

SAMSUNG
Gear Fit2

SM-R360

User Manual

SAMSUNG

Legal Information

Important legal information can be accessed in writing, on the mobile device, or at: samsung.com

READ THIS INFORMATION BEFORE USING YOUR MOBILE DEVICE.

Samsung Limited Warranty - This product is covered under the applicable Samsung Limited Warranty **INCLUDING THE DISPUTE RESOLUTION PROCEDURE FOR WARRANTY AND OTHER CLAIMS**, and your right to opt out of arbitration within 30 calendar days of the first consumer purchase. You may opt out by either sending an email to optout@sea.samsung.com with the subject line "Arbitration Opt Out" or by calling 1-800-SAMSUNG (726-7864).

For more detailed procedures, please refer to the "Dispute Resolution Procedures and Arbitration and Opt Out" section of the Limited Warranty.

End User License Agreement for Software (EULA)

The End User License Agreement (EULA) for this device is found in the Samsung Gear application, which is required for operation of your device. You may also access this EULA at: samsung.com/us/Legal/SamsungLegal-EULAGEAR

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Disclaimer of Warranties; Exclusion of Liability

The information below explains that a user accepts this device as sold, including the hardware and software components as created and packaged for sale. If the user changes these parameters through a unique modification, Samsung will not be held responsible for damages or issues that result from these end-user changes.

Except as set forth in the express warranty contained on the warranty page enclosed with the product, the purchaser takes the product “as is”, and Samsung makes no express or implied warranty of any kind whatsoever with respect to the product, including but not limited to the:

- merchantability of the product or its fitness for any particular purpose or use;
- design, condition or quality of the product;
- performance of the product;
- workmanship of the product or the components contained therein; or
- compliance of the product with the requirements of any law, rule, specification or contract pertaining thereto.

Nothing contained in the instruction manual shall be construed to create an express or implied warranty of any kind whatsoever with respect to the product. In addition, Samsung shall not be liable for any damages of any kind resulting from the purchase or use of the product or arising from the breach of the express warranty, including incidental, special or consequential damages, or loss of anticipated profits or benefits.

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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

This device is rated IP68 using the Ingress Protection rating system.

Your device has been tested in a controlled environment and shown to be water and dust resistant in certain circumstances (meets requirements of classification IP68 as described by the international standard IEC 60529 – Degrees of Protection provided by Enclosures [IP Code]; test conditions: 15-35°C, 86-106 kPa, 5.0 feet, for 30 minutes). Despite this classification, your device is not impervious to water damage in any situation. It is important that all compartments are closed tightly.



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.

- **Any device which uses accessible compartments or ports that can be opened, should have these sealed or closed tightly to prevent liquid from entering the system.**
- Whenever your device gets wet, dry it thoroughly with a clean, soft cloth. If your device has gotten wet, you should dry the inside of the charging port before inserting a power connector to charge your device. If the charging port is not fully dry, your device may operate abnormally. For example, it may charge more slowly or overheat.
- Do not expose the device to salt water or ionized water, or to water over 5.0 feet deep for more than 30 minutes. If your device is exposed to fresh water, dry it thoroughly with a clean, soft cloth. If the device is exposed to any liquid other than fresh water, rinse the device with fresh water immediately and 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.**
- To maintain the water-resistant and dust-resistant features of your device, if an S Pen is available for use, verify it is securely inserted prior to any exposure to liquids.
- The touchscreen and other features may not work properly if the device is used in water or in other liquids. [110116]

Restricting Children's Access to Your Mobile Device

Your device is not a toy. Do not allow children to play with it because they could hurt themselves and others, damage the device, or make calls that increase your device bill. Keep the device and all its parts and accessories out of the reach of small children.

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Phone: 1-800-SAMSUNG (726-7864)

Internet: samsung.com

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Some multimedia (audio/video) files contain Digital Rights Management (DRM) technology to verify you have the right to use the files. Preloaded apps on your device may not be compatible with DRM-protected files.

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.

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Basics

Read me first

Please read this manual before using this 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.
- Content (high quality content) that requires high CPU and RAM usage will affect the overall performance of the device. Apps related to the content may not work properly depending on the device's specifications and the environment that it is used in.
- Samsung is not liable for performance issues caused by apps supplied by providers other than Samsung.
- 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 Gear or apps to work improperly.
- Software, sound sources, wallpapers, images, and other media provided with this Gear 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 Gear are subject to updates and may no longer be supported without prior notice. If you have questions about an app provided with the Gear, contact a Samsung Service Centre. For user-installed apps, contact service providers.
- Modifying the Gear's operating system or installing software from unofficial sources may result in Gear malfunctions and data corruption or loss. These actions are violations of your Samsung licence agreement and will void your warranty.
- Some functions may not work as described in this manual depending on the make and model of the smartphone you connect to the Gear.

Instructional icons



Warning: Situations that could cause injury to yourself or others.



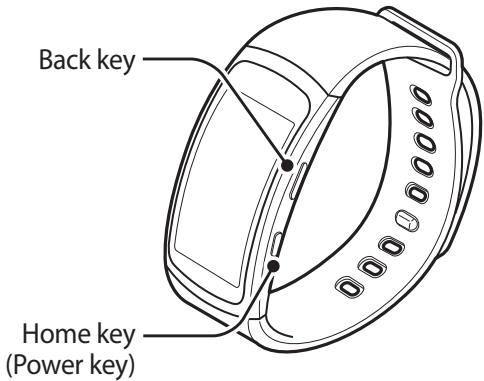
Caution: Situations that could cause damage to your device or other equipment.



