

# TicWatch User help for Pro 5

## Get started

### Button & functions



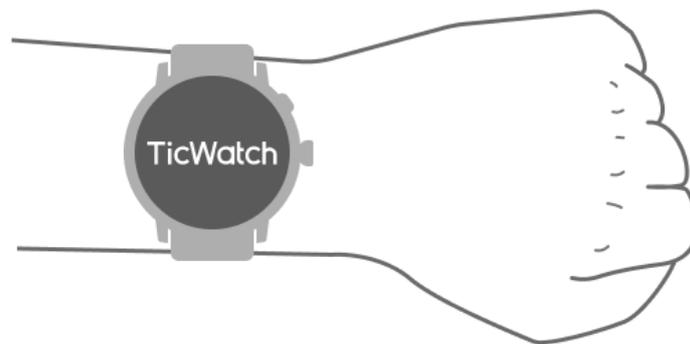
Button	Function
a. Side Button	<ul style="list-style-type: none"><li>* Press and hold for 3 seconds to turn on your watch</li><li>* Short press to open recent app list</li><li>* Double press to open Google Wallet</li><li>* Press and hold for 3 seconds to access boot menu</li><li>* Press and hold for 15 seconds to force restarting the watch</li></ul>
b. Rotating Crown	<ul style="list-style-type: none"><li>* Short press to open app list or return to watch face</li><li>* Rotate to view more and adjust values</li><li>* Double press to open last used app</li></ul>
Rotating Crown + Side Button	<ul style="list-style-type: none"><li>* Press them at the same time to take a screenshot of the watch</li></ul>

## 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

## 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.

## Turn the watch on and off

### Turn on the watch

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

### Turn off the watch

- Press and hold the side button for a few seconds

- Tap **[Power off]**

## Force restart

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

## Pair your watch with phone

### 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.

### 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

### 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.

## 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

## 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

## 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

## Watch face

### Introduce new types of watch faces

### Sleep coach watch face

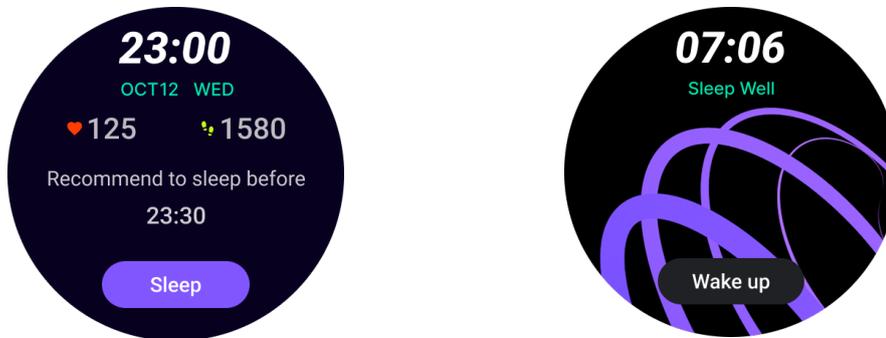
The Sleep Coach watch face displays different states and provides suggestions based on your sleep cycle and sleep records. You can check your sleep information at a glance on the watch face every morning.

### How to use

- Long press the watch face to enter the watch face edit list
- Select the Sleep Coach watch face and apply it
- Set your sleep cycle. Please go to TicSleep -> Settings -> Sleep cycle to modify your bedtime and wake-up time

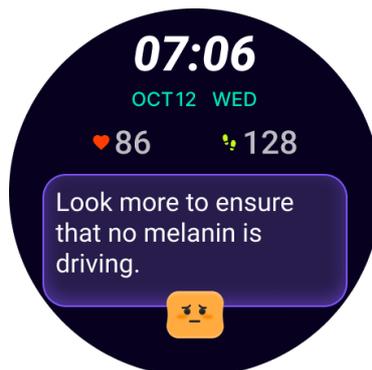
### Bedtime Reminder

Starting one hour before your bedtime, the Sleep Coach watch face will remind you to go to bed on time.



### Sleep Tips

Every day at different time periods, sleep tips that are beneficial to improving sleep quality will be displayed. Click on the dialog box to view complete content.



### Sleep Data Overview

After waking up each day, you can quickly check last night's sleep data and provide subjective feedback on your sleep experience. Click on "View more" to enter TicSleep to view details



## Happy rotation watch face

A very fun watch face that can interact with the rotating button

### How to use

- Long press the watch face to enter the watch face edit list
- Select the Happy Rotation watch face and apply it
- Tap "Play" to enter the game mode, rotate the rotating button to switch to different images.
- Swipe from left to right to exit the game mode and apply the current image



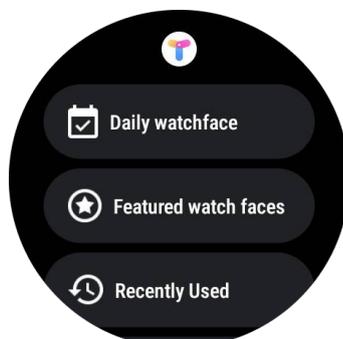
## TimeShow - Browse more watch faces

- 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.



## 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 directly
- Or you can purchase the paid watch faces.



## Purchase watch faces on your watch

1. Log in to your TimeShow account on your watch by tapping Settings -> Account -> Log in. Ensure that your watch is connected to your phone.
2. Tap the watch face you want to purchase to preview it.
3. Tap the price button to generate the order.
4. Complete the payment on the Play Store on your phone.

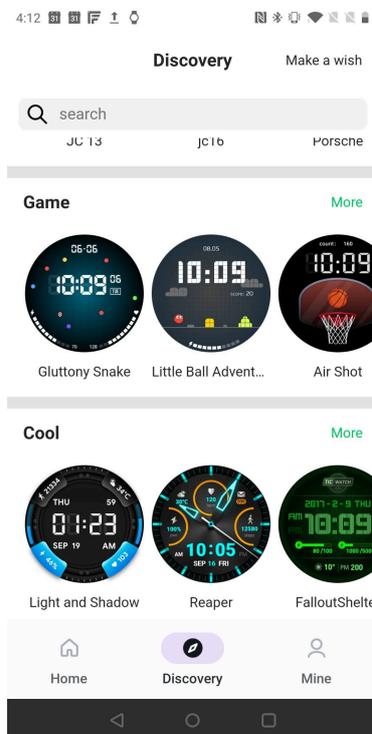
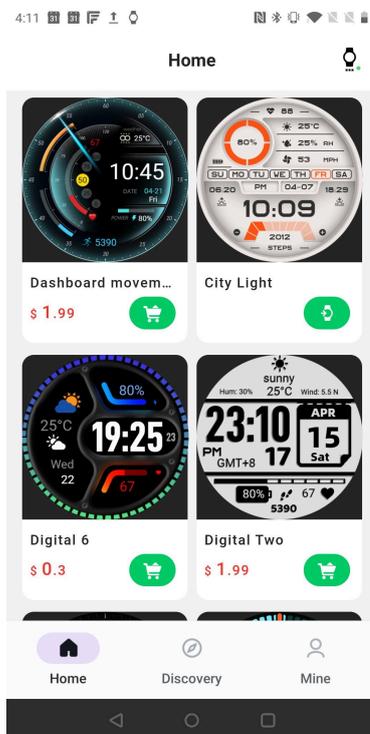
If this is your first purchase, you may need to log in to your account on the TimeShow app on your phone to ensure that it is successfully connected to your watch.



## 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 purchase or sync free watch faces, please tap on the sync button and follow the instructions.



