moto watch ultra

user guide

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Contents

01 Get started

- First look
- Power on & off
- Charge up
- Pair & connect
- Set up your watch
- Watch lock & unlock
- Watch input
- Wear your watch
- Crown & Side button
- Navigation
- Watch face
- Quick Settings
- Tiles
- Notifications
- Care for your watch

02 Apps

- App list
- Install & uninstall apps
- Calls & messages
- Media controls
- Camera control
- Motorola Qira
- Tools
- Other apps

03 Fitness & Health

- Daily activities
- Workout
- Health
- Fitness & health data

04 Settings

- Connectivity
- Display
- Gestures
- Modes
- Sound & vibration
- Battery
- Health profile
- Location
- Watch transfer

05 Security & privacy

- Permissions & privacy
- Accounts & backup
- Updates

06 Accessibility

- Vision enhancement
- Hearing enhancement
- Interactions

07 Troubleshooting

- Fix issues
- Find your watch
- Restart or reset
- Free up storage

08 Get more help

- Service & repair
- Copyright & trademarks

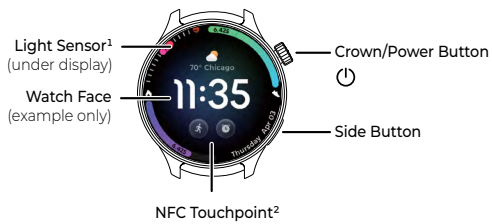
Get started

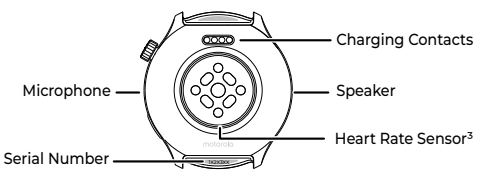
First look | Power on & off | Charge up | Pair & connect | Set up your watch | Watch lock & unlock | Watch input | Wear your watch | Crown & Side button | Navigation | Watch face | Quick Settings | Tiles | Notifications | Care for your watch

First look

We'll guide you through startup and tell you a bit about your watch's features.

Watch at a glance





[1] **Light sensor:** Detects ambient light and automatically adjusts screen brightness.

[2] **Near-field communication (NFC):** Your watch supports NFC (see **Pay with your watch**).

[3] **Heart rate sensor:** The heart rate (photoplethysmography) sensor measures your heart rate and blood oxygen levels.

Warning: Avoid looking directly at the heart rate sensor, which may cause discomfort or temporarily impair vision.

Watch band



» **Attach the band:** Insert one end of the spring bar into the watch lug, slide and hold the quick release pin toward the center, push the band in, then release the pin to lock it.

» **Remove the band:** Slide the pin toward the center to unlock, then angle the band away from the watch.

Power on & off

To turn on your watch, press and hold the Crown/Power button (see **Watch at a glance**). To turn off your watch, press and hold the Crown/Power button for a few seconds, then tap **Power off**.

If your watch becomes unresponsive, press and hold the Crown/Power button and the Side button at the same time until the screen goes dark to restart your watch. For more information on how to restart or reset your watch, see **Restart or reset**.

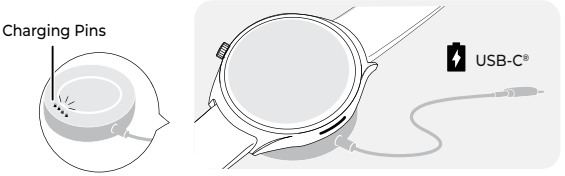
Charge up

Use the magnetic charging pad included in the box to charge your watch.

1 Align the charging pad's pins with the charging contacts on the watch back (see **Watch at a glance**), then place the watch on the charging pad.

Note: Ensure that the charging pins and contacts are fully aligned.

2 Connect the charging pad cable to a USB-C® power supply.



Warning: Do not use a damaged charging cable. Make sure the charging pins and charging contacts are clean and dry.

Pair & connect

You can pair your watch with phones running Android 12 or later and Google Play services version 25 or later.

» To check the Android version on a Motorola phone, swipe up from the home screen and tap **Settings** > Search, then type **Android version**.

» To check the Google Play services version on a Motorola phone, touch and hold **Play Store** > **App info**. The version number is displayed at the bottom of the **App info** screen.

Download & install the watch app

Use your phone to scan the QR code below and download **Moto Watch** from Google Play™ Store. Or get the app at motorola.com/mymotowatch.

Allow app permissions

1 Open **Moto Watch** on your phone.

2 On the **Permissions** screen, enable permissions for **Bluetooth**, **Notifications**, and **Location**.

- **Bluetooth:** Tap **Bluetooth** > **Allow** to let your watch find, connect to, and determine the position of nearby devices.
- **Notifications:** On your phone, go to **Settings** > **Apps** > **Moto Watch** > Menu > **Allow restricted settings**. Then go back to the **Permissions** screen and tap **Notifications** > **Moto Watch** > **Allow notification access** > **Allow**.

  Note: Examples in this guide use Motorola phone screens. The paths for **Allow notification access** may vary by phone. Consult your phone manufacturer for details. For more, visit Learn about restricted settings - Android Help.
- **Location:** Tap **Location** > **Agree** > **While using the app** or **Only this time**, then select **Allow all the time** and ensure **Use precise location** is turned on.

