

SAMSUNG

USER MANUAL

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Getting started

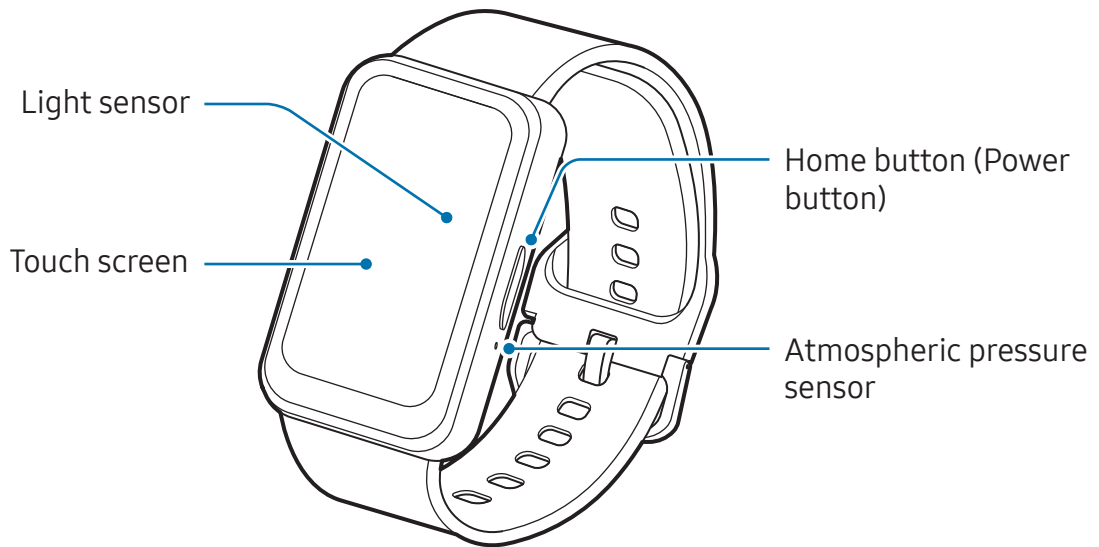
About the Galaxy Fit3

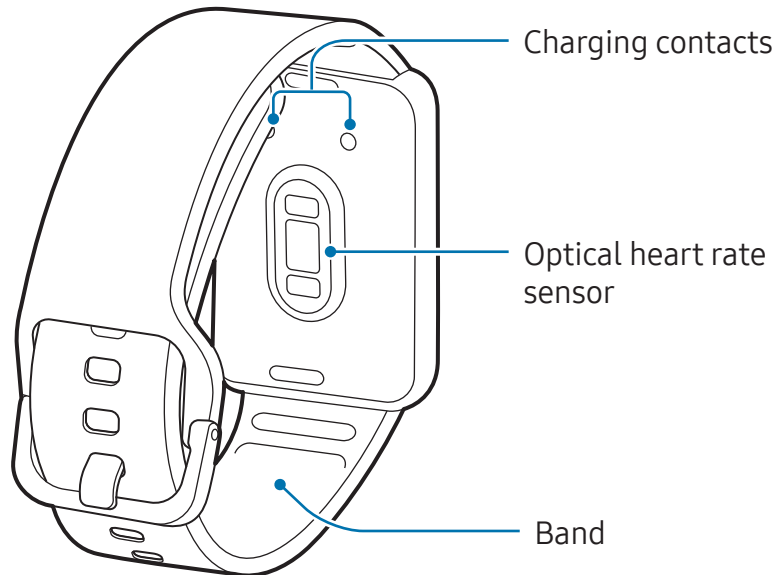
The Galaxy Fit3 (hereafter, Fit) is a smart band that can analyse your exercise pattern, manage your health, and provide you with a variety of convenient apps. You can browse the various features and launch them by tapping the screen, and you also can change the watch face to match your taste.




You can use your Fit after connecting it to your phone.

Device layout and functions

Fit



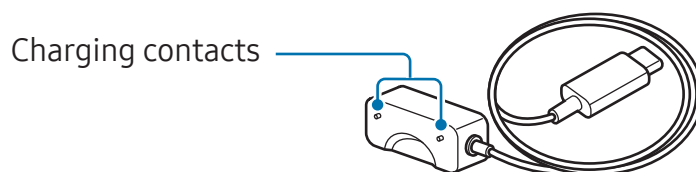


-  • Use the device in a place without magnetic interference for the device to operate normally.
- Your device and some accessories (sold separately) contain magnets. Keep it away from credit cards, implanted medical devices, and other devices that may be affected by magnets. In the case of medical devices, keep your device more than 15 cm apart. Stop using your device if you suspect any interference with your medical device and consult your physician or your medical device manufacturer.
- If you have a medical implant in your heart, do not place your device in a pocket close to your implanted device, such as your chest or inner jacket pocket.
- Keep a safe distance between objects that are affected by magnets, and your device and some accessories (sold separately) that contain magnets. Objects such as credit cards, passbooks, access cards, boarding passes, or parking passes may be damaged or disabled by the magnets in the device.
-  • Ensure that the band is kept clean. Contact with contaminants, such as dust and dye, can cause stains on the band that may not be fully removed.
- Do not insert sharp objects into the Fit's external holes. The inner components may be damaged along with the water-resistance feature.
- If you use the Fit with its glass body broken, there may be a risk of injury. Use the Fit only after it has been repaired at a Samsung Service Centre or an authorised service centre.
-  • Connectivity problems and battery drain may occur in the following situations:
 - If you attach metallic stickers on the antenna area of the Fit
- Do not cover the light sensor area with accessories, such as stickers or a cover. Doing so may cause the sensor to malfunction.

Button

Button	Function
Home button	<ul style="list-style-type: none">• When the Fit is off, press to turn it on.• When the Fit is on, press and hold for more than 8 seconds to turn it off.• When the screen is off, press to turn on the screen.• Press twice to open the app or feature you set. (Settings → Advanced features → Double press Home button)• Press to open the Watch screen when you are on any other screen.

Charging cable



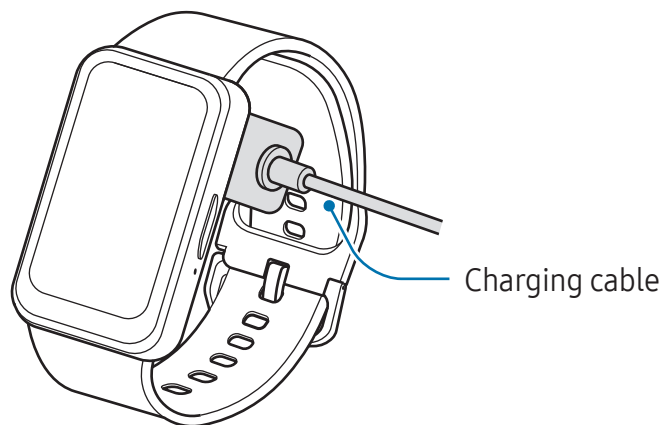
- ⚠ Do not expose the charging cable to water because the charging cable does not have same water-resistance certification as your Fit.

Battery

Charge the battery before using your Fit for the first time or when it has been unused for extended periods.

Charging the battery

- 1 Connect the charging cable to the USB power adapter.
- 2 Connect the Fit to the charging cable.



- 3 After fully charging, disconnect the Fit from the charging cable.

Checking the charging status

You can check the charging status on the screen during charging. If the charging status does not appear on the screen, on the Apps screen, tap **Settings** → **Display** and tap the **Show charging info** switch to turn it on.

Battery charging tips and precautions

- ⚠ Use only Samsung-approved charger and cable specifically designed for your Fit. Incompatible charger and cable can cause serious injuries or damage to your device.
- ⚠
 - Connecting the charger improperly may cause serious damage to the device. Any damage caused by misuse is not covered by the warranty.
 - Use only charging cable supplied with the Fit. The Fit cannot be charged properly with a third-party charging cable.
 - If you charge the Fit while the charging cable is wet, the device may be damaged. Thoroughly dry the charging cable before charging the Fit.




- To save energy, unplug the charger when not in use. The charger does not have a power switch, so you must unplug the charger from the electric socket when not in use to avoid wasting power. The charger should remain close to the electric socket and easily accessible while charging.
- When using a charger, it is recommended to use an approved charger that guarantees the charging performance.
- If there are obstructions between the Fit and the charging cable, it may not charge properly. Check if there is any sweat, liquid, or dust on them before charging.
- If the battery is completely discharged, the Fit cannot be turned on immediately when the charging cable is connected. Allow a depleted battery to charge for a few minutes before turning it on.
- If you use multiple apps at once or apps that need a connection to another device, the battery will drain quickly. To avoid losing power during a data transfer, always use these apps after fully charging the battery.
- When connecting the charging cable to another power source, such as a computer or multi-charging hub, the Fit may not charge properly or it may charge more slowly because of a lower electric current.
- The Fit can be used while it is charging, but it may take longer to fully charge the battery.
- If the Fit's power supply is unstable while being used and charged at the same time, the touch screen may not be responsive. If this happens, disconnect the Fit from the charging cable.
- While charging, the Fit may heat up. This is normal and should not affect the Fit's lifespan or performance. Before wearing the Fit, allow it to cool down for a while before using it. If the battery gets hotter than usual, the charger may stop charging.
- If the Fit is not charging properly, take the Fit and the charging cable to a Samsung Service Centre or an authorised service centre.
- Avoid using a bent or damaged charging cable. If the charging cable is damaged, stop using it.

Wearing the Fit

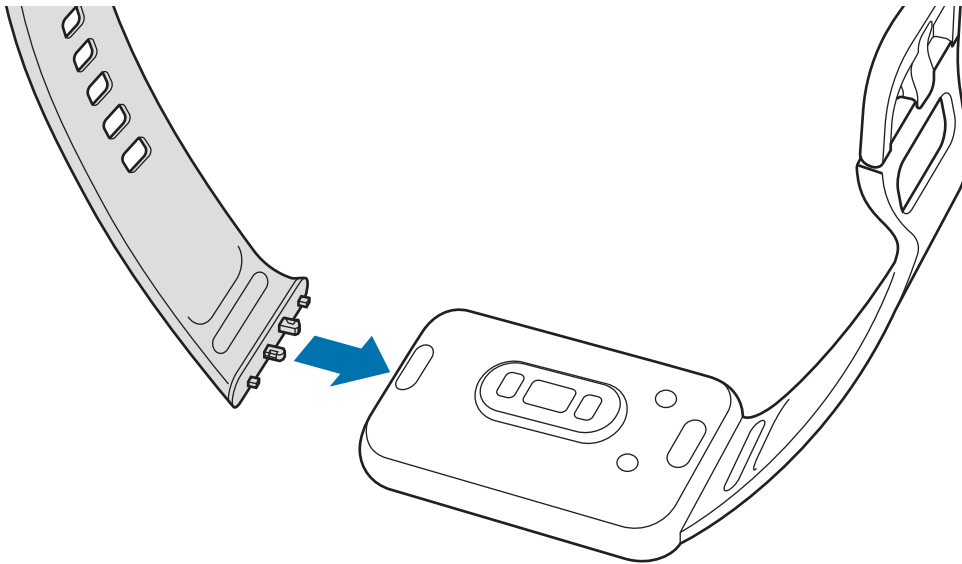
Attaching and removing the band

Attach the band before using your Fit. You can detach the band from the Fit and replace it with a new one.

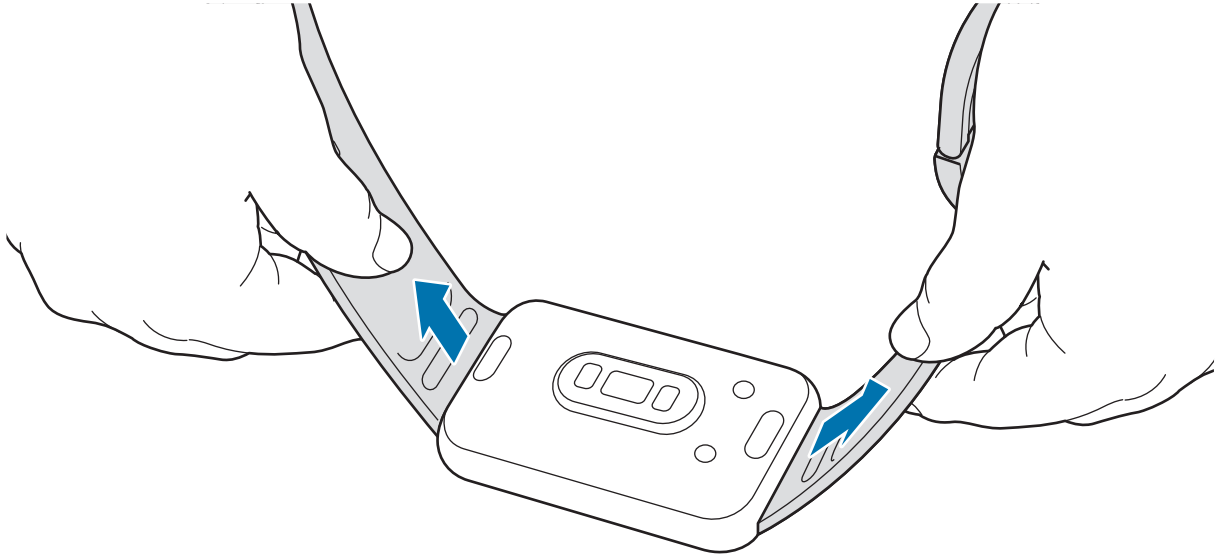
 Be careful not to hurt your fingernail when attaching or removing bands.

