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› Parsonver Smartwatch User Manual (Model: B0FW4FFXCN)

Parsonver B0FW4FFXCN

Parsonver Smartwatch User Manual

Model: B0FW4FFXCN

1. INTRODUCTION

Thank you for choosing the Parsonver Smartwatch. This manual provides essential information for setting up, operating, and maintaining your device. Please read it carefully to ensure proper use and to fully utilize all features.

2. SETUP

2.1 Package Contents

Verify that all items are present in the package:

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

最大7日間 連続使用

最大30日間 スタンバイ

約2時間 全充電



溫馨提示： ご注意：
バッテリー持続時間は使用状況や環境要因により変動します



Image: The smartwatch, its charging cable, and the instruction manual are included in the package.

2.2 Charging the Smartwatch

Before first use, fully charge the smartwatch. 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. A full charge typically takes approximately 2 hours.



Image: The smartwatch is shown connected to its magnetic charging cable, indicating the charging process.

2.3 App Installation and Pairing

To unlock the full functionality of your smartwatch, download and install the companion app on your smartphone. The app is compatible with both iPhone and Android devices.

1. Scan the QR code in the manual or on the watch packaging, or search for the app name (usually specified in the quick start guide) in your phone's app store.
2. Install the app and create an account if prompted.
3. Ensure Bluetooth is enabled on your smartphone.
4. Open the app and follow the on-screen instructions to pair your smartwatch. This usually involves selecting your device from a list and confirming a pairing code.



Image: The smartwatch screen displays multiple app icons and different menu layouts, illustrating the customizable interface.

3. OPERATING INSTRUCTIONS

3.1 Basic Navigation

The smartwatch features a 1.27-inch HD full-touch color display. Swipe across the screen to navigate through menus and functions. Use the side button for power on/off, returning to the home screen, or accessing specific features as configured.



Image: A close-up view of the smartwatch highlights its 1.27-inch high-definition display.

3.2 Call and Message Notifications

Once paired with your smartphone, the smartwatch can receive call and message notifications. You can answer or reject calls directly from your wrist and view message content.



Image: A person is shown interacting with the smartwatch on their wrist to manage a phone call, illustrating the Bluetooth call feature.



Image: The smartwatch screen shows notifications from multiple social media and messaging applications, demonstrating its 'wrist

assistant' capabilities.

3.3 Sports Modes

The smartwatch supports over 100 sports modes, including swimming, running, cycling, and yoga. Select your desired activity to track performance metrics such as distance, calories burned, and heart rate.



Image: A man is cycling outdoors, wearing the smartwatch, which displays activity tracking data, highlighting the sports mode feature.



Image: A swimmer is shown underwater wearing the smartwatch, which displays detailed swimming metrics such as distance, calories, and stroke count.

3.4 Health Monitoring

The smartwatch offers comprehensive health monitoring features:

- **24-Hour Heart Rate Monitoring:** Continuously tracks your heart rate. Alerts can be set for abnormal readings.
- **Sleep Tracking:** Monitors sleep stages (deep, light, REM) and provides insights into sleep quality.
- **SpO2 Measurement:** Measures blood oxygen saturation levels.
- **Stress Monitoring:** Tracks stress levels throughout the day.
- **One-Tap Health Measurement:** Quickly measure multiple health metrics simultaneously.



Image: A man is shown performing an exercise, with his smartwatch displaying real-time heart rate data and zones.



Image: A couple is sleeping, and a smartwatch on the nightstand displays detailed sleep tracking data, including sleep stages and duration.



Image: A man is running outdoors, and his smartwatch displays blood oxygen saturation (SpO₂) levels, indicating real-time health monitoring.



Image: A man is performing a yoga pose, and his smartwatch displays stress level monitoring data, offering insights into emotional well-being.



Image: The smartwatch screen illustrates the one-tap health measurement feature, showing stress, SpO2, and heart rate metrics.

3.5 Other Convenient Functions

Your smartwatch includes additional features for daily convenience:

- Weather Forecast
- World Clock
- Alarm Function
- Music Control
- Remote Camera Control (Shake to take photo)
- Breathing Training
- Sedentary Reminder
- Water Intake Reminder
- Stopwatch and Timer
- SMS Quick Reply (Android only)

SMS・ 通話クイック返信

カスタムクイック返信：
スマートフォン操作が困難な状況でも素早く返信可能。
効率アップと集中力維持を実現

ご注意：本機能はAndroidスマートフォンのみ対応、
iPhoneではご利用いただけません

What's up ?

Let me get back to you

Can i call you later?

No problem

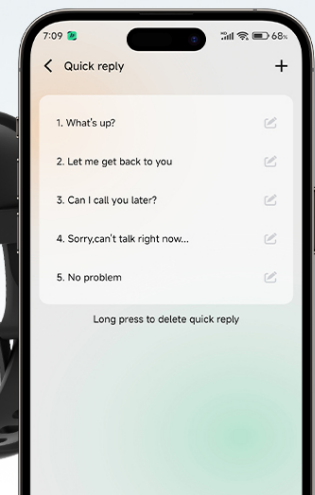


Image: Four panels depict various smartwatch functions: music control, remote camera shutter, sedentary reminder, and water intake reminder.

