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Special features

**Work out in the water**
Use Water lock mode when you exercise in the water. See *Water lock mode* on page 30.

**Water and dust resistances**
This device is rated 5ATM, and passed military specification (MIL-STD-810G) testing. See *Maintaining water and dust resistance* on page 100.
Getting started

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Front and back views

Devices and software are constantly evolving — the illustrations you see here are for reference only.
Assemble your device
Learn about your mobile device hardware, assembly procedures, and how to get started using your new device.

Charge the battery
Your device is powered by a rechargeable Li-Ion battery.

Warning: Do not disassemble, modify, or repair your device. Placing objects, such as magnetic stripe cards, including credit cards, phone cards, passbooks, and boarding passes, next to the device or charger may cause damage from the charger or device’s magnetic field.

The battery comes partially charged. You can use the device while charging.

1. Insert the USB cable into the USB charger port.
2. Connect the USB cable to the charging head, and then plug the charging head into a standard outlet.
3. Place the Watch onto the wireless charger dock.
**Caution:** Use only charging devices that are approved by Samsung. Samsung accessories are designed for your device to maximize battery life. Using other accessories may void your warranty and may cause damage.

While charging, the device and the charger may become hot. This does not affect the device’s lifespan or performance and is in the device’s normal range of operation.

The charger may stop charging if the battery becomes too hot.

If the device heats up while charging the battery:

1. Disconnect the charger from the device and close any running apps.
2. Wait for the device to cool down and then begin charging the device again.

**Note:** Prevent the USB charger port and the small end of the charger from coming into contact with conductive materials, such as liquids, dust, metal powders, and pencil leads.
Check the charge status
When you connect the Watch and the wireless charger dock, the wireless charger dock’s LED indicator flashes certain colors to indicate the battery level.

- **Red > Green > Orange**: Standby mode
- **Red**: Charging.
- **Green**: Fully charged
- **Orange**: Connected to a low-charger head

**Note**: When a wireless charger dock error occurs, the LED indicator flashes red. Disconnect the Watch from the wireless charger dock, and then reconnect. If the error occurs again, contact a Samsung Service Center for service support.

Wear the Watch
Wear the Watch firmly around your lower arm just above your wrist as shown below. Do not fasten the Watch too tightly.

1. Open the buckle and place the strap around your wrist.
2. Fit the strap to your wrist, insert the pin into an adjustment hole, and then secure the buckle to close it.

**Warning**: If you feel discomfort while using the device, stop using it. If your device becomes hot, please remove it until it cools.

Getting started
Strap tips and precautions

- Some people may experience discomfort when wearing the Watch for prolonged periods.
- If you have sensitive skin or fasten the Watch too tightly, you may feel some discomfort.
- Do not expose the straps to very wet conditions. Wet straps can cause skin irritations. Dry the straps first. If you experience skin irritation when wearing the device, stop wearing the device and consult a physician.
Replace the strap
Detach the strap from the Watch to replace it with a new one.

To remove the strap:
► Slide the strap’s spring bar inwards and pull the strap away from the Watch.

To replace the strap:
► Insert one end of the spring bar into the lug, slide the spring bar inwards, and connect the new strap.
Start using your device

The instructions below explain how to turn your device on or off.

To turn the device on:

► Press and hold the Power button until the device turns on.

To turn the device off:

1. Press and hold the Power button.
2. Tap Power off.

Lock or unlock your device

Use the screen lock features to secure your device. Your Watch locks when you remove it from your wrist or when the screen times out while you are wearing it.

To unlock the Watch:

► Press the Power button or Back button.

The default Screen lock on your device is None. To choose a secure screen lock, see Set a screen lock on page 90.
Galaxy Wearable app

To connect your Watch to a smartphone, install the Galaxy Wearable app on the smartphone. You can download the app from Galaxy Apps, or the Google Play™ store.

Compatible with select devices using Android 5.0 and later, with at least 1.5 GB RAM. Supported devices may vary by carrier and device. Some features may not be available. For best results, connect with compatible Samsung Galaxy devices. For a list of compatible smartphones, please visit samsung.com/us/support/owners/app/galaxy-wearable-watch.

Connect the Watch to a smartphone

Turn on the Watch.

1. From the Apps screen of the smartphone, tap Galaxy Wearable.

2. If necessary, update the app to the latest version.

3. Tap Start the Journey, and follow the prompts to select your device.

4. When the Bluetooth® pairing request window is displayed, confirm the passkeys displayed on your Watch and smartphone match, and then tap OK.

5. Follow the prompts to complete the connection.

When the devices are connected, a tutorial is displayed on the Watch’s screen. Follow the prompts to learn basic controls.
Connect the Watch to a new smartphone
When you connect the Watch to another smartphone, the Watch automatically resets and all data is removed from its memory. Make sure you back up any important data stored on your Watch.

Back up your Watch’s data on your smartphone as follows:

1. From the Apps screen of the smartphone, tap \Galaxy Wearable > Settings\ tab.
2. Tap About watch > Back up and restore > Back up settings.

Remote connection
Set the Watch to remotely connect to the smartphone when a Bluetooth connection between the devices is not available. With this connection, you can still receive notifications from your smartphone.

To enable or disable this feature:

1. From the Apps screen of the smartphone, tap \Galaxy Wearable > Settings\ tab.
2. Tap Watch connection > Remote connection.

Note: You must connect the Watch to Wi-Fi and sign in to your Samsung account on the smartphone to enable this feature.
Disconnect

1. From the Apps screen of the smartphone, tap Galaxy Wearable.

2. Tap More options > Disconnect, and then confirm when prompted. The Watch disconnects from your smartphone.

Navigation

Please note that a touchscreen responds best to a light touch from the pad of your finger or a capacitive stylus. Using excessive force or a metallic object on the touchscreen may damage the tempered glass surface and void the warranty.

Tap
Lightly tap the screen to launch an app, select a menu item, or press a button.

Double-tap
Lightly tap an image twice to zoom in and out.

Touch and hold
Touch and hold items to access edit mode or view available options.

Swipe
Lightly drag your finger vertically or horizontally across the screen to view panels.

Drag
Touch and hold an item, and then move it to a new location.
Watch screen
Rotate the bezel left to view notifications and right to view widgets.

Change the watch face
From the Watch:
1. Touch and hold the Watch screen, and then rotate the bezel to view available watch faces.
   - You can add more watch faces by rotating to Apps and tapping Galaxy Apps.
2. Touch and hold the watch face to select it.
   - You can customize the watch face by tapping Customize.

From the smartphone:
1. From the Apps screen of the smartphone, tap Galaxy Wearable > Watch faces tab.
2. Tap a desired watch face. The watch face you selected is applied on the Watch screen.
3. Tap Customize to select a background and items to display on the watch face.
**Widgets**

You can add widgets to the Home screens. Widgets are small apps that offer limited functionality to provide information and convenient access.

**Add Widgets**

To add more widgets on the Home screen:

1. Rotate the bezel to the end of the Widget screens, and tap **Add widget**.
2. Select a widget.

The selected widget is displayed in a new panel.

**Move Widgets**

- Touch and hold a widget and then drag it to the desired location.

**Remove Widgets**

- Touch and hold a widget, and then tap **Delete**.
Status panel

To open the Status panel:

- On the Watch screen, swipe down from the top of the screen.

Devices and software are constantly evolving — the illustrations you see here are for reference only.
**Status Bar**
Indicator icons display at the top of the screen in the Status bar.

