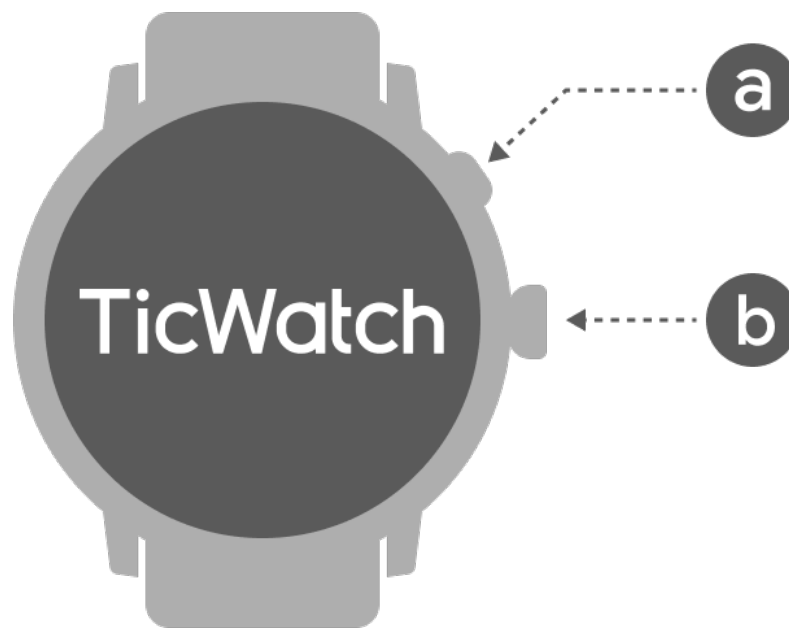# TicWatch User help for Atlas

1. Get started

1.1 Button & functions

Button	Function
a. Side Button	* Press and hold for 3 seconds to turn on your watch * Short press to open recent app list * Double press to open Google Wallet * Press and hold for 3 seconds to access boot menu * Press and hold for 15 seconds to force restarting the watch
b. Rotating Crown	* Short press to open app list or return to watch face * Rotate to view more and adjust values * Double press to open last used app * Quickly press 5 times to trigger SOS emergency call
Rotating Crown + Side Button	* Press them at the same time to take a screenshot of the watch

1.2 **Rotating crown**

Rotate the crown clockwise or anticlockwise to easily control various Watch functions.

1. Rotate to view tiles:

    a. On the home screen, rotate to view tiles.

    b. The function can be enabled on Settings -> General -> Rotating for tiles

2. Rotate to view watch faces

    a. Long press the home screen and rotate to view watch faces

3. Rotate to scroll pages

4. Rotate to adjust values, including volume, numbers, brightness, etc

1.3 **Wear the watch**
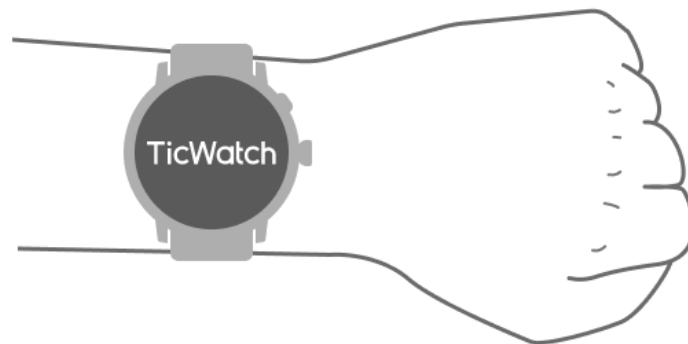
a. Accurate data on heart rate during exercise can be obtained through correct use of the watch. Inaccurate data on heart rate will be obtained if it is worn too tightly or loosely.

b. The watch should be worn 1-2 horizontal fingers above the wrist bone. The watch worn should fit the arm. Shake the hand a few times to ensure comfortable wear.

c. Keep the wrist clean. Long-term use of the watch on the same area may constrict blood vessels. It is recommended to adjust the position.

1.4 **Turn the watch on and off**

1.4.1 **Turn on the watch**

Press and hold the side button for a few seconds to turn on the watch.

1.4.2 **Turn off the watch**

- Press and hold the side button for a few seconds

- Tap 【Power off】

1.4.3 Force restart

If your watch is frozen and unresponsive, press and hold the side button for 15 seconds to restart it.

1.5 Pair your watch with phone

1.5.1 Install the Mobvoi Health app on your phone

To connect your watch to a smartphone, please install the Mobvoi Health app on your phone first.

- Search & download "Mobvoi Health" in the Google Play store

- Mobvoi Health app is only compatible with TicWatch that runs on the Wear OS 3 platform. If you have other types of TicWatch, you may need to install the Mobvoi app and follow the instructions.

- If you already have the Wear OS by Google app or Mobvoi app installed, please uninstall them before pairing.

1.5.2 Connect your Watch to a smartphone

- Turn on the Watch
- Tap and select a language
- On-screen instructions for launching the Mobvoi Health app will appear.
- Launch the Mobvoi Health app on your smartphone
- Tap **[Device]** tab and tap **[Add a new device]**
- Select your Watch on the screen
- Follow the on-screen instructions to complete the pairing process

1.5.3 Pair with multiple watches

For Android devices, it is able to pair with multiple TicWatches at the same time.

- Launch the Mobvoi Health app on your smartphone

- Tap **[Device]** tab

- Tap the **[+]** icon on the top right corner to start the pairing process.

1.5.4 Remove the paired watch

- Open the Mobvoi Health app and tap **Settings**

- Tap the **unpair and reset** button at the bottom to unpair the watch from the app

1.5.5 How to maintain connection stability?

After the watch is paired, please make sure to maintain the stable connection between the watch and mobile phone in order to ensure normal functions such as message notification.

For Android:

- It can be connected via Bluetooth or WiFi. Please make sure your Bluetooth is turned on.

- Or keep the watch and phone connected to the same WiFi address

1.6 Screen navigations

	Enter	Exit
QSS tray	Swipe down from top to open the QSS tray	Swipe up from bottom or press the rotating crown to go back to watch face
Notification tray	Swipe up from bottom open notification tray	Swipe down from top or press the rotating crown to go back to watch face
Tiles	To the right or left of watch face	Press the rotating crown to go back to watch face

1.7 Watch face

1.7.1 TimeShow - Browse more watch faces

- Long-press on the watch face to enter the watch face edit list

- Tap the TimeShow watch face to apply.

- You can choose different watch faces from the TimeShow app both on your

watch and phone. Make sure you set the TimeShow as your current watch face.

1.7.1.1 **Browse watch faces on your watch**

- Press the rotating crown to enter the application list menu

- Tap the TimeShow app

- You can browse watch faces from the daily recommendation or featured list

- Tap the watch face to preview it

- You can download the free watch face and apply it direcly

- Or you can purchase the paid watch faces.
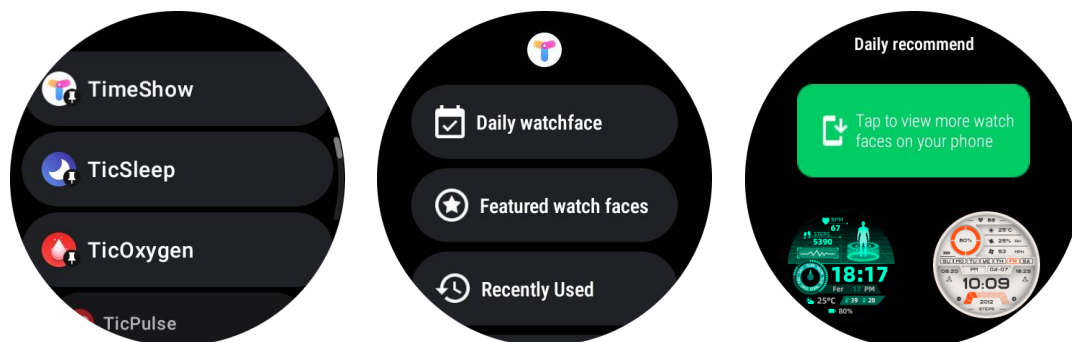
1.7.1.2 **View TimeShow on your phone**

You can find more watch faces through the following methods:

- Download and install the TimeShow app on your phone

- You can use your Mobvoi registered email address and password to log into TimeShow directly or log in with Google account

- If you want to sync watch faces, please tap on the sync button and make sure

your phone and watch are connected via bluetooth.

• If you want to subscribe, please tap on the shopping cart button and follow the instructions.
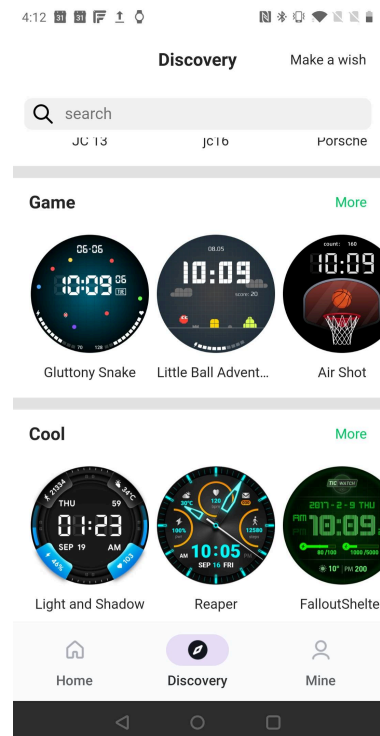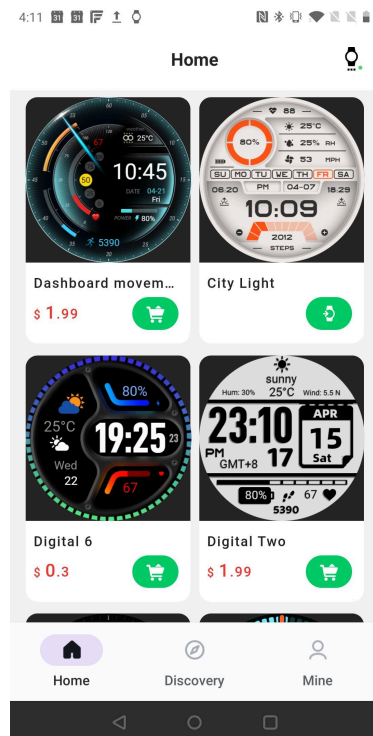
1.7.1.3 **Design your own watch face**

Please visit the official TimeShow website to design and publish your work：

https://timeshowcool.com/

1.7.2 **Change watch faces**

• Long-press on the watch face to enter the watch face edit list

• Tap the watch face to apply

If you want to add watch face to your favorite:

• Tap "See more watch faces" to view all your watch faces

• Tap the watch face to add it to your favorite

1.7.3 Edit watch faces

Some customizable watch faces have an "Edit" button. You can edit them according to your preferences.

- Tap the settings icon

- Swipe left or right on the screen to select the desired customization option

- Use the rotating crown or swipe up or down to change the color or other settings.

- To change the complications, tap the highlighted area you want and then set them.

### 1.7.3.1 Edit watch face on your phone

1. You can apply and customize the watch face on your phone. Launch the Mobvoi Health app on your phone

2. Tap **Device** tab.

Please make sure your phone and watch are connected via Bluetooth.

1.8 Quick setting panel

It allows you to view and edit the quick settings. To open the quick setting panel, swipe upwards on the home screen. Use the rotating crown or swipe upwards and downwards to view more setting icons.

1.8.1 Edit quick settings
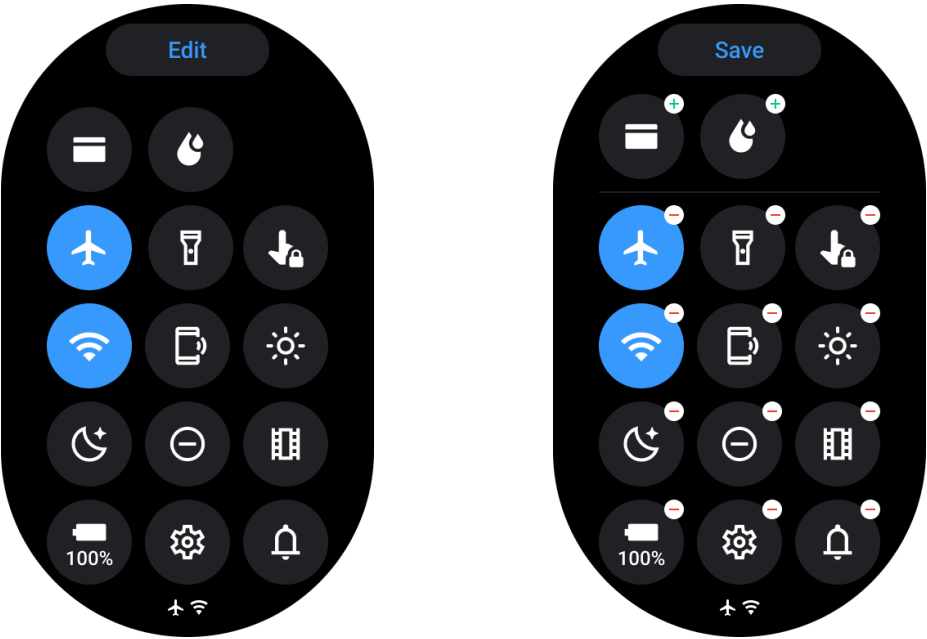
- Tap the **Edit** button to edit quick setting icons.
- Tap **[+]** to add the icons to appear on the QSS tray
- Tap **[-]** to remove from the QSS tray
- Tap **[Save]** to save changes

1.8.2 Re-order setting icons

- Hold and drag to reorder the icons

1.8.3 Different indicator icons

Icon	Meaning
⚡	Charging
✈	Airplane mode on
🔋 🔋	Battery low

⊖	Do not disturb mode on
🌙⁺	Bedtime mode on
🔒	Screen lock on
👆	Touch lock on
📱✕	Phone disconnected
◣✕	LTE disconnected
🎞	Theatre mode on
🌡=	Watch is warm

1.8.4 Different quick setting icons

Icon	Meaning
100%	Access the essential mode settings
⚙	Launch the Settings app
🔔	Activate sound or silent mode
⊖	Activate Do not disturb mode

	Activate Theatre mode
	Activate Bedtime mode
	Activate airplane mode
	Launch find my phone app
	Adjust the brightness
	Turn on touch lock
	Activate the flashlight
	Launch Google wallet
	Connect the Wi-Fi network
	Start to eject water

1.9 Tiles

You can view tiles by swiping the screen to the left or right or rotating the crown clockwise or anticlockwise. You can turn it on on Settings -> General -> Horizontal scroll to tiles.

1.9.1 Add & delete tiles

- Tap and hold to access the edit mode
- Tap **[+]** to add tiles or
- Tap **[-]** or swipe upwards to remove the tiles
- The maximum limit is 10 tiles

1.9.2 Reorder the tile

- Tap

or

to change the tile's location

1.9.3 Manage tiles on your phone

- Launch Mobvoi Health app
- Tap Device tab
- Tap Tiles

Please make sure your phone and watch are connected.

1.10 Ongoing activity

When there are apps running in the background, their icons will appear on the watch face.

- Tap the bottom area, it will open the app
- The number indicates how many apps are currently running in the background.

1.11 Notifications

1.11.1 View notifications

• When there are unchecked notifications such as a new phone notification or a missed call, a notification indicator will be visible on the bottom of the screen.

• You can swipe upwards to open the notification panel and rotate to view notifications.

• If the notification indicator does not appear, please open Settings -> General -> Show unread notification dot to activate it.

1.11.2 Delete notifcations

Swipe to the left or right to delete a notification.

1.11.3 Manage notification preferences

1.11.3.1 On your watch

Go to Settings -> Apps & notifications -> Notifications

1.11.3.2 On your phone

- Launch the Mobvoi Health app on your smartphone

- Go to Device -> Settings -> Apps & notifications

1.12 Manage App list

- Press the rotating crown to enter the application list menu

- Long press on an application to enter editing mode

- Tap the "pin" icon to make the current application stay at the top of the list.

- Tap it again to unpin the application.
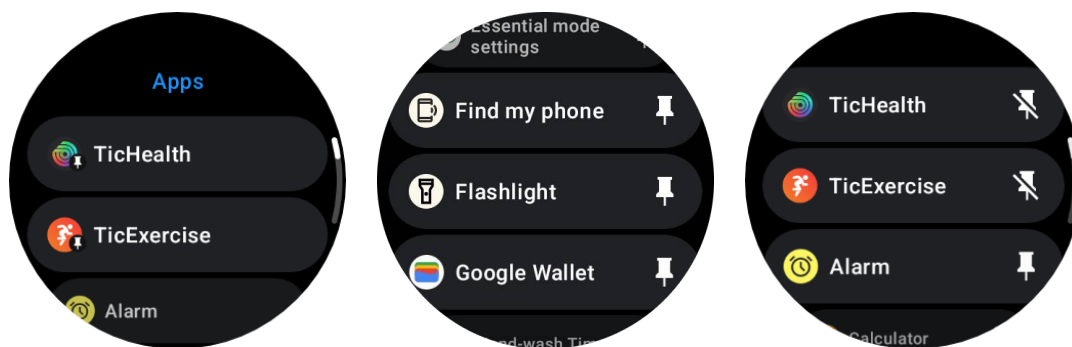
2. Ultra-low-power (ULP) display

2.1 What is the ULP display?

The ULP display is an ultra-low-power always-on display that can be used to display time, health, and fitness data.

