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Navigation

The Moto Watch 200 has a LCD touch screen and two side buttons.

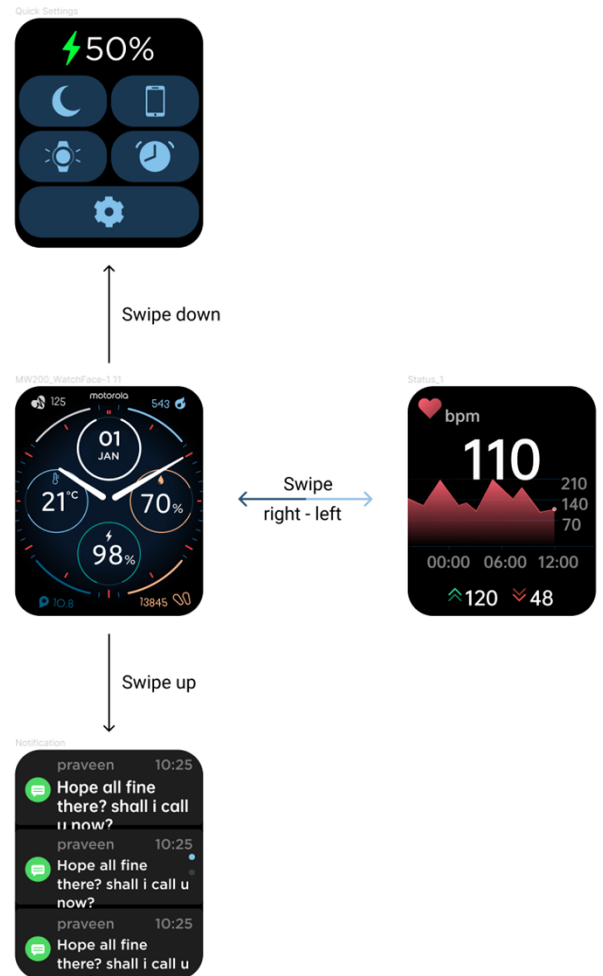
Touch screen navigation

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

- Swipe up from the watch face to view notification history
- Swipe down from the watch face to access quick settings such as DND Mode and view the current watch battery life
- Swipe left and right to view the various app widgets

Button navigation

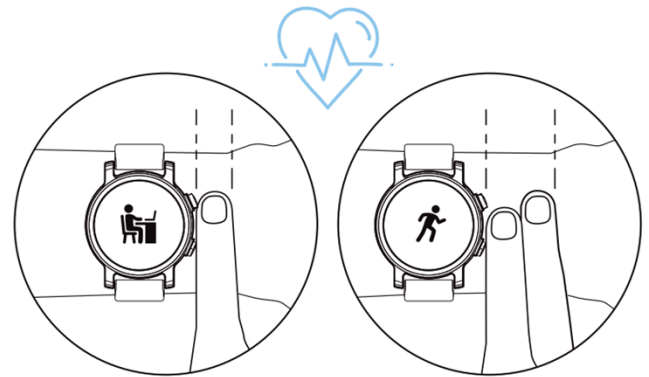
1. Top button
 - a. Long press when watch is off - turn on the watch
 - b. Long press when watch is on - bring up the power menu for restart and power off
 - c. Short press when watch is locked - wake up the watch screen
 - d. Short press from watch face - view the application list
 - e. Short press during an activity - pause or resume activity
 - f. Short press from non activity or watch face - return to watch face
2. Bottom button
 - a. Long press when watch is on - bring up watch details
 - b. Short press - view activity list