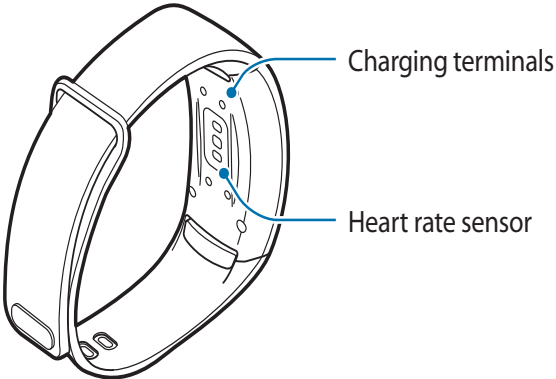
Notice: Notes, usage tips, or additional information.

Device layout



Front



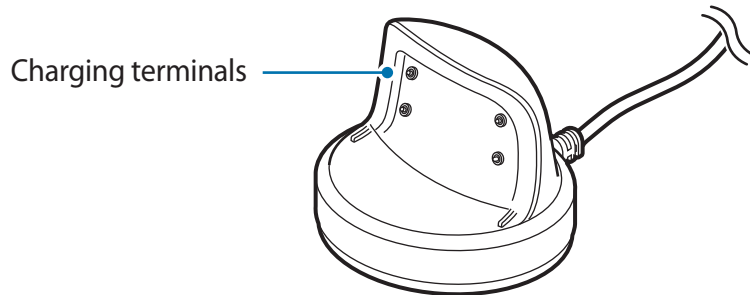
Back



Keys

Key	Function
 Home	<ul style="list-style-type: none">• Press and hold to turn the device on or off.• Press to turn on the screen.• Press and hold for more than 7 seconds to restart the device.• Press to open the Apps screen when you are on the Watch screen.• Press to open the Watch screen when you are on any other screen.
 Back	<ul style="list-style-type: none">• Press to return to the previous screen.

Charger dock



Do not expose the Gear or the charger dock to water. The devices are not completely waterproof.

Battery

Charge the battery

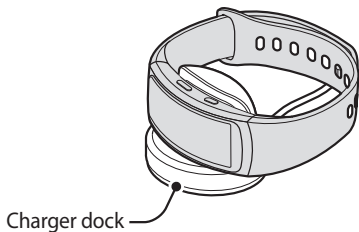
Charge the battery before using it for the first time or when it sits unused for extended periods.



Charging head for plugging in USB cable into wall outlet is not included. Use only Samsung charging devices rated with an output voltage of 5v and an output current of over 150mA (sold separately). Samsung accessories are designed for your device to maximize battery life. Using other accessories may invalidate your warranty and may cause damage.

- 1 Connect the USB cable to the USB charger head. Then, connect the other end of the USB cable to the charger dock.
- 2 Plug the USB charger head into an electric socket.

- 3 Place the device on the charger dock with the charging terminals facing each other.



- 4 After fully charging your Gear, disconnect it from the charger dock. Unplug the charger from the charger dock, and then unplug the charger from the electric socket.



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.

Reduce the battery consumption

Your device provides various options to help you conserve battery power.

- When you are not using the device, switch to sleep mode by covering the screen with your palm.
- Activate power saving mode.
- Deactivate the Bluetooth® feature when not in use.
- Deactivate the Wi-Fi feature when not in use.
- Decrease the screen brightness.
- Deactivate the watch always on feature.
- Customize the notification settings in the Samsung Gear app on the connected smartphone.



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.

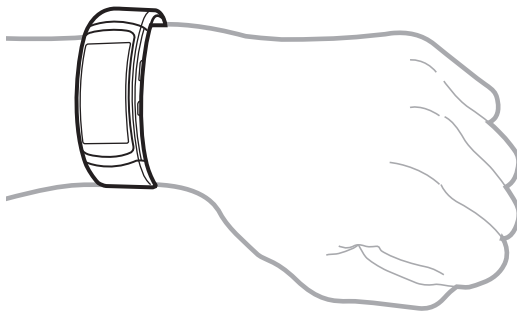
Battery charging tips and precautions

- If there are obstructions between the device and the charger dock, the device may not charge properly.
- Prevent the device and the charger from coming into contact with sweat, liquids, or dust.
- If the battery is completely discharged, the device cannot be turned on immediately after being connected to the charger. Allow a depleted battery to charge for a few minutes before turning on the device.
- If you use multiple apps at once, the battery will drain quickly. To avoid losing power during a data transfer, always use these apps after fully charging the battery.
- Using a power source other than the charger, such as a computer, may result in a slower charging speed due to a lower electric current.
- If the device is being charged with other devices using a multi-charger, charging may take longer.
- If the device receives an unstable power supply while charging, the touchscreen may not function. If this happens, immediately disconnect the device from the charger dock and leave the device aside until another power connection can be found.
- While charging, the device may heat up. This is normal and should not affect the device's lifespan or performance. If the battery feels hot to the touch during this charging process, remove the device from the charger and allow it to cool down before restarting the charging process, or call 1-800-SAMSUNG (726-7864) to receive technical support.
- If the device is not charging properly, take it to a Samsung Service Center.
- Avoid using a bent or damaged USB cable.

Wear the Gear

Put on the Gear

- 1 Place the strap around your wrist.
- 2 Fit the strap to your wrist, and insert the pin into an adjustment hole.





