

SAMSUNG

W E A R A B L E

User Manual

Please read this manual before operating your device and keep it for future reference.

Gear Fit2 Pro

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Special Features

Learn about your device's special features.

Use Your Gear in the Water

Use Water lock mode when you exercise in the water. For more information, see [“Water Lock Mode” on page 21.](#)

Water and Dust Resistance

This device is rated 5ATM, and passed military specification (MIL-STD-810G) testing. For more information, see [“Maintaining Water and Dust Resistance” on page 70.](#)

Getting Started

Learn about your device hardware, assembly procedures, and how to get started using your new device.

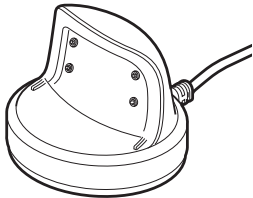
Set Up Your Device

Learn how to set up your device for the first time.

Assemble Your Device

This section helps you to assemble your device.

Wireless Charger



Charge the Battery

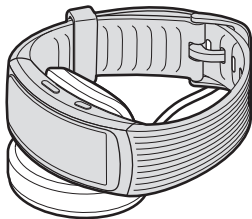
Your device is powered by a rechargeable, standard Li-Ion battery.

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.

Caution: Charging head for plugging 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 void your warranty and may cause damage.

1. Connect the USB cable to the charging head, and then plug the charging head into a standard outlet.
2. Place the device onto the charger dock.



Note: Prevent the USB charger port from coming into contact with conductive materials, such as liquids, dust, metal powders, and pencil leads.

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:

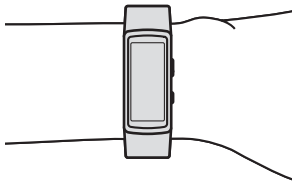
1. Disconnect the charger from the device and close any running apps.
2. Wait for the device to cool down and then begin charging the device again.

Wear the Gear

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



Strap Tips and Precautions

- Some people may experience discomfort when wearing the Gear for prolonged periods.
- If you have sensitive skin or fasten the Gear 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 Gear to replace it with a new one.

To remove the strap:

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



To replace the strap:

1. Insert the holder of the new strap into the grooves on the device's body.
2. Push the strap into the device's body until it clicks into place.



Start Using Your Device

Turn Your Device On or Off

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 your device's screen lock features to secure your device.

Your Gear locks when you remove it from your wrist or when the screen times out while you are wearing it.

The default Screen lock on your device is None.

To choose a more secure screen lock, see ["Set a Screen Lock" on page 60.](#)

To unlock the device:

- ▶ Press the **Power** button or **Back** button.
 - Enter your PIN, if required.

Set Up Your Device

Use the Set Up Wizard

When you turn on the Gear for the first time or reset it, a Welcome screen is displayed.

Follow the prompts to learn about your device's features.

Samsung Gear App

To connect your Gear to a smartphone, install the Samsung Gear app on the smartphone.


Download and Install Samsung Gear

You can download the Samsung Gear app from Galaxy Apps, Google Play™ store, and the Apps Store.

Compatible with select devices using Android 4.4 and later or iOS 9.0 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/gearfit2pro.


Connect the Gear to a Smartphone

1. Turn on the Gear.
2. From the Apps screen of the smartphone, tap  **Samsung Gear**.
 - If necessary, update the Samsung Gear 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 Gear 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 Gear's screen. Follow the prompts to learn basic controls.

Connect the Gear to a New Smartphone


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

1. Back up your Gear's data on your smartphone as follows:
 - From the Apps screen of the smartphone, tap  **Samsung Gear > Settings tab > About Gear > Back up and restore > Back up data**.
2. End the connection between your Gear and smartphone.
3. Connect your Gear to another smartphone.

Remote Connection

Set the Gear 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  **Samsung Gear** > **Settings** tab.
2. Tap **Gear connection** > **Remote connection**.

