



User Guide

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Caution: This is not a medical device and is not intended to diagnose or monitor any medical condition.



Get started

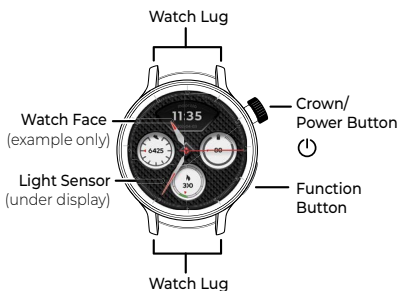
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First look

Let's get started. We'll take you on a tour to explore your new watch. Your **moto watch** is a smart watch that can analyze your workout patterns, monitor your health, and provide you with a variety of convenient apps. You can browse the various features and launch them by tapping the screen, and change the watch face to suit your taste.

Note: Product images are for illustration purposes only and may differ from the actual products.

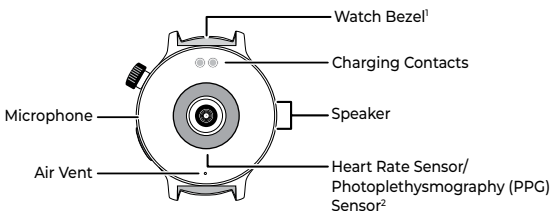
Watch front



Light sensor: Detects ambient light and automatically adjusts screen brightness.

Watch back

Caution: Avoid looking directly at the heart rate sensor/PPG sensor, which may cause discomfort or temporarily impair vision. Make sure that the air vent, microphone, and speaker are unobstructed.



¹**Watch bezel:** You can find the serial number (SN) on this bezel area.

²**Heart rate sensor/PPG sensor:** The heart rate sensor/photoplethysmography (PPG) sensor is an optically obtained plethysmogram and used primarily in measuring the heart rate and blood oxygen levels.

Crown/Power button

Choose from these options:

- » **Power on or off:** When the watch is off, press and hold the Crown/Power button to turn it on; when the watch is on, press and hold the Crown/Power button to turn it off, restart, or reset (see [Power on & off](#)).
- » **Open the apps list:** When the watch screen is on, press the Crown once from the watch face to open the apps list (see [Apps and features](#)).
- » **Sleep/Wake up:** To conserve battery power and prevent accidental touches, turn off the screen by covering it with your palm. Press the Crown/Power button to wake the screen.
- » **Go back to the watch face:** From any screen other than the watch face, press the Crown once to go back to your watch face (see [Watch face](#)).
- » **Scroll or adjust:** When the content on the watch screen extends beyond the display area, turn the Crown to scroll and view more. When adjusting watch settings, turn the Crown to increase/decrease brightness, vibration intensity, or volume.

Function button

Choose from these options:

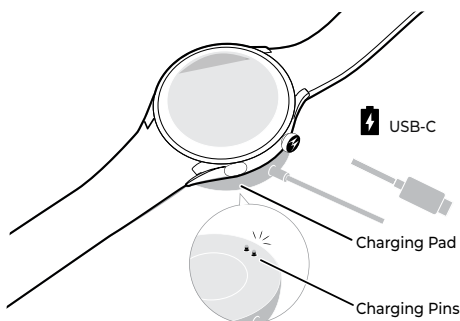
- » **Sleep/Wake up:** To conserve battery power and prevent accidental touches, turn off the screen by covering it with your palm. Press the Function button to wake the screen.
- » **Open an app:** When the screen is on, press the Function button once from the watch face to open the **Exercise/Workout** app or your assigned shortcut app (see [Watch orientation](#)).

Charge your watch

Use the magnetic charging pad included in the box to charge your watch.

- 1 Align the charging pad's pins with the charging contacts on the watch back, then place the watch on the charging pad.
- 2 Connect the charging pad cable to a USB-C power supply, such as your phone, laptop's USB-C port, or charger that complies with applicable national standards.

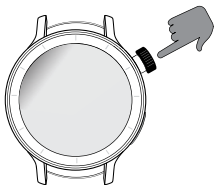
Caution: Do not use a damaged charging cable. If the charging cable is damaged, stop using it. Make sure the charging pins and charging contacts are clean and dry.



Tip: To view charging status or battery level, swipe down from the watch face or check the [Moto Watch app](#).

Power on & off

To turn on your watch, press and hold the Crown/Power button (see [Watch front](#)). To turn off your watch, press and hold the Crown/Power button for a few seconds, then tap **Power off**.



Tip: If your watch becomes unresponsive, press and hold the Crown/Power button until the screen goes dark and your watch restarts. For information on how to restart or reset your watch, see [Unpair, restart, or reset your watch](#).

Pair & connect

You can pair the watch with phones running Android 12 or later after installing the companion app.

Download & install the watch app

You can download the  **Moto Watch** app from the following places:

Note: The  **Moto Watch** app is for Android devices only.

- » Power on your watch, place it near your phone, swipe down on the watch screen, then tap the **App QR code**. Scan the QR code, download and install the  **Moto Watch** app on your Android phone.
- » Use your phone to scan the QR code below and download the  **Moto Watch** app from Google Play™ Store.

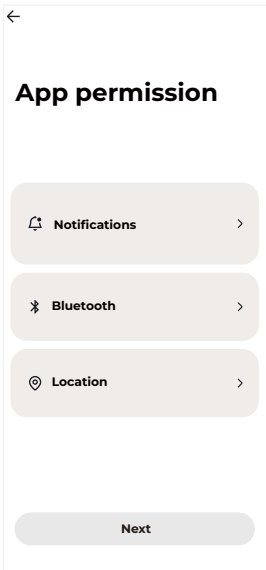


- » Get the  **Moto Watch** app at motorola.com/mymotowatch.

Tip: On some phones, you may get a pop-up window to download the  **Moto Watch** app when your watch approaches the phone during initial connection.

Allow app permissions

- 1 Open the  **Moto Watch** app on your Android phone.
- 2 On the **App permission** screen, enable permissions for **Notifications**, **Bluetooth**, and **Location**.



- **Notifications:** On your phone, go to **Settings > Apps > Moto Watch > Menu**  **> Allow restricted settings**. Then go back to the App permission screen and tap **Notifications > Moto Watch > Allow notification access > Allow**.
- Note:** Examples in this guide use Motorola phone screens. The paths for **Allow notification access** may vary by phone. Consult your phone manufacturer for details. For more, visit [Learn about restricted settings - Android Help](#).
- **Bluetooth:** Tap **Bluetooth > Allow** to let your watch find, connect to, and determine the position of nearby devices.
 - **Location:** Tap **Location**, select **Allow all the time**, and ensure **Use precise location** switch is turned on.
- 3 After removing the restrictions, return to the **App permission** screen and tap **Next**.

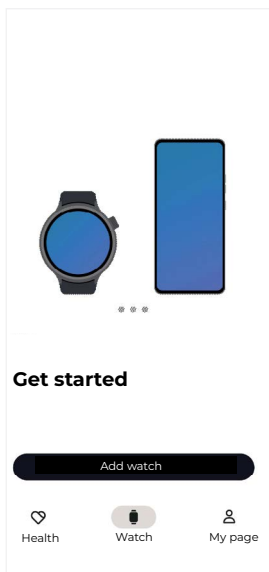
Pair with your phone

- 1 Open the  **Moto Watch** app on your Android phone.

- 2 Log in to your Moto or Google account.

Note: A Moto or Google account is required for full access during watch setup.