**Indicator icons**
- 🍃 Battery full
- 📡 Bluetooth connected
- 🚭 Bluetooth enabled but not connected
- 🎧 Bluetooth headset connected
- 🌐 Wi-Fi connected

**Power saving**
Activate power saving mode to save battery power by limiting the Watch’s functions.

1. On the Watch screen, swipe down from the top of the screen to open the status panel.
2. Tap **Power saving**, and then tap ✓ **Ok** to confirm.

**Airplane mode**
Airplane mode disconnects your device from all networks and turns off connectivity features, such as Bluetooth and Wi-Fi.

1. On the Watch screen, swipe down from the top of the screen to open the status panel.
2. Tap **Airplane mode**, and then tap ✓ **Ok** to confirm.
Do not disturb mode
You can set the Watch not to vibrate and turn off the screen when a notification, except for alarms, is received.

1. On the Watch screen, swipe down from the top of the screen to open the status panel.
2. Tap **Do not disturb**, and select a length of time.
3. Tap ✔️ **Ok** to confirm.

Watch Always On
Set the Watch to display a watch when the screen is turned off.

1. On the Watch screen, swipe down from the top of the screen to open the status panel.
2. Tap **Watch always on**, and then tap ✔️ **Ok** to confirm.

Adjust the brightness
You can adjust the Watch’s display brightness to suit the environment.

1. On the Watch screen, swipe down from the top of the screen to open the status panel.
2. Tap **Brightness** and adjust the level by rotating the bezel.
Play music
You can play music saved on the Watch or smartphone. For more information, see Music app on page 60.

1. On the Watch screen, swipe down from the top of the screen to open the status panel.
2. Tap Music to open the Music Player app.

Customize Quick settings
Manage the Quick settings that appear on the Status panel.

1. From the Apps screen, rotate the bezel and tap Settings.
2. Tap Advanced > Edit quick settings.
   - Tap Remove to remove a quick setting.
   - Tap Add to select a new quick setting.
3. Touch and hold, and then drag a quick setting to change its order.
Notifications
Stay up to date with events, notifications, and messages from your smartphone.

When you receive a notification, information about the notification, such as its type, is displayed on the screen while the Watch is vibrating.

1. Rotate the bezel left.
2. Tap the notification screen to view details.

View the notifications list
To view a list of notifications from the same app:
1. From the Watch screen, rotate the bezel left to view notifications.
2. Tap the number at the bottom of the notification.

Clear all notifications
To clear all notifications:
1. From the Watch screen, rotate the bezel left to view notifications.
2. Rotate the bezel to the end of the notifications screens, and then tap Clear all.

Block notifications
To block notifications from an app:
1. From the Watch screen, rotate the bezel left to view notifications.
2. Tap a notification from the app that you want to block.
3. Tap the notification to view the details.
4. Tap More options > Block notifications.
Notification settings
Change settings for the notification feature.

1. From the Apps screen of the smartphone, tap 📱 Galaxy Wearable ➔ Settings tab ➔ Notifications.

2. Tap On/Off to activate it, and then tap to select items:
   - **Manage notifications**: Select apps on the smartphone to send notifications to the Watch.
   - **Show only while wearing watch**: Show notifications on your Watch only while it is being worn.
   - **Mute connected phone**: Mute notifications on your phone while receiving them on your Watch.
   - **Auto show details**: Set the Watch to show details for notifications when they are received.
   - **Notification indicator**: Show an indicator the watch face when there are unread notifications.
   - **Turn on screen**: Set the Watch to turn on the screen when the notification is received.
   - **Show while using phone**: Show notifications from your phone on your Watch while you are using your phone.
   - **Smart relay**: Set the smartphone to display notification information from the Watch when you pick up the smartphone.
Enter text
Text can be entered by speaking or by using a keyboard.

A text input screen is displayed automatically when you are able to enter text. Select an emoji or text template to enter a message. You can also use voice input or the keyboard to type texts.

Default keyboard
Select a default keyboard type for text input.

1. From the Apps screen, rotate the bezel and tap ☰️ Settings.
2. Tap General > Input > Default keyboard and select your default keyboard.
Voice input
To use Voice input:

- Tap 🎤 Voice input and speak the message you want to enter. Tap Send when you are finished.
  - Tap ☰ More options > Input languages to change the language. Voice input is not supported in some languages.

Emojis
You can add emojis to your message.

1. Tap 🎁 Emojis, and select an emoji to include in your message.
2. To draw an image, tap Doodle.
Keyboard

Use the keyboard to enter your message. You can rotate the bezel to different input modes.

Handwriting mode

► Tap 📢 Keyboard, and then use your finger to write text.

Enter characters

To enter characters:

1. Tap 📢 Keyboard, and then rotate the bezel to character mode.

2. Tap the corresponding key repeatedly until the desired character is displayed.
   
   • Rotate the bezel for numbers, punctuation, emojis, or voice input.
Keyboard settings
Change the Samsung keyboard settings.

1. From the Apps screen, rotate the bezel and tap 🔄 Settings.

2. Tap **General > Input > Keyboard settings** and tap options to customize:
   - **English (US)**: Choose the keyboard layout.
   - **Select input languages**: Select languages for text input.
   - **Check for updates**: Set the Watch to check for and download the latest version of the Samsung keyboard.
   - **Handwriting**: Enable handwriting mode.
   - **Smart typing**:
     - **Predictive text**: Activate predictive text mode to predict English words based on your input and display word suggestions.
     - **Auto capitalize**: Set the Watch to automatically capitalize the first character after a final punctuation mark, such as a period, question mark, or exclamation mark.
     - **Auto punctuate**: Set the Watch to insert a period when you double-tap the space bar.
   - **Key-tap feedback**:
     - **Sound**: Set the Watch to play a sound when you tap a key.
     - **Vibration**: Set the Watch to vibrate when you tap a key.
   - **Reset keyboard settings**: Reset the Samsung keyboard settings.
   - **Clear personalized data**: Clear word predictions and other data.
Water lock mode
You can use Water lock mode to exercise in the water. While in Water lock mode the following features will be turned off:

- Touchscreen
- Wake-up gestures
- Watch always on

1. From the Apps screen, rotate the bezel and tap 📲 Settings.
2. Tap Advanced > Water lock mode.
3. Tap On/Off to enable, and tap ✔ OK to confirm.

Exit water lock mode
- Press and hold the Home button to turn off the mode.

Eject water
You can use the eject water features to help clear out water from your Watch.

1. From the Apps screen, rotate the bezel and tap 📲 Settings.
2. Tap Advanced > Water lock mode.
3. Tap Eject water to make sounds to help eject water from the speaker.
Theater mode
You can use Theater mode to silence your Watch during a movie. This will keep the screen off and the Watch silent.

1. From the Apps screen, rotate the bezel and tap 🗼 Settings.
2. Tap Advanced > Theater mode.
3. Tap On/Off to enable.
   • When enabled the theater mode symbol will display at the top of the screen.

Goodnight mode
Goodnight mutes all alerts, except for alarms and system sounds. This keeps the screen off and the Watch silent while you sleep.

1. From the Apps screen, rotate the bezel and tap 🗼 Settings.
2. Tap Advanced > Goodnight mode.
3. Tap On/Off to enable.
   • When enabled the night mode symbol is displayed at the top of the screen.
Apps

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Using apps
The Apps list displays all preloaded and downloaded apps. You can uninstall, disable, or hide apps from view.

Access apps
The Apps screen displays icons for all apps.
1. From the Watch screen, press the Home button to go to the Apps screen.
2. To view other panels, rotate the bezel or swipe the screen to the left or right.

Open apps
▸ On the Apps screen, tap an app icon to open the app.

