OPPO WATCH
USER MANUAL

https://www.oppo.com

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1 Basic Operations

OPPO Watch supports two types of operations: Touchscreen operations and button operations.

1.1 Touchscreen operations

Touchscreen operations is one of the basic operations of OPPO Watch. You can swipe up, down, left and right on the screen to switch the content shown on the screen, cover the screen with a hand to turn off the screen, and tap to light up the screen when the screen is dim.

Swipe up from the bottom of the screen to view messages and notifications.

Swipe down from the top of the screen to go to Control Center.

Swipe left from the right of the screen to view collection of Tiles.

Swipe right from the left of the screen to show Google Assistant.

At home screen, press and hold to change watch faces.

Swipe right from any page to return to the previous page.

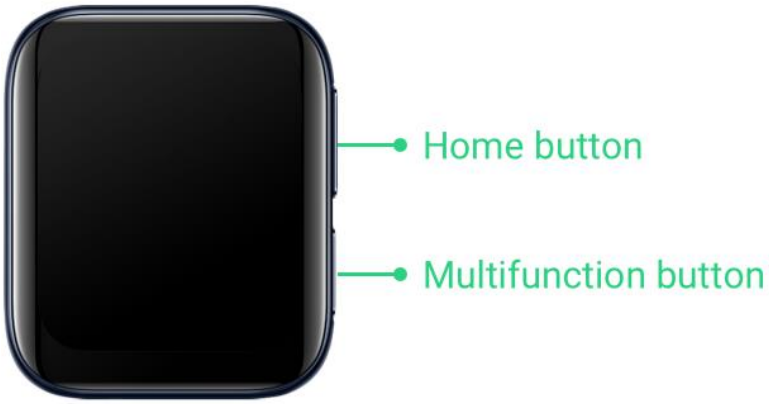
Activate the screen by tapping the screen. Go to Settings > Gestures and turn on Touch-to-wake.

Cover the screen with a hand to turn off the screen.

1.2 Button operations

You can also use button operations to conveniently control the OPPO Watch.

Under the screen off state, press Home button or Multifunction button to wake the screen.



At the home screen, press Home button to go to the app list. Press Home button to return to the home screen at any page.

Press Multifunction button to call up an app in shortcut (when you are not on an app screen). Go to Settings > Personalization > Customize hardware buttons > Bottom, right side to assign an app to this button.

Customize
hardware buttons
Bottom, right side
Workouts
Launch app
5-Min Workouts
Agenda
Alarm

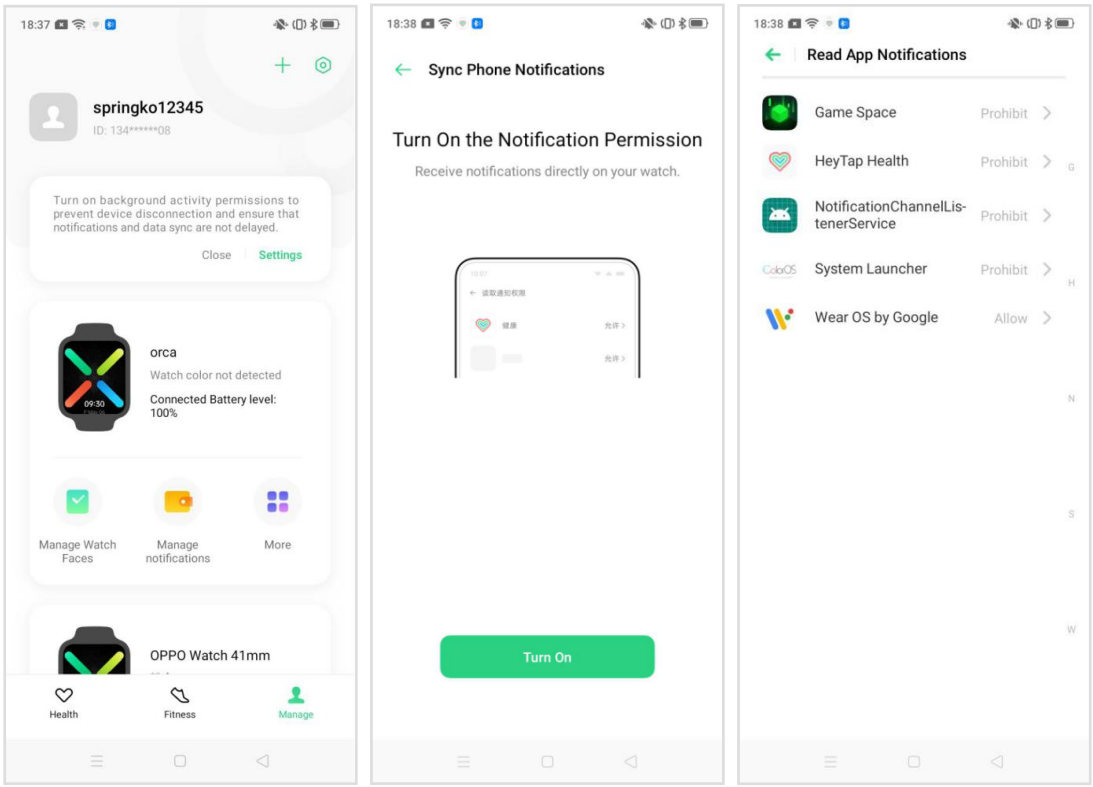
2 Notifications

OPPO Watch helps you to avoid missing important notifications during meetings, workouts or any other occasions.