- 3 Go to **Watch > Add watch**, then select **moto watch**.



- 4 Tap **Pair** when the Bluetooth pairing code on your phone matches the code on your watch.
- 5 Follow the on-screen instructions to complete the watch setup and pairing.

Tip: If you are unable to connect, try restarting or resetting your watch (see [Unpair, restart, or reset your watch](#)).

Wear your watch

Loosen the band and place the watch on your wrist. Adjust the band until it fits snugly, then fasten it securely. For accurate readings, wear the watch firmly on your forearm just above your wrist.

Caution: Stop using your watch and seek medical advice if you experience skin irritation.



Tips

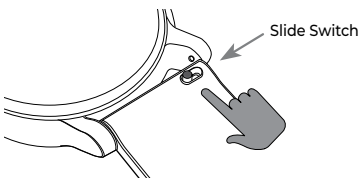
- » Make sure the watch feels comfortable when wearing, and that the band is not too loose or tight.
- » Avoid wearing the watch while wet for long periods, as this may irritate your skin.
- » Remove the watch occasionally to let your skin breathe and allow your wrist to rest.
- » You can customize your wearing preference—such as choosing the left or right wrist—in the [Moto Watch app](#) or directly on the watch (see [Watch orientation](#)).

Release & change your band

Tailor your watch to your wardrobe, your mood, or the moment. Your **moto watch** is compatible with various 22mm bands. Whether you're dressing up for a meeting or winding down on the weekend, you can choose colors and materials that suit your style.

Remove your band

To remove the band, slide the small switch towards the middle of the band to unlock it. Then angle the band away from the watch to remove it.



Attach your soft luxe or metal band

Follow these steps to attach your soft luxe or metal band:

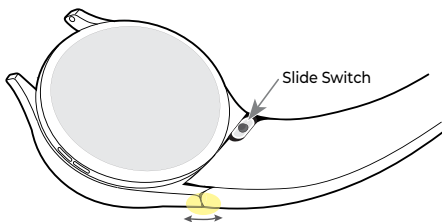
- 1 Insert one end of the spring bar into the indent on the watch lug.
- 2 Slide the small switch towards the middle of the band (see [Remove your band](#) for the position of the slide switch).
- 3 Hold the switch and push the band inward, then release the slide switch once the band is in place.

Attach your silicone band

Our silicone band is designed for performance—ready for the gym or trail. You can remove the band from the watch and rinse it with fresh water to clean. Follow these steps to attach your silicone band:

- 1 Be sure that the finished side of the watch band is facing the same direction as the watch face.
- 2 Insert one end of the spring bar into the indent on the watch lug (see [Remove your band](#) for the position of the slide switch).
- 3 Align the band end with the watch lug and adjust the angle until they form a smooth, continuous curve.
- 4 Hold the slide switch, push the band inward, then release the switch once you hear a click—this indicates the band is locked in place.
- 5 Gently pull the band to confirm it's secure.

Note: You may need to try more than once to position the spring bar in place.



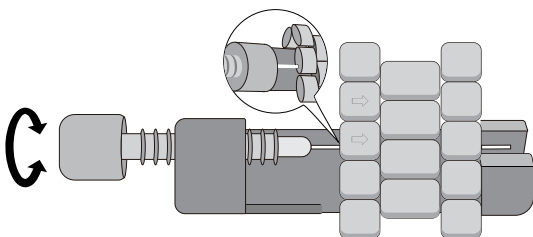
Resize your metal band

Need to resize a metal band? Follow the steps below, or take your watch and the link removal tool (may be in the box) to a local jeweller, or watch repair shop for assistance:

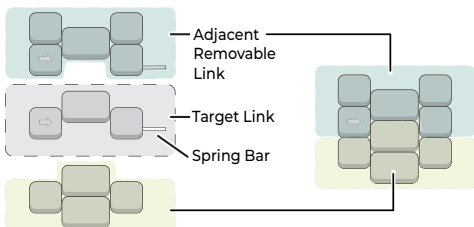
- 1 Measure your wrist and estimate how many links to remove for a comfortable fit.
- 2 Remove the metal band from your watch (see [Remove your band](#)).
- 3 Identify the removable links with arrows on them.



- 4 Place the band flat on the removal tool and align the pin with the indent on the target link. Turn the screw to push the spring bar out, then pull it out completely if needed.



- 5 Repeat step 4 for an adjacent removable link and detach the target link.
- 6 Align the two links next to the target link, then insert the smaller end of the spring bar through the aligned holes.



- 7 Use a small metal rod to press gently the spring bar until both ends are seated properly.

Lock & unlock your watch

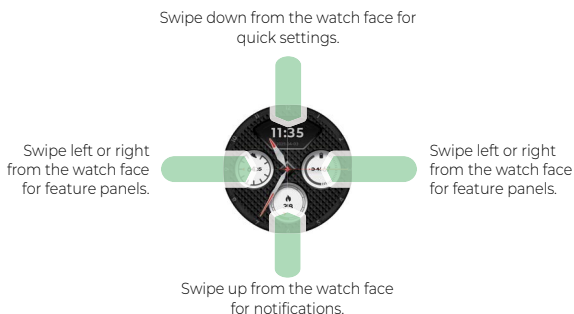
By default your screen is not locked. Use a PIN to secure your watch (see [Set a PIN](#)).

- » To lock your watch, cover the screen with your palm.
- » To unlock the watch:
 - When **Tap to wake** is on, tap the screen to wake your watch; when **Raise to wake** is on, raise your wrist to wake the screen (see [Display](#)).
 - When **Tap to wake** and **Raise to wake** are both off, press the Crown or Function button to wake your watch.
 - If you have set a PIN, press the Crown or the Function button to enter your PIN to unlock the watch.

Navigation

Swipe up, down, left, or right on the watch face to browse different content. To change the watch face style, touch and hold the watch face.

Note: To prevent damage to watch screen, avoid tapping it with sharp objects or applying excessive pressure.



Tips

- » Cover the screen with your palm to turn it off.
 - » To open the Settings app on your watch, swipe down from the watch face to open [Quick Settings](#) and tap .
- Or press the Crown once from the watch face to open the apps list, then tap . For a navigation tutorial, go to **Settings > Quick tour**.

Watch face

Customize your watch face to match your style and show the information you care about. Explore a variety of designs in the  **Moto Watch** app.

Change the watch face

Change the watch face on your watch

- 1 Touch and hold the watch face to enter edit mode.
- 2 Swipe left or right, then tap a watch face to select it. Tap  to delete a watch face. Tap  to customize the watch face's **Style** and **Complications**. Press the Crown once to exit edit mode.

Note: Not all watch faces support **Complication** customization.

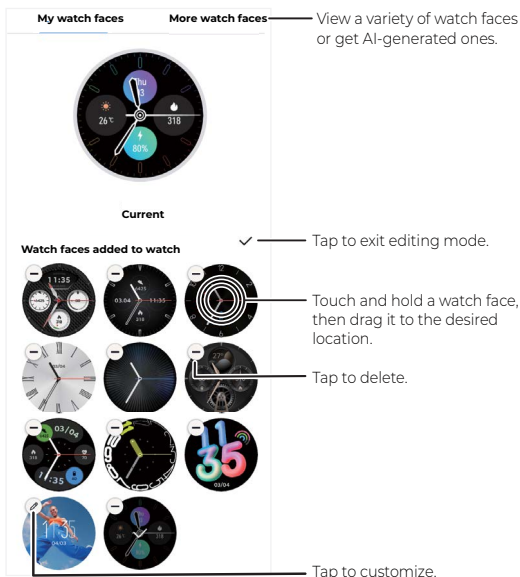


Change the watch face on your phone

Open the  **Moto Watch** app on your Android phone. Tap **Watch** > **Watch faces** > **My watch faces**. Then do any of the following:

- » **Choose a new watch face:** Choose the watch face you want, then tap **Set as current**.