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

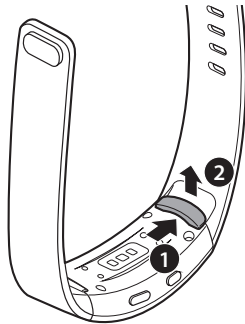
Strap tips and precautions

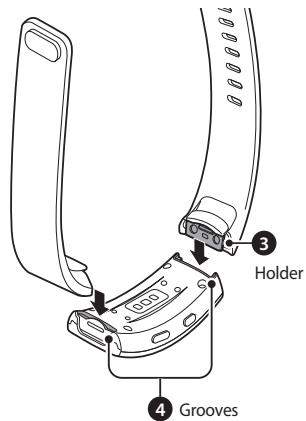
- Be cautious when wearing the device. If you have sensitive skin or fasten the device too tightly, you may feel some discomfort.
- Some people may experience discomfort when wearing the device for prolonged periods.
- Do not expose the straps to very wet conditions. Wet straps can cause skin irritations. Dry the straps first. If you experience skin irritation when wearing the device, stop wearing the device and consult a physician.
- The device and the strap have passed the hazardous materials test and meet international safety standards.

Replace the strap

Detach the strap from the device to replace it with a new one.

- 1 Push the button where the device's body and strap meet.
- 2 While pushing the button, pull the strap upward and remove it.





3 Insert the holder of new strap into the grooves on the device's body.

4 Push the strap into the device's body until it clicks into place.

Turn the Gear on and off

To turn the Gear on:

- ▶ Press and hold the **Home** key for a few seconds to turn on the device.
 - When you turn on the device for the first time or reset it, a pop-up window displays. Follow the prompts to download and install the Samsung Gear app on your smartphone.

To turn the Gear off:


- ▶ To turn off the device, press and hold the **Home** key, and then tap **Power off**.

Connect the Gear to a Smartphone

You should connect your device to your smartphone before using the device. To connect your device to a smartphone, install the Samsung Gear app on the smartphone. Launch **Galaxy Apps** or visit apps.samsung.com/Gear from your smartphone to download it. For non-Samsung devices, download the Samsung Gear app from the Google Play store.

Compatible with Android 4.4 and later or iOS 9.0 and later, with at least 1.5GB RAM. Supported devices may vary by carrier and device. Some features may not be available. For best results, connect with compatible Samsung Galaxy smartphones.

For a list of compatible smartphones, please visit samsung.com/gearfit2.

- 1 Turn on the device.
- 2 On the smartphone Apps screen, tap  **Samsung Gear**.
 - If necessary, update the Samsung Gear app to the latest version.
- 3 Tap **Connect to Gear**, and select the Gear from the device list if prompted.
- 4 When the Bluetooth pairing request window displays, confirm the passkeys displayed on your device and smartphone match, and then tap **OK**.

- 5 Follow the prompts to complete the connection.


When the devices are connected, a tutorial displays on the Gear's screen. Follow the prompts to learn the basic controls.



Connection methods and screenshots may vary depending on your device and software version.

Connect the Gear to a new smartphone

When you connect the device to another smartphone, the device automatically resets and all data is removed from its memory. Make sure you back up any important data stored on your device.

- 1 Back up your device's data on your smartphone.
 - On your smartphone, open the Apps screen and tap  **Samsung Gear > Settings > Back up and restore > Back up data.**
- 2 End the connection between your device and smartphone. Refer to ["Disconnect the Gear" on page 72](#) for more information.
- 3 Connect your device to another smartphone.



A new Gear device cannot connect to a target smartphone that is already paired with another Gear.


Use the Gear without a Smartphone

You can use the Gear without connecting it to a smartphone. You can set to use the Gear without a smartphone when you turn on the Gear for the first time or you reset it. Some features are not available.

- 1 Turn on the Gear.
- 2 Tap **Use Gear without phone connection**.
- 3 Follow the prompts to set up your Gear.

Remote connection

You can remotely connect the device to your smartphone when a Bluetooth connection is not available. With this connection, you can still receive notifications from your smartphone. This feature is automatically activated when you connect to your smartphone using Bluetooth for the first time.

- 1 On the Apps screen of the smartphone, tap  **Samsung Gear**.
- 2 Tap **Settings** > **Gear connection**.
- 3 Tap **Remote connection**.

Turn the screen on and off

To turn on the screen:

- ▶ Press the **Home** or **Back** button.

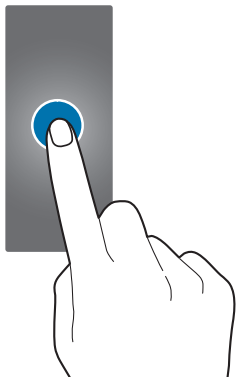
To turn off the screen:

- ▶ Cover the screen with your palm.
 - The screen will also turn off if the device is not used for a specified period.
 - You can also turn on the screen using a gesture, refer to "[Device](#)" on [page 62](#) for more information.

Touchscreen

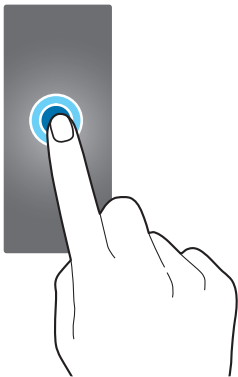
Tap

To open an app, to select a menu item, or to press an on-screen button, tap it with your finger.



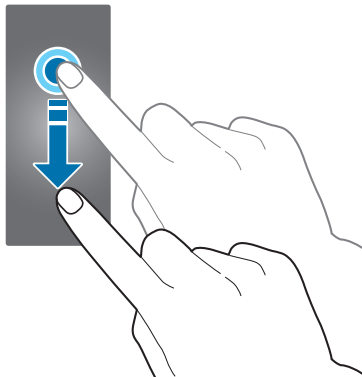
Tap and hold

Tap and hold the screen for two or more seconds to access the Edit mode or to view available options.