 The supplied band may vary depending on the region.

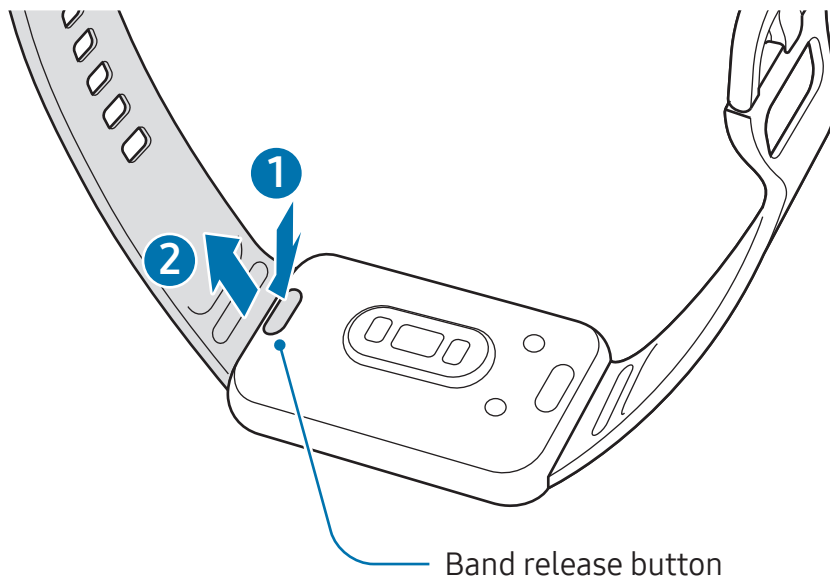
1 Attach the band to your Fit.



- 2 Gently pull on both sides of the band to make sure it is tightly connected and not detached from your Fit.



Remove the band while pressing the band release button.



Putting on the Fit

Open the buckle and place your Fit around your wrist. Fit the band to your wrist, insert the pin into an adjustment hole, and then secure the buckle to close it. If the band is too tight, use the next hole.

 Do not bend the band excessively. Doing so may damage the Fit.



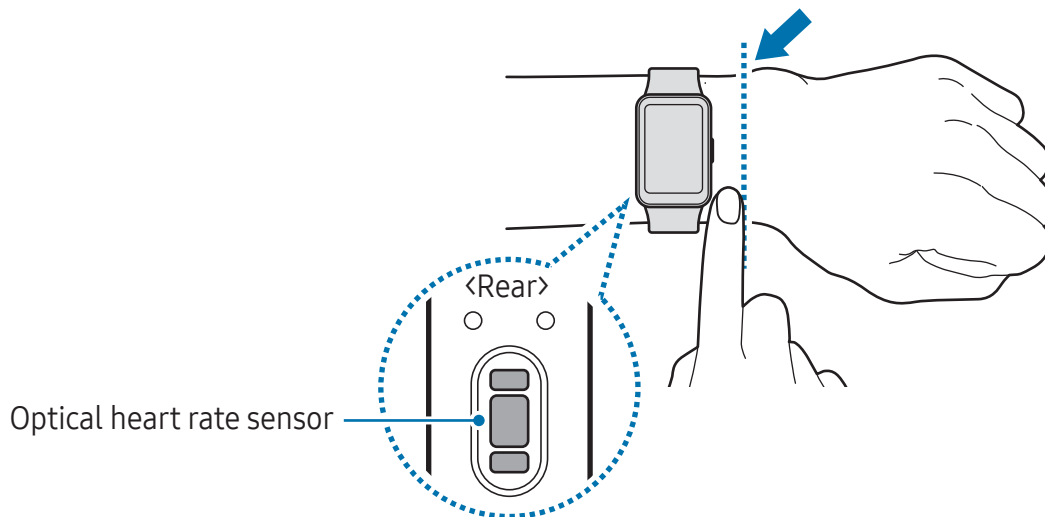
- To measure your physical condition accurately, wear the Fit firmly around your lower arm above the wrist. Refer to [How to wear the Fit for accurate measurements](#) for more information.
- When certain materials come into contact with the back of the Fit, your Fit may recognise that you are wearing it on your wrist depending on the type of material.
- If the sensor on the back of your Fit do not come into contact with your wrist for more than 10 minutes, your Fit may recognise that you are not wearing it on your wrist.

Band tips and precautions

- For accurate measurement, you have to wear the Fit so that it fits your wrist. After measuring, loosen the band to allow air to reach your skin. It is recommended to wear the Fit so that it is not too loose or tight, and that it feels comfortable in normal circumstances.
- When you wear the Fit for a long time or do a high-intensity exercise while wearing it, skin irritation may occur because of certain factors, such as friction, pressure, or moisture. If you have been wearing your Fit for a long time, remove it from your wrist for a while to keep your skin healthy and allow your wrist to rest.
- Skin irritation may occur because of an allergy, environment factors, other factors, or when your skin is exposed to soap or sweat for long periods. In this case, stop using your Fit immediately and wait 2 or 3 days for the symptoms to ease. If the symptoms persist or worsen, call your doctor.
- Make sure your skin is dry before wearing your Fit. If you wear a wet Fit for a long time, your skin may be affected.
- If you use your Fit in the water, remove foreign materials from your skin and Fit and dry them thoroughly to prevent the skin irritation.
- Do not use any accessories except the Fit in the water.

How to wear the Fit for accurate measurements

For accurate measurements, wear the Fit firmly around your lower arm above the wrist while leaving a finger's worth of space as shown in the figure.



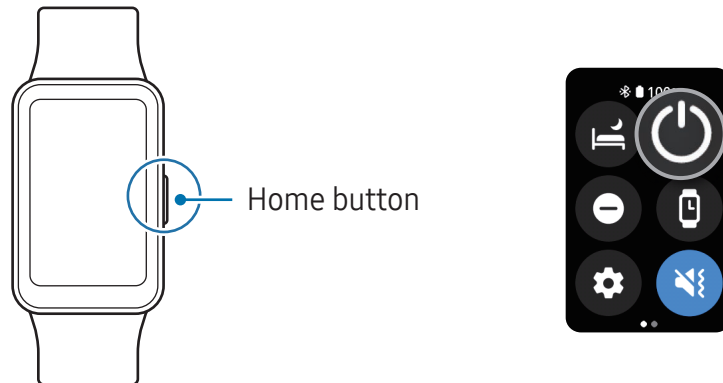
- If you fasten the Fit too tightly, skin irritation may occur, and if you fasten it too loosely, friction may occur.
- Do not look directly at the optical heart rate sensor's lights. Make sure children do not look directly at the lights. Doing so may impair your vision.
- If the Fit becomes hot to the touch, remove it until it cools. Exposing your skin to the Fit's hot surface for a long time may cause low-temperature burns.



- Use the HR feature only for measuring your heart rate. The accuracy of the optical heart rate sensor may be diminished depending on the surroundings, measurement conditions, and user's physiological state.
- As cold ambient temperatures may affect your measurement, keep yourself warm when checking your heart rate during winter or cold weather.
- Smoking or consuming alcohol before taking measurements may cause your heart rate to be different from your normal heart rate.
- Do not move, talk, yawn, or breathe deeply while taking heart rate measurements. Doing so may cause your heart rate to be recorded inaccurately.
- If your heart rate is extremely high or low, the measurement may not be accurate.
- If measuring children's heart rates, the measurement may not be accurate.
- Users with thin wrists may receive inaccurate heart rate measurements when the Fit is loose, causing the light to be reflected unevenly. In this case, wear the Fit on your inner arm.
- If heart rate measurement is not working properly, adjust the position of the Fit's optical heart rate sensor to the right, left, up, or down on your wrist, or wear the Fit on your inner arm so that the sensor is in contact with your skin.
- If the optical heart rate sensor is dirty, wipe the sensor and try again. If foreign materials prevent the light from reflecting evenly, the measurement may not be accurate.
- The optical heart rate sensor may be affected by tattoos, marks, and hair on the wrist you wear your Fit on. These may cause your Fit not to recognise that you are wearing it, and the Fit's features may not work properly. Therefore, wear your Fit on a wrist that does not interfere with the Fit's features.
- The measurement features may not work properly because of certain factors, such as the light from the optical heart rate sensor being blocked, depending on your skin brightness, blood flow under your skin, and the cleanliness of the sensor area.

Turning the Fit on and off

- Follow all posted warnings and directions from authorised personnel in areas where the use of wireless devices is restricted, such as aeroplanes and hospitals.




Turning the Fit on

Press the Home button to turn the Fit on.

When you turn on the Fit for the first time or reset it, on-screen instructions will appear to open the Galaxy Wearable app on your phone. Refer to [Connecting the Fit to a phone](#) for more information.

Turning the Fit off

- 1 Press and hold the Home button for more than 8 seconds. Alternatively, open the quick panel by dragging downwards from the top edge of the screen and tap .
- 2 Tap **Power off**.

- Stop pressing the Home button when you access the power options. If you continue holding the Home button, the Fit may be forced to restart.

Forcing restart

If your Fit is frozen and unresponsive, press and hold the Home button for more than 11 seconds to restart it.

Connecting the Fit to a phone

Installing the Galaxy Wearable app

To connect your Fit to a phone, install the Galaxy Wearable app on the phone.

Depending on your phone, you can download the Galaxy Wearable app from the following places:


- Samsung Android phones: **Galaxy Store, Play Store**
- Other Android phones: **Play Store**



- It is compatible with Android phones that support Google mobile services.
- You cannot install the Galaxy Wearable app on the phones that do not support Fit syncing. Ensure that your phone is compatible with a Fit.
- You cannot connect your Fit to a tablet or a computer.

Connecting the Fit to a phone through Bluetooth

- 1 Turn on the Fit.
- 2 Swipe upwards from the bottom of the screen.
On-screen instructions for opening the Galaxy Wearable app will appear.
- 3 Open the **Galaxy Wearable** app on your phone.
If the Galaxy Wearable app is not the latest version, update the Galaxy Wearable app to the latest version.
- 4 Tap **Continue**.
- 5 Select your Fit on the screen.
If you cannot find your Fit, tap **Having trouble connecting?**
- 6 Follow the on-screen instructions to complete the connection.
When completing the connection, tap **Start** and follow the on-screen instructions to learn about the Fit's basic controls.

- The initial setup screen may differ depending on your region.
- Connection methods may vary depending on your region, model, phone, and software version.
- When you connect your Fit to a phone for the first time or after resetting it, the Fit's battery may drain more quickly while syncing data.
- Supported phones and features may vary depending on your region, carrier, or device manufacturer.
- When you cannot establish a Bluetooth connection between your Fit and the phone, the status indicator  icon will appear at the top of the Watch screen.


Connecting your Fit to a new phone

When you connect the Fit to a new phone, the Fit will reset all personal information. When the prompt appears before connecting your Fit to a new phone, tap **Back up data** to back up the stored data. Both manually backed up data and data backed up by the auto back up feature can be restored when you connect your Fit to a new phone.

- 1 On the Apps screen, tap **Settings** → **General** → **Reset**.

After a reset, your Fit will automatically enter Bluetooth pairing mode.

- 2 On your new phone, open the **Galaxy Wearable** app to connect to your Fit.

- If the phone you want to connect to is already connected to another device, open the **Galaxy Wearable** app on your phone and tap  → **Connect new device** to connect with a new device.

Registering a Samsung account on your Fit

Register your Samsung account on your connected phone to access the various Fit features.

- 1 Open the **Galaxy Wearable** app on your phone.
- 2 Tap **Band settings** → **Samsung account**.
Alternatively, tap **Band settings** → **Accounts and backup** → **Samsung account**.
- 3 Follow the on-screen instructions to sign in to your Samsung account on your phone. If your Samsung account is signed in, you can check the registered Samsung account.

Controlling the screen

Touch screen

Tapping

Tap the screen.



Touching and holding

Touch and hold the screen for approximately 2 seconds.



Swiping

Swipe upwards, downwards, to the left, or to the right.

