

## OnePlus OnePlus Watch 2R

# OnePlus Watch 2R User Manual

Your comprehensive guide to the OnePlus Watch 2R Smartwatch.

## 1. INTRODUCTION

The OnePlus Watch 2R combines classic design with modern technology, offering a robust set of features for health, fitness, and daily convenience. This manual provides detailed instructions to help you get the most out of your device.



Image 1.1: OnePlus Watch 2R in Forest Green with its silicone strap.

Key features include a 1.43-inch AMOLED display, up to 100 hours of battery life, and comprehensive health tracking capabilities. This guide will walk you through setup, operation, and maintenance.

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Video 1.1: Official overview of the OnePlus Watch 2R, highlighting its design and key functionalities.

## 2. SETUP

### 2.1 Initial Pairing

1. **Charge the Watch:** Before initial use, fully charge your OnePlus Watch 2R using the provided charging cable and adapter.
2. **Power On:** Press and hold the power button (usually the top right button) until the OnePlus logo appears.

3. **Download the OHealth App:** On your smartphone, download and install the OHealth app from your device's app store (Google Play Store for Android, Apple App Store for iOS).
4. **Pairing:** Open the OHealth app, create an account or log in, and follow the on-screen instructions to add your device. The app will guide you through the pairing process. Ensure Bluetooth is enabled on your smartphone.
5. **Complete Setup:** Follow the prompts on both your watch and the OHealth app to complete personal information, permissions, and initial settings.

## 2.2 Customizing Watch Faces

The OnePlus Watch 2R offers a variety of watch faces to personalize your device. You can change them directly from the watch or through the OHealth app.

- **On the Watch:** From the watch face, press and hold the screen. Swipe left or right to browse available watch faces. Tap to select.
- **Via OHealth App:** Open the OHealth app, navigate to the 'Watch Faces' section, and explore the gallery. You can download new watch faces and apply them to your watch.

## 3. OPERATING THE WATCH

### 3.1 Basic Navigation

- **Touchscreen:** Swipe up, down, left, or right to navigate through menus, widgets, and notifications. Tap to select an item.
- **Power Button:** Press to wake/sleep the screen or return to the watch face. Press and hold to access power options.
- **Rotating Crown:** Rotate the crown to scroll through lists and adjust settings. Press the crown to open the app list or return to the watch face.

# There's an app for everything you're into

Unlock the full potential of Google Play on your smartwatch. Browse for new apps, sync apps with your smartphone, and upgrade your watch face, all on your wrist.

Skip tracks on Spotify, plan your next run on Strava, or track your shuteye with Sleep Tracker.

Watch 2R makes your life easier, healthier, and more fun.



Image 3.1: The OnePlus Watch 2R displaying a watch face on a wrist.

### 3.2 Quick Settings and Notifications

- **Quick Settings:** Swipe down from the watch face to access quick settings like Do Not Disturb, Sleep Mode, Flashlight, Brightness, and Settings.
- **Notifications:** Swipe up from the watch face to view your notifications. You can configure which app notifications appear on your watch via the OHealth app.

## 4. SMARTWATCH FEATURES

The OnePlus Watch 2R integrates seamlessly with your smartphone to provide essential features directly on your wrist.

## 4.1 Calls and Messaging

- **Make/Receive Calls:** Use the built-in microphone and speaker to make or answer calls directly from your watch. Access recent calls or frequent contacts.
- **Notifications:** Receive text messages and app notifications. You can respond to messages using pre-set quick replies, which are customizable via the OHealth app.

## 4.2 Music Control and Storage

- **Music Playback:** Control music playing on your smartphone (play, pause, skip tracks).
- **On-Watch Storage:** The watch features 32GB of internal storage, allowing you to download music for offline playback without needing your phone.

## 4.3 Other Smart Features

- **Voice Assistant:** Access your smartphone's voice assistant for quick commands and queries.
- **Remote Camera:** Control your smartphone's camera remotely from your watch.
- **Weather:** Get real-time weather updates.
- **Tools:** Utilize features like a stopwatch, timer, alarm, calculator, calendar, and flashlight.
- **Find My Phone:** Locate your misplaced smartphone by triggering an alert from your watch.

# 5. HEALTH & FITNESS TRACKING

The OnePlus Watch 2R is equipped with advanced sensors to monitor your health and track your fitness activities.