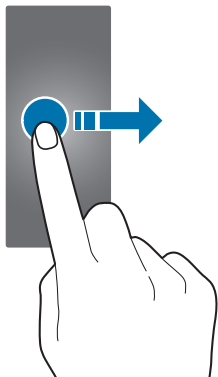
Drag

To move an item, tap and hold it and drag it to the target position.



Swipe

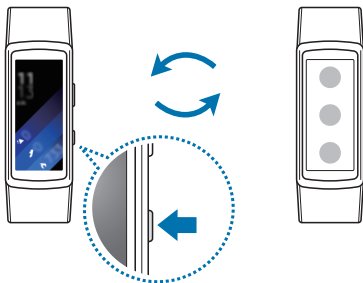
Swipe to the left or right to view other panels.



Navigate the screen

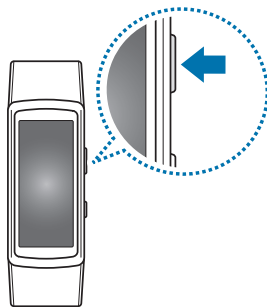
Switch between the Watch and Apps screens

- 1 On the Watch screen, press the **Home** key to open the Apps screen.
- 2 When you are not on the Watch screen, press the **Back** key to return to the Watch screen.



Return to the previous screen

- ▶ Press the **Back** key.



Home screen

The Home screen can have multiple panels. The Watch screen is the starting point for the Home screen. Swipe left or right to view items on the screen, such as notifications and widgets.



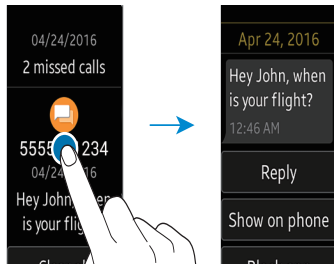
Available widgets, notifications, and their arrangement may vary depending on the software version.

Notifications panel

Stay up to date with events, notifications, and messages from your smartphone. When you receive a notification, it displays at the top of the screen and disappears after a few seconds and the device vibrates.

View notifications

- 1 Swipe to the right of the Watch screen to view the list of notifications.
- 2 Scroll through the list to view all notifications.
 - Tap the notification to view details.




If a message includes long text or attachments, check the message details on your smartphone.

Block notifications

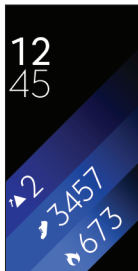
- 1 Tap the notification you want to block.
- 2 Swipe upwards on the screen and tap **Block app**.
 - The Gear will no longer receive notifications from the app.



You can block notifications from specific apps on the Gear. When you have not received any notifications on your Gear, block notifications using your smartphone. On your smartphone, open the Apps screen, tap  **Samsung Gear > Notifications > Manage notifications**.

Watch screen

View the current time. You can also check your step count, calories burned and more.



- ▶ Press the **Home** button to open the Watch screen when you are not on the Watch screen.

Change the watch face

- ▶ Press and hold the Watch screen, then swipe to select a watch face.
 - You can also customize the watch by tapping **Stylize**.

Widgets

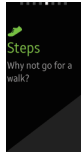
You can add widgets to the Home screen. Widgets are small apps that offer limited functionality to provide information and convenient access. You can use the following widgets by default.



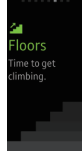
24-hour log



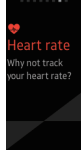
Exercise



Steps



Floors




Heart rate




Add widget

Add widgets

You can add more widgets on the Home screen.

- 1 Swipe right to display the Add widget screen.
- 2 Tap  **Add** and select a widget.
 - The selected widget displays in a new panel.

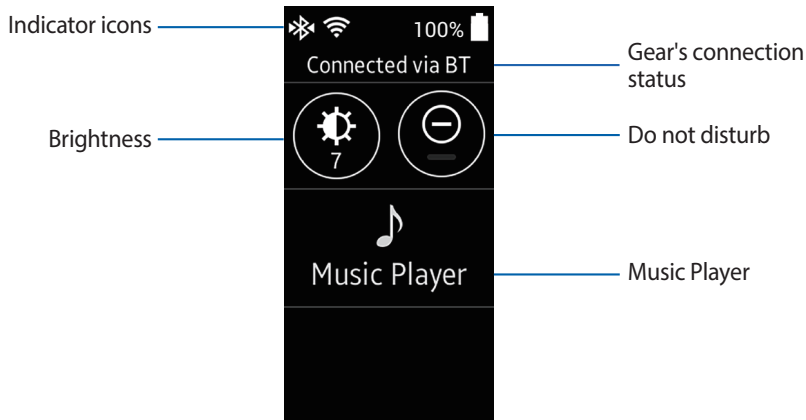
Remove widgets

- ▶ Press and hold a widget and then tap  **Delete**.

Status panel






This panel allows you to view the current status and configure basic settings.

- ▶ On the Watch screen, swipe downward from the top edge of the screen.



Indicator icons

Indicator icons display at the top of the screen. The icons listed in this table are most common.

Icon	Meaning
	Bluetooth connected: Bluetooth is connected.
	Bluetooth disconnected: Bluetooth is disconnected.
	Bluetooth headset connected: A bluetooth headset is connected.
	Wi-Fi connected: Wi-Fi is connected.
	Battery full: Battery is fully charged.



Adjust the brightness

You can adjust the display brightness to suit the environment.

- ▶ On the status panel, tap  **Brightness** and adjust the level.

Do not disturb mode

You can set the device not to vibrate and turn off the screen when a notification is received, except for alarms.

- ▶ On the status panel, tap  **Do not disturb**.
 -  **Do not disturb** displays in the upper-right corner of the Watch screen.