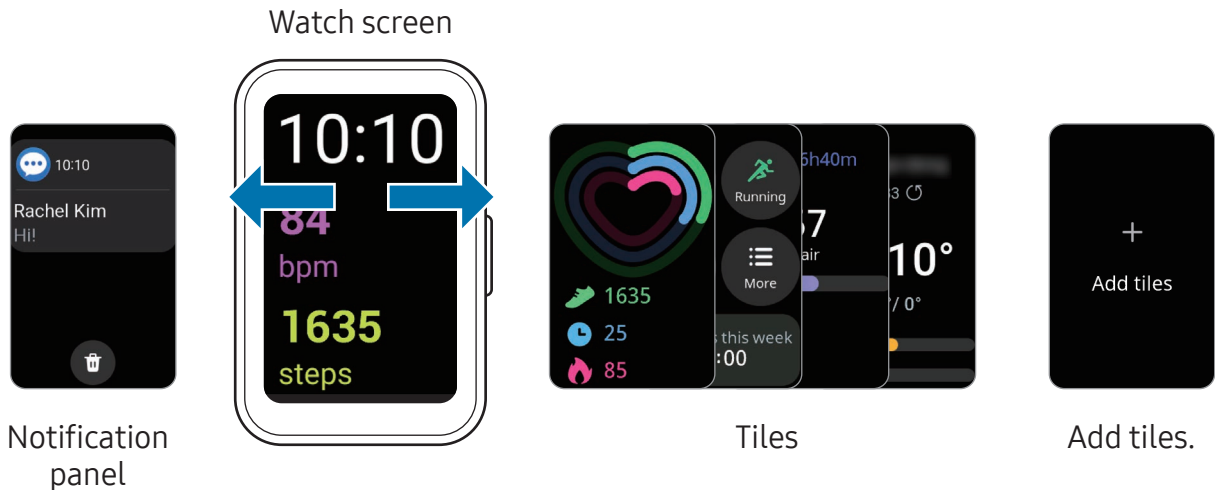



- ⚠ • Do not allow the touch screen to come into contact with other electrical devices. Electrostatic discharges can cause the touch screen to malfunction.
- To avoid damaging the touch screen, do not tap it with anything sharp or apply excessive pressure to it with your fingertips or other objects.
- It is recommended not to use fixed graphics on part or all of the touch screen for extended periods. Doing so may result in afterimages (screen burn-in) or ghosting.
- 📏 • The Fit may not recognise touch inputs close to the edges of the screen, which are outside of the touch input area.
- The touch screen will not be available when water lock mode is turned on.

Screen composition

The Watch screen is the starting point of the Home screen, which is composed of several pages.

You can check tiles or open the notification panel by swiping the screen to the left or right.





 The available panels, tiles, and their arrangement may vary depending on the software version.

Using tiles

To add a tile, tap **Add tiles** and select a tile.

When touching and holding a tile, you can access the edit mode to change the tile's arrangement or remove the tiles.

- **Moving the tile:** Tap **<** or **>**, and then tap  on the desired location.
- **Removing the tile:** Tap  on the tile to remove it.
- **Editing the tile:** Tap **Edit** to configure the tile.

 You can only edit some tiles.

Turning the screen on and off

Turning the screen on

Use the following methods to turn the screen on.

- **Turn the screen on with the button:** Press the Home button.
- **Turn the screen on by raising your wrist:** Raise your wrist where you wear the Fit. If the screen does not turn on after you raise your wrist, tap **Settings** on the Apps screen, tap **Display**, and then tap the **Raise wrist to wake** switch under **Screen wake-up** to turn it on.
- **Turn the screen on by tapping the screen:** Tap the screen. If the screen does not turn on after you tap the screen, tap **Settings** on the Apps screen, tap **Display**, and then tap the **Touch screen to wake** switch under **Screen wake-up** to turn it on.

Turning the screen off

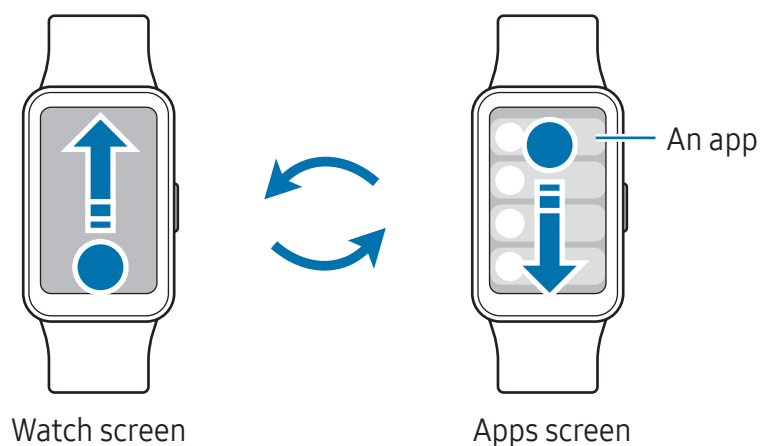
To turn off the screen, cover it with your palm or another part of your body. Also, the screen will automatically turn off if the Fit is not used for a specified period.

Switching the screen

Switching between the Fit and Apps screen

On the Watch screen, swipe upwards to open the Apps screen.

To return to the Watch screen, swipe downwards from the top of the Apps screen. Alternatively, press the Home button.



Returning to the previous screen

To return to the previous screen, swipe right on the screen.

Apps screen

The Apps screen displays icons for all apps installed on the Fit.

On the Apps screen, select the app to open it.

 The available apps may vary depending on the software version.

Lock screen

Use the screen lock feature to protect your data, such as your personal information saved on your Fit. When turning on this feature, the Fit will require you to unlock it whenever you use it. However, if you unlock it once while wearing the Fit, it will remain unlocked.

Setting the screen lock

On the Apps screen, tap **Settings** → **Security and privacy** → **Lock type** and select the lock method.

- **PIN:** Enter a PIN with numbers to unlock the screen.

Watch

Watch screen


You can check the current time or check other information. When you are not on the Watch screen, press the Home button to return to the Watch screen.

Changing the watch face

1 Open the **Galaxy Wearable** app on your phone.


2 Tap **Watch faces** and select a watch face.

If you select certain watch faces, such as **Photos**, you can customise them. Refer to [Making Photos watch faces](#) for more information.

 You can also change the watch face from your Fit. Touch and hold the Watch screen and select a watch face by swiping left or right on the screen.

Turning on the Always On Display feature

Set the Fit to display information, such as the time and date, while the screen is off and while wearing your Fit. However, the battery will drain more quickly than normal while using this feature.

To use this feature, open the quick panel by dragging downwards from the top edge of the screen and tap . Alternatively, on the Apps screen, tap **Settings** → **Display** and tap the **Always On Display** switch to turn it on.

Notifications

Notification panel

Check notifications, such as new messages, events, or missed calls, on the notification panel. On the Watch screen, swipe right on the screen to open the notification panel.

When there are new notifications, an orange notification indicator will appear on the Watch screen. If the notification indicator does not appear, on the Apps screen, tap **Settings** → **Notifications** → **Advanced settings** and tap the **Notification indicator** switch to turn it on.

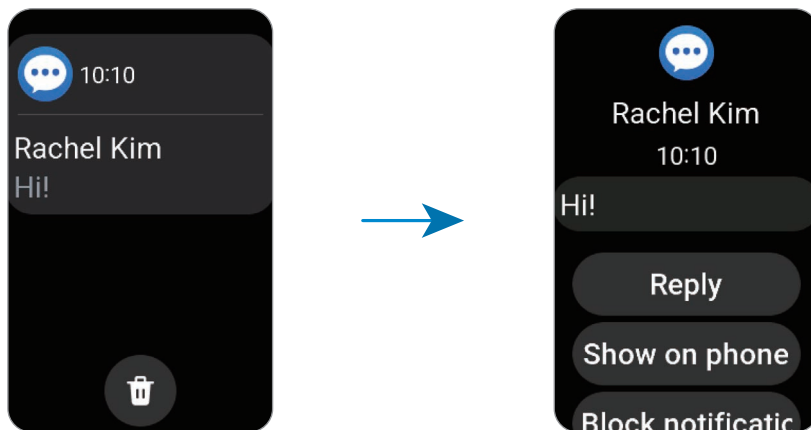


- You can receive notifications only when wearing the Fit.
- You cannot receive notifications on your Fit when using your phone. To check notifications on your Fit even while you are using your phone, tap **Settings** on the Apps screen, tap **Notifications** → **Show phone notifications on band**, and then select **Show alerts even when phone in use**.

Checking incoming notifications

When you receive a notification, information about the notification, such as its type or the time you received it, will appear on the screen. If more than two notifications are received, swipe upwards or downwards on the screen to check more notifications.

Tap the notification to check the details.



Tap  to delete all notifications.

Selecting apps for receiving notifications

Select a phone or Fit app to receive notifications for on your Fit.

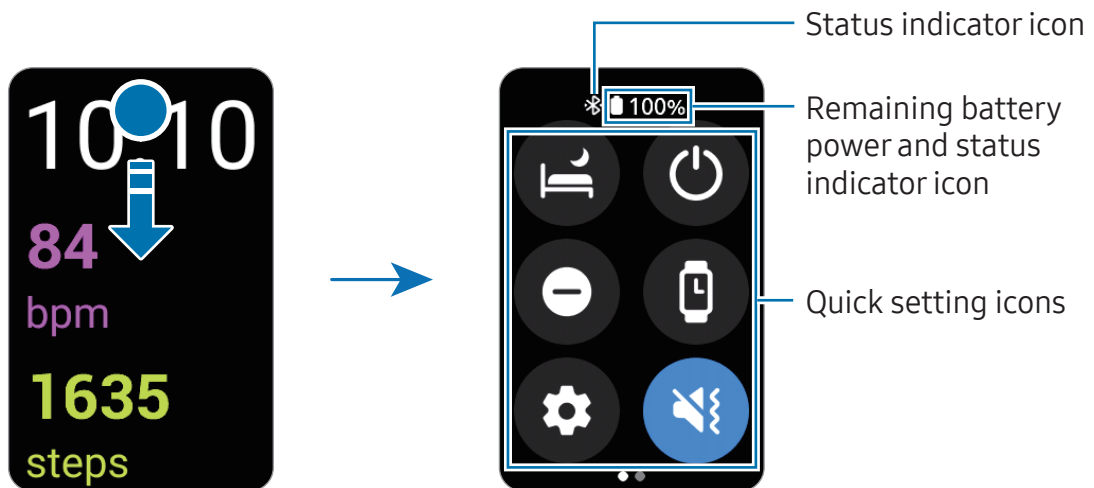
- 1 Open the **Galaxy Wearable** app on your phone.
- 2 Tap **Band settings** → **Notifications** → **App notifications**.
- 3 Tap the switch next to apps to receive notifications from the apps list.

Quick panel

Check the Fit's current status and configure settings from the quick panel.

To open the quick panel, drag downwards from the top edge of the screen. To close the quick panel, swipe upwards on the screen.


Swipe left or right on the screen to move to the next or previous quick panel.



Checking the status indicator icons

Status indicator icons appear at the top of the quick panel and inform you of the Fit's current status. The icons listed in the table are the most common.













Icon	Meaning
✱	Bluetooth connected
🔋	Battery power level


-  Some status indicator icons that show certain situations, such as when you use some modes or charge the Fit, also appear at the top of the Watch screen. To hide the status indicator icons on the Watch screen, tap **Settings** on the Apps screen, tap **Advanced features** → **Status indicators**, and then select **Hide after 2 seconds**.
- The status indicator icons may appear differently depending on the region, carrier, or model.

Checking quick settings icons

Quick settings icons appear on the quick panel. Tap the icon to change the basic settings or launch the feature. To check more detailed settings, touch and hold a quick settings icon.

Refer to [Adding or removing quick settings icons](#) for more information about adding or removing the quick settings icons on the quick panel.

Icon	Meaning
	Turn on sleep mode
	Access the power options
	Turn on do not disturb mode
	Turn on the Always On Display feature
	Open Settings
	Turn on vibrate or silent mode
	Turn on the flash
	Open the Find My Phone app
	Turn on theatre mode
	Turn on flight mode
	Turn on water lock mode
	Adjust the brightness

 The quick setting icons may appear differently depending on the software version of the connected phone.


Apps and features

Checking and replying to messages

- 1 Open the notification panel.
- 2 Tap a new message notification.

To check a message on your phone, tap **Show on phone**.

To reply to a message on your Fit, tap **Reply** and select a text template.

To delete a message, tap .

Declining a call

When there is an incoming call, drag  outside the large circle.

To send a declining message to the caller, tap **Send message** and select the message you want.

-  If a call is missed, a missed call notification will appear on the notification panel. On the notification panel, check missed call notifications.


Health

Introduction

The Health app records and manages your 24-hour activity and sleep pattern to cultivate a healthy habit. You can save and manage health-related data on the Samsung Health app of the connected phone.

After continuously exercising for a certain period while wearing the Fit, the auto detect workouts feature will be turned on. Also, the Fit will notify you and show you some stretching motions to follow or it will show you a screen encouraging you to engage in light activity when the Fit recognises inactivity for more than 50 minutes. When your Fit recognises that you are driving or sleeping, it may not notify you and not show a stretching screen although you are physically inactive.

Visit www.samsung.com/samsung-health for more information.

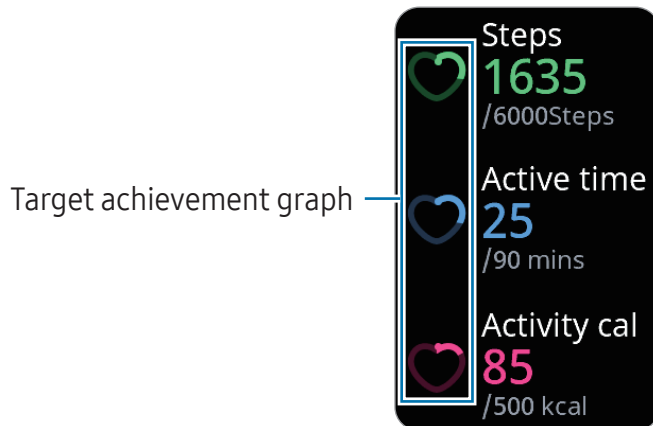
-  The health features are intended only for leisure, well-being, and fitness purposes. They are not intended for medical use. Before using these features, read the instructions carefully.