In the Wear OS app on the mobile phone, you can set whether or not the notifications of an app are allowed to be synced to the watch.

To ensure the notifications be synced to your watch in Power Saver mode, the HeyTap Health app will need to be granted the permission to read the notifications of your phone.

Open the HeyTap Health app and go to Manage > Manage notifications > Turn On. Grant the HeyTap Health app the permission to read app notifications so that you can choose apps that you want to receive notifications in Power Saver mode.



If your watch is unable to receive notifications, please check

- Are your watch and phone connected via Bluetooth and is your phone connected to the Internet? Otherwise, is your watch connected to the Internet?

- Do the Wear OS app and the HeyTap Health app have the permission to read app notifications?
- Are the Wear OS app and the HeyTap Health app allowed to run in the background?

*Notifications are synced via the Wear OS app under smart mode and the HeyTap Health app under Power Saver mode. Both apps are recommended to be granted the permissions to read notifications and allowed to run in the background.

3 Tiles

Swipe left from right of the screen at the home screen to view tiles.

Press and hold a tile to enter editing mode.

Add a tile: slide to the rightmost, tap Add tile, select a tile to add.

Delete a tile: Swipe a tile up or down to delete.

TODO: Add a picture

Adjust the order of the tiles: Tap the arrow keys below a tile to adjust the order of the tiles.

TODO: Add a picture

4.0 App List

Press and hold an icon till the watch vibrates to adjust the order of the apps.

5 Health

OPPO Watch keeps track of your movement throughout the day and encourages you to reach your daily goal. OPPO Watch will provide health suggestions based on your daily activities, heart rate and sleep. By using the HeyTap Health app, you can keep a long-term record of your activity.

5.1 Heart rate

OPPO Watch can automatically monitor daily heart rate changes and remind you when your resting heart rate is too high.

5.2 Daily activities

If you have been sitting for more than an hour, OPPO Watch will remind you to get up and move around. You can also have a 5-min workout to keep yourself energized.

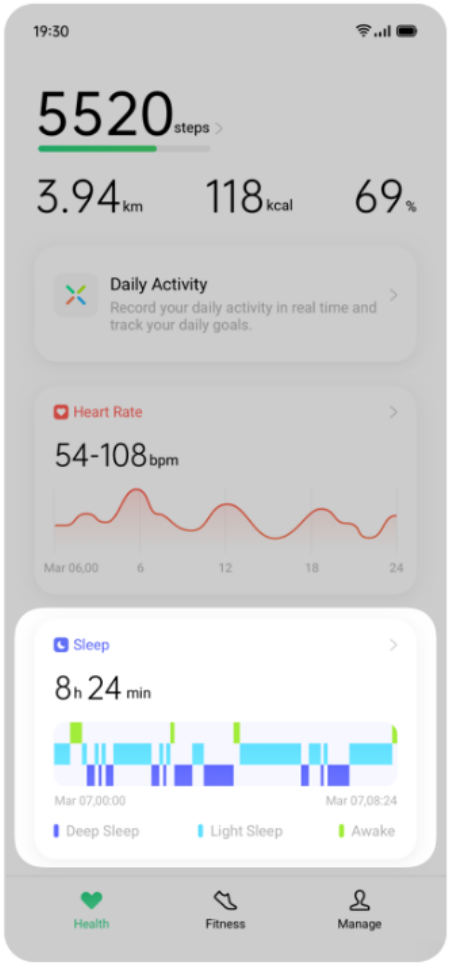
OPPO watch can track your daily step counts, workout time, calories burnt, and number of activity sessions with a graphic presentation.

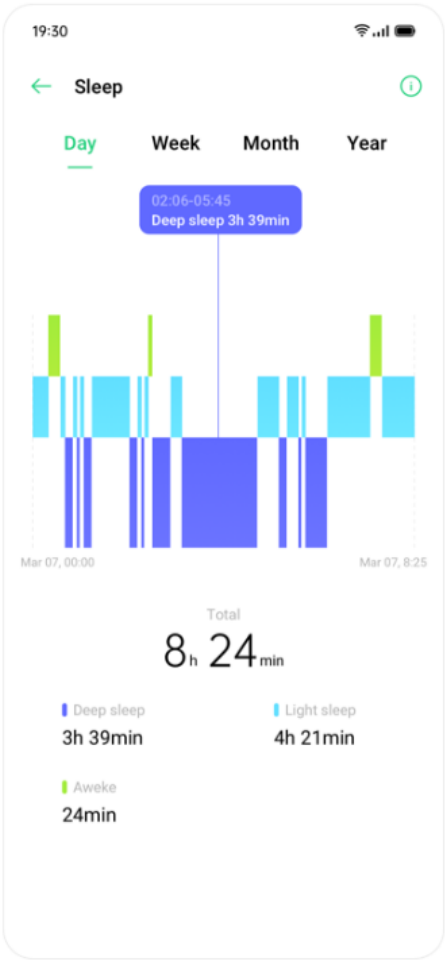
5.3 Sleep monitor

If you wear your watch during bedtime, the watch will have your sleep report ready to be viewed when you wake up the next day. (Note that OPPO Watch can only track sleeping from 8pm to 10am local time).

