

**Smart Watch**  
MOSWZ40

# User Manual

Version 1

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# Navigation

The Moto Watch 40 has a LCD touch screen and one side button on the right hand side of the watch.

## Touch Screen Navigation

You can navigate the screen by swiping up, down, left and right. The watch will display the watch face by default.

- Swipe down from watch face to view battery level and access quick setting screen
- Swipe up from watch face to notifications
- Swipe left and/or right to access various app widgets: steps/distance/calories burnt, SpO2, heart rate, sleep data, weather, breathing exercise, music control, and menu

## Button Navigation

- Long press the button (more than 3 seconds) when the watch is off - turn on the watch
- Long press the button (more than 3 seconds) when watch is on - trigger turn off prompt screen for turning off the watch
- Short press the button when watch is on but screen is off - turn the screen back on
- Short press the button during an activity - trigger pause activity prompt screen for pausing the current activity

# Wrist Placement and Charging

## Every-day wear

Wear your watch with at least one fingers' width below your wrist bone to ensure that the optical heart rate sensor can monitor correctly during daily wear. The back of the watch should maintain contact with your wrist and no light should escape the sensor.

## During activity

Ensure the watch is at least two fingers' width below your wrist bone. The watch should be slightly tighter than daily wear to prevent movement during activity but not too tight to reduce blood flow.

## Charging

To charge your Moto Watch 40:

- Attach the USB end of the included charger into a computer or charging brick
- Remove the watch and ensure the back of the watch is dry and clear of any debris
- Bring the POGO pin end of the charger near the metal pins on the back of the watch
- Magnets in the charger and watch will align the charger the correct way on the watch and begin charging. The watch will vibrate and show the current charge level while charging

# Watch functions

## Change the watch face

### 1. From the watch face

You can change the watch face style by long pressing the touch screen while viewing the watch face. Once the watch vibrates and shows a zoomed out view of the watch face you can swipe left and right to change the style. Once a style is selected, tap the watch face to apply it.

### 2. From the watch settings

You can change the watch face from the watch settings. From the watch face, swipe down to view the quick settings, tap on the settings icon. From settings select “Dial”, the watch should vibrate and show a zoomed out view of the watch face. Swipe left and right to change the style. Once a style is selected, tap the watch face to apply it.

## DND (Do Not Disturb) mode

DND mode will stop the watch from alerting when a new phone call or push notification is received. To enable DND mode:

1. Swipe down from the watch face to go to quick settings
2. Tap on the DND icon
3. The icon will turn white to indicate DND mode is enabled
4. Tap the DND icon again to turn off DND mode

## Pairing your Watch to your phone

The Moto Watch 40 is expected to work with mobile phone APP (APP name: Moto Watch Lite) for best user experience and fully control your Moto Watch 40. Most of the operations are performed on the APP side and mobile phone side. To enable pair your watch to mobile phone:

1. Open the Moto Watch Lite APP on your mobile phone (either Android or iOS).
2. The APP can be searched and/or downloaded by scanning the QR code as shown.
3. Ensure the Bluetooth is enabled in your mobile phone.
4. In the Moto Watch Lite APP, click “Add watch” to add your watch.
5. Then select “Moto Watch 40” as the correct watch model.
6. A list of nearby watches are shown in the APP, and the watch IDs should be in format “Moto Watch 40-XXXX”, the last four digits are the last four digits of the watch’s MAC.
7. On the watch side, swipe down to view the “Quick Setting”, tap on the “Setting” icon, and then click “About”, you should be able to see the last four digits.
8. Select the right watch with the right ID and follow the process.
9. In the last step, “Pairing success” message will be shown



# Notifications

## Setting up notifications

The Moto Watch 40 is able to receive, view and clear notifications and phone calls that come in through the connected mobile phone. To enable notifications on your watch:

- Ensure Bluetooth is enabled on your connected phone.
- Open the “Moto Watch Lite” on your phone and tap on the profile icon in the top left
- Select the paired Moto Watch in the side menu under “My Devices”
- Select “**Phone Permissions**” from the device menu
- Enable the toggles for the notifications you want to receive on your Moto Watch.
- If you have not provided the Moto Watch permission to view and access your phone notifications you will be asked to do so now.

