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› Google Pixel Watch 3 (45mm) User Manual

Google GA05785-US

Google Pixel Watch 3 (45mm) User Manual

Model: GA05785-US

1. PRODUCT OVERVIEW

The Google Pixel Watch 3 is an advanced Android smartwatch designed to integrate seamlessly with your daily life and fitness regimen. This 2024 model features a cutting-edge Actua display, enhanced fitness tracking capabilities powered by Fitbit, and comprehensive health insights. It is engineered for performance and convenience, offering a robust set of features for monitoring health, managing notifications, and interacting with Google services directly from your wrist.



2. WHAT'S IN THE BOX

Upon unboxing your Google Pixel Watch 3, verify that all the following components are present:

- Google Pixel Watch 3 (45mm)
- Watch Band (Obsidian, Matte Black Aluminum Case)
- USB-C Fast Charging Cable
- Quick Start Guide

Works with Android devices.

Pixel watches are only compatible with Google Pixel and Android phones running Android 10.0 or newer.¹⁹



Image: All components included with the Google Pixel Watch 3: the smartwatch, active bands (small and large), and the USB-C fast charging cable.

3. PHYSICAL OVERVIEW

The Pixel Watch 3 features a sleek, circular design with a matte black aluminum case and an obsidian band. The 45mm display offers ample screen real estate for clear visibility of information and easy interaction.

3.1. Watch Components

- **Actua Display:** The front of the watch features a vibrant, responsive touchscreen.
- **Crown:** Located on the side, used for navigation and selection.
- **Side Button:** Adjacent to the crown, provides quick access to frequently used apps or functions.
- **Sensors:** On the rear of the watch, for heart rate tracking, ECG, body temperature, and other health metrics.
- **Speaker and Microphone:** For calls and voice commands.
- **Watch Band:** Interchangeable bands for personalized style and comfort.



Image: Front and rear views of the Google Pixel Watch 3, highlighting the display, physical crown, and the sensor array on the back for health tracking.

3.2. Size Comparison

The Pixel Watch 3 is available in 41mm and 45mm sizes. This manual specifically covers the 45mm model, which offers a larger display area compared to previous models.

Designed for performance.

The Actua display is twice as bright
(up to 2000 nits) and ultra responsive^{1,11}



24 hours of
battery life with
always-on display⁴



Up to 36 hours of
battery life with
Battery Saver mode⁴



20% faster
charging than the
Pixel Watch 2⁵

Image: A visual comparison between the 41mm and 45mm Google Pixel Watch 3 models, illustrating the larger screen of the 45mm version.

4. GETTING STARTED

4.1. Charging Your Watch

Before initial use, fully charge your Google Pixel Watch 3. Connect the USB-C Fast Charging Cable to a compatible power adapter and attach the magnetic charging puck to the back of your watch. The watch display will indicate charging status.

- A full charge provides up to 24 hours of battery life with always-on display, or up to 36 hours in Battery Saver mode.
- The 41mm model supports 20% faster charging compared to the Pixel Watch 2.

4.2. Pairing with Your Phone

The Google Pixel Watch 3 is compatible with Google Pixel and Android phones running Android 10.0 or newer.

1. Ensure your phone's Bluetooth is enabled.
2. Turn on your Pixel Watch 3.
3. On your Android phone, open the Google Pixel Watch app (download from Google Play Store if not already installed).
4. Follow the on-screen instructions in the app to pair your watch. This typically involves confirming a code displayed on

both devices.

5. Complete the setup process, including signing into your Google account and Fitbit account.

5. USING YOUR PIXEL WATCH 3

5.1. Navigation

- **Touchscreen:** Swipe left, right, up, or down to navigate through tiles, notifications, and quick settings. Tap to select items.
- **Crown:** Rotate to scroll through lists or zoom in/out. Press to return to the watch face or open the app launcher.
- **Side Button:** Press to open recent apps or customize for a specific function.

5.2. Fitness Tracking (Fitbit Integration)

The Pixel Watch 3 leverages Fitbit's advanced tracking capabilities to monitor your activity, workouts, and overall health.

- **Activity Tracking:** Automatically tracks steps, distance, active zone minutes, and calories burned.
- **Workout Modes:** Select from various workout modes to track specific exercises with real-time metrics.
- **Advanced Running Features:** Build custom run workouts, receive real-time guidance, and track form metrics like cadence, stride, and vertical oscillation.