Auto open apps
Set an app to launch by rotating the bezel without tapping the app. When the bezel indicator icon hovers over an app, the app will be launched automatically.
1. From the Apps screen, rotate the bezel and tap ☰️ Settings.
2. Tap Apps > Auto open apps.
3. Tap OK.

Recent apps
▸ From the Apps screen, rotate the bezel and tap Recent apps.
Sort apps
Choose how to arrange the apps on the Apps screen.
1. From the Apps screen, rotate the bezel and tap Settings.
2. Tap Apps > App order, and choose an option:
   - Most recent first: Recently used apps to appear first.
   - Custom: Arrange the apps to your preference.
     - From the Apps screen, touch and hold an app, and then drag it to the desired location.

App permissions
Configure permissions for each installed app.
1. From the Apps screen, rotate the bezel and tap Settings.
2. Tap Apps > Permissions.
3. Tap an app to view its permissions. Tap each feature to enable or disable permission to access or use the feature.
**Hide apps**
You can hide apps that you do not want to see on your Watch.

1. From the Apps screen of the smartphone, tap 🌟 Galaxy Wearable.
2. Tap Settings > Apps.
3. Tap ⚙ More options > Hide.
4. Tap to select the apps you want to hide, and then tap Apply.

**Uninstall apps**

Uninstall apps you have download.

1. On the Apps screen, touch and hold an app.
2. Tap ⌚️ Uninstall. This option is not available for all apps.

**Samsung apps**
The following apps come pre-installed or downloaded over-the-air to your device.

**Messages**

View messages and reply to or call the sender using the Watch.

**Send messages**

1. From Apps, rotate the bezel and tap 📧 Messages.
2. Tap 📧 Compose.
3. Add recipients and tap Next.
4. Enter text using one of the available methods.
   - If you use Quick responses or emojis, the message is automatically sent to the recipients when you tap it.
• If you create a message using voice input or the keyboard, tap **Send** to send the message.

**Edit Quick messages**

Edit or add templates used for replying to messages.

1. From **Apps** of the smartphone, tap **Galaxy Wearable > Settings** tab > **Apps**.
2. Tap **Settings** next to Messages.
   - To edit a message, select it and edit the text.
   - To create additional templates, tap **Add**.
   - To delete or rearrange messages, tap **Edit**.

**Send audio recordings**

Change the message feature settings.

1. From **Apps**, rotate the bezel and tap **Settings**.
2. Tap **Apps > Messages**.
3. Tap **Send as audio** to set the Watch to send a voice message as an audio file.
Send SOS requests

In an emergency situation, quickly press the Watch’s Home button three times. The device sends messages to your emergency contacts. The first time you enable this feature, you will be prompted to designate your emergency contacts.

The messages include your location information. You can also send sound recordings along with the message to the recipients.

1. From Apps of the smartphone, tap Galaxy Wearable > Settings tab > Send SOS requests.
2. Tap on/off to enable this feature, and then customize options:
   - **Send SOS messages to**: Follow the prompts to add an emergency contact to send SOS messages to.
   - **Make SOS call to**: Call a selected contact in emergencies.
   - **Count down before sending**: Wait five seconds before sending SOS requests to allow them to be cancelled.

Read messages

1. From Apps, rotate the bezel and tap Messages.
2. Tap a conversation to view it.
3. Tap • More options for additional options:
   - **Call**: Call the sender.
   - **Send my location**: Use your GPS to send a map link to your location.
   - **Show on phone**: View the message on your smartphone.
   - **Create contact**: Add the sender as a contact.
   - **Delete**: Delete the message.
**Note:** You may not be able to reply to messages depending on the smartphone that you connect to the Watch.

**Reply to messages**

1. From Apps, rotate the bezel and tap 📬 **Messages**.

2. Tap a conversation to view it.

3. Tap an icon or a quick reply to compose and send your message.
Devices and software are constantly evolving — the illustrations you see here are for reference only.
**Make calls**
The call feature automatically launches on your smartphone.

1. From the Apps screen, rotate the bezel and tap 📞 **Phone**.

2. Use one of the following methods to make a call:
   - Tap 📷 **Keypad**, enter a number using the keypad, and then tap 📞 **Call**.
   - Tap 📡 **Contacts**, select a contact, and then tap 📞 **Dial** or select a phone number.
   - Scroll through the log list, and tap a log entry.

**Answer calls**
To answer an incoming call:
- Drag 📞 **Answer** to the right.
  - or -
  Rotate the bezel to the right.
Reject a call
Reject incoming calls.

- Drag Reject to the left.
  - or -
  Rotate the bezel to the left.

Decline with Message
Reject an incoming call and send a message to the caller.

- Swipe up from the bottom of the screen to open the Decline messages, and select a quick message.

Edit decline messages
Edit or add templates used for rejecting phone calls.

1. From the Apps screen of the smartphone, tap Galaxy Wearable > Settings tab > Apps.

2. Tap Settings next to Phone.
   - To edit a message, select it and edit the text.
   - To create additional templates, tap Add.
   - To delete or rearrange messages, tap Edit.


**Missed calls**
If a call is missed, a notification is displayed on the screen.

- From the Watch screen, rotate the bezel left to view missed call notifications.

  – or –

  On the Apps screen, rotate the bezel and tap 📞 Phone to view missed calls in the Call log.

**Contacts**
View your smartphone’s contact list.

**Create a contact**
You can search for a contact or scroll through the list to find one by name.

1. From the Apps screen, rotate the bezel and tap 📞 Contacts.

2. Tap 📞 Add, and then enter the contact information.

3. Tap Save.
Find a contact
You can search for a contact or scroll through the list to find one by name.

1. From the Apps screen, rotate the bezel and tap Contacts.

2. Tap Search, and then enter characters to find contacts that match.
   – or –
   Rotate the bezel to find the contact.

Call or message a contact
You can send a message or make a phone call from Contacts.

1. From the Apps screen, rotate the bezel and tap Contacts.

2. Tap the contact you want to connect with, and tap an option:
   • Call: Begin a phone call with the contact.
   • Message: Type a message to the contact.
Email

View emails received on the smartphone and reply to them.

Read emails

1. From the Apps screen, rotate the bezel and tap Email.

2. Tap a message to view its content.

3. Tap More options for additional options:
   - Star: Mark the email as important.
   - Show on phone: View the email on your smartphone.
   - Delete: Delete the email.

Note: You may not be able to reply to emails depending on the smartphone that you connect to the Watch.

Reply to emails

1. From the Apps screen, rotate the bezel and tap Email.

2. Tap an email to open the email screen.

3. Tap an icon or a quick reply to compose and send your message.

Delete emails

1. From the Apps screen, rotate the bezel and tap Email.

2. Scroll through the inbox to the email you want to delete.

3. Tap More options > Delete.

4. Select the email again, and then tap Delete.
Samsung Health helps you manage your wellness and fitness. Set fitness goals and regularly record and check your progress.

When the Watch is synced with the Samsung Health app, you can save and manage health-related data and receive useful information about your health every day.

Only your most recent activity records are stored on your Watch. You can view previous data on the smartphone where the Samsung Health app is installed.

- From the Apps screen, rotate the bezel and tap Samsung Health.

**Caution:** The information gathered from this device, Samsung Health, or related software is not intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment or prevention of disease.

