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› Google Pixel Watch 3 (45mm LTE) Android Smartwatch User Manual

Google Pixel Watch 3 45mm

Google Pixel Watch 3 (45mm LTE) User Manual

Model: Pixel Watch 3 45mm | Brand: Google

INTRODUCTION

This manual provides detailed instructions for setting up, operating, maintaining, and troubleshooting your Google Pixel Watch 3 (45mm LTE). Please read this guide thoroughly to ensure proper use and to maximize the features of your smartwatch.

SETUP

What's in the Box

- Google Pixel Watch 3
- Watch Band
- Charging Cable
- Quick Start Guide

Initial Charging

Before first use, fully charge your Google Pixel Watch 3. Connect the charging cable to the watch and a compatible USB power adapter. The watch display will indicate charging status. A full charge provides approximately 24 hours of battery life with always-on display, or up to 36 hours in Battery Saver mode. Charging is 20% faster than the Pixel Watch 2.

Pairing with Your Android Device

1. Ensure your Android smartphone is running a compatible version of Android and has Bluetooth enabled.
2. Turn on your Google Pixel Watch 3 by pressing and holding the crown button.
3. Follow the on-screen instructions on the watch to begin the pairing process.
4. On your Android phone, open the Google Pixel Watch app (download from Google Play Store if not already installed).
5. Follow the prompts in the app to connect your watch. This typically involves confirming a code displayed on both devices.

6. Complete the setup by following the remaining instructions in the app, including signing into your Google account and setting up Wi-Fi and LTE (if applicable).

Go big. Or go bigger.

41mm

10% more screen than
the Pixel Watch 2



45mm

40% more screen than
the Pixel Watch 2



Image: Comparison of Pixel Watch 3 (45mm) and Pixel Watch 2 (41mm) screen sizes. The 45mm display offers 40% more screen area than the Pixel Watch 2.

OPERATING YOUR GOOGLE PIXEL WATCH 3

Display and Navigation

The Google Pixel Watch 3 features a 45mm AMOLED display with a resolution of 390 x 390 pixels. The display is designed to be bright (up to 2000 nits) and responsive. Navigation is primarily via the touchscreen and the physical crown button. Voice control is also supported.

Fitness and Health Tracking (Powered by Fitbit)

Your Pixel Watch 3 integrates advanced fitness and health tracking capabilities from Fitbit. Key features include:

- **Heart Rate Monitor:** Continuous heart rate tracking.
- **ECG:** Electrocardiogram for heart rhythm assessment.
- **Activity Tracker:** Tracks steps, distance, and active zone minutes.

- **Sleep Monitor:** Monitors sleep stages and duration.
- **Calorie Tracker:** Estimates calories burned throughout the day.
- **Stress Tracking:** Monitors stress levels.
- **Body Temperature Monitor:** Tracks skin temperature variations.
- **Fall Detection:** Automatically detects hard falls and can alert emergency contacts.
- **Advanced Running Features:** Build custom run workouts, get real-time guidance, and track form (cadence, stride, vertical oscillation).
- **Readiness Score:** Uses sleep, resting heart rate, and heart rate variability to indicate your body's readiness for activity or recovery.
- **Cardio Load:** Measures cardiovascular exertion to help prevent under- or over-training.

Designed for performance.

The Actua display is twice as bright (up to 2000 nits) and ultra responsive^{1,11}



24 hours of battery life with always-on display⁴



Up to 36 hours of battery life with Battery Saver mode⁴



20% faster charging than the Pixel Watch 2⁵

Image: The Pixel Watch 3 display showcasing various fitness metrics and its bright, responsive interface.

Fast track to the finish line.

Build custom runs and access saved workouts to beat your PRs³

Get audio and haptic cues for when to sprint, cool down, or maintain pace³

Improve your form with insights on cadence, stride, and vertical oscillation³

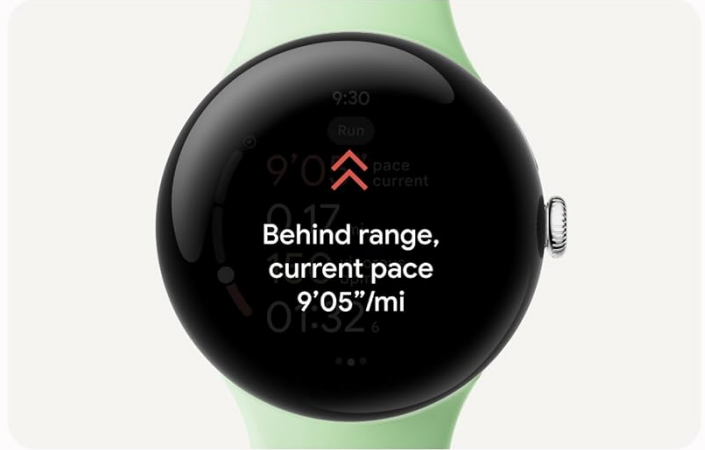


Image: Advanced running features on the Pixel Watch 3, including real-time guidance and form tracking.