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



Connect a New Gear

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




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

Auto Switch Device

If you have connected two or more wearable devices to your smartphone, they are remembered in the Samsung Gear app. If a connected wearable device is disconnected, the Samsung Gear app searches for another remembered wearable device and connects to it.

1. From the Apps screen of the smartphone, tap  **Samsung Gear**.
2. Tap  **More options** > **Auto switch device**, and tap **On/Off** to enable the feature.

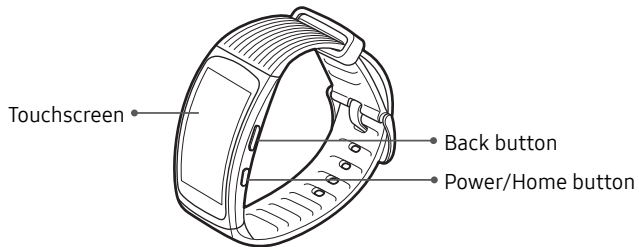
Disconnect

1. From the Apps screen of the smartphone, tap  **Samsung Gear**.
2. Tap  **More options** > **Disconnect**, and then confirm when prompted. The Gear disconnects from your smartphone.
3. Tap  **More options** > **Connect** to reconnect the Gear.

Learn About Your Device

Learn some of the key features of your device, including the screens and icons, as well as how to navigate the device.

Front View



Devices and software are constantly evolving — the illustrations you see here are for reference only.

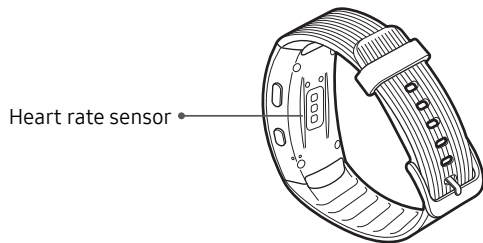
- **Back button**

- Press to return to the previous screen.
- Press to pause a workout while tracking your exercise.

- **Power/Home button**

- Press and hold to turn the Gear on or off.
- Press to turn on the screen.
- Press and hold for more than seven seconds to restart the Gear.
- 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 View



Devices and software are constantly evolving — the illustrations you see here are for reference only.

Navigation

Learn the basics for how to navigate through your device.

Touchscreen Navigation

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

Tap

Lightly tap items to select or launch them.

- Tap an app to open it or a menu item to select it.
- Tap to press an on-screen button.

Touch and Hold

Touch and hold items on the screen to activate them.

- Touch and hold a widget on a Home screen to move it.
- Touch and hold the screen for two or more seconds to access the Edit mode or to view available options.

Swipe

Lightly drag your finger vertically or horizontally across the screen.

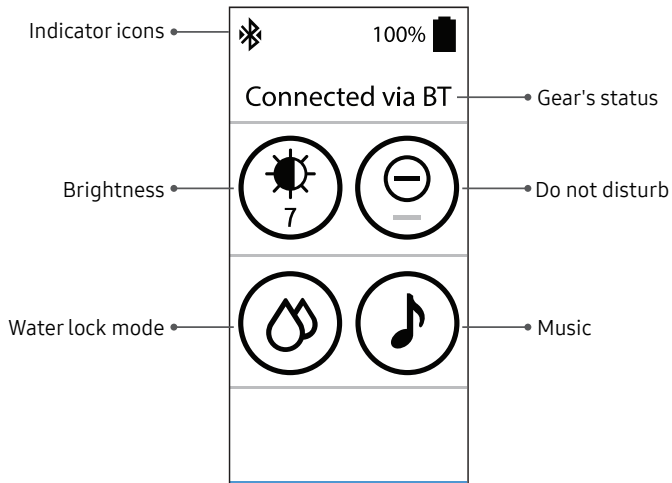
- Swipe to the left or right to view other panels.

Drag

Touch and hold an item, and then move it to a new location.

- Drag an app shortcut to place it in a new location on the Apps screen.

Status Panel



Devices and software are constantly evolving — the illustrations you see here are for reference only.