Daily activity

Check your current daily status, such as steps, active times, activity calories, and their targets, and related information.

Checking your daily activity


Tap **Health** on the Apps screen and tap **Daily activity**.



- **Steps:** Check the amount of steps you walk throughout the day. As you approach your step target, the graph will increase.
- **Active time:** Check the total time you were physically active throughout the day. As you approach your active time target by doing light activities, such as stretching, or walking, the graph will increase.
- **Activity cal:** Check the total amount of calories you spent doing an activity throughout the day. As you approach your activity calories target, the graph will increase.

To check additional information which is related to your daily activity, swipe upwards or downwards on the screen.

Setting the daily activity target

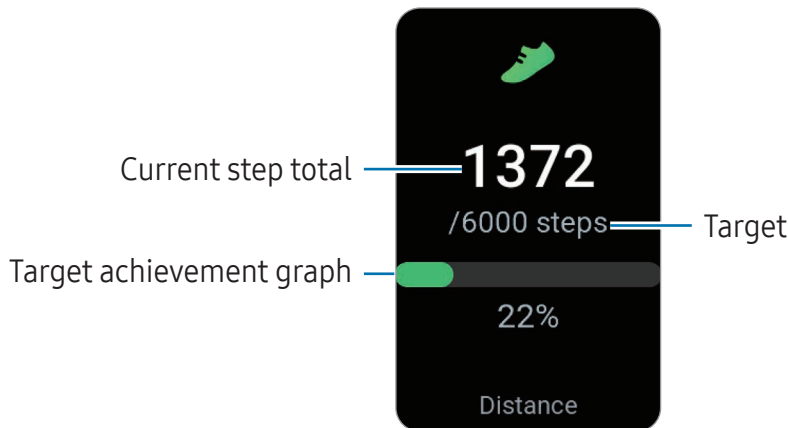
- 1 Tap **Health** on the Apps screen.
- 2 Tap **Daily activity** and tap **Set targets**.
- 3 Select an activity option.
- 4 Swipe upwards or downwards on the screen to set the target.
- 5 Tap .

Steps

The Fit counts the number of steps you have taken.

Measuring your step count

Tap **Health** on the Apps screen and tap **Steps**.




To check additional information which is related to the steps, swipe upwards or downwards on the screen.



- When you start to measure your step count, the step tracker monitors your steps and shows your step count after a brief delay because your Fit accurately recognises your movement after you walk for a while. Also, for an accurate step count, you may experience a brief delay before the notification indicates that a certain goal has been reached.
- If you use the steps tracker while travelling by car or train, vibration may affect your step count.
- One floor is calculated as approximately 3 metres. The floors measured may not match the actual floors you climb.
- The floors measured may not be accurate depending on the environment, the user's movements, and the conditions of buildings.
- The floors measured may not be accurate if water (shower and water activity) or foreign materials enter the atmospheric pressure sensor. If there is any detergent, sweat, or raindrops on the Fit, rinse it with clean water and dry the Fit, including the atmospheric pressure sensor thoroughly before use.

Setting the step target

- 1 Tap **Health** on the Apps screen.
- 2 Tap **Steps** and tap **Set targets**.
- 3 Swipe upwards or downwards on the screen to set the target.
- 4 Tap .

Exercise

Record your exercise information and check the results.



- Before using this feature, seek the advice of a licensed medical professional, such as a doctor, if any of the following apply to you:
 - If you have a chronic medical condition, such as heart disease or high blood pressure
 - If you are pregnant
 - If you are not of the appropriate age to exercise independently
- If you feel dizzy, experience pain, or have difficulty breathing during exercise, stop exercising immediately and seek the advice of a licensed medical professional, such as a doctor.
- Your heart rate is measured when you start exercising. For accurate measurements, wear the Fit firmly around your lower arm above the wrist. Refer to [How to wear the Fit for accurate measurements](#) for more information.
- Do not move until your heart rate appears on the screen so it can be measured more accurately.
- Your heart rate may not appear temporarily because of various conditions such as the environment, your physical state, or how the Fit is worn.


Be aware of following conditions before exercising in cold weather conditions:

- Avoid using the device in cold weather. If possible, use the device indoors.
- If you use the device outside in cold weather, cover the Fit with your sleeves before using it.

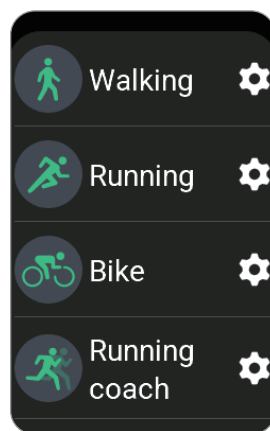
Starting exercises

1 Tap **Health** on the Apps screen.

2 Tap **Exercise**.

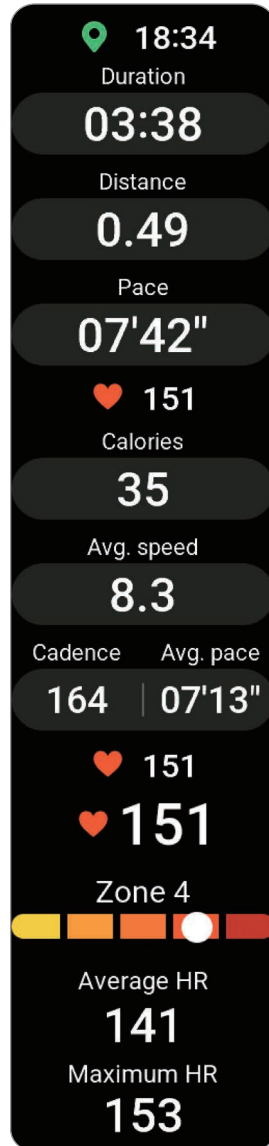
 You can start exercising directly from the **Multi-workouts** tile after adding workouts to it.

3 Swipe upwards or downwards on the screen to select an exercise type you want. When there is no exercise type you want, tap **Add**, and then select an exercise type you want.




The exercise will begin. For certain exercise types, tap **Start** to initiate the exercise.

- 4 Swipe upwards or downwards on the screen to check exercise information, such as your heart rate, distance, or time, on the workout screen.




You can play music by swiping left on the screen.

-  • When you select **Pool swim** or **Open water swim**, water lock mode will be automatically turned on and the touch screen will be unresponsive. Water lock mode is a feature that prevents unintentional screen touches and inputs when exercising in the water.
- When you select **Pool swim** or **Open water swim**, the recorded value may not be accurate in following cases:
 - If you stop swimming before reaching the completion point
 - If you change your swimming stroke midstream
 - If you stop moving your arms before reaching the completion point
 - If you swim without moving your arms
 - If you swim with only one arm
 - If you swim under water
 - If you get out of the water and walk after starting the exercise
 - If you do not pause or restart the exercise, but finish the exercise while resting

5 Swipe right on the screen and tap **Finish**.

To pause or restart the exercise, swipe right on the screen and tap **Pause** or **Resume**.


-  • To finish swimming, first press and hold the Home button for more than 2 seconds to turn off water lock mode. Stop pressing the Home button when water lock mode has turned off. If you continue holding the Home button, the Fit may be forced to restart.
- Music will continue to play even if you finish exercising. To stop playing music, stop music before finishing exercising or open the **Media Controller** app to stop playing music.

6 Swipe upwards or downwards on the screen after finishing the exercise to check your exercise results.



Doing multiple exercises

You can log various exercises and go straight through an entire routine by starting another exercise right after finishing the current exercise.

Swipe right on the screen while working out, tap **New**, and then select the next exercise type to begin.

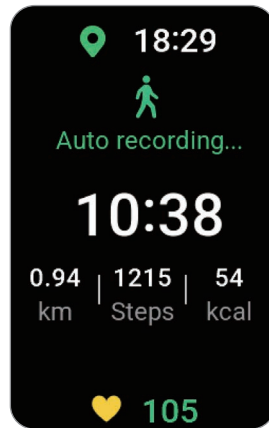
-  To finish swimming, first press and hold the Home button for more than 2 seconds to turn off water lock mode. Stop pressing the Home button when water lock mode has turned off. If you continue holding the Home button, the Fit may be forced to restart.

Setting the exercise

- 1 Tap **Health** on the Apps screen.
 - 2 Tap **Exercise**.
 - 3 Tap  next to each exercise type and set the various exercise options.
 - **Target:** Turn on the exercise target feature and set it.
 - **Workout screen:** Set the screens that appear while you are working out.
 - **HR zone guide:** Turn the feature on and set to receive alerts once you reach the heart rate zone goal you set.
 - **Split guide:** Set to receive guidance whenever you reach the distance, time, or length you set.
 - **Coaching messages:** Set to receive coaching messages for proper pacing while working out.
 - **Auto pause:** Set the Fit's exercise feature to pause automatically when you stop working out.
 - **Workout start:** Set how to start working out.
 - **Screen always on:** Set to turn the screen always on during workouts.
 - **Auto detect workouts:** Turn the auto detect workouts feature on and set it. Refer to [Auto detect workouts feature](#) for more information.
 - **Pool length:** Set the pool length.
-  You can also change certain settings right before starting the exercise or while exercising. Before starting the exercise, tap **Settings** on the countdown screen or GPS screen. Alternatively, while working out, swipe right on the screen and tap **Settings**.
 - The available exercise setting options may vary depending on the exercise type.

Auto detect workouts feature

Once you have engaged in an activity for a certain period while wearing the Fit, it automatically recognises that you are exercising and records exercise information such as the exercise type, duration, and calories burned.



When you stop doing some exercises for more than one minute, the Fit automatically recognises that you have stopped exercising and recording will end.

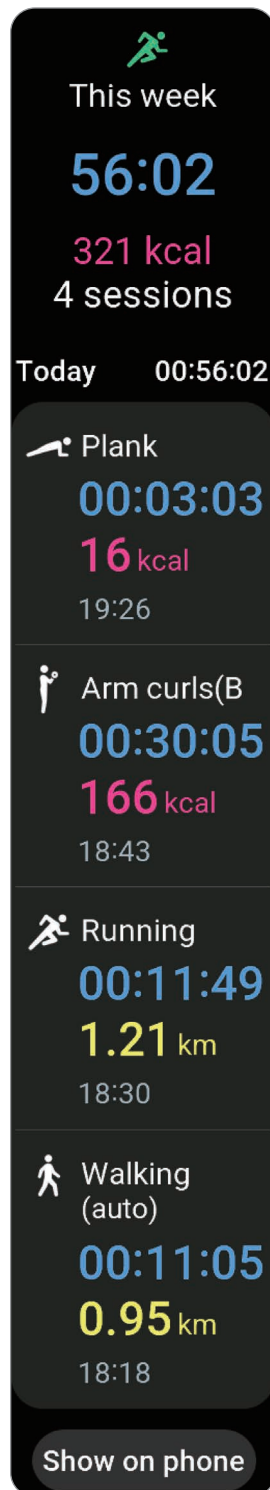
- You can check the list of exercises that are supported by the auto detect workouts feature. On the Apps screen, tap **Health** and tap **Settings** → **Activities to detect**. If the exercises are not recognised automatically, turn on the auto detect workouts feature and tap the switch of the exercise type that uses this feature under **Activities to detect**.
- The auto detect workouts feature measures something, such as the time you spent exercising and calories burnt by using the acceleration sensor. The measurements may not be accurate depending on your manner of walking, exercise routines, and lifestyle.

Workouts this week

You can check your exercise history, which is sorted by date and exercise type.



- 1 Tap **Health** on the Apps screen.
- 2 Tap **Workouts this week**.

3 Swipe upwards or downwards on the screen to check all your exercise history.



Sleep

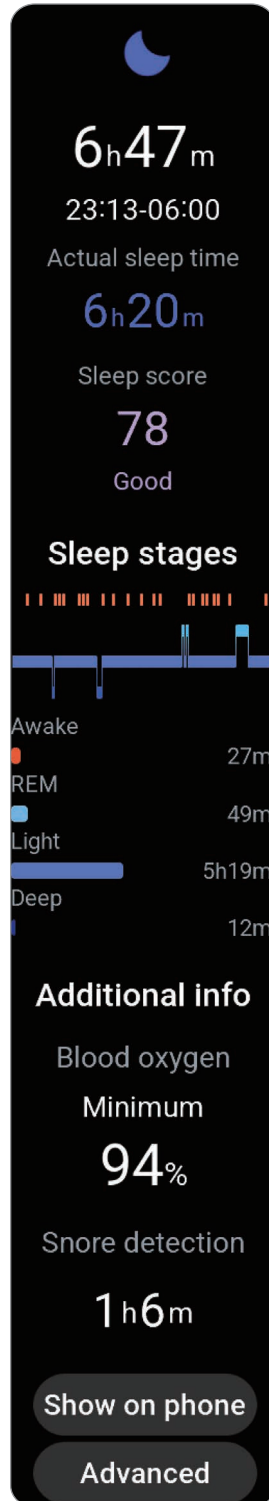
Analyse your sleep and record it by measuring your heart rate and your movement while you are sleeping.