Play music

You can play music saved on the Gear or smartphone.

- ▶ On the status panel, tap  **Music Player**.

Apps screen

The Apps screen displays icons for all apps.

- ▶ On the Watch screen, press the **Home** button to go to the Apps screen.

Open apps

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

Install apps

You can purchase and download apps specially designed for the Gear. To use this feature, your device and smartphone must be connected.

Uninstall apps

You can only uninstall the downloaded Gear apps on your smartphone. Refer to [“Uninstall apps” on page 75](#) for more information.

Set the screen lock

Set a screen lock code

Prevent others from accessing your device when you are not wearing it.

If you set the screen lock feature, the device requires an unlock code whenever unlocking it.

PIN

- ▶ On the Apps screen, tap **Settings** > **Screen lock** > **Screen lock type** > **PIN**.
 - A PIN consists of numbers only. Enter four numbers, and then enter the PIN again to verify it.


Unlock the Gear

- ▶ Turn on the screen and enter the unlock code.

Answer calls


You can answer or reject incoming calls on your Gear. Call conversations are only possible on the connected smartphone.

Answer a call

- ▶ When a call comes in, tap  **Answer**, and drag it downwards.
 - The call feature will automatically launch on your smartphone.
 - Use your smartphone to have a conversation.

Reject a call

Reject an incoming call and send a rejection message to the caller.

- ▶ When a call comes in, tap  **Reject**, and drag it upwards.
 - To send a rejection message to the caller, tap **Reject with msg** and select a message.

Missed calls

If a call is missed, a notification appears on the screen.


- ▶ On the Watch screen, swipe right on the screen to view missed call notifications.



You cannot use the Gear for phone conversations or to make calls.

Update the Gear

The device can be directly updated to the latest software by the firmware over-the-air (FOTA) service.

- 1 Tap  **Samsung Gear** on the Apps screen of the smartphone.
- 2 Tap **Settings**.
- 3 Tap **About Gear > Update Gear software**.
- 4 Tap **Update now**, and follow the prompts to install the latest software on your smartphone.



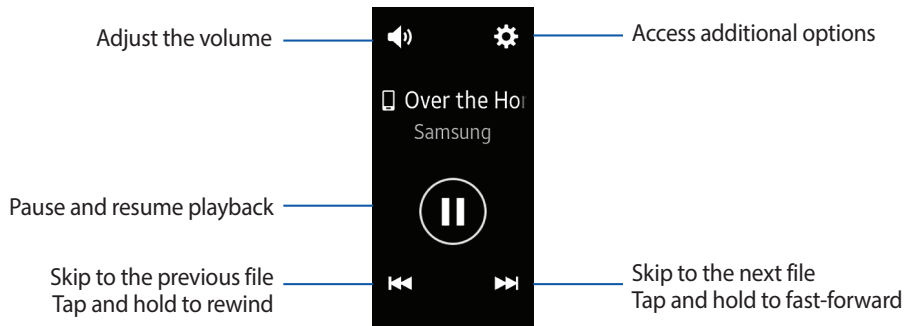
To automatically check for available updates, tap **Auto check for updates** to activate it.

Applications

Music Player



Listen to music saved on the Gear and on the smartphone.

► Tap  **Music Player** on the Apps screen.




Play music on your smartphone

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


- 1 Tap  **Music player** on the Apps screen.
- 2 Tap  **Settings** > **Music from:** to switch between Gear and Phone.
 - The music plays on your smartphone and the Gear displays the music controller screen.
 - Tap **Shuffle** to enable or disable shuffle.
 - Tap **Repeat** to repeat all songs, and tap again to repeat once, and tap again to turn off repeat.
 - Tap **Favorite** to mark the song as a favorite. Tap again to remove.

Import music

Import music saved in your smartphone to your Gear.

- 1 On the Apps screen of the smartphone, tap  **Samsung Gear**.
- 2 Tap **Send music to Gear**.
- 3 Tap **Select tracks**.
- 4 Select files and tap **Done**.

To sync music in your smartphone with your Gear:

- 1 Open the Apps screen of the smartphone and tap  **Samsung Gear** > **Send music to Gear**.
- 2 Tap **Auto sync** or **Playlists to sync**.
 - The selected tracks or playlists synchronize while the Gear is charging and it's battery power is at least 15 percent.

Health management apps

Use the pedometer, exercise, and heart rate apps to monitor and manage your health and physical condition. Set fitness goals and regularly record and check your progress.

When the Gear is synced with a compatible S Health™ app, you can use additional features. The additional features include checking your heart rate logs individually, and more.



The 24-hours log, Steps, Floors, Exercise, Heart rate, Water, Caffeine, and Together apps are intended only for leisure, well-being, and fitness purposes. That are not intended for medical use. Before using these features, read the instructions carefully.


Any information that is obtained from use of the Gear or Gear software or any application preloaded within may not be suitable, accurate, complete or reliable.



To take advantage of all the latest features available, it is recommended that you always keep your S Health app up to date.

24-hour Log

Your device can monitor and record your activities during the day and encourage you to stay healthy.

- 1 Tap  **24-hour log** on the Apps screen.
- 2 View the following items:
 - **Calories burned:** Indicates the number of calories burned today while wearing the Gear.
 - **Today's activity:** View a timeline of your activity today.
 - **Info:** View details about the exercise performed today.

Exercise

Record your exercise information and calories burned using S Health's exercise feature.



The information gathered from this device, S 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, see samsung.com/us/heartratesensor.



When your Gear and smartphone are connected, this feature uses your smartphone's location information.



Measured distance may differ from the actual distance due to uneven strides, walking in place, and pacing around.

Before You Start Exercising

Although the S 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.


