

OPPO 001-5983177

OPPO Watch Free User Manual

Model: 001-5983177

INTRODUCTION

The OPPO Watch Free is a smart watch designed to enhance your daily life with advanced health monitoring, fitness tracking, and smart notifications. Featuring a vibrant AMOLED curved screen, lightweight design, and long-lasting battery, it offers a seamless and comfortable user experience.

This manual provides essential information on setting up, operating, maintaining, and troubleshooting your OPPO Watch Free to ensure optimal performance and longevity.



Image: The OPPO Watch Free, showcasing its sleek design and vibrant display.

GETTING STARTED: SETUP

1. Charging Your Device

Before first use, fully charge your OPPO Watch Free. Connect the charging cable to the charging port on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. A full charge provides up to 14

days of battery life. For quick power, a 5-minute charge can provide a full day's usage, and 20 minutes can provide a week's usage.

**Batteria a lunga durata
fino a 14 giorni.
Ricarica in soli 5 minuti e
usalo per l'intera giornata.**



Image: The OPPO Watch Free connected to its charger, illustrating the fast charging capability.

2. Installing the HeyTap Health App

To unlock the full potential of your OPPO Watch Free, download and install the HeyTap Health app on your smartphone. The app is available on both Android and iOS app stores. Search for "HeyTap Health" and follow the on-screen instructions to install.

3. Pairing with Your Smartphone

1. Ensure your smartphone's Bluetooth is enabled.
2. Open the HeyTap Health app on your smartphone.
3. Follow the in-app instructions to add a new device. Select "OPPO Watch Free" from the list of available devices.
4. Confirm the pairing request on both your watch and smartphone.
5. Once paired, your watch will synchronize data with the app.

Navigation

The OPPO Watch Free features a responsive 1.64-inch AMOLED touchscreen. Swipe up, down, left, or right to navigate through menus, notifications, and widgets. Tap to select an item or confirm an action. Press the side button (if applicable) to return to the home screen or access the app list.

Schermo grande, poco peso

AMOLED da 1,64" 32,6g



Image: The OPPO Watch Free's large AMOLED display, emphasizing its visual clarity and slim profile.

Health Monitoring

- **Blood Oxygen (SpO2) Monitoring:** The watch can monitor your blood oxygen levels, especially useful during sleep to detect potential breathing problems.
- **Heart Rate Monitoring:** Continuous heart rate tracking helps you understand your cardiovascular health and optimize workouts.
- **Sleep Monitoring:** Endorsed by Tsinghua University, the watch provides all-day and all-scenario sleep monitoring, including blood oxygen levels and heart rate variability during snoring, for timely assessment of sleep health.



Misurazione costante
dell'ossigeno nel sangue



Monitoraggio della variabilità
della frequenza cardiaca



Monitoraggio del russare

Image: The OPPO Watch Free's interface showing sleep monitoring features, including blood oxygen and heart rate variability tracking.



Image: A visual guide to the OPPO Watch Free's comprehensive sleep monitoring, from pre-sleep reminders to detailed morning reports.

Workout Modes

The OPPO Watch Free smart recognizes over 100 workout modes, including running, walking, rowing machine, and elliptical machine. It also offers professional and customized running courses to help you improve physical fitness. Simply start a workout from the watch or the HeyTap Health app, and the watch will track your progress, calories burned, and other relevant metrics.