3 After removing the restrictions, return to the **Permissions** screen and tap **Next**.

Pair with your phone

Power on your watch and place it near your phone. When the pairing screen appears on the watch, follow the steps below to pair.



Pairing Screen

1 Open **Moto Watch** on your phone.

2 Tap **Pair a watch**, then select **moto watch ultra**.

Note: When a pop-up requesting access to the watch appears, tap **Allow**.

3 Tap **Pair** when the Bluetooth pairing code on your phone matches the code on your watch.

4 Log in to your Moto and Google Account.

Note: A Moto Account and a Google Account are required for full access during setup.

5 Follow the on-screen instructions to complete setup.

Tip: If you are unable to connect, try restarting or resetting your watch (see **Restart or reset**).

To transfer your watch to a new phone, see **Watch transfer**.

Set up your watch

eSIM & cellular connection

Your watch supports eSIM (embedded SIM). Get texts, alerts, make and receive calls, even when you leave your smartphone behind.

Find it: Swipe down from the watch face and tap Settings > **Connectivity** > **Mobile**.

» **Find the eSIM identification number (EID):** Tap **SIM status**. Your EID will be at the bottom of this menu.

» **Add your watch to a cellular plan:**

1 Tap **Mobile** and confirm that the status is set to **Automatic**.

2 Open **Moto Watch** on your phone.

3 Go to **Watch** > **Watch settings** > **Mobile network** > **Add eSIM**.

Tip: Contact your service provider for activation details.

» **Turn off mobile data:** Tap **Mobile**, select **Off**, then tap Check ✓.

» **Set a data usage limit:** Tap **Data usage**, turn on **Set data limit**, then tap Check ✓. You can customize **Data limit** and **Warning level**, and view **App usage**.

Wi-Fi connection

Your watch supports Wi-Fi networks. As long as your watch's Wi-Fi is on, it will automatically connect to Wi-Fi networks saved on your phone.

To connect to a different Wi-Fi network:

1 Swipe down from the watch face and tap Settings ⚙ > **Connectivity** > **Wi-Fi**.

If Wi-Fi is set to off, turn on the switch.

2 Tap **Add network**.

If it requires a password, tap **Password**. When prompted, enter the password on your watch.

Safety & emergency

Store emergency information on your watch and customize your safety settings.

Safety settings on your phone

1 Open **Moto Watch** on your phone.

2 Go to **Watch** > **Watch settings** > **Safety & emergency**, then turn on **Emergency SOS** and **Fall detection**.

3 Tap an option to customize:

- **Emergency contacts:** Designate your emergency contacts.
- **Primary contact:** Set the default emergency contact.
- **Medical info:** Enter your name, address, allergies, blood type, and other medical information you would like to be available in an emergency.

Safety settings on your watch

Find it: Swipe down from the watch face and tap Settings ⚙ > **Safety & emergency**.

Tap an option to customize:

» **Emergency SOS:** Send an SOS message to your emergency contacts when you press the Crown 5 times.

» **Fall detection:** Automatically call your emergency contact when your watch detects a hard fall.

Watch lock & unlock

Use screen lock to protect the personal data on your watch.

Set a screen lock

Secure your watch with a pattern or PIN and choose the unlock method that works best for you.

Find it: Swipe down from the watch face and tap Settings > **Security** > **Screen lock**.

Select a screen lock and follow the on-screen instructions to set it:

» **Pattern:** Draw a pattern to unlock.

» **PIN:** Enter four digits to unlock.

» **None:** Turn off the screen lock.

Lock & unlock

» **Lock:** To lock your watch, cover the screen with your palm.

» **Unlock:** With the watch screen on, enter the PIN or draw the pattern you've set.

Forgot your watch PIN/pattern?

If you can't remember your watch PIN or unlock pattern, you'll need to reset your watch and set it up again.

1. Ensure you know the Google Account and password associated with the watch. You'll need them during setup after the reset.
2. Reset your watch: Open **Moto Watch** on your phone. Go to **Watch** > **Watch settings** > **System** > **Disconnect & reset** > **Reset**.
3. After the reset is complete, follow steps 1-3 in **Pair with your phone**.
4. When prompted to enter the previous PIN/pattern on your watch, swipe up and tap **Use my Google Account instead**.
5. Complete the account verification process on your phone.

   After verification is complete, you can finish setting up your watch and create a new PIN or unlock pattern.

Watch input

Manage your keyboards and other input methods.

Find it: Swipe down from the watch face to open **Quick Settings** and tap Settings > **System** > **Input methods**.

» **Smart reply:** Turn **Smart reply** on or off. Smart reply suggests quick responses based on the message you receive, allowing you to reply with a tap.

» **Languages in Gboard:** Tap **Gboard** > **Languages**, then tap the language you want to add. You can also customize general settings like keyboard vibration in the menu of Gboard.

» **Keyboards:** Tap **Manage Keyboards**, then turn **Gboard** and **Google Voice Typing** on or off.

Wear your watch

Loosen the band and place the watch on your wrist. Adjust the band until it fits snugly, then fasten it securely.

Warning: Stop using your watch and seek medical advice if you experience skin irritation.

