Oraimo OSW 23N

Oraimo Watch OSW-23N Smart Watch User Manual

Model: OSW-23N

Introduction

Thank you for choosing the Oraimo Watch OSW-23N Smart Watch. This manual provides essential information for setting up, operating, and maintaining your device. Please read this manual carefully before using the product to ensure proper function and safety.

The Oraimo Watch OSW-23N is a real-time health butler designed to help you monitor your health and fitness activities, including heart rate, blood oxygen, and various sports modes. It also offers smart notifications to keep you connected.

Safety Information

- Do not attempt to disassemble or modify the device.
- Keep the device away from extreme temperatures, direct sunlight, and moisture.
- Avoid dropping or subjecting the device to strong impacts.
- Use only the provided charging cable and adapter.
- Consult a medical professional before starting any new exercise regimen, especially if you have pre-existing health conditions.
- This device is not a medical device and should not be used for diagnostic or treatment purposes.

Package Contents

- Oraimo Watch OSW-23N Smart Watch
- Charging Cable
- User Manual

Product Overview

Familiarize yourself with the components of your Oraimo Watch OSW-23N.



Figure 1: Front view of the Oraimo Watch OSW-23N, displaying the circular screen with current time, date, step count, and heart rate. The watch features a black strap and a silver bezel.



Figure 2: Side view of the Oraimo Watch OSW-23N, highlighting the two physical buttons located on the right side of the watch casing. The watch face shows a digital time display.



Figure 3: Back view of the Oraimo Watch OSW-23N, revealing the optical heart rate sensor array and the magnetic charging contacts. The model number OSW-23N and "MADE IN CHINA" are visible.

Setup

1. Charging the Watch

Before first use, fully charge your Oraimo Watch. Connect the magnetic charging cable to the charging contacts 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 typically takes approximately 2 hours.

- The watch display will show the charging status.

2. Downloading the App

To unlock the full potential of your Oraimo Watch, download the**Joywear 2 APP** from your smartphone's app store (Google Play Store for Android or Apple App Store for iOS).

3. Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the Joywear 2 APP.
3. Follow the on-screen instructions in the app to search for and connect to your Oraimo Watch (OSW-23N).
4. Confirm the pairing request on both your watch and smartphone.

Once paired, the watch will synchronize data with the app, and you can customize settings, view detailed health data, and receive notifications.

Operating the Watch

Basic Navigation

- **Touchscreen:** Swipe up, down, left, or right to navigate through menus and screens. Tap to select items.
- **Physical Buttons:** Use the side buttons for specific functions, typically for power on/off, returning to the home screen, or accessing quick menus. Refer to the on-screen prompts for specific button functions.

Health Monitoring

- **Heart Rate Monitoring:** The watch provides 24/7 continuous heart rate detection. View your current heart rate on the watch or detailed historical data in the Joywear 2 APP.
- **Blood Oxygen Monitoring:** Customize blood oxygen test time and monitoring frequency through the app. The watch will measure your SpO2 levels.
- **Female Health Tracking:** Understand your body on a deeper level by using your watch with the app to follow your cycle, track ovulation, get reminders, and more. This function requires setting gender to female and enabling notifications in the Joywear 2 APP.

Activity and Workout Tracking

The Oraimo Watch tracks your daily activity and supports various workout modes:

- **Daily Activity:** Tracks steps, distance, active minutes, and calories burned.
- **Training Modes:** Choose from 25 training modes to get real-time statistics during your workouts.
- **APP-Launched Activities:** The Joywear 2 APP can independently launch Walking, Outdoor Running, and Bicycle activities.
- **Watch-Launched Activities:** You can launch Indoor Running movement directly from the watch screen.
- **Stopwatch & Timer:** Utilize the built-in stopwatch or timer for precise timing during your workouts.

Smart Features

- **Customizable Watch Faces:** Choose from a variety of new faces or upload a photo from your phone's album to personalize your watch.
- **Notifications:** The watch supports APP reminders, message reminders, and call reminders. You can hang up calls

directly from the watch.

Maintenance

Cleaning the Watch

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

Water Resistance

The Oraimo Watch OSW-23N has a waterproof rating of 3ATM. This means it is resistant to splashes, rain, and brief immersion in water, such as during hand washing. It is not suitable for showering, swimming, or diving.

- Do not press any buttons while the watch is submerged in water.
- Dry the watch thoroughly after exposure to water.

Battery Care

- To prolong battery life, avoid fully discharging the battery frequently.
- Store the watch in a cool, dry place when not in use for extended periods.

Troubleshooting

Problem	Possible Solution
Watch does not turn on	Ensure the watch is fully charged. Press and hold the power button for several seconds.
Unable to pair with phone	• Ensure Bluetooth is enabled on your phone. • Make sure the watch is within Bluetooth range. • Restart both the watch and your phone. • Forget the device in your phone's Bluetooth settings and try pairing again. • Ensure the Joywear 2 APP is updated to the latest version.
Inaccurate health data	• Ensure the watch is worn snugly on your wrist, not too tight or too loose. • Clean the sensor on the back of the watch. • Avoid excessive movement during measurements.
Notifications not received	• Check notification settings in the Joywear 2 APP. • Ensure your phone's notification permissions are granted to the app. • Make sure the watch is connected to your phone via Bluetooth.

Specifications

Feature	Detail
Model Number	OSW-23N
Screen Size	1.32" TFT 360*360
Bluetooth Version	V5.0
Battery Capacity	200mAh (Lithium polymer battery)
Standby Time	Up to 7 days
Watch Size	48.4*45.8*10.45mm
Weight	54g
Material	Al-Alloy/Zinc alloy/PC/TPU
Waterproof Rating	3ATM
Product Dimensions	4.84 x 4.54 x 1.45 cm; 230 g (packaging weight)
Operating System	Android Wear 1.4 (as per specifications, though likely refers to compatibility)
Memory Storage Capacity	256 MB
Special Features	Distance Tracker, Calendaring, Heart Rate Monitor
Connectivity Technology	Wi-Fi (as per specifications, likely for data sync, primary connection is Bluetooth)

Warranty and Support

Oraimo products are designed with quality and reliability in mind. For warranty information and customer support, please refer to the warranty card included in your package or visit the official Oraimo website. You may also contact your local retailer for assistance.

For technical support or inquiries, please visit the Oraimo support page or contact their customer service team.

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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