-  This feature is only for your general wellness and fitness. Therefore, do not use it for medical purposes, such as diagnosing the symptoms, treatment, or prevention of disease.
- 
 - The sleep pattern will have its four states (Awake, REM, Light, Deep) analysed by using your movement and changes in your heart rate while you are sleeping. You can check the recommended ranges for each measured sleep state in the graph on your connected phone.
 - If your heart rate is irregular or your Fit cannot recognise your heart rate properly, the sleep pattern will be analysed into three states (Restless, Light, Motionless).
 - You can check the detailed sleep analysis only when your Fit is connected to your phone.
 - Before measuring, charge the Fit's battery so it is more than 30%.
 - For accurate measurements, wear the Fit firmly around your lower arm above the wrist. Refer to [How to wear the Fit for accurate measurements](#) for more information.


Measuring your sleep

- 1 Sleep while wearing the Fit.
The Fit will start to measure your sleep.
- 2 Tap **Health** on the Apps screen after you wake up.
- 3 Tap **Sleep**.

- 4 Swipe upwards or downwards on the screen to check all information related to your measured sleep.



Using the snore detection feature

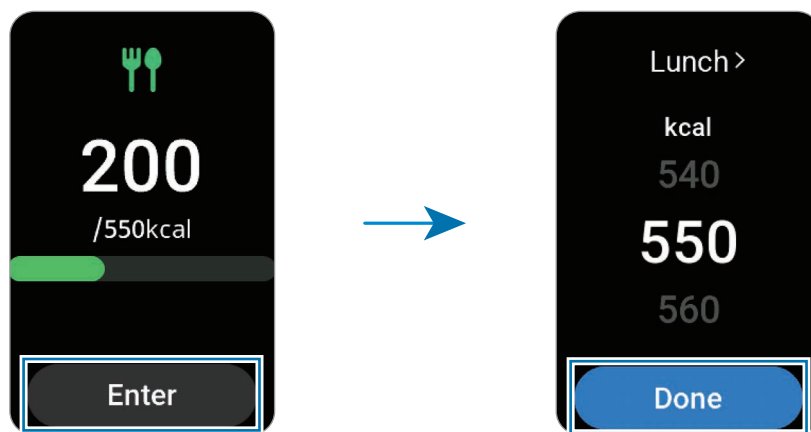
- 1 Tap **Health** on the Apps screen.
 - 2 Tap **Settings**.
 - 3 Tap **Sleep** → **Snore detection**.
The Samsung Health app will open on your phone.
 - 4 Tap the switch to turn it on.
 - 5 Select **Always** under **Detect snoring** to measure your snoring whenever you are sleeping.
 - 6 Connect your phone to the charger and place the phone's microphone so it faces you before sleeping.
Your snoring will be measured along with your other sleep records when you sleep while wearing the Fit.
-  • The snore detection feature can be turned on in the Samsung Health app (version 6.18 or later) of the connected phone.
 - Snoring may not be measured if you do not set the snore detection feature to **Always**, do not connect your phone to the charger before sleeping, or do not place the phone's microphone so it faces you before sleeping.

Food

Record the calories you eat in a day and compare with your target calories to get help to manage your weight.

Recording the calories

- 1 Tap **Health** on the Apps screen.
- 2 Tap **Food**.
- 3 Tap **Enter**, tap the meal type on the top of the screen, and then select an option.
- 4 Swipe upwards or downwards on the screen to set the caloric intake, and then tap **Done**.



To check additional information which is related to the caloric intake, swipe upwards or downwards on the screen.

Deleting logs



- 1 Tap **Health** on the Apps screen.
- 2 Tap **Food** and tap **Delete**.
- 3 Select data to delete and tap **Delete**.

Setting your caloric intake target

- 1 Tap **Health** on the Apps screen.
- 2 Tap **Food** and tap **Set target**.
- 3 Swipe upwards or downwards on the screen to set the target.
- 4 Tap **Done**.

Heart rate

Measure and record your heart rate.

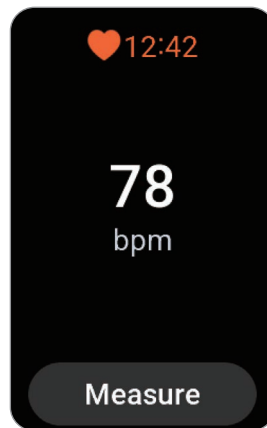
-  The Fit's heart rate tracker is intended for fitness and informational purposes only and is not intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of disease.
-  For accurate measurements, wear the Fit firmly around your lower arm above the wrist. Refer to [How to wear the Fit for accurate measurements](#) for more information.

Be aware of following conditions before measuring your heart rate:

- Rest for 5 minutes before taking measurements.
- If the measurement is very different from the expected heart rate, rest for 30 minutes and then measure it again.
- During winter or in cold weather, keep yourself warm when measuring your heart rate.
- Smoking or consuming alcohol before taking measurements increases heart rate and may cause your heart rate to be different from your normal heart rate.
- Do not talk, yawn, or breathe deeply while taking heart rate measurements. Doing so may cause your heart rate to be recorded inaccurately.
- Heart rate measurements may vary depending on the measurement method and the environment they are taken in.
- If the sensor is not working, check the Fit's position on your wrist and make sure nothing is obstructing the sensor. If the sensor continues to have the same problem, visit a Samsung Service Centre or an authorised service centre.

Measuring your heart rate manually

- 1 Tap **Health** on the Apps screen.
- 2 Tap **Heart rate**.
- 3 Tap **Measure** to begin measuring your heart rate.
Check the measured heart rate on the screen.



To check additional information which is related to the heart rate, swipe upwards or downwards on the screen.

Changing the heart rate measurement settings

- 1 Tap **Health** on the Apps screen.
- 2 Tap **Heart rate**.
- 3 Tap **Settings** and select the measurement method under **Measurement**.
 - **Measure continuously**: Your heart rate will be measured continuously.
 - **Every 10 mins while still**: Your heart rate will be measured every 10 minutes while resting.
 - **Manual only**: Your heart rate will be measured manually only when tapping **Measure**.


Setting the heart rate alert

You can receive an alert when your heart rate is higher or lower than the resting heart rate value you set and it lasts more than 10 minutes.

- 1 Tap **Health** on the Apps screen.
- 2 Tap **Heart rate**.
- 3 Tap **Settings** and set the alert under **Heart rate alert**.
 - **High HR:** Set to receive an alert when your heart rate is consistently higher than the heart rate value you set.
 - **Low HR:** Set to receive an alert when your heart rate is consistently lower than the heart rate value you set.

Stress

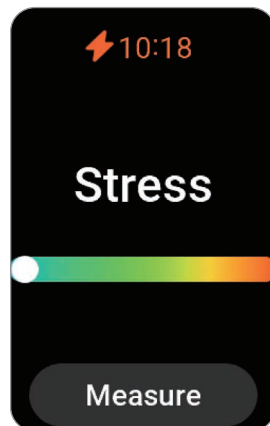
Check your stress level by utilising the bio data collected by your Fit and reduce your stress by following the breathing exercise that the Fit provides.

-  • The more frequently you measure your stress level, the more accurate your results will be because of the accumulated data.
- Your measured stress level is not necessarily related to your emotional state.
- Your stress level may not be measured, while you are sleeping, working out, moving a lot, or right after you finish a workout.
- For accurate measurements, wear the Fit firmly around your lower arm above the wrist. Refer to [How to wear the Fit for accurate measurements](#) for more information.

Measuring your stress level manually

- 1 Tap **Health** on the Apps screen.
- 2 Tap **Stress**.

- 3 Tap **Measure** to begin measuring your stress level.
Check the measured stress level on the screen.



Alleviating stress with the breathing exercise



- 1 Tap **Health** on the Apps screen.
- 2 Tap **Stress**.
- 3 Tap **+** or **-** under **Breathe** to change the time and the number for the breath exercise. To change the breath exercise duration, tap **Breathe duration**.
- 4 Tap **Start** and start breathing.
To stop the breathing exercise, tap **□**.

Changing the stress measurement settings

- 1 Tap **Health** on the Apps screen.
- 2 Tap **Stress**.
- 3 Tap **Settings** and select the measurement method under **Measurement**.
 - **Measure continuously**: Your stress level will be measured continuously.
 - **Manual only**: Your stress level will be measured manually only when tapping **Measure**.

Cycle tracking

Enter your menstrual period to begin tracking your cycle. When you are managing and tracking your menstrual cycle, you can predict date like your next period.

-  • This feature is only for managing and tracking your menstrual cycle. Therefore, do not use it for medical purposes, such as diagnosing the symptoms, treatment, or prevention of disease.
- This feature is not intended to be used for pregnancy planning or contraception purposes.
- Predicted dates are only for personal reference. Predicted dates may differ from actual dates.
- Individuals under the age of 18 should use this feature with a guardian.
- Do not make any medical decisions based on predicted dates without consulting a physician. Also, do not use the information provided by the Health app or take medical actions without consulting with a qualified medical expert.
-  • Turn on the cycle tracking feature in the Samsung Health app on your phone to use this feature on your Fit.
- Predicted dates may vary depending on the input information.

- 1 Tap **Health** on the Apps screen.
- 2 Tap **Cycle tracking**.
- 3 Tap **Enter period**.
- 4 Swipe upwards or downwards on the screen to set your period's start date.
- 5 Tap **Save**.

To check additional information which is related to your cycle tracking, swipe upwards or downwards on the screen.

Water

Record and track how many glasses of water you drink.

Recording water consumption

- 1 Tap **Health** on the Apps screen.
- 2 Tap **Water**.
- 3 Tap **+250ml** when you drink a glass of water.
If you want to change the cup size, tap **Set cup size** and select an option or set your own cup size.

Deleting logs


- 1 Tap **Health** on the Apps screen.
- 2 Tap **Water** → **Delete**.
- 3 Select data to delete and tap **Delete**.

Setting your target consumption

- 1 Tap **Health** on the Apps screen.
- 2 Tap **Water** → **Set target**.
- 3 Swipe upwards or downwards on the screen to set the daily target.
- 4 Tap **Done**.

Blood oxygen

Measure your blood's oxygen level to check whether your blood is properly delivering oxygen to the different parts of your body.

 This feature is only for your general wellness and fitness. Therefore, do not use it for medical purposes, such as diagnosing the symptoms, treatment, or prevention of disease.

Be aware of following conditions before measuring your blood oxygen level:

- Rest for 5 minutes before taking measurements.
- During winter or in cold weather, keep yourself warm when measuring your blood oxygen level.
- Blood oxygen level measurements may vary depending on the measurement method and the environment they are taken in.

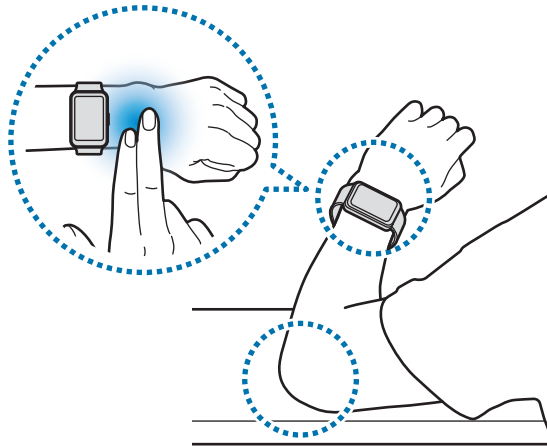
Measuring your blood oxygen level manually

- 1 Tap **Health** on the Apps screen.
- 2 Tap **Blood oxygen**.

3 Tap **Measure** to begin measuring your blood oxygen level.

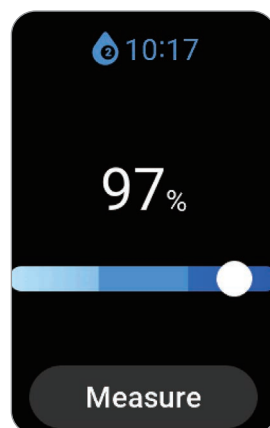
 **Correct measurement posture**

- For accurate measurements, wear the Fit firmly around your lower arm above the wrist while leaving two fingers' worth of space as shown in the figure. Also, place your elbow on the table while positioning your wrist close to your heart.



- Do not move and stay in the correct posture until finishing the measurement.
- You can learn about how to measure your blood oxygen level in detail on the screen by tapping **How to measure**.


Check the measured blood oxygen level on the screen. If your resting blood oxygen level is between 95% and 100%, it is assumed to be within the normal range.



Measuring your blood oxygen level while sleeping

Set to measure your blood oxygen level continuously while sleeping.

- 1 Tap **Health** on the Apps screen.
- 2 Tap **Settings**.
- 3 Tap **Sleep** and tap the **Blood oxygen during sleep** switch to turn it on.
Your sleeping blood oxygen level will be measured along with your other sleep records when you sleep while wearing the Fit.