To open the Status panel:


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


Status Bar

Indicator icons display at the top of the screen in the Status bar.


Indicator Icons

 Bluetooth connected

 Bluetooth is on but not connected

 Bluetooth headset connected

 Wi-Fi connected

 Battery full


Adjust the Brightness

You can adjust the Gear's display brightness to suit the environment.

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

Do Not Disturb Mode


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

- ▶ On the status panel, tap  **Do not disturb**.

Water Lock Mode

You can use Water lock mode to exercise in the water. The touchscreen, the wake-up gesture feature, and watch always on feature will turn off.

To enable Water lock mode:


- ▶ On the status panel, tap  **Water lock mode**, and then tap ✓ **On**.

To exit Water lock mode:

- ▶ Press and hold the **Home** button.

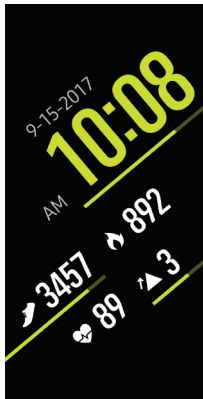
Play Music

You can play music saved on the Gear or smartphone. For more information, see "[Music Player](#)" on page 39.

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

Customize Your Watch and Widget Screens


The Watch screen is the starting point for the Gear screen. Swipe left or right to view notifications and widgets.



Change the Watch Face


1. Touch and hold the Watch screen, and then swipe left or right to view available watch faces.
 - You can add more watch faces by swiping to the last screen and tapping **Get more watch faces**.
2. Tap the watch face to select it.
 - You can customize the watch face by tapping **Stylize**.

You can also change the Gear's watch face on your smartphone:

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

Suggested Watch Faces

View recommended watch faces available to download.


1. From the Apps screen of the smartphone, tap  **Samsung Gear > Info** tab.
2. Tap **View more watch faces** to see options.

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. Swipe to the left on the Watch screen to the end of the Widget screens, and tap  **Add**.
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**.

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 Gear is vibrating.

- ▶ Tap a notification to view details.

View the Notifications List

To view the list of notifications:


1. From the Watch screen, swipe right.
2. Swipe up on the Notifications screen to view all notifications.

Answer and Reject Calls

You can use your Gear device to answer calls on your smartphone, reject calls, and send decline messages.

Answer a Call

To answer an incoming call:

- ▶ Drag  **Answer** down. The call will be accepted on your smartphone.

Reject a Call



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

- ▶ Drag  **Reject** up.
– or –

Tap **Decline messages**, and select a quick message. The call will be rejected, and a text message will be sent to the caller.

Edit Decline Messages

You can customize decline messages.

1. From the Apps screen of the smartphone, tap  **Samsung Gear** > **Settings** tab > **Quick messages**.
2. Tap **Call-decline messages**.
 - To edit a message, select it and edit the text.
 - To create additional templates, tap  **Add**.
 - To delete or rearrange messages, tap **Edit**.



Reply to Emails and Text Messages

You can use quick messages to reply to text messages and emails from your Gear.

1. Tap a message notification to view details.
2. Tap **Reply**, and select a quick message to send.

Edit Quick Messages


You can edit quick messages.

1. From the Apps screen of the smartphone, tap  **Samsung Gear** > **Settings** tab > **Quick messages**.
2. Tap **Quick responses**.
 - To edit a message, select it and edit the text.
 - To create additional templates, tap  **Add**.
 - To delete or rearrange messages, tap **Edit**.

Send SOS Requests

In an emergency situation, quickly press the Gear'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 the Apps screen of the smartphone, tap  **Samsung Gear** > **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.
 - **Count down before sending:** Wait five seconds before sending SOS requests to allow them to be cancelled.

Clear All Notifications

To clear all notifications:

1. From the Watch screen, swipe right to view the list of notifications.
2. Swipe to the bottom of the Notifications screen, and then tap **Clear all**.


