

SAMSUNG

SM-R360

User Manual

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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 softwares 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 maker and model of the mobile device you connect to the Gear.
- Some functions may not be available depending on the region or service provider.

Maintaining water and dust resistance

Your device supports water- and dust-resistance. Follow these tips carefully to maintain the water- and dust-resistance of your device. Failure to do so may result in damage to your device.

- Do not immerse the device in water deeper than 1.5 m and keep it submerged for more than 30 minutes.
- Do not expose the device to **water moving with force**.
- If the device or your hands are wet, dry them thoroughly before handling the device.
- If the device is exposed to clean water, dry it thoroughly with a clean, soft cloth. If the device is exposed to other liquids, such as salt water, ionised water, or alcoholic beverage, rinse it with clean water and dry it thoroughly with a clean, soft cloth. If you do not follow these instructions, the device's performance and appearance may be affected.
- **If the device is dropped or receives an impact**, the water- and dust-resistant features of the device may be damaged.
- The touchscreen and other features may not work properly **if the device is used in water or in other liquids**.
- **Your device has been tested in a controlled environment and certified to be water and dust-resistant in specific situations (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, 1.5 metre, 30 minutes). Despite this classification, it is still possible for your device to be damaged in certain situations.**

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

Package contents

Check the product box for the following items:

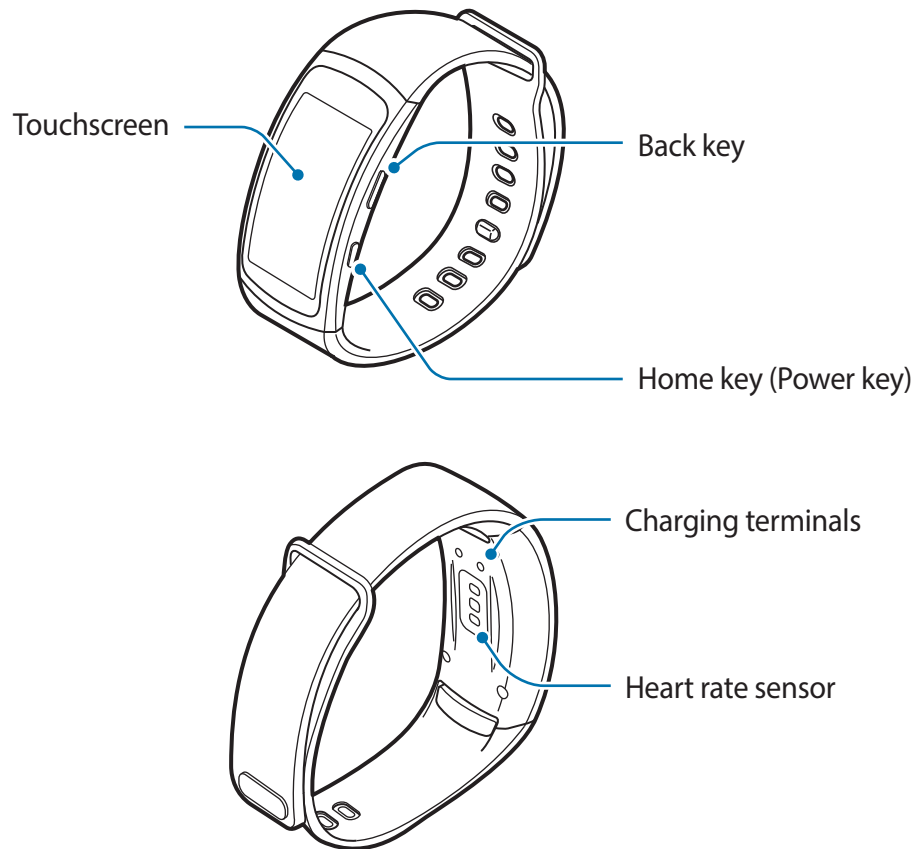
- Gear Fit2
- Charger dock
- Quick start guide



- The items supplied with the Gear and any available accessories may vary depending on the region or service provider.
- The Gear Fit2 is referred to as the Gear in this manual.
- The supplied items are designed only for this Gear and may not be compatible with other devices.
- Appearances and specifications are subject to change without prior notice.
- You can purchase additional accessories from your local Samsung retailer. Make sure they are compatible with the Gear before purchase.
- Use only Samsung-approved accessories. Using unapproved accessories may cause the performance problems and malfunctions that are not covered by the warranty.
- Availability of all accessories is subject to change depending entirely on manufacturing companies. For more information about available accessories, refer to the Samsung website.

