

Ticwatch WH12088

Ticwatch Pro 5 User Manual

Your comprehensive guide to the Ticwatch Pro 5 Smartwatch

1. INTRODUCTION

Welcome to the Ticwatch Pro 5 user manual. This guide provides detailed instructions on how to set up, operate, maintain, and troubleshoot your new smartwatch. The Ticwatch Pro 5 is a high-performance Android smartwatch designed for active lifestyles, featuring advanced health and fitness tracking, long battery life, and seamless integration with Wear OS by Google.



Figure 1: Ticwatch Pro 5 Smartwatch (Sandstone)

2. WHAT'S IN THE BOX

Upon unboxing your Ticwatch Pro 5, ensure all components are present:

- 1 x TicWatch Pro 5 Smartwatch (Sandstone)
- 1 x USB Charging Cable
- 1 x Quick Guide and 1 x Product Safety Information



Figure 2: Ticwatch Pro 5 Box Contents

3. KEY FEATURES

The Ticwatch Pro 5 is equipped with a range of features designed to enhance your daily life and fitness journey:

- **Unrivaled Chipset:** Powered by the Snapdragon W5+ Gen 1 Wearable Platform and the latest Wear OS by Google for faster, smoother performance.
- **Extended Battery Life:** Up to 80 hours of battery life with dual-layer display technology and new fast charging (0-65% in 30 minutes).
- **Rotating Crown:** A new physical rotating crown with haptic feedback for intuitive navigation and control.
- **Ultra-low-power Display:** Efficient display on top of the OLED for critical information access for days without charge, with customizable colored backlights for heart rate zones.
- **Advanced Health and Fitness Monitoring:** Includes 5ATM water resistance, 100+ professional sports modes, built-in GPS, Sleep Tracking, Blood Oxygen Saturation, Stress Monitoring, and 24H Heart Rate Monitoring.
- **Smart Training:** Features like Recovery Time and VO2 MAX provide personalized insights for optimizing workouts.

- **One-Tap Health Metrics:** Quickly measure 5 vital health metrics (heart rate, blood oxygen, respiratory rate, stress level, heart health) in 90 seconds with a single tap.
- **Durable Design:** US Military Standard 810H certified durability with a 1.43-inch OLED Screen and Corning Gorilla Anti-fingerprint Cover Glass.



Snapdragon W5+ Gen 1 Wearable Platform 

Operating System: Wear OS by Google 

Memory: 2GB RAM, 32GB ROM 

1.43" Round Dual-layer Display 

Rotating Crown 

Compatibility: Smartphones with Android 8.0 or later 

Screen: Corning Gorilla Anti-fingerprint Cover Glass 

628mAh; 80 Hours Battery Life 

Fast Charging Technology 

GNSS: GPS+Beidou+Glonass+Galileo+QZSS 

NFC Payments with Google Pay 

Built in Compass and Barometer 

Durability: MIL-STD-810H 

5ATM Water Resistant Rating, Open Water Swim 

Figure 3: Ticwatch Pro 5 Feature Overview

The first watch combining

**The Latest Version of
Wear OS by Google**

&

**Snapdragon W5+ Gen 1
Wearable Platform**



New

Rotating Crown

Operate the watch
more conveniently

Figure 4: Snapdragon W5+ Gen 1 and Rotating Crown

Dual-layer Display, Extended Battery Life*

Up to **80 hrs**
Battery Life



*Battery life varies by use, configuration, and many other factors; actual results will vary.

New Fast Charge Technology



30 mins
65% of Battery

Figure 5: Battery Life and Fast Charging

4. SETUP GUIDE

4.1 Initial Charging

Before first use, fully charge your Ticwatch Pro 5. Connect the USB charging cable to the magnetic charging points on the back of the watch and to a USB power source. The watch display will indicate charging status.