When you wake up, you can also open the Sleep app to view your sleep report last night. (The watch will not send the sleep notification if you have already viewed the sleep report on your phone).

If OPPO Watch is connected to your phone, the sleep report will be automatically synced to the HeyTap Health app. Tap Sleep on the Health tab to view the details.





6 Workouts

OPPO advocates a healthy lifestyle. The goal is to exercise more and sit less by completing exercise goals every day. OPPO watch provides various workouts tools that help you to manage your individual workout session. Whether you are swimming, running, or cycling, OPPO Watch tracks your progress such as time duration, distance traveled, calories burnt, and summarizes your results.

6.1 Quickly pause/resume during exercise

During exercise, you can press the pause button to quickly pause exercise, and the resume button to resume exercise.

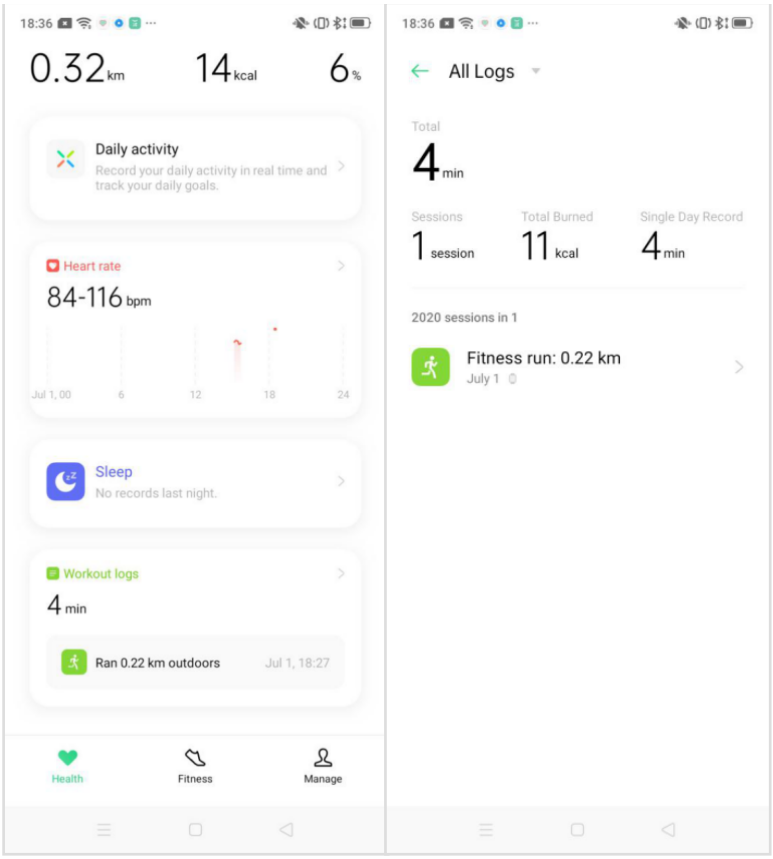
6.2 Swimming

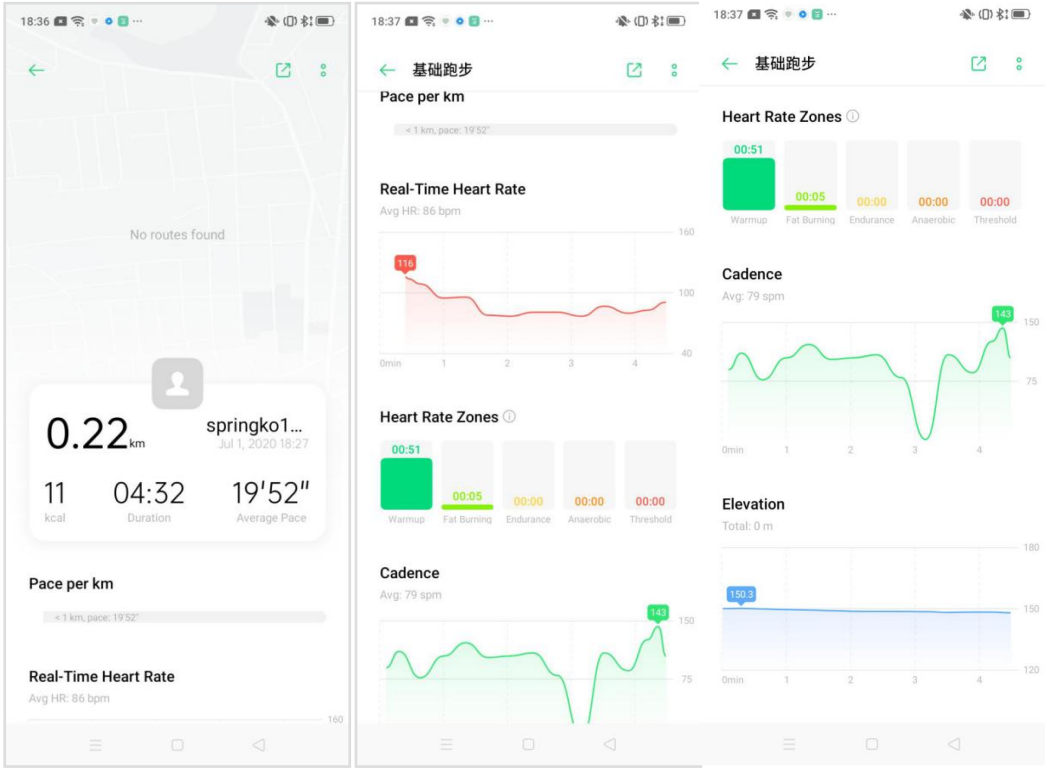
OPPO Watch 46mm (LTE) supports 5 ATM water resistance. You can wear the watch to swim and the watch will track the time duration and distance traveled when you swim.

