



# OPPO WATCH USER MANUAL

<https://www.oppo.com>

# Table of contents

- 1 Basic operations
  - 1.1 Touchscreen operations
  - 1.2 Button operations
- 2 Notifications
- 3 Tiles
- 4 App list
- 5 Health
  - 5.1 Heart rate
  - 5.2 Daily activity
  - 5.3 Sleep monitor
- 6 Workouts
  - 6.1 Quickly pause/resume during a workout
  - 6.2 Swimming
  - 6.3 Workout data analysis
- 7 Power Saver
- 8 Watch faces
  - 8.1 Change watch faces
  - 8.2 Customize a watch face
  - 8.3 Add a watch face
  - 8.4 Delete a watch face
  - 8.5 AI Outfit watch face
  - 8.6 Photos watch face
- 9 Always-on screen
- 10 Google Play

10.1 How to download apps

10.2 How to uninstall an app

11 System update

12 Unpair OPPO watch

13 Activating eSIM

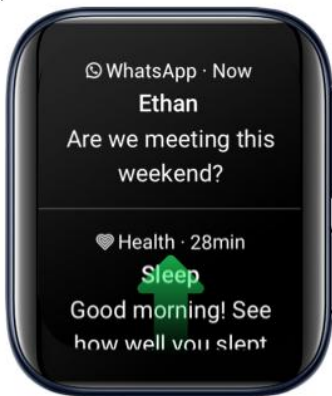
# 1 Basic Operations

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

## 1.1 Touchscreen operations

Touchscreen operations are a simple way to navigate your OPPO Watch. Swipe up, down, left, or right on the screen to switch the content shown on the screen. You can also turn off the screen by covering it with your hand, or 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 bring up the Control Center.



Swipe left from the right side of the screen to view your collection of tiles.



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



On the Home screen, touch and hold to change watch faces.



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



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



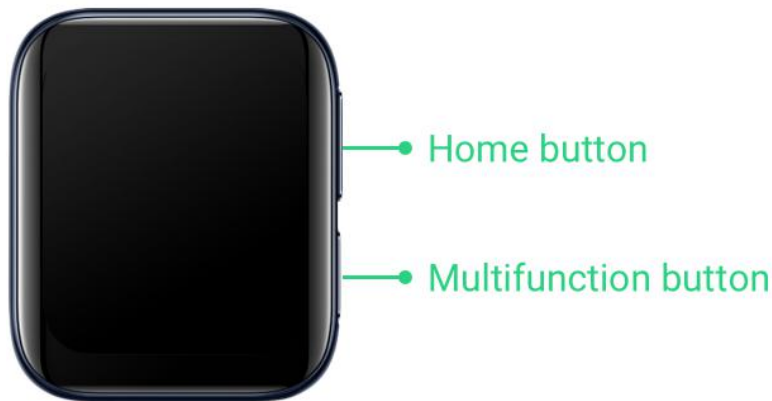
Cover the screen with your hand to turn it off.



## 1.2 Button operations

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

When the screen is off, press the Home button or Multifunction button to wake the screen.



On the Home screen, press the Home button to go to the app list. Press the Home button to return to the Home screen from any page.