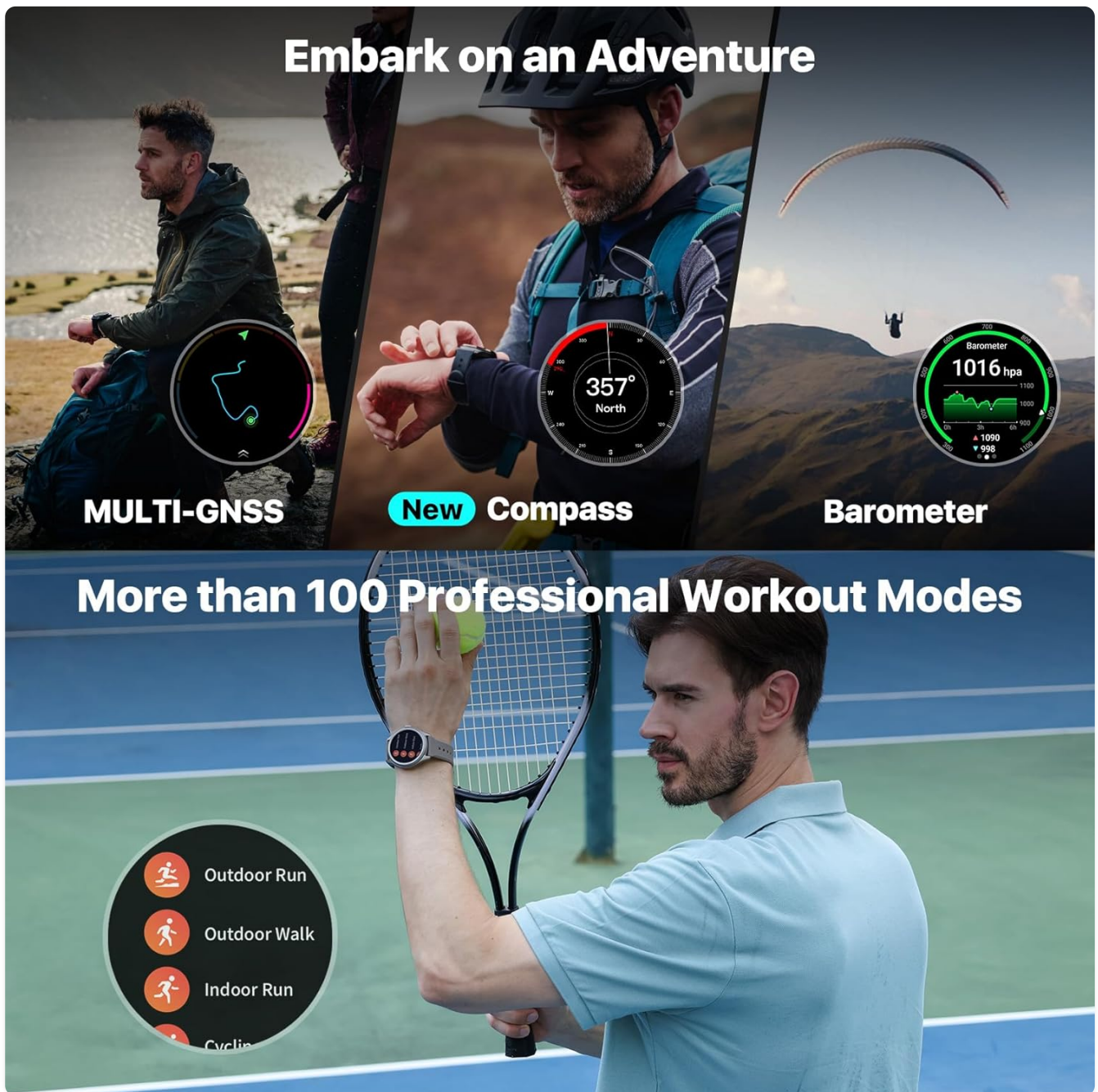


Figure 6: Charging the Ticwatch Pro 5

4.2 Pairing with Your Smartphone

1. Ensure your smartphone is running Android 8.0 or later and has Bluetooth enabled.
2. Download and install the **Mobvoi Health App** from the Google Play Store.
3. Open the Mobvoi Health App and follow the on-screen instructions to pair your Ticwatch Pro 5. This typically involves scanning a QR code on the watch display or selecting your watch from a list of nearby devices.
4. Complete the setup process within the app, including granting necessary permissions for health tracking and notifications.

5. OPERATING YOUR TICWATCH PRO 5

5.1 Display and Navigation

The Ticwatch Pro 5 features a unique dual-layer display: a vibrant OLED screen for detailed information and an ultra-low-power (ULP) display for always-on essential information, conserving battery life.

- **Touchscreen:** Swipe left/right to access tiles, swipe down for quick settings, and swipe up for notifications. Tap to select items.
- **Rotating Crown:** Rotate the crown to scroll through menus, adjust volume, or zoom. Press the crown to return to the watch face or open the app drawer.
- **Side Button:** The secondary button can be customized for quick access to a frequently used app or function.

5.2 Health and Fitness Tracking

Your Ticwatch Pro 5 is a powerful health and fitness companion:

- **Heart Rate Monitoring:** Continuous 24-hour heart rate tracking with alerts for high/low resting and exercise heart rates.
- **Blood Oxygen Saturation (SpO2):** Monitors blood oxygen levels throughout the day and night.
- **Sleep Tracking:** Tracks sleep stages (Awake, Light, Deep, REM), heart rate, blood oxygen, respiratory rate, and skin temperature during sleep.
- **Stress Monitoring:** Measures stress levels and offers guided breathing exercises via TicZen and TicBreathe.
- **100+ Professional Sports Modes:** Supports various activities including running, cycling, swimming, mountaineering, and more. Built-in GPS provides accurate tracking for outdoor activities.
- **Smart Training:** Utilizes advanced algorithms to provide insights on Recovery Time and VO2 MAX, helping optimize your workout schedule.
- **One-Tap Measurement:** Get 5 vital health metrics (heart rate, blood oxygen, respiratory rate, stress level, and heart health) in 90 seconds with a single tap.