After starting to swim, the watch will automatically turns on Touch lock. To exit Touch Lock, hold the Home button.

6.3 Sports data analysis

You can view your daily exercise report on OPPO Watch. And a more detailed report is available on the HeyTap Health App. The HeyTap Health App automatically syncs your daily exercise report when your watch is connected to your phone. For example, the details of Fitness run records are shown below.


18:36
0.32km
14kcal
6%
Daily activity
Record your daily activity in real time and track your daily goals.
Heart rate
84-116 bpm
Jul 1, 00
6
12
18
24
Sleep
No records last night.
Workout logs
4 min
Ran 0.22 km outdoors
Jul 1, 18:27
Health
Fitness
Manage
18:36
All Logs
Total
4 min
Sessions
1 session
Total Burned
11 kcal
Single Day Record
4 min
2020 sessions in 1
Fitness run: 0.22 km
July 1


18:36
No routes found
0.22km
springko1...
Jul 1, 2020 18:27
11
kcal
04:32
Duration
19'52"
Average Pace
Pace per km
Real-Time Heart Rate
Avg HR: 86 bpm
18:37
基础跑步
Pace per km
Real-Time Heart Rate
Avg HR: 86 bpm
Heart Rate Zones
00:51
Warmup
00:05
Fat Burning
00:00
Endurance
00:00
Anaerobic
00:00
Threshold
Cadence
Avg: 79 spm
18:37
基础跑步
Heart Rate Zones
Cadence
Avg: 79 spm
Elevation
Total: 0 m

7 Power Saver Mode

When the Power Saver mode is turned on, some features are disabled to extend the battery life. But you can still check time, step counts, heart rate, and receive notifications in Power Saver mode.

When the battery level is lower than 20%, the watch will notify you to turn on the Power Saver mode.

To turn on Power Saver mode, press and hold the Multifunction button and tap Power Saver.

The Figure below shows the home screen under Power Saver mode.

Press and hold to select watch face.

Swipe up to view the notifications, press and hold the notification to dismiss.

8 Watch Face

8.1 Change watch face

OPPO Watch include a variety of watch faces, part of which you can customize to suit you.

At home screen, press and hold the current watch face, swipe left and right to select a watch face.

When OPPO Watch is connected to your phone, you can change the watch face via the HeyTap Health app or the Wear OS app.

8.2 Customize watch face

You can customize the watch faces by select different themes and widgets.

At home screen, press and hold the watch face, tap the Settings button below the watch face to enter the watch face editing page.

Swipe left and right to switch between different themes of the watch face.

When editing watch face, tap a widget to go to a list of available options, tap to select a feature that you want to apply to the watch face.

补图

Tap the selected combination of theme and widgets or press the Home button to save and exit the editing mode.

补图

8.3 Add watch face

Add a watch face to your favorites.

At home screen, press and hold the watch face. Swipe all the way to the right and tap See more watch faces.

Browse watch face design, tap to add a watch face to favorites.