The newly designed ULP display can show more information and with the concept of ULP tiles introduced, it enables quick measurement or viewing of health and fitness-related data without entering the system.

Note: ULP display does not represent Essential mode. It will be displayed in both Smart mode and Essential mode.

2.2 The UI of the ULP display
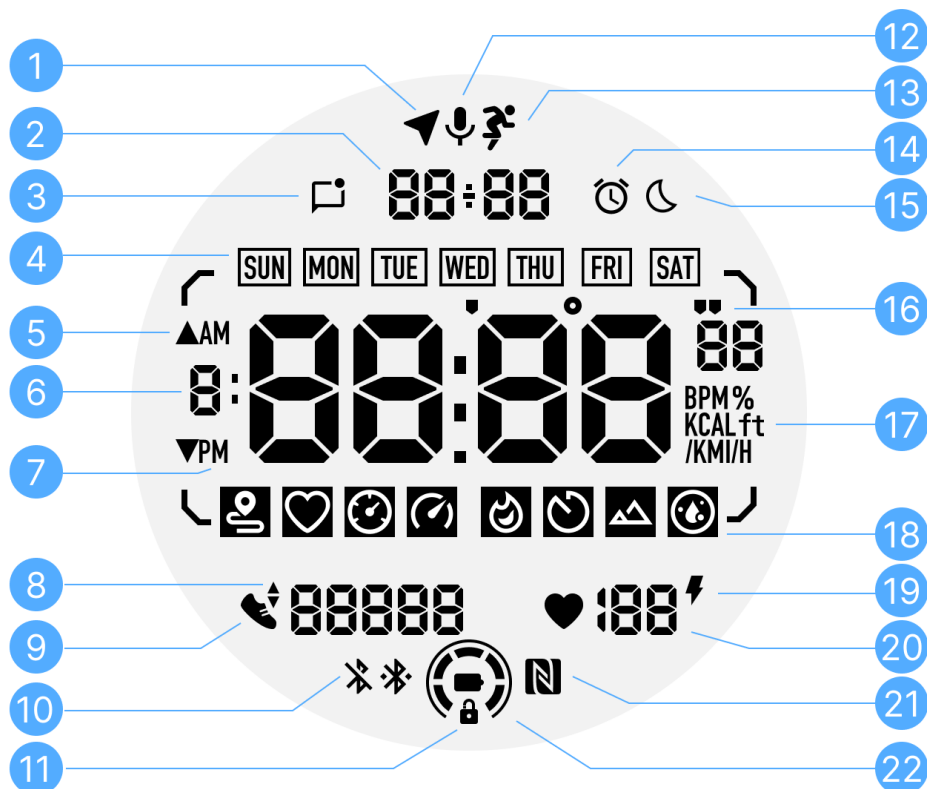
No.	Icon	Meanings
1	GPS status	Only used for TicExercise. This icon indicates that GPS has been acquired/fixed. The flashing icon indicates that GPS is currently acquiring/seeking GPS signals.
2	Date/Time	During standby, it displays today's date, supporting both DD-MM and MM-DD formats. During a workout, it displays the current time.
3	Unread notifications	This icon indicates the presence of unread notifications. When a new message is received, the icon will flash for several seconds.
4	Day of the week	This icon indicates the current day of the week.
5	Elevation gain/loss	Only used for TicExercise. The two triangle icons indicate elevation gain and loss during

		a workout.
6	Primary data zone	This area is the main display for all kinds of data. It represents various information in different ULP tiles, such as current time, heart rate, pace, etc.
7	AM/PM	AM and PM, for 12-hour format only.
8	Cadence	Only used for TicExercise. It indicates the current cadence, which is only supported by certain types of workouts, such as outdoor run.
9	Step count	During standby, it indicates daily steps. During a workout, it indicates the exercise steps of the current workout, which is only supported by certain types of workouts, such as outdoor walk.
10	Bluetooth status	These two icons indicate the status of Bluetooth connectivity. The left icon represents a disconnected state, while the right one indicates a connected state. If they are not displayed, it means that Bluetooth is turned off.
11	ULP display lock status	This icon indicates that the ULP display is in a locked state. To avoid accidental operations, the ULP display must be unlocked before proceeding to the next step, such as switching Tile. Note: It does not represent the screen lock status of smart mode.
12	Microphone	This icon is currently not used yet.
13	Workout indicator	Only used for TicExercise. This icon indicates that a workout is in progress.
14	Sleep alarm clock	It comes from the sleep alarm clock from TicSleep, and when the sleep alarm clock is turned on, the icon is displayed. Note: It does not represent the alarm status of the Alarm app.
15	Bedtime mode	This icon indicates the watch is in Bedtime mode.

16	Pace/angle unit	These icons (' and ") indicate the unit of pace, minutes and seconds. The icon (°) indicates the angle (degree) and is used for the compass ULP tile.
17	Units	These icons indicate the units of different metics.
18	ULP Tile indicator	These icons indicate different ULP tiles. From left to right, they represent exercise distance, heart rate, pace, speed, calories, counts/laps, elevation, and blood oxygen.
19	Heart health status	This icon indicates whether the 24-hour heart health monitoring function is enabled. Note: Heart health function is not supported in some countries or regions.
20	Heart rate	This area indicates the latest heart rate of today. The heart rate will be refreshed every second when the 24-hour continuous heart rate monitoring is enabled.
21	NFC status	This icon indicates whether NFC is enabled.
22	Battery level	These icons indicate battery level. When the battery is low, the battery icon will flash to remind you to charge your watch.

2.3 What are the ULP tiles?

For TicWatch Pro 5 Enduro, the newly designed ULP display can show more information.

And for the first time, the concept of ULP tiles has been introduced, which allows for quick measurement or viewing of health and fitness-related data without having to enter the system.

2.3.1 Standby ULP tiles

During standby, it currently supports the following tiles.

1. Watchface ULP tile: Designed to display time/date, watch status information and key health data, such as steps, latest HR, etc.

2. Heart rate ULP tile: Designed for active heart rate detection.

3. Blood oxygen ULP tile: Designed for active blood oxygen detection.

To ensure accurate measurement, please avoid loose wearing, excessive tilting or shaking during blood oxygen detection. If any of these conditions occur, the device will prompt "FAIL".

Please adjust to the correct position and keep the watch stable before re-measuring.

For more information, please refer to the description in the TicOxygen app.

4. Daily calories ULP tile: Designed for quickly checking daily calories.

5. Compass ULP tile: Designed for quick viewing directions.

If your watch is affected by magnetic field interference, it will display "CAL". At this time, you need to recalibrate the compass before you can use it again.

2.3.2 Exercise ULP tiles for TicExercise and third-party WHS-based workout apps

During a workout, your watch automatically switches from standby ULP tiles to exercise ULP tiles when you use TicExercise or certain third-party workout apps that rely on WHS (Wear Health Service). For instance, if you're using apps like Strava or Adidas Running, you'll notice that ULP tiles become accessible once you begin your exercise session.

Note: ULP tiles are only compatible with workout apps that rely on WHS. If you find that exercise data is not displayed on ULP tiles after starting your workout in your preferred workout app, it indicates that the app is not based on WHS. Examples include the Google Fit app, which is not currently supported.

For each type of exercise, only certain tiles from the following subset are supported, not all of them. The supported tiles will be shown at the beginning of each exercise.

Note: Not all ULP tiles have indicator icons.

1. Exercise Duration ULP Tile: This tile is designed to display the duration of your

exercise and serves as the default tile for each exercise.

2. Exercise Distance ULP Tile: This tile supports both imperial (MI) and metric (KM) units.

3. Exercise Heart Rate ULP Tile: This tile is designed to display real-time heart rate during exercise.

4. Pace ULP Tile: Supports both imperial (MI/) and metric (KM/) units.

5. Speed ULP Tile: Supports both imperial (MI/h) and metric (KM/h) units.

6. Exercise Calories ULP Tile: Designed to display the calories burned during the current exercise.

7. Laps/Reps ULP Tile: Designed to display laps or repetitions.

8. Evaluation ULP Tile: Displays current elevation, exercise elevation gain, and exercise elevation loss sequentially. Supports both imperial (ft) and metric (m) units.
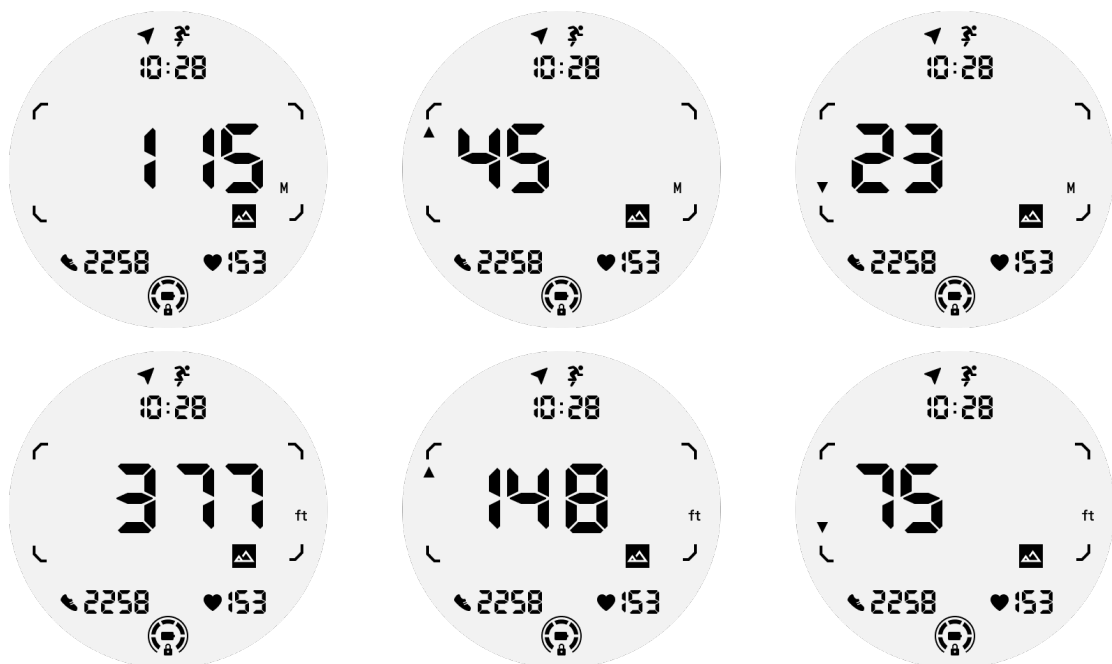
9. Compass ULP Tile: Designed for quickly viewing directions.

2.4 The operations of the ULP display

2.4.1 How to turn on and off the backlight?

The Tilt-to-wake backlight option is ON by default.

Please go to "Settings -> Display -> Tilt-to-wake" for details.
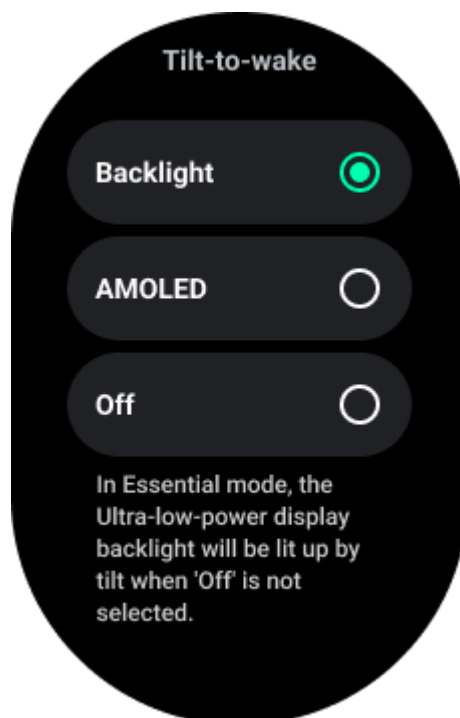
In general, there are two methods to activate the backlight: raising your wrist or rotating the crown more than 180 degrees. The backlight will automatically turn off after a timeout or when you lower your wrist. Additionally, the ULP display will be locked to prevent accidental operations.

In Essential mode, you can also toggle the backlight on or off by clicking the Side button.

2.4.2 How to disable tilt-to-wake backlight?

If you only want to temporarily disable the tilt-to-wake backlight, you can enable Bedtime mode or Theater mode.

If you want to disable this feature permanently, choose the "Off" option in the Tile-to-wake settings.
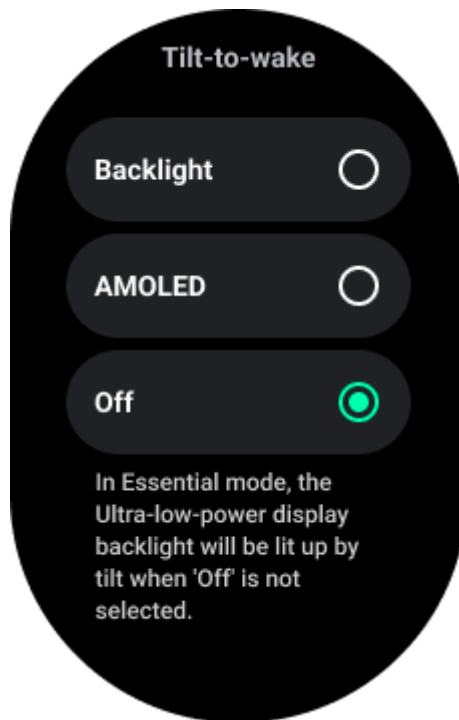
2.4.3 How to unlock/lock the ULP display?

To unlock the ULP display, you should continuously rotate the rotating crown clockwise or counterclockwise for more than 180 degrees.

By lowering your wrist or timeout, the ULP display will automatically be locked to prevent accidental operations.

2.4.4 How to switch ULP tiles?

After unlocking the ULP display, rotating the crown clockwise or counterclockwise will sequentially switch ULP tiles in ascending and descending order.

2.5 The settings of the ULP display

The setting option for ULP display is located in the system settings menu.

Please go to "Settings -> Display -> Always-on screen" for details.

2.5.1 How to set up Always-on screen?

Within the Always-on screen settings, there are two display options available: a colorful AMOLED display and a low-power ULP display.

The ULP display is pre-selected as the default option. You can change to your favorite option.

Note: Only the ULP display is supported for always-on screen in Essential mode. This means that if you choose AMOLED as Always-on screen, it will only apply to Smart mode. When the watch enters Essential mode, the always-on screen will automatically switch to the ULP display.
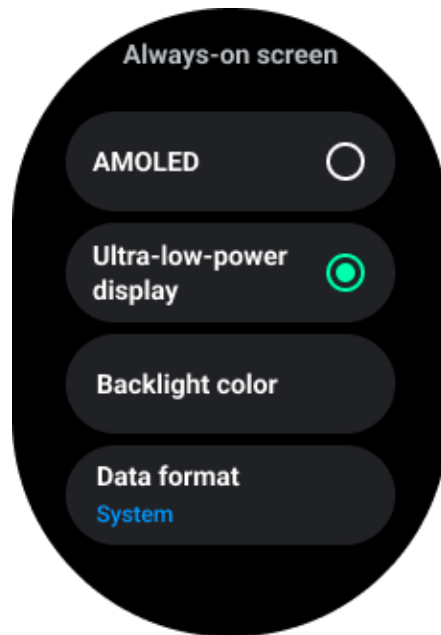
2.5.2 What options are available for ULP display?

When the ULP display is used as an always-on screen, you can customize the backlight color and date format.

2.5.2.1 Backlight Settings

You can choose your preferred backlight color from the predefined color options.
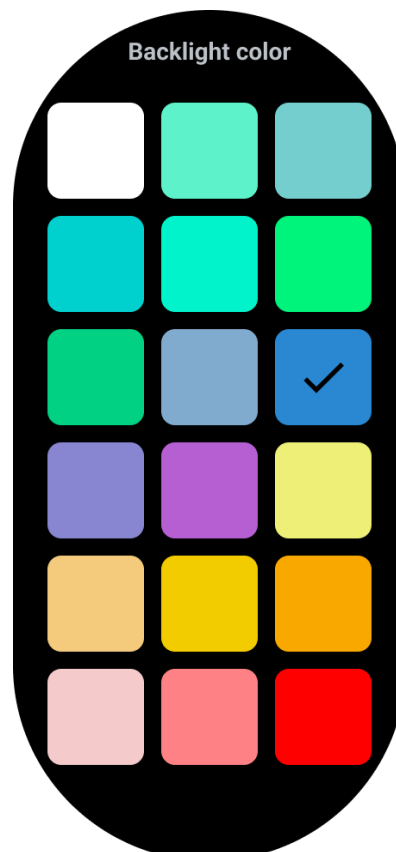
2.5.2.2 **Dynamic HR zone backlight**

During exercise, the backlight color of the ULP display is used to indicate your current exercise HR zone.

You can easily find your heart rate zone by tilting your wrist to activate the backlight.

The Daynamic HR zone backlight is available for TicExercise and WHS-based workout apps.