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







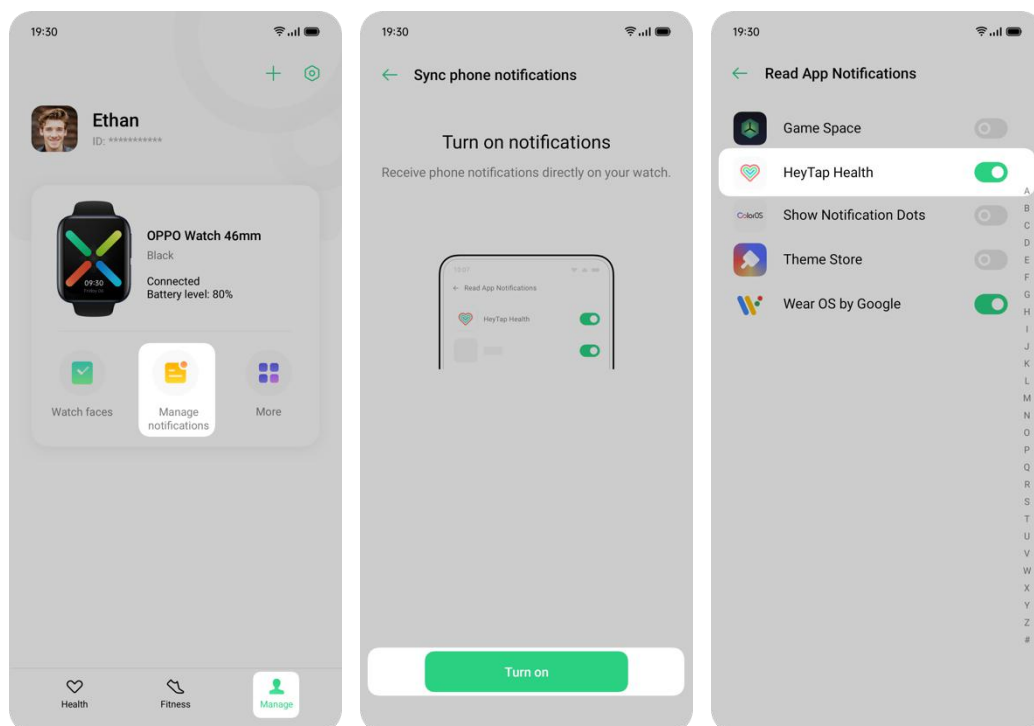
## 2 Notifications

OPPO Watch makes sure you never miss important notifications during meetings, workouts, or any other occasions.

In the Wear OS app on your phone, you can set whether to allow the notifications of an app to be synced to your watch.

To ensure that notifications can be synced to your watch in Power Saver mode, you need to grant the HeyTap Health app the permission to read your phone notifications.

Open the HeyTap Health app and go to **Manage > Manage notifications > Turn on**. Grant the HeyTap Health app the permission to read app notifications.



If your watch is unable to receive notifications, check the following:

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

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

### 3 Tiles

Swipe left from the right side of the Home screen to view tiles.

Touch and hold a tile to enter editing mode.



Add a tile: Swipe to the rightmost page, tap +, and select a tile to add.



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

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

## 4 App list

Touch and hold an icon till the watch vibrates and then drag it to where you want it to be 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 health goals. 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 activity

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



OPPO Watch can track your daily step count, workout time, calories burned, and number of activity sessions with a graphic presentation.



### 5.3 Sleep monitor

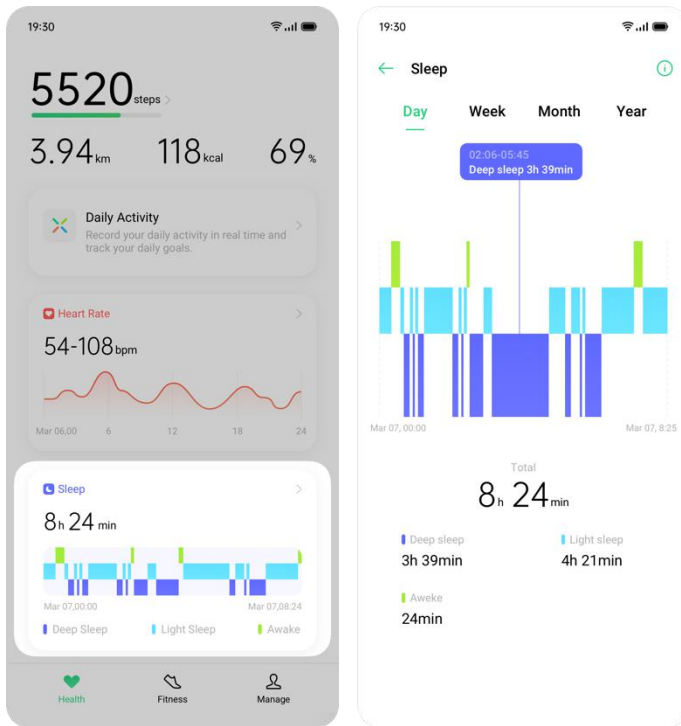
If you wear your watch to sleep, the watch will have your sleep report ready to be viewed when you wake up the next day. (Note that OPPO Watch can only track sleeping from 8 PM to 10 AM local time.)



