstrates the process of attaching and detaching the watch straps using the quick-release mechanism.

MULTIPLE FUNCTIONS



LED FLASHLIGHT



FIND PHONE



SLEEP



BLOOD OXYGEN



Sports



Heart Rate



Timer



Blood Pressure



Data



Weather



Music



Breathing exercises



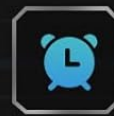
Calculator



Voice assistant



Stopwatch



Alarm Clock

Image: The HIRREO EF7 Smart Watch shown with two different strap options, highlighting its versatility.

1.3 Charging the Device

To charge your HIRREO EF7 Smart Watch:

1. Connect the magnetic charging cable to the charging contacts on the back of the watch.
2. Plug the USB end of the cable into a standard USB power adapter (not included) or a computer's USB port.
3. The watch display will indicate charging status. A full charge typically takes approximately 2 hours.

600mAh BIG BATTERY

Note: It is normal to open the flashlight for a long timewill accelerate battery consumption.


2 Hours
Charing Time


7-10 Days
Use Time


40+ Days
Standby Time



Image: The HIRREO EF7 Smart Watch screen showing its 600mAh battery capacity and charging indicators.

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Video: Shows the watch being connected to its magnetic charger, indicating the charging process.

1.4 App Installation and Pairing

To unlock the full functionality of your smartwatch, install the companion app and pair it with your phone:

1. Scan the QR code displayed on the watch or in the manual to download the 'FitCloudPro' app from your phone's app store.
2. Open the app and create a user profile, entering necessary personal information for accurate tracking.

3. Enable Bluetooth on your smartphone.
4. In the 'FitCloudPro' app, navigate to the device section and search for your EF7 Smart Watch.
5. Select 'EF7' from the list of discovered devices and confirm the pairing request on both your phone and the watch.
6. Allow necessary permissions for notifications and location tracking to ensure full functionality.

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Video: Illustrates the process of downloading the companion app, setting up a profile, and pairing the HIRREO EF7 Smart Watch with a smartphone via Bluetooth.

2. DEVICE OPERATION

2.1 Basic Navigation

The HIRREO EF7 Smart Watch features a full touch screen for intuitive navigation:

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different widgets.
- **Tap:** Select an item or confirm an action.
- **Press Side Buttons:** Use for power on/off, back function, or quick access to specific features like the flashlight.

2.2 Customizing Watch Faces

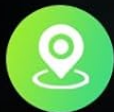
Personalize your watch with a variety of watch faces:

1. From the home screen, long-press the watch face to enter the watch face selection menu.
2. Swipe left or right to browse pre-installed watch faces.
3. Alternatively, use the 'FitCloudPro' app to access a wider selection of watch faces or create custom ones using your own photos.

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Video: Demonstrates how to change watch faces directly on the device and through the companion app, including custom photo dials.

132 SPORT MODE



KM

3.8



Steps

5608



BMP

92



Calories

368



Basketball



Cycling



Running



Snowboarding

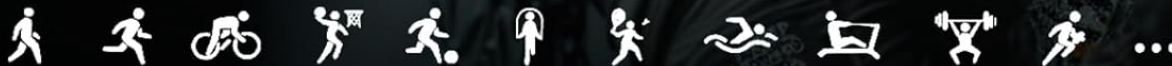


Image: The HIRREO EF7 Smart Watch showcasing several dynamic and informational watch faces.

2.3 Bluetooth Calling and Notifications

Stay connected with Bluetooth calling and message notifications:

- **Making Calls:** Access the dial pad or contact list on your watch to initiate calls directly.
- **Answering Calls:** When a call comes in, you can answer or reject it directly from your watch.
- **Notifications:** Receive alerts for calls, SMS, and app notifications (e.g., WhatsApp, Facebook) directly on your wrist. Ensure notification permissions are enabled in the 'FitCloudPro' app.

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Video: Shows the HIRREO EF7 Smart Watch receiving and managing Bluetooth calls and displaying message notifications.



Image: The HIRREO EF7 Smart Watch displaying an incoming call and a message notification from a connected smartphone.

2.4 Health Monitoring

The watch provides comprehensive health tracking features:

- **Heart Rate Monitoring:** Tracks your heart rate continuously throughout the day.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen levels.
- **Blood Pressure Monitoring:** Provides estimates of your blood pressure.
- **Sleep Tracking:** Analyzes your sleep patterns, including light and deep sleep stages.

Note: This device is not intended for medical use. Consult a healthcare professional for medical advice.

Your browser does not support the video tag.

Video: Illustrates the watch's health monitoring capabilities, including real-time heart rate, blood oxygen, and blood pressure measurements.

24H HEALTH MONITOR

Track your heart rate, blood pressure and blood oxygen patterns around the clock. Keep track of your overall health with ease.



Image: The HIRREO EF7 Smart Watch showing detailed health data for heart rate, blood pressure, and blood oxygen levels.