Know what your body is ready for each day.

Readiness uses sleep, resting heart rate, and heart rate variability to show when you're ready to take on a tough workout or prioritize recovery.³

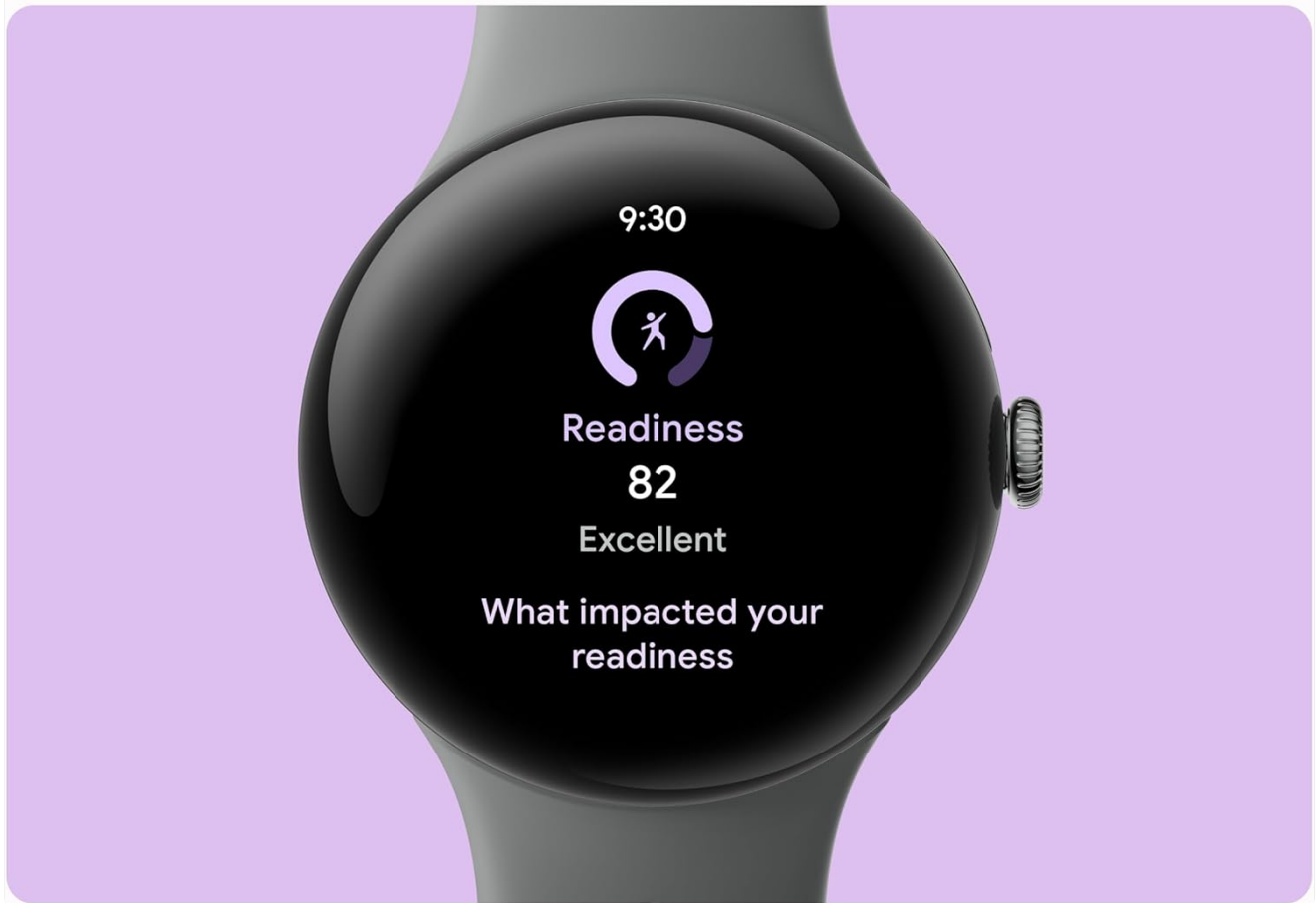


Image: A woman engaged in running, wearing the Pixel Watch 3, accompanied by detailed views of the watch face displaying advanced running metrics such as pace, warm-up time, and heart rate.