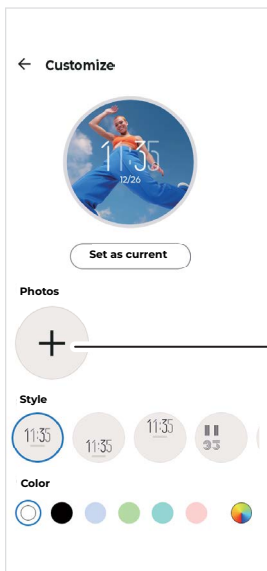
» **Edit the watch face gallery:** Tap  next to **Watch faces added to watch**.



» **Use a customized watch face:**

- 1 In edit mode (see the graphic above), look for a customizable watch face with an Edit icon  in the top-left corner.

- 2 Tap  to access the **Customize** screen.



Upload a photo from your phone, tap it and set it as current.

- 3 Tap  to upload an image from your phone, then choose a clock style and color.
- 4 Tap **Set as current** to use the image as your watch face.

Generate watch faces with Moto AI

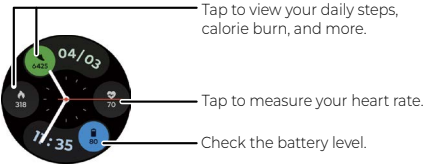
You can generate watch faces using **Moto AI** on Motorola phones, such as **motorola razr 60 ultra**.

Note: On some phones, you may need to download the  **Moto AI** app from Google Play Store.

- 1 Open the  **Moto Watch** app on your Android phone.
- 2 Tap **Watch** > **Watch faces** > **More watch faces**.
- 3 Under **Generate image**, tap the box and enter your description, then select a style such as **Abstract**, **Vintage**, and more.
- 4 Tap **Generate image** at the bottom to create your design.
- 5 Tap **Set as current** to apply the AI-generated image as your watch face, or tap  to cancel.

Shortcuts on the watch face

On certain watch faces, you'll see quick statistics such as calories, steps, heart rate, and battery. Tap the heart icon to check your heart rate. Tap the activity tile to dive into your day. For more, see [Heart rate](#) and [Daily activities](#).



Quick Settings

Check your watch's status and adjust settings from Quick Settings.

Find it: Swipe down from the watch face for Quick Settings (see [Navigation](#))

Note: Your watch screen may be different.



Icon	Function
	Tap to adjust screen brightness or turn auto brightness on or off. You can also adjust brightness under Display .
	Tap to turn Sound mode on or off. Touch and hold to open sound and vibration settings. Then turn Sound mode on or off, or adjust Ringtone volume and Alarm volume . For more, see Sound & vibration .
	Tap to turn vibration on or off. Touch and hold to open sound and vibration settings. Then turn Vibration mode on or off, or adjust Vibration intensity . For more, see Sound & vibration .
	Tap to turn Do Not Disturb (DND) mode on or off. DND mode silences notifications and calls so you're not disturbed.

Icon	Function
 Sleep	Tap to turn Sleep mode on or off. Touch and hold to manage Sleep Mode and Auto-enable. Tip: Your watch will automatically turn on Sleep Mode if Auto-enable is on. For more, see Sleep mode.
 Settings	Tap to open Settings. For more, see Settings.
 Flashlight	Tap to turn the flashlight on or off. For more, see Flashlight.
 Find	Tap to find your phone. For more, see Find your phone.
 Water Lock	Tap to turn on Water Lock mode. When Water Lock is on, the screen is locked to prevent mis-operation caused by water flow. To turn off Water Lock, press and hold the Crown/Power button (see Watch front) for a few seconds. After exiting Water Lock, your watch will expel water from the speaker cavity. Tip: After using your watch underwater, follow the tips in Clean your watch to dry it.

Tip: To customize Quick Settings, open the  **Moto Watch** app on your Android phone, then tap **Watch** > **Quick settings**. Tap  to remove a quick setting from your watch. Hold and drag icons to rearrange.



Feature panels

Feature panels are shortcuts to apps on your watch (see [Apps and features](#)).

Find it: Swipe left from the watch face for feature panels (see [Navigation](#))



Daily Activities



Sleep



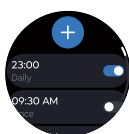
Heart Rate



Weather



Vitality



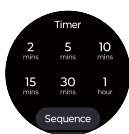
Alarm



Moto AI



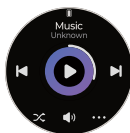
Stress



Timer



Blood Oxygen



Media Controller

Note: Not all Motorola phones support **Moto AI**.

To manage your feature panels, open the  **Moto Watch** app on your Android phone and tap **Watch** > **Panels**.

- » To move a feature panel, tap and hold the tile, then drag it to the desired location.
- » To remove a feature panel from your watch, tap .
- » To add a feature panel to your watch, tap .

Notifications

Notification panel

Check notifications, events, and missed calls in the notification panel. On the watch face, swipe up to open the panel (see [Navigation](#)).

When new notifications arrive, a red notification dot appears on the watch face. If you don't see the indicator, open the  **Moto Watch** app on your Android phone, go to **Watch > Watch settings > Notifications**, then tap the switch next to **Notification dot** to turn it on.

Choose how to be notified

- 1 Open the  **Moto Watch** on your Android phone.
- 2 Tap **Watch > Watch settings > Notifications**.
- 3 Tap the switch next to an option to turn it on or off:
 - **Show notifications when phone screen is idle:** When the phone screen is off or locked, notifications will be sent to your watch while you're wearing it.
 - **Show notifications when phone is in use:** Phone notifications are sent to your watch even when you're using your phone.
 - **Mute notifications on Phone:** Mute phone notifications while you're wearing your watch.
 - **Notification dot:** Show a dot on your watch face for unread notifications.
 - **Show with details:** Automatically show the content of new notifications on your watch screen.
 - **Notifications wake screen:** Wake up your watch screen when a notification arrives.

Allow apps to send notifications

Allow apps on your phone to send notifications to your watch:

- 1 Open the  **Moto Watch** app on your Android phone.
- 2 Tap **Watch > Watch settings > Notifications > App notifications**.
- 3 Tap the switch next to **Allow apps to send watch notifications** to turn it on.
- 4 Tap the switch next to apps (such as the **Phone** app) in the list to allow notifications from that app.

Summarize notifications

When connected to Motorola phones that support Moto AI (such as **motorola razr 60 ultra**), your watch can provide a tailored summary of missed notifications, so you don't have to scroll through every message or alert manually.

- 1 On your watch, swipe left or right from your watch face to open the **Moto AI** panel (see [Feature panels](#)).

Or press the Crown once from the watch face to open the apps list, then tap the  **Moto AI** app.

2 Tap **Summarize**.

Care for your watch

Dust & water resistance

Tested to IP68 water and dust resistance standards and 1ATM water ratings under controlled laboratory conditions. Withstands immersion in up to 1.5 meters of still, fresh water for up to 30 minutes, and water pressure up to 10 meters deep for up to 10 minutes. Exposure to conditions beyond this rating are not covered by warranty. Resistance will decrease as a result of normal wear. Do not expose to liquids other than fresh water. Do not attempt to charge a wet watch. Designed to provide protection against the ingress of solid foreign objects of any size. Not waterproof.