Device layout

Gear

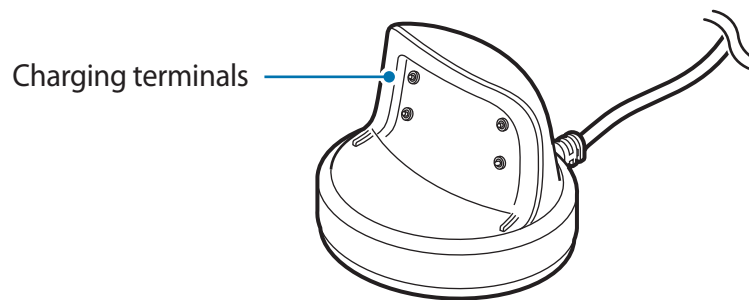


- Ensure that the strap is kept clean. Contact with contaminants, such as dust and dye, can cause stains on the strap that may not be fully removed.
- The colours on the curved screen may look different depending on your viewing position.

Keys

Key	Function
 Home/Power	• Press and hold to turn the Gear on or off. • Press to turn on the screen. • Press and hold for more than 7 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	• Press to return to the previous screen.

Charger dock



Do not expose the charger dock to water.

Battery

Charging the battery

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



Use only Samsung-approved chargers, batteries, and cables. Unapproved chargers or cables can cause the battery to explode or damage the Gear.

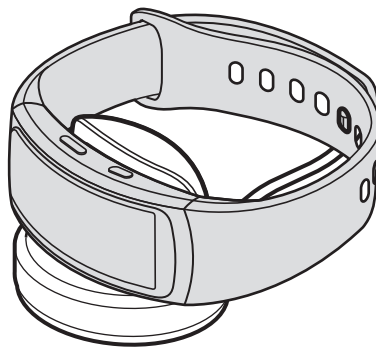
1 Connect the charging cable to the USB power adapter.



- Use only a charger dock specifically designed for the Gear. The Gear cannot be properly charged with a third-party charger dock.
- Connecting the charger improperly may cause serious damage to the device. Any damage caused by misuse is not covered by the warranty.

2 Plug the USB power adaptor into an electric socket.

3 Place the Gear 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 electric socket.



To save energy, unplug the charger when not in use. The charger does not have a power switch, so you must unplug the charger from the electric socket when not in use to avoid wasting power. The charger should remain close to the electric socket and be easily accessible while charging.

Reducing the battery consumption

Your Gear provides various options that help you conserve battery power.

- When you are not using the Gear, 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.
- Customise the notification settings in **Samsung Gear** on the mobile device.

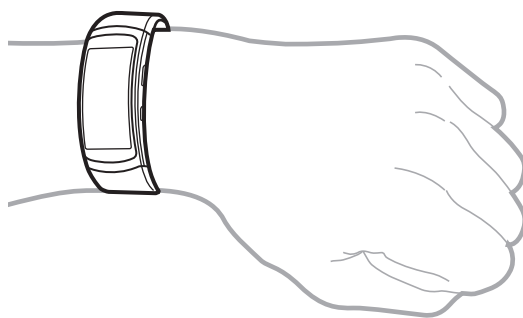
Battery charging tips and precautions

- If there is sweat or liquid on the charging terminals, corrosion may occur on the terminals. Clean the terminals before charging the battery.
- If the battery is completely discharged, the Gear cannot be turned on immediately when the charger is connected. Allow a depleted battery to charge for a few minutes before turning on the Gear.
- 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 Gear is being charged with other devices via a multicharger, charging may take longer.
- If the Gear receives an unstable power supply while charging, the touchscreen may not function. If this happens, disconnect the Gear from the charger dock.
- While charging, the Gear may heat up. This is normal and should not affect the Gear's lifespan or performance. If the battery gets hotter than usual, the charger may stop charging.
- If the Gear is not charging properly, take the Gear to a Samsung Service Centre.
- Avoid using a bent or damaged charging cable.

Wearing the Gear

Putting on the Gear

Open the clasp and place the Gear around your wrist. Fit the strap to your wrist and then insert the pin into an adjustment hole.



Do not bend the strap excessively. Doing so may damage the Gear.



- To measure your heart rate more accurately with the Gear, wear the Gear firmly around your lower arm just above the wrist. Refer to [Wearing the Gear correctly](#) for details.
- To have the strap replaced, visit a Samsung Service Centre.