» Make sure the watch fits comfortably on your wrist, with the band neither too loose nor too tight. For more accurate workout tracking, wear the band slightly tighter than usual.

» Avoid wearing the watch while wet for long periods, as this may irritate your skin.

» Remove the watch occasionally to let your skin breathe and allow your wrist to rest.

» You can choose your preferred wrist (left or right) in **Moto Watch** or directly from the watch (see **Display**).

Crown & Side button

Crown/Power button

Choose from these options:

» **Power on or off:** Press and hold the Crown/Power button to turn it on, off, or restart.

» **Make emergency calls:** Press the Crown five times. Or press and hold the Crown, then tap **Emergency SOS** (see **Safety & emergency**).

» **View medical info:** Press and hold the Crown, then tap **Medical info**.

» **Open the app list:** When the watch screen is on, press the Crown once from the watch face to open the app list.

» **Go back to the watch face:** From any screen other than the watch face, press the Crown once to return to the watch face.

» **Open Google Wallet:** Double-press the Crown.

Side button

Choose from these options:

» **View the recent:** Press the Side button to open the list of recent apps. Press again to switch to the most recent app.

» **Launch Google Gemini/Google Assistant:** Press and hold the Side button.

Take a screenshot

Use the Crown and Side button to take a screenshot of your watch screen.

» **Turn on screenshots:** Swipe down from the watch face and tap Settings > **Gestures**, then turn on **Screenshot**.

» **Take a screenshot:** With the watch screen on, press the Crown and Side button simultaneously. The screenshot will be automatically saved to your phone's photo album.

Navigation

Swipe on the watch face to browse different content.

Caution: To prevent damage to watch screen, avoid tapping it with sharp objects or applying excessive pressure.



From the watch face:

» Swipe down or scroll down with the Crown for **Quick Settings**.

» Swipe up or scroll up with the Crown for **Notifications**.

» Swipe left or right for **Tiles**.

Tip: For a navigation tutorial, swipe down from the watch face and tap Settings > **Tips** > **Tutorial**.

Watch face

Customize your watch face to match your style.

Change the watch face on your watch

1 Touch and hold the watch face to enter edit mode.

Tip: To prevent the watch face from changing when you touch and hold the screen, swipe down from the watch face and tap Settings > **Gestures**, then turn off **Touch & hold watch face to change**.

2 Swipe left or right, then tap a watch face to select it.

Or tap Edit to customize the watch face, and turn the Crown to choose a color. Press the Crown once to exit edit mode.

Change the watch face on your phone

Find it: Open **Moto Watch** on your phone, then tap **Watch** > **Watch face**.

» **Choose a new watch face:** Tap the watch face you want. Or tap **Play Store** to find more watch faces. To customize the selected watch face, tap **Customize**.

» **Manage your favorite watch faces:** Tap Edit in the top-right corner.

» **Use your own photo as watch face:**

1 Select the **Photo** watch face, then tap **Customize**.



Photo Watch Face

2 Tap Add to upload an image from your phone, then choose a layout and color.

3 Tap **Save**.

Quick Settings

Check your watch's status and adjust settings from Quick Settings.

Find it: Swipe down from the watch face.

Note: Your watch screen may be different.



To view all Quick Settings, swipe up or down, or turn the crown to scroll through the list.

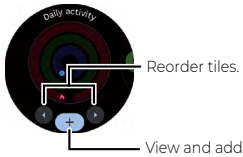
Icons	
Touch lock	Find your phone
Airplane mode	**DND mode** (see Modes)
Flashlight	**Theater mode** (see Modes)
Brightness (see Display)	Battery
Sleep mode (see Modes)	Sound
Settings	

Tiles

Tiles are shortcuts to apps and features on your watch.

Find it: Swipe left or right from the watch face.

» To manage tiles on your watch, touch and hold any tile.



» To manage tiles on your phone, open **Moto Watch** and tap **Watch** > **Tiles**.

- To move a tile, tap and hold the tile, then drag it to the desired location.
- To remove a tile from your watch, tap Remove.
- To add a tile to your watch, tap Add.

Notifications

Notification panel

Check notifications, events, and missed calls in the notification panel.

Find it: Swipe up from the watch face.

» To view the details, tap a notification.

» To delete a notification, swipe on it.

» To clear all notifications, scroll down and tap **Clear all**.

Allow apps to send notifications

Control which apps can send notifications to your watch.

Phone app notifications

Allow notifications from apps on your phone, such as Phone, Messages, or Calendar, to be displayed on your watch.

Find it: Open **Moto Watch** on your phone, then tap **Watch** > **Watch settings** > **Notifications** > **App notifications**.

Watch app notifications

Manage notifications from apps installed on your watch.

Find it: Swipe down from the watch face to open **Quick Settings** and tap Settings > **Apps & notifications** > **Notifications**. Tap **Show all**, select an app, and turn on **Notifications** or customize its notification categories.

Notification preferences

Adjust general notification settings for your watch.

Find it: Open **Moto Watch** on your phone, then tap **Watch** > **Watch settings** > **Notifications**.

You can mute phone call notifications on your phone while wearing the watch, mute watch notifications while actively using your phone, and more. Turn options on or off as needed.