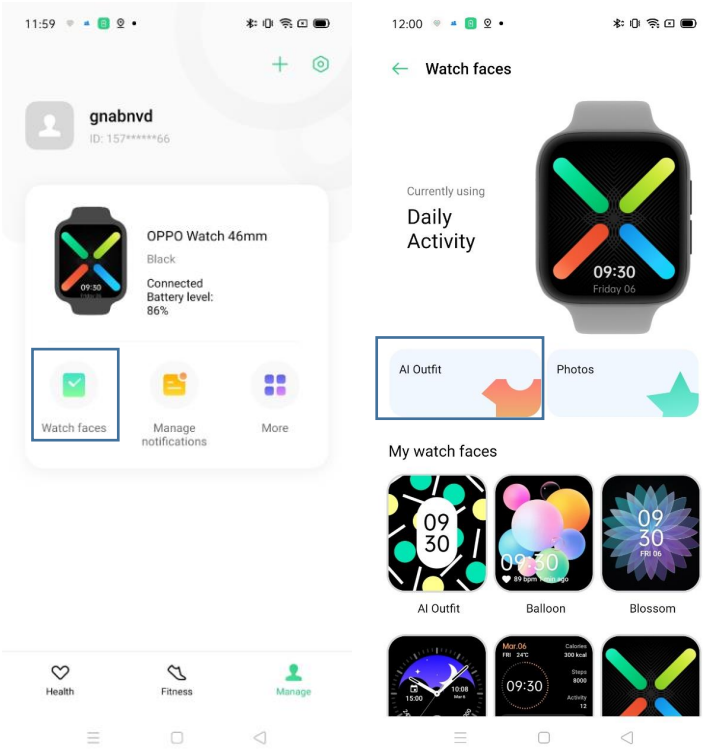
8.4 Delete watch face

At home screen, press and hold the watch face. Swipe up or down to delete the watch face from your favorites. You can add the watch face back later if you want.

8.5 AI Outfit-matching watch face

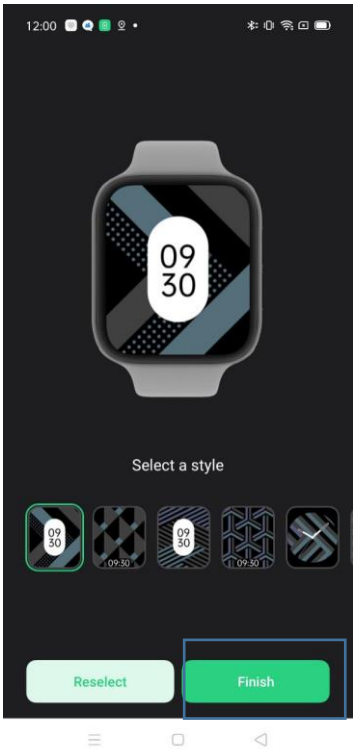
Want your watch to match with your outfit? No problem! OPPO’s AI algorithm can generate a series of watch faces that match with your style.

Tap Watch faces in the HeyTap Health app. Tap AI Outfit.



Take a photo of your daily outfit and follow the instructions.

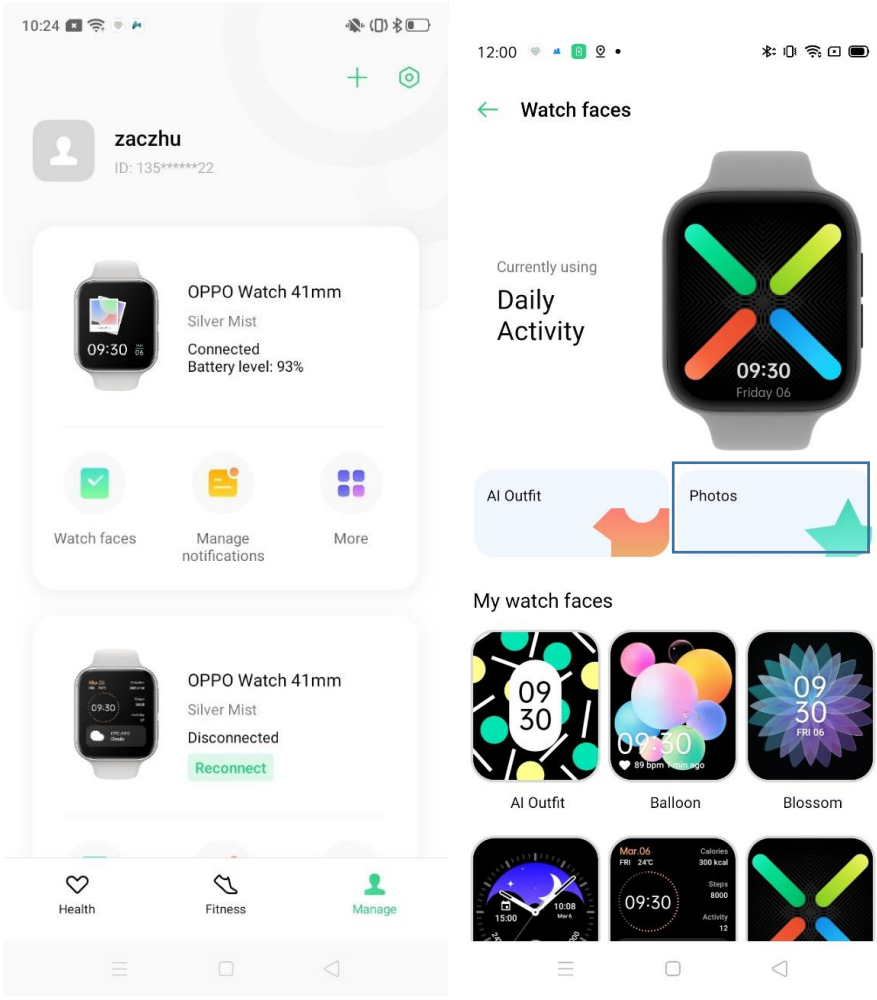
Choose a style you like to create your own watch face.