## View notifications

When the Moto Watch receives a notification from the connected mobile device the watch vibrates and automatically displays the notification content on the watch screen for 10 seconds. You can swipe from left to right, or short press the physical button or wait for the display to turn off to hide the notification and save it for later. You can view all notifications any time later (except during an activity) by swiping up from the watch face. Tapping on a notification will show the complete notification text and details. Swiping from left to right will go back to the notification list.

## Clearing notifications

The Moto Watch can save up to 10 recent notifications. After this limit is exceeded, the oldest notification will be deleted every time a new one is received. You can manually clear a notification by tapping on it and swiping from left to right.

# Applications

## Status

The status view provides a quick view of your wellness stats. The first page will show steps, calories and distance for the day.

## Heart Rate

The Moto Watch 40 will continually track heart rate throughout the day, during activities and while sleeping. Swiping to the heart rate widget will show a heart rate graph in the center, current heart rate at the top and the days high and low heart rates at the bottom.

## Sleep

The Moto Watch 40 will automatically track sleep as long as you wear the watch while sleeping. Sleep tracking will only track sleep at the time set in Moto Watch Lite APP, the default sleep duration is between 00:00 (12am) and 08:00 (8am). Once you have woken up, the watch will calculate your sleep patterns and show your sleep stages on the sleep widget. This may take up to 1 hour to populate.

## Breath

The Moto Watch 40 has a breathing exercise function on the breath widget. There are three modes of breathing exercise: Fast, Smooth and Slow. Users can even select the exercise duration as 1 up 5 minutes (whole minute).

## Weather

Weather for your current location is displayed on the weather widget. The Moto Watch must have a connection to a mobile device with internet access and the Moto Watch app must be granted location permission to receive weather on the watch.

## Music control

The Moto Watch 40 can also act as a remote control for music or media playing on the connected mobile phone. Once media is playing on the connected mobile device, the music widget will show the media controls for play/pause, previous and next. If the Moto Watch does not show active media from the connected mobile device ensure that bluetooth is enabled on the connected device and there is an active media notification on the connected mobile device.

## Additional functions: Stopwatch and timer

There are stopwatch and timer functions in Moto Watch 40. In the menu widget, clicking “Function” will show a sub-menu with “Stopwatch” and “Timer”.

In the stopwatch widget, you can simply click “Play” to start or resume the stopwatch function, click “Pause” to pause the stopwatch and click “Reset” during pause to reset the stopwatch.

In the timer widget, you can choose 1, 3, 5, 10, 15, 20, 30 or 60 minutes to count down by simply clicking the number icons; or you can click “+” icon to customize a timer with time you desired and then click the “Play” icon to start your timer.

# Settings

## Watch Face

The watch face settings offer the following options:

- Five pre-built Motorola style watch faces.
- One user-custom watch face.
- Remark: User custom watch face only appears after user has uploaded his/her
- custom watch face through Moto Watch Lite APP.
- By swiping left or right, users can select among the watch faces, and then just tap once on the desired watch face for confirming the selection.

## Display Brightness

The Display brightness settings offer 20%, 40%, 60%, 80% and 100% steps for users to set the brightness of the display. By simply tapping the “+” or “-” icon, users can change the brightness.

## System

The system settings offer the following options:

- Restart - this option will turn the Moto Watch off and then back on.
- Shutdown - this option will turn off the Moto Watch. To turn the Moto Watch back on, hold the top physical button until it vibrates and turns on or plug the watch in using the included adapter.
- Factory Reset - this option will reset the Moto Watch to factory settings. This is not reversible and will delete any data on the watch that was not uploaded to the Moto Watch app and will unpair the watch from the connected device.