Care for your watch

Dust & water resistance

Tested to IP68 water and dust resistance standards and 5ATM water ratings under controlled laboratory conditions. Withstands immersion in up to 1.5 meters of still, fresh water for up to 30 minutes, and water pressure up to 50 meters deep for up to 10 minutes. Exposure to conditions beyond these ratings are not covered by warranty. Resistance will decrease as a result of normal wear. Do not expose to pressurized water jets or liquids other than fresh water. Do not attempt to charge a wet device. Designed to provide protection against the ingress of solid foreign objects of any size. Not waterproof.

To prevent water damage to your product:

- Dry your product and ports thoroughly with a soft, clean cloth.
- Do not drop, puncture, or scratch your product, as this could damage the water-resistant features.

Clean your watch

- Do not immerse the product in cleaning agents, and do not use cleaning materials that contain bleach or abrasive agents.
- Clean your wrist and band after exercising or sweating.
- Use a soft, dry cloth to gently clean the watch. If necessary, use wipes or cloths moistened with isopropyl alcohol with a concentration of 70% (specific for electro-electronic products) to clean the watch.

Apps

App list | Install & uninstall apps | Calls & messages | Media controls | Camera control | Motorola Qira | Tools | Other apps

App list

The app list displays all apps on your watch. On the app list, select an app to open it.

Find it: Press the Crown once from the watch face.

Note: Available apps may vary depending on the software version.

To change how apps are displayed on your watch, scroll up with the Crown to the bottom of app list, then tap **Grid view** or **List view**.

Install & uninstall apps

Install apps on your watch

1. Press the Crown once from the watch face, then tap **Play Store**.
2. Select a category or tap Search.
3. Select the app you want and tap **Install**.

Install watch apps from your phone

1. Open **Moto Watch** on your phone.
2. Tap **Watch** > **Play store**.
3. Select the app you want and tap **Install**.

Uninstall apps

Uninstall apps you have downloaded.

1. Press the Crown once from the watch face, then touch and hold the app you need to remove.
2. Tap **Uninstall**.

Note: This option is not available for all apps.

Calls & messages

Contacts

Find it: Press the Crown once from the watch face, then tap **Contacts**.

During setup, you can approve access to your phone's contact list by managing the linked Google Account.

Connection requirements

You can make and receive calls, and send and receive text messages from your watch when it has its own cellular service (see **eSIM & cellular connection**) or when it is connected to a phone with cellular service.

Make a call

Find it: Press the Crown once from the watch face, then tap **Phone**.

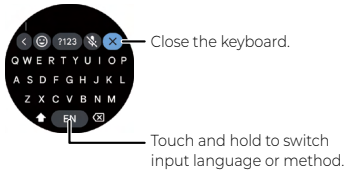
Tap a favorite, a recent contact, or a contact from your **Contacts** list to make a call. Or tap the dialpad, enter a phone number, and then tap Call.

Send a message

Find it: Press the Crown once from the watch face, then tap **Messages**.

1. Tap **Start chat**.
2. Find a contact through any of the following ways:
   - Tap Microphone to say a voice command.
   - Tap Keyboard to search for a contact.
   - Tap Dialpad, then enter a number.
   - Scroll and then tap **Contacts**.
3. Tap the contact or add other contacts, then tap Chat.
4. Tap a prompt to send it directly or draft a message and send:

   Tip: For details on input methods, see **Watch input**.
   - Tap Emoji to attach an emoji.
   - Tap Microphone to transcribe.
   - Tap Keyboard to type in text.



5 Tap Send.

Media controls

Control media playback on your connected phone from your watch or play watch media.

Warning: To prevent possible hearing damage, do not listen at high volume levels for long periods.

Play phone media on your watch

1 Play media on your phone.

2 Press the Crown once from the watch face, then tap **Media Controls**.

Or swipe left or right from your watch face to open the **Media Controls** tile when it is added to the watch (see **Tiles**).



Play watch media

Listen to music on your watch through cellular network or Wi-Fi from apps like **YouTube Music**, or **Install apps on your watch**.

Listen to watch media using earbuds

Connect Bluetooth earbuds to your watch and listen with earbuds.

1 Swipe down from the watch face and tap Settings > **Connectivity** > **Bluetooth**.

2 Ensure your Bluetooth earbuds are in pairing mode.

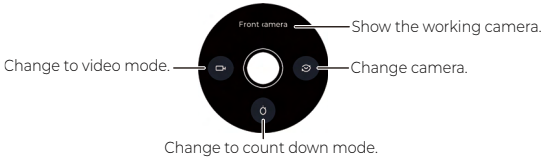
3 Select your earbuds from the list of available devices.

Camera control

Use your watch as a remote camera controller for your phone when the two devices are connected.

1. Aim the phone camera at your subject.
2. On your watch, press the Crown once from the watch face, then tap **Camera Control**.
3. Allow access on your watch.
4. Select a mode and tap Photo to take a photo, or tap Video to start recording.

   Tip: To stop recording, tap Stop.



Motorola Qira

Ask Motorola Qira anything. To use Motorola Qira on your watch, pair the watch with a Motorola phone that supports Motorola Qira.

Notes:

» Moto ID login is required to access all AI services.

» AI-generated results may contain inaccuracies or biases.