Heart rate zones are determined as a percentage of your maximum heart rate (Max. HR), which can be approximated by the formula "220 minus your age."

- Resting: Below 50% of Max. HR

- Warm up: 50% to 60% of Max. HR

- Fat burning: 60% to 70% of Max. HR

- Cardio: 70% to 90% of Max. HR

- Anaerobic: 90% to 99% of Max. HR

- Dangerous: Reaching or exceeding Max. HR

Note: The heart rate zones defined by different workout apps may vary and could be different from the above definitions.

2.5.2.3 **Date format**

It supports DD-MM and MM-DD formats.

It will follow the system settings by default, but you can also choose your preferred display method yourself.
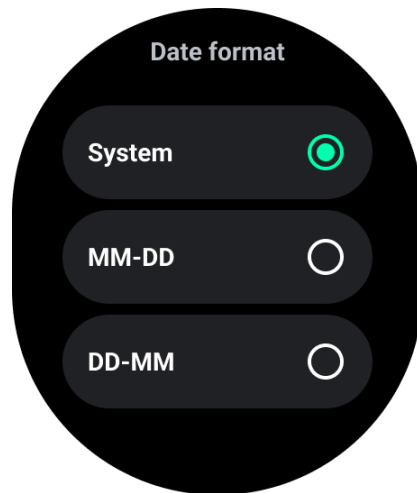
3. Health features

3.1 TicHealth all-in-one

TicHealth can record and display your exercise history and all your health data for the day, with all the information at a glance.

Health-related data covers: daily activity, heart rate, blood oxygen, stress, sleep.

TicHealth

Today's goal
1000 /2000 steps
28 /30 min
4 /12 h

Stairs climbed
8 floors

Calories
569 kcal

Distance
3.2 km

Heart Rate
86 bpm
5 m ago

Blood Oxygen
93% ⚠
5 m ago

Stress
56 😊 😐 😟 😠
5 m ago

Sleep
7 h **45** m

High-intensity exercise
30 min

Week goal
S M T W T F S
✓ ✓ ✓

⚙ Settings
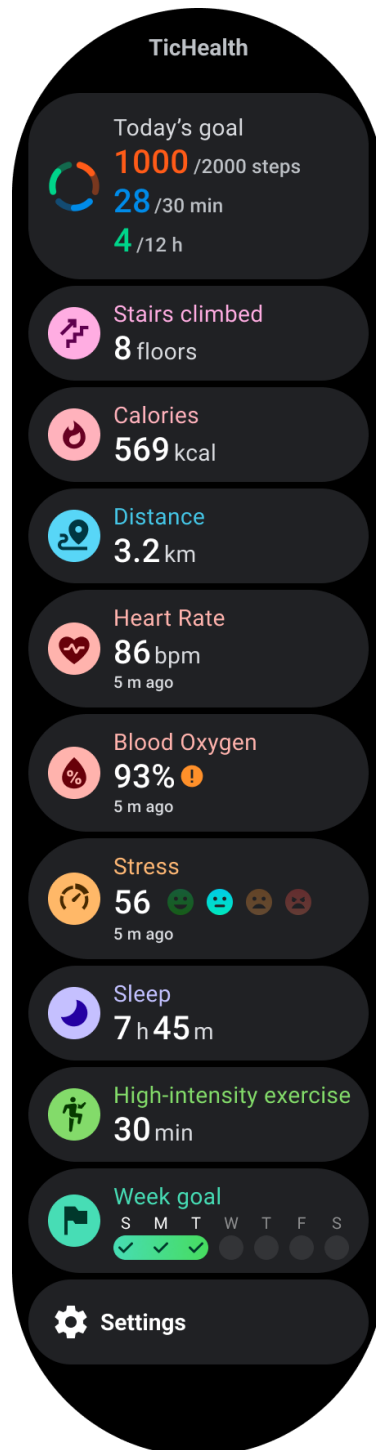
3.1.1 Daily activity

You can check your current daily status, including steps, activity hours and exercise time.
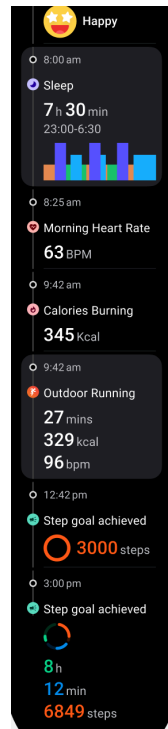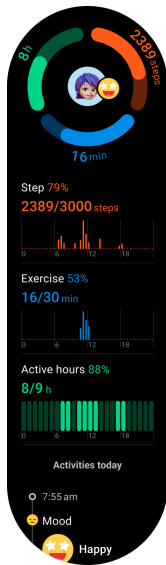
	Summary • The red ring represents the daily steps • The green ring represents the daily activity hours (150 steps per hour counted as the one-hour activity) • The blue ring represents daily exercise time.
	Calories • The total calories you burned today
	Distance • The total distance you walked today
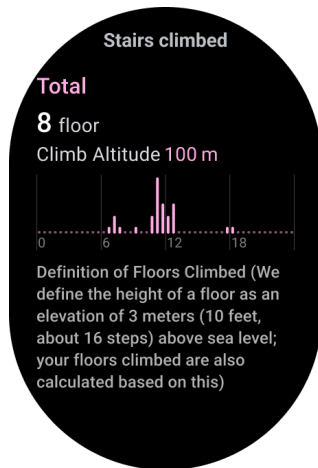
Stairs climbed **Total** **8** floor Climb Altitude 100 m 0 6 12 18 Definition of Floors Climbed (We define the height of a floor as an elevation of 3 meters (10 feet, about 16 steps) above sea level; your floors climbed are also calculated based on this)	Stairs climbed • The total floors you climbed today, and total altitude
High-intensity exercise time **Today** **15** /30 min 3 minutes higher than yesterday. **This Week** S M T W T F S	High-intensity Exercise • The total minutes you've done High-intensity exercise today • The progress bar indicates how far you have accomplished your goal for the day •
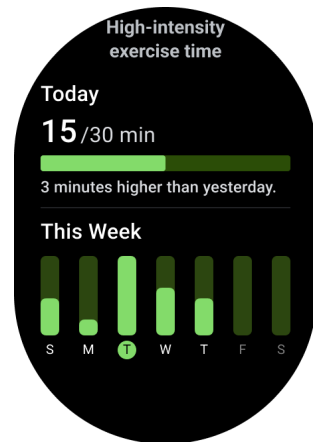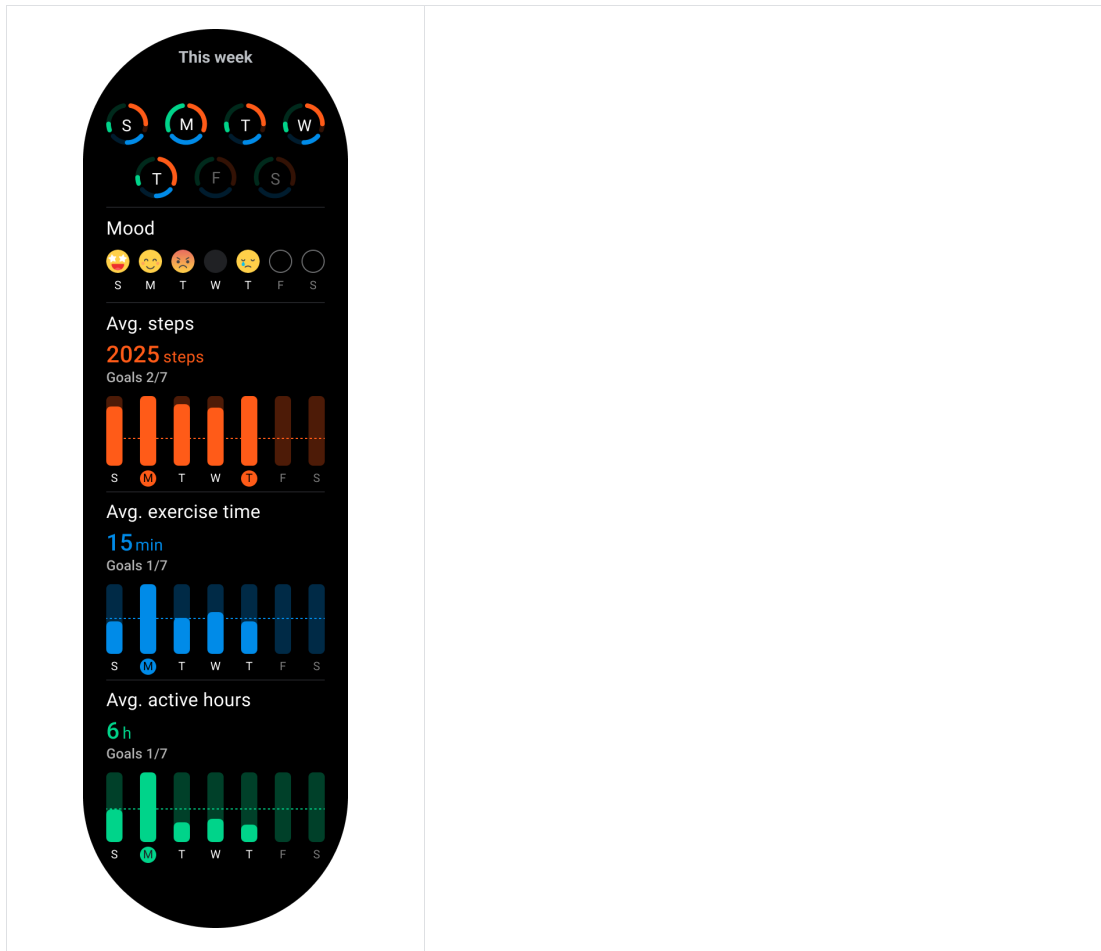
3.1.1.1 **Daily activity settings**

You can set daily step count, exercise time, and activity hour goals on Settings -> Daily goals.

3.1.2 **Heart health**

3.1.2.1 **Heart health monitoring**

The heart health monitoring feature provides detection and monitoring related to irregular heart beat problems, including tachycardia, bradycardia and atrial fibrillation (AFib) monitoring. This will help keep an eye on your heart health. This feature may not be available depending on the model.

3.1.2.2 **Start heart health testing manually**

Users can choose to manually check or enable 24-hour automatic monitoring. If you need to manually check, tap the "Measure" button, which will enter the measurement page. After the measurement is completed, the result will be displayed.
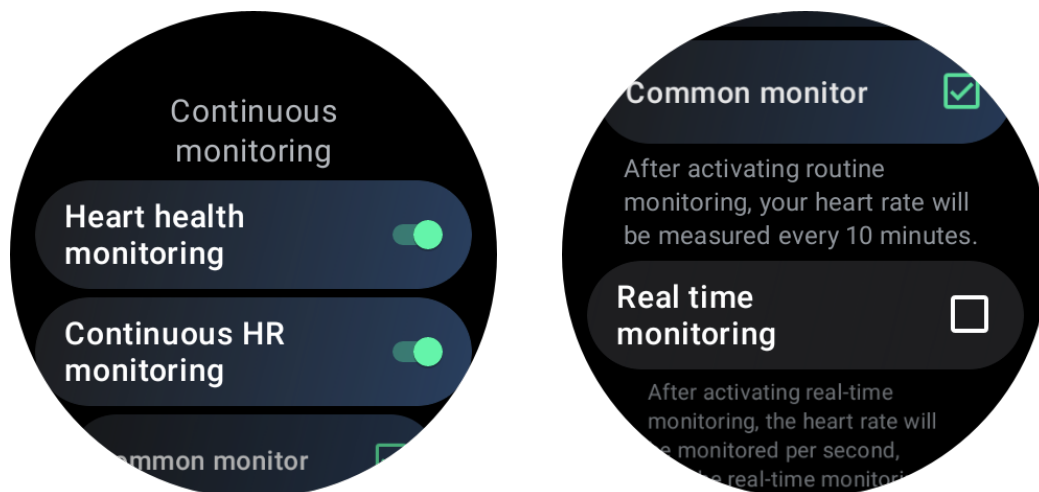
3.1.2.3 **Set up 24h automatic monitoring**

To enable 24h monitoring, go to TicHealth -> Settings -> Heart health monitoring -> enable Heart health monitoring.

3.1.2.4 **View abnormal alert**

When there is abnormal data, there will be an alert notification on the watch side.

The monitoring results of the watch will only display the heart health monitoring results for the current day. Historical data can be viewed on the Mobvoi Health app.
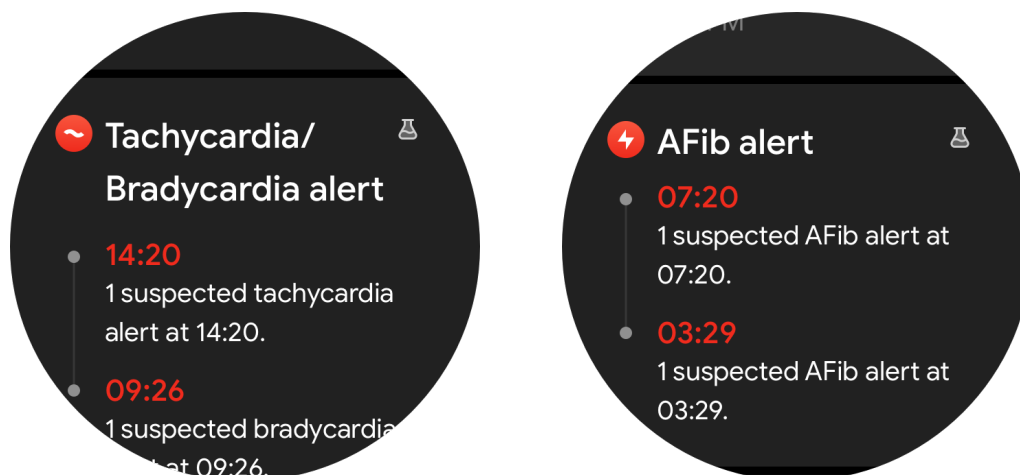
Note: The measurement result may be subject to factors such as the way of wearing and skin contact area. It is for reference only and not recommended as a basis for diagnosis.

3.1.3 **Heart rate**

3.1.3.1 **Change the heart rate measurement settings**

- In the Tichealth app, scroll to the bottom of the page

- Tap Settings

- Scroll to the health rate setting

- Enable 24-hour monitoring.

Once enabled, they can choose the monitoring frequency, which includes common monitoring and real-time monitoring.

1. Common monitoring: Data is displayed at a frequency of one data point every 10 minutes.

2. Real-time monitoring: Data is displayed based on real-time data collection.

3.1.3.2 **Measure heart rate manually**

In the TicHealth app, tap the "Refresh" icon to start the measurement.
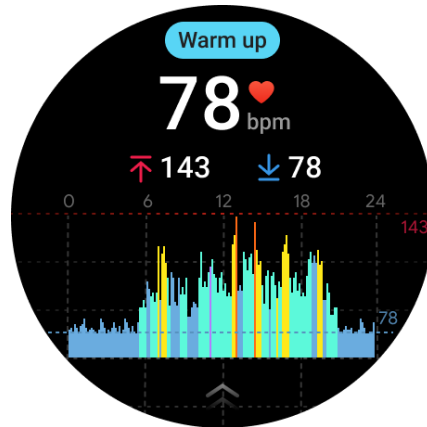
Note: The minimum display time is 1 minute. A period less than one minute is counted as 1 minute.

3.1.3.3 Resting heart rate alert

To enable resting heart rate alarm, go to TicHealth -> Notifications -> Resting HR alarm, enable resting heart rate alarm.

When the heart rate exceeds the set value for ten consecutive minutes in a resting state, a warning message will be displayed.
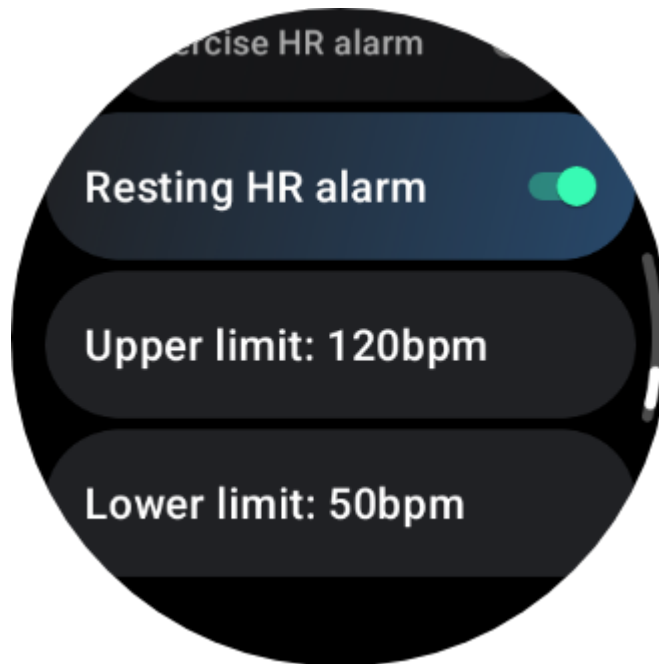
Note: The measurement result may be subject to factors such as the way of wearing and skin contact area. It is for reference only and not recommended as a basis for diagnosis.