5.3. Health Monitoring

- **Heart Rate Tracking:** Continuous heart rate monitoring throughout the day and during workouts.
- **ECG App:** Take on-demand electrocardiograms to assess heart rhythm.
- **Sleep Tracking:** Monitors sleep stages, duration, and quality.
- **Stress Tracking:** Identifies physical signs of stress and offers guided breathing exercises.
- **Body Temperature Monitor:** Tracks skin temperature variations.
- **Fall Detection:** Automatically detects hard falls and can alert emergency contacts.

5.4. Google Assistant & Apps

Access Google Assistant for voice commands, set reminders, check weather, and control smart home devices. The watch supports a wide range of Wear OS apps available on the Google Play Store.



41mm/45mm
Pixel Watch 3



41mm



41mm
Pixel Watch 2

Watch size	41mm/45mm Available in 2 sizes	41mm
Display	Actua Up to 2000 nits peak brightness	AMOLED Up to 1000 nits peak brightness
Advanced running metrics ³	✓	–
Charging	20% faster charging ⁵ (41mm size only)	Fast charging
Battery ⁴	24 hours with always-on display Up to 36 hours with Battery Saver mode	24 hours with always-on display –

Image: The Pixel Watch 3 demonstrating its integration with the Google ecosystem, showing camera control, a live feed from a Nest Cam, and the app launcher with various Google applications.

5.5. Payments & Connectivity

- **Google Wallet:** Make contactless payments directly from your wrist.
- **Wi-Fi & Bluetooth:** Connects to your phone and Wi-Fi networks for data synchronization and notifications.
- **GPS:** Built-in GPS for accurate tracking of outdoor activities (GPS via smartphone).

6. ADVANCED FEATURES

6.1. Actua Display

The Actua display is designed to be twice as bright and ultra-responsive, ensuring excellent visibility even in direct sunlight and smooth interactions.

6.2. Readiness & Cardio Load

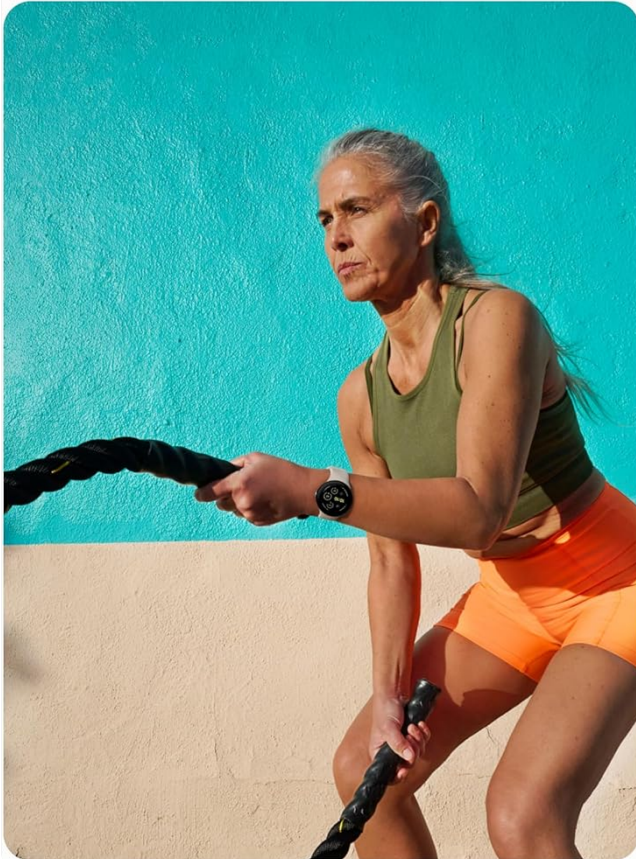
- **Readiness:** Uses sleep data, resting heart rate, and heart rate variability to provide a daily score indicating your body's preparedness for a workout or need for recovery.

- **Cardio Load:** Measures the intensity of your heart's work during activities, helping you understand if you are under- or over-training.

Balance activity and rest to perform your best.

Cardio load measures how hard
your heart works to see if
you're under- or overtraining³

Know how much activity
is right for today with
target cardio load³



💚 Cardio load

78 • In target

🏃 Readiness

82 • Excellent

Image: The Pixel Watch 3 displaying the 'Readiness' score, indicating the user's physical state for the day.

Wake up to a game plan with Fitbit Morning Brief.