Exercise with the Gear

- 1 Tap  **Exercise** on the Apps screen.
- 2 Tap **Activity type**, and select an activity option.
 - To set a daily target, tap **Target**, and adjust the value.
 - To use the GPS, tap **Location**.
 - To set a guide, tap **Guide at intervals**, and adjust the time.
 - To view your workout log, tap **View log**, and view by activity type.
- 3 Tap **Start** to begin monitoring.
 - You can view information, such as exercise time and distance on the screen.
 - Scroll left on the screen to view more information, such as burned calories and speed.
- 4 While exercising:
 - Press the **Back** key to pause monitoring.
 - Press the **Back** key again to resume monitoring.

- 5 Press the **Back** key, and then tap **Finish** to stop monitoring your exercise information.
 - Your exercise records display on the screen.
 - Tap **Share** to share your workout summary through social media.


Steps

Your device counts the number of steps you have taken and measures the distance traveled.

- ▶ Tap  **Steps** on the Apps page.
 - Your current step total and target step number is displayed.
 - Below you can view a graph of your step count records. Scroll down to view step counts by date.
 - To set a daily target, tap **Set target**, and then adjust the value.

Floors

Record and track floors you walk up or down.

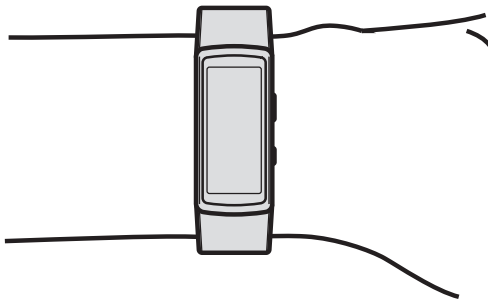
- ▶ Tap  **Floors** on the Apps screen.
 - Your current floor climb total and target floor climb number is displayed.
 - Below you can view a graph of your climbing records. Scroll down to view climbing by date.
 - To set a daily target, tap **Set target**, and adjust the value.

Heart Rate

Measure and record your heart rate.

Wear the Gear correctly

When measuring your heart rate, wear the Gear snugly on your arm above your wrist as shown in the following figure. Do not fasten the Gear too tightly. Refer to ["Wear the Gear" on page 11](#) for more information.






Do not look directly at the heart rate sensor's lights. Doing so may impair your vision.

For best results when measuring your heart rate:

- Before taking a measurement, keep your body warm and rest for 5 minutes.
- Do not move your body while taking the measurement.

Measure heart rate

- 1 Tap  **Heart rate** on the Apps screen.
- 2 Tap **Measure** to begin measuring your heart rate.
 - The icon displays and blinks on the screen when heart rate measurement starts. The measurement will be taken by the device. Then, after a brief delay your current heart rate is displayed on the screen.
 - Tap **Tag** to set your mood and activity level.

View previous records

To view your Heart rate records:


- From the Home screen, scroll left or right and tap the **Heart rate** widget.
- From the Heart rate app, scroll down on the heart rate measurement screen.

Track your heart rate Automatically

The Gear can automatically measure and track your heart rate. Your Gear measures your heart rate at regular intervals.



This feature may not function properly while you are moving.

- 1 Tap  **Heart rate** on the Apps screen.
- 2 Scroll down and tap **Auto HR** to enable this option.
- 3 Tap **Help** to learn more about measuring your heart rate with your Gear.

Together


Steps Leaderboard

Add the Steps leaderboard and set challenges through the S Health app on your smartphone.

- ▶ On the Apps screen of the smartphone, tap  **S Health**, and follow the prompts to add the Steps leaderboard.




Challenges

Set your challenges, and view your status on the Steps leaderboard.

- ▶ Tap  **Together** on the Apps screen.
 - Your current rank is displayed.
 - Below you can view the steps leaderboard, tap **View list** to see your challenges.




Water

Record and track how many glasses of water you drink.

- 1 Tap  **Water** on the Apps screen.
- 2 Tap  **Add** when you drink a glass of water.
 - If you accidentally added an incorrect value, you can fix it by tapping  **Remove**.
 - Below you can view a graph of your records. Scroll down to view records by day.
 - To set a daily target, tap **Set target**, and adjust the value.


Caffeine

Record and track how many cups of coffee you drink.

- 1 Tap  **Caffeine** on the Apps screen.
- 2 Tap  **Add** when you drink a cup of coffee.
 - If you accidentally added an incorrect value, you can fix it by tapping  **Remove**.
 - Below you can view a graph of your records. Scroll down to view records by day.
 - To set a daily limit, tap **Set target**, and adjust the value.

Find My Phone

Use this application to find the connected smartphone.



- 1 Tap  **Find my phone** on the Apps screen.
- 2 Select an option:
 - Tap **Start**, and the smartphone emits sounds, vibrates, and turns on the screen.
 - Tap **Locate phone**, and the address of the phone's location will display.



This feature is only available when the Gear and the smartphone are connected.


Timer

Use a timer to count down to an event based on a preset time length (hours, minutes, and seconds).

- 1 Tap  **Timer** on the Apps screen.
- 2 Tap **Set** to set the duration, and then tap **OK**.
- 3 Tap **Start** to begin timing.
 - Tap **Pause** to pause the timer, and tap **Resume** to restart the timer.
 - Tap **Cancel** to exit the timer screen.
- 4 Drag  **Stop** up when the timer goes off.

Stopwatch

Use this application to measure intervals of time.

- 1 Tap  **Stopwatch** on the Apps screen.
- 2 Tap **Start** to time an event.
 - Tap **Lap** to record lap times while timing an event.
- 3 Tap **Stop** to stop timing.
 - Tap **Resume** to restart the timing.
 - Tap **Reset** to clear lap times.