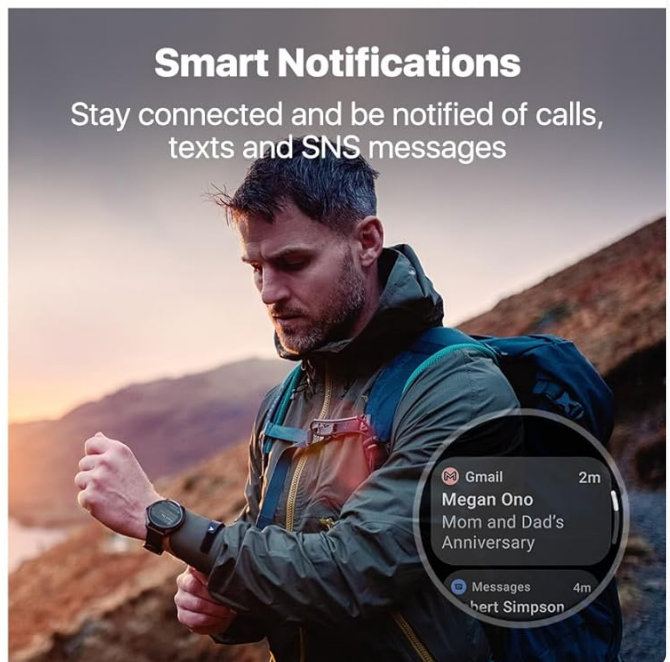


Figure 7: Fitness Tracking Features


New

US-MIL-STD 810H


MIL-STD 810H

Certified


5ATM Water Resistant Rating,
Open Water Swim



Swim



Handwashing



Sweat




Figure 8: Durability and Water Resistance

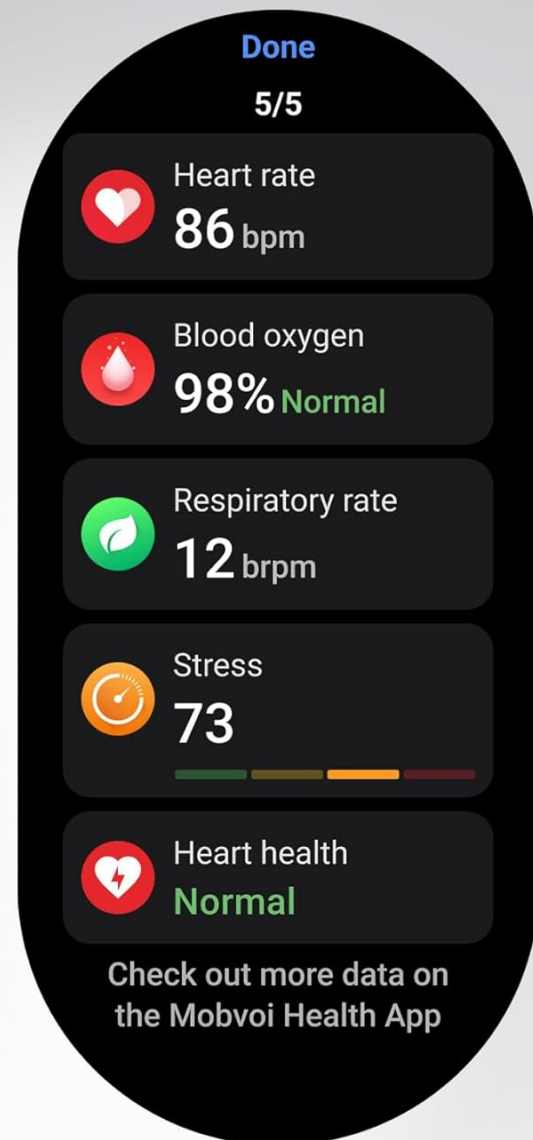
Stay Healthy

One tap measurement of multiple health metrics*

5 Metrics

90 Seconds

1 Easy Solution



*This feature is not intended to diagnose or treat any medical condition or for any other medical purpose.
*Access to heart health data is restricted in specific geographic locations.

Figure 9: One-Tap Health Metrics

5.3 Smart Features

Leverage the power of Wear OS by Google for enhanced connectivity and convenience:

- **Notifications:** Receive and manage calls, texts, and app notifications directly on your wrist.
- **NFC Payment:** Supports Google Pay and Google Wallet for contactless payments.
- **Google Apps:** Access Google Maps for navigation, YouTube Music for audio, and the Google Play Store for additional apps.
- **Custom Watch Faces:** Personalize your watch with over 10,000 watch faces available through the built-in Timeshow app.

