

 **moto** 360



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At a glance

First look

Your new Moto 360 (3rd Gen.) watch keeps you up to date without taking you out of the moment. Glance at your wrist to see updates. Say “OK Google” to ask a question or start a voice command. At night, place your watch on the charging dock that doubles as a desk clock.



This product meets the applicable national or international RF exposure guidance (SAR guideline) when used normally as worn on the body. The SAR guideline includes a considerable safety margin designed to assure the safety of all persons, regardless of age and health.

Quick start

When you're up and running, be sure to explore what your watch can do.

- **One watch, many faces:** Change the entire look of your watch with a few screen touches. See “**Change watch faces**”.
- **Notifications:** See information you need to know, when you need it. See “**Notifications**”.
- **Voice commands:** Just tell your watch what you need. You may be surprised how many things Google™ can

do to help you manage your busy day. See “**Google Assistant**”.

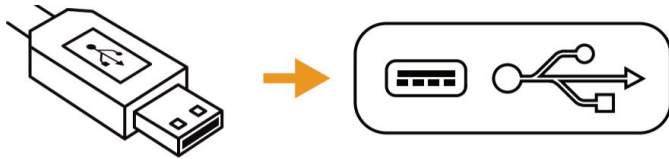
- **Stay fit:** Check your activity and heart rate. See “**Google Fit**”.

Water resistance note: This device is 3ATM water resistant and in addition has been tested for casual swimming. The device is not intended for diving or engaging in high impact underwater activities. Avoid prolonged exposure to water, and/or exposure of leather band to water.

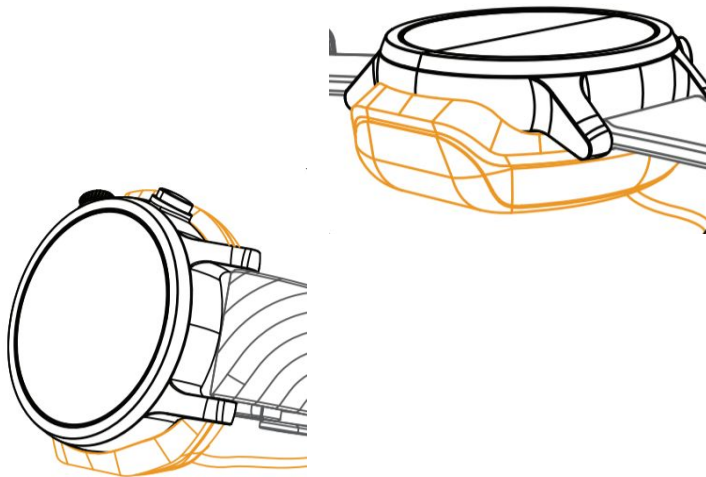
Charge up

Before using your Moto 360 (3rd Gen.) for the first time, remove the plastic cling from the back of the watch and charge it for two hours or until the charge level indicator on the watch screen shows 100%.

1. Plug the Motorola Charging Dock (3rd Gen.) into a computer or USB-A power brick.



2. Place your watch on the charging dock with the watch buttons lining up with the top of the Motorola logo on the charging dock. The charger works both lying flat and standing up at an angle for easy viewing.



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3. Use the charge level indicator to determine when your watch is fully charged.


Start

Download & pair

Pairing your watch with your phone is quick and easy.

1. If you have an Android phone, download the Wear OS by Google app from Google Play™. If you have an Apple iPhone device, download the Wear OS by Google app from the Apple App Store.
2. Open the Wear OS by Google app on your phone and follow the prompts to pair your phone and watch over a Bluetooth® connection.

3. You can also stay connected over Wi-Fi when you leave your phone in another room or at work. To turn Wi-Fi on or off, swipe down on the watch face, then tap

 **Settings > Wi-Fi settings.**

4. Turn on watch notifications so your phone can send updates to your watch. You can turn Wear OS notifications on or off at any time on the phone's **Settings** menu.

Tip: To learn more about the Wear OS by Google app, see **“Wear OS by Google”**.

