OnePlus Watch3

OnePlus Watch 3 Smartwatch User Manual

Model: Watch3

1. INTRODUCTION

The OnePlus Watch 3 is a feature-rich smartwatch designed for an active lifestyle, offering advanced health monitoring, precise GPS tracking, and extended battery life. This manual provides essential information for setting up, operating, and maintaining your device.

Figure 1: OnePlus Watch 3 Smartwatch. A front view of the OnePlus Watch 3, displaying its sleek design with a black strap and a vibrant digital watch face that shows various health and activity metrics.

2. WHAT'S IN THE BOX

Verify that all components are present in the packaging:

- OnePlus Watch 3 Smartwatch
- Charging Cable
- Watch Strap (22mm)
- User Manual

3. SETUP

3.1 Initial Charging

Before first use, fully charge your OnePlus Watch 3. Connect the charging cable to the watch and a power source. A 10-minute charge can provide a full day of use, and a full charge typically lasts up to 120 hours (5 days) in standard smart mode.

3.2 Pairing with Your Device

1. Ensure your smartphone or tablet is running the latest compatible operating system.
2. Download and install the **OHealth** app from your device's app store (Google Play Store for Android).
3. Open the OHealth app and follow the on-screen instructions to create an account or log in.
4. Turn on your OnePlus Watch 3 by pressing and holding the power button.
5. In the OHealth app, select 'Add Device' and choose the OnePlus Watch 3 from the list of available devices.
6. Confirm the pairing code displayed on both your watch and smartphone/tablet.
7. Complete the setup process within the OHealth app, including granting necessary permissions.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

The OnePlus Watch 3 features a responsive touchscreen and physical buttons for navigation:

- **Touchscreen:** Swipe up, down, left, or right to navigate through menus, notifications, and widgets. Tap to select items.
- **Power Button:** Press to return to the watch face or access the app drawer. Press and hold to power on/off or restart.
- **Function Button:** Customizable button, typically used for quick access to a specific app or feature.

4.2 Health Monitoring

The Watch 3 offers comprehensive health tracking features:

- **60-Second Health Check:** Simply raise your wrist and tap the all-in-one scan function to get a quick health overview, including heart rate, blood oxygen, and stress levels.

- **Cardiovascular Vitality:** Advanced sensors provide insights into your arterial health, allowing for proactive monitoring.
- **Sleep Tracking:** Monitor your sleep quality, breathing, blood oxygen, and risk indicators for snoring to help improve your rest.

Figure 2: 60-Second Health Check. A close-up of the OnePlus Watch 3 screen demonstrating the '60S Health Check-In' feature.

Descansa mejor

El OnePlus Watch 3 te ayudará a dormir sin interrupciones midiendo la calidad del sueño, la respiración, el oxígeno en sangre y los indicadores de riesgo de ronquidos y te los presenta en forma de un análisis diario sencillo para ayudarte a descansar mejor.

Figure 3: Sleep Tracking. The OnePlus Watch 3 provides detailed analysis of your sleep patterns.

4.3 Sports Modes and GPS Tracking

The Watch 3 supports over 100 sports modes and features advanced GPS for accurate tracking:

- **100+ Sports Modes:** Track a wide range of activities, including running, cycling, swimming, and more, with professional-level metrics.
- **Dual-Frequency GPS:** Equipped with advanced L1 and L5 dual-frequency GPS, the watch provides ultra-fast and precise location tracking for outdoor activities.

Elige tu deporte

Ponte en forma como a ti te gusta con más de 100 modos de deporte diferentes en el OnePlus Watch 3. Los modos exclusivos mejorados, como Correr, Tenis, Ciclismo y Esquiar, brindan un seguimiento de nivel profesional con mediciones de precisión que registran cada paso, escalada, velocidad de swing y brazadas totales.

Figure 4: Choose Your Sport. The watch offers a wide array of sports modes for diverse activities.

Máxima precisión GPS

Sigue tu ruta fácilmente con el preciso GPS de doble frecuencia que solo encontrarás en las pulseras de actividad física de alta gama. Es capaz de recibir señales de satélite de banda L1 y L5. Si te guste correr bajo rascacielos o pasear por el bosque, con el Watch 3 podrás ubicarte a la velocidad del rayo gracias a un sistema de posicionamiento optimizado y un algoritmo avanzado que transmiten una señal más fuerte.

Figure 5: Maximum GPS Precision. The Watch 3 provides accurate route tracking with dual-frequency GPS.

4.4 Battery Life and Charging

The OnePlus Watch 3 is equipped with a high-capacity battery and fast charging technology:

- **Standard Use:** Up to 5 days (120 hours) of battery life.
- **Intensive Use:** Up to 3 days in smart mode with heavy feature usage.
- **Power Saving Mode:** Extends battery life up to 16 days.
- **Fast Charging:** A 10-minute charge provides approximately one full day of use.

Figure 6: Battery Life Modes. Different battery durations based on usage mode.