Find it: Press the Crown once from the watch face, then tap **Motorola Qira**.

Or raise your wrist when Raise to talk is enabled as a shortcut for Motorola Qira in **Gestures**.

Tip: Your watch glows when Motorola Qira wakes up.



» **Talk with Motorola Qira:** Ask a question, such as “What is my current heart rate?"

» **Customize:** Open **Moto Watch** on your phone. Then tap **Watch** > **Watch settings** > **Motorola Qira**.

Tools

The following apps are useful tools on your watch.

Alarm

Set and manage alarms on your watch.

Find it: Press the Crown once from the watch face, then tap **Alarm**.

» **Set an alarm:** Tap Add, set your alarm time, then tap Check. The alarm will appear in your alarms list.
  - To turn an alarm on or off, tap the switch next to it.
  - To edit an alarm, tap the alarm in the list. Change the alarm time, choose whether to repeat, or disable **Vibration** or **Sound** if needed.

» **Snooze or stop an alarm:** When an alarm sounds, cover the watch screen with your palm, or press the Crown/Side button, or tap Snooze to snooze for 10 minutes. Or tap Stop to turn it off.

» **Delete alarms:** In the alarms list, swipe left on the alarm, then tap **Delete**.

Instant Memo

Record audio on your watch.

Find it: Press the Crown once from the watch face, then tap **Instant Memo**.

» **Start recording:** Tap Record.

» **Pause or resume:** Tap Pause to temporarily pause recording. Tap Play to resume. Tap Stop to end recording.

» **Playback or delete:** When finished, tap the memo to play the audio. To delete it, tap Delete.

Find your phone

Use your watch to find your paired phone, as long as they are connected.

1 Swipe down from the watch face and tap Find.

  Or press the Crown once from the watch face to open the app list, then tap **Find My Phone**.

2 Tap Check to ring your phone.

3 Tap Stop to stop ringing.

Flashlight

Use your watch to light dark areas.

1. Swipe down from the watch face and tap Flashlight.

   Or press the Crown once from the watch face to open the app list, then tap **Flashlight**.
2. Tap the screen to select steady white or red light.
3. To turn off the flashlight, tap the screen or press the Crown or Side button.

Stopwatch

Time events with a stopwatch on your watch.

Find it: Press the Crown once from the watch face, then tap **Stop Watch**.

Timer

The timers on your watch can help you keep track of time.

Find it: Press the Crown once from the watch face, then tap **Timer**.

Choose a preset duration (such as **1**, **3**, **5**, or **10** minutes). Or tap **Custom** to set your own.

Compass

Find it: Press the Crown once from the watch face, then tap **Compass**.

Weather

View weather information on your watch.

Find it: From the watch face, swipe left or right to open the **Weather** tile

Or press the Crown once from the watch face to open the app list, then tap **Weather**.

» **Check weather:** Turn the Crown to view more details. Swipe right to exit.

Tip: Tap the current location at the top of the screen to view, switch, or add locations.

» **Customize weather display:** Open **Moto Watch** on your phone. Tap **Watch** > **Watch settings** > **Weather**.

World Clock

Keep track of the current time in multiple cities.

Find it: Press the Crown once from the watch face, then tap **World Clock**.

» **Add a city:** Scroll down with the Crown to the bottom, then tap Add +.

» **Remove a city:** Swipe left on the city and tap **Delete**.

Other apps

Google Gemini/Google Assistant

Find it: Press and hold the Side button.

You can control your exercise with your AI assistant. For example, say “start my run."

Pay with your watch

You can use **Google Wallet** (preinstalled on your watch) to pay for your purchase (where available and supported).

Find it: Double-press the Crown.

To turn NFC on or off, swipe down from the watch face and tap Settings > **Connectivity** > **NFC**.

Maps

Get directions using Google Maps™.

Find it: Press the Crown once from the watch face, then tap **Maps**.

Fitness & Health

Warning: This is not a medical device and is not intended to diagnose or monitor any medical condition. ⚠

Daily activities | Workout | Health | Fitness & health data

Daily activities

Check your daily status, such as steps, active times, activity calories and their targets using your watch.

Find it: From the watch face, swipe left or right to open the **Daily Activities** tile.

Or tap the **Moto Watch** on your phone > **Health**. Your daily activities appear in the triple-ring card.

Tap the tile/card to view details.

Workout

Log your workouts and track your progress

Find it: From the watch face, swipe left or right to open the **Workout** tile.

Or press the Crown once from the watch face to open the app list, then tap **Workout**.

» **Start a workout:** Select a workout mode or tap **More** and select.

» **Customize workout settings:** Open **Moto Watch** on your phone. Then tap **Watch** > **Watch settings** > **Health & fitness**.

Health

Use Health to plan, track various aspects of daily life contributing to well-being such as physical activity and sleep.

Manage daily activity & sleep goals

Customize daily activity and sleep goals on your phone.

Find it: Open **Moto Watch** on your phone, then tap **My page** > **Fitness goals**.

» **Daily activity goals:** Tap **Daily activities**, **Active time**, **Steps**, and **Active calories** to set targets. Turn on notifications to get alerts when you reach your goals.

» **Sleep goal:** Tap **Sleep goal** > **Sleep goal** to set your nightly sleep target.