3.1.4 Blood oxygen

3.1.4.1 **Measure blood oxygen manually**

Press the rotating crown to show the app list, select TicHealth, then enter the blood oxygen and you can start measuring your blood oxygen.

Keep still during the measurement. If any movement is detected during the measurement, it may cause significant deviation in the measured value or measurement failure.
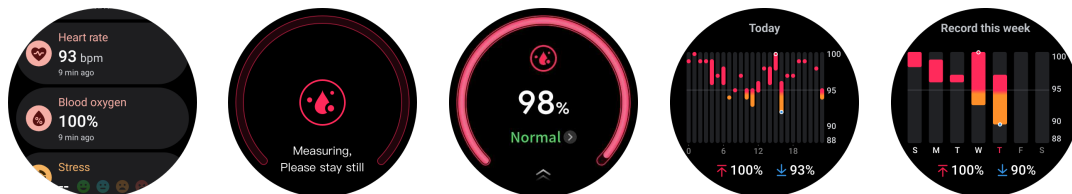
3.1.4.2 **Set up 24h automatic monitoring**

Swipe down to the bottom and tap the "Settings" icon to enable 24-hour automatic background monitoring.

3.1.5 **Sleep**

3.1.5.1 **Monitor your sleep**

The watch can automatically detect the sleep status and record sleep data if it is worn during sleep. You can view the last night's sleep data on the watch.
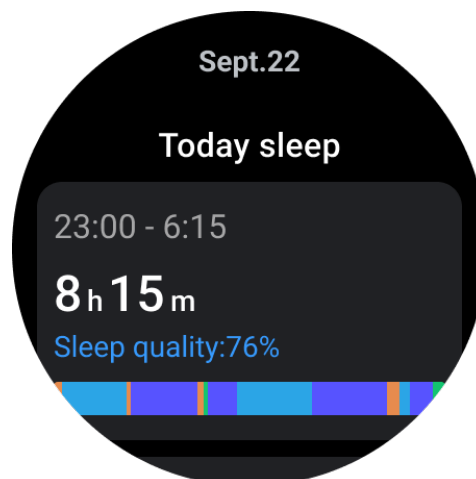
The watch, once connected to a paired smartphone or a Wi-Fi network, effortlessly syncs sleep tracking data to the cloud, allowing you to access and review your comprehensive historical sleep records through the Mobvoi Health app on your phone.

3.1.5.2 **Sleep respiratory rate monitoring**

Users can turn on the sleep respiration rate switch in the settings. Once enabled, it

will monitor the user's sleep respiration rate and display a data chart, average respiration rate, maximum respiration rate, and minimum respiration rate in the sleep details.

3.1.5.3 **Sleep blood oxygen monitoring**

1. Users can enable the sleep blood oxygen switch in the settings and choose the monitoring frequency for sleep blood oxygen.
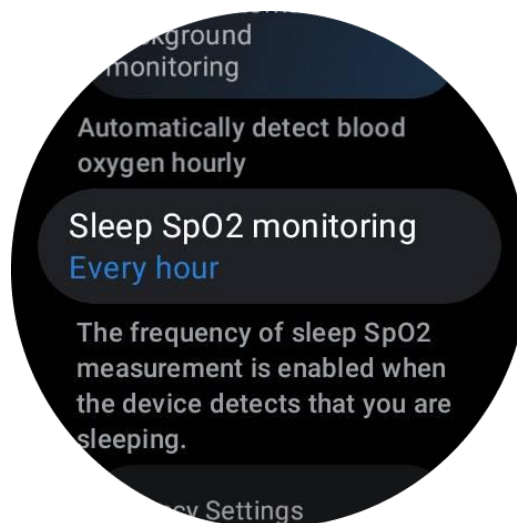
2. Sleep blood oxygen monitoring frequency can be set to one of three modes: once every hour, once every 30 minutes, or real-time monitoring. Sleep blood oxygen data will be displayed according to the chosen monitoring frequency.
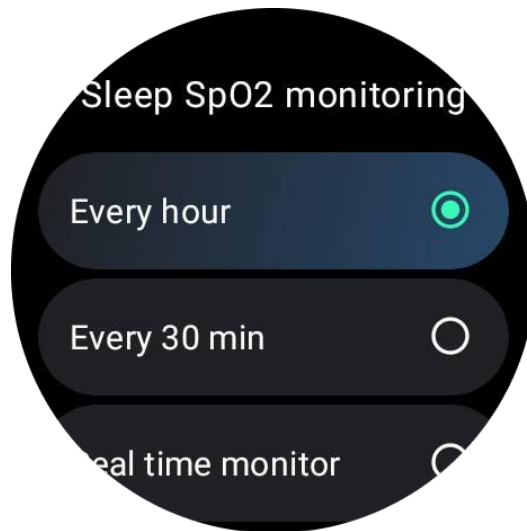
3.1.5.4 **Snoring monitoring**

In the "Mobvoi Health" app, the snoring monitor is provided. Open Mobvoi Health app, find the sleep card and tap on the sleep now button.Click the snoring monitoring button when you are ready to sleep.

Snoring monitoring uses AI algorithms to automatically identify snoring and analyze snoring throughout the night, helping you better understand your sleep snoring level.
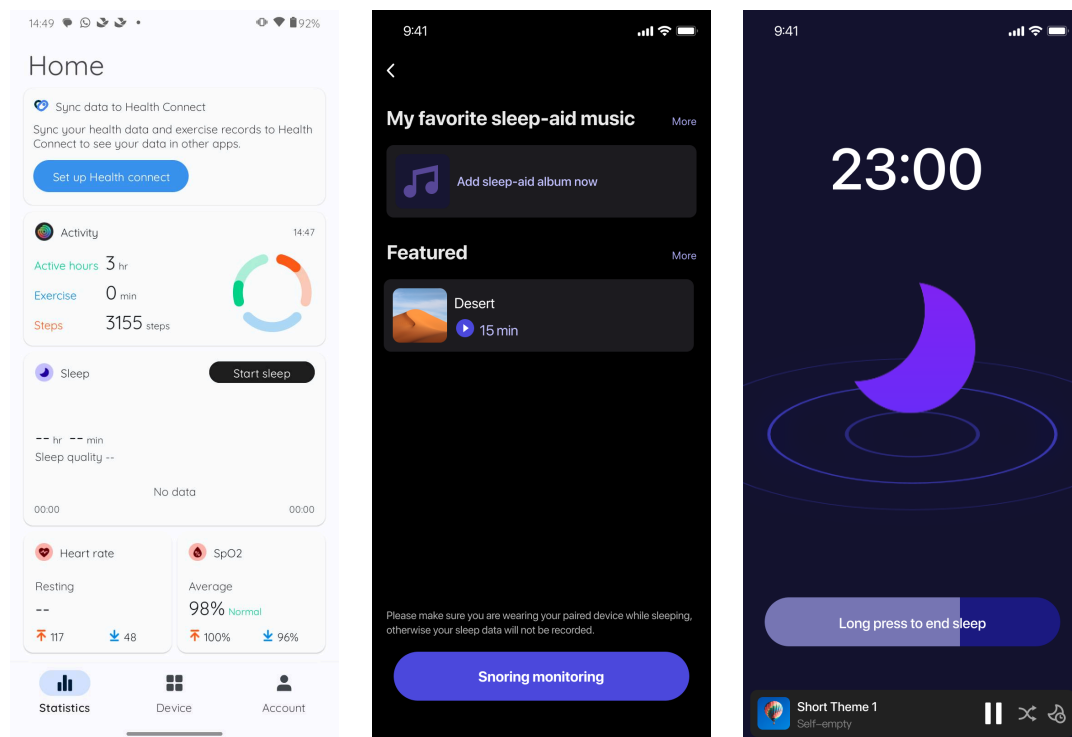
- Tap on sleep daily report
- Three snoring records can be viewed, tap on them enables you to play your own

snoring recordings

- Click more and view snoring data

- View snoring data, distribution of snoring waveforms, Distribution of Snoring Frequency.

12:40-14:00
1h 20min
Sleep quality 76%

■ Awake ■ REM ■ Light sleep ■ Deep sleep

Sleep stage

Awake 8%	20 min
REM 22%	1h 28min
Light sleep 65%	4h 24min
Deep sleep 15%	2h 50min

Snore recording   More

02:45:33
🔊 55 s

03:23:03
🔊 42 s

04:52:03
🔊 32 s

Settings

Avg sleep heart rate

74 bpm

🔺 Max 96   🔻 Min 62

23:00   6:15

Sleep blood oxygen

98% Normal

🔺 Max 100%   🔻 Min 94%

23:00   6:15

Snore recording

• 02:45:33
🔊 55 s

• 03:23:03
🔊 42 s

• 04:52:03
🔊 32 s

More

Snoring data

1h 20 min
Duration of snoring

68 dB
Average decibel level of snoring

🔺 Max **76** dB   🔻 Min **52** dB

Distribution of snoring waveforms

21:50   02:10   07:20

Snoring decibel ratio.

■ <50dB **22%**
■ 50-70 dB **66%**
■ >70 dB **12%**

Distribution of Snoring Frequency

● Mittelwellenfrequenz   ● Medium   ● Low

Note: Why is there false recognition of sleep?

1. Sleep monitoring depends on body activity. For example, long-term motionless state may be mistakenly recognized as sleep.

2. As the sleep algorithm takes some time to make judgments, sleep duration less than 1 hour may not be recorded.

3.1.5.5 Set sleep cycle

You can set your own sleep cycle (time to go to sleep, time to get up) to see whether you reach the expected duration. If you are still asleep at the pre-set time, the sleep alarm will sound; it will not sound if you wake up before this time.

Tap the settings icon -> Sleep cycle.
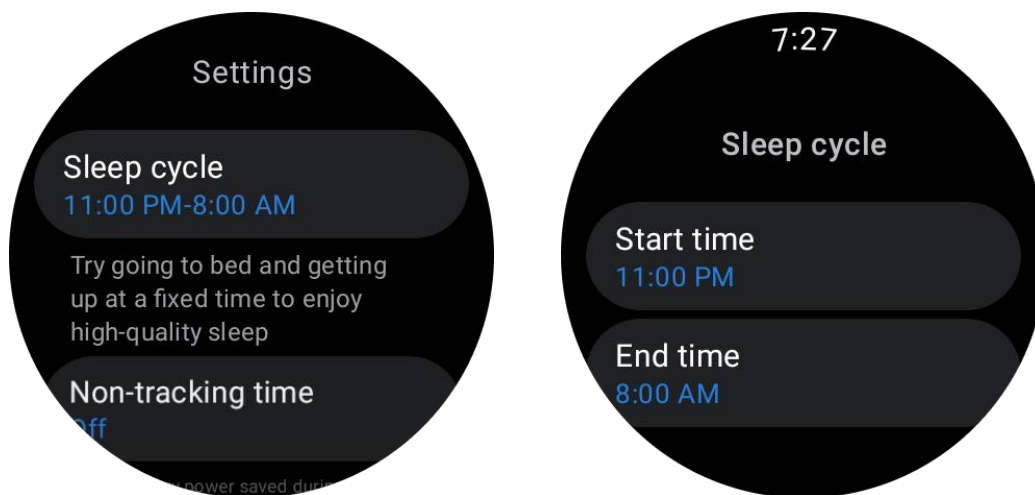
3.1.5.6 Set non-tracking time

You can set the "Non-tracking time", during which sleep data will not be recorded, so as to avoid unnecessary time period.

Tap the settings icon -> Non-tracking time.
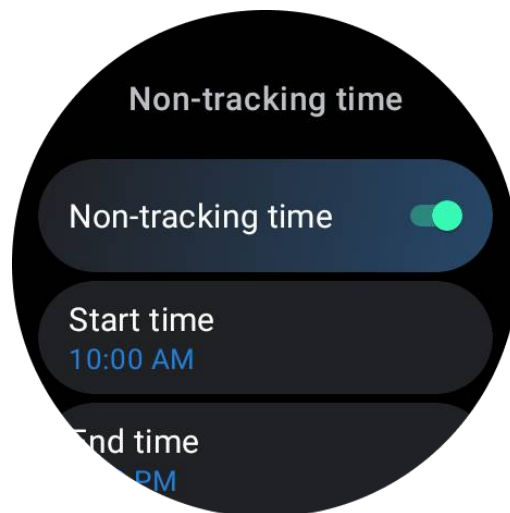
3.1.6 **Stress**

Stress measurement is the result of calculation based on heart rate variability (HRV) data measured by photoelectric sensors. HRV refers to the changes in the difference of successive heartbeat cycles.

- ◦ Measurement should be made in a quiet state to obtain stable data.

- ◦ The accuracy of data is also compromised if the watch is worn too slackly or tightly. It should be preferably worn comfortably on the arm.

- ◦ Smoking, drinking, staying up late, or medication also have an impact on the data.

- ◦ This is not a medical device, and the values are for reference only.

- ◦ If measurement is made each time at a fixed time and wearing state, it helps the detection of fatigue.

- ◦ The test results show the qualitative evaluation, such as high stress or no stress.

- ◦ If you feel mentally distressed, relieve stress by exercising or taking deep breaths.

3.1.6.1 **Measure your stress level**

- • Launch TicHealth

- • Scroll to the stress and click

- • Tap the left button to measure and view the stress data

- • Tap the right button to start breathing exercise.

3.1.7 Other features and settings

3.1.7.1 Set your daily goals

- Launch the TicHealth app and tap the settings icon

- Tap Notifications

- Tap **Daily goals**
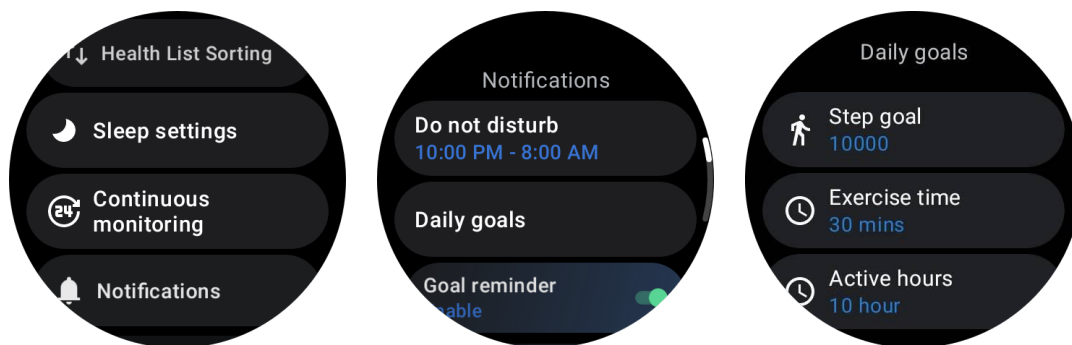
3.1.7.2 Continuous Monitoring

You can tap the continuous monitoring to manage your 24hrs monitoring, including:

- Heart health monitoring: To set the monitoring frequency

- Continuous HR monitoring: To enable 24h heart rate monitoring

- Continuous blood oxygen monitoring: To enable 24h blood oxygen monitoring

- Sleep blood oxygen monitoring: To enable blood oxygen monitoring during sleep

- Continuous stress monitoring: To enable 24h stress monitoring
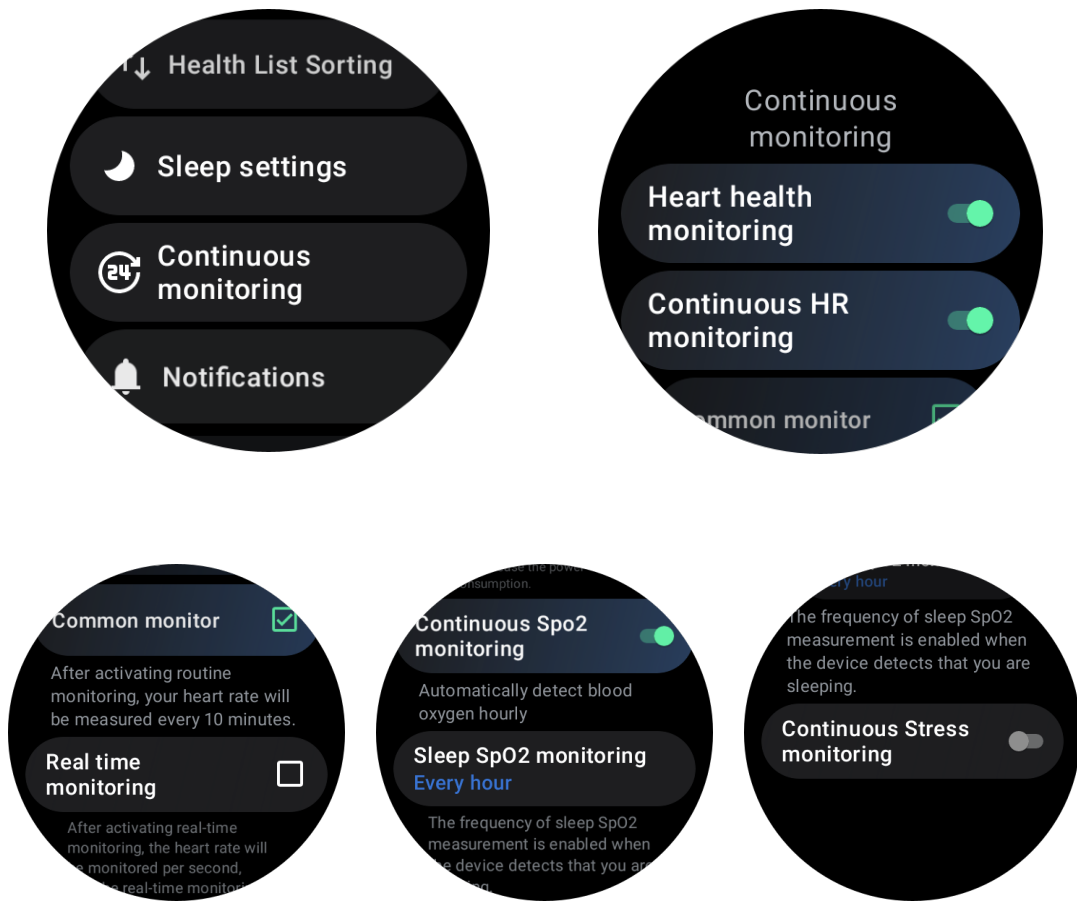
3.1.7.3 **Set notifications**

You can tap the **Notifications** to manage your TicHealth notifications, including:

•   Do not disturb: Set do not disturb to mute TicHealth notifications

•   Goal reminder: To receive a notification when reaching the goal you've set

•   Step reminder: To receive a notification when reaching 80% of your step goal

•   Activity reminder: To remind you to stand up and move every hour.