When you wake up, you can also open the Sleep app to view your sleep report for the previous 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 workout goals every day. OPPO Watch provides various workouts tools that help you manage your individual workout sessions. Whether you are swimming, running, or cycling, OPPO Watch tracks progress indicators such as workout duration, distance traveled, and calories burned, and then summarizes your results.

### 6.1 Quickly pause/resume during a workout

During a workout, you can press the pause button to quickly pause your workout, and the resume button to resume it.

### 6.2 Swimming

OPPO Watch 46mm (LTE) supports 5 ATM water resistance. You can wear the watch while swimming, and the watch will track your workout duration and distance traveled when you swim.



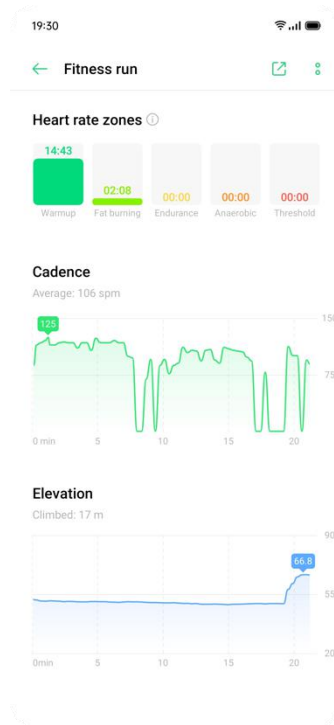
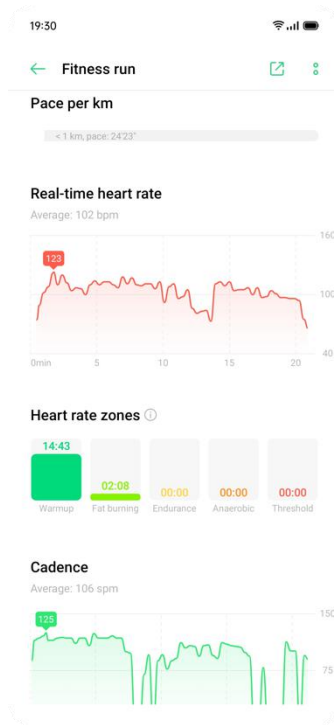
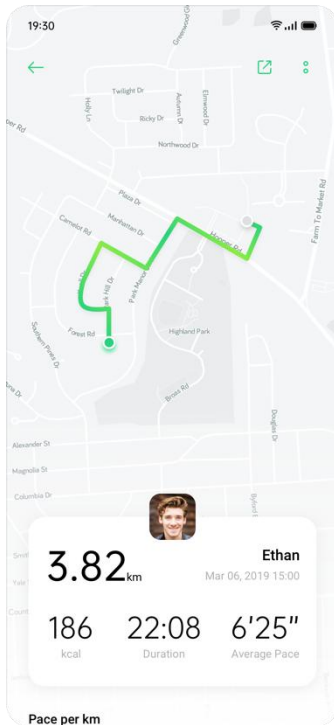
Once you start to swim, the watch will automatically turn on **Touch lock**. To exit **Touch lock**, touch and hold the Home button.

### 6.3 Workout data analysis

You can view your daily workout report on OPPO Watch. A more detailed report is available in the HeyTap Health App. The HeyTap Health app automatically syncs your daily workout report when your watch is connected



to your phone. For example, the details of Fitness run records are shown below.



## 7 Power Saver mode

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

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



To turn on Power Saver mode, press and hold the Multifunction button and drag the **Power Saver** slider to the right.



The figure below shows the Home screen in Power Saver mode.



Touch and hold to select a watch face.



Swipe up to view notifications, and touch and hold a notification to dismiss it.

## 8 Watch faces

### 8.1 Change a watch face

OPPO Watch includes a variety of watch faces, some of which you can customize to suit your style.

On the Home screen, touch and hold the current watch face and swipe left or right to select a watch face.



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

### 8.2 Customize a watch face

You can customize watch faces by selecting different styles and widgets.

On the Home screen, touch and hold the watch face and tap the Settings button below the watch face to enter the watch face editing screen.



Swipe left or right to switch between different styles of a watch face.



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

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

### 8.3 Add a watch face

Add a watch face to your favorites.