Block Notifications

To block notifications from an app:

1. From the Watch screen, swipe right to view the list of notifications.
2. Tap a notification from the app that you want to block.
3. Swipe to the bottom of the screen and tap **Block app**.

Notification Settings

Change settings for the notification feature.

1. From the Apps screen of the smartphone, tap  **Samsung Gear** > **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 Gear.
 - **Show only while wearing Gear:** Show notifications on your Gear only while it is being worn.
 - **Show while using phone:** Show notifications from your phone on your Gear while you are using your phone.
 - **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.

Apps

Learn how to change the way apps are displayed and uninstall or disable apps.

Use 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 **Power** button to go to the Apps screen.
2. To view apps, swipe up or down on the screen.

Open Apps




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

Move Apps

On the Gear:

- ▶ From the Apps screen, touch and hold an app, and then drag it to the desired location.


From your Smartphone:

1. From the Apps screen of the smartphone, tap  **Samsung Gear** > **Settings** tab > **Apps**.
2. Tap  **More options** > **Reorder**.
3. Touch and hold  **Move app** next to an app, and then drag the app up or down to another position.

Install Apps



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

To download apps for your Gear from your smartphone in the Samsung Gear app:

1. From the Apps screen of the smartphone, tap  **Samsung Gear** > **Settings** tab > **Samsung Galaxy Apps**.
2. Browse apps by category or search for apps by keyword, and then select an app to download.

Download History


View your app download history from the Samsung Gear app.

1. From the Apps screen of the smartphone, tap  **Samsung Gear** > **Settings** tab > **Apps**.
2. Tap  **More options** > **Download history** to view your download history.

Uninstall Apps



Remove apps that you have installed.

To uninstall apps from your Gear:

1. On the Apps screen, touch and hold an app.  **Uninstall** is displayed on apps that you can uninstall.
2. Select an app and tap it.




You can also uninstall apps from the Gear using your smartphone.



To uninstall apps using your smartphone:

1. From the Apps screen of the smartphone, tap  **Samsung Gear** > **Settings** tab > **Apps**.
2. Tap  **More options** > **Uninstall**, and then select apps to remove from the Gear.

24-Hour Activity Log


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

1. From the Apps screen, tap  **24-hour Log**, to 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.
2. Tap **Info** to view details about the exercise performed today.
 -  **Healthy activity:** Indicates whether you are walking or running.
 -  **Light activity:** Indicates the time you spend doing light activity, but not doing hard exercise.

-  **Inactive time:** Indicates the time you spend not walking or moving at all.
-  **Sleep:** Indicates the time you spend sleeping.




Health Nudges

Allow the Gear to send you notifications when you reach your exercise targets or to encourage you to stay active.





1. From the Apps screen, tap  **Settings**.
2. Tap **Health nudges** and select items to receive notifications.

Caffeine Tracker

Record and track how many cups of caffeinated beverages you drink each day.

1. From the Apps screen, tap  **Caffeine**.
2. Tap  **Add** when you drink a caffeinated beverage.
 - If you accidentally added an incorrect value, tap  **Remove**.
 - Below you can view a graph of your records. Scroll down to view records by day.

To set a daily target:


1. From the Apps screen, tap  **Caffeine**.
2. Tap **Set limit**.
3. Tap **Set limit** to enable this feature.
4. Tap **Daily limit**.
5. Tap  **Up** or  **Down** to set the target.
6. Tap  **OK**.

Exercise Tracker

Record your exercise information and calories burned using Samsung Health™.

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

Exercise with the Gear

1. From the Apps screen, tap  **Exercise**.
2. Tap **Activity type** and select the type of exercise you want to monitor. For some types of exercise, view the instructions on the screen, and then tap **OK**.
 - **Target:** Set the target duration, calories, or workout type for your activity.
 - **Location:** Enable location features to accurately track your workout.
 - **Auto pause:** Automatically pause the workout when the Gear detects no movement.