•   Bedtime reminder: To remind you to go to bed.

•   Done sleeping notification: To receive a notification when ending sleep.

•   Exercise HR alarm: To receive a notification when your heart rate is too high during exercise.
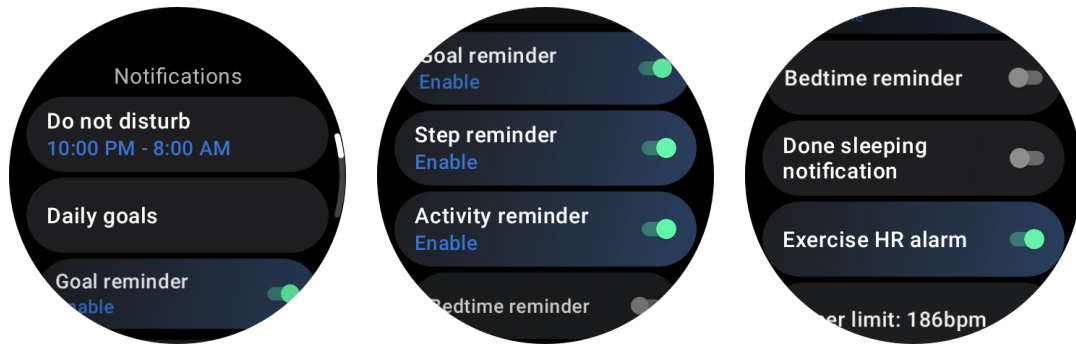
3.1.7.4 Exercise heart rate alarm

To enable exercise heart rate alarm, go to TicHealth -> Notifications ->Exercise HR alarm -> enable exercise heart rate alarm.
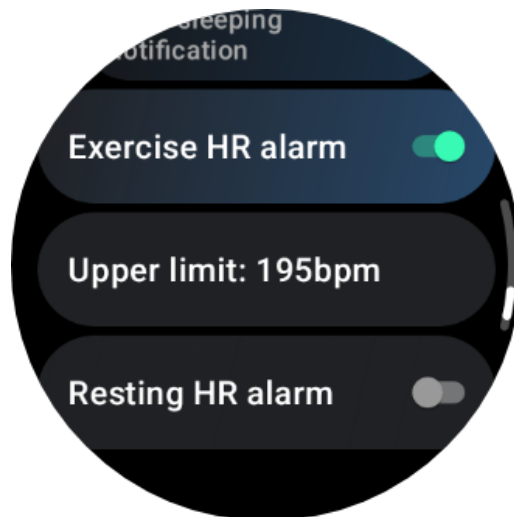
3.2 TicBreathe

3.2.1 Relax by breathing

Tap on the Breathe app and tap on the start button to begin the breathing exercise.

The app will show the changes in stress and heart rate values after finishing the exercise.

3.2.2 **Set the breathing duration**

In the "TicBreathe" app, the default duration is 1 minute. Breathing duration increases by 1 to 5 minutes by clicking the duration.

The duration of the breathing exercise can be adjusted by rotating the crown button or by touching the "Duration" area.

3.3 **One-tap measurement**

1. After opening the one-click measurement app, users need to wait for approximately 90 seconds to obtain health indicators such as heart rate, blood oxygen, and stress levels.

2. On the results page, users can tap on the data in the list to navigate to the corresponding app. For example, if the user taps on heart rate on the results page, they will be directed to the TicPulse app.
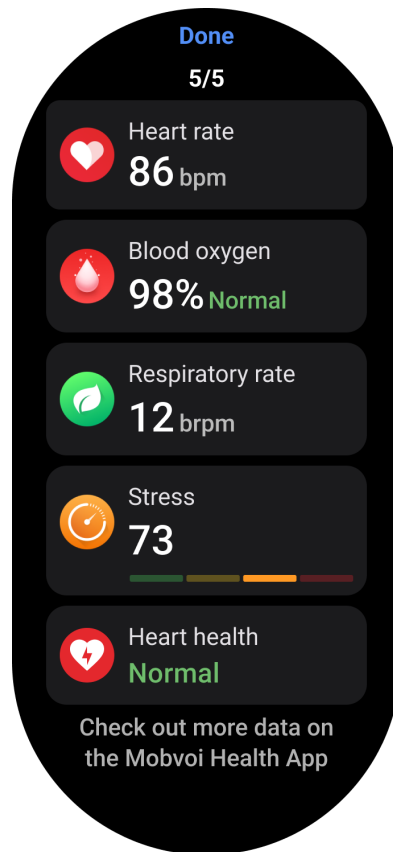
4. TicExercise

4.1 Get started with the TicExercise app on your watch

4.1.1 Choose an exercise

• Open the TicExercise app on your watch, then swipe down to the exercise you want to do.

• If you don't find what you're looking for in the default exercise list, tap "Add" button.

• The TicExercise app offers over 110 different types of exercises for you to choose from, covering a variety of categories including: Outdoor, GYM, Aerobic training, Strength training, Core training, Water sports, Winter sports, Ball sports, Extreme sports, and Others.

4.1.2 **Preparation before beginning**

After selecting your workout, you will transition into the preparation stage.

During this period, your watch will initiate heart rate monitoring and commence GPS localization. Once a stable heart rate and GPS signal are confirmed, the Start button will transition from orange to green, indicating ready to go.
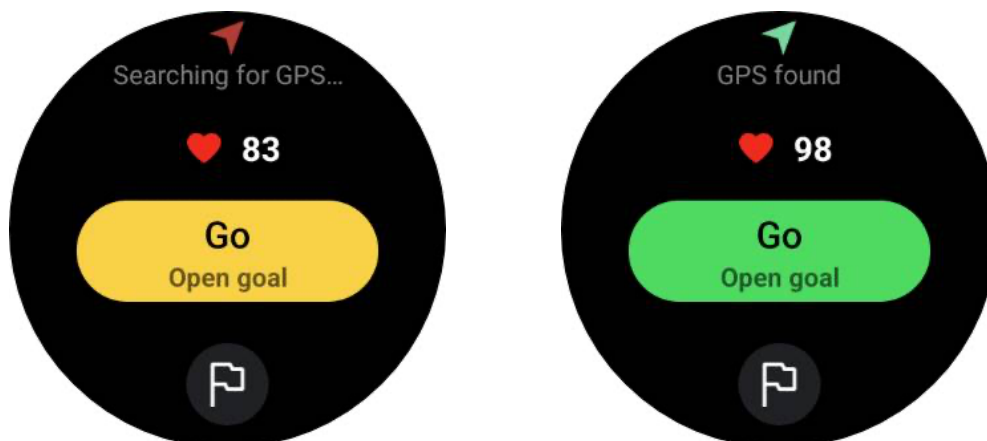
4.1.2.1 **GPS positioning**

When using for the first time, or after a long period of inactivity, the GPS positioning time may be longer. It is recommended to locate in an open area with no obstructions when positioning. And place the watch flat on your chest with the watch screen facing upward towards the sky.

It is recommended that you wait until the GPS positioning is successful before starting your activity. If you begin without a GPS fix, parts of your route will not be recorded and the exercise data may be inaccurate. Particularly, the GPS signal may become unstable while moving, which will affect the GPS positioning time.

4.1.2.2 **Set a goal**

At this stage, you can also set a specific goal for your exercise.

By tapping the flag icon, you can select a goal related to Duration, Distance, Calories, Steps, or Laps, depending on the exercise type. After you setting your goal, it will be displayed on the Start button.
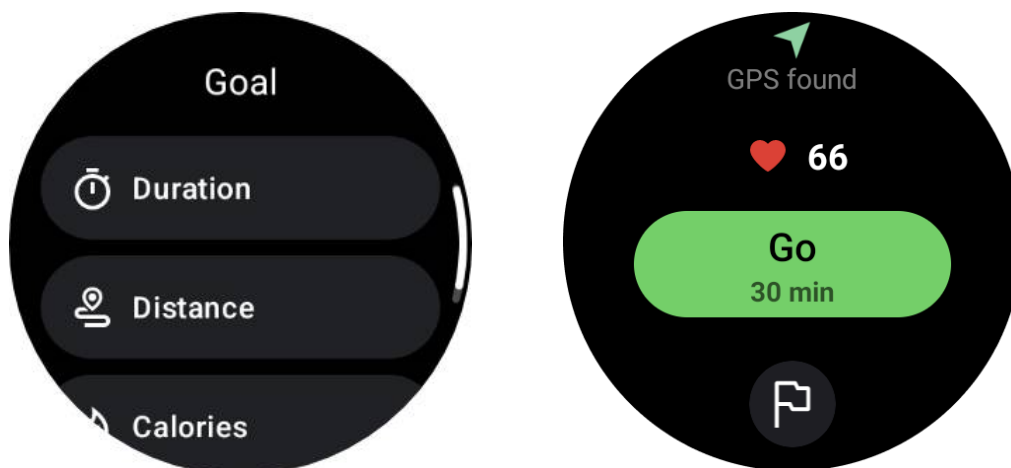
4.1.2.3 **Wearing recommendation**

Before exercising, wear the watch tighter than usual to avoid the heart rate sensor not adhering to the skin due to sweat, which may affect the accuracy of heart rate values.

The watch MUST be positioned at least one-finger width away from the wrist bone so that a wrist flexion will not physically touch the watch.

Please refer to the image below:

In order to accurately measure the heart rate, please wear a watch slightly tight.
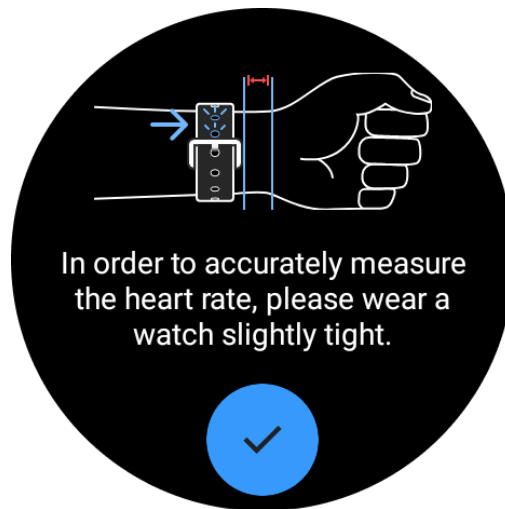
Note: Excessive wrist hair and tattoos may affect the accuracy of heart rate values.

4.1.3 View metrics during an exercise

During an exercise, TicExercise displays metrics such as duration, heart rate zone, calories, pace and speed, and distance to help you monitor your progress.

The page indicators on the right side of the screen indicate how many pages of data are supported for the selected exercise. You can switch between different pages by rotating the crown or swiping up and down on the screen to view more metrics.

Additionally, you can also use the ULP tiles to view your workout metrics.

4.1.4 Pause and resume the exercise

4.1.4.1 Manual control

To pause your workout, simply swipe right on the metrics view. Press the "Pause" button to temporarily halt the exercise. When you're ready to continue, just tap

"Resume".

The screen shows the elapsed time of the current break.
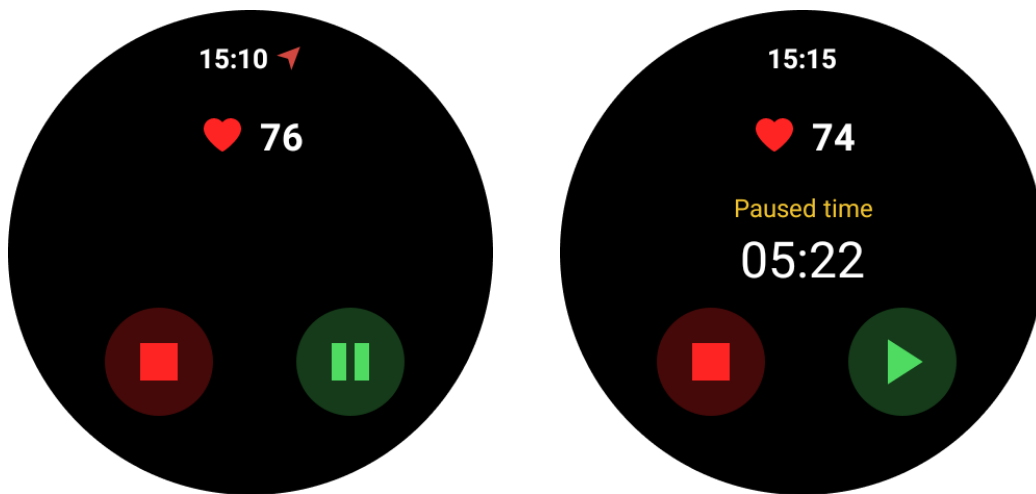
4.1.4.2 **Automatic pause and resume**

The auto-pause function is turned off by default. To activate it, navigate to Settings -> Auto pause.

Once enabled, the watch intelligently pauses and resumes your workout session in response to changes in your movement. When movement is detected to have paused, "Auto pause" will display at the bottom of the metrics view.

During exercise, if you wish to disable the auto pause feature, you can tap the "Auto pause" area at the bottom, and then click "Disable auto-pause" in the popup prompt. To enable it again, please go to the Settings menu.
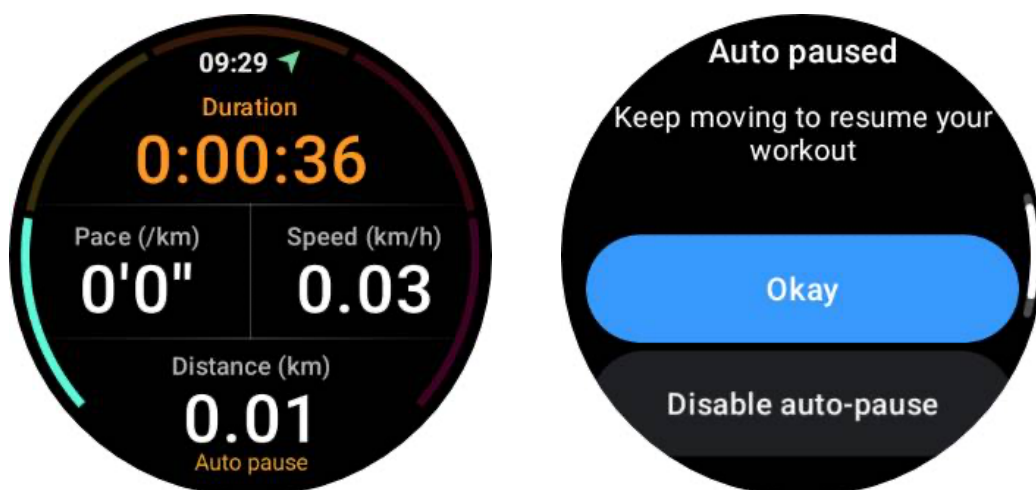
4.1.5 **End your exercise**

To complete your workout, swipe right, tap "End" button, and then confirm by tapping

the "√" button.

Next, you'll be shown a summary of your exercise.
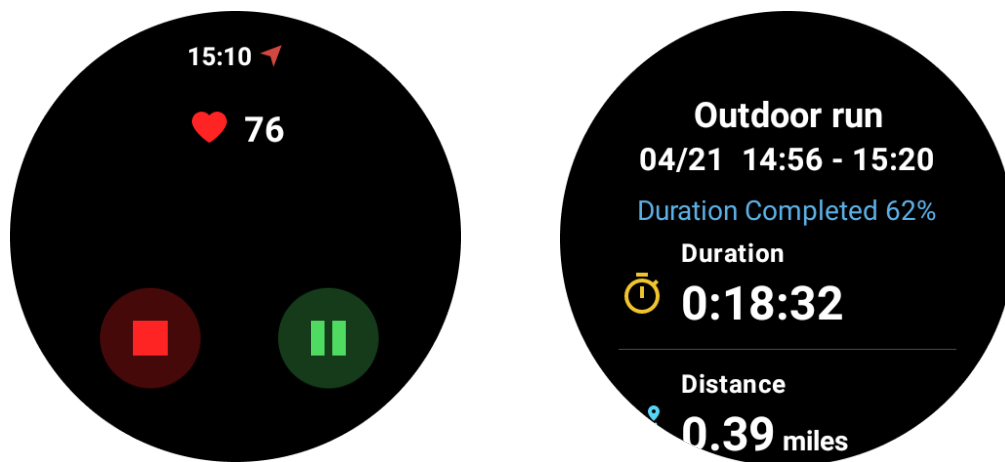
4.2 Review historical exercise records

4.2.1 View via TicExercise app on your watch

On the TicExercise homepage (Exercise list page), you can swipe left to view more historical exercise records.