Know what your body is ready for each day.

Readiness uses sleep, resting heart rate, and heart rate variability to show when you're ready to take on a tough workout or prioritize recovery.³



Image: The Readiness feature on the Pixel Watch 3, providing insights into your body's recovery status.

Balance activity and rest to perform your best.

Cardio load measures how hard your heart works to see if you're under- or overtraining³

Know how much activity is right for today with target cardio load³



❤️ Cardio load

78 • In target

🏃 Readiness

82 • Excellent

Image: The Cardio Load and Readiness features working together to help balance activity and rest.

Wake up to a game plan with Fitbit Morning Brief.

It delivers a summary of your most important health and fitness metrics – like how you slept and your readiness score – to help you plan your day.

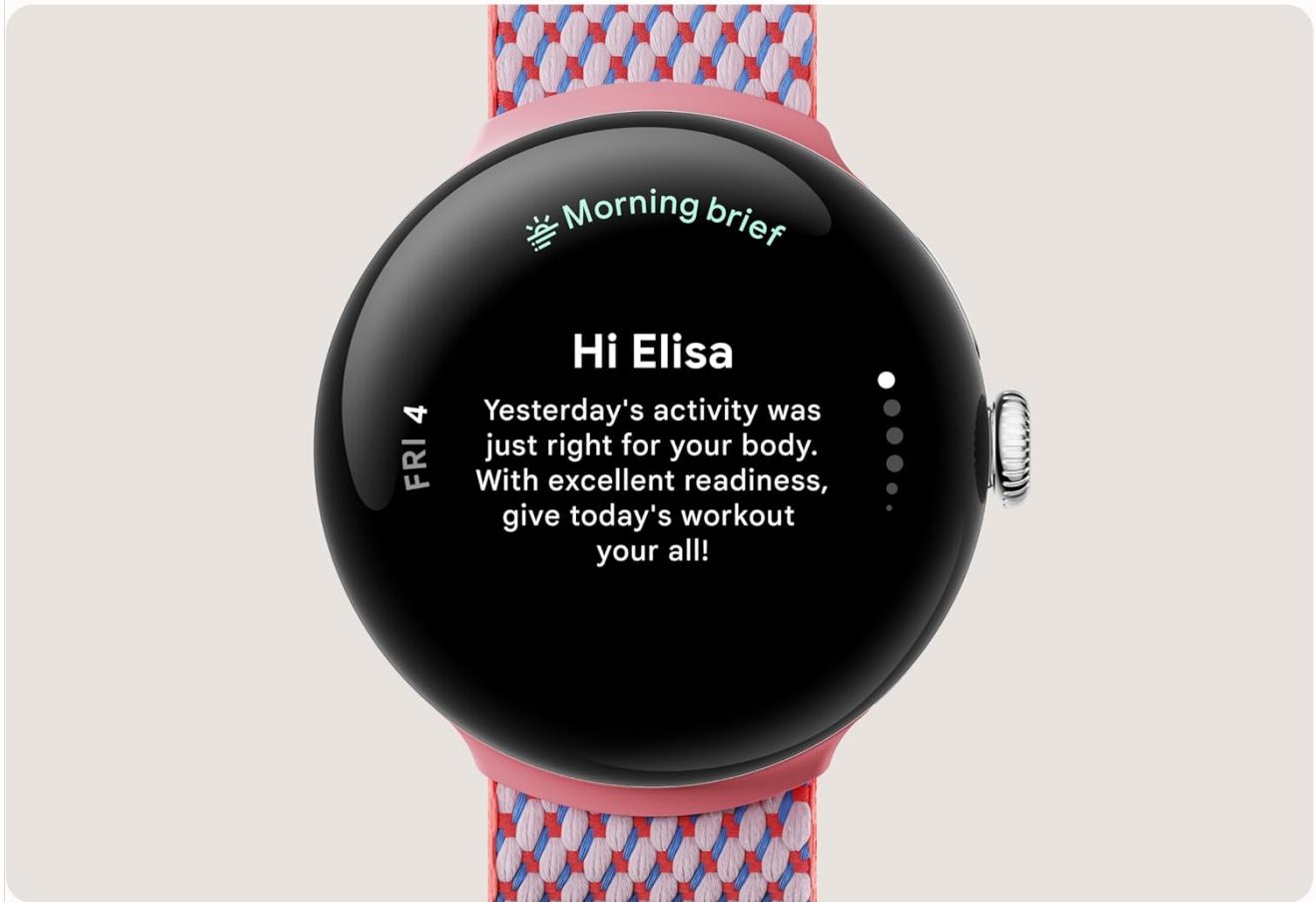


Image: The Fitbit Morning Brief feature on the Pixel Watch 3, summarizing daily health and fitness metrics.