The accuracy of the information and data provided by this device and its related software, including heart rate readings, may be affected by factors such as environmental conditions, skin condition, specific activity performed while using/wearing the device, settings of the device, user configuration/user-provided information, placement of the sensor on the body, and other end-user interactions. For more information on proper wear and use, visit samsung.com/us/heartratesensor.
Before you start exercising

Although the Samsung Health application is a great companion to your exercise routine, it is always best to make sure you consult with your physician before beginning any exercise regimen. While moderate physical activity, such as brisk walking, is safe for most people, health experts suggest that you talk with your doctor before you start an exercise program, particularly if you have any of the following conditions:

- Heart disease; Asthma or lung disease; Diabetes, or liver or kidney disease; and Arthritis.

Before beginning your exercise regimen check with your doctor if you have symptoms suggestive of heart, lung, or other serious disease, such as:

- Pain or discomfort in your chest, neck, jaw, or arms during physical activity;
- Dizziness or loss of consciousness;
- Shortness of breath with mild exertion or at rest, or when lying down or going to bed;
- Ankle swelling, especially at night;
- A heart murmur or a rapid or pronounced heartbeat;
- Muscle pain when walking upstairs or up a hill that goes away when you rest.

It is recommended that before engaging in an exercise routine, you consult with your doctor or medical practitioner. If you are unsure of your health status, have several health problems, or are pregnant, you should speak with your doctor before starting a new exercise program.
**Steps**
The Watch counts the number of steps you have taken and measures the distance traveled.

1. From the Apps screen, rotate the bezel and tap Samsung Health.
2. Rotate the bezel and tap Steps.
3. Rotate the bezel and tap View each date to view a graph of your step count records.

To set your steps target:

1. From the Apps screen, rotate the bezel and tap Samsung Health.
2. Rotate the bezel and tap the steps tracker.
3. Tap More options > Settings, and then tap Step target.
4. Rotate the bezel to set the target.
5. Tap Done.

**Floors**
Record and track the number of floors you walk up.

1. From the Apps screen, rotate the bezel and tap Samsung Health.
2. Rotate the bezel and tap Floors.
3. View a graph of your floor count records.

To set your floors target:

1. From the Apps screen, rotate the bezel and tap Samsung Health.
2. Rotate the bezel and tap Floors.
3. Tap More options > Settings, and then tap Floor target.
4. Rotate the bezel to set the target.
5. Tap Done.
Exercise
Record your exercise information and calories burned using Samsung Health’s exercise feature.

Exercise with the Watch

1. From the Apps screen, rotate the bezel and tap **Samsung Health**.

2. Rotate the bezel and tap **Exercise**.

3. Tap **Work out** and tap an activity type.

4. Enter the exercise information.

5. Tap **Start [activity type]** to start monitoring your exercise. Your heart rate measurement begins.
   - When you rotate the bezel to the right you can view exercise information, such as calories burned and current speed.
   - Rotate the bezel left to listen to music. This option is not available in Water lock mode.

6. Press the Back button to pause the workout.
   - Press the Back button again to resume the workout.
   - Tap **Finish** to complete your workout and view your workout summary.

7. Rotate the bezel to view your workout log.

**Note:** Measured distance may differ from the actual distance due to uneven strides, walking in place, and pacing around.
Sleep
Automatically track your sleep patterns.
1. From the Apps screen, rotate the bezel and tap Samsung Health.
2. Rotate the bezel and tap Sleep.
3. Rotate the bezel to view your sleep data.
   • To change sleep report notifications, tap Notifications, and then tap On/Off.

Heart rate
Measure and record your heart rate. Take heart rate measurements when you are seated and relaxed.
1. From the Apps screen, rotate the bezel and tap Samsung Health.
2. Rotate the bezel and tap Heart rate.
3. Tap Measure to begin measuring your heart rate.
   • After a moment, your current heart rate is displayed on the screen.
4. Tap Tag to select a status tag for your measured heart rate.
   • The Watch displays information about your heart rate in relation to your selected tag.
Track your heart rate
The Watch can automatically measure and track your heart rate. Your Watch measures your heart rate at regular intervals.

To activate or deactivate this feature:

1. From the Apps screen, rotate the bezel and tap Samsung Health.
2. Rotate the bezel and tap Heart rate.
3. Tap More options > Auto HR settings and select a measuring interval.
   • **Always**: The Watch measures your heart rate continuously, regardless of your movement.
   • **Frequent**: The Watch measures your heart rate regularly when you are relaxed.
   • **Never**: The Watch does not measure your heart rate automatically.
4. Tap Help to view help information for using the auto HR feature.

Stress
Keep track of your stress. Breathing exercises are also available to help reduce stress.

1. From the Apps screen, rotate the bezel and tap Samsung Health.
2. Rotate the bezel and tap Stress.
   • Tap Measure to measure your current stress level.
   • Rotate the bezel to view your stress data.

Breathing exercise
Use the Breathe feature to help reduce stress.

1. From the Apps screen, rotate the bezel and tap Samsung Health.
2. Rotate the bezel and tap Stress.
3. After taking a stress measurement, the Breathe feature is available. Tap **Breathe** for the following options:

- **Start**: Being the breathing exercise.
- **Target**: Adjust the target cycles per minute.
- **Inhale/Exhale**: Adjust the time for inhaling and exhaling.
- **Sound**: Enable or disable sound for the breathing exercise.

**Automatic tracking**

Automatically measure and record your stress level at regular intervals.

1. From the Apps screen, rotate the bezel and tap **Samsung Health**.
2. Rotate the bezel and tap **Stress**.
3. Tap ⏩ **More options** ⇒ **Auto stress settings**.
4. Tap **Always** to enable or disable the feature.

**Water**

Record and track how many glasses of water you drink.

1. From the Apps screen, rotate the bezel and tap **Samsung Health**.
2. Rotate the bezel and tap **Water**.
3. Tap ⬆️ **Add** when you drink a glass of water.
   - If you accidentally added an incorrect value, tap ⬕️ **Remove**.
To set your daily water target:
1. From the Apps screen, rotate the bezel and tap Samsung Health.
2. Rotate the bezel and tap Water.
3. Tap More options > Set target.
4. Tap Set target to enable this feature.
5. Tap Daily target, and set the number.
6. Tap Done.

Caffeine
Record and track how many cups of caffeinated beverages you drink each day.
1. From the Apps screen, rotate the bezel and tap Samsung Health.
2. Rotate the bezel and tap Caffeine.
3. Tap Add when you drink a caffeinated beverage.
   • If you accidentally added an incorrect value, tap Remove.
To set your daily caffeine target:
1. From the Apps screen, rotate the bezel and tap Samsung Health.
2. Rotate the bezel and tap Caffeine.
3. Tap More options > Set target.
4. Tap Set target to enable this feature.
5. Tap Daily target, and set the number.
6. Tap Done.

Together
Compete with other Samsung Health users.

Steps leaderboard
Add challenges through Samsung Health on your smartphone.
1. On the Apps screen of the smartphone, tap Galaxy Wearable > Settings tab.
2. Tap Samsung Health > Together tab. Here you can add friends and challenges.

View challenges on your Watch
View your challenges and rank on the Steps leaderboard.
1. From the Apps screen, rotate the bezel and tap Samsung Health.
2. Rotate the bezel and tap Together.
   • Tap a list to see your challenges.
Settings
Customize your Samsung Health settings.

1. From the Apps screen, rotate the bezel and tap Samsung Health.

2. Rotate the bezel and tap Settings.

3. Tap an item to customize:
   - **Profile**: Update your personal profile.
   - **Workout detection**: Set the Watch to recognize and encourage you when it detects that you are exercising.
   - **Inactive time alerts**: Set the Watch to alert you if you have been still for almost an hour.