It delivers a summary of your most important health and fitness metrics – like how you slept and your readiness score – to help you plan your day.

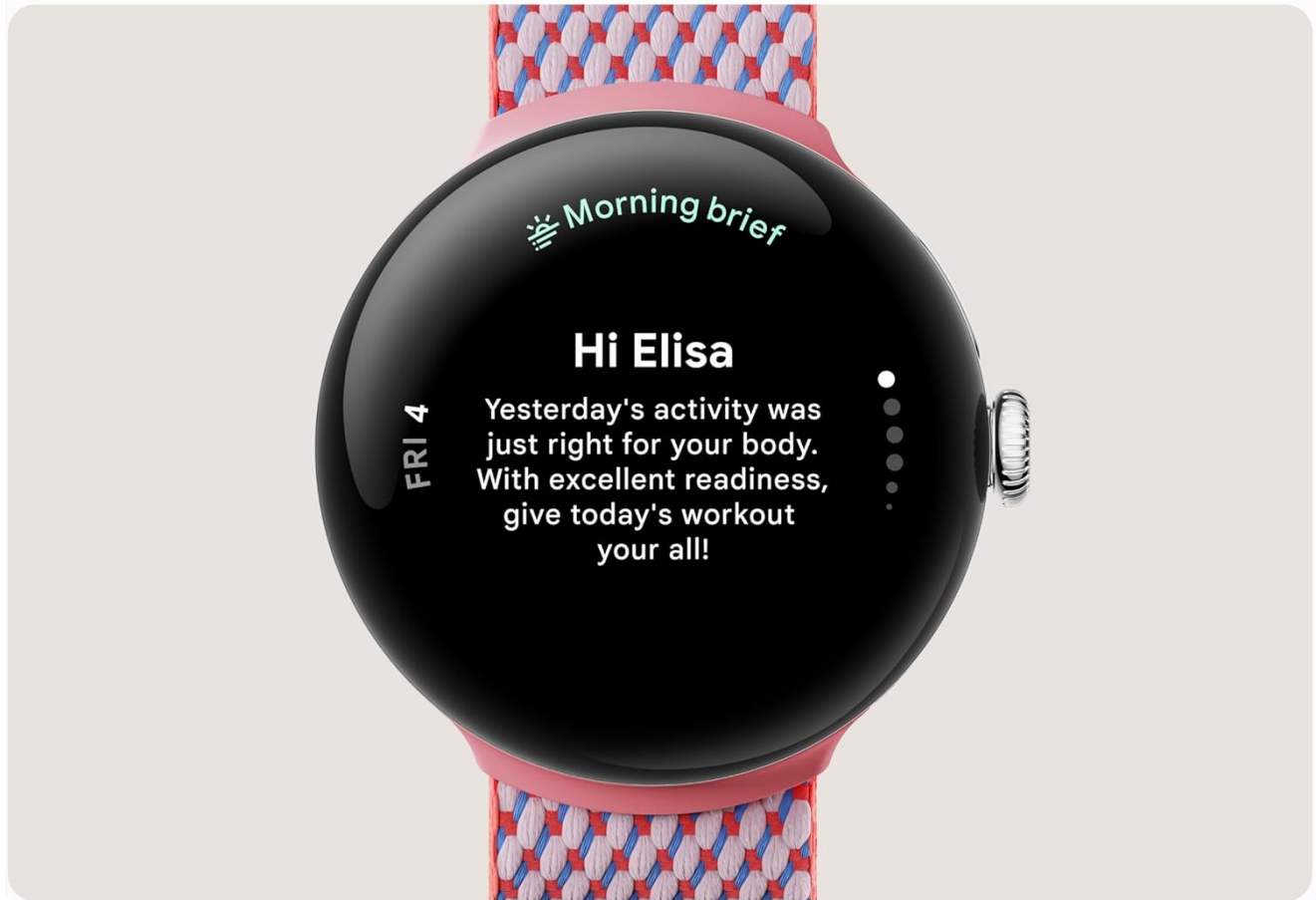


Image: The Pixel Watch 3 displaying both 'Cardio load' and 'Readiness' metrics, providing a comprehensive overview of physical exertion and recovery.

6.3. Fitbit Morning Brief

Wake up to a personalized summary of your most important health and fitness metrics, including sleep quality and readiness score, to help plan your day effectively.