- **Guide intervals:** Set an interval for encouragement during your workout.
 - **View log:** View your workout log.
 - **Help:** Display help information.
3. Tap **Start** to begin monitoring your exercise. Your heart rate measurement begins.
 - Swipe to the left or right on the Watch screen to view exercise information, such as calories burned and current speed.
 4. Tap the **Back** button to pause the workout.
 - Tap the **Back** button again to resume the workout.
 - Tap **Finish** to complete your workout and view your workout summary.

Samsung Health

When the Gear is synced with the Samsung Health app, you can use additional features that include checking your heart rate logs individually, and more.

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

To access the Samsung Health app:

1. From the Apps screen of the smartphone, tap  **Samsung Gear > Settings** tab.
2. 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; 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.



Workout Detection

If you work out for more than 10 minutes, you can receive encouragement after exercise, and also you can measure your heart rate automatically when the Gear detects your workout.

1. From the Apps screen, tap  **Settings**.
2. Tap **Workout detection** and select a workout to receive encouragement and use auto heart rate measurement.





Find My Phone

If you misplace your smartphone, the Gear can help you find it.

1. From the Apps screen, tap  **Find My Phone**.
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.


Find Your Gear

You can also locate your Gear by making it light up and make sounds from the Samsung Gear app.




1. From the Apps screen of the smartphone, tap  **Samsung Gear** > **Settings** tab > **Find My Gear**.
2. Tap  **Start**.
 - The Gear vibrates and the screen turns on.
3. Drag  **Stop** up on the Gear.
– or –
Tap  **Stop** on the smartphone.

Floors

Record and track the number of floors you walk up.

1. From the Apps screen, tap  **Floors**.
2. To view weekly records, swipe up or down on the screen.

To set your target steps:

1. Tap **Set target** and open the settings screen.
2. Tap  **Up** or  **Down** to set the target.
3. Tap  **OK**.

Heart Rate Tracker


Measure and record your heart rate. Take heart rate measurements when you are seated and relaxed.

Warning: 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 Your Heart Rate

1. From the Apps screen, tap  **Heart rate**.
2. Tap **Measure**. After a brief delay, your heart rate is displayed.
 - Tap **Tag** to set your mood or activity level.

Track Your Heart Rate Automatically

The Gear can automatically measure and track your heart rate.

To activate or deactivate this feature:

1. From the Apps screen, tap  **Heart rate** > **Auto HR**.


– or –

From the Apps screen, tap  **Settings** > **Auto HR**.

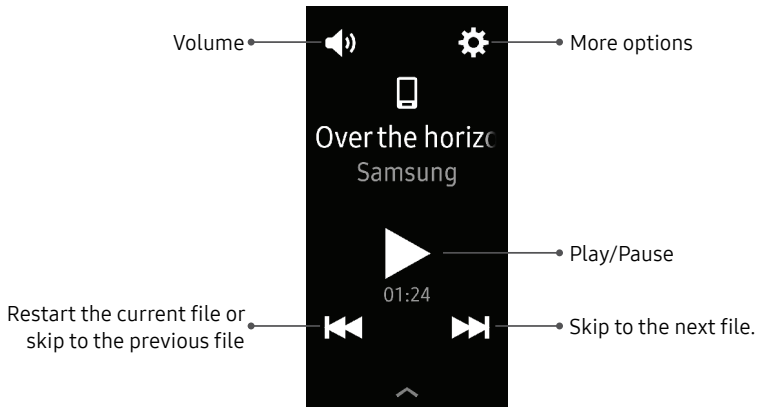
2. Select a measuring interval
 - **Always:** The Gear measures your heart rate continuously, regardless of your movement.
 - **Frequent:** The Gear measure your heart rate regularly when you are relaxed.
 - **Never:** The Gear does not measure your heart rate automatically.
3. Tap **Help** to view help information for using the auto HR feature.

View Previous Records

To view your Heart rate records:

1. From the Apps screen, tap  **Heart rate**.
2. From the Heart rate app, scroll down on the heart rate measurement screen.