-  • If your blood oxygen level is measured continuously while sleeping, the battery will drain more quickly than normal.
- You can see the light because of the flickering optical heart rate sensor while measuring your blood oxygen level.
- The Fit may measure your blood oxygen level even if you are not sleeping because your Fit can recognise your sleep status even while reading books or watching TVs or movies.
- Wear the Fit firmly to ensure that you will not create space between your wrist and the Fit when turning over in your sleep.

Together

Compare your step count records with your friends who also use the together feature of the Samsung Health app. When you start step challenges with your friends, you can check the challenge status on your Fit.

- 1 Tap **Health** on the Apps screen.
- 2 Tap **Together**.

Tap **Show on phone** to check detailed information which is related to the together feature on your connected phone.

-  Turn on the together feature in the Samsung Health app on your phone to check the together information on your Fit.

Settings

Configure the various settings related to exercise and fitness.


Tap **Health** on the Apps screen and tap **Settings**.

- **Measurement:** Set how to measure your heart rate and stress, and turn the additional features that can be measured during sleep on or off.
- **Auto detect workouts:** Turn on the auto detect workouts feature and configure the settings, such as selecting the exercise types to be detected.
- **Inactive time:** Turn the feature on to receive alerts after 50 minutes of inactivity, and set the time and days you want to be notified.

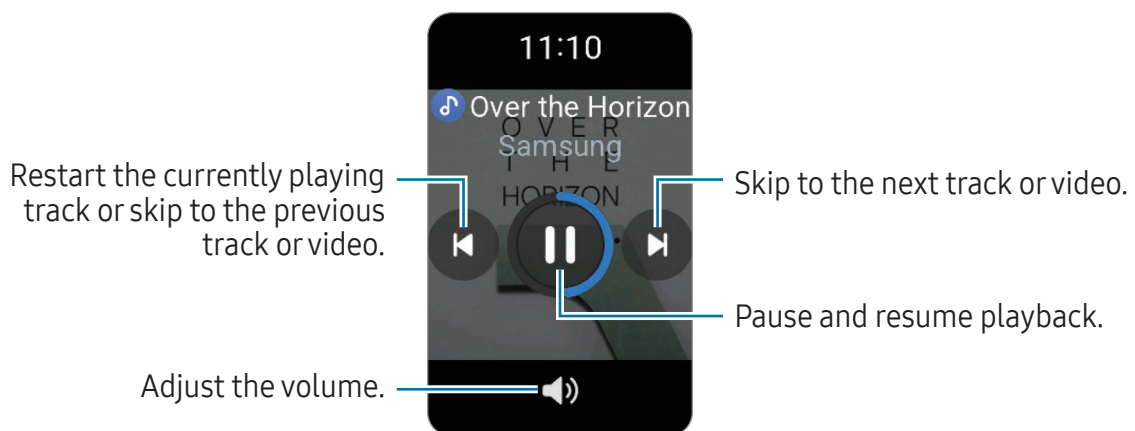
 Some features may not be available depending on the region, carrier, or model.

Media Controller

Control the media app installed on the connected phone to play or pause music or videos.

 To open this app automatically from your Fit when you play music or videos on the connected phone, on the Apps screen, tap **Settings** → **Display** and tap the **Show media controls** switch to turn it on.

- 1 Play music or a video on the connected phone.
- 2 Tap **Media Controller** on the Apps screen.
- 3 Control the music or video player with your Fit.



Calendar

You can check the 7-day schedules of events that you saved on your phone on your Fit. Tap **Calendar** on the Apps screen to check the schedules of events that you saved on your phone.

To add your schedule, tap **Show on phone** and add it on the connected phone.

Weather


Check weather information on the Fit for the location set on the connected phone.

Tap **Weather** on the Apps screen.

To check the weather information, such as the time-specific weather or weekly information, swipe upwards or downwards on the screen.

Alarm

Set and manage the Fit's alarms and the phone's alarms individually.

 When your Fit is connected to your phone through Bluetooth, you can check all alarm lists on your phone from the Fit.

Setting alarms

- 1 Tap **Alarm** on the Apps screen.
- 2 Tap **Add on band** to set alarms that only go off on your Fit.
You can also add an alarm from the connected phone by tapping **Add on phone**.
- 3 Swipe upwards or downwards on the screen to set the alarm time, and then tap **Next**.
- 4 Set other alarm options, such as the date when to go off and whether to repeat the alarm, and tap **Save**.
The saved alarm is added to the alarms list.

To turn on or off alarms, tap the switch next to the alarm in the alarms list.

Turning off alarms

Drag  outside the large circle to turn off an alarm.

If you want to use the snooze feature, drag  outside the large circle.

Deleting alarms

In the alarms list, touch and hold an alarm, and then tap **Delete**.



World Clock


Tap **World Clock** on the Apps screen to check the world clocks added from the phone.

To add a world clock, tap **Add on phone**. Or, if you have added world clocks, tap **Edit on phone**, and then add or remove a world clock on the connected phone.

Timer

Setting a timer

- 1 Tap **Timer** on the Apps screen.
- 2 Tap .
- 3 Swipe upwards or downwards on the screen to set the duration, and then tap .





 If you select a preset, the timer will start right away. You can also check more presets by swiping upwards or downwards on the screen.

Dismissing a timer

Drag  outside the large circle when your timer finishes.


To restart the timer, drag  outside the large circle.

Stopwatch

- 1 Tap **Stopwatch** on the Apps screen.
- 2 Select the stopwatch style you want by swiping left or right on the screen.
To change the stopwatch style, touch and hold the screen.
- 3 Tap **Start** to time an event.
To record lap times while timing an event, tap .
- 4 Tap  to stop timing.
 - To restart the timing, tap .
 - To clear lap times, tap .

Find My Phone


If you misplace the phone, the Fit can help you find it.

- 1 Tap **Find My Phone** on the Apps screen.
- 2 Tap **Start**.
The phone will make a sound and vibrate, and its screen will turn on.
To stop making sound and vibrating, tap  and drag it on the phone, or tap **Stop** on the Fit.

Find My Band

If you misplace your Fit, the Galaxy Wearable app on your connected phone can help you find it.


- 1 Open the **Galaxy Wearable** app on your phone and tap **Find My Band**.
- 2 Tap **Start**.
The Fit will vibrate and its screen will turn on.

To stop vibrating, tap  on the Fit. You can also stop it by tapping **Stop** on the phone.

Sending an SOS

Introduction

In an emergency, including when you are hurt from a fall, make an emergency call and send an SOS message that includes your location information to previously registered contacts. Also, you can set up your Fit to display your medical information on it after sending the SOS.

-  • Your location information may not be sent depending on your region or situation.
- Some features may not be available depending on the software version of the connected phone and its model.

Presetting the SOS request

Entering medical information

Enter your medical information, such as your name and blood type. This information can be accessed directly on your Fit during an emergency.

- 1 Open the **Galaxy Wearable** app on your phone and tap **Band settings** → **Safety and emergency**.
- 2 Tap **Medical info**, enter your information, and then tap **Save**.

When sending an SOS, the entered medical information will appear on your Fit's SOS screen.


Registering emergency contacts

Add contacts who can help you when sharing an emergency.

- 1 Open the **Galaxy Wearable** app on your phone and tap **Band settings** → **Safety and emergency**.
- 2 Tap **Emergency contacts**.
- 3 Tap **Add emergency contact** and select contacts you want from your existing contact, and then tap **Done**.

Requesting an SOS


Setting the SOS request

- 1 Open the **Galaxy Wearable** app on your phone and tap **Band settings** → **Safety and emergency**.
 - 2 Tap **Emergency SOS** → **Emergency SOS settings on your phone** and configure the SOS settings of your connected phone.
-  You might not configure the SOS settings of your connected phone depending on the software version of the connected phone and its model. In this case, configure the SOS settings of the Galaxy Wearable app.

Sending an SOS request

In an emergency, press the Fit's Home button five times.

An SOS message that includes your current location will be sent to the emergency numbers.

-  • To manually send an SOS request, drag the call or message button outside the larger circle on the SOS request screen of your phone.
- The emergency call may not connect depending on the software version of the connected phone. However, an SOS message that includes your location information is sent regardless of the software on the connected phone. If the SOS message is not sent, open the **Galaxy Wearable** app on your phone, tap **Band settings** → **Safety and emergency** → **Emergency SOS** → **Emergency SOS settings on your phone**, and then tap the **Send SOS to emergency contacts** switch to turn it on.


Requesting an SOS when you are hurt from a fall

Setting the SOS request when you are hurt from a fall

- 1 Open the **Galaxy Wearable** app on your phone and tap **Band settings** → **Safety and emergency**.
- 2 Tap **Hard fall detection** and tap the switch to turn it on.
- 3 Tap **When to detect falls** and select the condition in which your Fit will detect the hurt from a fall.



Sending an SOS request when you are hurt from a fall

When there is a large impact, the Fit will detect the hurt from a fall through your arm's movement. If there is no movement detected for more than 30 seconds after the fall, it will display the alert while vibrating. If there is still no response after 60 seconds, the emergency call will be placed, and the SOS message will be sent automatically to the previously registered contact after the countdown.

-  • The Fit may believe that you have been hurt in a fall if you are doing a high impact exercise. If it is so, cancel the alert not to request an SOS.
- This feature may work differently depending on the software version of the connected phone and its model.

Stop sharing the location information

To stop sharing your location information, open the **Galaxy Wearable** app on your phone, tap **Band settings** → **Safety and emergency** → **Emergency SOS** → **Emergency SOS settings on your phone** → **Emergency sharing settings**, and then tap **Stop sharing**.

-  If you cannot stop sharing your location information on your connected phone, tap the sharing status notification after opening the notification panel on your Fit and tap **Stop** → .


Calculator

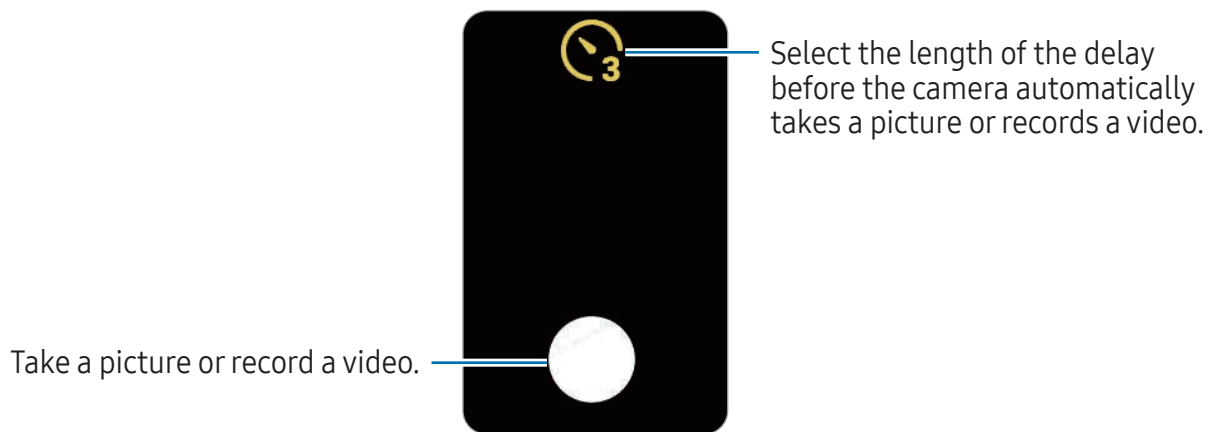
You can perform calculations.

Tap **Calculator** on the Apps screen.

Camera Remote

You can remotely control the cameras of the phone connected to the Fit and take pictures or record videos from a distance.

- 1 Tap **Camera Remote** on the Apps screen.
The Camera app will be opened on the connected phone.
- 2 Tap  to take a picture or record a video.




 This app may not be available depending on the connected phone.

Settings

Introduction

Customise settings for functions and apps. Set your Fit depending on your usage pattern by configuring the various settings.

Tap **Settings** on the Apps screen.


-  Some features in Settings may not be available depending on the region, carrier, or model.

Modes

Select your Fit mode.

On the Settings screen, tap **Modes**.

- **Sleep mode:** Turn on sleep mode to reduce eye strain before sleeping and prevent your sleep from being disturbed.
- **Theatre mode:** Turn on theatre mode to focus on watching movies.

-  When you turn on the **Sync modes with phone** feature on the connected phone, theatre mode can be turned on and configured but only through your phone. To turn on theatre mode only on your Fit, open the **Galaxy Wearable** app on your phone, tap **Band settings** → **Modes**, and then tap the **Sync modes with phone** switch to turn it off.

Notifications

Change the notification settings.

On the Settings screen, tap **Notifications**.

- **App notifications:** Select a phone or Fit app to receive notifications for on your Fit.
- **Show phone notifications on band:** Set the Fit to display phone notifications depending on the phone's usage status.
- **Mute notifications on phone:** Set to mute app notifications on your phone when they will be displayed on the Fit.
- **Do not disturb:** Set the Fit to mute all notifications except for those you allow.
- **Advanced settings:** Configure advanced settings for notifications.