Wrist Placement and Charging

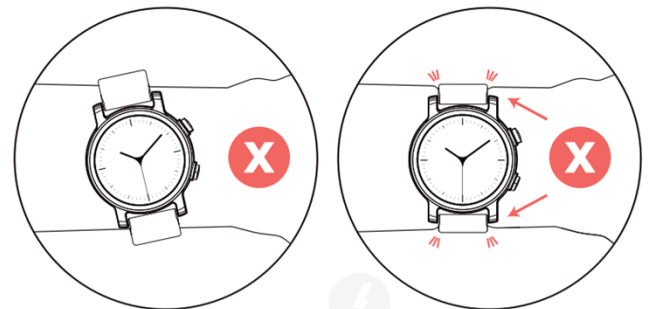
Every-day wear

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

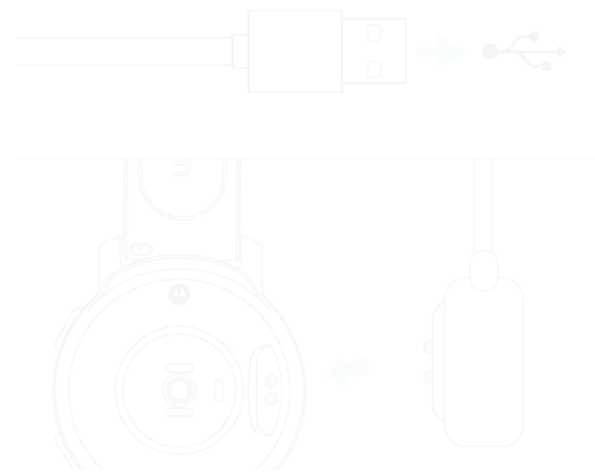
Ensure the watch is at least two fingers' width below your wrist bone. The watch should be slightly tighter than daily wear to prevent movement during activity but not too tight to reduce blood flow.



Charging

To charge your Moto Watch 200:

- 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 up and down 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 cog. From settings select “ Display” and then select “ Style”. Swipe up and down 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.

Notifications

Setting up notifications

The Moto Watch 200 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:

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

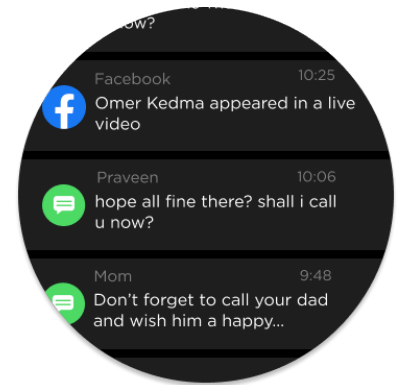
View notifications

When the Moto Watch receives a notification from the connected mobile device it will vibrate and automatically display the notification content. You can swipe from left to right, press the top physical button or wait for the display to turn off to hide the notification and save it for later. You can view all notifications later 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.

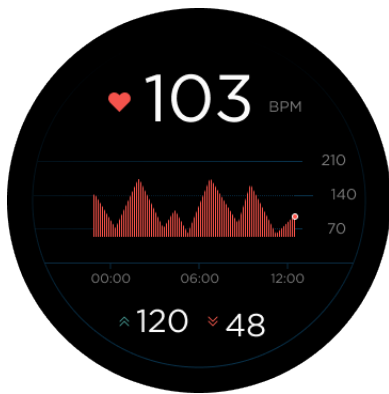
Note: Clearing notifications on your watch will clear them on your mobile device as well.



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. Swiping up will show the second page containing last night's sleep and current heart rate information.

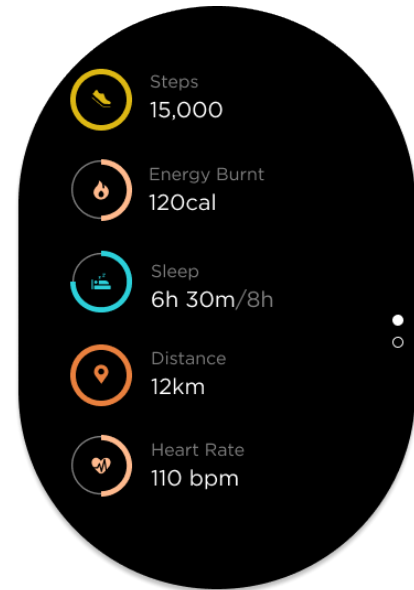


Heart Rate

The Moto Watch 200 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.