6. MAINTENANCE

6.1 Cleaning Your Watch

Regularly clean your Ticwatch Pro 5 to ensure optimal performance and hygiene:

- Wipe the watch body and strap with a soft, damp cloth.
- Avoid using harsh chemicals, abrasive cleaners, or solvents.
- Ensure the charging contacts are clean and dry before charging.

6.2 Water Resistance

The Ticwatch Pro 5 has a 5ATM water resistance rating, suitable for:

- Swimming in shallow fresh water.
- Handwashing.
- Exposure to sweat.

Note: Do not expose the watch to hot water, soap, detergents, or high-speed water. Not suitable for bathing, showers, scuba diving, or water skiing.

7. TROUBLESHOOTING

If you encounter issues with your Ticwatch Pro 5, try the following common solutions:

Problem	Solution
Watch not turning on	Ensure the watch is fully charged. Press and hold the power button for several seconds.
Cannot pair with phone	Ensure Bluetooth is enabled on your phone and watch. Restart both devices. Check app permissions.
Inaccurate health data	Ensure the watch is worn snugly on your wrist. Clean the sensor on the back of the watch.
Short battery life	Adjust display brightness, disable unnecessary notifications, and limit continuous heart rate monitoring if not needed. Use Essential Mode.

For more detailed troubleshooting, refer to the official [User Manual \(PDF\)](#) or [Ticwatch Store](#) for support.







8. SPECIFICATIONS

Feature	Detail
Model Number	WH12088
Product Dimensions	1.98 x 1.89 x 0.48 inches
Item Weight	1.55 ounces (44 Grams)

Feature	Detail
Operating System	Wear OS by Google (Snapdragon W5+ Gen 1 Wearable Platform)
RAM	2 GB
Memory Storage Capacity	32 GB
Display	1.43 Inches OLED (466x466 resolution) with Ultra-low-power Display
Screen Material	Corning Gorilla Anti-fingerprint Cover Glass
Battery Capacity	628 Milliamp Hours
Battery Life	Up to 80 hours (typical usage)
Charging	New Fast Charging Technology
Connectivity	Bluetooth 5.2, Wi-Fi 2.4GHz, NFC
GPS	GPS+Beidou+Glonass+Galileo+QZSS
Water Resistance	5ATM, Open Water Swim
Durability	US Military Standard 810H certified
Sensors	Accelerometer, Gyro Sensor, HD PPG Heart Rate Sensor, SpO2 Sensor, Skin Temperature Sensor, Low Latency Off-Body Sensor, Barometer, Compass
Compatibility	Smartphones with Android 8.0 or later

9. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included in your product packaging or visit the official Ticwatch website. Additional protection plans may be available for purchase to extend coverage. You can also find more information and support on the [Ticwatch Store on Amazon](#). For a downloadable version of the user manual, please click here: [User Manual \(PDF\)](#)

	<p>TicWatch Pro 5 User Guide</p> <p>Comprehensive user guide for the TicWatch Pro 5 smartwatch, covering setup, features, health tracking, and more. Learn how to use your Snapdragon W5+ Gen 1 powered Wear OS device.</p>
	<p>TicWatch Quick Start Guide: Setup, Features, and App Integration</p> <p>Comprehensive quick start guide for TicWatch smartwatches, covering setup, pairing, Bluetooth connection, app usage, heart rate monitoring, sound, vibration, brightness, Wi-Fi, watch faces, essential mode, sleep tracking, do not disturb mode, app updates, and third-party apps like Strava, Uber, and Spotify.</p>
	<p>TicWatch S2/E2 User Manual</p> <p>This manual provides comprehensive instructions for setting up, using, and troubleshooting the TicWatch S2 and E2 smartwatches. Learn about device features, pairing with smartphones, connectivity options, and operating gestures.</p>
	<p>TicWatch Pro 3 Ultra GPS Quick Guide</p> <p>This quick guide provides an overview of the TicWatch Pro 3 Ultra GPS smartwatch, including product appearance, button functions, touch display, charging, and connection to a smartphone. It also details features like backlight color customization and heart health monitoring.</p>
	<p>TicWatch E3 Quick Guide: Essential and Power-Saving Modes</p> <p>A quick guide to the TicWatch E3, explaining how to switch to Essential Mode for extended battery life and how to enable features like Tilt-to-Wake and Battery Saving Screen.</p>
	<p>TicWatch Atlas Gebruikershandleiding: Functies, Bediening en Instellingen</p> <p>Gedetailleerde gebruikershandleiding voor de TicWatch Atlas smartwatch. Leer over knoppen, schermnavigatie, koppelen met uw telefoon, gezondheidsfuncties, trainingen, en meer.</p>