Galaxy Apps
Samsung Galaxy Apps provides a quick and easy way to find and download free premium apps that are compatible with your Galaxy device.

A Samsung account is required to purchase and download apps.

To access the Samsung Galaxy Apps website:

- From Apps, rotate the bezel and tap Galaxy Apps.
PPT Controller
You can use PPT Controller to connect the Watch to a computer and control PowerPoint presentations.

To connect:
1. From the Apps screen, rotate the bezel and tap \( \text{PPT Controller} \).
2. Tap Connect and connect your Watch to a computer in 5 minutes.
3. Select your Watch from the Bluetooth list on the computer and tap \( \checkmark \text{ OK} \) on the Watch.
4. Follow the on-screen instructions to complete the connection. The Watch and computer will be connected by Bluetooth.

Control PPT slides with the Watch
You can remotely control the Powerpoint slides with your Watch.

1. From the Apps screen, rotate the bezel and tap \( \leftrightarrow \text{PPT Controller} \).
2. Tap Slideshow to control the slides.
   - Tap \( \rightarrow \text{Next} \) or rotate the bezel to the right to move to the next slide.
   - Tap \( \leftarrow \text{Previous} \) or rotate the bezel to the left to move to the previous slide.
   - Tap Touchpad and swipe on the Watch’s screen to move the cursor on the computer.
3. Tap Stop to stop controlling slides.
Presentation alerts

You can set alerts on your Watch to warn you when you are close to the end of your presentation time, or at various intervals during your presentation.

Wrap up alert

Use your Watch to receive a notification when you are at the end of your presentation time.

1. From the Apps screen, rotate the bezel and tap PPT Controller.
2. Tap More options > Wrap up alert.
3. Tap Wrap up alert to enable this feature.
4. Tap Set time, and enter the time that your presentation needs to be finished.

Interval alerts

Set a finishing time for your presentation on your Watch to receive a notification

1. From the Apps screen, rotate the bezel and tap PPT Controller.
2. Tap More options > Interval alerts.
3. Tap Interval alerts to enable this feature.
4. Tap Set time, and enter the interval that you want to receive notifications.
Samsung Flow
Unlock your tablet or computer with your Watch.
Before configuring Samsung Flow:

- Install the Samsung Flow app on your computer or tablet. The computer or tablet must also support Bluetooth connectivity.
- Set the screen lock feature on your Watch and mobile device. For more information, see Set a screen lock on page 90.

1. From the Apps screen of the Watch, rotate the bezel and tap Samsung Flow.
   - Follow the prompts if the Watch and mobile device need to be connected, and if lock screens need to be set.
2. On the mobile device, tap the Samsung Flow app.
3. On the computer or tablet, enable Bluetooth and search for and select the Watch and mobile device.
4. Launch the Samsung Flow app and tap Start. Follow the prompts to complete setup.

Unlock a computer or tablet
To unlock the connected computer or tablet with the Watch bezel:
1. Bring your Watch near the computer or tablet.
2. Rotate the bezel of the Watch to unlock.

To unlock with the Simple unlock feature:
1. From the Apps screen of the Watch, rotate the bezel and tap Samsung Flow.
2. Tap Simple unlock to activate it.
3. Bring your Watch near the computer or tablet to unlock it.
Find My Phone
If you misplace your smartphone, the Watch can help you find it.

1. From Apps, rotate the bezel and tap 📱 Find My Phone.

2. Select an option:
   - Tap 🟢 Start, and the smartphone emits sounds and turns on the screen.
   - Tap 🟠 Stop on the Watch to terminate the search, or tap ✗ Stop on the smartphone.

Find your Watch
You can also locate your Watch by making it light up and make sounds from the Galaxy Wearable app.

1. From the Apps screen of the smartphone, tap 🦵 Galaxy Wearable > Settings tab > Find My Watch.

2. Tap 🟢 Start.
   - The Watch vibrates and the screen turns on.

3. Drag ✗ Stop to the right on the Watch.
   - or -
   - Tap ✗ Stop on the smartphone.
Reminder
Add reminders for events and set alarms outside of the Calendar app.

Create a reminder
1. From the Apps screen, rotate the bezel and tap Reminder.
2. Tap Create reminder and choose a keyboard.
3. Follow the prompts to name and set the time for your reminder.
4. Tap Save when finished.

Complete a reminder
To mark reminders complete:
1. From the Apps screen, rotate the bezel and tap Reminder.
2. Tap the reminder you want to complete.
3. Tap the checkbox to mark it as complete.
   • To delete the reminder, tap More options > Delete.
Devices and software are constantly evolving — the illustrations you see here are for reference only.
Play music from the Watch
You can play music from the Watch through Bluetooth headphones (not included).

1. From the Apps screen, rotate the bezel and tap 🎵 Music.

2. Tap the output until the 🕐 Watch icon is displayed.

3. Tap More options for the following options:
   - Shuffle: Enable or disable shuffle.
   - Repeat: Tap to repeat all songs, tap again to repeat once, and tap again to turn off repeat.

4. Tap ▶ Play music to play music on your Watch.

5. Swipe up from the bottom of the screen to open the library screen, where you can view the current song, playlist, and queue music.

Play music on your smartphone
When you select a smartphone to play music from, you can control playback of the music with your Watch. The music plays on your smartphone.

1. From the Apps screen, rotate the bezel and tap 🎵 Music.

2. Tap the output until the 📱 Phone icon is displayed.

3. Tap ▶ Play music to play music on your smartphone.

4. The music plays on your smartphone and the Watch displays the music controller screen.
Import music
Import music saved in your smartphone to your Watch.

1. From the Apps screen of the smartphone, tap Galaxy Wearable > Settings tab > Add content to your watch.
2. Tap Add tracks.
3. Select files and tap Done.

To sync recently added music in your smartphone with your Watch:

1. From the Apps screen of the smartphone, tap Galaxy Wearable > Settings tab > Add content to your watch.
2. Tap Auto sync, and then tap OK to confirm. Music will be synced while the Watch battery power is at least 15 percent.

Gallery
View and manage images stored on the Watch.

View images
1. From the Apps screen, rotate the bezel and tap Gallery.
2. Rotate the bezel to scroll through the image list and then tap an image to view it.

Zoom in or out
While viewing an image:
► Double-tap the image to zoom in or out.
Delete images
1. From the Apps screen, rotate the bezel and tap Gallery.
2. Touch and hold an image to delete, or tap More options.
3. Tap Delete, and then tap Ok to confirm.

Import and export images
Images can be exchanged between your Watch and smartphone.

Import images from your smartphone
Send images or entire albums from your smartphone to your Watch.
1. From Apps of the smartphone, tap Galaxy Wearable > Settings tab.
2. Tap Add content to your watch.
3. Tap Copy images.
4. Select files or albums and tap Done.
To automatically sync images on your smartphone with your Watch:

1. From Apps of the smartphone, tap Galaxy Wearable > Settings tab.

2. Tap Add content to your watch > Auto sync to enable. Images will be synced while the Watch battery power is at least 15 percent.

   - **Image limit**: Set a limit to the number of images that can be synced to your Watch.

   - **Albums to sync**: Select which Gallery albums to sync to your Watch.

Export images to your smartphone

1. From the Apps screen, rotate the bezel and tap Gallery.

2. Tap the image you want to send to the smartphone.

3. Tap More options > Send to phone.
**Take a screenshot**
Capture an image of your screen. It is automatically saved to the Gallery app.

To enable the screen capture feature:
1. From the Apps screen, rotate the bezel and tap ✨ Settings.
2. Tap Advanced > Screen capture to enable.