Wear OS by Google



Start Setup





Don't have a watch?

[Explore Wear OS by Google](#)








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Power on & off


Tips & tricks

- **Trusted device*:** When you pair your watch with your phone for the first time, the phone may ask if you want to set your watch as a trusted device. If you agree, your phone will remain unlocked when the watch is within range and connected to the phone.*
Note: You need to set a screen lock on your phone and set your watch as a trusted device. Corporate security policies installed on your phone may prevent you from using this feature.
Tip: To manually set your watch as a trusted device, on your phone tap **Apps > Settings > Security > Smart Lock > Trusted devices**.
- **Quickly dim the watch screen:** Press your palm onto the screen until it vibrates. To turn on the screen, press the power button or tap the screen.
- **Battery charge level:** To see the battery charge level, drag down from the top to the middle of the watch screen.
- **Status indicators:** Status indicators on the watch screen show when watch notifications are turned off , when the connection to your phone is lost , when GPS location tracking is turned on , or when the watch is in airplane mode .
- **Voice commands:** Hold the crown button until you feel a vibration to start using voice commands. See “**Google Assistant**” for more details
- **Adjust notifications:** To adjust notification settings, swipe down from the top of the watch face. From there, swipe left to activate **Theater mode** (screen and notifications off).

Keep swiping left to boost screen brightness or open the **Settings** menu.

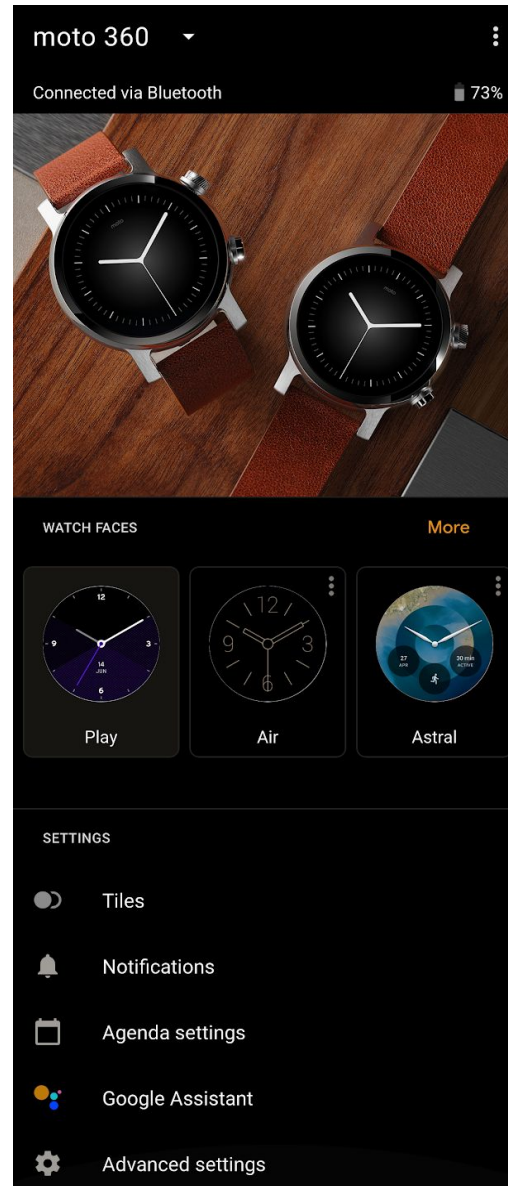
- **Screen brightness:** To change the screen brightness, swipe down on the watch face, then tap  > **Display** > **Adjust brightness**.
- **Text Size:** To increase or decrease the size of the text you see on your watch, swipe down on the watch face, then tap  > **Display** > **Font size**.
- **Hands-free scrolling:** To turn on/off hands-free scrolling for watch notifications, swipe down on the watch face, then tap  > **Gestures** > **Wrist Gestures**. (For more, see “Hands-free scrolling”.)
- **Wi-Fi:** To turn on/off Wi-Fi on your watch, swipe down on the watch face, then tap  > **Connectivity** > **Wi-Fi settings**. (For more, see “Download & pair”.)
- **Bluetooth devices:** To link your watch with another Bluetooth device, swipe down on the watch face, then tap  > **Connectivity** > **Bluetooth devices**.
- **Always-on screen:** This feature keeps the watch screen dimly illuminated when not in use. It also keeps always-on apps (like maps and fitness) running in ambient mode to optimize battery life. To turn on, swipe down on the watch face, then tap  > **Display** > **Always-on screen**.
Note: To conserve battery life between charges, turn off this feature when you don't need it.
- **Wrist gestures:** To activate wrist gestures for hands-free scrolling, swipe down on the watch face, then tap  > **Gestures** > **Wrist gestures**. (For more information, see “Hands-free scrolling”.)