Music Player



Devices and software are constantly evolving — the illustrations you see here are for reference only.


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. From the Apps screen, tap  **Music Player**.
2. Tap  **Music from phone** to make the music come from your smartphone.
3. Tap  **Play music** to play the music on your smartphone.
 - The music plays on your smartphone and the Gear displays the music controller screen.
 - Tap  **Volume** to adjust the volume or mute the sound.

Import Music

Import music saved in your smartphone to your Gear.






1. From the Apps screen of the smartphone, tap  **Samsung Gear** > **Settings** tab > **Send music to Gear**.
2. Tap **Select tracks**.
3. Select files and tap **Done**.

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

1. From the Apps screen of the smartphone, tap  **Samsung Gear** > **Settings** tab > **Send music to Gear**.
2. Tap **Auto sync**, and then tap **OK** to confirm. The music will be synced while the Gear battery power is at least 15 percent and it is charging.


Playing Music On the Gear

You can play music on the Gear. To listen to music saved in your Gear, you must connect a Bluetooth headset.

1. From the Apps screen, tap  **Music Player**.
2. Tap  **Music from Gear** to make the music come from your Gear.
3. Tap  **Settings** 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.
 - **Favorite**: Mark the song as a favorite. Tap again to remove.
4. Tap  **Play music** to play the music on your Gear.
5. Tap  **Music library** and drag it up from the bottom of the screen to open the library screen.
 - On the library screen, you can view the currently playing song and playlist, and arrange music by tracks, albums, and artists.


Schedule

View the events and schedules saved on the Calendar app on your smartphone.

1. From the Apps screen, tap  **Schedule**.
2. Swipe to view your schedule.

Speedo On


You can save and manage your swimming records.

1. From the Apps screen, tap  **Speedo On**.
2. Tap **Pool** and set the length of the pool you are swimming in, and then tap **Next** and choose an option:
 - Tap **Quick start** to swim without a goal.
 - Tap **Trials** and select a preset goal for your workout.
 - Tap **Distance** or **Time**, and set a customized goal

3. Tap **Start swim** to start recording your swimming exercise. Water lock mode activates automatically and the distance, your pace, and the duration are measured.
4. Press the **Back** button, and then press and hold the **Power** button to exit Water lock mode.
5. Tap the **Back** button to pause the workout.
 - Tap the **Back** button again to resume the workout.
6. Press and hold the **Power** button to exit Water lock mode.
7. Tap **Finish** to complete your workout and view your workout summary.


Speedo On Settings

You can customize the units of measurement, watch position, and reset your data.

1. From the Apps screen, tap  **Speedo On**.
2. Tap **Settings** and tap an option to customize.


View Your Swim Log

You can customize the units of measurement, watch position, and reset your data.




1. From the Apps screen, tap  **Speedo On**.
2. Tap **Swim log** to view your workout log.

Steps Tracker

The Gear counts the number of steps you have taken and measures the distance traveled.


1. From the Apps screen, tap  **Steps**.
2. To view weekly records, swipe up or down on the screen.

To set your target steps:

1. Tap **Set target** and open the settings screen.
2. Tap  **Up** or  **Down** to set the target.
3. Tap  **OK**.



Stopwatch

Use this application to measure intervals of time.

1. From the Apps screen, tap  **Stopwatch**.
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.

Timer

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


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

Together

Share your step count and start competitions with your friends registered as Samsung Health contacts on your smartphone.


Steps Leaderboard

Add challenges through Samsung Health on your smartphone.

1. On the Apps screen of the smartphone, tap  **Samsung Gear > Settings** tab.
2. Tap **Samsung Health > Together** tab. Here you can add friends and challenges.




View Challenges on Your Gear

View your challenges and rank on the Steps leaderboard.





- ▶ From the Apps screen, tap  **Together**.
 - Tap a list to see your challenges.

Water Tracker

Record and track how many glasses of water you drink.