Tip: Tap **Wind-down reminder**, then turn on **Use Wind-down reminder** and set a reminder time to help you prepare for sleep.

Health metrics

View your health metrics including sleep, Nightly Recharge, and more.

Find it: Press the Crown once from the watch face, then tap **Health**.

Heart rate alert

Your watch can measure and record your heart rate.

You can receive an alert on your watch when your heart rate is higher or lower than the resting value you set.

Find it: Swipe left or right from your watch face to open the **Heart Rate** tile.

» **Measure:** Tap the tile, then tap **Measure**. Turn the Crown to view more.

» **Customize measurement frequency and alerts:** Scroll to the bottom and tap **Settings**.

Or open **Moto Watch** on your phone. Then tap **Watch** > **Watch settings** > **Health & fitness** > **Heart rate**.

Stress

Your watch can estimate your stress level by analyzing heart rate variability (HRV) along with other physiological signals.

Find it: Swipe left or right from your watch face to open the **Stress** tile.

» **Measure:** Tap the tile, scroll up, then tap **Measure**.

» **Customize measurement frequency and alerts:** Scroll to the bottom and tap **Settings**.

Or open **Moto Watch** on your phone. Then tap **Watch** > **Watch settings** > **Health & fitness** > **Stress**.

Blood oxygen

Your watch can measure your blood oxygen level to help you understand how well oxygen is being delivered throughout your body.

Find it: Press the Crown once from the watch face, then tap **Health** > **Blood oxygen**.

» **Measure:** Tap **Measure**.

» **Customize measurement frequency and alerts:** Turn the Crown to the bottom and tap **Settings**.

Or open **Moto Watch** on your phone. Then tap **Watch** > **Watch settings** > **Health & fitness** > **Blood oxygen**.

Note: Low blood oxygen alert is available only when Full day auto measurement is enabled.

Serene

When you feel stressed, you can perform breathing exercises using your watch.

Find it: Press the Crown once from the watch face, then tap **Serene**.

Fitness & health data

Check fitness and health data on your phone.

Find it: On your phone, open **Moto Watch** > **Health**.

» **View data:** Tap a health card to see more details. Select a date or tap Calendar in the top-right corner to choose a date.

» **Customize cards:** Tab Settings in the top-right corner. Show or hide cards using the switches, or touch and hold a card to reorder it.

Settings

Connectivity | Display | Gestures | Modes | Sound & vibration | Battery | Health profile | Location | Watch transfer

You can access the Settings app from the watch face or the app list:

» Swipe down from the watch face to open **Quick Settings** and tap Settings

» Press the Crown once from the watch face to open the app list, then tap **Settings**.

Connectivity

Find it: Settings > **Connectivity**

» **Bluetooth:** Connect Bluetooth devices, such as earbuds, to your watch. For more, see **Listen to watch media using earbuds**.

» **Wi-Fi:** See **Wi-Fi connection**.

» **Mobile:** See **eSIM & cellular connection**.

» **NFC:** See **Pay with your watch**.

Airplane mode

Use airplane mode to turn off all your wireless connections—useful when flying.

Find it: Swipe down from the watch face to open **Quick Settings** and tap Airplane mode.

Note: When you select airplane mode, all wireless services are disabled. You can then turn Wi-Fi and/or Bluetooth back on, if permitted by your airline. Other wireless voice and data services (such as calls and text messages) remain off in airplane mode. Emergency calls to your region's emergency number can still be made.

Display

Find it: Settings > **Display**

Or on your phone, go to the **Moto Watch** > **Watch** > **Watch settings** > **Watch preferences** > **Display**.

» **Watch faces:** Change your watch faces (see **Watch face**).

» **Brightness:** Adjust screen brightness or turn **Adaptive brightness** on or off.

» **Display size & text:** Adjust text and display size, or turn on **Bold text**.

» **Screen timeout:** Set how long the screen stays on when inactive.

» **Go to watch face:** Set the duration before the screen goes back to the watch face after inactivity.

» **Always-on screen:** Show time and date even when the screen is asleep. However, the battery will drain faster with this feature enabled.



Examples of Alway-on Screens

» **Wrist orientation:** Select your preferred wrist and Crown position.

Or on your phone, open **Moto Watch**. Tap **Watch** > **Watch settings** > **Wrist preference**, then select the hand and button side you prefer.

Touch lock

You can use Touch Lock to prevent accidental touches while wearing your watch. While in Touch lock mode, touchscreen, wake-up gestures, and always-on screen will be disabled.

Find it: Swipe down from the watch face to open **Quick Settings** and tap Touch lock.

To exit Touch lock mode, press and hold the Crown for two seconds.

Tip: You can also enable Touch lock mode by going to **Settings** > **Display** > **Touch lock**.

Gestures

Customize wake screen methods, quick launch, and more.

Find it: Settings > **Gestures**

Or on your phone, go to the **Moto Watch** > **Watch** > **Watch settings** > **Watch preferences** > **Gestures**.

» **Wake screen:** Turn on the switches next to **Tilt-to-wake**, **Touch-to-wake**, or **Rotate crown to wake** to choose the way you wake watch screen.

» **Quick launch:** Tap **Double-press crown button** or **Press-and-hold side button**, then assign an app or feature to that gesture.