Vibration

Change the vibration settings.

On the Settings screen, tap **Vibration**.

- **Vibrate / Mute:** Set the Fit to use vibrate mode or silent mode.
- **Vibration:** Set the vibration duration and intensity.
- **Call vibration:** Change the call vibration pattern.
- **Notification vibration:** Change the notification vibration pattern.
- **System vibration:** Select actions to receive vibration feedback.

Display

Change the screen settings.

On the Settings screen, tap **Display**.

- **Brightness:** Adjust the brightness of the screen.
- **Adaptive brightness:** Set the Fit to keep track of your brightness adjustments and apply them automatically in similar lighting conditions.
- **Always On Display:** Set the Fit to display information, such as the time and date, while the screen is off and while wearing your Fit. However, the battery will drain more quickly than normal while using this feature.
- **Screen wake-up:** Select how to turn the screen on. Refer to [Turning the screen on](#) for more information.
- **Show media controls:** Set to automatically open the **Media Controller** app on your Fit when music or video is being played on the connected phone.
- **Screen timeout:** Set the length of time the Fit waits before turning off the screen's backlight.
- **Show last app:** Set the time to keep the last-used app on after the screen is turned off. If you turn the screen on again within the time you set after it has been turned off, the app screen you last used will appear instead of the Watch screen.
- **Show charging info:** Set the Fit to display the charging information when the screen is off while charging.

Health

Configure the various settings related to exercise and fitness.

On the Settings screen, tap **Health**.

- **Measurement:** Set how to measure your heart rate and stress, and turn the additional features that can be measured during sleep on or off.
- **Auto detect workouts:** Turn on the auto detect workouts feature and configure the settings, such as selecting the exercise types to be detected.
- **Inactive time:** Turn the feature on to receive alerts after 50 minutes of inactivity, and set the time and days you want to be notified.

Security and privacy

Check the Fit's security and change the settings.

On the Settings screen, tap **Security and privacy**.

- **Lock type:** Change the screen lock method. Refer to [Lock screen](#) for more information.
- **Wrist detection:** Set to detect whether you are wearing the Fit.

Safety and emergency

Manage your medical information and emergency contacts. You can also set to request an SOS when you are in an emergency. Refer to [Sending an SOS](#) for more information.

On the Settings screen, tap **Safety and emergency**.

- **Medical info:** Configure or check your medical information.
- **Emergency contacts:** Add your emergency contacts.
- **Emergency SOS:** Set to request an SOS when you follow the instructions on the settings screen of this feature.
- **Hard fall detection:** Set to request an SOS when your Fit detects a hard fall.

Advanced features

Turn on the advanced features.

On the Settings screen, tap **Advanced features**.

- **Disconnection alerts:** Set to receive alerts when your Fit loses its Bluetooth connection to your phone while wearing it.
- **Water lock:** Turn on water lock mode before entering the water. When water lock mode is on, the touch screen will not be available.
- **Double press Home button:** Select an app or feature to launch when you press the Home button twice.
- **Status indicators:** Change the display settings for the status indicator icons at the top of the Watch screen.

General

Customise your Fit's general settings. You can also reset the Fit.

On the Settings screen, tap **General**.

- **Orientation:** Set the Fit to match the wrist you wear it on, whether left or right, and the orientation of the Home button after wearing your Fit.
- **Reset:** Delete all data on your Fit.

About band

Access the Fit's additional information.

On the Settings screen, tap **About band**.

- **Status information:** Check out the information, such as the Bluetooth address and serial number.
- **Legal information:** Access legal information related to the Fit. You can also send the Fit's diagnostic information to Samsung.
- **Software information:** Access the software version.
- **Battery information:** Check out the battery information.

Galaxy Wearable app

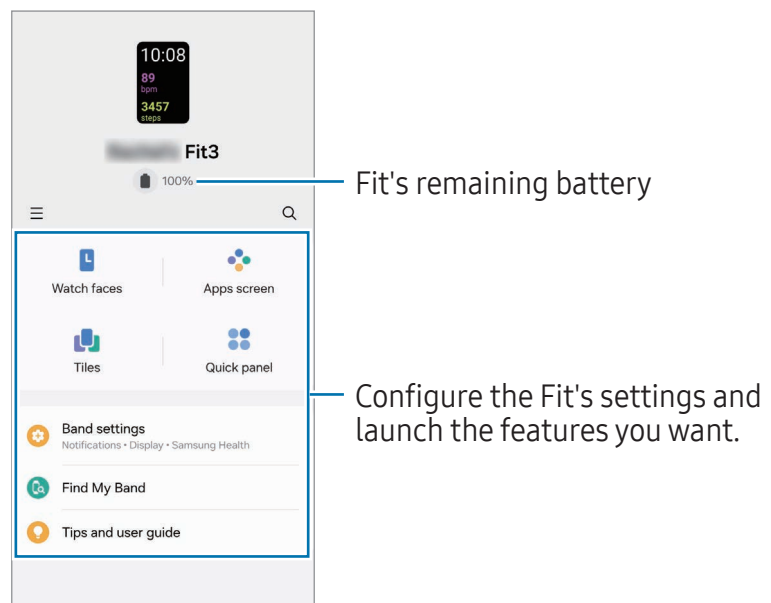
Introduction

To connect your Fit to a phone, you must install the Galaxy Wearable app on your phone. You can check the Fit's remaining battery and configure the settings with the Galaxy Wearable app.


Open the **Galaxy Wearable** app on your phone.

To search for settings by entering keywords, tap **Q**. You can also search for settings by selecting a tag under **Suggestions**.

 Some features may not be available depending on the type of connected phone.



Tap  to use the following additional options:

- : Configure the settings for the Galaxy Wearable app.
- **Connect new device**: Connect an additional new device. Follow the on-screen instructions to complete the connection. If you connect another Fit, refer to [Connecting the Fit to a phone through Bluetooth](#) for more information.
- **Remove device**: Select a device and tap **Remove**.

 Some features may not be available depending on the region, carrier, or model.

Watch faces

You can change the type of watch to be displayed on the Watch screen.


On the Galaxy Wearable screen of the phone, tap **Watch faces**.

Select a watch face you want.

 If you select certain watch faces, such as **Photos**, you can customise them like with clock type by tapping **Customise**.

Making Photos watch faces


Change your watch face into a picture you have taken a moment ago or a picture saved on your connected phone.

- 1 On the Galaxy Wearable screen of the phone, tap **Watch faces**.
- 2 Tap **Photos**.
- 3 Tap **Customise** → **Background** → **Camera**.
To select a picture saved on your phone, tap **Gallery**.
- 4 Tap  to take a picture and then tap **OK**.
- 5 Drag the part of the picture you want to use into the box, or adjust the size of the picture, and then tap **Done**.
You can also edit the picture, such as changing its brightness.
- 6 Tap **Save**.
The watch face will be changed into the Photos one.

Apps screen

Rearrange apps on the Apps screen.

On the Galaxy Wearable screen of the phone, tap **Apps screen**.

To rearrange apps, touch and hold  next to the app to be moved, drag it to the desired position, and then tap **Save**.

Tiles

Customise the tiles on the Fit. You can also rearrange tiles.

On the Galaxy Wearable screen of the phone, tap **Tiles**.

Adding or removing tiles

Tap the tiles you want to add under **Add tiles** or tap  on the tiles you want to remove, and then tap **Save**.

Rearranging tiles

Touch and hold a tile you want to move, drag it to the desired position, and then tap **Save**.

Quick panel

Select the quick settings icons displayed on the quick panel of your Fit. You can also rearrange quick settings icons.

On the Galaxy Wearable screen of the phone, tap **Quick panel**.

Adding or removing quick settings icons

Tap  on the icon to add under **Available buttons** or tap  on the icon to remove, and then tap **Save**.

Rearranging quick settings icons

Touch and hold an icon to move, drag it to the desired position, and then tap **Save**.

Band settings

Introduction

Check your Fit's status and configure your Fit settings.

On the Galaxy Wearable screen of the phone, tap **Band settings**.

Samsung account

Register the Samsung account on your connected phone or check the previously registered Samsung account.

On the Galaxy Wearable screen of the phone, tap **Band settings** → **Samsung account**.

Refer to [Registering a Samsung account on your Fit](#) for more information.

Modes

Set to sync the mode settings of your Fit and phone.

On the Galaxy Wearable screen of the phone, tap **Band settings** → **Modes**.

- **Sync modes with phone:** Set to sync the mode settings of your Fit and phone. When turning on this feature, any new modes added or mode settings changed on your connected phone will be synced with the Fit, as is the running status of the modes.



Only some mode syncing features may be supported depending on the software version of the connected phone.

Notifications

Change the notification settings.

On the Galaxy Wearable screen of the phone, tap **Band settings** → **Notifications**. Refer to [Notifications](#) in Apps and features for more information about other features besides those listed.

- **Sync Do not disturb with phone:** Set to sync the do not disturb settings of your Fit and phone.

Vibration

Change the vibration settings.

On the Galaxy Wearable screen of the phone, tap **Band settings** → **Vibration**. Refer to [Vibration](#) in Apps and features for more information.

Display

Change the screen settings.

On the Galaxy Wearable screen of the phone, tap **Band settings** → **Display**. Refer to [Display](#) in Apps and features for more information.

Samsung Health

Configure the various settings related to exercise and fitness.

On the Galaxy Wearable screen of the phone, tap **Band settings** → **Samsung Health**. Refer to [Health](#) in Apps and features for more information.

Safety and emergency


Manage your medical information and emergency contacts. You can also set to request an SOS when you are in an emergency.

On the Galaxy Wearable screen of the phone, tap **Band settings** → **Safety and emergency**. Refer to [Sending an SOS](#) or [Safety and emergency](#) in Apps and features for more information.

Accounts and backup

You can use various features of the Fit after registering your Samsung account on your connected phone. You can also regularly back up your Fit's data automatically or manually and save the backup to Samsung Cloud to restore them whenever you want.

On the Galaxy Wearable screen of the phone, tap **Band settings** → **Accounts and backup**.

-  • Regularly back up your data automatically or manually to Samsung Cloud, so that you can restore it if data is damaged or lost caused by an unintended factory data reset.
- For the Health app, only records from the previous 7 days are saved on your Fit. To check saved records older than 7 days, install the Samsung Health app on the connected phone and back up data automatically.
- **Samsung account:** Register the Samsung account on your connected phone or check the previously registered Samsung account. Refer to [Registering a Samsung account on your Fit](#) for more information.
- **Samsung Cloud:** Set your Fit's data to be backed up automatically to Samsung Cloud. You can also back up your Fit's data and restore the previous Fit's data manually by using Samsung Cloud even when you no longer have the previous Fit. Refer to [Samsung Cloud](#) for more information.

Samsung Cloud

Back up your Fit's data to Samsung Cloud and restore it later.

Backing up data automatically to Samsung Cloud

You can set your Fit's data to be backed up automatically to Samsung Cloud.

- 1 On the Galaxy Wearable screen of the phone, tap **Band settings** → **Accounts and backup**.
- 2 Tap the **Auto back up** switch to turn it on.

Backing up data manually to Samsung Cloud

You can back up your Fit's data manually to Samsung Cloud.

- 1 On the Galaxy Wearable screen of the phone, tap **Band settings** → **Accounts and backup**.
- 2 Tap **Back up data** → **Back up**.
- 3 Tap **Done**.

Restoring data from Samsung Cloud

You can restore your backup data from Samsung Cloud to your Fit.

- 1 On the Galaxy Wearable screen of the phone, tap **Band settings** → **Accounts and backup**.
- 2 Tap **Restore data** and select the Fit's data that you want restore.
- 3 Tap **Restore**.
- 4 Tap **Done**.

Advanced features

Turn on the advanced features.

On the Galaxy Wearable screen of the phone, tap **Band settings** → **Advanced features**. Refer to [Advanced features](#) in Apps and features for more information.

Weather

Configure the settings for the Fit's weather feature.

On the Galaxy Wearable screen of the phone, tap **Band settings** → **Weather**.

- **Settings:** Change the detailed settings for the Fit's weather feature.

General

Customise your Fit's general settings. You can also reset the Fit.

On the Galaxy Wearable screen of the phone, tap **Band settings** → **General**. Refer to [General](#) in Apps and features for more information about other features besides those listed.

- **Quick responses:** Set up the quick responses for the message you received.
- **Reject calls with messages:** Set up the message for declining incoming calls.

Band software update

Update your Fit's software through the firmware over-the-air (FOTA) service. You can also change the update settings.

On the Galaxy Wearable screen of the phone, tap **Band settings** → **Band software update**.

- **Download and install:** Check for and install updates manually.
- **Auto update:** Set the Fit to install updates automatically.

About band

Access the Fit's additional information.

On the Galaxy Wearable screen of the phone, tap **Band settings** → **About band**. Refer to [About band](#) in Apps and features for more information.

Find My Band

Find your lost or misplaced Fit.

On the Galaxy Wearable screen of the phone, tap **Find My Band**.

Tap **Start** to check where your Fit is now. Refer to [Find My Band](#) in Apps and features for more information.