## Design your own watch face

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

<https://timeshowcool.com/>

## 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



## 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.

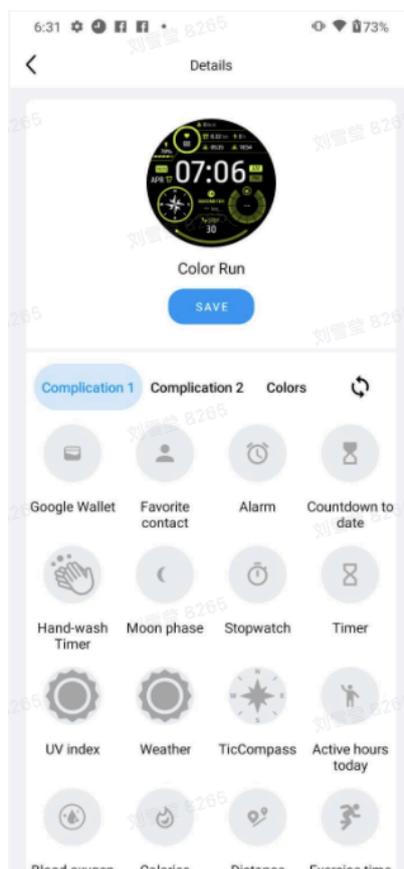


You can also change and customise the watch faces on the Mobvoi Health app on your phone.

## 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.

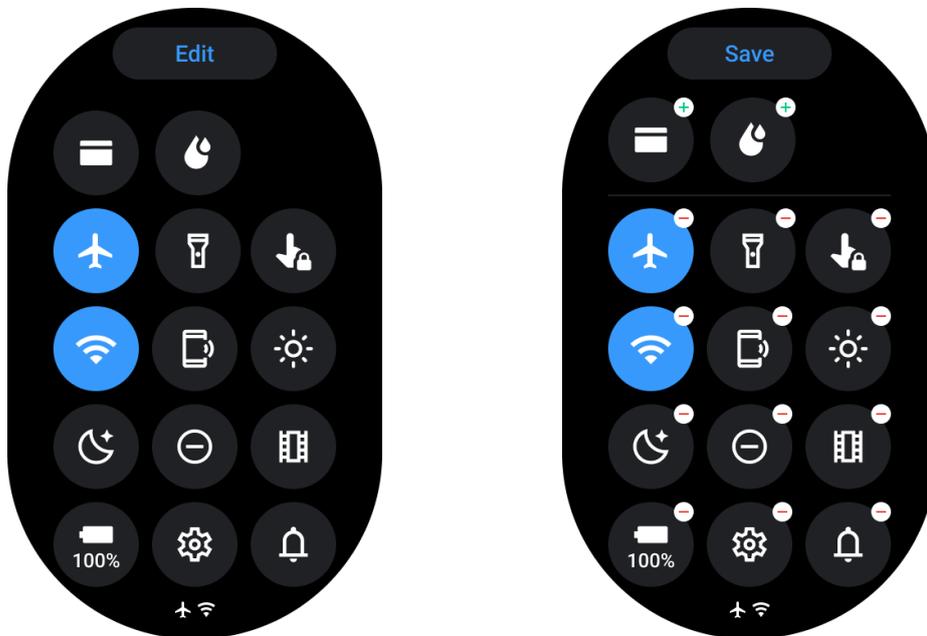
Please make sure your phone and watch are connected via Bluetooth.



## 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.

## 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

## Re-order setting icons

- Hold and drag to reorder the icons

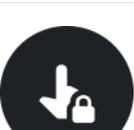
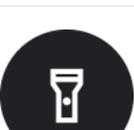
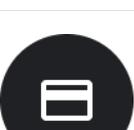
## Different indicator icons

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

## Different quick setting icons

icon	meaning
	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

## 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.

### 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

### Reorder the tile

- Tap



or



to change the tile's location

### Manage tiles on your phone

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

Please make sure your phone and watch are connected.

### 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.



## Notifications

### 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.



### Delete notifications

Swipe to the left or right to delete a notification.

### Manage notification preferences

### On your watch

Go to Settings -> Apps & notifications -> Notifications

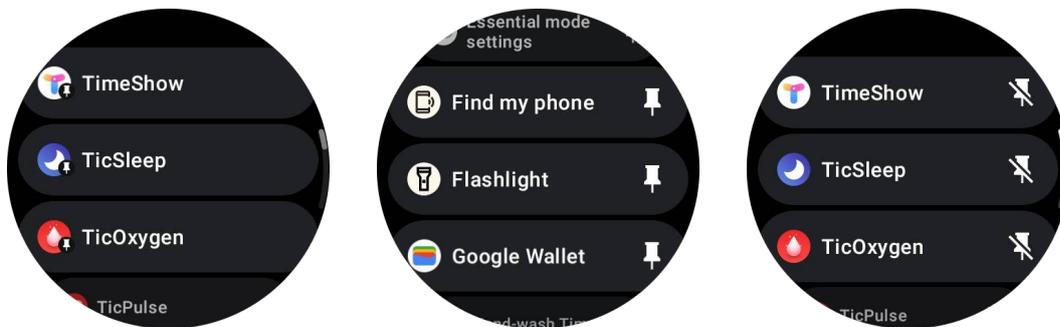
## On your phone

- Launch the Mobvoi Health app on your smartphone
- Go to Device -> Settings -> Apps & notifications

## App list

Edit application 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 again to unpin the application.



## Ultra-low-power (ULP) display

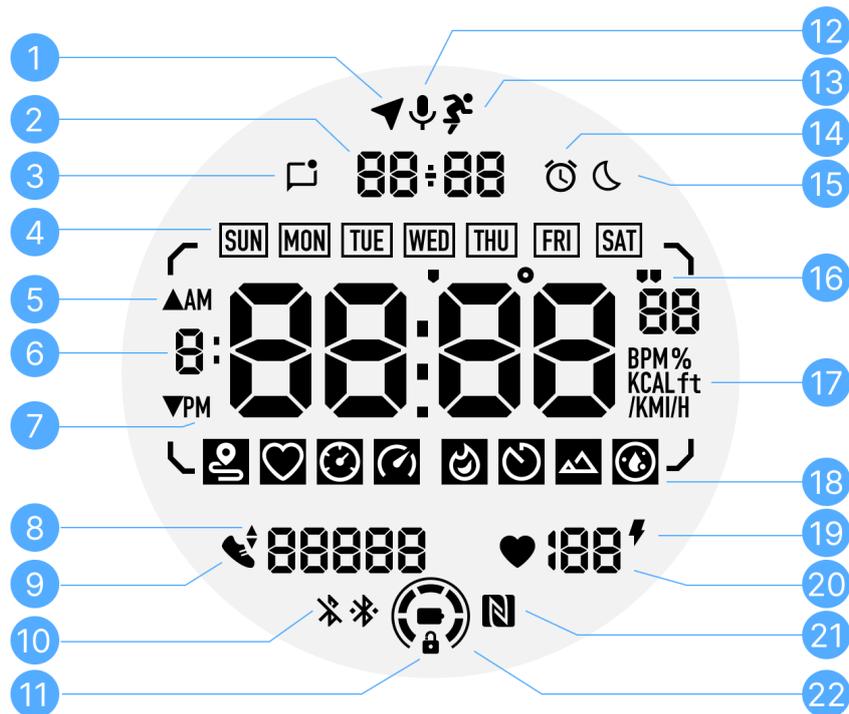
### What is the ULP display?

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.