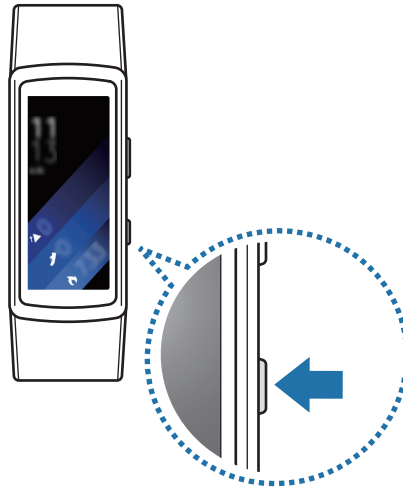
Strap tips and precautions

- Be cautious when wearing the Gear. If you have sensitive skin or fasten the Gear too tightly, you may feel some discomfort.
- Some people may experience discomfort when wearing the Gear for prolonged periods.
- Skin irritation may occur if the strap is exposed to soap, sweat, allergens, or pollutants for long periods.
- Do not wear the Gear too tightly. Make sure to keep the device clean and dry. Though this device has met international safety standards, some people may experience skin irritation if they are allergic to certain substances.

Turning the Gear on and off

Press and hold the Power key for a few seconds to turn on the Gear. When you turn on the Gear for the first time or reset it, a pop-up window will appear. Follow the on-screen instructions to download and install the Samsung Gear app on your mobile device. Refer to [Connecting the Gear to a mobile device](#) for details.

To turn off the Gear, press and hold the Power key, and then tap **Power off**.



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

Connecting the Gear to a mobile device

Installing the Samsung Gear app

To connect your Gear to a mobile device, install the Samsung Gear app on the mobile device. Depending on your mobile device, you can download the Samsung Gear app from the following places:

- Samsung Android devices: **Galaxy Apps**, apps.samsung.com/gear
- Other Android devices: **Play Store**, apps.samsung.com/gear



You cannot install the Samsung Gear app on the mobile devices that do not support Gear syncing. Ensure that your mobile device is compatible with a Gear.

Connecting via Bluetooth

Gear

- 1 Turn on the Gear.
It automatically enters Bluetooth pairing mode.

Mobile device

- 2 On the Apps screen, tap **Samsung Gear**.
If necessary, update the Samsung Gear app to the latest version.
- 3 Tap **CONNECT TO GEAR**.
- 4 Tap **OK** when the Bluetooth activation request window appears.
- 5 Follow the on-screen instructions to complete the connection.
When the devices are connected, an on-screen tutorial will appear on the Gear's screen.
Follow the on-screen instructions to learn the Gear's basic controls.



- Connection methods and screenshots may vary depending on your device and software version.
- Supported mobile devices and features may vary depending on your region, service provider, and device manufacturer. Visit www.samsung.com to see a list of compatible devices.
- Update S Health to the latest version to use all of your Gear's features.
- If you are currently using another Gear, you can disconnect it from the mobile device and connect a new one. Refer to [Connecting a new Gear](#) for more information.

Connecting the Gear to a new mobile device

When you connect the Gear to another mobile device, a pop-up window will ask you to reset the Gear. Make sure you back up any important data stored in your Gear.

- 1 Back up your Gear's data on your connected mobile device.
On your mobile device, open the Apps screen and tap **Samsung Gear** → **Settings** → **Back up and restore** → **Back up data**.
- 2 End the connection between your Gear and mobile device. Refer to [Disconnecting or connecting the Gear](#) for more information.
- 3 Connect your Gear to another mobile device.



If the mobile device you want to connect to is already connected to another Gear, your Gear cannot establish a connection. Disconnect your mobile device from the previous Gear to connect to your current Gear.

Using the Gear without a mobile device

You can use the Gear without connecting it to a mobile device. You can set to use the Gear without a mobile device 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 Select a language.
- 4 Read the terms and conditions, and then agree to them.
- 5 Follow the PIN setting instructions to protect your personal information.

6 Create a PIN to use when backing up and restoring data.

7 Set the date and time.



Refer to [Connect to phone](#) to connect the Gear to a mobile device while using the Gear without a mobile device.

Remote connection

You can remotely connect the Gear to your mobile device when a Bluetooth connection is not available. With this connection, you can still receive notifications from your mobile device. On your mobile device, open the Apps screen, tap **Samsung Gear** → **Settings** → **Gear connection**, and then tap the **Remote connection** switch.

Turning the screen on and off

To turn on the screen, press the Home key or the Back key.

To turn off the screen, cover it with your palm. The screen will turn off if the Gear is not used for a specified period.

You can also turn the screen on or off with a gesture. Refer to [Device](#) for more information.

Touchscreen



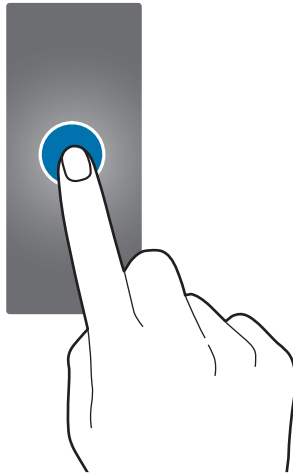
- Do not allow the touchscreen to come into contact with other electrical devices. Electrostatic discharges can cause the touchscreen to malfunction.
- To avoid damaging the touchscreen, do not tap it with anything sharp or apply excessive pressure to it with your fingertips.



