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Oraimo OSW-801

Oraimo Watch 4 Plus Smart Watch User Manual

MODEL: OSW-801

1. Introduction

The Oraimo Watch 4 Plus is a versatile Bluetooth call smart watch designed to enhance your daily life with advanced fitness tracking and communication features. It boasts a large HD display, extensive sport modes, and robust health monitoring capabilities, all within a durable, waterproof design.



Figure 1: Oraimo Watch 4 Plus - Front View

This image shows the Oraimo Watch 4 Plus from the front, highlighting its large rectangular display and black silicone strap. The screen displays time, date, weather, step count, heart rate, and activity rings.

2. Key Features

- **2.01" HD 500 Nits Bright Display:** The largest and brightest Oraimo display ever, offering ultra-clear viewing even in direct sunlight with a 240*282px high-definition screen.
- **Wireless Call Functionality:** Make and receive calls directly from your wrist, enabled by single-chip Bluetooth for fast, stable connections and low power consumption.
- **Quick Reply SMS & Callback:** Send customized messages with one tap when you hang up an incoming call, and directly call back from the Recent Call page.
- **100+ Sport Modes:** Supports a wide range of activities like outdoor running, treadmill, and bicycling, accurately recording exercise status and allowing data sharing.

- **Up to 100 Contacts & SOS Contact:** Manage an optimized number of contacts and set an emergency contact for quick dialing in critical situations.
- **Up to 7-day Battery Life with Fast Charge:** Enjoy extended usage with up to 7 days on a full charge (3 hours) and 24 hours on a fast charge.
- **24-hour Health Monitoring:** Self-monitor Heart rate, Blood oxygen, Respiratory rate, Pressure, and Sleep status with data accessible via the Oraimo Health App.
- **IP68 Waterproof & Dustproof:** Designed to withstand water splashes and dust, making it suitable for outdoor use without limitations.



Figure 2: 2.01" HD 500 Nits Bright Display

This image highlights the large, bright display of the Oraimo Watch 4 Plus, emphasizing its clarity and ergonomic design with anti-oil and fingerprint properties.



Figure 3: Wireless Call Functionality

This image shows a person using the Oraimo Watch 4 Plus to make a call directly from their wrist, illustrating the convenience of its wireless call feature.