- **Airplane mode:** swipe down on the watch face, then tap  to enter airplane mode.
- **Location:** To activate GPS location and tracking features on your watch, swipe down on the watch face, then tap  > **Connectivity** > **Location**.
- **Accessibility:** To adjust accessibility settings on your watch, swipe down on the watch face, then tap  > **Accessibility**.
- **Restart:** swipe down on the watch face, then tap  > **System** > **Restart**.
- **Factory reset:** swipe down on the watch face, then tap  > **System** > **Factory reset**. Use this feature to clear all settings and information about the current paired phone, so you can pair your watch with a different phone. **Warning:** When you reset your watch to its factory settings, all your user data and downloaded apps stored on the watch will be erased. Resetting your watch will not factory reset your phone or tablet.
- **Screen lock:** Set your watch to automatically lock the screen when you remove the watch. swipe down on the watch face, then tap  > **Personalization** > **Screen lock**. Follow the instructions to draw a pattern you'll use to unlock the screen.
- **Customize bottom button:** Choose what app opens when you press the bottom hardware button. swipe down on the watch face, then tap  > **Personalization** > **Customize hardware buttons** > **Bottom right**.
- **Watch info:** To see information about your watch (software version, connection status, system updates, legal

notices, and more), swipe down on the watch face, then tap  > **System** > **About**.

Quick Start: Wear OS by Google

After you've paired your phone and watch (see “**Download & pair**”), use the Wear OS by Google app on your phone to adjust general watch settings.



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Adjust general settings

In the Wear OS by Google phone app, scroll down to the **Settings** section.


- **Tiles:** Add, remove and rearrange what tiles appear when you swipe left on your watch.
Tip: See “**Tiles**” section for more information on Tiles.
- **Notifications:** Stop specific apps from sending notifications to your watch and mute calls and notification alerts on your phone when it’s connected to your watch.
- **Agenda settings:** Show or hide notifications from your phone’s Calendar app and/or the Calendar associated with your Google™ account.
- **Google Assistant:** Discover what your Google Assistant can do and change Assistant settings.
- **Advanced settings:** See “**Advanced Settings**” for details.

Advanced Settings

In the Wear OS by Google phone app, scroll down to **Advanced settings** to change device settings.

- **Always-on screen:** You can keep the watch screen dimly illuminated when not in use. To turn on, tap the switch. Tip: To conserve battery life between charges, turn this setting off when you don’t need it.
- **Tilt to wake screen:** Show the watch screen when you tilt your wrist to look at the watch.
- **Auto-launch media controls:** Open media controls automatically on watch when playback starts from phone.
- **Accounts:** Manage which accounts on your phone are added to your watch.
- **Privacy & Personal Data:** Control whether device can be synced with phone through Wi-Fi and whether device sends diagnostic reports to Google.
- **Watch battery:** See the current battery charge on your watch.
- **Watch storage:** See how much memory storage space is available on your watch and how much memory is being used by your watch apps.
- **Watch app data usage:** View app data usage on the watch.
- **Unpair watch:** Restores watch to factory settings and removes it from the Wear OS by Google app.



Change watch faces

1. Touch and hold the screen to see all your watch faces.
2. Swipe left or right to find the watch face you want.
3. Tap  to customize the new watch face, or just tap the new watch face to select it.