1. From the Apps screen, tap  **Water**.
2. Tap  **Add** when you drink a glass of water.
 - If you accidentally added an incorrect value, tap  **Remove**.
 - Below you can view a graph of your records. Scroll down to view records by day.

To set a daily target:

1. From the Apps screen, tap  **Water**.
2. Tap **Set target**.
3. Tap **Set target** to enable this feature.
4. Tap **Daily target**.
5. Tap  **Up** or  **Down** to set the target.
6. Tap  **OK**.

Weather

View weather information on the Gear for the current location set on the smartphone when the smartphone is connected.

1. From the Apps screen, tap  **Weather**.
2. Check the current day's weather information.
 - Swipe up or down to check weather information for tomorrow or the following week.

Settings


Configure your device's connections and settings, sounds, display, security, and more.

How to Use Settings

Access Settings

You can personalize your device by configuring various setting options.

To access Settings:


- ▶ From the Apps screen, tap  **Settings**.

Connections

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

Bluetooth


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

1. From the Apps screen, 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 Gear.

Note: The headset can only be used for playing music on the Gear.


Wi-Fi

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

1. From the Apps screen, tap  **Settings**.
2. Tap **Connections** > **Wi-Fi**.
3. Tap **Wi-Fi** again to enable or disable Wi-Fi.

Connect to a Wi-Fi Network


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

1. From the Apps screen, 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 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**.


Sync Wi-Fi Profiles

Set the device to sync the list of saved Wi-Fi networks with your Gear.

1. From the Apps screen of the smartphone, tap  **Samsung Gear > Settings** tab.
2. Tap **Gear connection > Sync Wi-Fi profiles**.



Alerts

Receive alerts when disconnected from Bluetooth.

1. From the Apps screen, tap  **Settings**.
2. Tap **Connections > Alerts** to enable or disable this option.

Location

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

1. From the Apps screen, tap  **Settings**.
2. Tap **Connections > Location**.
3. Tap **GPS**, and then tap  **On** to activate it.

Sounds and Vibration


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

Vibrations

Set your vibration preferences for the device.

Vibration Intensity

Configure the vibration intensity.


1. From the Apps screen, tap  **Settings**.
2. Tap **Vibration**.
3. Tap **Vibration** to enable or disable vibrate mode.
4. Tap **Long buzz** to increase the duration of the vibration.

Display

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




Style

Change the style settings.

1. From the Apps screen, tap  **Settings**.
2. Tap **Display**, and select an option:
 - **Watch faces**: Select a watch type.
 - **Watch always on**: Set the Gear to display a watch when the screen is turned off.
 - **Notification indicator**: Enable or disable the notification indicator.
 - **Font**: Change the font style and size.



Screen Brightness

Manually adjust the brightness of the display.

1. From the Apps screen, tap  **Settings**.
2. Tap **Display**, and then tap **Brightness**.
3. Tap  **Up** or  **Down** to set the brightness level.


Outdoor Mode

Maximum brightness will last for 5 minutes in outdoor mode.

1. From the Apps screen, tap  **Settings**.
2. Tap **Display**, and then tap **Brightness**.
3. Tap  **Brightness** or set the maximum brightness level to enter Outdoor mode.

Set the Screen Timeout

Set the length of time the Gear waits before turning off the display's backlight.


1. From the Apps screen, tap  **Settings**.
2. Tap **Display** > **Screen timeout**, and select a timeout value.

Device Maintenance

Get an overview of the status of your device's battery, storage, memory, and device security. You can also automatically optimize your device's system resources.

Gear Status

Access information about the Gear.

1. From the Apps screen of the smartphone, tap  **Samsung Gear > Settings tab > About Gear.**
2. Tap the icons at the top of the screen to view **Battery, Storage, and RAM** information.
3. Tap an option below for additional information:
 - **Update Gear software:** Update the Gear to the latest software.
 - **Back up and restore:** Back up the stored data on the Gear or restore backup data.
 - **Legal information:** View the legal information for the Gear.
 - **Unknown sources:** Set the Gear to allow the installation of apps from unknown sources.