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

### The UI of the ULP display



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

<b>5</b>	Elevation gain/loss	<p>Only used for TicExercise.</p> <p>The two triangle icons indicate elevation gain and loss during a workout.</p>
<b>6</b>	Primary data zone	<p>This area is the main display for all kinds of data.</p> <p>It represents various information in different ULP tiles, such as current time, heart rate, pace, etc.</p>
<b>7</b>	AM/PM	AM and PM, for 12-hour format only.
<b>8</b>	Cadence	<p>Only used for TicExercise.</p> <p>It indicates the current cadence, which is only supported by certain types of workouts, such as outdoor run.</p>
<b>9</b>	Step count	<p>During standby, it indicates daily steps.</p> <p>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.</p>
<b>10</b>	Bluetooth status	<p>These two icons indicate the status of Bluetooth connectivity.</p> <p>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.</p>
<b>11</b>	ULP display lock status	<p>This icon indicates that the ULP display is in a locked state.</p> <p>To avoid accidental operations, the ULP display must be unlocked before proceeding to the next step, such as switching Tile.</p> <p>Note: It does not represent the screen lock status of smart mode.</p>
<b>12</b>	Microphone	This icon is currently not used yet.
<b>13</b>	Workout indicator	<p>Only used for TicExercise.</p> <p>This icon indicates that a workout is in progress.</p>
<b>14</b>	Sleep alarm clock	<p>It comes from the sleep alarm clock from TicSleep, and when the sleep alarm clock is turned on, the icon is displayed.</p> <p>Note: It does not represent the alarm status of the Alarm app.</p>

<b>15</b>	Bedtime mode	This icon indicates the watch is in Bedtime mode.
<b>16</b>	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.
<b>17</b>	Units	These icons indicate the units of different metrics.
<b>18</b>	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.
<b>19</b>	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.
<b>20</b>	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.
<b>21</b>	NFC status	This icon indicates whether NFC is enabled.
<b>22</b>	Battery level	These icons indicate battery level.  When the battery is low, the battery icon will flash to remind you to charge your watch.

## What are the ULP tiles?

For TicWatch Pro 5, 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.

## 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.



## TicExercise ULP tiles

During a workout, the watch will switch from the standby ULP tile to TicExercise ULP tiles.

Each type of exercise only supports a subset of the following tiles, not all of them. The supported tiles will shown at the beginning of each exercise.



**Notes:** Not all ULP tiles have indicator icons.

1. Exercise duration ULP tile: Designed to display exercise duration, default tile for each exercise.



2. Exercise distance ULP tile: Supports both imperial (MI) and metric (KM) units



3. Exercise heart rate ULP tile: Designed to display real-time exercise heart rate.



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.





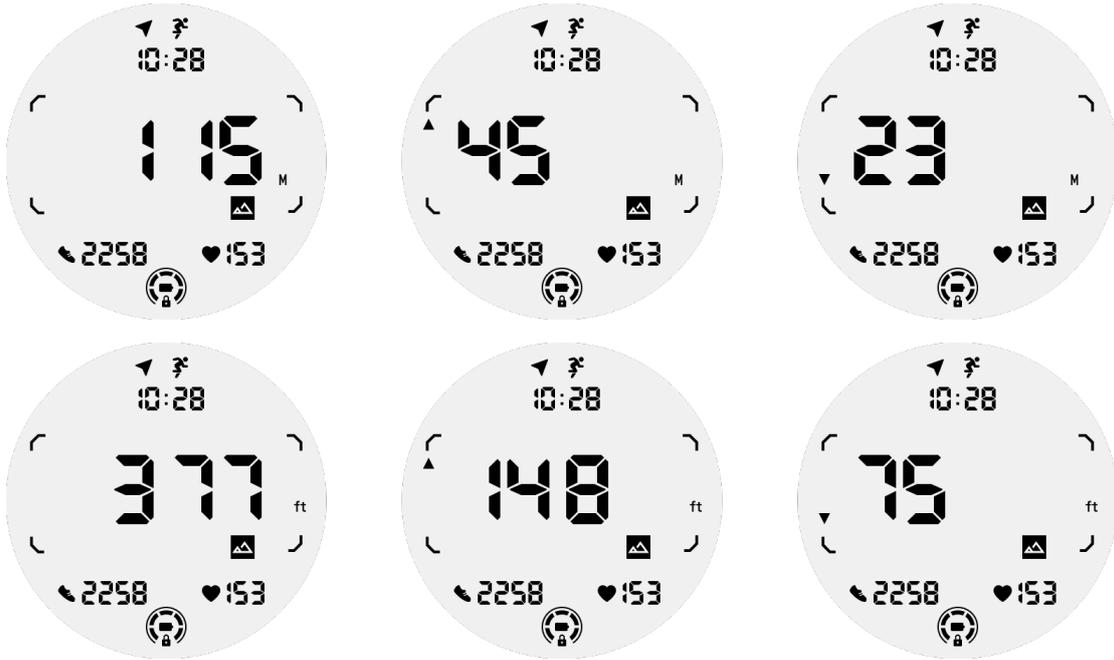
6. Exercise calories ULP tile: Designed to display the calories burned during current exercise.



7. Counts/Laps ULP tile: Designed to display laps or counts



8. Evaluation ULP tile: Displays current elevation, exercise elevation gain, and exercise elevation loss in sequence. Supports both imperial (ft) and metric (M) units.



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

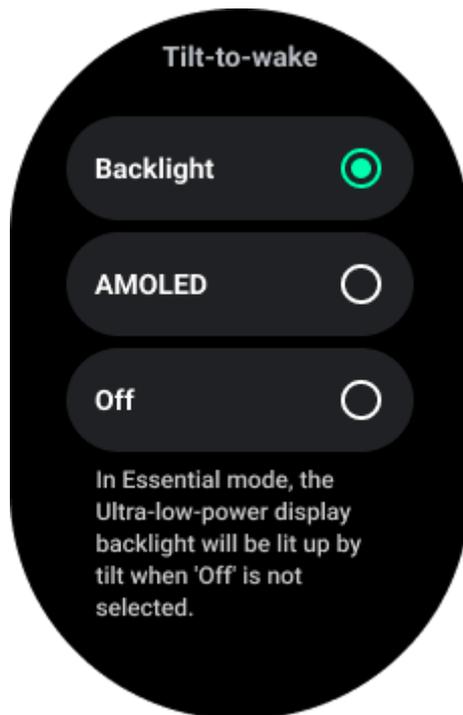


## The operations of the ULP display

### 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.



Generally speaking, there are two ways to light up the backlight: raising your wrist or rotating the rotating crown more than 180 degrees. And the backlight will automatically turn off when timeout or when you lower your wrist, and the ULP display will be locked to prevent accidental operations.

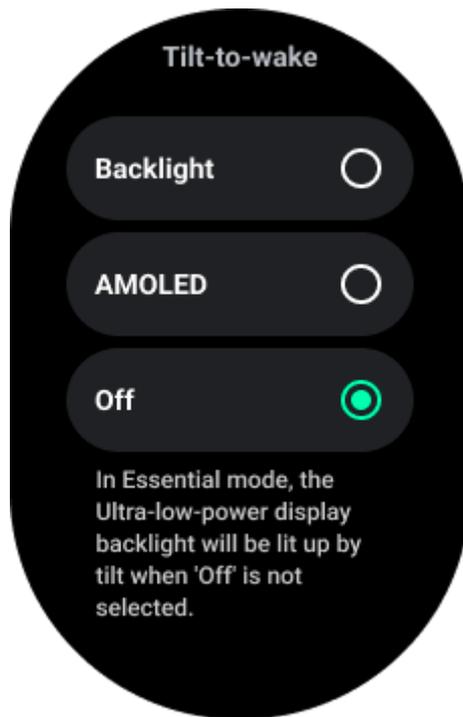
In Essential mode, you can also turn the backlight on or off by clicking the Side button.

**Notes:** when Bedtime mode or Theater mode is enabled, raising your wrist will not activate the backlight.

## 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 Tilt-to-wake settings.



## 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.

**Notes:** The compass ULP tile will only be automatically locked after 1 minute. If you keep this tile active, please be aware that lowering your wrist directly may cause accidental operations.