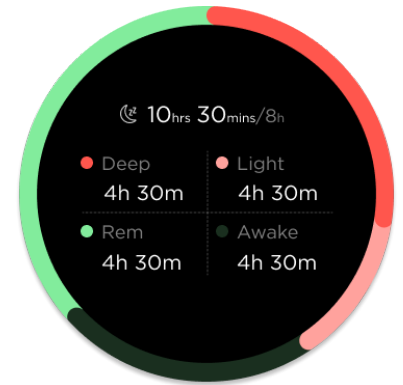
SpO2

The Moto Watch 200 can provide SpO2 (blood oxygen) readings throughout the day. The watch will track SpO2 while you sleep automatically and can do a manual reading by swiping to the SpO2 widget. The manual SpO2 reading requires the watch to be snug and fit similar to when doing an activity. The manual reading may require up to 2 minutes to complete.



Sleep

The Moto Watch 200 will automatically track sleep as long as you wear the watch while sleeping. Sleep tracking will only track sleep that starts and finishes between 20:00 (8pm) and 10:00 (10am). Once you have woken up, the watch will calculate your sleep patterns and show your sleep stages on the sleep widget. This may take upto 1 hour to populate.

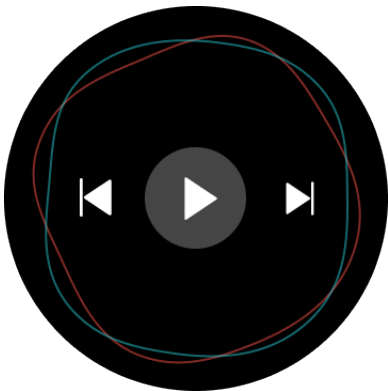


Weather



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. The weather widget will show the current forecast for the day. Swiping up will show the weekly forecast starting with the next three days and swiping from left to right will show the following 3 days'.

Phone media control




The Moto Watch can act as a remote control for 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.



Alarms, timers and stopwatch

Alarms timers and the stopwatch can be accessed from the application menu by pressing the top physical button when on the watch face. From the application menu select “🕒 Alarm”, “🕒 Timer” or “🕒 Stopwatch” respectively to access those features. You can create upto 10 unique alarms and 10 unique timers. Enabled alarms will have a ● green dot beside them while inactive alarms will have a ● grey

dot. Tap on the dot to enable or disable the alarm. Tapping on the  chevron to the right of the alarm or timer will go to the edit screen to remove or change the details.

Settings

Display

The display settings offer the following options:

- Brightness - change the screen brightness between 3 different values. Note: higher brightness values will affect battery life.
- Screen timeout - change how long the display will stay on once you activate. Note: higher values will affect battery life.
- Screen on - Screen on is accessible from the quick settings menu, once enabled it will keep the screen on until it is manually turned off from the quick settings menu or the time indicated in this settings menu elapses. Note: keeping the display on for extended periods will affect battery life.
- Lock screen - When lock screen is enabled, tilting to wake or pressing the physical button will go to a lock screen view to prevent accidental touches. Pressing the physical button when on the lock screen view will go to the watchface.
- Style - change the watch face style.

Time

The time settings offer the following options:

- 12 hour - the Moto Watch will operate in 12 hour format (am/pm)
- 24 hour - the Moto Watch will operate in 24 hour format

Distance

The distance settings offer the following options:

- Kilometers - the Moto Watch will operate in kilometers
- Miles - the Moto Watch will operate in miles

Temperature

The temperature settings offer the following options:

- Celsius - the Moto Watch will operate in celsius
- Fahrenheit - the Moto Watch will operate in fahrenheit

GPS

The GPS settings offer the following options:

- High - during an activity that uses GPS, the Moto Watch will get a GPS update every 1 second.
Note: this feature will use more battery life.
- Normal - during an activity that uses GPS, the Moto Watch will get a GPS update every 5 seconds.