2.5 Sports Modes

The watch supports over 100 sports modes to track your physical activities:

- Access the 'Sport' menu on your watch to select your desired activity (e.g., running, cycling, basketball, yoga).
- The watch will record metrics such as duration, heart rate, calories burned, and steps.

- Review your workout data in the 'FitCloudPro' app for detailed analysis.



Image: The HIRREO EF7 Smart Watch displaying a selection of its numerous sports tracking modes, including basketball, cycling, running, and snowboarding.

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Video: Shows the HIRREO EF7 Smart Watch tracking various sports activities, including running and other exercises.

2.6 Other Functions

The HIRREO EF7 Smart Watch includes several additional useful features:

- **LED Flashlight:** Activate the built-in flashlight for convenient illumination in low-light conditions.

- **Music Control:** Control music playback on your connected smartphone directly from your watch.
- **Weather Forecast:** View current weather conditions and forecasts.
- **Voice Assistant:** Interact with your phone's voice assistant for hands-free commands.
- **Find Phone:** Locate your misplaced smartphone by triggering an alert from your watch.

1.43" AMOLED HD SCREEN

AMOLED Material Screen Improves Pixel Quality And Color saturation
Making images Clearer And softer



LED FLASHLIGHT

Turn it on at the touch of a button and light up your darkness.

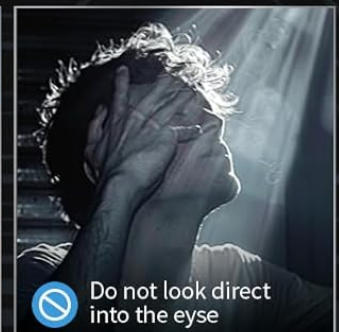


Image: The HIRREO EF7 Smart Watch highlighting its LED flashlight function, useful for various scenarios like night adventures or emergencies.



Image: The HIRREO EF7 Smart Watch showcasing a variety of its smart functions, including music control, weather, and find phone features.

3. CARE AND MAINTENANCE

3.1 Water Resistance

The HIRREO EF7 Smart Watch is 5ATM waterproof, meaning it can withstand pressures equivalent to a depth of 50 meters. This makes it suitable for swimming and showering, but it is not recommended for diving or high-pressure water activities.

Anti-Impact

IP68 waterproof

-40° internal temperature

70° internal temperature

MILITARY GRADE
Drop-Tested
MIL-STD 810H
U.S.A.

**MILITARY STANDARD
SMARTWATCH**

Image: The HIRREO EF7 Smart Watch emphasizing its military-grade durability and IP68 waterproof rating, suitable for various environments.

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Video: Shows the watch being submerged in water, demonstrating its waterproof capabilities.

3.2 Cleaning

Regularly clean your watch and strap to maintain performance and hygiene:

- Wipe the watch screen and body with a soft, damp cloth.
- For silicone straps, wash with mild soap and water, then rinse thoroughly and dry.
- Avoid using harsh chemicals or abrasive materials that could damage the watch.

3.3 Battery Life and Optimization

The HIRREO EF7 Smart Watch is equipped with a 600mAh battery, offering extended usage. To optimize battery life:

- Adjust screen brightness to a lower setting.
- Disable unnecessary notifications.
- Limit continuous heart rate or blood oxygen monitoring if not required.
- Ensure the watch is fully charged before extended periods of use.

4. TROUBLESHOOTING

If you encounter issues with your HIRREO EF7 Smart Watch, consider the following:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Unable to pair with phone:** Check that Bluetooth is enabled on your phone and the watch is within range. Restart both devices and try pairing again. Ensure the 'FitCloudPro' app has necessary permissions.
- **Notifications not received:** Verify that notifications are enabled in both your phone's settings and the 'FitCloudPro' app. Ensure the app is running in the background.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch.
- **Screen unresponsive:** Try restarting the watch by pressing and holding the power button.

For further assistance, refer to the customer support information provided in this manual.

5. TECHNICAL SPECIFICATIONS

Feature	Specification
Screen Size	1.43 Inches AMOLED
Battery Capacity	600 Milliamp Hours
Connectivity	Bluetooth 5.0
Water Resistance	5ATM (IP68)
Operating System	AsteroidOS
Memory Storage Capacity	512 MB
Item Weight	9.9 ounces
Compatible Devices	iOS 9.0+ (calls require iOS 13+), Android 5.0+

6. WARRANTY AND CUSTOMER SUPPORT

HIRREO provides a 24-month warranty for the EF7 Smart Watch. For any issues regarding accessories, quality, operation, or charging, please contact our customer support team. We offer 24-hour online support and will provide a solution within 24 hours.

HIRREO

HIRREO is a creative and dynamic smartwatch brand. We are committed to blending advanced technology with modern design to create high-performance, aesthetically valuable smartwatches, providing users with comprehensive health monitoring, efficiency improvement, and a personalized experience. We hope that HIRREO smartwatches can accompany everyone who loves life towards a better future. HIRREO will always be customer-centric, listening to their needs and providing excellent products and services.

Image: Details of HIRREO's customer service, including 24-hour online support, 6-month return service, and a 2-year guarantee.