## 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.



## The settings of the ULP display

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

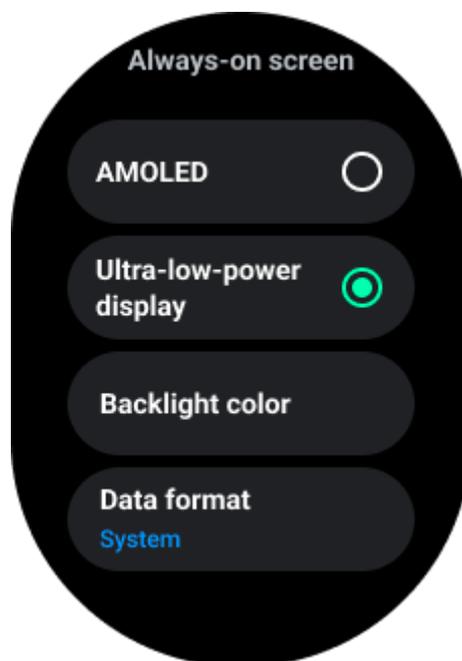
Please go to "Settings -> Display -> Always-on screen" for details.

## 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.

**Notes:** 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.

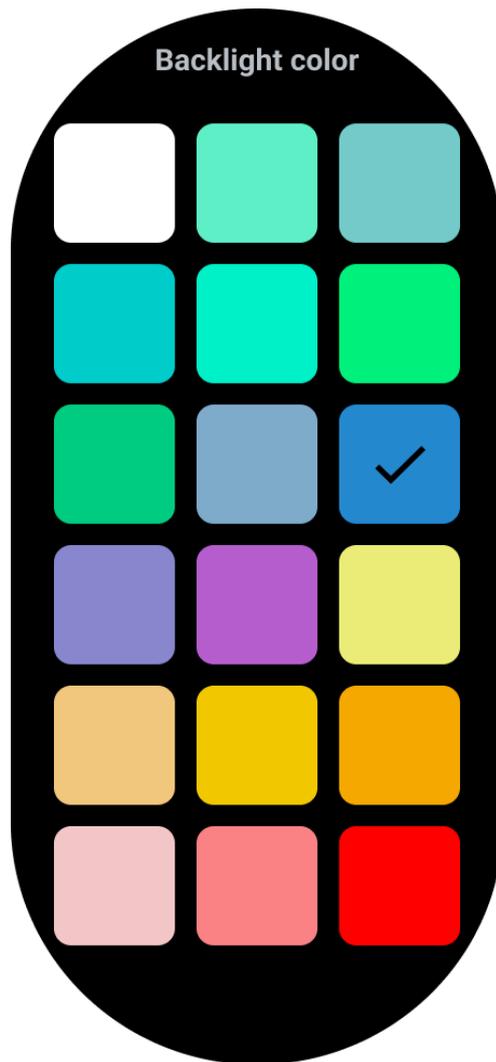


## What options are available for ULP display?

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

### Backlight Settings

You can choose your preferred backlight color from the predefined color options.



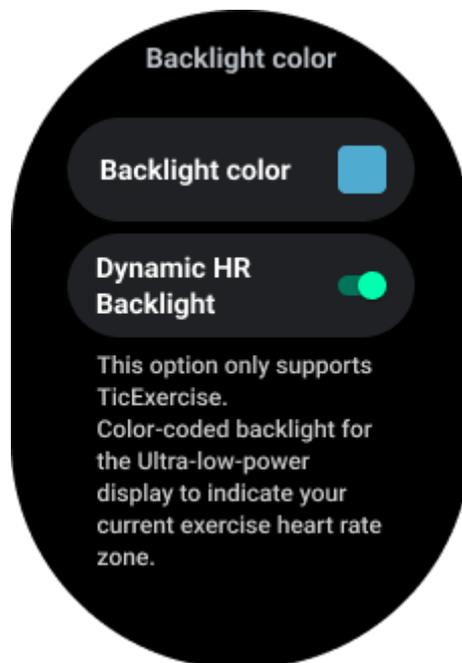
### **Dynamic HR zone backlight**

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.



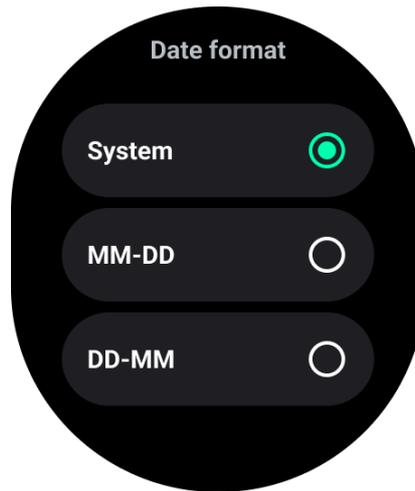
The Daynamic HR Backlight option is only available for TicExercise.



## 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.



## Health features

### TicHealth

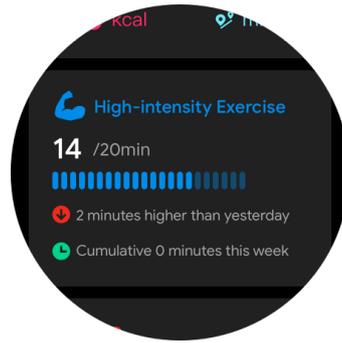
TicHealth can record and display your exercise history and all your health data for the day, with all the information at a glance.

Health-related data covers: running, sleep, heart rate, blood oxygen, stress, and noise, which are given by TicExercise, TicSleep, TicPulse, TicOxygen, TicZen apps. Some data may not be available depending on the model.

### Daily activity

You can check your current daily status, including steps, activity hours and exercise time.

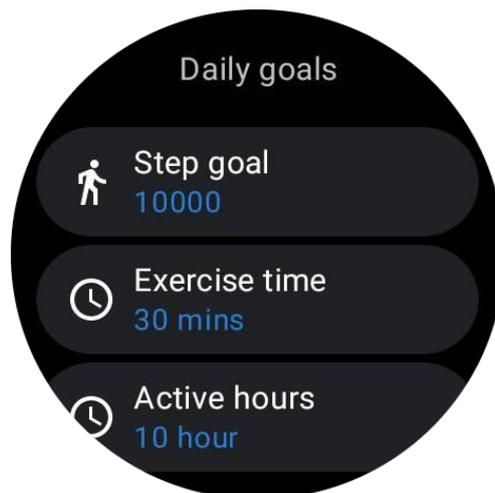
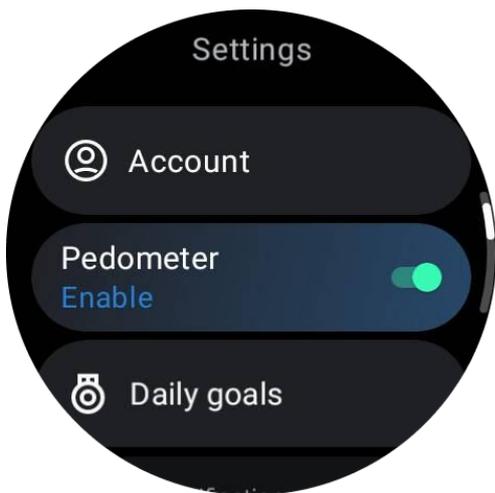
- The red ring represents the daily steps
- The green ring represents the daily activity hours (150 steps per hour counted as the one-hour activity)
- The blue ring represents the daily exercise time.
- Calories: The total calories you burned today
- Distance: The total distance you walked today
- Floors: The total floors you climbed today
- 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.



## Settings

### Set your daily goals

- Launch the TicHealth app and tap the settings icon
- Tap **Daily goals**



### Set TicHealth 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.

## TicPulse

## 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.

### 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.

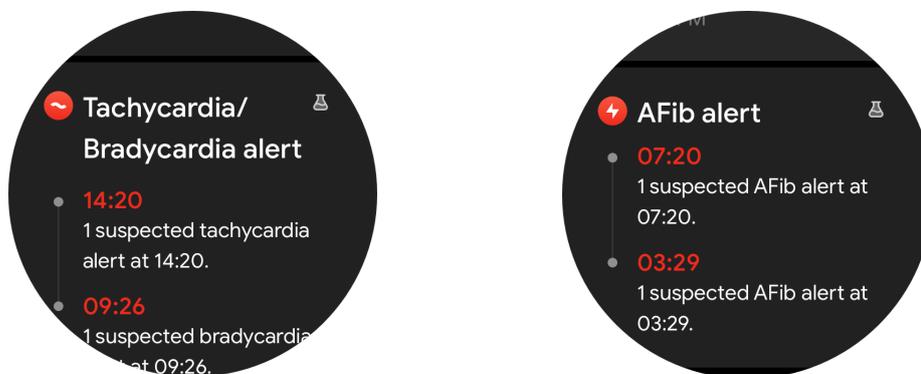
### Set up 24h automatic monitoring

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

### 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.



### Why is measurement sometimes inaccurate?

The measurement result may be subject to factors such as way of wearing and skin contact area. It is for reference only and not recommended as a basis for diagnosis

## Heart rate monitoring

### Change the heart rate measurement settings:

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

- Tap Settings
- 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.