## 5.1 Health Monitoring

- **Heart Rate Tracking:** Continuous 24/7 heart rate monitoring with alerts for abnormally high or low readings.
- **Blood Oxygen (SpO2):** Monitor your blood oxygen levels throughout the day.
- **Sleep Tracking:** Detailed analysis of your sleep stages (Deep, Core, REM) and duration, providing a sleep score and insights for improvement.
- **Stress Monitoring:** Automatic stress level measurement every 30 minutes.
- **Breathing Exercises:** Guided breathing sessions to help manage stress.



Image 5.1: The OnePlus Watch 2R showing various health metrics on its display.

## 5.2 Fitness Tracking

- **GPS:** Precision dual-frequency L1+L5 GPS (Beidou, GPS, Galileo, GLONASS, QZSS) for accurate route tracking during outdoor activities.
- **Workout Modes:** Over 100 workout modes, including running, cycling, swimming, and more. Track metrics like calories burned, steps, distance, and heart rate zones.
- **VO2 Max:** Estimates your VO2 Max to provide insights into your cardiovascular fitness.
- **Activity Records:** View detailed summaries of your workouts and daily activity in the OHealth app.

## 6. BATTERY LIFE & CHARGING

The OnePlus Watch 2R boasts an impressive battery life and supports fast charging.

- **Battery Duration:** Enjoy up to 100 hours of battery life on a single charge under typical usage. Battery life may vary based on usage patterns, enabled features (e.g., Always-On Display, continuous SpO2 monitoring, frequent GPS use), and settings.
- **VOOC Flash Charging:** The watch supports VOOC flash charging, allowing for quick recharges to minimize downtime.



## 7. MAINTENANCE & CARE

### 7.1 Water Resistance

The OnePlus Watch 2R has an IP68 water resistance rating, making it suitable for:

- Washing hands
- Casual splashes
- Rain

It is **not** recommended for:

- Swimming or diving
- Hot tubs or saunas
- Showering with hot water
- Activities involving high-pressure water (e.g., jet skiing, high-pressure washing)

### 7.2 Cleaning

Regularly clean your watch and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.

## 8. TROUBLESHOOTING

- **Connectivity Issues:** Ensure Bluetooth is enabled on your phone and the watch is within range. Restart both devices if problems persist.
- **App Sync Problems:** Check your internet connection and ensure the OHealth app is updated to the latest version.
- **Inaccurate Readings:** Ensure the watch is worn snugly on your wrist. Clean the sensors regularly.
- **Battery Drain:** Review your watch settings and disable features like Always-On Display or continuous monitoring if not needed, as they consume more power.

## 9. SPECIFICATIONS

- **Model Number:** OnePlus Watch 2R
- **Display:** 1.43 Inches AMOLED
- **Operating System:** WearOS
- **Memory Storage Capacity:** 32 GB
- **Battery Capacity:** 500 Milliamp Hours (up to 100 hours typical usage)
- **Connectivity:** Bluetooth, Wi-Fi
- **GPS:** Dual Frequency L1+L5 (Beidou, GPS, Galileo, GLONASS, QZSS)
- **Water Resistance:** IP68
- **Item Weight:** 8.6 ounces
- **Product Dimensions:** 47 x 46.6 x 12.1 inches

## 10. WHAT'S IN THE BOX

- OnePlus Watch 2R (Forest Green)

- Watch Straps
- Charging Cable
- Quick Start Guide



Image 10.1: The complete package contents of the OnePlus Watch 2R.

## 11. WARRANTY & SUPPORT



For warranty information and support, please refer to the documentation included in your product packaging or visit the official OnePlus support website. Protection plans are also available for extended coverage.

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**Related Documents - OnePlus Watch 2R**



	<p><a href="#">OnePlus Smart Watch Quick Start Guide</a></p> <p>A comprehensive guide to setting up and using the OnePlus Smart Watch, covering features like health tracking, app connectivity, NFC, and device specifications.</p>
	<p><a href="#">OnePlus Band Quick Start Guide and User Manual</a></p> <p>Get started with your OnePlus Band. This guide covers unboxing, setup, charging, connecting to your phone, wearing instructions, screen controls, and product specifications for the OnePlus W101IN model.</p>
	<p><a href="#">OnePlus Watch W301GB Quick Start Guide</a></p> <p>Comprehensive HTML guide for the OnePlus Watch W301GB, offering clear instructions on setup, features, connectivity, and specifications. This SEO-optimized document merges multilingual content into English and provides detailed textual descriptions of diagrams.</p>
	<p><a href="#">OnePlus Watch Quick Start Guide</a></p> <p>Get started with your new OnePlus Watch. This guide provides an overview of the product, buttons, touch controls, charging, connecting to your phone, NFC features, package contents, software information, SAR, and radio wave specifications.</p>

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