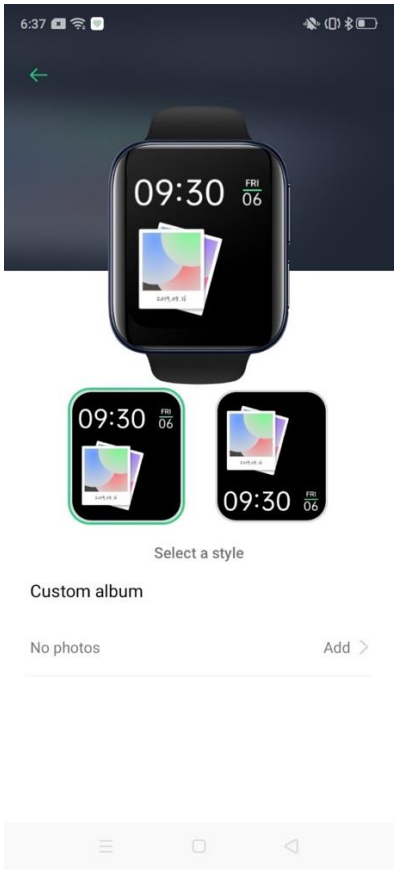
8.6 Photos watch face

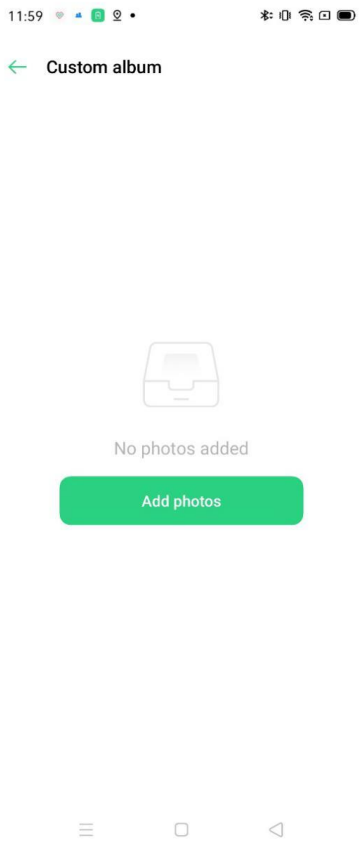
Want to use your own photo as your watch face? Choose a photo from the phone album as the watch face.

In the HeyTap Health app, go to Manage tab. Tap Watch faces. Tap Photos.

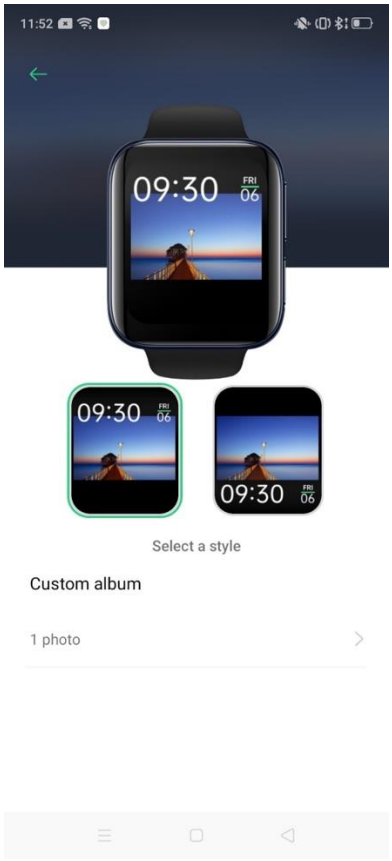


Tap Add. Tap Add photos to add photo to your custom album.





After adding your photo(s) to album, you can select a style of display.



The selected style will appear on OPPO Watch.

You can add up to 10 photos to your custom album. If you have added more than more 1 photo to your custom album, tap the home screen to switch to the next photo.

9 Always-on screen

Activate the Always-on screen mode to keep the screen remain lighten up. Watch face will display an ambient mode under Always-on screen.

Turn on the Always-on screen mode in settings > display.