To take a screenshot:
- From any screen, press and hold the Power key, and swipe the screen from left to right.

**Weather**
View weather information on the Watch for locations set on the smartphone when the devices are connected.

1. From the Apps screen, rotate the bezel and tap 🌞 Weather.
2. Tap the screen and rotate the bezel to view weather information.
   - Rotate the bezel right to add cities on your phone.
Alarm
Set an alarm to ring at a specific time.

Create an alarm
Create an alarm event. You can set one-time or recurring alarms.

1. From Apps, rotate the bezel and tap 🕒 Alarm.
2. Tap + Add and enter the time.
3. Tap Next, and select the days to repeat the alarm.
4. Tap Save when finished.

Stop an alarm
- Drag ✗ Cancel to the right or rotate the bezel clockwise to stop an alarm.
- Drag ZZ Snooze to the left or rotate the bezel counterclockwise to snooze.

Delete an alarm
You can delete an alarm that you created.

1. From the Apps screen, rotate the bezel and tap 🕒 Alarm.
2. Tap and hold an alarm, and then tap Delete.
World clock

The World clock lets you keep track of the current time in multiple cities around the globe.

Add cities

1. From the Apps screen, rotate the bezel and tap World clock.
2. Tap Add city to add a city to your World clock.
3. Tap a location on the map.
   – or –
   Tap All cities to search for the city you want to add.
4. Tap the city to add it to your World clock.
   • To add more cities, tap Add.

Remove cities

1. From the Apps screen, rotate the bezel and tap World clock.
2. Tap More options by the city you want to remove.
3. Tap Delete, and select the city again.
4. Tap Delete to confirm.
Calendar
View the events scheduled on the smartphone.

- From Apps, rotate the bezel and tap **Calendar**.
  - Rotate the bezel to view other months.
  - Tap a day on the monthly calendar.
  - The day’s events list is displayed.
  - Tap an event to view its details.
  - Rotate the bezel to view other scheduled events.

Create an event
You can use your Calendar to create events.

1. From Apps, rotate the bezel and tap **Calendar**.
2. Tap the day of the event, and tap **Create event**. Enter the event details, and set a reminder.
3. Tap **Save** when finished.
Delete an event
You can delete an event that you created.

1. From the Apps screen, rotate the bezel and tap Calendar.

2. Tap the day of the event, and tap the event you want to remove to view it.

3. Tap More options > Delete.

Bixby
Bixby is a voice service that helps you use your Watch more conveniently. You can talk to Bixby to launch a function or provide you with information.

To use Bixby, your mobile device must be connected to a Wi-Fi or mobile network, and you must sign in to your Samsung account.

To set up the Bixby app:

1. From Apps, rotate the bezel and tap Bixby.

2. Follow the prompts to set up Bixby.
Enable voice launch
You can launch Bixby using your own voice wake-up command. You can only use this feature when your Watch’s screen is turned on.

1. From Apps, rotate the bezel and tap 🔍 Bixby.
2. Tap ⚙ More options > Voice wake-up to enable.

Change the language
Change the speech recognition language.

1. From Apps, rotate the bezel and tap 🔍 Bixby.
2. Tap ⚙ More options > Language, and then choose a language.

Use Bixby
To launch Bixby for voice commands:
1. Quickly press the Home key twice.
   – or –
   Say “Hi Bixby”.
2. Speak a voice command.
Alti-Barometer

Measure the altitude and atmospheric pressure in your current location.

Measure altitude

1. From Apps, rotate the bezel and tap Alti-barometer.

Measure atmospheric pressure

1. From Apps, rotate the bezel and tap Alti-barometer.
2. Rotate the bezel to the barometer screen to view the atmospheric pressure.

Customize Settings

1. From Apps, rotate the bezel and tap Alti-barometer.
2. Rotate the bezel to Settings, and then tap Change.
3. Tap an option to customize:
   - **Auto refresh**: Automatically refresh the readings for altitude and pressure.
   - **Manual calibration**: Tap to enable manual calibration and enter the altitude and sea level pressure.
   - **Pressure alerts**: Enable pressure alerts when the atmospheric pressure drops more than 4 hPA within a 3 hour period.
   - **Altitude unit**: Customize the unit of measurement for altitude.
   - **Pressure unit**: Customize the unit of measurement for pressure.
   - **Help**: View help topics for the Alti-barometer.
News Briefing
Create and access your personalized magazines.

1. From Apps, rotate the bezel and tap News Briefing.

2. Rotate the bezel to search through trending articles.
Settings

How to use Settings  
Connections  
Sounds and vibration  
Display  
Device maintenance  
Lock screen and security  
Accessibility  
Other settings
How to use Settings
You can personalize your device by configuring various setting options.

To access Settings:
- From the Apps screen, rotate the bezel and tap Settings.
- or -

On the Watch screen, swipe down from the top of the screen to open the status panel, and then tap Settings.

Connections
Manage connections between your device and a variety of networks and other devices.

Bluetooth
Use Bluetooth to connect the Watch to a smartphone and a headset (not included).

1. From the Apps screen, rotate the bezel and tap Settings.
2. Tap Connections > Bluetooth.
   - Bluetooth: Turn the Bluetooth feature on or off.
   - BT headset: Search for Bluetooth headsets and connect them to the Watch.

Note: The headset can only be used for playing music on the Watch.
Mobile networks
Customize your mobile networks.

1. From the Apps screen, rotate the bezel and tap Settings.
2. Tap Connections > Mobile networks.
   - Mobile networks: Enable or disable using mobile data.
   - Mobile data: Enable mobile data.
   - Data roaming: Enable data roaming.
   - Network operators: Choose a network operator.
   - Access Point Names: Select and APN.

Wi-Fi
Activate the Wi-Fi feature to connect to a Wi-Fi network.

1. From the Apps screen, rotate the bezel and tap Settings.
2. Tap Connections > Wi-Fi.
3. Tap Wi-Fi again, and then tap Auto, Always on, or Always off.
Connect to a Wi-Fi network
This feature is available when the Watch is not connected to the smartphone through Bluetooth.

1. From the Apps screen, rotate the bezel and tap Settings.
2. Tap Connections > Wi-Fi.
3. Tap Wi-Fi networks > Scan.
4. Select a network from the Wi-Fi networks list.
   - Networks that require a password display a lock icon.
5. Tap Connect.

Note: Once the Watch connects to a Wi-Fi network, the Watch reconnects to that network each time it is available without requiring a password. To prevent the Watch connecting to the network automatically, select the network, and then tap Forget.

Sync Wi-Fi profiles
Set the device to sync the list of saved Wi-Fi networks with your Watch.

1. From the Apps screen of the smartphone, tap Galaxy Wearable > Settings tab.
2. Tap Watch connection > Sync Wi-Fi profiles.
NFC

The Watch lets you use the built-in technology to make payments and buy tickets for transportation or events after downloading and configuring the required apps.

1. From the Apps screen, rotate the bezel and tap Settings.

2. Tap Connections > NFC.
   - NFC: Activate the NFC feature to link your Watch to your credit or debit card.
   - Tap and pay: Set the default payment app for mobile payments.

Make payments with the NFC feature

Before you can use the NFC feature to make payments, you must register for the mobile payment service. To register or get more information about the service, contact your service provider.

1. From the Apps screen, rotate the bezel and tap Settings.

2. Tap Connections > NFC.

3. Tap NFC again to enable the feature.

4. Touch the top of the Watch’s touchscreen to the card reader.

Note: The payment services list may not include all available payment apps.
Connection alerts
Receive alerts when disconnected from Bluetooth.
1. From the Apps screen, rotate the bezel and tap ✡ Settings.
2. Tap Connections > Alerts to enable or disable this option.