Pump it up with Fitbit Premium on the Pixel Watch 3.

Enhance your running routine with AI-powered recommendations tailored to you³

Feel empowered with advanced health and running insights³

Access exclusive workouts from expert trainers – even your favorite Peloton instructors³

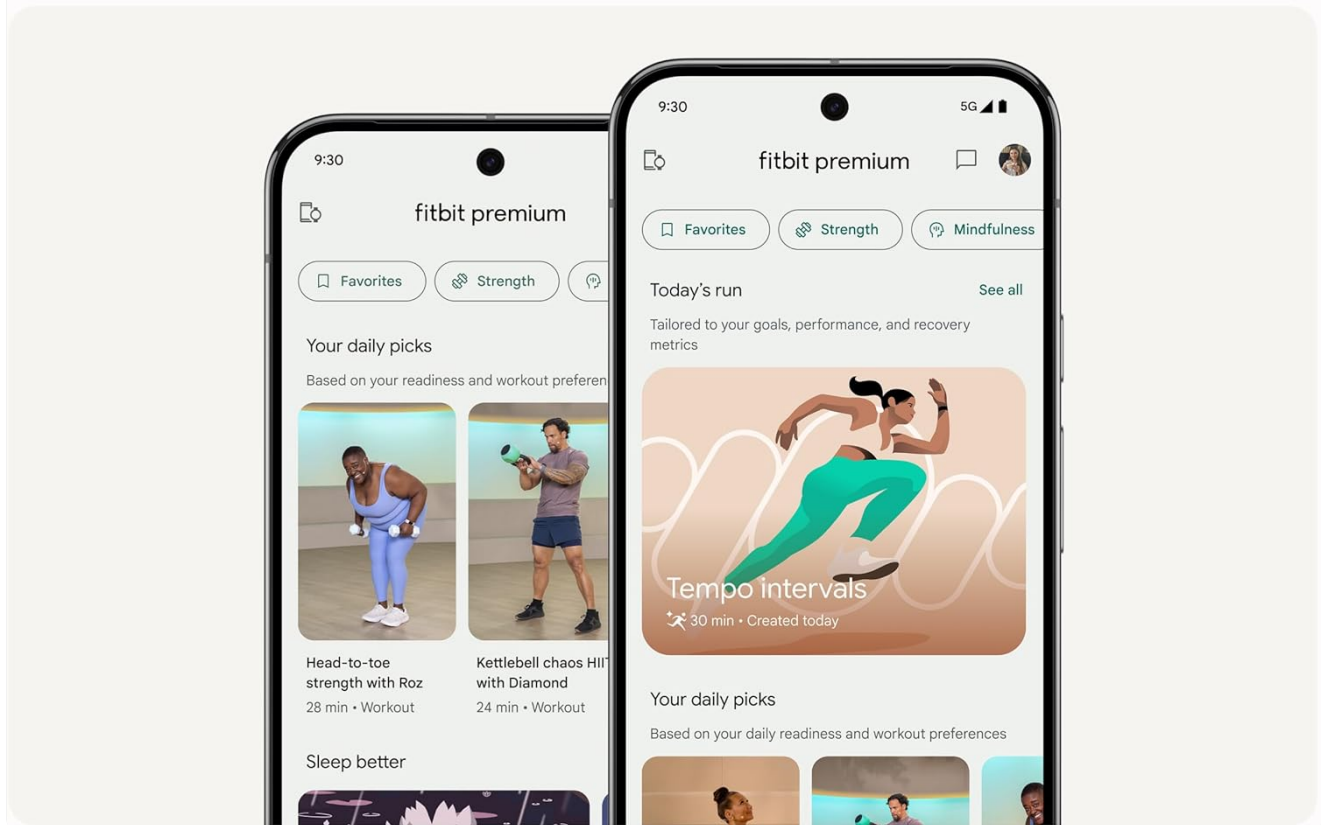


Image: The Pixel Watch 3 showing a 'Morning brief' from Fitbit, providing a summary of the previous day's activity and readiness for the current day.

6.4. Fitbit Premium

Enhance your fitness routine with Fitbit Premium, offering AI-powered personalized run recommendations, advanced health and running insights, and exclusive workouts from expert trainers.

Help from Google, always at hand.

