Managing Your Moto 360 Heart Rate Sensor

Inas B. - 2025-10-08 - Troubleshooting & Setup

Monitoring your heart health has never been easier. With the Moto 360, you can manually activate and manage your heart rate sensor for accurate tracking anytime. Here's how to get the most out of it.

Manual Activation of the Heart Rate Sensor

1. **Open the Fit Heart Rate App:**
    - Locate and open the **Fit Heart Rate** app on your Moto 360.
2. **Access Settings:**
    - Tap the **settings menu** within the app to configure your heart rate sensor preferences.
3. **Disable Background Monitoring (Optional):**
    - Select **Background Heart Rate** and turn it **off** if you prefer to take measurements manually rather than continuously.
4. **Measure Your Heart Rate:**
    - Swipe left twice to return to the settings menu and tap **Measure** to manually check your heart rate.
5. **Confirm Activation:**
    - A green light on the watch indicates the sensor is actively measuring your heart rate.

Tips for Accurate Heart Rate Monitoring

- **Wear Your Watch Correctly:** Make sure the watch sits snugly on your wrist for optimal sensor readings.
- **Stay Still During Measurement:** Avoid moving your wrist excessively while measuring for more accurate results.
- **Regular Checks:** Even with manual activation, you can still enable background monitoring for continuous tracking if needed.

By following these simple steps, you can ensure your Moto 360 provides reliable heart rate data whenever you need it. For persistent issues or additional assistance, our support team is ready to help.