Supporta oltre 100 modalità di allenamento

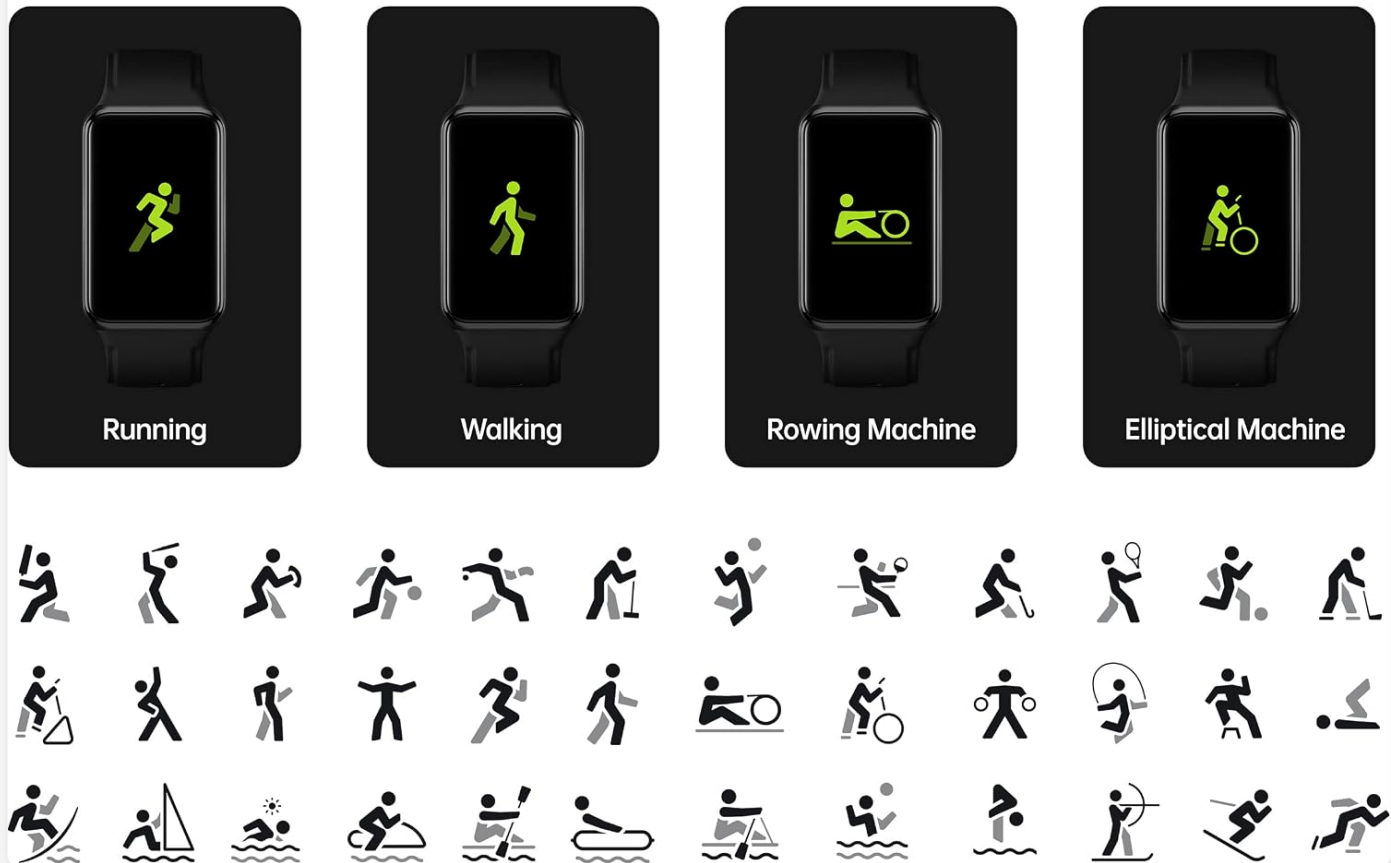


Image: The OPPO Watch Free's display showing a selection of its over 100 supported workout modes.

Notifications and Customization

- **Smart Notifications:** Receive call, message, and app notifications directly on your wrist.
- **Watch Faces:** Personalize your watch with over 40 stylish and dynamic watch faces available through the HeyTap Health app.



Image: A selection of the over 40 dynamic watch faces available for the OPPO Watch Free, offering diverse customization options.

Water Resistance

The OPPO Watch Free has a 50-meter (5ATM) water resistance rating, making it suitable for wearing during swimming or diving in shallow waters. Avoid using it in hot showers, saunas, or during high-speed water sports, as steam and high pressure can compromise the seal.

Resistente all'acqua fino a 5 ATM



Image: The OPPO Watch Free showing workout metrics, highlighting its 5ATM water resistance for aquatic activities.

MAINTENANCE

Cleaning Your Watch

Regularly clean your OPPO Watch Free and its strap to prevent skin irritation and maintain performance. Use a soft, lint-free cloth to wipe the screen and body. For the strap, you can use a mild soap solution and rinse thoroughly with clean water. Ensure the watch is completely dry before wearing or charging.

Battery Care

- Avoid exposing the watch to extreme temperatures (very hot or very cold) as this can degrade battery life.
- Do not leave the watch fully discharged for extended periods.

- Use only the official charging cable provided with your device.

TROUBLESHOOTING

Connectivity Issues (Bluetooth)

If your OPPO Watch Free frequently disconnects from your smartphone or fails to pair:

- Ensure Bluetooth is enabled on your smartphone and the watch is within range.
- Restart both your watch and smartphone.
- Clear the Bluetooth cache on your smartphone (Android) or forget the device and re-pair (iOS/Android).
- Ensure the HeyTap Health app is running in the background and has necessary permissions.
- Update the HeyTap Health app and your watch's firmware to the latest versions.

Charging Problems

If your watch is not charging:

- Check that the charging cable is securely connected to both the watch and the power source.
- Ensure the charging contacts on the watch and cable are clean and free of debris.
- Try a different USB port or power adapter.

General Performance Issues

For slow performance or unresponsiveness:

- Restart the watch.
- Ensure the watch's software is up to date.
- If issues persist, consider performing a factory reset (note: this will erase all data on the watch). Refer to the HeyTap Health app for instructions on how to perform a factory reset.

SPECIFICATIONS

Feature	Detail
Model Number	001-5983177
Display	1.64" AMOLED Curved Screen
Weight	32.6g (entire watch), 20.9g (without strap)
Connectivity	Bluetooth 5.0
Water Resistance	5ATM (50 meters)
Battery Capacity	230 mAh Lithium Polymer
Battery Life	Up to 14 days
Fast Charge	5 mins for 1 day usage, 20 mins for 1 week usage
Health Monitoring	Blood Oxygen, Heart Rate, Sleep Monitoring (including snoring assessment)

Workout Modes

Over 100 (smart recognition)

WARRANTY AND SUPPORT

For detailed warranty information, please refer to the warranty card included with your purchase or visit the official OPPO website. For technical support, product inquiries, or service requests, please contact OPPO customer service through their official channels.

You can find more information and support resources on the official OPPO website: www.oppo.com

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question