Settings

Introduction

Customize settings for functions and apps. You can make your Gear more personalized by configuring various setting options.

- ▶ Tap  **Settings** on the Apps screen.

Display


Change the display settings.

▶ Tap  **Settings > Display.**

- **Watch faces:** Select a watch type.
- **Watch always on:** Set the Gear to display a watch when the screen is turned off.
- **Notification indicator:** Set the Gear to display a yellow indicator on the watch face.
- **Brightness:** Adjust the brightness for the display.
- **Screen timeout:** Choose an interval of time before the screen turns off.
- **Font:** Change the font style and size.


Vibration

Change the vibration settings.

- ▶ Tap  **Settings > Vibration.**
 - **Vibration:** Enable Vibrate mode.
 - **Long buzz:** Increase the duration of the vibration.

Device

Change the Gear's keys and motion settings.

- ▶ Tap  **Settings > Device.**
 - **Double press Home key:** Select an action to perform.
 - **Wake-up gesture:** Set the Gear to turn on the screen when you raise your wrist.

Connections

Bluetooth

Use Bluetooth to exchange data or media files with other Bluetooth-enabled devices.

▶ Tap  **Settings** > **Connections** > **Bluetooth**.


- **Bluetooth:** Turn the Bluetooth feature on or off.
- **BT headset:** Search for Bluetooth headsets and connect them to the Gear.



The headset can be only used when playing music on the Gear.


Wi-Fi

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

- 1 Tap  **Settings** > **Connections** > **Wi-Fi**.
- 2 Tap the **Wi-Fi** switch to activate it.

Connect to a Wi-Fi network

This feature is available when the Gear is not connected to the smartphone through Bluetooth.

- 1 Tap  **Settings** > **Connections** > **Wi-Fi**.
- 2 Tap the **Wi-Fi** to activate it.

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**.



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


Alerts

Allow your Gear to alert you when you disconnect from Bluetooth.

- 1 Tap  **Settings** > **Connections**.
- 2 Tap **Alerts** to activate the feature.


Location

Set the Gear to use GPS to track your location.

- 1 Tap  **Settings** > **Location**.
- 2 Tap **GPS** to activate it.

Screen lock

Set the Gear to use the screen lock feature when you are not wearing it.

- ▶ Tap  **Settings** > **Screen lock**.
 - **Screen lock type:** Activate or deactivate the screen lock feature.
 - **Help:** View help information for using the screen lock feature.

Power saving

Activate power saving mode to save battery power by limiting the Gear's functions.

- Displays colors on the screen as gray tones.
- Disables notifications.
- Deactivates the Wi-Fi feature.
- Limits the performance of the Gear's CPU.

Activate Power Saving

To activate Power Saving:


- ▶ Tap  **Settings** > **Power saving** >  **OK**.



You can also enter Power saving mode by press and holding the **Home** key, and tapping **Power saving**.


Deactivate Power Saving

To deactivate Power Saving:

- ▶ Tap **Off** >  **OK** to deactivate this mode.


Profile

Create a profile by entering your physical information, such as sex and body size.

- ▶ Tap  **Settings** > **Profile**, and then complete your profile.

Health nudges

Receive alerts while exercising when inactivity has been detected for a select duration of time.

- 1 Tap  **Settings** > **Health nudges**.
- 2 Tap an option to enable inactivity alerts.

Gear info


View the Gear's information.

▶ Tap  **Settings** > **Gear info**.


- **About device:** Access information about the Gear.
- **Report diagnostics:** Send performance data to Samsung to help improve the device and software.
- **Reset gear:**
 - **Light reset:** Delete data except media files and personal data.
 - **Factory reset:** Reset settings to the factory default values and delete all data.
- **Debugging:** Allow your Gear to read log data, copy files to and from your computer, and install apps without notification.

Samsung Gear App

Introduction

To connect your Gear to a smartphone, install the Samsung Gear app on the smartphone. Launch  **Galaxy Apps** or visit apps.samsung.com/gear from your smartphone to download it. For non-Samsung devices, download the Samsung Gear app from the Google Play store.

Using the Samsung Gear app, you can customize your Gear's settings.


- ▶ On the Apps screen of the smartphone, tap  **Samsung Gear**.
 - If it is the first time connecting your Gear and smartphone, refer to [“Connect a new Gear” on page 72](#) for more information.




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

Connect a new Gear

If you are currently using another Gear, you can disconnect it from the smartphone and connect a new one.


- 1 On the Apps screen of the smartphone, tap  **Samsung Gear**.
- 2 Tap **More > Connect new Gear** and then select a new Gear.

Disconnect the Gear

- 1 On the Apps screen of the smartphone, tap  **Samsung Gear**.
- 2 Tap **More > Disconnect**. The Gear disconnects from your smartphone.
 - Tap **More > Connect** to reconnect the Gear.


Watch faces

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

- 1 On the Apps screen of the smartphone, tap  **Samsung Gear** > **Watch faces** and select a desired watch type.
 - The watch face you selected is applied on the Watch screen.
- 2 Tap **Stylize** to select background and items to display on the watch face.

Notifications

Change settings for the notification feature. Stay up to date with a variety of events, such as new messages received on the smartphone.

- 1 On the Apps screen of the smartphone, tap  **Samsung Gear > Notifications**.
- 2 Tap **On/Off** to activate notifications, and then tap to activate items:
 - **Manage notifications:** Select apps on the smartphone to send notifications to the Gear.
 - **Limit notifications:** Set the Gear to block all notifications, except for alarms, that are received when the smartphone's screen is turned on.
 - **Turn on screen:** Set the Gear to turn on the screen when the notification is received.
 - **Auto show details:** Set the Gear to show details for notifications when they are received.
 - **Notification indicator:** Show a yellow indicator on the watch face when there are unread notifications.