## Measure heart rate manually

In the TicPulse app, tap the "Refresh" icon to start the measurement.



## FAQ

### What is the minimum heart rate zone?

The minimum display time is 1 minute. A period less than one minute is counted as 1 minute.

### Why is measurement sometimes inaccurate?

The measurement result may be subject to factors such as way of wearing and skin contact area. It is for reference only and not recommended as a basis for diagnosis

## TicSleep

### 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 feature may not be available depending on the watch models.

If the watch is connected to the smart phone and the watch's mobile network or WLAN is available, the sleep data can be synchronized with the Mobvoi Health app on the phone.

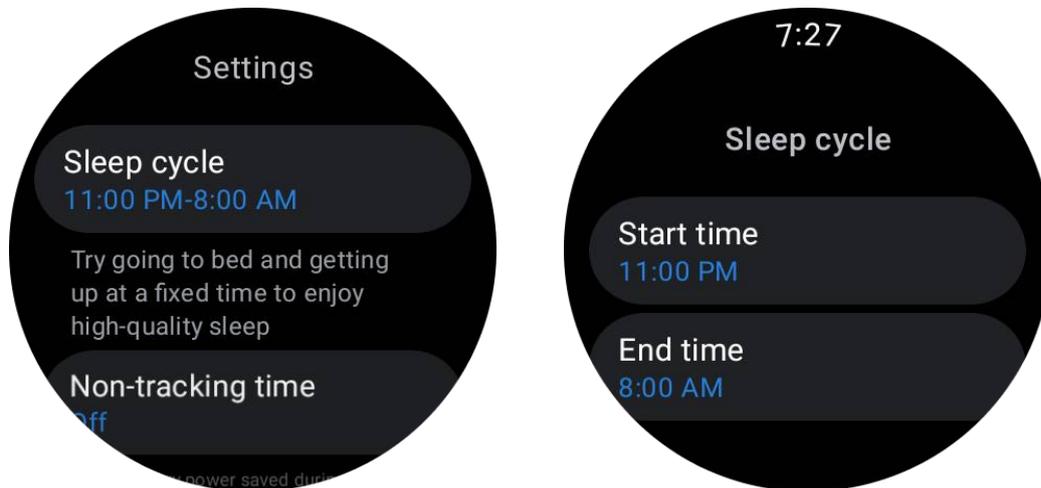
You can view more details on Mobvoi Health.



## 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.

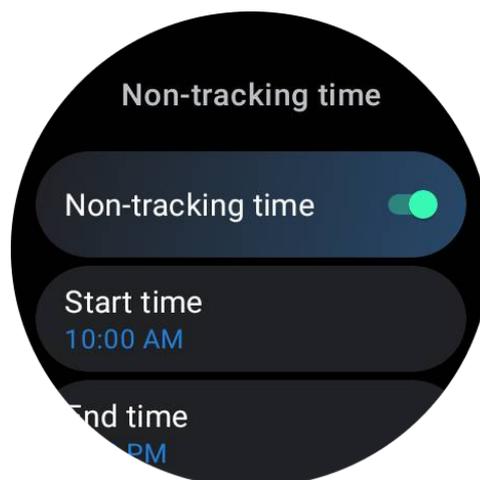
Tap the settings icon -> Sleep cycle.



## 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.



## Other settings

You can also set the “Sleep alarm”, “Bedtime reminder”, “Done sleep notification”, etc.

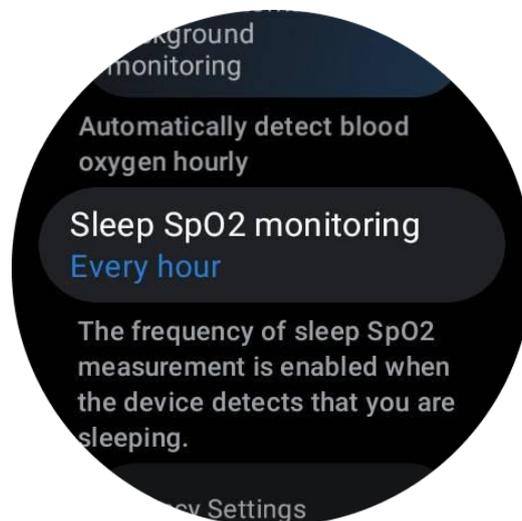
## Sleep respiratory rate

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.



## Sleep blood oxygen

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.



## FAQ

### Why is there false recognition of sleep?

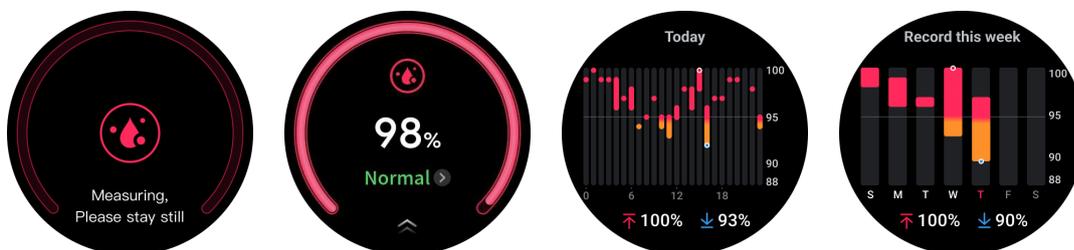
- Sleep monitoring depends on body activity. For example, long-term motionless state may be mistakenly recognized as sleep.
- As the sleep algorithm takes some time to make judgments, sleep duration less than 1 hour may not be recorded.

## TicOxygen

### Measure blood oxygen manually

Press the rotating crown to show the app list, select TicOxygen, 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.



### Set up 24h automatic monitoring

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

## 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.



## TicZen

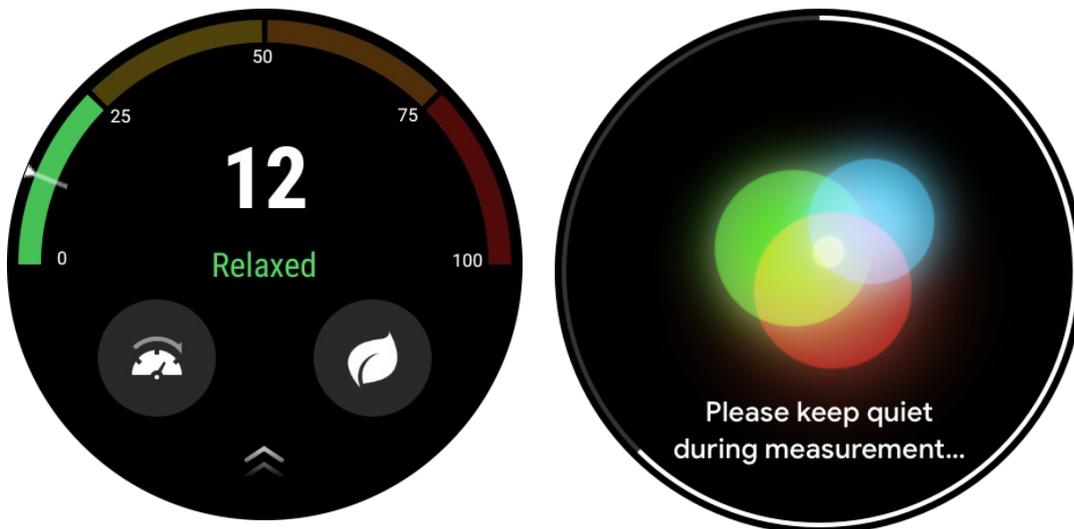
Stress measurement is the result of calculation based on heart rate variability (HRV) data measured by photoelectric sensors. HRV refers to the changes in the difference of successive heartbeat cycles.