睡眠品質モニタリング

最適な睡眠ゾーンを分析



Image: Four panels illustrate additional smartwatch features: timer, weather forecast, alarm, Pomodoro timer, and stopwatch.

24時間 心拍数モニタリング

非活動状態で心拍数が警告値を超えた場合、
振動で通知します

パッシブ計測：
10分間隔での自動測定が可能

アクティブ計測：
タップで随時心拍数を計測

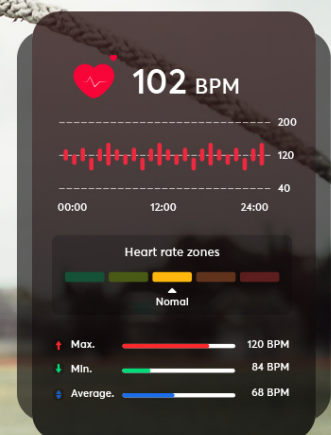


Image: The smartwatch and a smartphone display the SMS quick reply feature, allowing users to send predefined messages from the watch (Android only).

3.6 Custom Watch Faces

Personalize your smartwatch with over 200 built-in watch faces available through the app. You can also customize watch faces using your own photos.



Image: The smartwatch displays a personalized watch face with a family photo, while a smartphone shows a gallery of over 200 available watch face designs.

4. MAINTENANCE

4.1 Cleaning

Regularly clean your smartwatch and strap to prevent skin irritation and maintain device performance. Use a soft, damp cloth to wipe the screen and strap. Avoid harsh chemicals or abrasive materials.

4.2 Water Resistance

The Parsonver Smartwatch features 5ATM water resistance, making it suitable for swimming and showering. However, it is not recommended for use in hot water, saunas, or steam rooms, as high temperatures can affect its performance and seal integrity.

Water Resistance Guidelines

Water Resistance Level	Definition	Applicable Scenarios
5ATM	Resistant to water pressure equivalent to 50 meters depth	Hand washing, rain, cold showers, swimming, snorkeling
IP68	Resistant to 1.5 meters water depth	Hand washing, rain

Note: To prevent performance degradation, do not use this watch in high-temperature environments such as hot baths, saunas, steam rooms, or other high-temperature conditions.



Image: A man is surfing while wearing the smartwatch, accompanied by a table detailing 5ATM water resistance and its applicable scenarios.

4.3 Strap Replacement

The smartwatch uses a 22mm universal strap, allowing for easy replacement with compatible straps. The liquid silicone strap is designed for comfort and to be hypoallergenic.



Image: The smartwatch is shown with its liquid silicone band, emphasizing its lightweight design (37g) and comfortable, flexible material.

5. TROUBLESHOOTING

If you encounter issues with your smartwatch, refer to the following common solutions:

- **Watch not turning on:** Ensure the watch is fully charged. If it doesn't turn on after charging, try pressing and holding the side button for 10-15 seconds to force a restart.
- **Cannot pair with smartphone:** Ensure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and your phone, then try pairing again through the app.
- **No notifications:** Check app permissions on your smartphone to ensure the smartwatch app has access to notifications. Verify that notifications are enabled within the smartwatch app settings.
- **Inaccurate data:** Ensure the watch is worn snugly on your wrist. For GPS-related activities, ensure a clear view of the sky.
- **Screen unresponsive:** Try restarting the watch. If the issue persists, ensure the screen is clean and dry.

For more detailed troubleshooting or persistent issues, please refer to the in-app help section or contact customer support.

6. SPECIFICATIONS

Feature	Detail
Brand	Parsonver
Model	B0FW4FFXCN
Color	Black
Display	1.27-inch HD Full-Touch Color Display (360x360 pixels)
Water Resistance	5ATM
Battery Life (Typical Use)	Up to 7 days
Battery Life (Standby)	Up to 30 days
Charging Time	Approx. 2 hours
Weight	37g
Strap Width	22mm (Universal)
Strap Material	Liquid Silicone
Wrist Circumference	16-24 cm
Compatibility	iPhone and Android

7. WARRANTY INFORMATION

This Parsonver Smartwatch comes with a **1-year warranty** from the date of purchase. The warranty covers manufacturing defects and malfunctions under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or failure to follow the instructions in this manual.

Please retain your proof of purchase for warranty claims.

8. CUSTOMER SUPPORT

If you have any questions, concerns, or require technical assistance, please contact Parsonver customer support through the following channels:

- **Email:** Refer to the contact information provided in the product packaging or on the official Parsonver website.
- **Online Support:** Visit the official Parsonver website for FAQs and support resources.

Our support team is available to assist you with any product-related inquiries.

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