Vibration

The vibration settings offer the following options:

- High - the Moto Watch will use a strong vibration when receiving a notification, alert or update.
- Low - the Moto Watch will use a weaker vibration when receiving a notification, alert or update.
- None - the Moto Watch will not vibration when receiving a notification, alert or update.

Key

This setting will change what the bottom physical button does when pressed. By default this setting goes to “Activities” but can be changed to any of the applications for quick access.

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 is capable of tracking various activities both indoor and outdoor. It uses an advanced PPG, motion and GPS sensors to accurately track movement, physical excursion and more.

Starting an activity

The easiest way to start an activity is to press the bottom physical button from the watch face if it hasn't been set to another shortcut. Activities can also be started by pressing the top physical button from the watch face and tapping "Activities".

From the "Activities" screen tap the desired activity to get the watch ready. The "Ready" screen will be presented, depending on the activity there may be a heart rate and / or GPS icon at the top of the screen. For best results, always wait for the heart rate icon to show your current heart rate and for the GPS icon to show 4 green bars and the text "Positioning" to be replaced with "Tap to start". Tap the middle of the watch screen or press the top physical button to start the activity, the device will vibrate and go to the "Activity Tracking" screen.



Goals

At the bottom of the "Ready" screen is a "Goals" icon. Tapping this will let you set a goal for the activity. Based on the activity, the following goals may be available:

- Speed - set a speed goal and be alerted when above or below the desired speed
- Pace - set a pace goal and be alerted when above or below the desired pace
- Heart rate - set a heart rate goal be alerted when above or below the desired heart rate
- Distance - Set a distance goal and be alerted when the desired distance is reached
- Calories - Set a calorie goal and be alerted when the desired calorie burn is reached
- Time - Set a time goal and be alerted when the desired duration is reached

Pause, resume and end activities

During an activity, press the top physical button to pause the activity. From the pause menu you can press the "Finish" button to end the activity or the "Resume" button to continue the activity. Pressing the top physical button while paused will also resume the activity.

Activity history

The Moto Watch will store the past activities under the "Activity Log". To access the activity log, press the top physical button from the watch face and select "Activity Log". From the activity log you can tap a specific activity to view more detailed information on the activity.

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
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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.

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

Product ID: Moto Watch 200

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 200 is 5ATM Water Resistant. This means you can safely submerge your water down to 50 meters, expose it to rain, splashes and other minor contact with water. 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.

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.

Notices & Statements

European Union Directives Conformance Statement



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

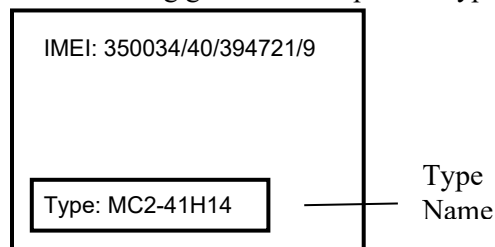
Hereby, eBuyNow declares that this product is in compliance with:

- The essential requirements and other relevant provisions of Directive 1999/5/EC
- 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 RED Directive) at www.motorola.com/rtte (in English only). To find your DoC, enter the Type the name from your product's label in the "Search" bar on the website.

RF parameters

Operating range:

Bluetooth: 2402-2480MHz

GNSS receiver (GPS/GLONASS/BDS): 1559 - 1610MHz

Maximum RF output power (e.i.r.p): 5.88dBm for BT and 4.03dBm for BLE

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 license-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
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-003(B)/NMB-003(B).

Caution: Exposure to Radio Frequency Radiation.

1. To comply with the Canadian RF exposure compliance requirements, this device and its antenna must not be co-located or operating in conjunction with any other antenna or transmitter.
2. During testing, MOSWZ200 are set to their highest transmission levels and placed in positions that stimulate use on the wrist with no separation.

Attention: exposition au rayonnement radiofréquence.