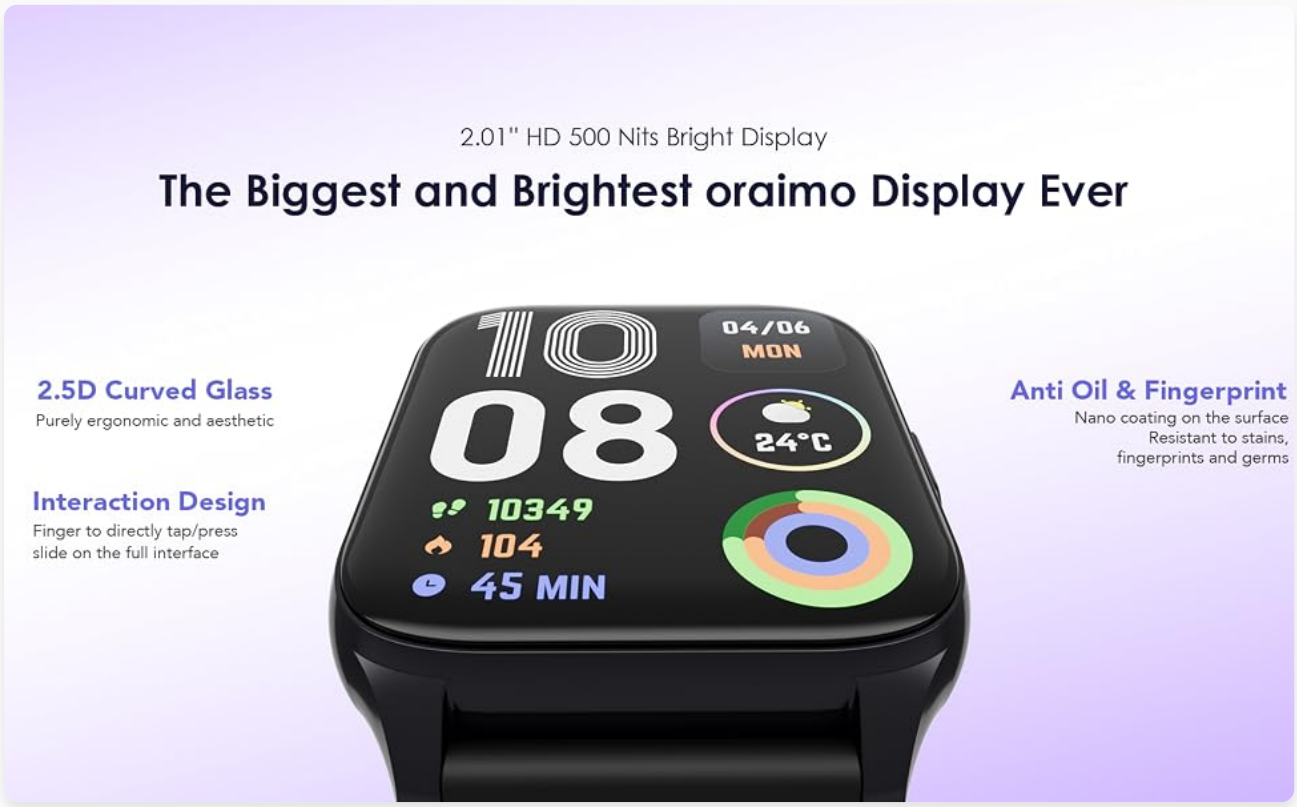


Figure 4: Enhanced Communication Features

This image details the operational convenience of the watch, including quick reply SMS, quick callback, up to 100 contacts, and SOS contact features, with a close-up of the watch's dial pad.



Figure 5: Battery Life and Fast Charging

This image illustrates the impressive battery life of the Oraimo Watch 4 Plus, showing typical usage of 7 days, moderate usage of 5 days, and heavy usage of 3 days, along with the watch being charged.



Figure 6: 100+ Sport Modes

This image depicts an individual stretching, symbolizing the watch's support for over 100 sport modes to help users achieve their fitness goals.