Usage notices

Precautions for using the device

Please read this manual when using the device to ensure safe and proper use.

- Descriptions are based on the device's default settings.
- Some content may differ from your device depending on the region, model specifications, or device's software.
- Samsung is not liable for performance issues or incompatibilities caused by edited registry settings or modified operating system software. Attempting to customise the operating system may cause the device or apps to work improperly.
- Software, sound sources, wallpapers, images, and other media provided with this device are licensed for limited use. Extracting and using these materials for commercial or other purposes is an infringement of copyright laws. Users are entirely responsible for illegal use of media.
- Default apps that come with the device are subject to updates and may no longer be supported without prior notice.
- This device's operating system is different from some previous series of the Galaxy Fit, and you cannot use previously purchased content because of compatibility issues.
- Modifying the device's operating system or installing software from unofficial sources may result in device malfunctions and data damage or loss. These actions are violations of your Samsung licence agreement and will void your warranty.
- Some features may not work as described in this manual depending on the maker and model of the phone you connect to your Fit.




- You can see the touch screen clearly even in strong outdoor sunlight by automatically adjusting the contrast range based on the surrounding environment. Because of the nature of the product, displaying fixed graphics for extended periods may result in afterimages (screen burn-in) or ghosting.
 - It is recommended not to use fixed graphics on part or all of the touch screen for extended periods and turn off the touch screen when not using the device.
 - You can set the touch screen to turn off automatically when you are not using it. On the Fit's Apps screen, tap **Settings** → **Display** → **Screen timeout**, and then select the length of time you want the device to wait before turning off the touch screen.
 - To set the touch screen to automatically adjust its brightness based on the surrounding environment, on the Fit's Apps screen, tap **Settings** → **Display**, and then tap the **Adaptive brightness** switch to turn it on.

- Depending on the region or model, some devices are required to receive approval from the Federal Communications Commission (FCC).

If your device is approved by the FCC, you can check out the FCC ID of the Fit. To access the FCC ID, on the Fit's Apps screen, tap **Settings** → **About band** → **Status information**. If your device does not have an FCC ID, it means that the device has not been authorised for sale in the U.S. or its territories and may only be brought to the U.S. for the owner's personal use.

- Depending on the region, you can check out the regulatory information on the device. To access the information, on the Fit's Apps screen, tap **Settings** → **About band** → **Regulatory information**.
- Your device contains magnets. Keep it away from credit cards, implanted medical devices, and other devices that may be affected by magnets. In the case of medical devices, keep your device more than 15 cm apart. Stop using your device if you suspect any interference with your medical device and consult your physician or your medical device manufacturer.

Instructional icons

-  **Warning:** situations that could cause injury to yourself or others
-  **Caution:** situations that could cause damage to your device or other equipment
-  **Notice:** notes, usage tips, or additional information

Notes on package contents and accessories

Refer to the quick start guide for package contents.

- The items supplied with the Fit and any available accessories may vary depending on the region or carrier.
- The supplied items are designed only for this device and may not be compatible with other devices.
- Appearances and specifications are subject to change without prior notice.
- You can purchase additional accessories from your local Samsung retailer. Make sure they are compatible with the Fit before purchase.
- Except for the Fit, some supplied items and accessories may not have the same water- and dust-resistance certification.
- Use Samsung-approved accessories. Using unapproved accessories may cause the performance problems and malfunctions that are not covered by the warranty.
- Availability of all accessories is subject to change depending entirely on manufacturing companies. For more information about available accessories, refer to the Samsung website.

Maintaining the device's water and dust resistance

- This device is water and dust resistant, and meets the following international standards.
 - 5ATM water resistance classification certification: Was tested by submerging the device in 50 m of fresh water for 10 minutes, leaving it still, without any movement, to meet the requirements of ISO 22810:2010.
 - IPX8 water resistance classification certification: Was tested by submerging the device in 1.5 m of fresh water for 30 minutes, leaving it still, without any movement, to meet the requirements of IEC 60529.
 - IP6X dust resistance classification certification: Was tested to meet the requirements of IEC 60529.
- You can use this device when you are exercising, washing your hands or on a rainy day.
- You can use this device when you are swimming in a pool or the sea where the water level is not deep.
- The water resistance of your Galaxy device is not permanent and may diminish over time. It is recommended to have your Galaxy device's water resistance tested once a year at a Samsung Service Centre or an authorised service centre.
- You must follow these guidelines to maintain the water and dust resistance of your device.
 - After swimming, and before the pool water or seawater has dried, rinse the device with fresh water and dry it thoroughly with a soft, clean cloth to maintain its water resistance. The water resistance may be affected by the disinfectants in swimming pool water or the salt in seawater.
 - If the device gets wet with liquid other than fresh water, such as coffee, drinks, soapy water, oil, perfume, sunscreen, hand sanitiser, or chemical products like cosmetics, rinse the device with fresh water and dry it thoroughly with a soft, clean cloth to maintain its water resistance.

- Do not stay submerged underwater, go snorkelling, diving or scuba diving, or play water sports like water-skiing or surfing, and do not swim in fast-moving water, such as a river, while wearing your device. Also, do not expose it to high-pressure cleaning machines or similar things. This would result in a dramatic rise in water pressure which could cause the water resistance guaranteed by our company to change.
- If the device is hit or damaged, its water and dust resistance may be compromised.
- Do not disassemble your device without proper guidance.
- If you dry your device with a machine that gives off hot air, like a hair dryer, or if you use your device in a hot environment like a sauna, the water resistance could be damaged from a dramatic change in the air or water temperature.

Precautions for overheating

If you feel discomfort because of overheating while using the device, stop using it immediately and remove it from your wrist.

- To avoid problems, such as device malfunction, skin discomfort or damage, and battery draining, a warning will appear on the device if it reaches a specific temperature. When the initial warning appears, device features will be turned off until the device cools down to a specific temperature.
- If the device temperature continues to increase, a second warning will appear. At this time, the device will power off. Do not use the device until the device's temperature is within the recommended operating temperature range.


Recommended operating temperature range

The device's recommended operating temperature is between 0°C to 35°C. Using the device outside of the recommended temperature range may damage the device or reduce the battery's lifespan.

Cleaning and managing the Fit

Follow these points to ensure your Fit works correctly and maintains its appearance. Failure to do so may damage the Fit and cause the skin irritation.

- Turn off the Fit and remove the band before cleaning it.
- Prevent the device from being exposed to dust, sweat, ink, oil, and chemical products such as cosmetics, antibacterial spray, hand cleaner, detergent, and insecticides. The Fit's exterior and interior parts may be damaged or it could result in poor performance. If your Fit is exposed to any of the previously mentioned substances, use a lint-free, soft cloth to clean it.
- Do not use soap, cleaning agents, abrasive materials and compressed air when cleaning your Fit and do not clean it with the ultrasonic waves or the external heat sources. Doing so may damage the Fit. Skin irritation may be caused by soap, detergents, hand sanitisers, or cleaning agents left on the Fit.

- When you remove sunblock, lotion, or oil, use a soap-free detergent, then rinse and dry your Fit thoroughly.
 - Clean your wrist and band after exercising or sweating. Clean the band with fresh water, wipe it with a little rubbing alcohol and dry your Fit thoroughly.
 - If the Fit's band gets stained or contains any materials, wipe it with a moistened soft bristle toothbrush.
-  The supplied band may vary depending on the region. Be sure to properly clean and maintain your band accordingly.

Use caution if you are allergic to any materials on the Fit

- Samsung has tested the noxious materials found on the Fit through the internal and external certificate authorities, including the test for all materials which contact with skin, skin toxicity test, and the Fit-wearing test.
- The Fit includes nickel. Take the necessary precautions if your skin is hypersensitive or you have an allergy to any materials found on the Fit.
 - **Nickel:** The Fit contains a small amount of nickel, which is below its reference point limited by the Europe REACH regulation. You will not be exposed to the nickel inside the Fit and the Fit has passed the international certificated test. However, if you are sensitive to nickel, be careful to use the Fit.
- Only the materials observed the standards of the U.S Consumer Product Safety Commission (CPSC), the regulations of the European countries, and other international standards are used to make a Fit.
- For more information about how Samsung manages chemicals, refer to the Samsung website.

Appendix

Troubleshooting

Before contacting a Samsung Service Centre or an authorised service centre, please attempt the following solutions. Some situations may not apply to your Fit.

You can also use Samsung Members to solve any problems you might encounter while using your device.

Your Fit does not turn on

When the battery is completely discharged, your Fit will not turn on. Fully charge the battery before turning on the Fit.

The touch screen responds slowly or improperly

- If you attach a screen protector or optional accessories to the touch screen, the touch screen may not function properly.
- If you are wearing gloves, if your hands are not clean while touching the touch screen, or if you tap the screen with sharp objects or your fingertips, the touch screen may malfunction.
- The touch screen may malfunction in humid conditions or when exposed to water.
- Restart your Fit to clear any temporary software problems.
- Ensure that your Fit software is updated to the latest version.
- If the touch screen is scratched or damaged, visit a Samsung Service Centre or an authorised service centre.

Your Fit freezes or encounters a problem

Try the following solutions. If the problem is still not resolved, contact a Samsung Service Centre or an authorised service centre.

Restarting the Fit

If your Fit freezes or hangs, you may need to close apps or turn off the Fit and turn it on again.

Forcing restart

If your Fit is frozen and unresponsive, press and hold the Home button for more than 11 seconds to restart it.

Resetting the Fit

If the methods above do not solve your problem, perform a factory data reset.

On the Apps screen, tap **Settings** → **General** → **Reset** → **Reset**. Alternatively, open the **Galaxy Wearable** app on your phone and tap **Band settings** → **General** → **Reset** → **Reset**. Before performing the factory data reset, remember to make backup copies of all important data stored in the Fit.

Another Bluetooth device cannot locate your Fit

- Reset your Fit and try again.
- Ensure that your Fit and the other Bluetooth device are within the Bluetooth connection range (10 m). The distance may vary depending on the environment the devices are used in.

If the tips above do not solve the problem, contact a Samsung Service Centre or an authorised service centre.

A Bluetooth connection is not established or your Fit and the phone are disconnected

- Ensure that the Bluetooth feature on your phone is turned on.
- Ensure there are no obstacles, such as walls or electrical equipment, between the devices.
- Ensure that the latest version of the Galaxy Wearable app is installed on the phone. If the Galaxy Wearable app is not the latest version, update the Galaxy Wearable app to the latest version.
- Ensure that your Fit and the other Bluetooth device are within the Bluetooth connection range (10 m). The distance may vary depending on the environment the devices are used in.
- Restart both devices and open the **Galaxy Wearable** app on the phone again.

The Fit does not track your heart rate

- Wear the Fit firmly around your lower arm above the wrist.
- On the Apps screen, tap **Settings** → **Health** → **Heart rate**, and then select **Measure continuously**.
- Select a watch face that includes heart rate information.

Calls are not connected

- Ensure that your Fit is connected to a phone through Bluetooth.
- Ensure that you have not set call barring for the incoming phone number on the phone.
- Check if some modes are turned on. If some modes have been turned on, incoming calls may be muted and the screen may not turn on when receiving incoming calls. Turn on the screen and check the incoming call.

The battery does not charge properly (For Samsung-approved chargers)

- Ensure that you connect the Fit to the charging cable properly.
- Visit a Samsung Service Centre or an authorised service centre and have the battery replaced.

The battery depletes faster than when first purchased

- When you expose the Fit or the battery to very cold or very hot temperatures, the useful charge may be reduced.
- Battery consumption increases when you use some apps.
- The battery is consumable and the useful charge will get shorter over time.

Your Fit is hot to the touch

When you use apps that require more power or use apps on your Fit for an extended period of time, your Fit may feel hot to the touch. This is normal and should not affect your Fit's lifespan or performance.

If the Fit overheats or feels hot for a prolonged period, do not use it for a while. If the Fit continues to overheat, contact a Samsung Service Centre or an authorised service centre.

Your Fit cannot find your current location

The Fit uses your phone's location information. GPS signals may be obstructed in some locations, such as indoors. Set to use the phone's Wi-Fi or a mobile network to find your current location.

Data stored in the Fit has been lost

Always make backup copies of all important data stored in the Fit. Otherwise, you cannot restore data if it is damaged or lost. Samsung is not responsible for the loss of data stored in the Fit.

A small gap appears around the outside of the Fit case

- This gap is a necessary manufacturing feature and some minor rocking or vibration of parts may occur.
- Over time, friction between parts may cause this gap to expand slightly.

There is not enough space in the Fit's storage

Delete unnecessary data, unused apps, or files to free up storage space.

Removing the battery

- **To remove the battery, contact an authorised service centre. To obtain battery removal instructions, please visit www.samsung.com/global/ecodesign_energy.**
- For your safety, you **must not attempt to remove** the battery. If the battery is not properly removed, it may lead to damage to the battery and device, cause personal injury, and result in the device being unsafe.
- Samsung does not accept liability for any damage or loss (whether in contract or tort, including negligence) which may arise from failure to precisely follow these warnings and instructions, other than death or personal injury caused by Samsung's negligence.

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