To prevent water damage to your product:

- » Dry your product and ports thoroughly with a soft, clean cloth.
- » Do not drop, puncture, or scratch your product, as this could damage the water-repellent features.

Clean your watch

- » Do not immerse the product in cleaning agents, and do not use cleaning materials that contain bleach or abrasive agents.
- » Clean your wrist and band after exercising or sweating.
- » To clean your band, release it from your watch (see [Remove your band](#)).
- » After drying the band, reattach it to the watch and make sure that it is securely fastened.
- » Use a soft, dry cloth to gently clean the watch. If necessary, use wipes or cloths moistened with isopropyl alcohol with a concentration of 70% (specific for electro-electronic products) to clean the watch.
- » Avoid moisture in the product's openings, including charging contacts.

Apps and features

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Apps list

The apps list displays all apps on your watch. On the apps list, select an app to open it.

Find it: Press the Crown (see [Watch front](#)) once from the watch face

Note: Available apps may vary depending on the software version.

Tip: To change how apps are displayed on your watch, see [App list style](#). To reorder the apps, go to the  **Moto Watch** app on your Android phone > **Watch** > **apps**. Touch and hold an app, then drag it to the desired location.

Workout

Log your workouts and track your progress.

Caution: Before using this app, seek the advice of a doctor or licensed medical professional if you are not in the appropriate condition to workout independently. If you feel dizzy, experience pain, or have difficulty breathing during workout, stop exercising immediately and seek the advice of a doctor or licensed medical professional.



Find it: Press the Function button once (see [Watch front](#))

Or press the Crown once from the watch face to open the apps list, then tap the  **Workout** app

- 1 Select a workout mode from **Outdoor walking, Indoor running, Outdoor running, Strength training, Outdoor cycling, Indoor cycling, Cricket, Core training, Yoga, Badminton**, and more. Try the following to adjust workout settings:
 - Tap **Customise** to add or remove workouts.
 - Tap **workout settings** to enable **Auto-detect** and **Auto-pause**. **Auto-detect** automatically detect running, walking, outdoor cycling, rowing machine and elliptical trainer workouts. **Auto-pause** automatically pauses workout tracking when you stop moving.
- 2 Tap **Goal** to set your target: **Open goal, Time, Calories**, or **Distance**. Swipe right to return to the previous screen.
- 3 Tap **GO** to begin.
- 4 During your workout, do any of the following:
 - To avoid accidental touches, swipe right and tap  to lock your watch screen. When the screen is locked, press the Crown (see [Watch front](#)) to pause or resume your workout. To unlock the screen, press the Crown and tap .
 - To adjust the volume of audio reminders (such as "Workout paused" and "Workout resumed"), swipe right and tap , then turn the Crown.
 - To pause your workout, press the Crown once or swipe right and tap .

- To continue your workout, press the Crown once or swipe right and tap .
- To finish a workout, press the Crown for a few seconds or swipe right and tap .

Tip: To manage workout data and reminders, see [Health & fitness](#).

Workout record

Check workout history on your watch or in the  **Moto Watch** app, sorted by date and workout type.

- » **Check workout data on your watch:** From the watch face, press the Crown once to open the apps list, then tap the  **Workout Record** app.
- » **Check workout data on your phone:** Open the  **Moto Watch** app, then tap **Health** > **Workout record** to view records by **Day**, **Week**, **Month**, or **Year**. Tap  in the top-right corner to select a different date.

Daily activities

Check your daily status, such as steps, active times, activity calories (and their targets), and related information using your watch.

- » **Check daily activities on your watch:** From the watch face, swipe left or right to open the **Daily Activities** panel (see [Feature panels](#)).

Or press the Crown once from the watch face to open the apps list, then tap the  **Daily Activities** app. Turn the Crown to view more.

- **Active calories:** Total calories burned during activities.
- **Steps:** Total steps you've taken.
- **Active time:** Total time you've been physically active.
- **Distance:** Total distance you've moved.
- » **Check daily activities on your phone:** Tap the  **Moto Watch** app > **Health**. Your daily activities appear in the triple-ring card at the top of the screen. Tap the card to view more.

Vitality

The **Vitality** panel and the  **Vitality** app track your activities—such as workouts, steps, and calories—and categorize the time spent resting, sitting, and engaging in low-, medium-, and high-intensity activities, as well as analyze how calories are burned.

To reach wellness goals with the **Vitality** app:

- 1 Open the  **Moto Watch** app on your Android phone.
- 2 Tap **My page** > **Fitness goals**.
- 3 Tap **Daily activities**, **Active time**, **Steps**, and **Active calories** to set targets. Tap the switches next to these options to receive notifications on your watch when you achieve your goals.

To view your vitality status:

- » On your Android phone, tap the  **Moto Watch** app > **Health** > **Daily**

activity goal.

- » On your watch, swipe left or right from your watch face to open the **Vitality** panel (see [Feature panels](#)).

Or press the Crown once from the watch face to open the apps list, then tap the  **Vitality** app. Turn the Crown to view more.

Heart rate

Your watch can measure and record your heart rate.

Caution: This feature is intended for general wellness and fitness only. It is not a medical device and should not be used to diagnose, treat, cure, or prevent any disease or medical condition.



Set a heart rate alert

You can receive an alert on your watch when your heart rate is higher or lower than the resting value you set.

Set a heart rate alert on your watch

- 1 Swipe left or right from your watch face to open the **Heart Rate** panel (see [Feature panels](#)).
Or press the Crown once from the watch face to open the apps list, then tap the  **Heart Rate** app.
- 2 Turn the Crown to scroll to the bottom. To adjust how often the watch measures your heart rate, tap **Settings** > **Continuous monitoring**, then select **Real time**, **6 mins** or **Off**.
- 3 Tap the switch next to **Get HR alerts** to turn it on. Then set the thresholds for **High HR alert** (such as Higher than 120 bpm) and **Low HR alert** (such as Lower than 45 bpm).

Set a heart rate alert on your phone

- 1 Open the  **Moto Watch** app on your Android phone.
- 2 Tap **Watch** > **Watch settings** > **Health & fitness** > **Heart rate**. Select **Continuous monitoring**, **Monitor every 6 minutes** or **Manual only**.
- 3 Tap **Heart rate alerts**, then tap the switch next to **Get heart rate alerts** to turn it on. Then set the thresholds for **High HR threshold** (such as Higher than 120 bpm) and **Low HR threshold** (such as Lower than 45 bpm).

Measure heart rate on your watch

- 1 Swipe left or right from your watch face to open the **Heart Rate** panel (see [Feature panels](#)).
Or press the Crown once from the watch face to open the apps list, then tap the  **Heart Rate** app.
- 2 Your watch starts measuring automatically.
Note: Keep your wrist still during measurement.
- 3 Check your results on the screen. Turn the Crown to view more details.

Measure heart rate on your phone

- 1 Wear your watch and open the  **Moto Watch** app.
- 2 Tap **Health > Heart rate > Measure**.
- 3 Check your results by **Day, Week, Month**, or **Year**. To choose a different date, tap  in the top-right corner.

Blood oxygen

Your watch can measure your blood oxygen level to help you understand how well oxygen is being delivered throughout your body.