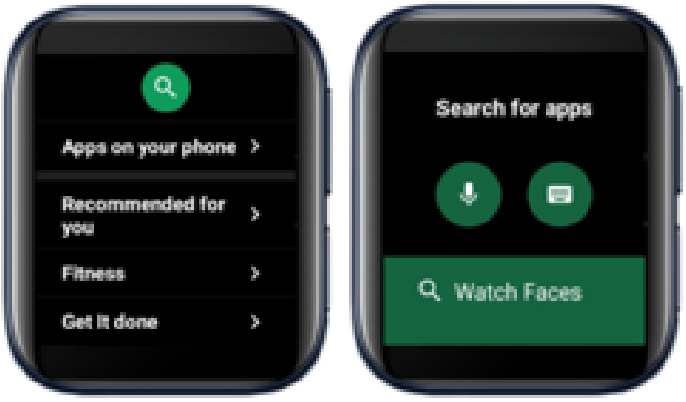
10 Google Play Store

TODO: Replace low-res images

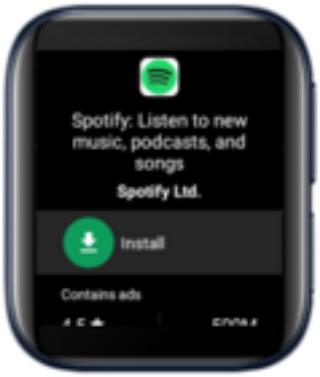
10.1 How to download apps?

Open the Google Play Store. Internet connection is required.

Tap the search button on the top of the screen to enter search page and search for desired apps.



Tap Install to download and install the app.



10.2 How to uninstall an app?

Open the Google Play Store.

Scroll all the way down to the bottom and tap My Apps.

Tap the app you want to delete, then scroll down to the bottom and tap the Uninstall button.

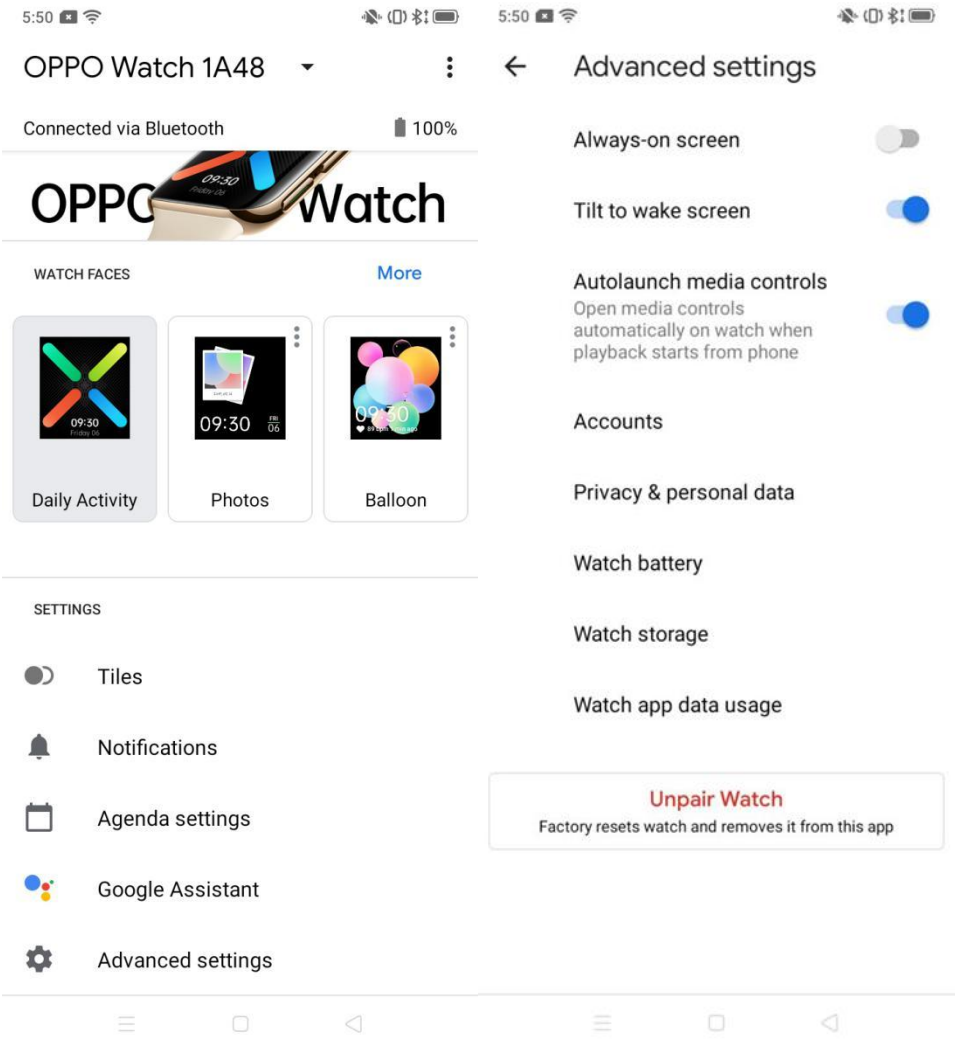
11 System Update

You will receive notifications when system updates are available. Follow the instructions to update system.

You can also check for system updates in Settings > System > About > System updates.

12 Unpair OPPO Watch

On the Wear OS app. Go to Advanced settings > Unpair Watch.