Complications

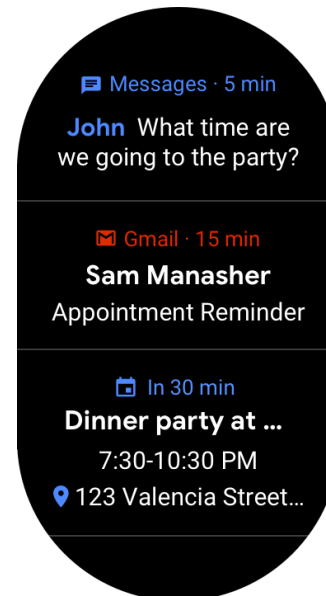
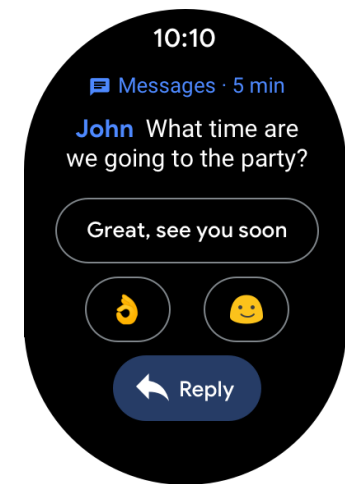
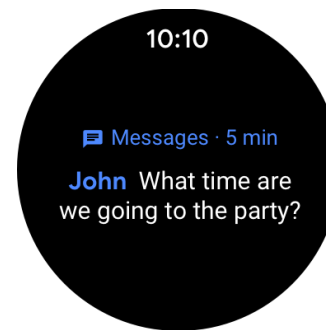
Watch faces feature Complications, which provide important info like weather and your daily steps at a glance. To customize the

Complications, tap  when you select the watch face. From here you can tap a  icon or existing complication icon to change the complications for the watchface.




Notifications

Notifications give you the information you need, when you need it. A slight vibration notifies you of incoming calls, messages, and more. A quick glance shows who's trying to get in touch with you. Tap a notification to see more information and additional actions you can perform such as "Reply" (Android Only). Scroll down from the watchface to see your notification stream. Swipe left or right to dismiss a notification from your watch and phone.



Hands-free scrolling

Flip through watch notifications with a flick of your wrist. To activate/deactivate wrist gestures, swipe down on the watch face, then tap  > **Wrist Gestures**.

To see the next notification: Twist your wrist quickly forward,

then slowly back towards you.



Fast

To return to the previous notification: Twist your wrist slowly forward, then quickly back towards you.







Fast

Manage watch notifications

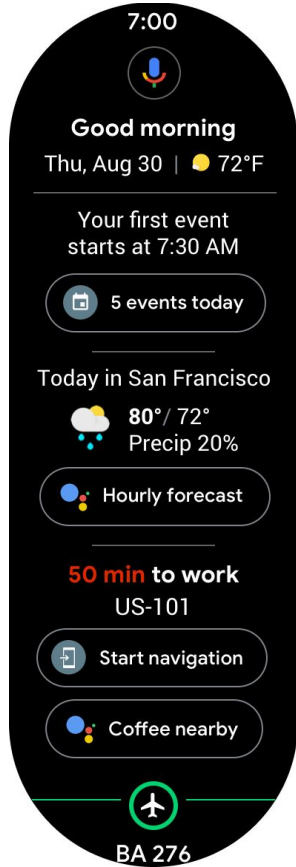
Most notifications on your phone also appear on your watch.

You can manage the notifications that show on your watch.

- **Block notifications from a specific app:** Open a notification card on your watch, then long press on the notification until you see the block notifications option. Toggle the notification category you want to block for the app.
- To **unblock** notifications, swipe down on the watch face, then tap  > **Apps & notifications** > **App notifications** > **Show all** and select the app you'd like to change notifications for.
- **Mute all notifications:** To prevent notifications from lighting the screen or vibrating your watch, swipe down on the watch face, then tap the  icon. A  will appear on your watch face to indicate you are in do not disturb mode.
- **Turn off notifications and display:** To turn off your watch's screen so the display doesn't light up and notifications don't appear, swipe down on the watch face and tap  (Theater Mode). Press the top hardware button to turn display and notifications back on.