- This feature is only available when the Gear's screen is turned on.
- Some smartphones do not support this feature.
- The smartphone must be unlocked to view details when the screen is locked.

Apps layout


Customize the Gear's Apps screen. You can select and rearrange apps.

- ▶ On the Apps screen of the smartphone, tap  **Samsung Gear > Apps layout**.

Uninstall apps


- ▶ Tap **Uninstall** and select apps to remove from the Gear.

Reorder apps

- ▶ Tap  **Reorder** next to an app and drag it up or down to another position.

Send Music to Gear

Transfer saved audio or image files from your smartphone to your Gear.

- ▶ On the Apps screen of the smartphone, tap  **Samsung Gear > Send music to Gear.**
 - **Select tracks:** Select audio files and manually send them from the smartphone to the Gear.
 - **Auto sync:** Set the device to sync audio files with the Gear while the Gear is charging.
 - **Playlists to sync:** Set the device to sync playlists with the Gear.





When the Gear does not have enough available memory, it deletes files that you have not set as your favorites in order from oldest to newest.

Settings


Text templates

Edit or add templates used for replying to messages.

- 1 On the Apps screen of the smartphone, tap  **Samsung Gear** > **Settings** > **Quick messages**.
- 2 Tap **Quick responses** or **Call-reject messages**.
- 3 Tap a template to edit, or tap  **Add** to create a new message.
- 4 Tap **Save** when you are finished.

Auto update downloaded apps

Customize your preferences for downloaded updates for Gear apps.

- ▶ On the Apps screen of the smartphone, tap  **Samsung Gear > Settings > Auto update downloaded apps**, and select an option:
 - **Turn off:** Do not automatically update apps.
 - **Via Wi-Fi only:** Only update apps when connected to a Wi-Fi network.
 - **Whenever available:** Update anytime. Data charges may apply.

App update notifications

Receive notifications about available updates for the apps you have downloaded.

- ▶ On the Apps screen of the smartphone, tap  **Samsung Gear > Settings > App update notifications** to enable or disable this option.


Double press Home key

Set an action to perform when you press the Gear's Home key twice.

- ▶ On the Apps screen of the smartphone, tap  **Samsung Gear > Settings > Double press Home key**, and then select an option.

Gear connection

Customize your Gear's wireless connection settings.

- ▶ On the Apps screen of the smartphone, tap  **Samsung Gear > Settings > Gear connection**.
 - **Remote connection:** Set the Gear to remotely connect to the smartphone when a Bluetooth connection between the devices is not available.
 - **Sync Wi-Fi profiles:** Set the device to sync the list of saved Wi-Fi networks with your Gear.

Back up and restore

Back up the stored data on the Gear or restore backup data.

- ▶ On the Apps screen of the smartphone, tap  **Samsung Gear > Settings > Back up and restore > Back up data or Restore data.**

Social Network Sharing

Customize your social network sharing preferences for S Health.

- ▶ On the Apps screen of the smartphone, tap  **Samsung Gear > Settings > Social network sharing**, and set your preferences.

About Gear

Access information about the Gear.

▶ On the Apps screen of the smartphone, tap  **Samsung Gear > Settings > About Gear.**

- **Update gear software:** Update the Gear to the latest software.
- **Gear storage:** View your Gear's memory information.



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

- **Legal information:** View the legal information for the Gear.
- **Unknown sources:** Set the Gear to allow the installation of apps from unknown sources.
- **Device name:** Change the Gear's name.


About Samsung Gear App

View version information of the Samsung Gear app.

▶ On the Apps screen of the smartphone, tap  **Samsung Gear > Settings > About Samsung Gear app.**


Find My Gear

Remotely control your Gear when it is lost or misplaced.

- ▶ On the Apps screen of the smartphone, tap  **Samsung Gear > Find my Gear.**
 - **Reactivation lock:** Set the Gear to require your Samsung account information after the device was reset. This prevents others from reactivating your device if it is lost or stolen.
 - **Control remotely:**
 - **Locate Gear:** Remotely find your Gear. The Gear vibrates and the screen turns on.
 - **Lock Gear:** Remotely lock the Gear to prevent unauthorized access. This feature can be activated when the Bluetooth connection between the Gear and smartphone ends while a remote connection is activated.
 - **Reset Gear:** Remotely delete all personal information stored in the Gear. After the Gear is reset, you cannot restore the information or use the Find My Gear feature.

Reactivation Lock

Use your Samsung account to stop anyone from reactivating your Gear without your permission.

- 1 On the Apps screen of the smartphone, tap  **Samsung Gear > Find my Gear**.
- 2 Tap **Reactivation lock** and tap **On/Off** to enable or disable this feature.



You should remove your Samsung Account before shipping your device to Samsung or any other service provider for service and before resetting the device to factory settings. If your paired device is running Android 5.1 or later your smartphone does not have the Reactivation lock setting.

Find your Gear

If you misplace the Gear, find it with this feature.

- 1 On the Apps screen of the smartphone, tap  **Samsung Gear > Find my Gear**.
- 2 Tap  **Search**.
 - The Gear vibrates and the screen turns on. Drag  **Stop** upward on the Gear, or tap **Stop** on the smartphone.

Galaxy Apps

You can download apps for your Gear from Samsung galaxy apps.

- 1 On the Apps screen of the smartphone, tap  **Samsung Gear > Samsung galaxy apps.**
- 2 Browse by category and select an app to download.