4.5 Display and Customization

The watch features a vibrant display and extensive customization options:

- **1.5-inch LTPO AMOLED Display:** Offers clear visibility even in bright outdoor conditions with a resolution of 450 x 450 pixels.
- **Wear OS by Google:** Access a wide range of applications from Google Play directly on your watch.
- **Customizable Watch Faces:** Choose from a variety of watch faces and styles to personalize your device.
- **Interchangeable Straps:** Compatible with all standard 22mm watch straps, allowing you to change the look and feel.
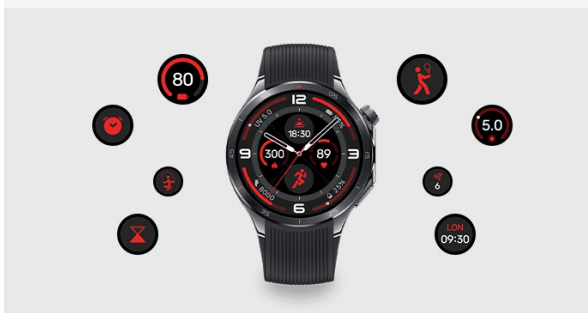
Figure 7: Customization Options. Personalize your watch with various watch faces and compatible 22mm straps.

5. MAINTENANCE

5.1 Cleaning Your Watch

To maintain optimal performance and appearance, regularly clean your OnePlus Watch 3:

- Wipe the screen and body with a soft, lint-free cloth.
- If necessary, dampen the cloth with a small amount of water. Avoid using harsh chemicals or abrasive materials.
- Clean the charging contacts periodically to ensure proper charging.

5.2 Water and Dust Resistance

The OnePlus Watch 3 is designed for durability:

- **Water Resistance:** Rated for 50 meters (5 ATM), suitable for shallow-water activities like swimming. Not recommended for diving or high-pressure water activities.
- **Dust Resistance:** IP68 rated for dust and water resistance.
- **Military-Grade Durability:** Tested to military standards (MIL-STD-810H) to withstand dirt, sweat, stress, and tension.

Figure 8: Tested for Durability. The Watch 3 features sapphire crystal, 50m water resistance, IP68 rating, and military-grade certification.

6. TROUBLESHOOTING

If you encounter issues with your OnePlus Watch 3, try the following steps:

- **Watch Not Turning On:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Pairing Issues:** Make sure Bluetooth is enabled on your smartphone/tablet and the watch is in pairing mode. Restart both devices and try pairing again.
- **Inaccurate Data:** Ensure the watch is worn snugly on your wrist. Clean the sensors on the back of the watch.
- **App Sync Problems:** Check your internet connection. Ensure the OHealth app is updated to the latest

version.

- **System Lag/Freezing:** Restart the watch. If the issue persists, consider performing a factory reset (note: this will erase all data on the watch).

For further assistance, refer to the official OnePlus support website or contact customer service.

---

7. SPECIFICATIONS

Feature	Specification
Brand	OnePlus
Model Name	Watch3
Operating System	Wear OS
Screen Size	1.5 Inches
Display Type	AMOLED
Display Resolution	450 x 450
Average Battery Life	120 Hours
Charging Time	10 Minutes (for a day's use)
Battery Composition	Lithium Ion
Wireless Connectivity	Bluetooth
Connector Type	Bluetooth, NFC, USB, Wi-Fi
Human Interface Input	Buttons, Touchscreen
GPS	Integrated GPS
Shape	Round
Product Weight	155 g
Compatible Devices	Smartphone, Tablet
Special Features	60-second health check, 100 sports modes

---
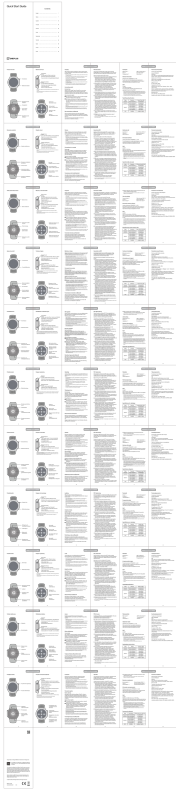
8. WARRANTY AND SUPPORT

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

Keep your purchase receipt and product packaging for warranty claims.

Related Documents - Watch3

[OnePlus Smart Watch Quick Start Guide](#)

A comprehensive guide to setting up and using the OnePlus Smart Watch, covering features like health tracking, app connectivity, NFC, and device specifications.

[OnePlus Watch W301GB Quick Start Guide](#)

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.

[OnePlus Watch Quick Start Guide](#)

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.

Quick Start Guide ONEPLUS	**OnePlus Watch 3 Quick Start Guide** Get started with your OnePlus Watch 3. This quick start guide covers setup, charging, pairing with your phone, NFC, package contents, and technical specifications for the OPWWE251 model.
OnePlus Nord User Manual	**OnePlus Nord User Manual: Comprehensive Guide to Your Smartphone** Explore the OnePlus Nord User Manual for detailed instructions on setup, features, settings, app usage, safety precautions, and regulatory compliance for your OnePlus Nord smartphone.
	OnePlus Watch 2 Safety Guide and Warranty Information Comprehensive safety instructions, regulatory compliance, and warranty details for the OnePlus Watch 2 (Model OPWWE231).