On the Home screen, touch and hold the watch face. Swipe all the way to the right and tap **See more watch faces**.



Browse through the watch face list and tap a watch face to add it to favorites.



## 8.4 Delete a watch face

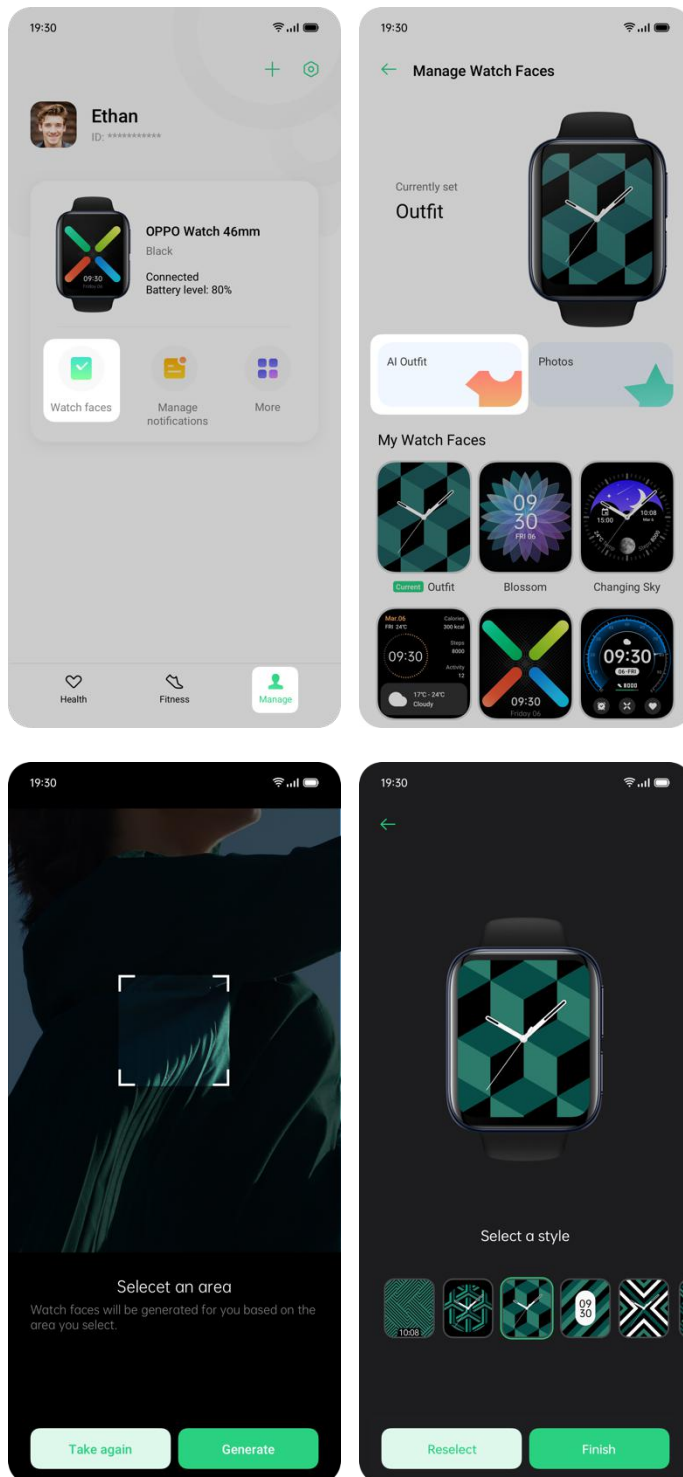
On the Home screen, touch and hold the watch face. Swipe up or down to delete the watch face from your favorites. You can add the watch face back later if you want.



## 8.5 AI Outfit 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 your style.

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



Take a photo of your outfit for the day and follow the instructions.

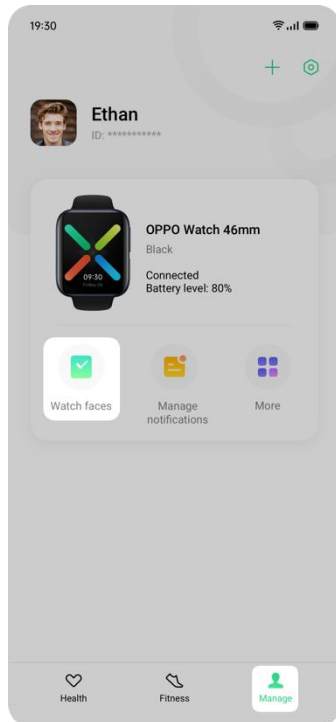
Choose a style you like to create your own watch face.