Airplane mode
Airplane mode disconnects your device from all networks and turns off connectivity features, such as phone calls and Wi-Fi.
1. From the Apps screen, rotate the bezel and tap ✡ Settings.
2. Tap Connections > Airplane mode to enable or disable this option.
Data usage

1. From the Apps screen, rotate the bezel and tap Settings.

2. Tap Connections > Data usage and tap an option:
   - Mobile data
   - Data limit
   - Data usage cycle
   - Start date
   - Usage details

Location

Some apps may require location services to be turned on for full functionality.

1. From the Apps screen, rotate the bezel and tap Settings.

2. Tap Connections > Location.

3. Tap Location again to enable, and select a mode.
   - GPS, Wi-Fi, and mobile networks: Use GPS and wireless networks.
   - Wi-Fi and mobile networks: Use wireless networks only.
   - GPS: Use GPS only.
Connect to a new phone
Connect your Watch to a new mobile device. The Watch can connect to another mobile device after performing a light reset to delete data.

To connect to a new phone:
1. From the Apps screen, rotate the bezel and tap ⚙ Settings.
2. Tap Connect to new phone and follow the prompts.

Note: This feature is available when the Watch is connected to a smartphone. Otherwise, Connect to phone is displayed.

Sounds and vibration
Configure the sounds and vibrations used to indicate notifications, screen touches, and other interactions.

Sound mode
Switch between sound modes, while preserving the individual sound settings you have made.

1. From the Apps screen, rotate the bezel and tap ⚙ Settings.
2. Tap Sounds and vibration > Sound mode, and then choose a mode:
   - Sound: Enable sounds for notifications and alerts.
   - Vibrate: Use vibration only for notifications and alerts.
   - Mute: Set your device to make no sounds.
Vibrate with sound
Enable vibration with sound mode. Sound mode must be enabled for this option to be available.
1. From the Apps screen, rotate the bezel and tap Settings.
2. Tap Sounds and vibration > Vibrate with sound to enable vibrations when receiving calls and notifications.

Volume
Set volume levels.
1. From the Apps screen, rotate the bezel and tap Settings.
2. Tap Sounds and vibration > Volume.
   • Swipe the screen from right to left to see the volume levels for Ringtone, Media, Notifications, and System.
   • Rotate the bezel to change the volume level for each category.
**Vibration intensity**

Configure the vibration intensity.

1. From the Apps screen, rotate the bezel and tap Settings.

2. Tap Sound and vibration > Vibration intensity, and select Strong or Light.

**Long vibration**

Increase the duration of the vibration for calls and notifications.

1. From the Apps screen, rotate the bezel and tap Settings.

2. Tap Sound and vibration > Long vibration to enable.

**Ringtone**

Choose from preset ringtones or add your own.

1. From the Apps screen, rotate the bezel and tap Settings.

2. Tap Sound and vibration > Ringtone vibration.

3. Tap a ringtone to hear a preview, and tap OK to select it.

   – or –

   Tap Add from watch to use an audio file as a ringtone.
Ringtone vibration
Vibrate for calls.

1. From the Apps screen, rotate the bezel and tap Settings.
2. Tap Sound and vibration > Ringtone vibration and select a vibration pattern.

Notification sound
Choose from preset notification sounds.

1. From the Apps screen, rotate the bezel and tap Settings.
2. Tap Sound and vibration > Notification sound.
3. Tap a notification sound to hear a preview, and tap OK to select it.

Notification vibration
Vibrate for new notifications.

1. From the Apps screen, rotate the bezel and tap Settings.
2. Tap Sound and vibration > Notification vibration and select a vibration pattern.

Touch sounds
Enable sounds when the watch screen is tapped.

1. From the Apps screen, rotate the bezel and tap Settings.
2. Tap Sound and vibration > Touch sounds to enable.
Do not disturb
Use these options to determine block out time where notifications are turned off, and during which time periods you want to enter this mode.

1. From the Apps screen, rotate the bezel and tap ☰ Settings.

2. Tap Advanced > Do not disturb, and configure the following:
   - **Turn on now**: Enable this option, and set the time period.
   - **Turn on as scheduled**: Tap Set schedule to configure the start time, end time, and days that you want to enable Do not disturb.

Display
Configure your display’s brightness, screen timeout delay, and other settings.

Watch faces
Change the style settings.

1. From the Apps screen, rotate the bezel and tap ☰ Settings.

2. Tap Watch faces. The following options are available:
   - **Watch faces**: Select a watch type.
   - **Watch always on**: Set the Watch to display a watch when the screen is turned off.
   - **Watch face order**: Set a sort order.
   - **Hourly chime**: Hear a sound and feel a vibration at the start of each hour.
• **Notification indicator**: Enable or disable the notification indicator.

• **Status indicator**: Indicators are icons that show the current status of your Watch on the watch face.

Adjust screen brightness
Manually adjust the brightness of the display.

1. From the Apps screen, rotate the bezel and tap Settings.

2. Tap **Display** and select an option:
   - **Brightness**: Manually adjust the brightness of the display.
   - **Auto low brightness**: Set the Watch to automatically adjust the brightness depending on ambient light conditions.

Set the screen timeout
Set the length of time the Watch waits before turning off the display’s backlight.

1. From the Apps screen, rotate the bezel and tap Settings.

2. Tap **Display > Screen timeout**, and select a timeout value.

Show last app
Set the length of time the Watch wakes up to the last app used.

1. From the Apps screen, rotate the bezel and tap Settings.

2. Tap **Display > Show last app**, and select a timeout value.
**Background style**
Select a background

1. From the Apps screen, rotate the bezel and tap Settings.
2. Tap Display > Background style.

**Font**
Select a font for your Watch.

1. From the Apps screen, rotate the bezel and tap Settings.
2. Tap Display > Font.

**Touch sensitivity**
Set the Watch to allow use of the touch screen with gloves on.

1. From the Apps screen, rotate the bezel and tap Settings.
2. Tap Advanced > Touch sensitivity.
3. Tap OK to enable this feature.
Device maintenance

View the status of your device’s battery, storage, and memory. You can also automatically optimize your device’s system resources.

Date and time

You can set the date and time manually.

1. From the Apps screen, rotate the bezel and tap  Settings.

2. Tap  General  >  Date and time.

   •  **Automatic**: Use the network to set date and time.

   •  **Set date**: Set the date manually.

   •  **Set time**: Set the time manually.

   •  **Select time zone**: Select the time zone manually.

**Note**: The Date and time options are available when your Watch is not connected to your mobile device.
**Power saving mode**

Activate Power saving mode to save battery power by limiting the Watch’s functions.

To save battery power, Power saving mode:

- Uses a grayscale Home screen
- Turns off all functions except calls, messages, and notifications
- Turns off Wi-Fi and mobile networks (if applicable)
- Limits performance

To enable Power saving mode:

1. From the Apps screen, rotate the bezel and tap Settings > Battery.
2. Tap Power saving, and then tap ✔ OK.

To disable Power saving mode:

- From the Home screen, tap Off, and then tap ✔ OK.

**Watch only mode**

Activate Watch only mode to save battery power by limiting the Watch’s functions to only showing the time.

1. From the Apps screen, rotate the bezel and tap Settings > Battery.
2. Tap Watch only, and then tap ✔ OK.

To disable Watch only mode:

- Touch and hold the Power button for three seconds.
Reset the Watch
Reset settings to their factory default values and delete all data.