Connectivity

The LTE model of the Google Pixel Watch 3 allows for cellular connectivity, enabling calls, texts, and data usage directly from your watch, even when your phone is not nearby. It also supports Bluetooth and Wi-Fi for seamless connection to your smartphone and networks. Built-in GPS provides accurate location tracking for outdoor activities.

Google Services Integration

Access various Google services directly from your wrist:

- **Google Assistant:** Use voice commands for tasks, questions, and smart home control.
- **Google Wallet:** Make contactless payments.
- **Google Maps:** Get turn-by-turn directions, even offline.
- **Camera Control:** Use your watch as a remote shutter for your Pixel phone camera.
- **Nest Cam/Doorbell:** View live feeds from your Nest devices.

Help from Google, always at hand.

Use your watch to control your Pixel Camera, and easily switch between photo and video^{9,12}

Check out the live feed from your Nest Cam or Nest Doorbell^{9,10}

Access Maps offline and use Wallet for payments, transit, access, and more⁶



Image: Examples of Google services integration on the Pixel Watch 3, including camera control and Nest Cam viewing.

MAINTENANCE

Cleaning Your Watch

To maintain the appearance and functionality of your Pixel Watch 3, clean it regularly. Use a soft, lint-free cloth to wipe the screen and case. For the silicone band, you can use mild soap and water, then rinse thoroughly and dry completely before reattaching to the watch. Avoid harsh chemicals or abrasive materials.

Water Resistance

The Google Pixel Watch 3 is water-resistant up to 50 meters. This means it can be used for shallow-water activities like swimming in a pool or ocean. It is not suitable for scuba diving, waterskiing, or other activities involving high-velocity water or submersion below shallow depths. After exposure to water, especially saltwater, rinse the watch with fresh water and dry it thoroughly.

Battery Care

To prolong battery life, avoid exposing your watch to extreme temperatures. Charge the watch using only the provided charging cable. While the watch supports fast charging, frequent full discharges and recharges can impact

long-term battery health. For optimal performance, aim to keep the battery level between 20% and 80% when possible.

TROUBLESHOOTING

Common Issues and Solutions

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Difficulty pairing:** Ensure Bluetooth is enabled on your phone and the Pixel Watch app is installed. Restart both your phone and watch, then try pairing again.
- **Connectivity issues (Bluetooth/Wi-Fi/LTE):** Check your phone's network settings and ensure the watch is within range of your phone or a known Wi-Fi network. For LTE, confirm your cellular plan is active and properly configured.
- **Apps not responding:** Try restarting the watch. If the issue persists, ensure all apps are updated to their latest versions.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, but not too tight. Clean the sensors on the back of the watch.

Factory Reset Protection

If you acquire a renewed or pre-owned Pixel Watch 3, ensure that the previous owner has properly unlinked their Google account from the device. Failure to do so may result in the watch being locked by Factory Reset Protection (FRP), rendering it unusable until the original account is removed. If you encounter this issue, contact the seller or Google Support.

SPECIFICATIONS

Model Name	Google Pixel Watch 3 45mm
Model Number	B0FD341VS6
Operating System	Android
Screen Size	45 Millimeters
Display Type	AMOLED
Resolution	390 x 390
Memory Storage Capacity	32 GB
Battery Capacity	340 Milliamp Hours
Battery Average Life	24 Hours (with always-on display)
Connectivity Technology	LTE, Bluetooth, Wi-Fi
GPS	Built-in GPS

Water Resistance Level	Waterproof (50 Meters)
Band Material Type	Silicone
Sensors/Features	Sleep Monitor, Email, Accelerometer, Body Temperature Monitor, ECG, Activity Tracker, Always On Display, Calorie Tracker, Stress Tracking, Contactless Payments, Fall Detection, Heart Rate Monitor
Compatible Devices	Android smartphones

WARRANTY INFORMATION

The Google Pixel Watch 3 (renewed) typically comes with a **90-day limited warranty**. This warranty covers defects in materials and workmanship under normal use. Please refer to your purchase documentation or contact the seller for specific terms and conditions of your warranty. This warranty does not cover damage caused by accidents, misuse, unauthorized repairs, or normal wear and tear.

SUPPORT

For further assistance, technical support, or to view frequently asked questions, please visit the official Google Pixel Watch support website. You can also find additional resources and community forums there.

For issues related to a renewed product, it is recommended to first contact the seller from whom you purchased the device.