» **Raise to talk:** To launch Google Gemini/Google Assistant or Motorola Qira with just the raise of your wrist, tap **Raise to talk**, then turn on **Raise to talk**.

» **Change watch face:** Turn on **Touch & hold watch face to change** to switch watch faces by touching and holding the current watch face (see Watch face).

» **Take screenshots:** Turn on **Screenshot** to take a screenshot by pressing the Crown and Side button simultaneously (see Take a screenshot).

Modes

Find it: Swipe down from the watch face to open Quick Settings.

» **Do Not Disturb (DND) mode:** DND mode silences notifications and calls so you're not disturbed. Tap DND to turn it on or off. To customize, touch and hold DND.

» **Sleep mode:** Sleep mode minimizes disturbances by turning off vibrations and dimming the screen. Your scheduled alarms remain active. Tap Sleep mode to turn it on or off. To customize, touch and hold Sleep mode.

Tip: To wake the screen during Sleep mode, press the Crown.

» **Theater mode:** Theater mode prevents the screen from lighting up and mutes alerts in quiet environments, such as movie theaters. Tap Theater mode to turn it on or off. To customize, touch and hold Theater mode.

Sound & vibration

Change the watch sound or vibration settings.

Sound

Find it: Swipe down from the watch face to open **Quick Settings**, then touch and hold Sound.

- **Sound switches:** When **Mute ring & notifications** is on, notifications and incoming calls will be muted. You can also mute alarms, charging sounds, and Wireless emergency alerts.
- **Adjust audio:** Tap **Audio adjustment** to use Mono audio or a balanced one (see **Hearing enhancement**).
- **Set ringtones:** Tap **Watch ringtone**, then select the ringtone you want.
- **Adjust sound volume:** Tap Increase + or Decrease —.

Vibration

Find it: **Settings** > **Vibration**

General vibration & haptics

Turn on or off switches for vibration or tap Increase + or Decrease — intensity for incoming calls, notifications, and alarms.

Vibration watch

Vibration Watch informs you of the current time using distinct vibration patterns. This allows you to check the time discreetly without the need to check the screen.

Tap **Vibration watch**, then turn **Vibration Watch** on or off.

You may also find options to customize the vibration pattern or strength.

Battery

Battery Saver helps extend battery life by limiting certain features.

Find it: Swipe down from the watch face to open **Quick Settings** and tap Battery.

To customize, touch and hold Battery.

Tip: Your watch's battery level is displayed in Battery.

Health profile

Find it: Settings > **Health Profile**

Or open **Moto Watch** on your phone, tap **My page**, then tap your profile.

Location

Find it: Settings > **Location**

You can turn **Use location** on or off, manage **App location permissions**, and change settings for **Emergency Location Service** and **Location Accuracy**.

Watch transfer

Transfer your watch to another Android phone.

1. On your watch, go to Settings > **System > Transfer watch** > Check ✓
2. On the new phone, open **Moto Watch** and follow the steps in Pair & connect.

If the transfer is unsuccessful:

1. On your watch, tap **Do it later** to cancel the transfer.
2. Go to Settings> **System > Disconnect & reset** > Check ✓.
3. Follow the steps in Pair & connect to reconnect your watch to your new phone.

Security & privacy

Permissions & privacy | Accounts & backup | Updates

Permissions & privacy

Find it: Settings > **Apps & notifications**

» Tap **App permissions** to view and manage app access to information such as your calendar events, contacts, and location.

» Tap **Privacy dashboard** to see which apps used your watch's permissions recently.

Accounts & backup

Sign in to your Moto or Google Account to access your Moto or Google Cloud Storage.

» **Google Account:** Used for Google services on your watch and for backing up supported watch settings and data with Google One.

» **Moto Account:** Used to sync your health and fitness data between your watch, phone, and the Moto cloud.

Accounts & backup on your watch

» **Google Account and backup:** Go to Settings > **Google** > **Accounts** to manage Google Accounts. Tap **Backup** > **Turn on** to back up your watch with Google One.

» **Moto account:** Go to Settings > **Moto Account** to manage it.

Accounts & backup on your phone

» **Google Account and backup:** Open **Moto Watch** on your phone and tap **Watch** > **Watch settings** > **Google** > **Accounts** to manage Google Accounts. Tap **Backup by Google One** > **Turn on** to back up your watch data with Google One.

» **Moto account:** Open **Moto Watch** on your phone and tap **My page** > **Sync data to cloud**, then turn on **Sync data to cloud**.

Updates

Keep your watch and phone up to date to help resolve pairing and app issues.

Note: Some apps require permissions on both your phone and watch. An internet connection is required for app updates.

Check version information

To check the current build number and Android security update level, go to **Settings** > **System** > **About**.

Update on your watch

» **Update watch firmware:** Go to **Settings** > **System** > **System updates**.

» **Update watch apps:** Press the Crown once from the watch face, tap **Play Store**, scroll down, and then tap **Manage apps** > **Update All**.