## 8.6 Photos watch face

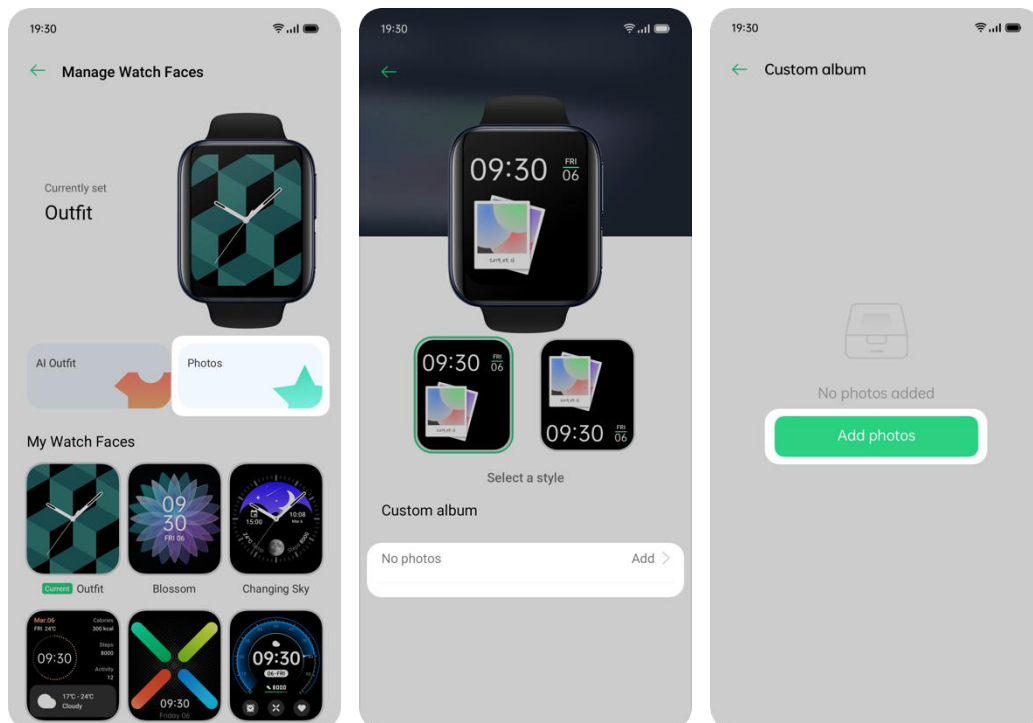
You can also choose a photo from your phone album to use as the watch face.



In the HeyTap Health app, go to the **Manage** tab. Tap **Watch faces**, and then tap **Photos**.



Tap **Add**. Then, tap **Add photos** to add photos to your custom album.



After adding your photos to the 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 1 photo to your custom album, tap the Home screen to switch to the next photo.

## 9 Always-on screen

Turn on Always-on screen mode to keep the screen lit. The watch face will display an ambient mode when **Always-on screen** is on.



Turn on the Always-on screen mode in **Settings > Display**.



# 10 Google Play Store

## 10.1 How to download apps

Open the Google Play Store. An Internet connection is required.



Tap the search button at the top of the screen to start searching for apps you like.



Tap **Install** to download and install an 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 remove, 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 your system.