Caution: This feature is intended for general wellness and fitness only. It is not a medical device and should not be used to diagnose, treat, cure, or prevent any disease or medical condition.



Auto measurement & low blood oxygen alert

Your watch can alert you when your SpO₂ level drops below the set threshold while you're awake.

Set auto measurement and alert on your watch

- 1 Swipe left or right from your watch face to open the **Blood Oxygen** panel (see [Feature panels](#)).
Or press the Crown once from the watch face to open the apps list, then tap the  **Blood Oxygen** app.
- 2 Turn the Crown to scroll to the bottom. To adjust when the watch measures your blood oxygen, tap **Settings > All-day tracking**, then select **Full day, During sleep** or **Off**.
- 3 Swipe right and return to Settings. Tap **Low SpO₂ alerts** and choose **Off, 90%, 85% or 80%**.

Set auto measurement and alert on your phone

- 1 Open the  **Moto Watch** app on your Android phone.
- 2 Tap **Watch > Watch settings > Health & fitness > Blood oxygen**. To adjust when the watch measures your blood oxygen, select **Full day, During sleep** or **Off**.
- 3 When Auto measurement is set as **Full day**, tap **Low blood oxygen alert**, and choose **Off, 90%, 85% or 80%**.

Measure blood oxygen level on your watch

- 1 From your watch face, swipe left or right to open the **Blood Oxygen** panel (see [Feature panels](#)).
Or press the Crown once from the watch face to open the apps list, then tap the  **Blood Oxygen** app.

- 2 Tap **Measure** and follow the on-screen instructions to wear your watch. Keep your wrist still during measurement.
- 3 Turn the Crown to check your results.

Measure blood oxygen level on your phone

- 1 Wear your watch and open the  **Moto Watch** app on your Android phone.
- 2 Tap **Health > Blood Oxygen > Measure**. Keep your wrist still during measurement. Your watch will vibrate when the measurement is complete.
- 3 Check your results by **Day, Week, Month, or Year**. To choose a different date, tap  in the top-right corner.

Sleep

Your watch tracks and analyzes your sleep by monitoring your heart rate and movement while you wear it during sleep.

Note: Sleep sessions shorter than 15 minutes are not recorded.

Your sleep pattern is categorized into four states: **Awake**, **REM** (Rapid Eye Movement), **Light sleep**, and **Deep sleep**, based on changes in your heart rate and movement.

- » **Check sleep data on your watch:** Swipe left or right from your watch face to open the **Sleep** panel (see [Feature panels](#)).
Or press the Crown once from the watch face to open the apps list, then tap the  **Sleep** app.
- » **Check sleep data on your phone:** Open the  **Moto Watch** app after you wake up. Tap **Health > Sleep** to view your sleep state and records by **Day, Week, Month, or Year**. To choose a different date, tap  in the top-right corner. Tap  to edit your sleep goals. For more, see [Sleep mode](#).

Nightly Recharge

Nightly Recharge shows how well your body recovered from training and stress while you slept. It combines automatically measured sleep data with information from your autonomic nervous system (ANS). Your heart-rate signals are key to these insights.

To receive your Nightly Recharge status:

- 1 On your Android phone, tap  **Moto Watch** app > **My page > Sleep goal & tracking > Sleep tracking mode**.
- 2 Set **Sleep tracking** mode to **Advanced**.
- 3 Wear your watch snugly during sleep and position it about one finger-width above your wrist bone for accurate heart rate tracking. For more, see [Wear your watch](#).
- 4 Wear the watch for 3 consecutive nights with successful sleep measurements. Each sleep session must be longer than 4 hours.

To view your Nightly Recharge status:

- » On your Android phone, tap  **Moto Watch** app > **Health** > **Nightly Recharge**.
- » On your watch, press the Crown once from the watch face to open the apps list, then tap the  **Nightly Recharge** app.

Note: If you reset your watch, you will need to complete all Nightly Recharge tracking steps to re-establish the baseline before status evaluation.

Stress

Your watch can estimate your stress level by analyzing heart rate variability (HRV) along with other physiological signals.

Note: This feature is intended for general wellness and fitness only. It is not a medical device and should not be used to diagnose, treat, cure, or prevent any disease or medical condition.

Measure stress on your watch

- 1 Swipe left or right from your watch face to open the **Stress** panel (see [Feature panels](#)).
Or press the Crown once from the watch face to open the apps list, then tap the  **Stress** app.
- 2 Tap **Measure** and follow the on-screen instructions to wear your watch. Keep your wrist still during measurement.
- 3 Turn the Crown to view your results.
Tip: To customize the stress measure mode, turn the Crown to the bottom. Tap **Settings**, then select **Auto-measure** or **Manual**.

Measure stress on your phone

- 1 Wear your watch and open the  **Moto Watch** app on your Android phone.
- 2 Tap **Health** > **Stress** > **Measure**.
- 3 Check your results by **Day**, **Week**, **Month**, or **Year**. To choose a different date, tap  in the top-right corner.
Tip: To customize stress measure mode, go to **Watch** > **Watch settings** > **Health & fitness** > **Stress**, then select **Auto-measure** or **Manual**.

Stress levels

Your watch provides a stress score based on physiological signals, viewable in real time.

Note: Results are for reference only and should not be used for medical diagnosis.

Tip: See [Breathing exercises](#) to alleviate stress.

Breathing exercises

When you feel stressed, you can perform breathing exercises using your watch.

- » To start the breathing exercise, press the Crown once from the watch face to open the apps list, then tap the  **Breath** app. Select the desired duration, then tap **Start**. Follow the on-screen instructions for **Inhalation** and **Exhalation**.
- » To stop the breathing exercise, swipe right from the screen and tap **End**. Or press the Crown once (see [Watch front](#)).

Contacts

Add your favorite contacts to your watch for quick calls when it's connected to your phone.

- » **Add, remove, or rearrange favorite contacts:** Open the  **Moto Watch** on your phone. Tap **Watch** > **Watch settings** > **Phone** > **Favorite contacts**. To add a contact, tap **Add contacts**, select your favorite contact, then tap **Add to watch**. To remove a contact, tap  next to the contact. To rearrange contacts, touch and hold .

Note: You can add up to 10 favorite contacts to your watch.

- » **Access favorite contacts on your watch:** Press the Crown once from the watch face to open the apps list, then tap the  **Contacts** app. Tap a contact to make a call (see [Phone calls](#)). To remove a contact from the watch, swipe left on the contact, then tap .

Phone calls

You can make and answer calls on your watch when it's connected to your phone.

Make a call

- » **Make a call from the Dialpad app:** From the watch face, press the Crown once to open the apps list, then tap the  **Dialpad** app. Enter a number, then tap .
- » **Make a call from the Contacts app:** After adding the favorite contacts to your watch (see [Contacts](#)), press the Crown once from the watch face to open the apps list, then tap the  **Contacts** app. Tap a contact to make a call.

Receive a call



» **Answer or reject:** When your phone receives a call, tap  on your watch to answer it. To reject the call, tap .

Tip: You can also press the Crown to ignore the call.

» **Respond with a text:** When you receive a call, tap  on your watch, then select a quick reply.

Tip: To enable this feature, open the  **Moto Watch** app on your Android phone and tap **Watch** > **Watch settings** > **Phone** > **Quick reply**, then tap the switch next to **Use Quick reply** to turn it on. Tap  to edit the reply.