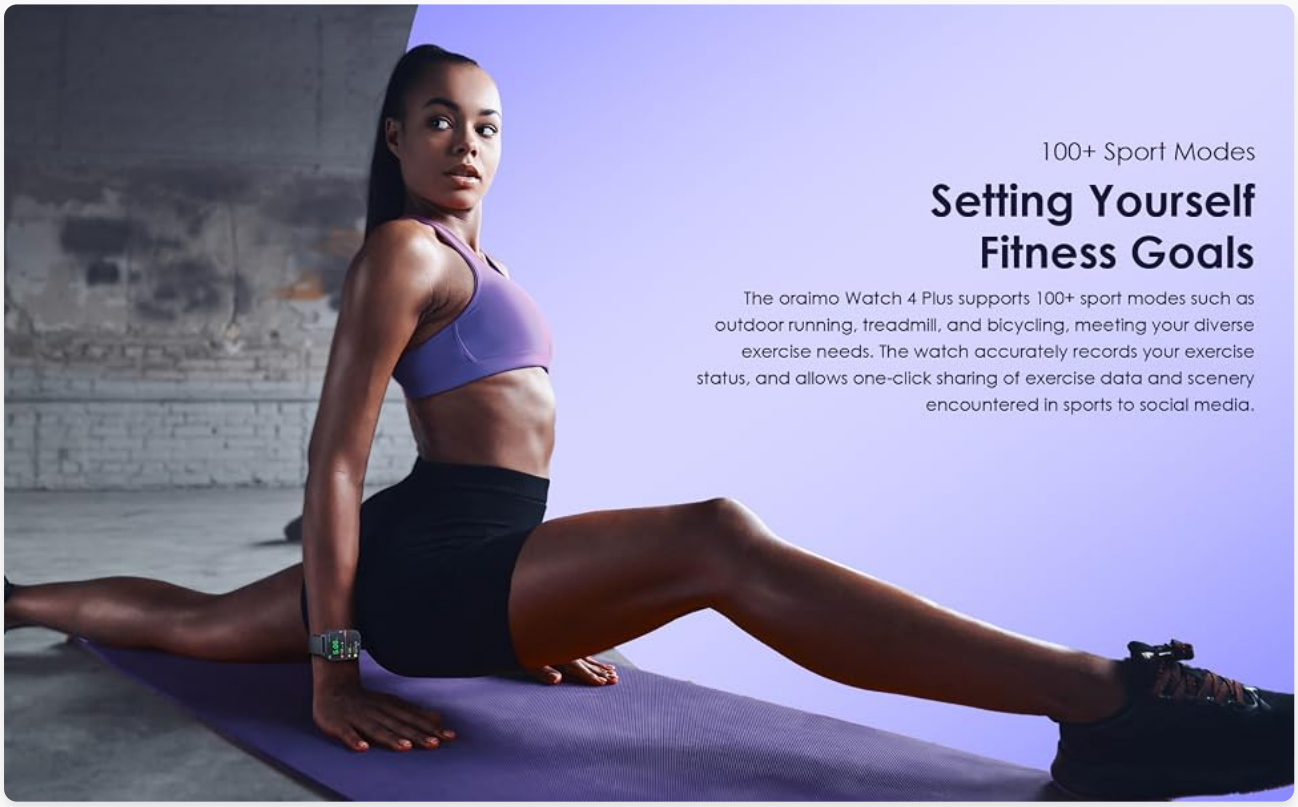


Figure 7: 24-hour Health Monitoring via Oraimo Health App

This image shows a person sleeping, with an overlay of the watch's sleep tracking data and icons representing heart rate, blood oxygen, respiratory rate, pressure, and sleep monitoring. The QR code on the image leads to the Oraimo Health App.

Download the Oraimo Health App for a better experience: Oraimo Health App



Figure 8: Reminders for Daily Health & Wellness

This image displays various health reminders available on the watch, such as heart rate alerts, hand washing reminders, sedentary alerts ("Please have some exercise"), and hydration reminders ("Time to drink some water").

3. Setup Guide

3.1. Charging Your Watch

Before first use, fully charge your Oraimo Watch 4 Plus. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (5V/1A recommended) or a computer USB port. The watch display will show the charging status.

- A full charge takes approximately 3 hours.
- A fast charge of 24 hours of usage can be achieved quickly.

3.2. Power On/Off

- **Power On:** Press and hold the side button until the Oraimo logo appears.
- **Power Off:** From the watch face, swipe down to access quick settings, or navigate to Settings > System > Power Off. Confirm your selection.

3.3. Pairing with Your Smartphone

1. Download the "Oraimo Health" app from the App Store (iOS) or Google Play Store (Android).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the Oraimo Health app, register or log in.
4. Follow the on-screen instructions in the app to add your device. Select "Oraimo Watch 4 Plus" from the list of available devices.
5. Confirm the pairing request on both your watch and smartphone.
6. Once paired, the watch will synchronize data with the app.

4. Operating Instructions

4.1. Navigation

- **Swipe Up:** View notifications.
- **Swipe Down:** Access quick settings (brightness, DND, battery saver, etc.).
- **Swipe Left/Right:** Cycle through widgets (activity, heart rate, weather, music control, etc.).
- **Press Side Button:** Return to the watch face or open the app menu.
- **Long Press Side Button:** Power options or activate SOS contact (if configured).

4.2. Making and Receiving Calls

- **Making Calls:** Access the dial pad or contacts from the watch menu. Select a contact or dial a number directly.
- **Receiving Calls:** When a call comes in, you can answer or reject it directly from the watch.
- **Quick Reply:** For incoming calls, you can send a pre-set quick reply message if you are unable to answer.