- 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.

## Measure your stress level

- Launch TicZen
- Tap the left button to measure and view the stress data
- Tap the right button to start breathing exercise.



## TicBreathe

### Relax by breathing

Tap on the TicBreathe 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.



## Set the breathing duration

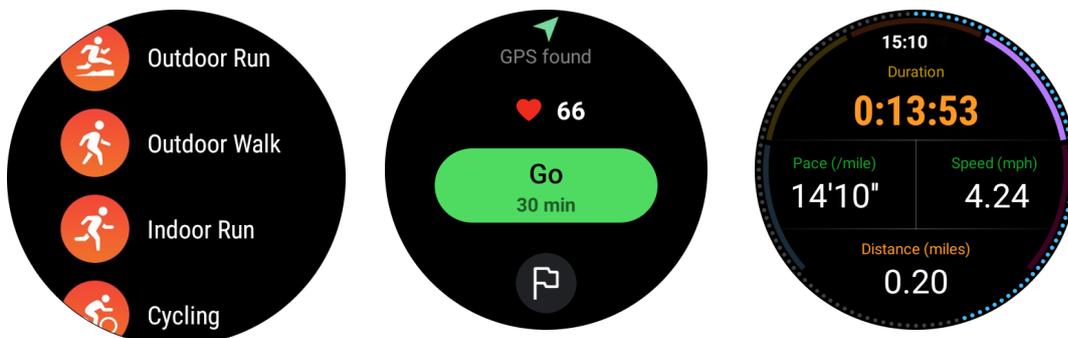
In the “TicBreathe” app, the default duration is 1 minute. Breathing duration increases by 1 to 5 minutes by clicking the duration.

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

## Fitness features

### Start exercises

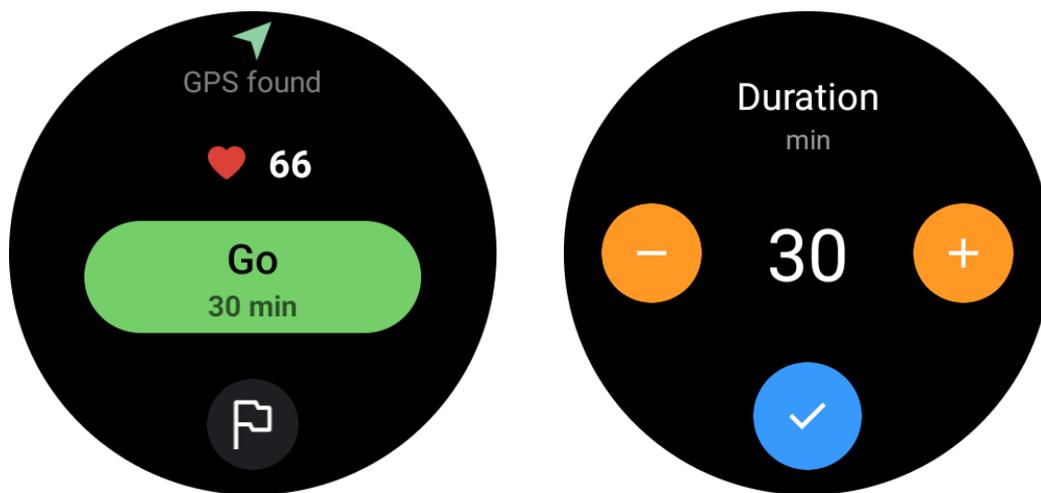
- Open the TicExercise app on the watch
- Select the desired sports
- Tap **Start** to start recording sports data
- Use rotating crown or scroll on the screen to view more data while exercising
- To end the exercise, you can slide to the right and touch the "End" button to end the exercise and save the exercise data.



## Set exercise goals

- Tap the icon of the flag
- You can set goals according to time, calories or distance.
- Use the rotating crown or tap the +/- icon to adjust the values

Different exercise types support different goal type settings. You can check whether the preset goal is achieved during and after exercises.



## Manage exercise types

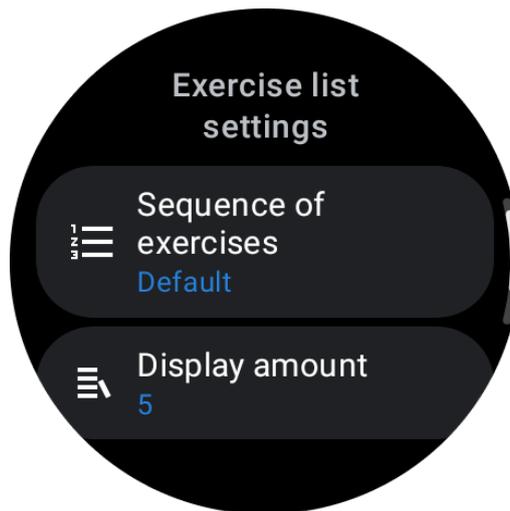
Tap on "More" to see more types of exercise. We have sorted the list alphabetically to help you find the corresponding exercise type quickly.

**To change the number of exercises displayed on the home page,**

go to Settings -> Exercise list settings -> Display amount -> choose the number (5, 10, 15, 20, 50, All)

**To change the order in which they are displayed,**

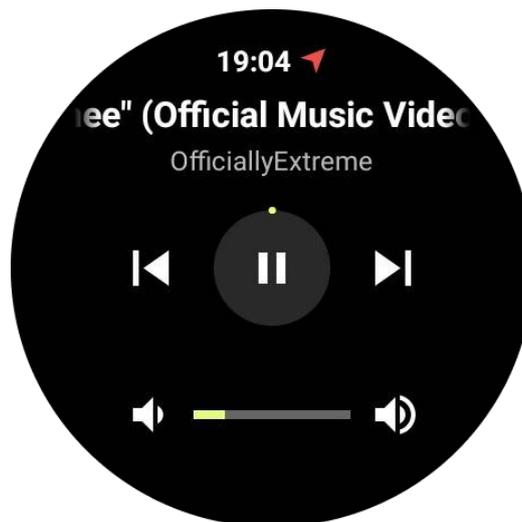
go to Settings -> Exercise list settings -> Sequence of exercises



## Music Control while exercising

During exercise, you can swipe left to switch to the music control card, where you can control music playback, pause, skip to the previous or next song, and more.

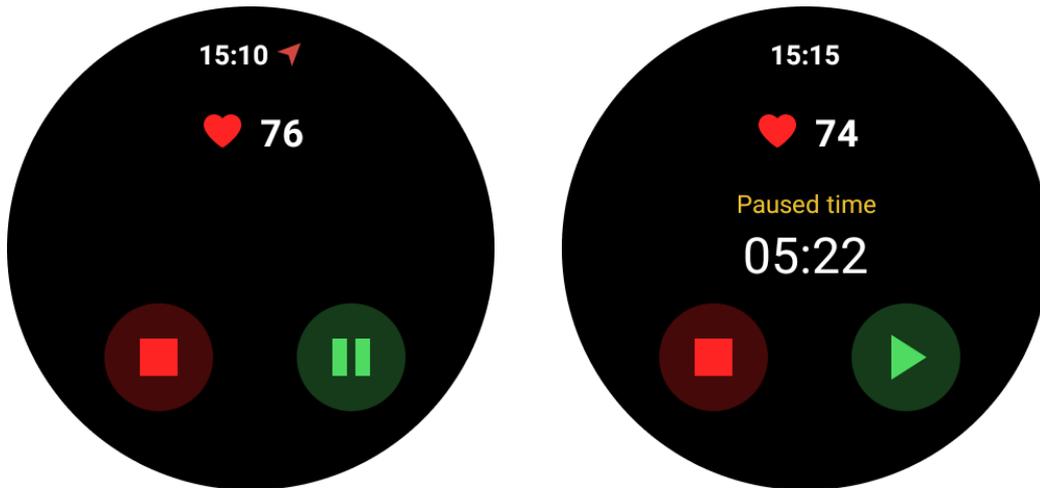
Note: To control music played on your phone, your smartwatch needs to be connected to your phone via Bluetooth.