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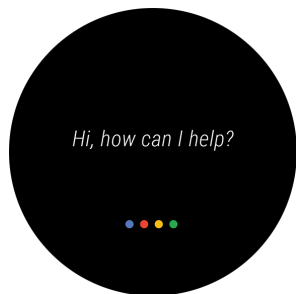
Google Assistant



Proactive Assistant: Swipe right from the watch face to view your proactive assistant. Important information such as upcoming reservations, package arrivals, weather or flight status will appear here. Tapping the mic icon at the top of the screen will also activate the assistant so you can ask a question.

Voice Actions: To ask the Google Assistant a question, simply long press the watch crown until you feel the device vibrate. You will see a black screen with 4 bouncing dots to indicate the assistant is listening.

Tip: You can tap the “What can you do?” button to see the available actions.



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Google Fit

Coaching that fits you

Achieve your fitness goals through customised coaching and actionable tips based on your health and activity history. Google Fit also makes it easy to monitor your progress and track your activity right from your phone or smartwatch.

Google Fit phone app



To get the most out of Google Fit, it is recommended to download the mobile app on your Android or iPhone device. Search for “Google Fit” on either the Android Play Store or the Apple App Store or scan the QR Code here.

Activity goals to improve health



> 74 /100 Move Min >> 23 /20 Heart Pts


8225 steps | 1,876 Cals | 2.2 miles

Move Minutes: When it comes to your health, it's important to move more and sit less. Earn **Move Minutes** for all your activity and get motivated to make small, healthier changes throughout your day, such as taking the stairs instead of the lift, or catching up with a friend over a walk instead of a coffee. **Move Minutes** are shown as a blue ring on the home

screen as well as a numeric value below the ring

Heart Points: You'll earn one **heart point** for each minute of moderately intense activity, such as picking up the pace when walking your dog, and double points for more intense activities such as running. It takes just 30-minutes of brisk walking five days a week to reach the World Health Organization's recommended amount of physical activity shown to reduce the risk of heart disease, improve sleep and increase overall mental well-being. **Heart Points** are shown as a green ring on the home screen as well as a numeric value below the ring.

Connecting other apps: From swimming to strolling, any activity that gets you moving makes an impact on your health. Google Fit works with many of your favourite apps and health devices to give you credit for all your moves and provide a holistic view of your health.



Apple Health: To sync data from your Apple Health to Google Fit, on your iPhone open **Google Fit** > **Profile** >  > **Track your activities with Health**. Enable the fields you'd like to sync across and the data will be populated on your Moto 360 and in the Google Fit app.

Activity Tracking

Moto 360 (Gen 3) includes a built-in GPS and barometric altimeter to let you track all your activities without carrying your phone.

The **Fit Workout** app on your Moto 360 tracks and records your runs, cycling, strength training and other activities. You can review your activity history and details at anytime within the Google Fit mobile or watch app.

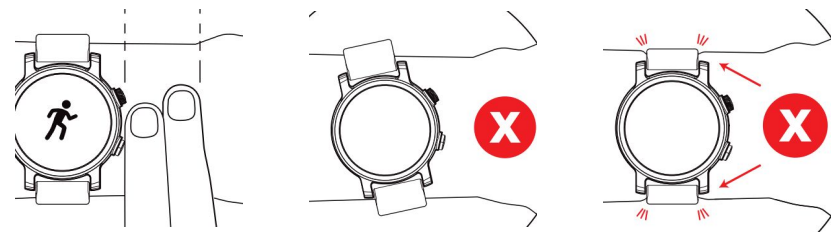
Start an activity

To start an activity, on your watch **tap the crown button** > **Fit Workout** > **Choose your activity** > **Start**. If you choose an outdoor activity, stand still and wait for the  icon at the top to stop blinking and change to a solid  and reads 'GPS acquired'.