# Activity Tracking

The Moto Watch 40 is capable of tracking various activities both indoor and outdoor. It uses advanced PPG and motion sensors to accurately track movement, physical excursion and more. To define, Moto Watch 40 offers 23 different activities for tracking.

In the menu widget, choosing “Activity” and then choosing one of the twenty three activity modes offered will start a short timer for a 3 seconds count-down. After the 3 seconds count-down, the selected activity will start and be tracked.

The watch is now tracking the activity. There is a stopwatch showing at top of the screen and there will be data to show for your activity.

Taking “Outdoor running” as an example, Steps, Calories, Distance, Heart rate and Pace (min/km) are the data that will show to the user together with the stopwatch time. The data is real-time. Data may not be shown in just a single screen, by tapping the “Down” or “Up” arrow icon can switch pages to view the data and stopwatch.

**Remark: there are two extra activities offered in Moto Watch Lite APP, which are Running (mobile) and Cycling (mobile). They have to be set in Moto Watch Lite APP on mobile.**

## Pause, resume and end activities

During an activity, pressing the physical button or swiping left on the screen can pause the activity. During activity pause, pressing the “Play” icon to resume the activity.

From the activity pause, pressing the “Stop” icon to stop and end the activity. In case the activity is too short or data collected from activity is too little, the watch will prompt “Insufficient data collected”. Pressing “Yes” to stop and end the activity or “No” to resume and continue the activity.

Upon finishing the activity, the data of the completed activity will show on the watch screen again for review. In the data screen, swiping left on the data screen will return to the activity menu, or pressing the physical button will return to the menu widget.

## Activity history

The Moto Watch 40 will synchronize the activity data stored on its regular sync with the Moto Watch Lite APP. Activity logs can be viewed in the “Health data” tag of Moto Watch Lite APP if the data is sync to the APP.

**Remark: data will not be shown in APP if the watch is factory reset before data synchronization.**

## Care & maintenance

- Please clean the watch and strap periodically with clean water and then use a dry soft cloth to dry up the watch.
- Please DO NOT use shampoo, soaps and other chemicals to wipe the dirt in avoidance of irritating skin or corrosion of the watch.
- Please wipe your wrist and watch with a dry cloth or tissue after workout. Sweat may interfere and cause inaccuracy.
- Remove the watch when taking a hot shower or trip to the sauna, since too much steam can affect the seal and impact future water resistance.

# Legal

## Copyright & Trademarks

Copyright & trademarks Motorola Mobility LLC  
222 W. Merchandise Mart Plaza  
16th Floor  
Chicago, IL 60654  
USA

[www.motowatch.com](http://www.motowatch.com)

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All features, functionality and other product specifications, as well as the information contained in this guide, are based upon the latest available information and believed to be accurate at the time of printing. Motorola reserves the right to change or modify any information or specifications without notice or obligation.

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Caution: Motorola does not take responsibility for changes/modification to the transceiver.

Product ID: Moto Watch 40

Manual number:

## Regulatory Information

### Electronic Label

Your watch uses an electronic label that provides some regulatory information about the device. To see the electronic label, tap the watch screen, press the top physical button, go to “Settings”, “About”

### Radio Frequency (RF) Energy

**Exposure to RF Energy & Device Operation** Your watch contains a transmitter and receiver of RF energy. It is designed to comply with regulatory requirements concerning human RF exposure. For optimal device performance, and to stay within the RF exposure guidelines, wear your watch as indicated in your user’s guide.

**Follow Instructions to Avoid Interference Problems** Turn off your watch in any location where posted notices instruct you to do so, such as hospitals or health care facilities. In an aircraft, turn off your watch whenever instructed to do so by airline staff. If your watch offers an airplane mode or similar feature, consult airline staff about using it in flight.