- **Samsung account:** View the Samsung account that is tied to your Gear.
- **Device name:** Change the Gear's name.


Power Saving Mode

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

To save battery power, Power saving mode:

- Uses a grayscale Home screen
- Turns off notifications
- Turns off Wi-Fi
- Limits the maximum performance of the Gear.

To enable Power saving mode:


1. From the Apps screen, tap  **Settings** > **Power saving**.

– or –

Press and hold the **Power** button, and then tap **Power saving**.

2. Tap  **On**.

To disable Power saving mode:

- ▶ From the Home screen, tap **Off**, and then tap  **Off**.


Lock Screen and Security

Secure your device and protect your data with Lock Screen and Security settings.

Set a Screen Lock

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


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

1. From the Apps screen, tap  **Settings**.
2. Tap **Screen lock**.
3. Tap **Screen lock type** to select a screen lock type:
 - **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.

Reactivation Lock

Set the Gear to require your Samsung account information after being reset. If your device is lost or stolen, this prevents others from reactivating it.

You must be signed in to your Samsung account to enable this feature.


1. From the Apps screen of the smartphone, tap  **Samsung Gear** > **Settings** tab > **Find My Gear**.
2. Tap **Reactivation lock** and tap **On/Off** to enable.

Note: 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.

Control remotely

Control your Gear remotely while both your smartphone and Gear are connected to a network, or Bluetooth.

You must be signed in to your Samsung account to enable this feature.


1. From the Apps screen of the smartphone, tap  **Samsung Gear > Settings tab > Find My Gear.**
2. Tap **Control remotely** and tap **On/Off** to enable.
3. Tap an option:
 - **Locate Gear:** Use your smartphone to scan for the Gear's location.
 - **Lock Gear:** Remotely lock the Gear to prevent unauthorized access.
 - **Reset Gear:** Your Samsung account password is required to 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.

Other Settings

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


Device

Change the Gear's button and motion settings.

1. From the Apps screen, tap  **Settings**.
2. Tap **Device** and select an option:
 - **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.
 - **Do not disturb:** Set the device to mute incoming calls and notification sounds.
 - **Date and time:** Set the date and time.
 - This option is available only when the Gear is not connected to a smartphone.
 - **Language:** Set the device language.
 - This option is available only when the Gear is set up without a smartphone connection.


Profile

Enter your profile information, such as your gender, height, and weight.

1. From the Apps screen, tap  **Settings**.
2. Tap **Profile** and configure your profile settings.

Gear Info


View the Gear's information.

1. From the Apps screen, tap  **Settings**.
2. Tap **Gear info** to view information about your Gear.
 - **About device:** Access information about the Gear.
 - **Report diagnostic:** Give consent to provide diagnostic and usage data to Samsung to help improve the quality and performance of its products and services.

- **Reset Gear:** Reset settings to their factory default values and delete all data.
- **Debugging:** Activate or deactivate USB debugging mode when developing apps for the Gear.

Connect to New Phone

Connect your Gear to a new smartphone. The Gear can connect to another smartphone after performing a reset to delete data except media files and personal data.

1. From the Apps screen, tap  **Settings**.
2. Tap **Connect to new phone**.

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

Getting Help

Additional resources for your device.

Videos

samsung.com/spsn

Simulators

samsungsimulator.com/

Tips

samsung.com/us/support/tips/galaxy/

Samsung Care

samsung.com/us/support

Legal

View legal information
for your device.

Legal Information

Important legal information can be accessed in writing 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 Gear Manager application, which is required for operation of your device. You may also access this EULA at: samsung.com/us/Legal/SamsungLegal-EULA-GEAR

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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.

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.

Samsung Electronics America, Inc.

Address:

85 Challenger Road
Ridgefield Park,
New Jersey 07660

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.

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