4.3. Sport Modes

The watch supports over 100 sport modes. To start an activity:

1. Navigate to the "Workout" or "Sport" app on your watch.
2. Select your desired sport mode (e.g., Outdoor Running, Bicycling).
3. Tap to start the activity. The watch will begin tracking your metrics.
4. To end, pause, or resume, follow the on-screen prompts.

4.4. Health Monitoring

The Oraimo Watch 4 Plus continuously monitors various health metrics:

- **Heart Rate:** Real-time heart rate tracking.
- **Blood Oxygen (SpO2):** Measures blood oxygen saturation levels.
- **Sleep Tracking:** Monitors sleep stages (deep, light, awake) and provides a sleep score.
- **Stress Monitoring:** Tracks stress levels throughout the day.
- **Respiratory Rate:** Monitors your breathing rate.

All health data can be viewed in detail within the Oraimo Health app on your smartphone.

4.5. Notifications and Quick Replies

Receive notifications from your smartphone directly on your watch. You can customize which app notifications appear via the Oraimo Health app. For supported messaging apps, you may be able to send quick replies directly from the watch.

5. Care and Maintenance

5.1. Water Resistance (IP68)

The Oraimo Watch 4 Plus is IP68 rated for splash, water, and dust resistance. This means it can withstand splashes, rain, and brief immersion in shallow water. However, it is not suitable for hot showers, saunas, or diving. Avoid exposing the watch to high-pressure water or corrosive liquids.



Figure 9: IP68 Water and Dust Resistance

This image shows the Oraimo Watch 4 Plus partially submerged in water, demonstrating its IP68 water resistance feature.

5.2. Cleaning

Regularly clean your watch and strap to prevent skin irritation and maintain performance.

- Wipe the watch screen and body with a soft, lint-free cloth.

- For the strap, use mild soap and water, then rinse thoroughly and dry completely before wearing.
- Avoid using harsh chemicals or abrasive materials.

5.3. Storage

When not in use for extended periods, store the watch in a cool, dry place away from direct sunlight and extreme temperatures.

6. Troubleshooting

Problem	Possible Solution
Watch does not power on.	Ensure the watch is fully charged. Connect to the charger for at least 10 minutes before attempting to power on.
Cannot pair with smartphone.	Ensure Bluetooth is enabled on your phone and the watch. Make sure the watch is within range of your phone. Restart both the watch and your phone. Forget the device in your phone's Bluetooth settings and try pairing again. Ensure the Oraimo Health app is updated to the latest version.
Inaccurate health data.	Ensure the watch is worn snugly on your wrist, not too loose or too tight. Clean the sensor on the back of the watch. Avoid excessive movement during measurements.
Notifications not appearing.	Check notification settings in the Oraimo Health app. Ensure the watch is connected to your phone via Bluetooth. Disable "Do Not Disturb" mode on the watch.
Short battery life.	Reduce screen brightness. Limit continuous heart rate monitoring or GPS usage. Turn off unnecessary notifications. Ensure the watch is fully charged each time.

7. Technical Specifications

Feature	Detail
Model Name	Watch 4 Plus
Item Model Number	OSW-801
Brand	Oraimo
Screen Size	2.01 Inches
Display Brightness	500 Nits
Item Shape	Round (Note: Product images show a rectangular shape.)
Connectivity Technology	Bluetooth

Feature	Detail
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Polymer
Battery Life (Typical Use)	Up to 7 days
Water Resistance Rating	IP68
Sport Modes	100+
Health Monitoring	Heart rate, Blood oxygen, Respiratory rate, Pressure, Sleep status
Product Dimensions	4.7 x 3.9 x 1.2 cm
Item Weight	100 g
Manufacturer	Oraimo
Date First Available	10 March 2024

8. Warranty and Support

The Oraimo Watch 4 Plus comes with a**365-day warranty**, ensuring premium quality and peace of mind. For any technical assistance, troubleshooting, or warranty claims, please contact Oraimo customer support through their official website or the Oraimo Health application.

For more information and support, visit the official Oraimo website or refer to the Oraimo Health App.

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