## Pause & resume exercise

### Manual pause and resume

Swipe right on the exercise screen to switch to the pause page. Here, you can tap on the pause button to stop the exercise. The interface will display the duration of the pause. Tap again to resume the exercise.



## Automatic pause and resume:

When the watch detects that you have stopped exercising, it will automatically pause. When it detects that you have resumed exercising, it will automatically resume.

To enable this feature, go to Settings -> enable "Auto pause".

Note: Automatic pause and resume is currently only available for outdoor walking, outdoor running, indoor running, climbing, trail running, Autowalk, and Autorun exercise types.

## GPS positioning

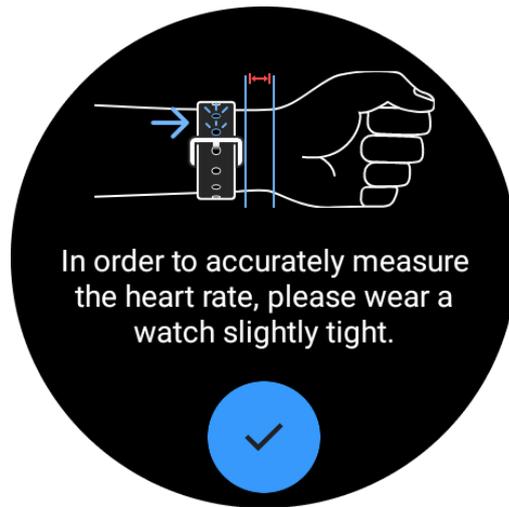
The initial GPS positioning time may be longer. It is recommended to locate in an open area with no obstructions when positioning. Place the watch flat on your chest with the watch screen facing upward towards the sky.

Note: Please start exercising after successful positioning. If you move before the GPS has successfully located, the positioning time may be longer or fail.

## Record heart rate during exercise

The watch must fit snugly on the wrist. 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 for wearing the watch:



Note: 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.

Excessive wrist hair and tattoos may affect the accuracy of heart rate values.

## View exercise records

After you finish exercising, the app will generate a summary of your workout, including the duration, total distance, total steps, total calories burned, etc.

Note: Different exercise types display different data types.



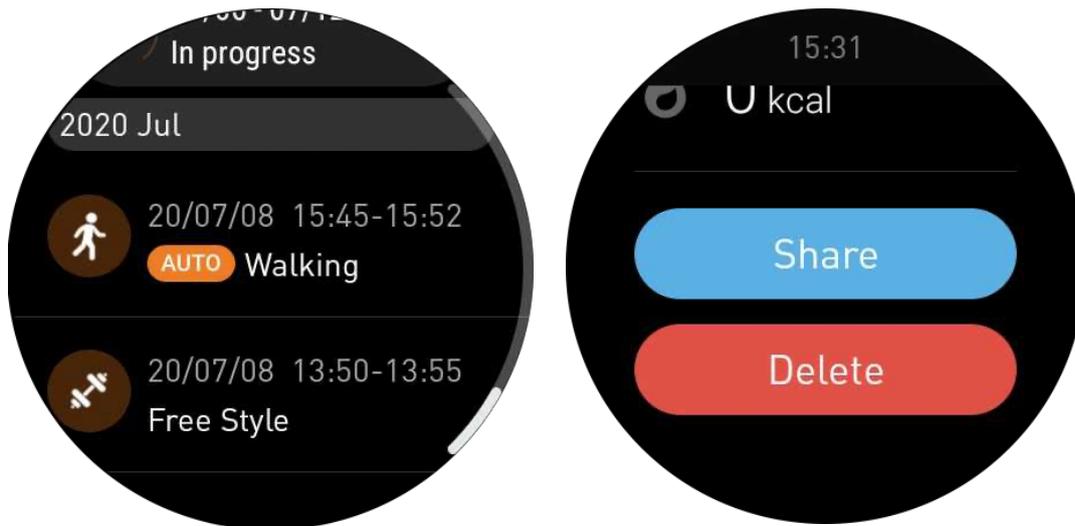
## Check the exercise history

On the TicExercise homepage, you can swipe left to view the previous records.



### Share or delete exercise records

- Tap the exercise record and scroll to the bottom of the page
- Tap "Share" or "Delete" to delete this record



## VO2 Max & Recovery time

1. Supported exercise types: outdoor run, outdoor walk, cycling, indoor run
2. Output conditions:

For running and walking exercises, an average speed of more than 4 km/h and a duration of more than 10 minutes are required.

For cycling exercises, an average speed of more than 15 km/h and a duration of more than 5 minutes are required (road cycling is recommended).

Note:

- The first use requires internet connection to initialize the algorithm. Please connect to your phone or Wi-Fi before opening the TicExercise app.
- To ensure data accuracy, please fill in your personal information (gender, age, height, weight) accurately.
- If the exercise duration is too short or the times of exercises are too low, the value deviation may be larger. After continuing to exercise, the value will gradually stabilize.
- The actual exercise should be consistent with the selected exercise type; inconsistency may lead to a larger value deviation.



## Synchronize data to your phone

If the watch is connected to the mobile and the watch's mobile network or WLAN is available, you can synchronize the sports data to the Mobvoi Health app on the phone.

## Auto exercise recognition - TicMotion

Active recognition without manual setting: After active recognition turned on, your watch will actively recognizes your continuous, long time activity.

### Auto-recognize exercise

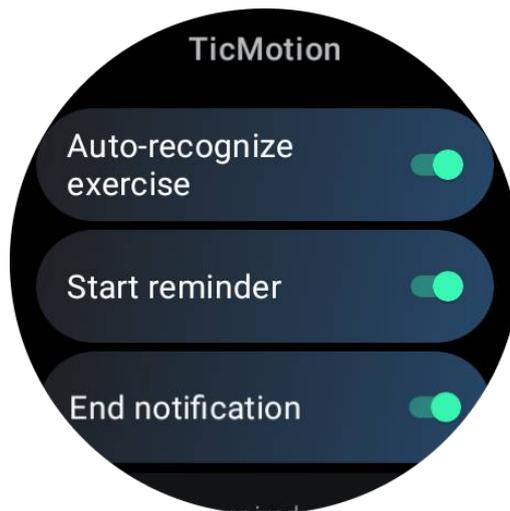
Before accurately identifying your type of motion, TicMotion begins to pre-identify in the background, and the motion record will not be generated during the pre-identification phase.

### Start reminder

When you exercise for several minutes, your watch will recognize the type of activity and pop-up in-activity interface with vibration to show real-time activity data. If you turn off the start reminder, while the active recognition feature is still on, then the watch will no longer pop up the in-activity interface, but will still record your activity.

### End notification

After the activity is over, your watch will automatically end the recognition and generate an activity record, then show you the detailed activity data by push notification. If you turn off the end notification, while the active recognition feature is still on, then the watch will no longer push notifications after the activity is over, but will still record your activity.