During a call



» **Mute a call:** Tap  on the call screen to mute the call. You can hear your caller, but they can't hear you.

» **Answer a second call:** To answer an incoming second call, tap . The first call will be placed on hold and resumes after the second call ends.

» **Adjust call volume and more:** To adjust sound, tap  > **Volume**. To return to the dialpad, tap  > **Keypad**. To transfer the call to your phone, tap  > **Switch to phone**.

» **End a call:** Tap .

Call history

To view your calls, press the Crown once from the watch face to open the apps list, then tap the  **Calls** app. Turn the Crown to view more entries.

» To return a call, tap the entry.

» To remove an entry from the call log, swipe left on the entry, then tap .

» To clear all entries, tap **Clear all**.

Tip: If a call is missed, a missed call notification  will appear on your notification panel.

Alarm

Set and manage alarms on your watch.

- » **Set an alarm:** Press the Crown once from the watch face to open the apps list, then tap the  **Alarm** app. To set an alarm, tap  > set your alarm time > . Set the date, choose whether to repeat, and enable **Vibration only** if needed, then tap . The alarm will appear in your alarms list. To turn an alarm on or off, tap the switch next to it. To edit an alarm, tap the alarm in the list.
- » **Snooze or stop an alarm:** When an alarm sounds, tap Snooze  to snooze for 10 minutes. Or tap Stop  to turn it off.
- » **Delete alarms:** In the alarms list, tap an alarm, turn the Crown, then tap **Delete**.

Stopwatch

Time events with a stopwatch on your watch.

- 1 Press the Crown once from the watch face to open the apps list, then tap the  **Stopwatch** app.
- 2 Tap **Start** to begin timing.
- 3 During the timing, do any of the following:
 - Tap  to pause timing,  to resume.
 - Tap  to start timing another event.
 - Tap  to end.

Timer

The timers on your watch can help you keep track of time.

- 1 Press the Crown once from the watch face to open the apps list, then tap the  **Timer** app.
- 2 Choose a preset duration (such as **2**, **5**, or **10** minutes). Or tap **Custom** to set your own.
- 3 Tap  to pause,  to resume, or  to end.

Compass

To use your watch as a compass, press the Crown once from the watch face to open the apps list, then tap the  **Compass** app.

Note: The first time you use the **Compass** app, follow the on-screen instructions to calibrate your watch.

Weather

View weather information on your watch for the location set on your phone.

- » **Check weather on your watch:** From the watch face, swipe left or right to open the **Weather** panel (see [Feature panels](#)).

Or press the Crown once from the watch face to open the apps list, then tap the  **Weather** app. Turn the Crown to view more details. Swipe

right to exit.

- » **Customize weather display:** Open the  **Moto Watch** app on your Android phone. Tap **Watch** > **Watch settings** > **Weather**, where you can set your temperature unit as **Fahrenheit** or **Celsius**, and **Auto refresh** at **Never**, **Every hour**, **Every 3 hours**, **Every 6 hours**, or **Every 12 hours**.

Music controls

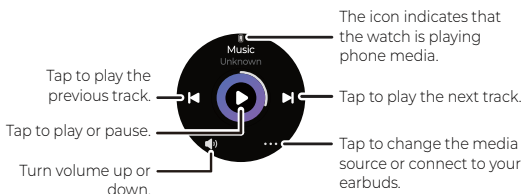
Control media playback on your connected phone from your watch.

Caution: To prevent possible hearing damage, be careful when adjusting the volume while listening to media with earpieces. If you experience hearing discomfort, stop listening to the device and have your hearing checked. For more details, visit motorola.com/accessory-legal.



Play phone media on your watch

- 1 Play media on your phone.
 - 2 Swipe left or right from your watch face to open the **Media Controller** panel (see [Feature panels](#)).
- Or press the Crown once from the watch face to open the apps list, then tap the  **Music** app.



Import media from phone to watch & play

Import music saved on your phone to your watch:

- 1 Open the  **Moto Watch** app on your Android phone.
- 2 Tap **Watch** > **Music** > **Add songs**, select songs, then tap **Add to watch**.

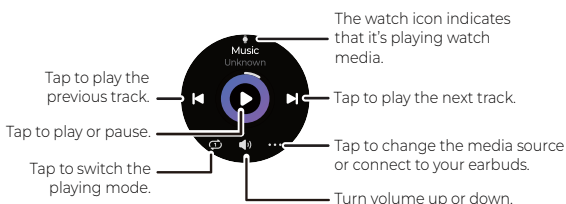
Or tap **Watch** > **Music** > **Playlists** > **New playlist**, enter a label to create the playlist, then tap **Create**. Tap  next to the playlist and add songs that are already transferred to the watch.

Note: Only select formats supported by your watch.

- 3 Follow the on-screen instructions to enable **Allow access to manage all files** permission.

Play transferred media:

- 1 Swipe left or right from your watch face to open the **Media Controller** panel (see [Feature panels](#)).
Or press the Crown once from the watch face to open the apps list, then tap the  **Music** app.
- 2 Tap  on the controller > **Audio source** > **Watch music**.



Listen to media on your watch using earbuds

Connect your Bluetooth earbuds to your watch and listen without your phone.

Connect through Settings

- 1 Swipe down from the watch face to open [Quick Settings](#) and tap settings  > **Bluetooth**.
Or press the Crown once from the watch face to open the apps list, then tap the Settings app  > **Bluetooth**.
- 2 Ensure your Bluetooth earbuds are in pairing mode.
- 3 Select your earbuds from the search list.

Connect through Media Controller panel or Music app

- 1 Swipe left or right from your watch face to open the **Media Controller** panel (see [Feature panels](#)).
Or press the Crown once from the watch face to open the apps list, then tap the  **Music** app.
- 2 Tap  > **Bluetooth device**.
- 3 Ensure your Bluetooth earbuds are in pairing mode.
- 4 Select your earbuds from the search list.

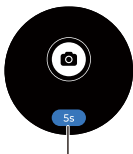
Camera

Use your watch as a remote camera controller for your phone.

- 1 Press the Crown once from the watch face to open the apps list, then tap the  **Camera** app.
- 2 On your phone, open the Camera app.
- 3 On your watch, select **Instant Photo** mode  or set a countdown timer (**3s**, **5s**, or **10s**).



Instant Photo Mode

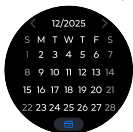


Countdown Timer Mode

- 4 Tap  on your watch to take a photo or record a video. To stop recording a video, tap  again.

Calendar

To view dates and months on your watch, press the Crown once from the watch face to open the apps list, then tap the  **Calendar** app.



Find your phone

Use your watch to find your paired phone, as long as it's within 10 meters.

- 1 Swipe down from the watch face to open [Quick Settings](#) and tap .
Or press the Crown once from the watch face to open the apps list, then tap the  **Find My Phone** app.
- 2 Tap **Search** to ring your phone.
- 3 Tap **Stop** to stop ringing.

Flashlight

Use your watch to light dark areas, stay visible during evening runs, or see nearby objects while preserving your night vision.

- 1 Swipe down from the watch face to open [Quick Settings](#), then tap .
Or press the Crown once from the watch face to open the apps list, then tap the  **Flashlight** app.
- 2 Turn the Crown to select steady white light or flashing light.
- 3 To turn off the flashlight, swipe right or press the Crown (see [Watch front](#)).

Settings

Find it: On your watch, swipe down from the watch face to open [Quick Settings](#) and tap .