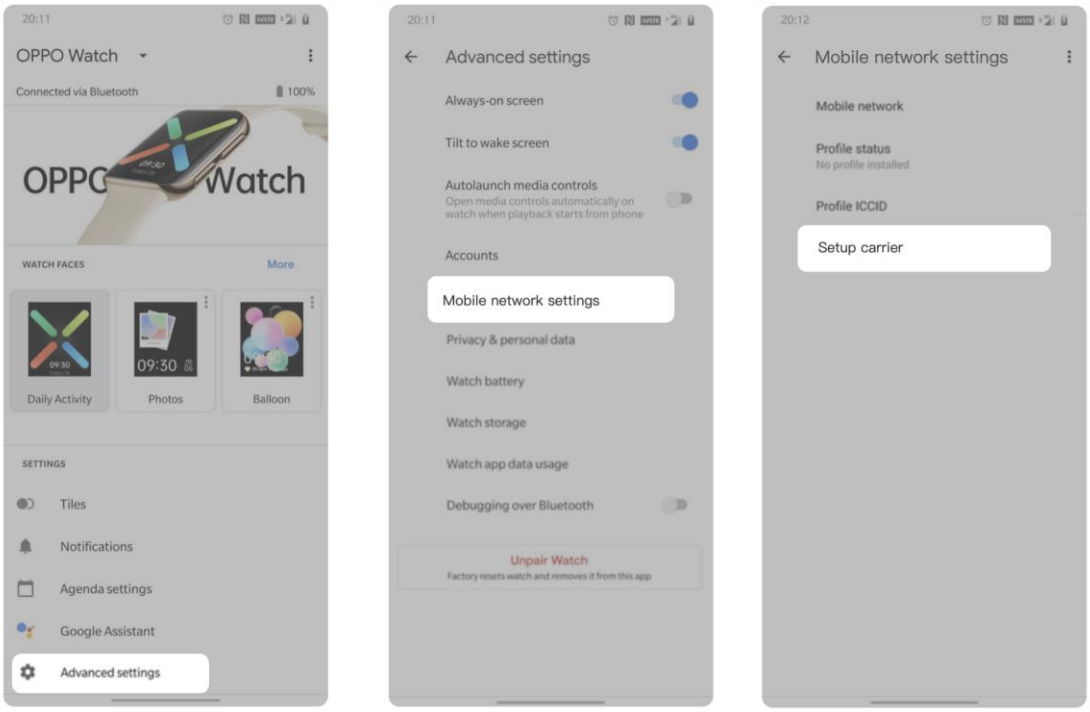
After unpairing, the watch will automatically restore to factory settings.

13 Standalone LTE Connectivity

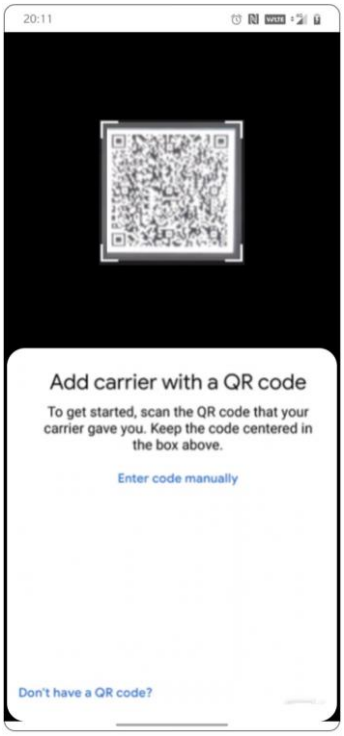
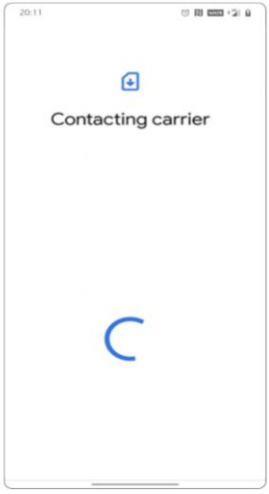
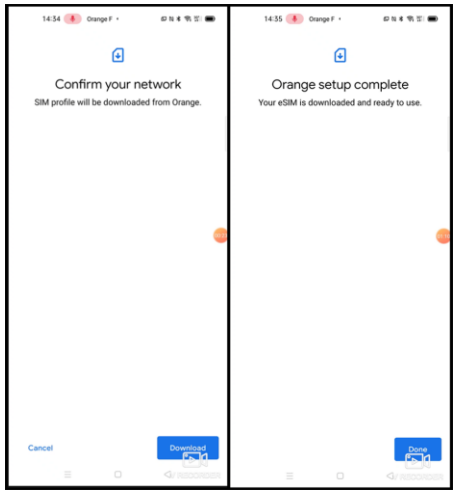
eSIM is a virtual SIM provided by carriers. After activation, the watch can use functions such as telephone, cellular mobile network, etc. without connecting to a phone.

How to set up?

1. On the main page of the Wear OS app, tap Advanced settings > Mobile network settings > Setup carrier.



2. Scan a valid QR code, or enter the serial code provided by the carrier, then follow the instructions to connect to the carrier.



3. After successfully add the carrier, you need to enter the PIN code to verify. After verification, the page will prompt “Confirm your network”. Tap the Download button, the watch will start to download the profile. Once download completes, you are all set.