By pulling down, you can get more historical records from the cloud.

4.2.2 View via Mobvoi Health app on your phone

When the watch is connected to the phone or WiFi, the exercise records will automatically upload to the cloud. You can view more detailed data and charts through the Mobvoi Health app on your phone.

4.2.3 **Delete exercise record**

You can delete your exercise records on both your watch and phone.

Note: Once an exercise record is deleted, it cannot be recovered.

• To delete on your watch: Go to the exercise history page, enter the exercise details, scroll to the bottom, and tap the "Delete" button.

• To delete on your phone: Go to the exercise detail page and tap the "trash can" button in the top right corner.
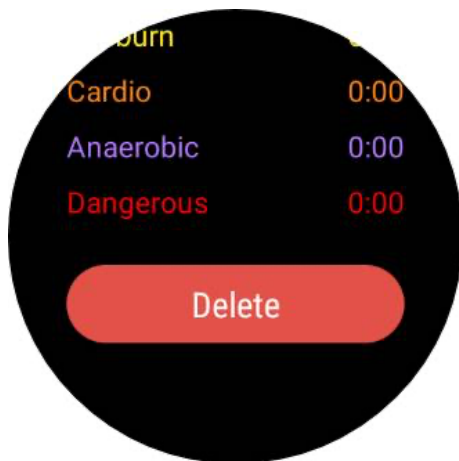
4.3 VO2 max and Recovery time

Maximize your training with VO2 max and Recovery Time insights, designed to enhance your fitness experience.

This feature supports a variety of exercise types including

- Outdoor run
- Indoor run
- Outdoor walk
- Cycling

4.3.1 How to enable and activate VO2 max and Recovery time feature?

This feature and related algorithm should be activated via the cloud first.

Please confirm that your watch is linked to your phone or Wi-Fi prior to launching the TicExercise app. Subsequently, the algorithm will automatically activate online.

Note: After the watch has been reset and re-paired, you need to reactivate the feature.

4.3.2 Why didn't I obtain VO2 max after finishing the exercise?

First, the feature and algorithm may not have been activated. Please refer to the above description to activate it.

Second, the exercise intensity should be performed at a sufficient level. The following conditions must be met:

• Running and walking: Achieve an average speed of at least 4 km/h over a minimum duration of 10 minutes.

• Cycling: The average heart rate should exceed 60% of your heart rate reserve (HRR) and sustain a steady speed for at least 5 minutes. The average speed for maintaining this level of effort varies depending on the terrain; for instance, a consistent average speed of 15 km/h is required when riding on flat terrain.

The above criteria represent the minimum standards for estimating VO2 max. The initial result may not be precise, but with increasing exercise frequency and maintaining a higher exercise intensity (such as longer duration, higher average heart rate, greater speed), it will lead to more accurate estimation results.

Third, because the muscles used for each activity have different oxygen requirements which may result in variations in VO2 max. The watch has separate

calculations for running and cycling VO2 max. For instance, even if a VO2 max is achieved for running, cycling will not yield a VO2 max reading unless the conditions for cycling are also met.

4.3.3 Why didn't I obtain recovery time after finishing the exercise?

If there is no recovery time data, it may indicate the following possibilities:

• The function and algorithm are not activated. Please refer to the above description to activate it first.

• The exercise intensity is relatively low, which can be characterized by:

  ◦ Short workout duration

  ◦ Lower exercise heart rate or no heart rate data obtained

  ◦ Slower pace or speed

4.4 Heat map

In workouts that take place on a field, such as soccer, rugby, tennis, etc., the movement trajectories are not irregular, so it is not suitable to use route to display its path of movement. For these kinds of sports, a heat map has been added to show the areas of movement and levels of activity.

The heat map currently supports the following types of workout:

• American football

• Australian football

• Basketball

• Frisbee

• Rugby

• Soccer (Football)

• Tennis

Caution: For team sports and contact activities, please make sure to wrap the watch securely and take protective measures to prevent accidental injury to others.

4.4.1 Venue type selection

For these supported workouts, you have the option to select whether the playing field is "Outdoor" or "Indoor" before you start the activity.

Furthermore, if you do not wish to select the venue type each time, you can set a default venue type for certain activities in the "Settings -> Venue type preferences".

Note:

1. Heat maps are drawn based on GPS data and are only effective for outdoor activities.

2. Outdoor activities will lead to increased battery consumption due to GPS usage, so please make a selection based on your real-world conditions.

4.4.2 How to view the heat map?

After the workout, you can view the exercise record on the Mobvoi Health app on your phone. If the record is an outdoor activity and contains GPS data, a heatmap will be displayed.

4.4.3 **Share the heat map record**

On the record detail page, by clicking the share icon in the top right corner, you can share your workout record. For activities with a heatmap, there are three different styles available to choose from:

• Style 1: Square format (1:1) with heatmap and workout data.

• Style 2: Square format (1:1) incorporating the heatmap, workout data, and a vertical portrait photo (e.g., personal snapshot).

• Style 3: Widescreen format (16:9) displaying the heatmap, workout data, and a horizontal group photo (e.g., team picture).

Style 1   Style 2   Style 3
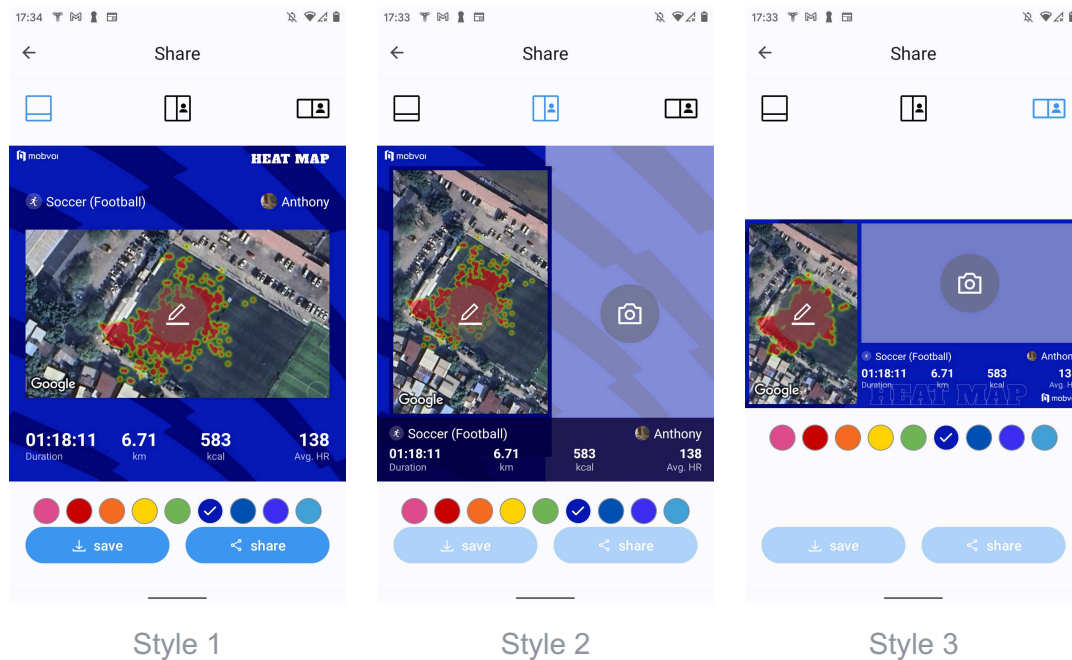
Note: For styles 2 and 3, you must select a photo before you can save or share it.

For each style, you can

1. Change the theme color. You can select from colors that you like or that closely match the team's uniform palette.

2. Adjust the heatmap to your preferred size and angle. Use one finger to move the map's position, and two fingers to zoom, rotate, and alter the viewing perspective.
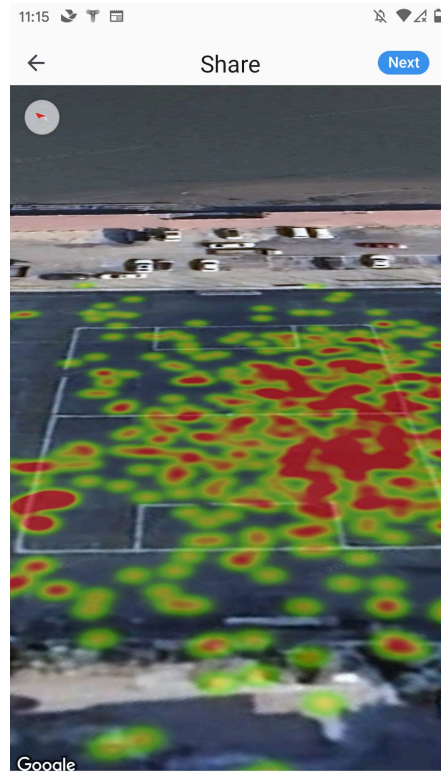
4.5 Exercise types and default exercise list

The TicExercise app offers over 110 different types of exercises, covering a variety of categories including: Outdoor, GYM, Aerobic training, Strength training, Core training, Water sports, Winter sports, Ball sports, Extreme sports, and Others.

View all of the supported exercise types through the default list, or by adding more.

4.5.1 Default exercise list

The default list of exercises is provided below. You can customize the list by adding, deleting, or reordering exercises to fit your preferences.

- Outdoor run
- Cycling
- Outdoor walk
- Strength training
- Free style
- Indoor run
- Indoor cycling
- Elliptical
- Rowing machine
- Hike

- Pool swimming

- High Intensity Interval Training

- Yoga

- Pilates

4.5.2 **Add exercise**

Scroll to the bottom of the exercise list and click the "Add" option to add your favorite exercises.
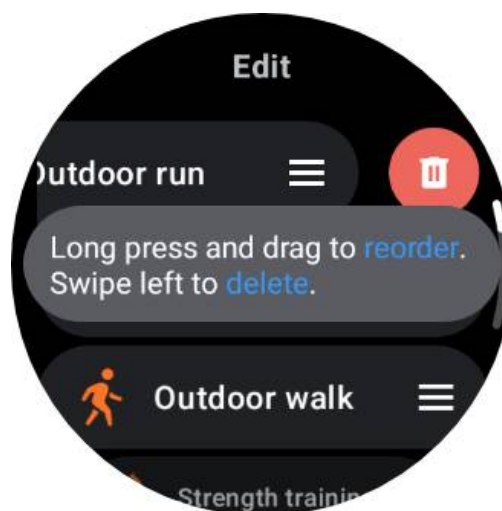
You can quickly find the specific exercise by using either categories or alphabetical sorting.

## 4.5.3 **Reorder and delete exercises**

Go to Settings -> Exercise list settings, and then follow the instruction:

- Long press and drag to reorder.

- Swipe left to delete.

4.6 **TicMotion: Auto exercise recognition**

TicMotion is a feature that uses advanced AI algorithms to automatically detect when you're engaging in different activities like walking, running, and cycling. You don't have to press any buttons or swipe your screen to start tracking; TicMotion does it all automatically.
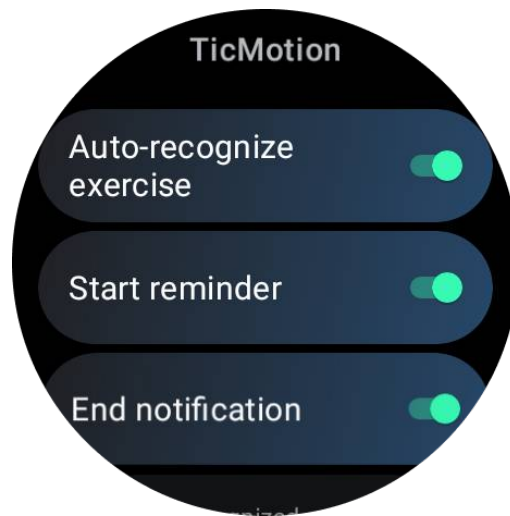
4.6.1 Auto-recognize exercise and supported exercise types

To enable TicMotion, go to Settings -> TicMotion and switch on the 'Auto-recognize exercise' option. Then, within the 'Recognized activity' menu, choose the exercises you wish to track.

• Walking: Enable by default. Please note that only brisk walking is supported, and leisurely walking will not be recorded.

• Running: Enable by default.

• Cycling: Disabled by default. Indoor cycling will not be detected.

Note: TicMotion automatically detects and tracks your activity data, including GPS status, which leads to increased power consumption. To conserve battery life, you may disable this feature entirely or for specific types of exercises.

4.6.2 Pre-identification phase

When the watch detects that you are consistently maintaining a specific type of movement, it enters a pre-recognition phase for automatic detection.

In the pre-recognition phase, the watch initiates tracking of your workout metrics. Simultaneously, the ULP display transitions from the "Standby ULP tile" to the "Exercise ULP tile", providing you with immediate access to your current HR zone and workout data.

If the movement is sustained for a certain duration, it will then create an exercise record. If not, the record will be dropped.

The criteria for recording vary depending on the type of motion:

- Running: A continuous run of more than one minute.

- Walking: Continuous walking for five minutes with a cadence exceeding 120 spm.

- Cycling: Continuous outdoor cycling lasts longer than five minutes.

If you prefer not to log this workout, you can tap on the pre-identification notification and select "Cancel" to dismiss the current auto-detection.

Please note that cancellation only applies to this instance. If you wish to stop auto-recording a specific type of exercise forever, you can go to the TicMotion settings and deactivate the tracking for certain workouts, such as fast walking, running, or cycling.
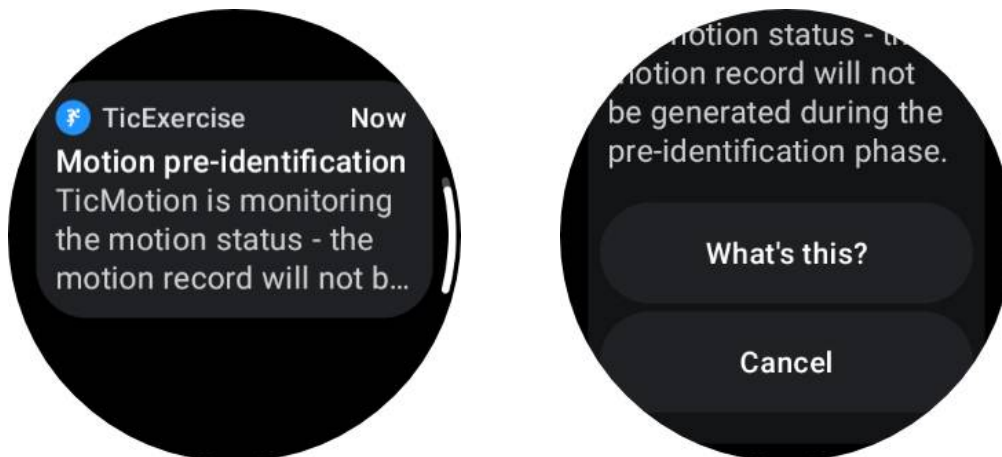
4.6.3 Start reminder

The watch will begin to log your workout automatically once pre-identification criteria are met.

If the start reminder is activated, a reminder with vibration will appear. In this window, you can choose to proceed with your active exercise to view more metrics, or to

discontinue and discard the recording.

Turning off the start reminder will stop these notifications, but your activity records will still be silently tracked by the watch.

4.6.4 End notification

When the watch detects that your continuous movement has stopped for a while, it will automatically terminate the exercise and generate a record.

If "End notification" is enabled, you will receive a notification and be able to directly view the exercise record.
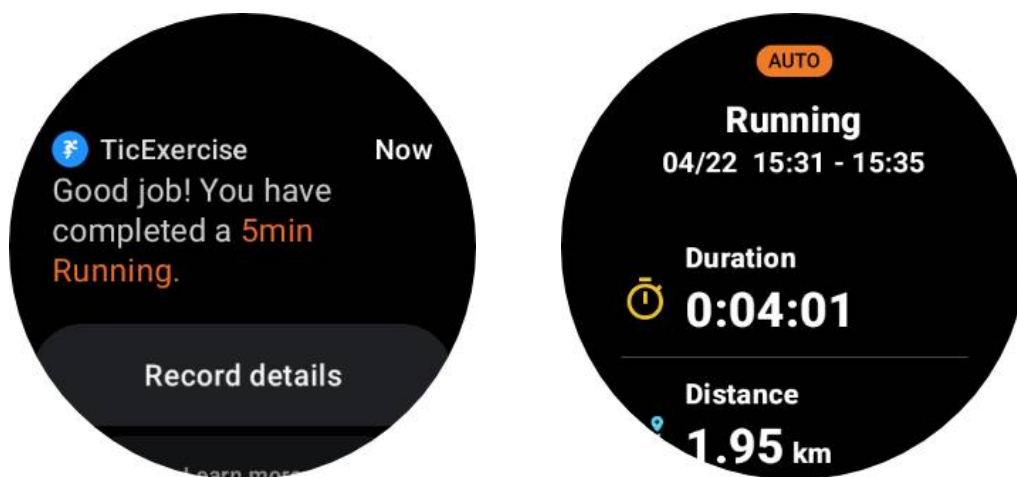
If it is turned off, you can still access your exercise record either through the TicExercise app on the watch or via the Mobvoi health app on your smartphone.