Or press the Crown once from the watch face to open the apps list, then tap the  **Settings** app.

Bluetooth

Use Bluetooth to connect your watch to an optional headset (sold separately) for playing music. Go to [Settings](#) > **Bluetooth**. For more, see [Listen to media on your watch using earbuds](#).

Tip: The icon  on the watch indicates that the watch is connected to the phone, while  indicates no connection.

Watch faces & app list style

Watch faces

To explore and customize, go to [Settings](#) > **Watch faces**. For more, see [Watch face](#).

App list style

To change how apps are displayed on your watch, go to [Settings](#) > **Watch faces** > **App list style**, then select **List** or **Grid**.



Display

To adjust how your watch screen appears, go to [Settings](#) > **Display**.

- » **Brightness:** Drag the brightness slider to adjust screen brightness or tap the switch to turn auto brightness on or off.
- » **Screen timeout:** Select the duration before the screen turns off automatically, such as **5 sec**, **10 sec**, **15 sec**, **30 sec**, or **60 sec**.
- » **Raise to wake:** Turn on to wake the screen when you raise your wrist while wearing the watch.

- » **Tap to wake:** Turn on to wake the screen with a tap.
- » **Always-on display:** Turn on to show time and date even when the screen is asleep. However, the battery will drain faster with this feature enabled.
- » **Default theme:** Swipe right and select your Always-on display watch face.



Examples of Always-on Display Watch Faces

Tip: You can also easily adjust the watch display in your phone. Go to the  **Moto Watch** app > **Watch** > **Watch settings** > **Display**.

Sound & vibration

To change the sound or vibration settings, go to [Settings](#) > **Sound and Vibration**.

- » **Sound:** When the switch next to **Sound** is off, notifications and incoming calls will be muted. When the switch next to **Sound** is on, your watch will ring when receiving notifications and incoming calls. Tap **Ringtone volume** and **Alarm volume**, then turn the Crown to adjust the volumes.
- » **Vibration:** Tap to turn vibration on or off. Tap **Vibration intensity**, then turn the Crown to adjust the intensity.

Sleep mode

Sleep mode minimizes disturbances by turning off vibrations and dimming the screen. Your scheduled alarms remain active. To wake the screen during **Sleep** mode, press the Crown.

Tip: When **Auto-enable** is on, your watch automatically turn **Sleep** mode on when you go to sleep and off when you wake up.

- » **Turn on Sleep mode on your watch:** Swipe down from the watch face to open [Quick Settings](#), then tap .
Or touch and hold  to turn on **Sleep Mode** and **Auto-enable**.
- » **Turn on Sleep mode on your phone:** Open the  **Moto Watch** app, then tap **Watch** > **Watch settings** > **Sleep mode** > **Turn on**. Tap the switch next to **Auto-enable sleep mode** to turn it on.

Advanced settings

You can customize which app opens when you double-press the Crown (see [Watch front](#)) twice or single-press the Function button (see [Watch front](#)) once.

- » **Customize on your watch:** Go to [Settings](#) > **Advanced settings** > **Button settings** > **Double-press Crown** or **Press Function Key**, then choose **None**, **Last used**, or any other app on the list.
- » **Customize on your phone:** Open the  **Moto Watch** app. Tap **Watch** >

Watch settings > Wrist preference. Select **Double-press Crown** or **Single-press Function Key**, then choose **None**, **Recent**, or any other app on the list.

System

Go to [Settings](#) > **System** to power off, restart, or reset your watch.

Watch orientation

You can set your preferred wrist and Crown (see [Watch front](#)) position for comfortable wear.

- » **Customize on your watch:** Go to [Settings](#) > **Watch orientation**. Then select **Left hand** or **Right hand** for your wrist, and **Left side** or **Right side** for the Crown (also known as the Power button).
- » **Customize on your phone:** Open the  **Moto Watch** app. Tap **Watch** > **Watch settings** > **Wrist preference**, then select the hand and button side you prefer.

Set a PIN

Use screen lock to protect the personal data stored on your watch. When screen lock is turned on, you'll need to enter a PIN after you take the watch off your wrist. Once unlocked while wearing it, the watch stays unlocked until you remove it again.

- 1 Go to [Settings](#) > **PIN**.
- 2 Tap **Set PIN**, enter a 4-digit PIN and follow the on-screen instructions.

Tips:

- » Turn on **Auto lock** (see [Display](#)) to automatically lock your watch when it's not being worn.
- » To disable or change your PIN, go to [Settings](#) > **PIN** > **Disable PIN** or **Change PIN**.
- » Forgot Your PIN? Open the  **Moto Watch** app on your Android phone. Tap **Watch** > **Watch settings** > **Advanced** > **Reset device** > **Reset**. Then follow the steps in [Pair & connect](#) to reconnect your watch to your phone.

About your watch

To view your watch details such as **Model**, **Serial number**, **Bluetooth address**, and **Regulatory information**, go to [Settings](#) > **About**.

Or open the  **Moto Watch** app on your phone, tap **Watch** > **Watch settings** > **About watch** for more information.

Moto Watch app

- » [Download & install](#)
- » [Set up your profile & goals](#)
- » [Overview of your health & workout data](#)
- » [Health & fitness](#)
- » [General app settings](#)
- » [Find your watch](#)
- » [Back up & restore](#)
- » [About your watch](#)

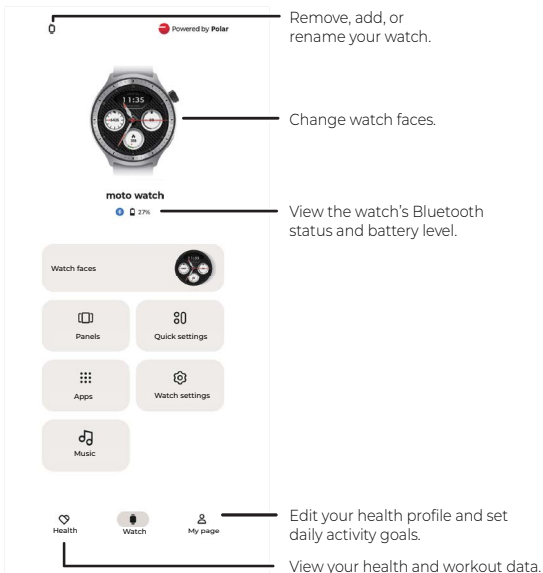
Download & install

To connect your watch to a phone, install the  **Moto Watch** app on your Android phone. For details, see [Download & install the watch app](#).

In the  **Moto Watch** app, you can check your watch's battery levels, adjust the settings, and more.

Find it: Open the  **Moto Watch** app on your Android phone

Note: Some features may not be available depending on the connected phone.



Set up your profile & goals

Open the  **Moto Watch** app on your Android phone, then go to **My page** to view or edit your profile, manage data, and more.

- » **Account & Health profile:** Tap your profile picture to enter your **Date of birth**, **Gender**, **Weight**, **Height**, and **Training background** so the watch can provide personalized health and fitness recommendations.
- » **Fitness goals:** Set your goals for **Daily activity**, **Active time**, **Steps**, and **Active calories**.

Tip: Turn on the switch next to each goal to receive a notification on your watch when you achieve it.