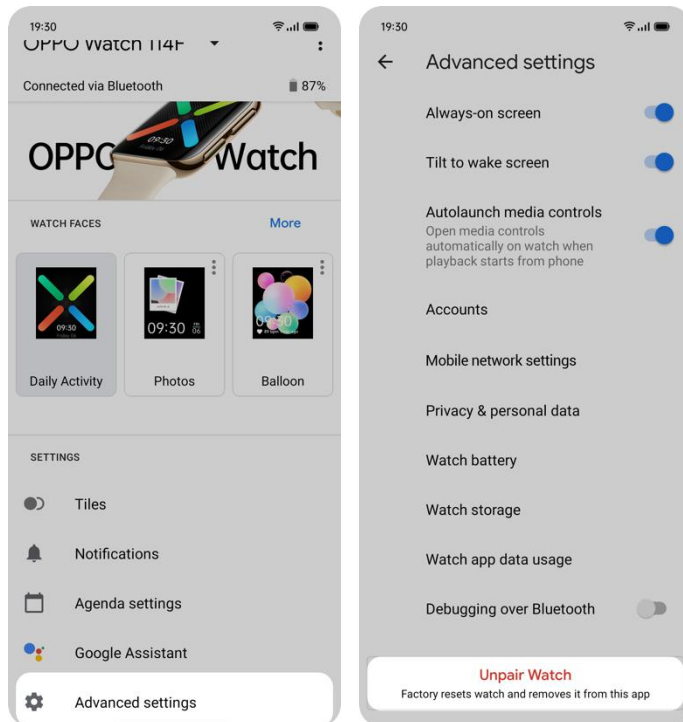
You can also check for system updates in **Settings > System > About > System updates**.

Please note that the watch needs a minimum of 80% of battery life to perform updates.



## 12 Unpair OPPO Watch

In the Wear OS app, go to **Advanced settings** > **Unpair Watch**.



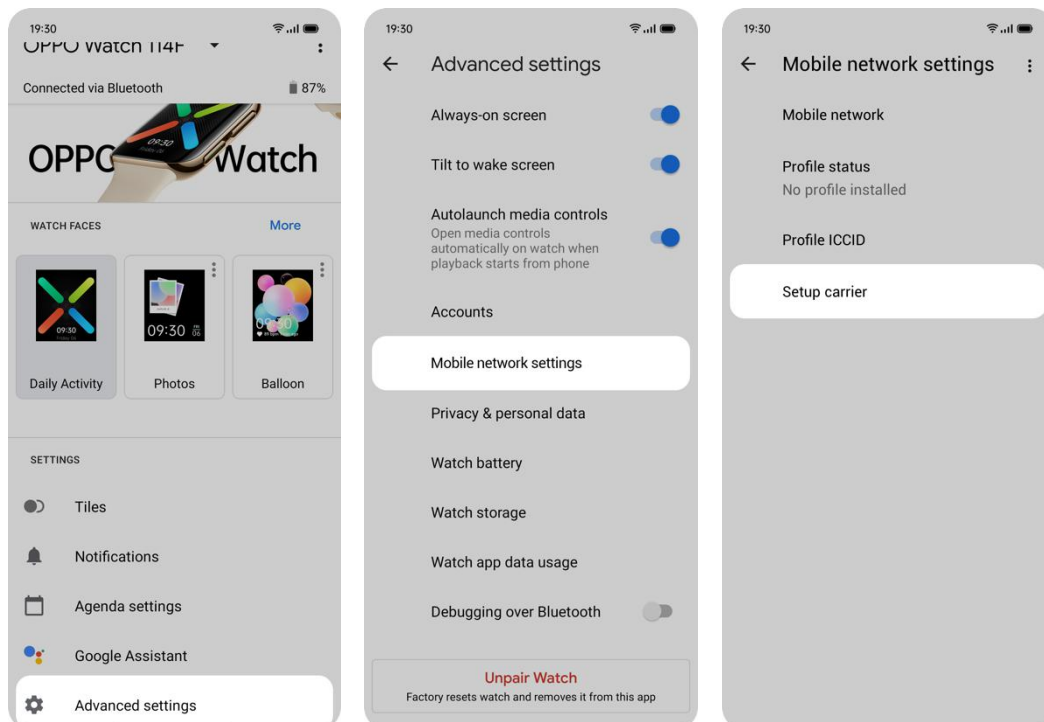
After unpairing, the watch will automatically restore to factory settings.

## 13 Activating eSIM

eSIM is a virtual SIM provided by carriers. After activation, the watch can make and receive phone calls and use the mobile network without connecting to your phone.

To activate the eSIM, perform the following steps:

1. In 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 your carrier. Then, tap the **Download** button on the **Confirm your network** page.
3. Enter the confirmation code sent by your carrier, and tap the **Confirm** button to start downloading the eSIM profile.
4. After successfully downloading the eSIM profile, you are all set.