1. From the Apps screen, rotate the bezel and tap Settings.
2. Tap General > Reset.
3. Tap ✓ OK.

Watch status
Access information about the Watch.

1. From the Apps screen of the smartphone, tap Galaxy Wearable > Settings tab > About watch.
2. Tap an option below:
   - **Update watch software**: Update the Watch to the latest software.
   - **Back up and restore**: Back up the stored data on the Watch or restore backup data.
   - **Legal information**: View the legal information for the Watch.
   - **Unknown sources**: Set the Watch to allow the installation of apps from unknown sources.
   - **Device name**: Change the Watch’s name.
   - **Device information**: View identification codes for your Watch.
Lock screen and security
Secure your device and protect your data with Lock screen and security settings.

Set a screen lock
It is recommended that you secure your device using a Screen lock.

1. From the Apps screen, rotate the bezel and tap  
   Settings.

2. Tap Security > Lock.

3. Tap Type to select a screen lock type:
   - Pattern: Create a pattern that you draw on the screen to unlock your device. This option provides medium security.
   - PIN: Set a PIN to use for unlocking the device when it removed from your wrist and the screen is turned off.
   - None: Do not lock the screen.

4. Tap Help to view help information for using the screen lock feature.
Security update service
You can update the security policy manually or automatically.

1. From the Apps screen, rotate the bezel and tap Settings.

   - Check for updates: Update the Watch’s security policy manually.
   - Auto update: Update the Watch’s security policy automatically.
   - Download updates: Set the Watch to update the security policy automatically when connected to Wi-Fi. Options are Wi-Fi only and Wi-Fi and Mobile data.

Remote security
You can lock and reset your Watch remotely if it is lost. You can also prevent others from reactivating your device if it is lost or stolen. Sign in to your Samsung account to use this feature.

1. From the Apps screen of the smartphone, tap Galaxy Wearable > Settings tab > Find My Watch.

2. Tap Set security for the following options:
   - Remote lock: Prevent unauthorized use by locking your Watch remotely. Your Watch will unlock automatically when it connects to your mobile device with Bluetooth.
   - Reset watch: Remotely delete all data on your Watch. Once it is reset, you can no longer use Find My Mobile to locate your Watch.
   - Reactivation lock: Use your Samsung account to stop anyone from reactivating your watch without your permission.
Watch connection

Enable or disable connectivity for your Watch.

- From the Apps screen of the smartphone, tap Galaxy Wearable > Settings tab > Watch connection for the following options:
  - **Remote connection**: Use your Samsung account to connect to your Watch remotely using Wi-Fi or mobile data.
  - **Connection notification**: Receive a notification when a watch is connected or disconnected.
  - **Sync Wi-Fi Profiles**: Enable your Watch to automatically connect to the Wi-Fi networks that are saved on your mobile device.

Accessibility

Accessibility services are special features that make using the device easier for those with certain physical disabilities.

For more information about Accessibility for Samsung products, please contact us at accessibility@sea.samsung.com.

To access accessibility options:

1. From the Apps screen, rotate the bezel and tap Settings.
2. Tap Accessibility for the following features:
   - **Vision**: Customize visual aspects of the device.
   - **Hearing**: Customize audio aspects of the device.
   - **Text-to-speech**: Change text-to-speech settings. For more information, see Text to speech on the next page.
• **Direct access**: Configure accessibility menus to open more easily.

• **Notification reminder**: Set regular reminder intervals if notifications are unchecked.

### Text to speech

To set accessibility settings related to Text to speech:

1. From the Apps screen, rotate the bezel and tap 🛠 Settings.

2. Tap **General > Text-to-speech** and select a mode.
   - **Language**: Choose the language for spoken text.
   - **Speech rate**: Set the speed at which the text is spoken.
   - **Read notifications aloud**: Set the Watch to read out notifications received on your Watch.
   - **Check for updates**: Search for any updates to the Text-to-speech feature.

### Other settings

Configure features on your device that make it easier to use.

### Custom shortcut

You can set up a custom shortcut when the Home key is double pressed.

1. From the Apps screen, rotate the bezel and tap 🛠 Settings.

2. Tap **Advanced > Double press Home key**, and select an action to perform.
**Wake-up gesture**
Change the Watch’s button and motion settings.

1. From the Apps screen, rotate the bezel and tap 🗑️ Settings.
2. Tap Advanced and select an option to customize:
   - **Wake-up gesture**: Set the Watch to turn on the screen when you raise your wrist.
   - **Bezel wake-up**: Set the Watch to turn on the screen when you rotate the bezel.

**Watch info**
View the Watch’s information.

1. From the Apps screen, rotate the bezel and tap 🗑️ Settings.
2. Tap About watch to view information about your Watch.
   - **Watch phone number**: View the phone number assigned to your watch.
   - **Hardware version**: View the version number of your Watch hardware.
   - **Model number**: Check your Watch’s model number.
   - **Serial number**: View your Watch’s serial number.
   - **Storage**: Check the available storage space.
   - **Device**: Access device information about the Watch.
• **Software**: Check your Watch’s software version and security status.

• **Battery**: Check the Watch’s battery voltage and capacity.

• **Open source licenses**: View the guide for checking the Watch’s open source license.

• **Report diagnostic and usage info**: Give consent to provide diagnostic and usage data to Samsung to help improve the quality and performance of its products and services.

• **Debugging**: Activate or deactivate USB debugging mode when developing apps for the Watch.
Getting help

Videos
Visit samsung.com/spsn to learn more.

Smart Simulator
Visit samsungsimulator.com to learn more.

Tips and Tricks
Visit samsung.com/us/support/tips to learn more.

Samsung Care
Visit samsung.com/us/support to learn more.
Legal

View legal information for your device.
Intellectual property

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Using custom OS software may cause your device and applications to work improperly. Your carrier may not permit users to download certain software, such as custom OS.

Samsung Knox

Samsung Knox is Samsung’s security platform and is a mark for a Samsung device tested for security with enterprise use in mind. Additional licensing fee may be required. For more information about Knox, please refer to: samsung.com/us/knox.

Maintaining water and dust resistance

CAUTION! To avoid electric shock and damage to your device, do not charge device while it is wet or in an area where it could get wet. Do not handle device, charger or cords with wet hands while charging.

This device is rated 5ATM. Your device is water resistant up to 50 meters per ISO standard 22810:2010. Not intended for scuba diving. Avoid excessive, sudden temperature changes, and high velocity activities. Falls and shocks may breach integrity. After use in sea water, rinse in fresh water and dry device. Despite this classification, your device is not impervious to water damage in any situation. It is important that all compartments are closed tightly.

Note: If any liquid is found to have entered your device components or an internally sealed system, this condition will void your device warranty.
Follow these tips carefully to prevent damage to the device.

- Whenever your device gets wet, dry it thoroughly with a clean, soft cloth. Failure to rinse the device in fresh water and dry it as instructed may cause the device to suffer from operability or cosmetic issues.

- Do not expose the device to water at high pressure.

- If the device is dropped or receives an impact, the water and dust resistant features of the device may be damaged.

**Note:** This device passed military specification (MIL-STD-810G) testing against specific conditions, including drops from 4.9 feet, extreme temperatures, dust, shock/vibration, and low pressure/high altitude. Device may not perform as described in all extreme conditions.
Screen images are simulated. Appearance of device may vary.

The actual available capacity of the internal memory is less than the specified capacity because the operating system and default applications occupy part of the memory. The available capacity may change when you upgrade the device.

Please check with your service provider to verify qualifying services/features.