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OPPO X3

OPPO Watch X3 Smartwatch User Manual

Model: X3

1. Introduction

Welcome to the user manual for your new OPPO Watch X3 Smartwatch. This guide provides essential information on setting up, operating, maintaining, and troubleshooting your device. The OPPO Watch X3 combines advanced technology with a premium design, offering comprehensive health monitoring, precise GPS tracking, and the versatility of Wear OS.



Image: The OPPO Watch X3 Smartwatch featuring a round display and a grey silicone strap.

2. Getting Started

2.1. Package Contents

Ensure all items are present in your product package:

- OPPO Watch X3 Smartwatch
- Charging Cable
- Charging Station

- User Manual (this document)

2.2. Initial Charging

Before first use, fully charge your OPPO Watch X3.

1. Connect the charging cable to the charging station.
2. Plug the charging cable into a compatible USB power adapter (not included) or a USB port.
3. Place your OPPO Watch X3 onto the charging station, ensuring the magnetic contacts align.
4. The watch display will indicate charging status. A full charge may take approximately 2 hours.

The watch features a Lithium Ion battery with an average duration of up to 16 days, depending on usage.

2.3. Pairing with Your Smartphone

The OPPO Watch X3 is compatible with Android devices.

1. Ensure your smartphone is running a compatible version of Android and has Bluetooth enabled.
2. Download and install the official OPPO health or companion app from the Google Play Store on your smartphone.
3. Open the app and follow the on-screen instructions to add a new device.
4. On your OPPO Watch X3, power it on and follow the initial setup prompts to enter pairing mode.
5. Select your OPPO Watch X3 from the list of available devices in the smartphone app to complete the pairing process.
6. Confirm the pairing code displayed on both devices.

3. Operating Your Smartwatch

3.1. Basic Navigation

The OPPO Watch X3 features a 1.5-inch AMOLED touchscreen for intuitive interaction.

- **Swipe Up/Down:** Access notifications or quick settings.
- **Swipe Left/Right:** Navigate through tiles (widgets) like heart rate, weather, or activity goals.
- **Tap:** Select an item or open an application.
- **Press and Hold:** Customize watch faces or access context-sensitive menus.
- **Side Buttons:** Use the physical buttons for power, app drawer access, or customizable shortcuts.

3.2. Wear OS Features

Powered by Wear OS, your smartwatch provides access to a wide range of applications and Google services directly from your wrist.

- **Notifications:** Receive and manage smartphone notifications.
- **Google Assistant:** Use voice commands for various tasks.
- **Google Pay:** Make contactless payments.
- **Google Maps:** Get turn-by-turn navigation.
- **Play Store:** Download additional apps directly to your watch.

3.3. Health and Fitness Tracking

The OPPO Watch X3 offers advanced health monitoring capabilities.

- **ECG:** Perform an electrocardiogram to assess heart rhythm. Follow on-screen instructions for accurate readings.

- **Heart Rate Monitor:** Continuously track your heart rate throughout the day and during workouts.
- **60-Second Health Check:** Quickly measure multiple health metrics simultaneously.
- **Sleep Tracking:** Monitor sleep patterns and quality.
- **Activity Tracking:** Track steps, calories burned, and active minutes.





Image: The OPPO Watch X3 Smartwatch with a sleek metal strap, showcasing its premium design.

3.4. GPS and Sports Modes

With integrated dual GPS, the watch provides accurate location tracking for various outdoor activities.

- **Multi-Sport Tracker:** Select from various sports modes like running, cycling, and swimming to track specific metrics.
- **GPS Tracking:** Record your routes, distance, and pace accurately without needing your phone.

3.5. Special Functions

- **SOS Button:** In an emergency, press and hold the designated button to activate the SOS function, which can alert pre-selected contacts.
- **Fall Detection:** The watch can detect hard falls and, if enabled, automatically contact emergency services or designated contacts if you are unresponsive.

4. Maintenance and Care

4.1. Water Resistance

The OPPO Watch X3 is resistant to water with an IP69 rating and 5ATM certification, allowing it to withstand submersion up to 50 meters.

- Suitable for shallow-water activities like swimming.
- Not suitable for diving, high-speed water sports, or prolonged submersion in hot water.
- Avoid exposing the watch to soap, shampoo, conditioners, lotions, or perfumes, as these can negatively affect water seals and membranes.
- After exposure to water, especially saltwater, rinse the watch with fresh water and dry it thoroughly.

4.2. Cleaning Your Watch

Regular cleaning helps maintain the watch's appearance and functionality.

- Wipe the watch body and strap with a soft, lint-free cloth.
- For stubborn stains, dampen the cloth slightly with water.
- Do not use harsh chemicals, abrasive cleaners, or solvents.
- Ensure the watch is completely dry before charging or prolonged use.

4.3. Battery Care

To maximize battery lifespan:

- Avoid extreme temperatures.
- Do not leave the watch fully discharged for extended periods.

- Use only the provided charging cable and station.

5. Troubleshooting

If you encounter issues with your OPPO Watch X3, try the following steps:

- **Watch Not Turning On:** Ensure the watch is fully charged. Connect it to the charging station and wait a few minutes.
- **Pairing Issues:**
  - Check if Bluetooth is enabled on your smartphone.
  - Ensure the OPPO companion app is updated to the latest version.
  - Restart both your watch and smartphone.
  - Try unpairing and re-pairing the devices.
- **Notifications Not Appearing:**
  - Verify notification permissions for the companion app on your smartphone.
  - Check if "Do Not Disturb" or "Theater Mode" is active on your watch.
  - Ensure the watch is properly connected to your smartphone via Bluetooth.
- **App Issues (e.g., WhatsApp):**
  - Ensure the specific app on your watch is updated via the Google Play Store on the watch.
  - Check for any pending system updates for your watch.
  - If an app is consistently malfunctioning, try uninstalling and reinstalling it on the watch.
- **Inaccurate Health Data:**
  - Ensure the watch is worn snugly on your wrist, not too loose or too tight.
  - Clean the sensors on the back of the watch.
  - For ECG, ensure your fingers are correctly placed as instructed by the watch.
- **Watch Freezing or Unresponsive:** Perform a force restart by pressing and holding the power button until the watch reboots.
- **Factory Reset:** As a last resort, if issues persist, you can perform a factory reset through the watch settings. **Warning:** This will erase all data on your watch.

6. Specifications

Feature	Detail
Model Number	X3
Operating System	Wear OS
Display	1.5-inch AMOLED Touchscreen
Battery Life	Up to 16 days (average)
Battery Type	Lithium Ion
Connectivity	Bluetooth, NFC, Wi-Fi

Feature	Detail
GPS	Integrated Dual GPS
Water Resistance	IP69, 5ATM (up to 50 meters)
Materials	Titanium case, Sapphire Crystal display
Dimensions	6.5 x 11 x 11 cm
Weight	250 g
Special Features	SOS Button, Fall Detection, ECG, Heart Rate Monitor, Multi-Sport Tracker
Compatible Devices	Android Smartphones

7. Warranty and Support

7.1. Manufacturer's Warranty

The OPPO Watch X3 comes with a **three-year manufacturer's warranty**. This warranty covers defects in materials and workmanship under normal use. It does not cover damage caused by accidents, misuse, unauthorized modifications, or normal wear and tear. Please retain your proof of purchase for warranty claims.

7.2. Customer Support

For further assistance, technical support, or warranty inquiries, please visit the official OPPO support website or contact their customer service.

- **OPPO Official Website:** www.oppo.com/en/support/
- Refer to the documentation included in your product packaging for region-specific contact information.

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