# Medical Precautions

## Medical Devices

If you use an implantable pacemaker or defibrillator, or another medical device, consult your healthcare provider and the device manufacturer's directions before using this watch.

Persons with a pacemaker or defibrillator should observe the following precautions:

- ALWAYS keep the watch more than 20 centimeters (8 inches) from the pacemaker or defibrillator when the watch is turned ON.
- Turn OFF the watch immediately if you have any reason to suspect that interference is taking place.

## Battery Safety

The battery is not intended for user replacement, do not replace the battery by yourself. Battery related operations must be performed by the manufacturer or the manufacturer's authorized service provider.

Do not place the battery or the device under direct sunlight, close to open flames, heat, microwave ovens, ovens, etc.

Avoid dropping or piercing the device or battery as such damage can cause battery leakage, overheating, igniting or exploding.

If the battery leaks, prevent your skin or eyes from the leakage. If your skin or eyes have been exposed to the leakage, rinse immediately with clean water and go to the hospital for medical treatment.

Please use the manufacturer's approved charging accessories for charging. Using incompatible accessories may cause fire, explosion or scalding.

Keep the charger, charging cable and device in a dry environment while charging.

Do not touch the charger or device with wet hands, and ensure that the charger is not exposed to rain or liquid. A wet environment can cause an electric shock or short circuit, which may lead to dangerous fire, explosion or scald

Whenever the device becomes extremely hot, immediately remove the watch, turn off the power, and contact the manufacturer's after-sales service personnel for assistance to prevent scald or battery explosion.

## Operating Environment

The Maximum operating temperature of the device is between 0° C and 45° C, but it is recommended that the user's suitable operation temperature is between 5 ° C and 35 ° C to ensure the best user experience.

The device should be stored between -20 ° C and 45 ° C. If the storage temperature or operating temperature is beyond the range, the watch may be damaged and the battery life will be shortened.

Do not use or store this device near flammable or explosive equipment.

A cautionary note on water resistance:

The Moto Watch 40 is IP67 Water Resistant. This means the watch is complete protection against dust over extended time and protection against contact with objects greater than 1mm in diameter, such as a wire or a small tool. At the same time, the watch is also protected against short periods of immersion in water while under pressure between 15cm and 1m. The watch is not intended for high-impact water sports, diving, or extreme water pressure. Please note that components such as the touch screen may not function correctly when exposed to water, especially when in contact for prolonged periods of time. Likewise, leather bands should be kept dry at most times to prevent structural damage and deformation. Before charging, always ensure the watch is dry. If the watch has been in contact with saltwater or sweat, rinse it thoroughly and dry to avoid damage.

## Limited Warranty

The Warranty Period for moto watches purchased from motorola is 1 year from the date of purchase.

To obtain service or information, please email to [support@motowatch.com](mailto:support@motowatch.com)

You will receive instructions on how to ship the Products or Accessories at your expense and risk, to an eBuyNow Authorized Repair Center.

To obtain service, you must include:

1. The Product or Accessory;
2. The original proof of purchase (receipt) which includes the date, place and seller of the Product;
3. If a warranty card was included in your box, a completed warranty card showing the serial number of the Product;
4. A written description of the problem; and, most importantly; your address and telephone number.

These Terms and Conditions constitute the complete warranty agreement between you and eBuyNow regarding the Products or Accessories purchased by you, and supersede any prior agreement or representations, including representations made in any literature publications or promotional materials issued by eBuyNow or representations made by any agent employee or staff of eBuyNow, that may have been made in connection with the said purchase.

### FCC Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
  - Increase the separation between the equipment and receiver.
  - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
  - Consult the dealer or an experienced radio/TV technician for help
- This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

### IC Statement

This device complies with Industry Canada's licence-exempt RSSs.

Operation is subject to the following two conditions:

- (1) This device may not cause interference; and
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

The term "IC: " before the certification/registration number only signifies that the Industry Canada technical specifications were met. This product meets the applicable Industry Canada technical specifications.

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