Tip: To speed up GPS acquisition ensure you have direct line of site to the sky and are not around any large structures. Removing the watch from your wrist and holding it until GPS is acquired can speed up the process.

Heart Rate Tracking

For the best heart rate tracking it is recommended to wear the included silicone strap. Wear the watch two fingers distance from your wrist bone and make sure the strap is snug but not constricting movement or blood flow.



During your activity



During an activity your watch will show live data fields relevant to the activity you chose. If “**always-on screen**” is enabled (**Settings > Display > Always-on screen**), data fields will continue to show and update when not interacting with the watch but at a slower rate. Use the rotating crown or

swipe up and down on the screen to view additional data fields.

Pause: To quickly pause or unpause the activity, press the bottom hardware button. You can also scroll to the top of the workout and select **Pause activity**.

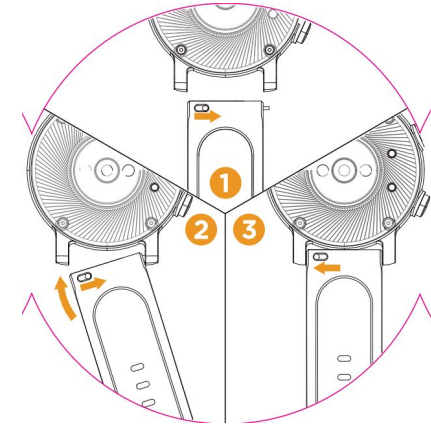
Finish: To finish an activity, scroll to the top and tap **Pause activity** or press the bottom hardware button. Once paused, select **End activity**. When an activity is completed you will see the summary screen, swipe right or press the crown hardware button to return to the watchface. Activities will be synced to the Google Fit mobile app when the Moto 360 connects to the internet.

Changing watch bands

Your Moto 360 (Gen 3) includes 20mm Quick-release bands and are designed to be swapped out easily.

To remove the watch band:

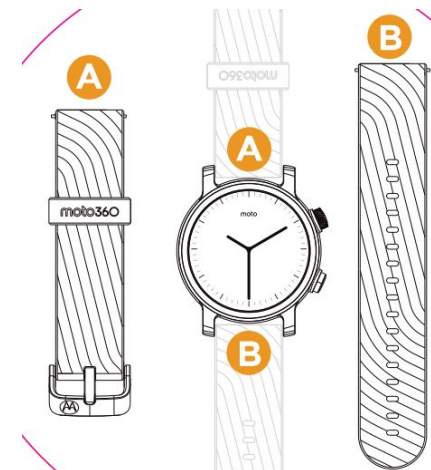
Place your Moto 360 face down on a soft cloth. Slide the metal latch on one band toward the center of the band to release its pin from the watch. Then gently angle the band away from the watch to remove it. Repeat with the other band.



To attach the watch band:

Take one band and insert the pin on the side opposite the latch into the hole in the watch. Slide the latch toward the center of the band and insert its pin into the other hole. Tug gently to ensure the band is secure. Repeat with the other band.

Tip: Make sure the band with the buckle is on the top side of the watch.




Care for the leather watch band

Please note that the leather watch band has been hand treated with several stain coats to give a rich finish. Some wear and transfer of color may be possible. As with many leathers, please use discretion when wearing lighter colored garments. To clean, wipe with a soft, damp cloth. Do not use any polishes or creams. Like most leather products, the watch band must be treated with care. Direct exposure to water is not recommended.

Get Help


There's more help, updates and information right here:

- **Help:** for more info and help with your watch: on your phone, tap **Apps > Wear OS by Google > Menu**  **> Help & Feedback.**
- **Tutorials and updates:** get walk-through tutorials, help, guides, software updates and more at www.moto360.com.
- **Join the conversation:** talk, learn and share with other Moto 360 users in our Facebook community at facebook.com/moto360.
- **News:** get the latest news, apps, tips and tricks, videos and so much more—join us on:

 YouTube™ www.youtube.com/moto360

 Facebook® www.facebook.com/moto360


 Twitter www.twitter.com/moto360

 Instagram [@Moto360](https://www.instagram.com/Moto360)

Unresponsive watch

In the unlikely event that your watch becomes unresponsive, press and hold the power button for 25 seconds to force a power down. Then switch the watch back on as usual (see “**Power on & off**”).