4.7 Other features and settings
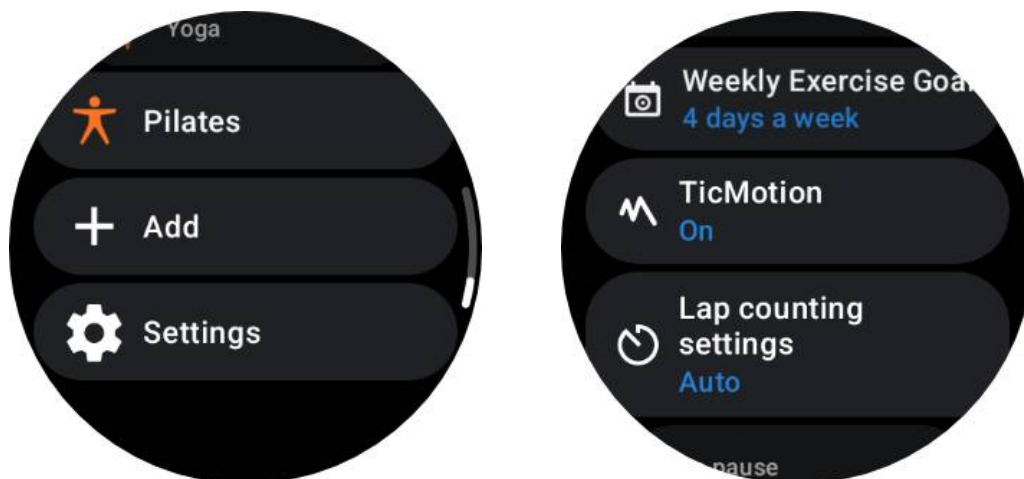
4.7.1 **Weekly exercise goal**

By establishing your weekly exercise goal, you'll find it easier to stay motivated and adhere to a regular workout schedule.

You can conveniently monitor your progress towards these goals by adding the Weekly Goal tile or through the TicExercise app's exercise history records page.
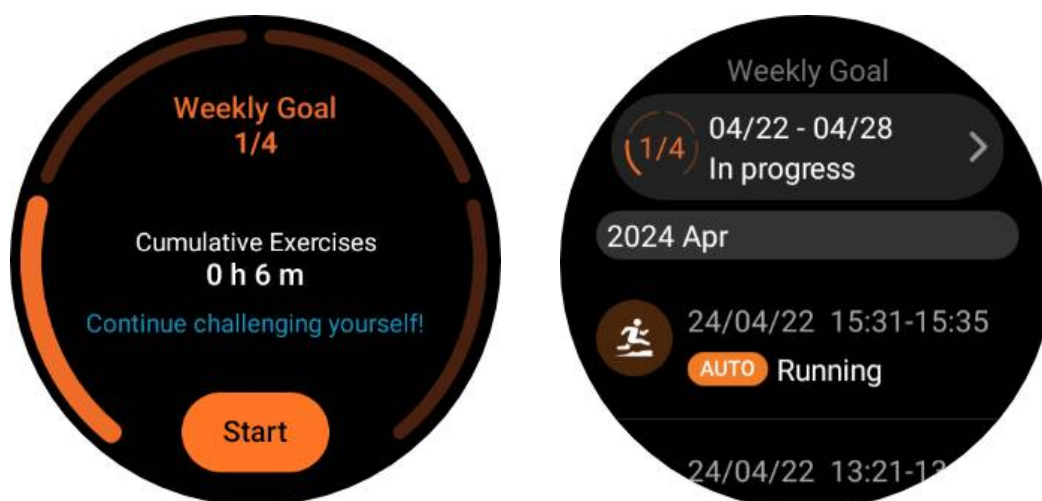
4.7.2 **Lap counting**

In certain exercises, such as running or cycling, you have the option to choose automatic lap counting based on distance or manually count laps by double-tapping the screen within the TicExercise app's interface.
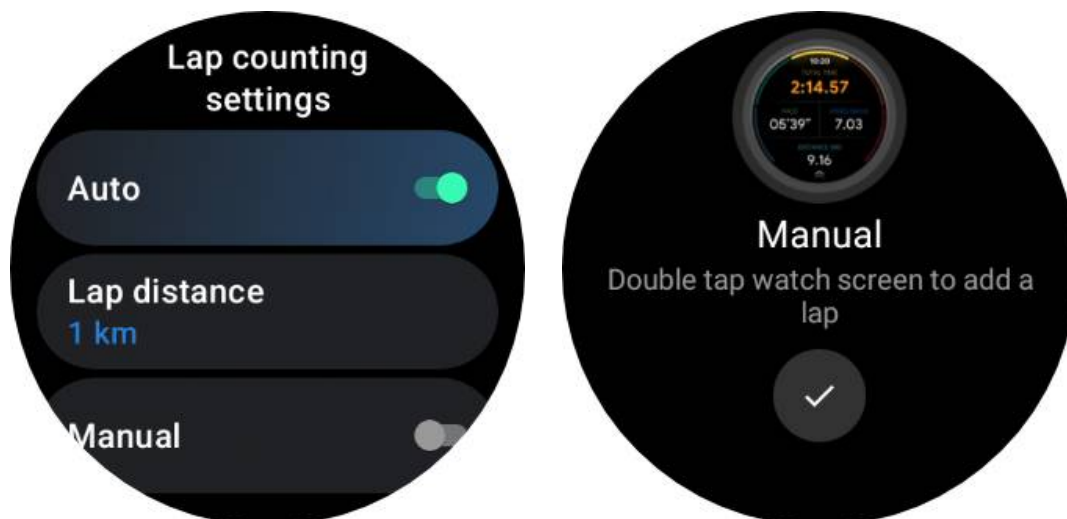
Once a lap is achieved, a pop-up will display the statistics of the current lap.

4.7.3 **Auto pause**

The auto-pause function is turned off by default. To activate it, navigate to Settings -> Auto pause.

This feature is presently available exclusively for the following types of exercise:

- Outdoor walk

- Outdoor run

- Indoor run

- Cycling (Outdoor only)

- Hike

- Scrambling

4.7.4 **Venue type preferences**

You can set a default venue type for certain activities in the "Settings -> Venue type preferences".

4.7.5 **Audio guide**

After enabling the TTS option, the TicExercise will broadcast your exercise status and data when you start, during, and after the exercise.

4.7.6 **Exercise HR alarm**

You can set an Exercise HR alarm that will alert you if your heart rate goes above a preset limit during a workout.

To do this:

- Open the TicHealth app on your device. (Note: not TicExercise app)

- Go to "Settings" -> "Notification."

- Enable "Exercise HR alarm" and then set your desired heart rate upper limit for the alarm.

Once configured, the watch will continue to vibrate for a few seconds and alert you with a pop-up alarm when your exercise heart rate exceeds the value you've set.
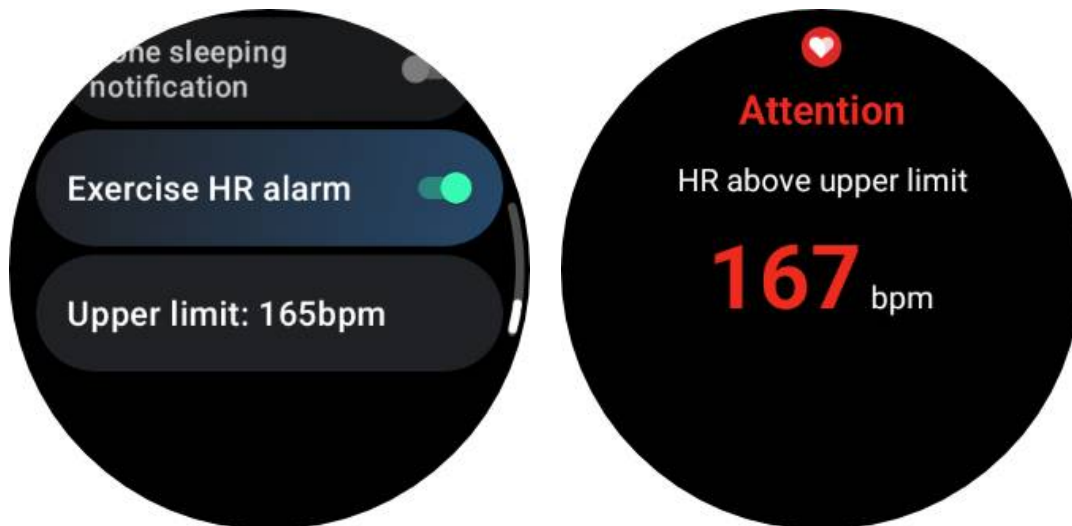
4.7.7 Keep your health profile accurate and up-to-date

For enhanced accuracy of various workout metrics such as calories burned, distance, heart rate zones, step-based speed and pace, and more, it is advisable to establish and consistently update your health profile.

Go to System Settings -> Health Profile or the TicHealth App -> Settings -> Account for Maintenance.

4.8 SOS Emergency

4.8.1 Trigger the SOS Function

4.8.1.1 Manual Activation:

- Press and hold the side button. In the power menu, select **Emergency SOS**.

- Alternatively, you can quickly press the rotating crown **5 times** to trigger the SOS feature. This gesture can be turned off in **Settings -> Safety & Emergency -> Press 5 times to trigger**.

  - After triggering the SOS function, a **5-second countdown** begins, accompanied by a loud alarm.

  - You can cancel the countdown by tapping the X button. If not canceled, the watch will automatically call the preset emergency number and send message to your emergency contacts.
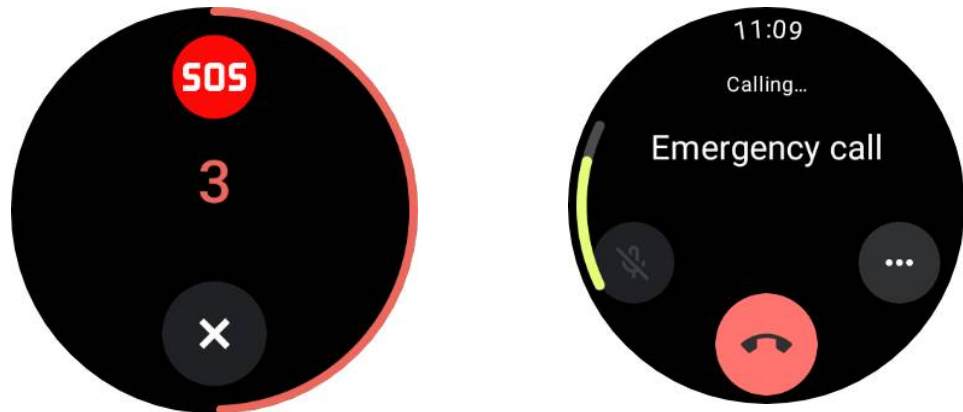
> * To make a call successfully, please make sure your phone and watch are connected , and the correct emergency number has been properly set.

4.8.1.2 **Fall detection**

Controls when the fall detection feature is active.

When a fall is detected, the SOS screen will automatically appear, accompanied by a 60-second countdown.

• Once the countdown ends, the emergency number will be dialed automatically. You can also press the SOS button to directly call the emergency number.

• If you do not need to make an emergency call, you can exit the SOS screen by tapping the "I'm OK" button.

By default, it is only enabled during exercise. To change it, please go to app list -> Settings -> **Safety & Emergency** -> Fall detection.
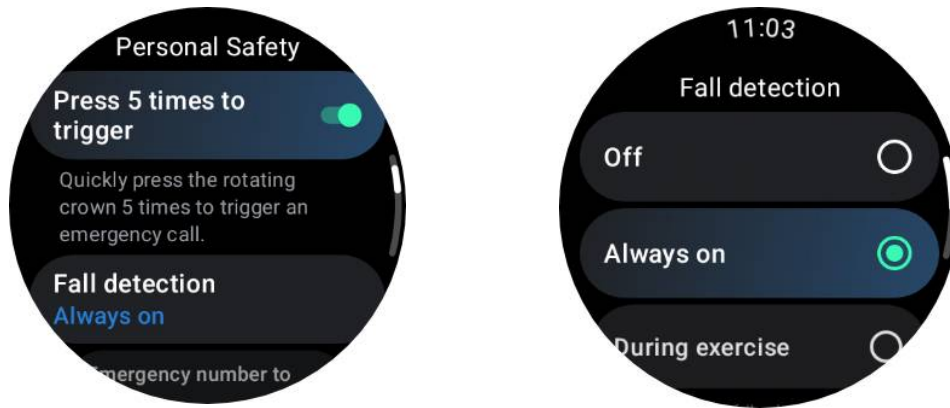
Or, please open Mobvoi Health and go to device -> Settings -> Emergency & SOS
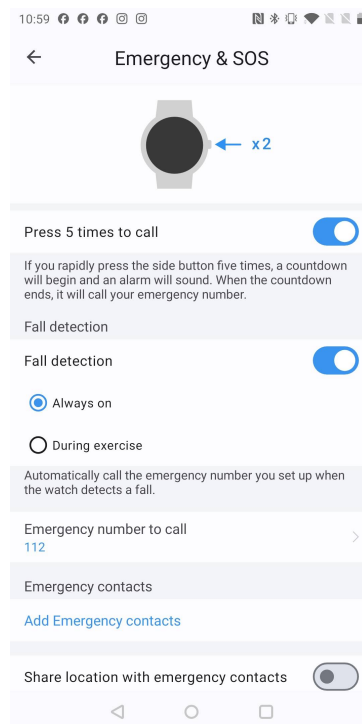
4.8.2 Set the Emergency Number

The smartwatch automatically assigns the most common emergency number. If you wish to change the default emergency number:

a. Open Mobvoi Health and go to device -> Settings -> Emergency SOS.

b. Tap **Emergency Number to call**

c. Choose from a preset list of emergency numbers (911, 112, 999, etc.)

d. Or you tap **Custom Number** to enter a custom number. And tap okay to save.

e. Once saved, the selected number will be used for future SOS calls.
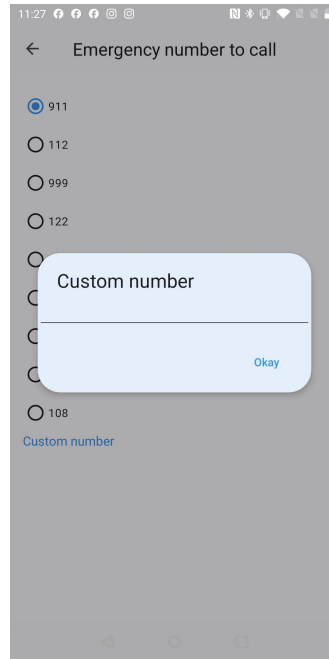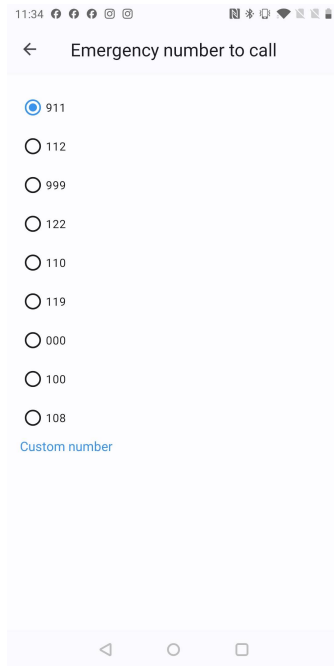
4.8.3 Set the Emergency Contacts

Add Contacts:

    a. Open Mobvoi Health and go to device -> Settings -> Emergency SOS.

    b. Tap **Add Emergency contacts**

    c. Choose a contact from your phone's contact list

    d. You can add up to **4 contacts**.

Once added, the contacts will be synced with the smartwatch, and in the event of an SOS trigger, these contacts will receive emergency messages.

To remove a contact, select the contact and click the **Delete** button. A confirmation pop-up will appear, asking if you want to remove them from the list.

4.8.4 Send Emergency SMS

When the emergency call is triggered and your phone and watch are connected, the smartwatch automatically sends an SOS text message to your emergency contacts.

Message Content:

- A **predefined message** informing them of the emergency, such as:

    ◦ "The sender has encountered an emergency and needs your help."

    ◦ If GPS sharing is enabled, the message will also include your current

location.

- ◦ If the smartwatch battery is low, the message will also notify the contacts that the battery is low (e.g., "Current watch battery: 20%").

- ◦ If your location changes, additional SMS messages will be sent.

4.8.5 Share location

If GPS location sharing is enabled, the SOS message will include your current location.