## Set your TicMotion

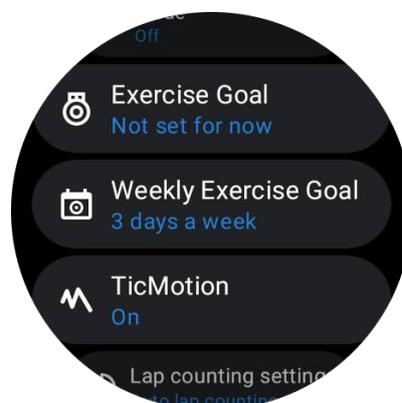
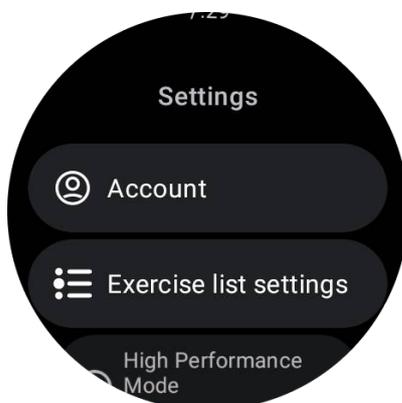
In Settings -> TicMotion, you can choose to enable or disable the TicMotion feature. You can choose to enable or disable start and end recognition notifications.

You can enable the desired exercise types in the "Recognized activity" option, such as walking, running, and cycling (disabled by default, needs to be manually enabled).

Note:

- Automatic running recognition requires continuous running for more than 1 minute.
- Automatic walking recognition requires continuous walking for 5 minutes and a step frequency of more than 120 steps/minute.
- Automatic cycling recognition requires continuous cycling for 5 minutes.

## TicExercise settings



## High Performance Mode

It will continuously monitor your location via GPS and increase the frequency of its updates once activated. Please note this function will increase power consumption.

## Exercise goal

If you choose the corresponding goal, in the outdoor running exercise type, we will provide corresponding prompts based on your goal and rate the exercise after it ends.

If you choose "Not set for now", this function will not be enabled.

For more details, please refer to Settings -> User help -> TicCoach on your watch.

## Weekly exercise goal

Set your weekly exercise days, and the app will display it in the exercise history record interface and tile interface, allowing you to check your goal achievement conveniently.

## Laps counting settings

You can choose manual lap counting or automatic lap counting. After selecting automatic lap counting, you can choose the lap distance. When the set distance is reached, the app will automatically count it as one lap.

## TTS

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

## TicBarometer

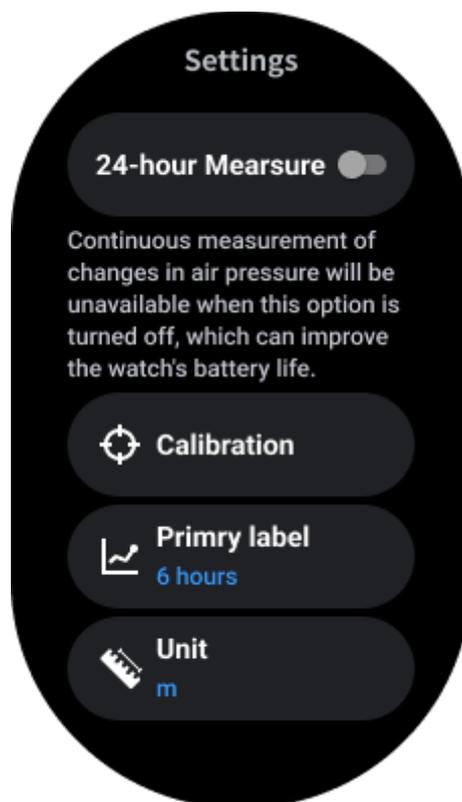


- After turning on the barometric altimeter function, you can check the barometric pressure and altitude data.

- 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.

## 24-hour Measure

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



## Calibration

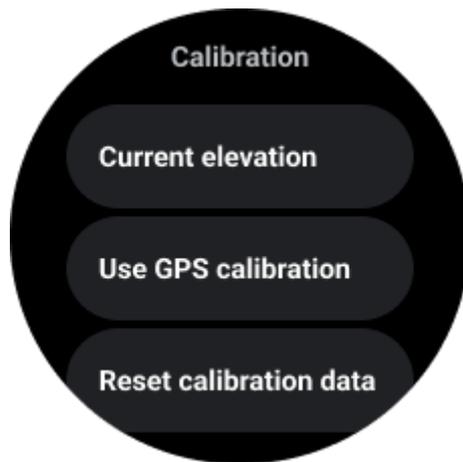
Calibration methods include inputting the current elevation and using GPS calibration

### 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.



## 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.

## 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.



**Notes:** 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.

## 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).

## 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.

## 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.

## Stress

Supports 24-hour passive monitoring.

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

## 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.

## 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.



## Function and Tools

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

### 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.

## 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.

## 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.



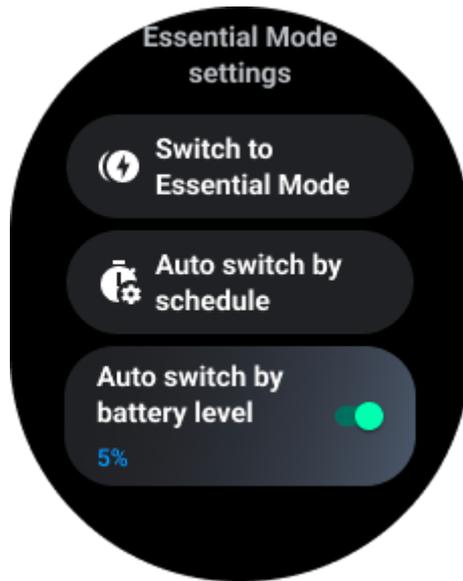
If your watch is affected by magnetic field interference, it will display "CAL". At this time, you need to recalibrate the compass before you can use it again.



## 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.

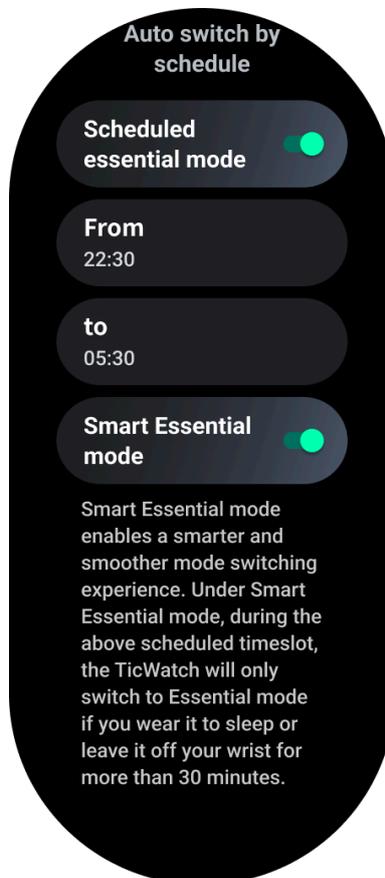


## Manual Switch

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

## Auto switch by schedule

This setting is enabled by default.



## 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.

## 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.

**Notes:** 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.

## 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%.

## 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.

## Other Apps & features

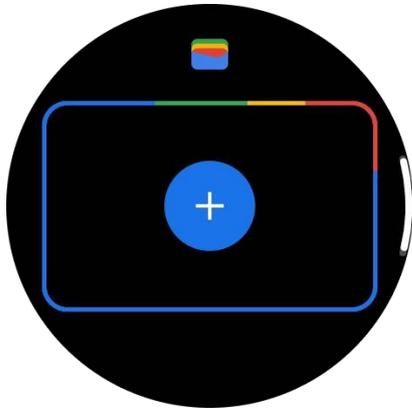
### Install new apps

- 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.

### Google Wallet

#### 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.



## 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.

## 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.](#)

## 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**.

## 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](#)

## Watch settings

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

## Connectivity

### 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

### 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

### NFC

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

### 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.

## **Display**

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

### **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.

### **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.

### **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.

### **Font size**

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

### **Screen timeout**

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

## **Sync Watch screenshot**

Press the rotating crown and side button at the same time for screenshot.

Then, open the "Mobvoi Health" app on your phone and tap "Sync Screenshot" to save images to the mobile phone album.