Use your watch to control your Pixel Camera, and easily switch between photo and video^{9,12}

Check out the live feed from your Nest Cam or Nest Doorbell^{9,10}

Access Maps offline and use Wallet for payments, transit, access, and more⁶

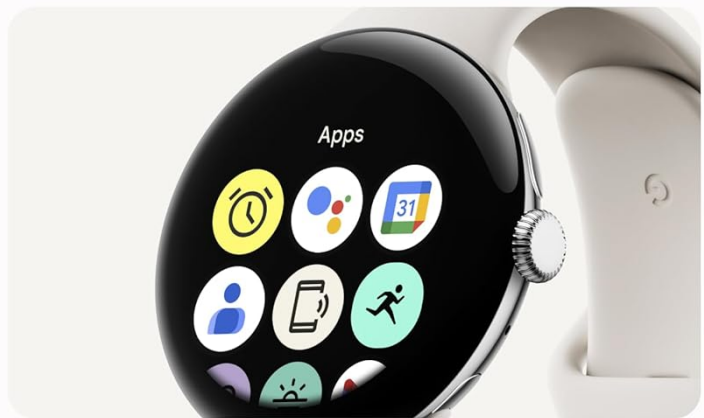


Image: Screenshots of the Fitbit Premium interface on a smartphone, illustrating personalized workout suggestions and detailed running insights.

7. CARE AND MAINTENANCE

Proper care ensures the longevity and optimal performance of your Pixel Watch 3.

- **Cleaning:** Regularly clean your watch and band with a soft, damp, lint-free cloth. Avoid harsh chemicals or abrasive materials.
- **Water Resistance:** The Pixel Watch 3 is water-resistant. Refer to the official Google support page for specific water resistance ratings and guidelines.
- **Battery Care:** Avoid extreme temperatures. For optimal battery health, try to keep the charge between 20% and 80% when possible.
- **Band Replacement:** Bands can be easily interchanged. Ensure the new band is securely attached before wearing.

8. TROUBLESHOOTING

If you encounter issues with your Pixel Watch 3, consider the following common solutions:

- **Watch Not Turning On:** Ensure the watch is fully charged. Connect it to the charging cable and allow it to charge for at least 30 minutes.
- **Pairing Issues:** Verify Bluetooth is enabled on your phone and the Pixel Watch app is updated. Try restarting both your phone and watch.
- **Inaccurate Readings:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors on the back of the watch.
- **Battery Draining Quickly:** Check for background apps consuming power. Adjust screen brightness, disable always-on display, or use Battery Saver mode.
- **Software Updates:** Ensure your watch's software is up to date. Updates often include bug fixes and performance improvements.
- **Factory Reset:** As a last resort, you can perform a factory reset through the watch settings or the Pixel Watch app. This will erase all data on the watch.

For more detailed troubleshooting, visit the official Google Pixel Watch support website.

9. SPECIFICATIONS

Feature	Detail
Model Number	GA05785-US
Display	Actua Display, 45mm, up to 2000 nits peak brightness
Operating System	Android (Wear OS)
Compatibility	Google Pixel and Android phones running Android 10.0 or newer
Connectivity	Wi-Fi, Bluetooth
GPS	GPS Via Smartphone
Sensors	Sleep Monitor, Accelerometer, Body Temperature Monitor, ECG, Activity Tracker, Fall Detection, Heart Rate Monitor
Battery Life	Up to 24 hours (always-on display), up to 36 hours (Battery Saver mode)
Internal Storage	32 GB
Dimensions	9.49 x 3.23 x 1.46 inches
Item Weight	8.5 ounces
Color	Matte Black Aluminum Case - Obsidian Band

What's in the box.



Active Bands
(small and large)



USB-C® Fast
Charging Cable

Google Pixel Watch 3
(45mm)

Quick Start Guide (not shown)

USB-C® is a registered trademark of USB Implementers Forum.

Image: A table comparing key specifications between the Google Pixel Watch 3 and the Pixel Watch 2, highlighting improvements in display brightness, size options, and charging speed.

10. WARRANTY AND SUPPORT

Your Google Pixel Watch 3 is covered by a limited manufacturer's warranty. For specific warranty terms, conditions, and duration, please refer to the warranty information included with your product or visit the official Google support website.

For technical assistance, troubleshooting, or to contact customer support, please visit the official Google Pixel Watch support page: support.google.com/pixelwatch

Information regarding optional protection plans can be found at the time of purchase or through authorized retailers.