1. **Enable GPS Sharing:**

   a. Open Mobvoi Health and go to device -> Settings -> Emergency SOS.

   b. Turn on **Share location with emergency contacts**

Or you can enable the feature on your watch.

   a. Go to Settings -> **Emergency SOS** -> turn on **Share location with emergency contacts**

* You must have at least **one emergency contact** set up before enabling this option.

* If location services are not permitted for the app, you will be prompted to grant location, SMS, and phone call permissions.

2. **Send Location Updates:**

   - ◦ After activating the SOS feature, your location is continuously monitored. And a persistent notification will appear in your phone's notification bar as a reminder.

   - ◦ The watch will automatically send location updates every 15 minutes when your location changes.

   - ◦ If no movement is detected, location updates will be sent every 4 hours.

3. **Ending Location Sharing:**

   a. The SMS sending function will automatically turn off after 24 hours.

   - ◦ You can tap the stop button on the notification to stop location sharing manually. After stopping, an SMS will be sent to your emergency contacts to notify them that location sharing has ended.

5. Essential mode

Essential mode is a power-saving mode with health monitoring functions and tools.

When the watch enters Essential mode, it will show a notification informing that the watch is in Essential mode by pressing the rotating crown.

Note: To save battery power at night, your watch will auto enter and exit essential mode by default. You can set the start time and end time in Essential mode settings app according to your own habits. Go to "Essential mode settings APP -> Auto switch by schedule" settings and see more details.

5.1 Health Monitoring

Essential mode supports various health monitoring features, including heart rate, blood oxygen, stress, sleep, and daily activity.

Please note that not all health data can be shown in Essential mode. To view all available data, you need to switch back to smart mode by long-pressing the side button, and find today's or history health data via the TicApps (on your watch) or Mobvoi Health app (on your phone).

5.1.1 Heart Rate

Supports active detection and 24-hour passive monitoring.

Active detection can be performed by switching to the Heart Rate ULP Tile.

24-hour passive monitoring requires enabling the 24-hour monitoring setting of TicPulse app in Smart mode. The monitoring frequency remains consistent with Smart mode.

5.1.2 **Blood Oxygen**

Supports active detection and 24-hour passive monitoring.

Active detection can be performed by switching to the Blood Oxygen ULP Tile.

24-hour passive monitoring requires enabling the 24-hour monitoring setting of TicOxygen app in Smart mode.

5.1.3 **Stress**

Supports 24-hour passive monitoring.

To enable passive monitoring, it requires enabling the 24-hour monitoring setting of TicZen app in Smart mode.

5.1.4 **Sleep**

Support sleep tracking, including sleep stage, real-time blood oxygen, respiratory rate and skin temperature tracking during sleep.

Please find more details in the TicSleep app.

5.1.5 **Daily Activity**

Support tracking your daily activities, includes steps, calories burned, active hours, floors climbed, etc.

Please switch to the Calorie ULP tile to see your calories burned today.

5.2 Function and Tools

There are also some convenient tools available, such as bedtime mode, sleep alarm, compass, etc.

5.2.1 Bedtime mode

After activating bedtime mode, the tilt-to-wake backlight will be disabled and a moon icon will be displayed on the ULP display. However, backlight can still be lit up by rotating the rotating crown.

How to activate sleep mode:

1. Automatically: If bedtime mode is already activated in smart mode, it will continue in Essential mode automatically.

2. Manual switch: Press and hold the rotating crown for more than 1 second to turn on/off bedtime mode.

5.2.2 Sleep alarm

The sleep alarm clock of Essential mode comes from TicSleep. Please check the details in the TicSleep app.

When the alarm goes off, you can click the rotating crown to enter snooze mode or click the side button to end the alarm.

5.2.3 Compass ULP Tile

After switching to Compass ULP Tile, you can identify directions. After 1 minute, it will time out and return to the Time ULP tile.

If your watch is affected by magnetic field interference, it will display "CAL". At this time, you need to recalibrate the compass before you can use it again.
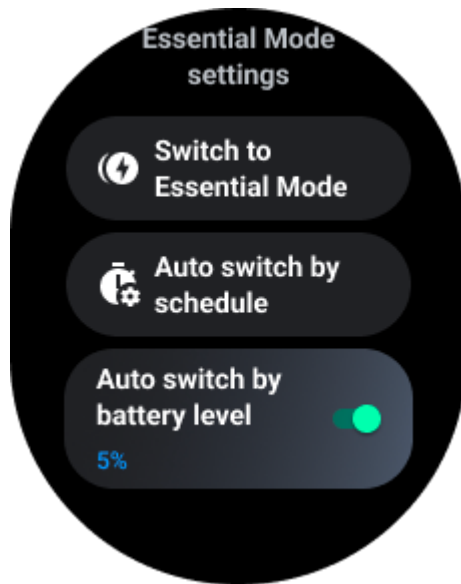

5.3 How to switch to Essential mode?

Essential mode can be activated by different methods, including manual, scheduled, smart and low-power switches.

You can access the Essential mode settings app by either navigating through the App list or by clicking on the battery icon in the QSS tray.
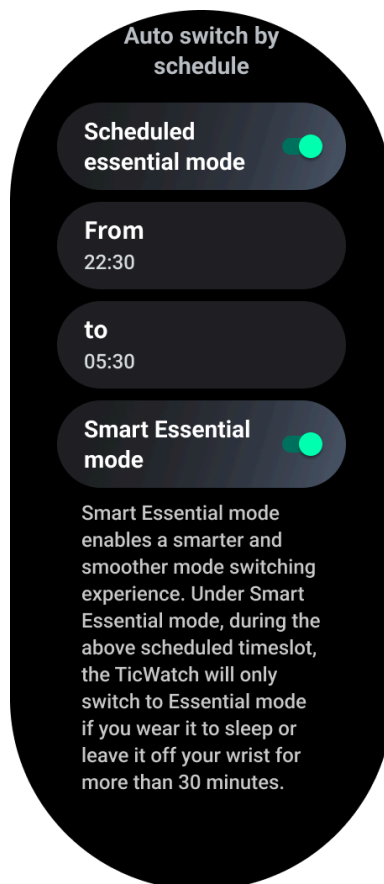
5.3.1 **Manual switch**

By clicking "Switch to Essential mode", the watch can enter Essential mode manually.

5.3.2 **Auto switch by schedule**

This setting is enabled by default.

5.3.2.1 Schedule Essential mode

You can customize the entry and exit time based on your habits.

The watch will automatically enter and exit the Essential mode during the set time period.

5.3.2.2 Smart Essential mode

Smart Essential mode enables a smarter and smoother mode switching experience.

Under Smart Essential mode, during the above scheduled timeslot, the TicWatch will only switch to Essential mode if you wear it to sleep or leave it off your wrist for more than 30 minutes.

Note: There is a conflict between the Schedule/Smart Essential mode and the Screen lock.

After the screen lock is set, when the watch comes back from Essential mode, the screen lock can not be skipped. You have to unlock the screen manually.

Before unlocking the screen, since the system is not completely starting, some functions are restricted. Therefore, we recommend that you enable only one of these options at the same time.

5.3.3 Auto switch based on the battery level

If this option is enabled, the watch will automatically enter Essential mode when the battery level drops below 5%.

5.4 How to exit Essential mode?

Press and hold the side button until the booting screen appears to exit Essential mode and enter the Wear OS Smart mode.

6. Other Apps & features

6.1 Install new apps

- Launch the Play Store app and log in to your Google account on your watch.

- Browse apps by category or search for apps by keyword

- Tap the Download to download and install the app on your watch.

6.2 Google Wallet

6.2.1 Add a credit card or debit card

1. Double tap the side button to open Google Wallet.

2. After the tutorial is finished, tap the "Add Card" icon.

3. Follow the on-screen instructions on your phone to add a credit card or debit card.
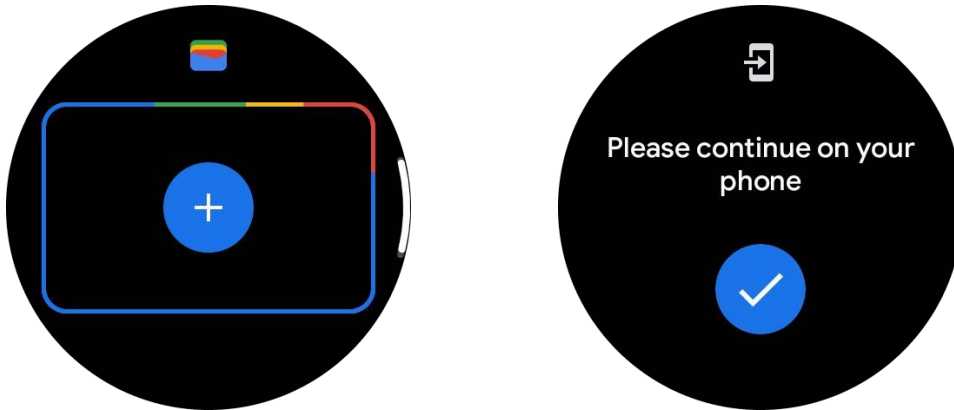
6.3 Google Maps

When you download the Google Maps app from the Play Store, you can use navigation, find local destinations or your location, and get other useful info on your watch.

Important:

• To use navigation, you must allow location tracking on your phone and smartwatch.

• Maps on your Wear device uses the distance unit that's on your paired phone.

6.3.1 Get directions on your watch

To get directions on your watch, you can start navigation on your watch or on your paired phone. The route appears on your phone, and as you go, you get directions for every turn on your watch. Maps currently supports navigation for cycling, driving, and walking.

Tip: When you allow location on your phone, navigation works on your watch even when your phone is locked. Learn how to allow location on your phone.

6.3.2 Search for locations

1. If you can't see your watch screen, wake up the watch.

2. Swipe up to find your apps and open the Maps app.

3. To select from your home, work, or recent locations, tap **Search**.

### 6.3.3 Use your watch without your phone nearby

You can start navigation on your watch without your phone nearby. You can also enable mirroring and start navigation on your phone and then leave your phone behind. When you enable mirroring, your watch will take over navigation from your phone. This only works on watches paired with Android devices.

To start navigation from your watch:

1. Open Maps from your watch.

2. Use the voice or keyboard tool to input your destination. You can also tap the map to view your location.

3. Select your mode of transportation. From here, you can view your ETA.

4. Start your walk, bicycle, or car trip.

Learn more on Google Maps Help

6.4 TicBarometer
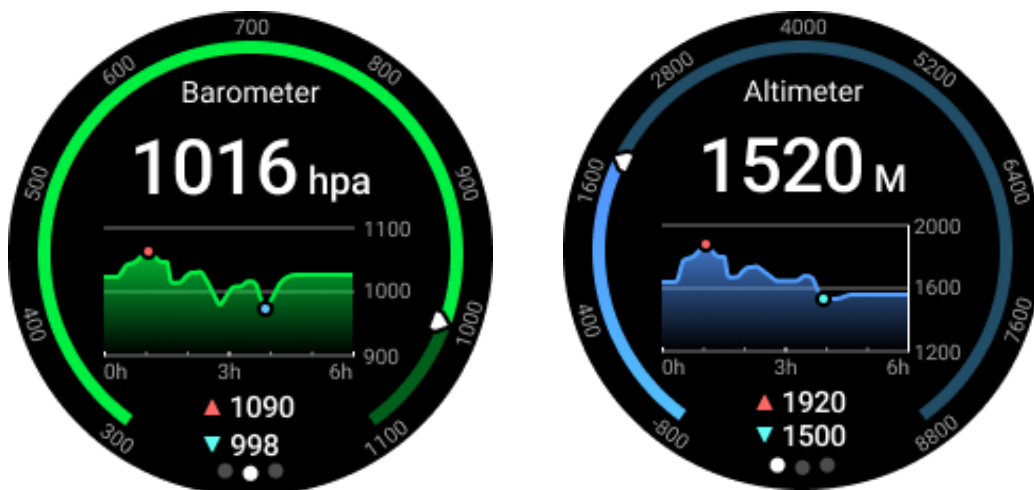
• After turning on the barometric altimeter function, you can check the barometric pressure and altitude data.

• To view altimeter data, you need to turn on the Google Location Accuracy switch to obtain more accurate altitude data. Please go to Settings -> Location -> Google Location Accuracy.

6.4.1 24-hour Measure

After enabling 24-hour monitoring, you can monitor data throughout the day without opening the TicBarometer app.
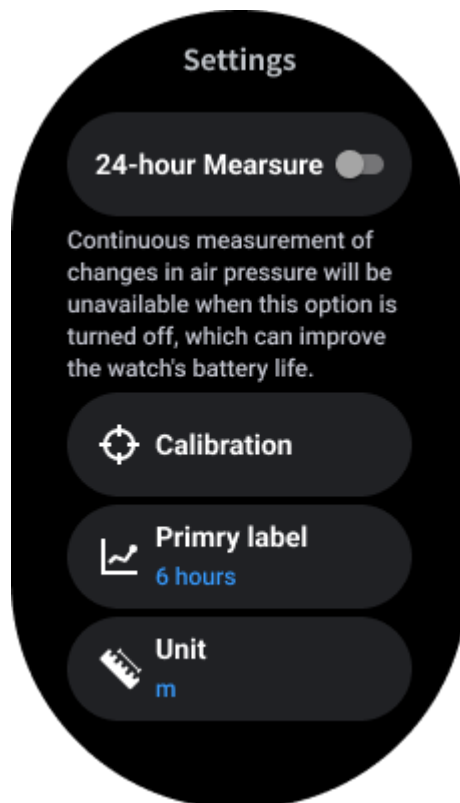
6.4.2 **Calibration**

Calibration methods include inputting the current elevation and using GPS calibration

Input the current altitude

• You need to manually input the specific elevation data. The TicBarometer app will use this data as a basis for calculating and displaying subsequent data until the calibration data is reset.

Use GPS calibration

• When using GPS calibration, you need to calibrate in an open area. After successful calibration, the TicBarometer app will use this data as a basis for calculating and displaying subsequent data until the calibration data is reset.
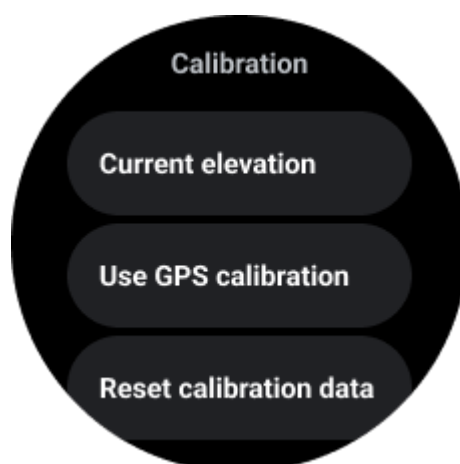
6.4.3 Change time range

- The range of the trend chart can display 2, 6, 12, 24 hours of these four different styles, and the chart display will change according to the user's choice.

6.5 Watch settings

Customise settings for your watch. Press the rotating crown and enter app launcher. Tap the Settings app

6.5.1 Connectivity

6.5.1.1 Bluetooth

Connect to your phone via Bluetooth.

- It shows your current connected device.

- Tap Bluetooth -> Pair new device, if you want to pair with a new device.

- Switch on or off

6.5.1.2 Wi-Fi

Activate the Wi-Fi feature to connect to a Wi-Fi network.

- On the Settings app, tap Connectivity -> Wi-Fi, and tap the switch to activate it.

- Tap add network to select one from the Wi-Fi network list

- The lock icon means that the networks require a password. You can enter the password on your phone or watch

6.5.1.3 NFC

You can use this feature to make payments and buy tickets for transportation or events after downloading the required apps.

6.5.1.4 Airplane mode

This disables all wireless functions on your Watch. You can use only non-network services.

On the Settings -> Connectivity -> Airplane mode to activate it.

6.5.2 Display

You can change the screen settings. Go to Settings -> Display.

6.5.2.1 Always On screen

Set the screen to always stay on while wearing your watch. You can choose between the AMOLED and Ultra-low-power display.

Backlight color:

Change the color of the Ultra-low-power display.

6.5.2.2 Adjust brightness

Adjust the brightness of the screen. You can use rotating crown to adjust the value.

Adaptive brightness: Set the Watch to automatically adjust the brightness depending on the ambient light conditions.

6.5.2.3 Tilt-to-wake

Set to turn on the screen by raising your wrist while wearing the watch.

AMOLED: Tilt to wake the AMOLED screen.

Backlight: Tilt to wake the Ultra-low-power display.

Off: Turn off the backlight color in Essential mode.

6.5.2.4 Font size

Set the font size of text on the screen. You can use rotating crown to adjust it.

6.5.2.5 Screen timeout

Set the length of time the watch waits before turning off the screen's backlight.

6.5.3 Off-wrist calibration

Enable Off-wrist calibration in System Settings->System->Off-wrist calibration. The function may be needed when the wearing status cannot be detected.

6.6 Sync Watch screenshot

1. Press the rotating crown and side button at the same time for screenshot. The screenshots will be saved to the phone gallery automatically. And a notification will appear as a reminder.

2. Or you can open Mobvoi Health, and go to Device -> Settings -> System -> Denerate Screenshot. Your screenshot will be saved to the phone gallery automatically. And a notification will appear as a reminder.