- » **Sleep goal & tracking:** manage your sleep goal.
 - **Sleep goal:** Set your targeted sleep duration.
 - **Wind-down reminder:** To set a notification or alert to help you start relaxing and preparing for sleep, tap **Wind-down reminder** to customize. Tap the switch next to **Use Wind-down reminder** to turn it on and set reminder time through the time slider.
 - **Sleep tracking mode:** Select **Essential** mode for key sleep metrics including duration, sleep stages, heart rate, and blood oxygen level. Select **Advanced** to receive a sleep quality score and a nightly recharge status. These insights provide a deeper understanding of your recovery, but will consume more battery.
- Tip:** For more, see [Sleep](#) and [Nightly Recharge](#).
- » **Health Connect:** Share your data with other health apps via Google Health Connect.
- » **Cloud service:** Tap **Sync data to cloud** and turn on the switch to keep your data accessible via your Google or Moto account. Tap **Erase data on cloud** to delete all stored health and fitness data.
- » **Units:** Set units for your **Height**, **Weight**, **Temperature**, and **Distance**.

Overview of your health & workout data

To have an overall view of your health and workout data, open the  **Moto Watch** app on your Android phone, then go to **Health**.

You can tap the tiles to view details for:

- » [Daily activities](#)
- » [Workout record](#)
- » [Heart rate](#)
- » [Sleep](#)
- » [Stress](#)
- » [Blood oxygen](#)

Health & fitness

You can adjust health and workout settings in the  **Moto Watch** app on your paired phone.

- 1 Open the  **Moto Watch** app on your Android phone.
- 2 Tap **Watch > Watch settings > Health & fitness**.
- 3 Do any of these:
 - **Workout reminders:** Tap **Exercise**, then turn on **Send workout reminder** to receive automatic reminders when you start running, walking, cycling, or other exercise (see [Workout](#)).
 - **Auto pause recording:** Tap **Exercise > Auto pause recording**, then tap the switch next to **Auto pause recording** to turn it on. Tap the switches next to **Walking**, **Running**, and **Outdoor cycling** to pause recording when you stop and resume when you continue.

- **Exercise audio feedback:** Tap the switch next to **Exercise audio feedback** for real-time fitness feedback.
- **Heart rate:** Tap **Heart rate** to customize heart measurements and alerts. For more, see [Heart rate](#).
- **Blood oxygen:** Tap **Blood oxygen** to customize blood oxygen measurements and alerts. For more, see [Blood oxygen](#).
- **Manage your stress level:** Tap **Stress** to set **Auto-measure** or **Manual only**. For more, see [Stress](#).
- **Health reminder:** To get a reminder on your watch when you are inactive for a while, tap **Health reminders**, then turn on the switch next to **Sedentary reminders**. To set reminders for other activities, tap **Drink water**, **Wash hands**, or **Take medicine**. You can adjust the **Start time** and **End time** for when reminders are active. If **Lunch break** is on, reminders will be muted during that time. You can also edit the **Start time** and **End time** for your lunch break.

General app settings

Open the  **Moto Watch** app on your Android phone, then tap **Watch** > **Watch settings** to manage general settings:

- » **Display:** Adjust the watch brightness and wake screen (see [Display](#)).
- » **Notifications:** Manage watch notifications and how your watch receives notifications (see [Notifications](#)).
- » **Sleep mode:** Minimizes disturbances during sleep (see [Sleep mode](#)).
- » **Phone:** Manage favorite contacts and quick replies (see [Contacts](#) and [Phone calls](#)).
- » **Weather:** Customize weather display (see [Weather](#)).
- » **Wrist preference:** Choose how you wear your watch and use buttons (see [Watch orientation](#)).
- » **Disconnection:** The icon  will appear on your watch when Bluetooth connection is lost.
- » **Firmware update:** To get the latest firmware for your watch, go to **Firmware update** > **Check for updates**.

Find your watch

If you misplace your watch, use the  **Moto Watch** app on your connected phone to locate it.

- 1 Make sure your watch is connected to your phone.
- 2 Open the  **Moto Watch** app on your Android phone.
- 3 Tap **Watch** > **Watch settings** > **Find my watch**, then tap  to ring and vibrate your watch.
- 4 To stop ringing and vibration, tap  on the phone or tap **OK** on the watch.

Note: To find your watch, it should be nearby (within 10 meters) and connected to your phone.

Back up & restore

Your Google or Moto account data is backed up online. If you reset your watch, just log in to your account to restore the personal data, and other details you synced with the account.

To manage backups on your watch:

- 1 Make sure your watch is connected to your phone.
- 2 Open the  **Moto Watch** app on your Android phone.
- 3 Tap **Watch** > **Watch settings** > **Advanced**. Then do any of the following:
 - **Back up data:** Tap **Backup data** > **Start backup**.
 - **Restore data:** Tap **Restore data**, choose your watch, then tap **Restore**.
 - **Delete data:** Tap **Delete backups**, choose a backup, then tap **Delete**.

About your watch

To view your watch details such as **Model**, **Serial number**, and **Bluetooth address**, open the  **Moto Watch** app on the phone and tap **Watch** > **Watch settings** > **About watch**.

Troubleshoot

Fix issues

If your watch is slow to respond or isn't working properly, try the following:

- » Keep the watch and your paired phone within Bluetooth range (up to 10m). Actual range may vary depending on the environment.
- » Keep your watch away from sources of electromagnetic waves.
- » Make sure both the firmware (see "Firmware update" at [General app settings](#)) and the  **Moto Watch** app are up to date (See [Download & install the watch app](#)).

Note: The watch's GNSS signals may be weak or unavailable in some locations, such as indoors.

Unpair, restart, or reset your watch

If your watch still doesn't work properly after making adjustments in [Fix issues](#), try unpairing, restarting, or resetting it.

- » **Unpair:** Open the  **Moto Watch** app on your Android phone. Tap **Watch** >  in the top-left corner >  next to your watch name > **Continue remove**. See [Moto Watch app](#).
- » **Restart:** If your watch is unresponsive, press and hold the Crown/Power button (see [Watch front](#)) for more than 12 seconds to restart it. If the watch is responsive, swipe down from the watch face to open [Quick Settings](#) and tap  > **System** > **Restart**.
Or press the Crown once from the watch face to open the apps list, then tap the Settings app  > **System** > **Restart**.
- » **Reset:** Resetting clears all watch settings and information about the current phone so you can pair your watch with a different phone. Do one of these:
 - Swipe down from the watch face to open [Quick Settings](#) and tap  > **System** > **Reset**.
 - Press the Crown once from the watch face to open the apps list, then tap the  **Settings** app > **System** > **Reset**.
 - If your watch is unresponsive, open the  **Moto Watch** app on your Android phone. Tap **Watch** > **Watch settings** > **Advanced** > **Reset device** > **Reset**. Follow the steps in [Pair & connect](#) to reconnect your watch to your phone.

Warning: Resetting your watch will erase all data stored on the watch. Watch data stored on your phone will not be deleted.



Get more help

To access legal, safety & regulatory information for your device, visit motorola.com/accessory-legal.

Service & repair

If you have questions or need assistance, we're here to help. Go to www.motorola.com/support, where you can select from a number of customer care options.

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Motorola Mobility LLC
222 W. Merchandise Mart Plaza
Chicago, IL 60654
www.motorola.com

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All features, functionality, and other product specifications, as well as the information contained in this guide, are based upon the latest available information and believed to be accurate at the time of release. Motorola reserves the right to change or modify any information or specifications without notice or obligation.

Note: The images in this guide are examples only. Some content may differ from your device depending on the region, model specifications, or device's software.

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