Update from your phone

Update watch firmware

1 On your phone, open **Moto Watch**.

2 Go to **Watch** > **Watch settings** > **System** > **System updates**. Do any of the following:

- **Check for updates:** Tap **Update status** > **Check for updates**.
- **Enable automatic updates:** Turn on **Automatic updates** to download and install updates automatically over Wi-Fi while your watch is charging.
- **View update history:** Tap **Update history** to see details of previously installed updates.

Update watch apps

1 On your phone, open **Play Store** > profile icon > **Manage apps & device** and then **Updates available**.

If the watch has new updates, it will appear here.

2 Tap **Update** next to your watch.

Accessibility

Vision enhancement | Hearing enhancement | Interactions

Manage accessibility features on your watch or your phone.

Vision enhancement

These features are designed to assist in visual impairment.

Find it: Settings > **Accessibility**

TalkBack (Screen reader)

» Tap **TalkBack** > **TalkBack** to turn Talkback on or off.

» Tap **TalkBack** > **Settings** to customize TalkBack options, including audio feedback, verbosity, and haptic feedback.

» Tap **TalkBack** > **Button shortcut** to enable or disable the shortcut that lets you turn TalkBack on or off by triple-pressing the Side button.

Tip: To enable and adjust TalkBack on your phone, open **Moto Watch**, then tap **Watch** > **Watch settings** > **Accessibility** > **TalkBack**.

Magnification

» Tap **Magnification** to turn Magnification on or off.

- Triple tap to zoom or exit magnification.
- Drag the screen to move around.

» Turn on **Vibrate on edge** so the watch vibrates when you reach the screen edge.

» Tap Increase + or Decrease — to adjust magnification size.

Text size

Increases or decreases the size of text displayed across the watch interface to make it easier to read (see "Display size & text" in Display).

Color correction

Adjust screen colors to help distinguish content more easily.

Tap **Color correction**, then turn **Use color correction** on and select the correction mode you want to change.

Reduce animations

Tap **Reduce animations** to minimize screen animations and visual effects.

Hearing enhancement

These features are designed to assist in hearing impairment.

Find it: Settings > **Accessibility**

» **Audio adjustment:** Tap **Audio adjustmen**t to adjust audio when using Bluetooth headphones or other devices.

- **Mono Audio:** Turn **Mono Audio** on or off. Mono Audio combines the left and right stereo channels into a single channel and plays the same sound in both sides.
- **Audio Balance:** Tap Left ❮ or Right ❯ to adjust **Audio balance**, changing the volume levels of the left and right audio channels.

» **Real-time text (RTT):** Tap **Real-time text (RTT)** to use text during phone calls. As you type, the other person sees your messages instantly.

Note: Requires carrier support and may not be available on all devices.

» **Text-to-speech output:** Tap **Text-to-speech output** to customize spoken feedback on your watch, including the TalkBack voice. Adjust the speech rate, pitch, and more.

Interactions

Use gestures & vibration watch

See **Gestures** and **Vibration watch**.

Use the Crown to end call

Quickly end a phone call when you press the watch Crown.

Find it: Go to Settings > **Accessibility**, then turn on **Power button ends call**.

Troubleshooting

Fix issues | Find your watch | Restart or reset | Free up storage

Fix issues

» If your watch is slow to respond or isn't working properly, try the following:

- Keep your watch away from sources of electromagnetic waves.
- Make sure both the firmware and apps are up to date (See **Updates**).

» If your watch battery is not charging, follow the steps in **Charge up** and make sure the charging pins and contacts are fully aligned.

Note: The watch's signals may be weak or unavailable in some locations.

Find your watch

If you misplace your watch, use your phone to locate it.

1 Open **Moto Watch** on your phone.

2 Tap **Watch** > **Find my watch**, then tap Ring to ring and vibrate your watch.

Note: Your watch must be nearby and connected to your phone for it to ring. If it isn't connected, use **Find Hub** to locate your watch.

3 To stop ringing and vibration, tap Stop on the phone or tap End ✕ on the watch.

Restart or reset

If your watch still doesn't work properly after making adjustments in **Fix issues**, try restarting it. If the issue persists, reset the watch.

Restart

» On your watch, go to **Settings** > **System** > **Restart**.

Or simply press and hold the Crown/Power button (see **Watch at a glance**), then tap **Restart**.

» If your watch is unresponsive, press and hold the Crown/Power button and the Side button (see **Watch at a glance**) at the same time until the screen goes dark.

Reset

» **Reset from your phone:** Open **Moto Watch**, then tap **Watch** > Watch in the top-left corner > Remove > **Disconnect & factory reset**.

Or tap **Watch** > **Watch settings** > **System** > **Disconnect & reset** > **Reset**.

» **Reset on your watch:** Go to **Settings** > **System** > **Disconnect & reset** > Check .

Note: Resetting your watch will erase all data stored on the watch. Watch data stored on your phone will not be deleted.

Free up storage

Review your watch's app storage and remove unnecessary data to free up space.

Find it: Settings > **Apps & notifications > App storage**

» Tap **Data size** or **App size** to view how much storage each app is using.

» To free up storage, select an app, scroll to the bottom, and tap **Clear data** or **Clear cache**.

Get more help

To access legal, safety & regulatory information for your device, visit motorola.com/accessory-legal.

Service & repair

If you have questions or need assistance, we're here to help. Go to www.motorola.com/support, where you can select from a number of customer care options.

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