Factory reset

Swipe down on the watch face, then select **Settings**  **> System > Disconnect & reset.**

Use this feature to clear all settings and information about the current paired phone, so you can pair your watch with a different phone.

Warning: when you reset your watch to its factory settings, all your user data and downloaded apps stored on the watch will be deleted. Resetting your watch will not factory reset your phone or tablet.

Updates

When a software update for your watch is available, your watch will notify you that an update is ready to install. Follow the instructions to update your watch software.

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Certain features, services and applications are network-dependent and may not be available in all areas; additional terms, conditions and/or charges may apply. Contact your service provider for details.

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.

Note: the images in this guide are examples only.

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

Product ID: Moto 360 (3rd Gen.)

Manual number:

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Safety, Regulatory, & Legal

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, then scroll down and tap **Settings**

 > **System** > **Regulatory information** .

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 Devices

If you use an implantable pacemaker or defibrillator, or other 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

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 unit.

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.

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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. 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.

Specific Absorption Rate (FCC & IC)

YOUR WATCH MEETS FCC AND IC LIMITS FOR EXPOSURE TO RADIO WAVES.

Your watch is a radio transmitter and receiver intended to be worn on your wrist. It is designed not to exceed the limits for exposure to radio waves (radio frequency electromagnetic fields) adopted by the Federal Communications Commission (FCC) and Industry Canada (IC). These limits include a substantial safety margin designed to assure the safety of all persons, regardless of age and health.

The radio wave exposure guidelines use a unit of measurement known as the Specific Absorption Rate, or SAR. The SAR limit for wrist-worn devices is 4.0 W/kg. Testing is conducted with the device transmitting at its highest certified power level. The highest SAR tested value for your device model is: [INSERT VALUE] W/kg.

European Union Directives Conformance Statement

The following CE compliance information is applicable to eBuyNow products that carry one of the following CE marks:



Hereby, eBuynow declares that this product is in compliance with:

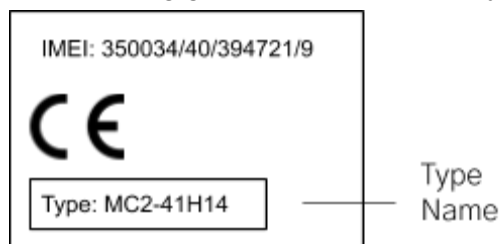
- The essential requirements and other relevant provisions of Directive 1999/5/EC

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- All other relevant EU Directives

For products that support Wi-Fi 802.11a/ac (as defined in your product information): Outside the United States, this device is restricted to indoor use when operating in the 5.15 to 5.25 GHz (802.11a/ac Wi-Fi frequency band).

The following gives an example of a typical Type name:



You can view your product's Declaration of Conformity (DoC) to Directive 1999/5/EC (to R&TTE Directive) at www.motorola.com/rtte (in English only). To find your DoC, enter the Type name from your product's label in the "Search" bar on the website.

FCC Notice to Users

The following statement applies to all products that bear the FCC log and/or FCC ID on the product label.

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. See 47 CFR Sec. 15.105(b). 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 and correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment to 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. See 47 CFR Sec. 15.19(a)(3). Motorola has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment. See 47 CFR Sec. 15.21.

Industry Canada Notice To Users

This device complies with Industry Canada licence-exempt RSS standard(s). 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.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- (1) l'appareil ne doit pas produire de brouillage, et

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(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

See RSS-Gen, Section 8.4. This device complies with ICES-003 requirements for Class B ITE (Information Technology Equipment). CAN ICES-3(B)/NMB-3(B).

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