The Gear may not recognise touch inputs close to the edges of the screen, which are outside of the touch input area.

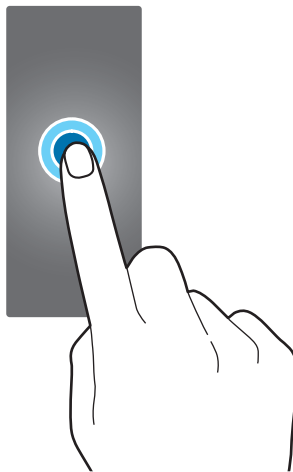
Tapping

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



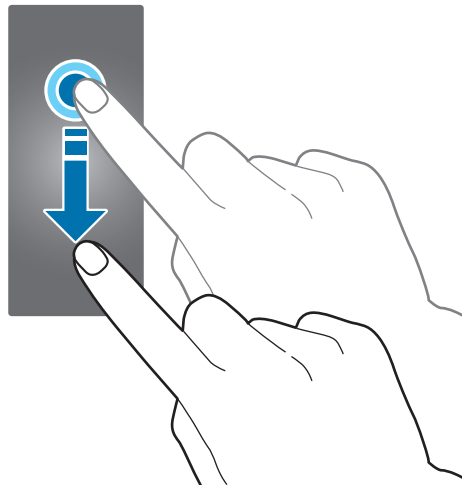
Tapping and holding

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



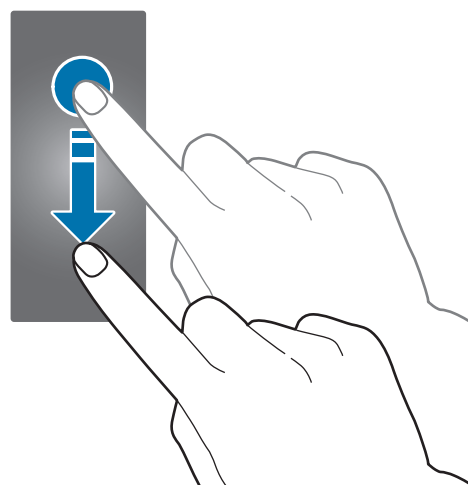
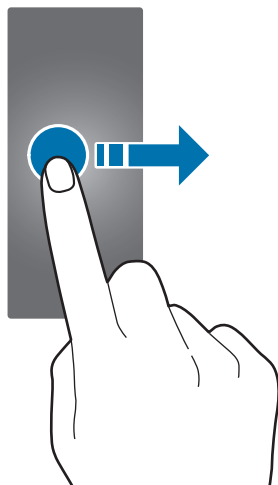
Dragging

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



Swiping

Swipe to the left or right to view other panels. You can also swipe upwards or downwards on the screen to view the details of notifications.

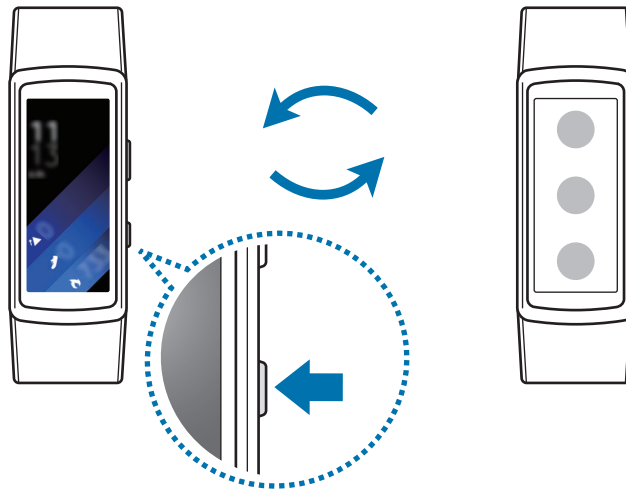


Navigating the screen

Switching between the Watch and Apps screen

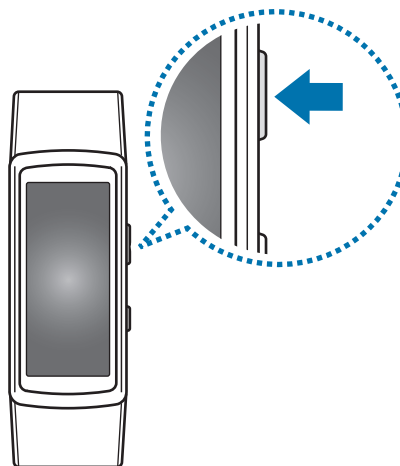
On the Watch screen, press the Home key to open the Apps screen.

When you are not on the Watch screen, press the Home key to return to the Watch screen.



Returning to the previous screen

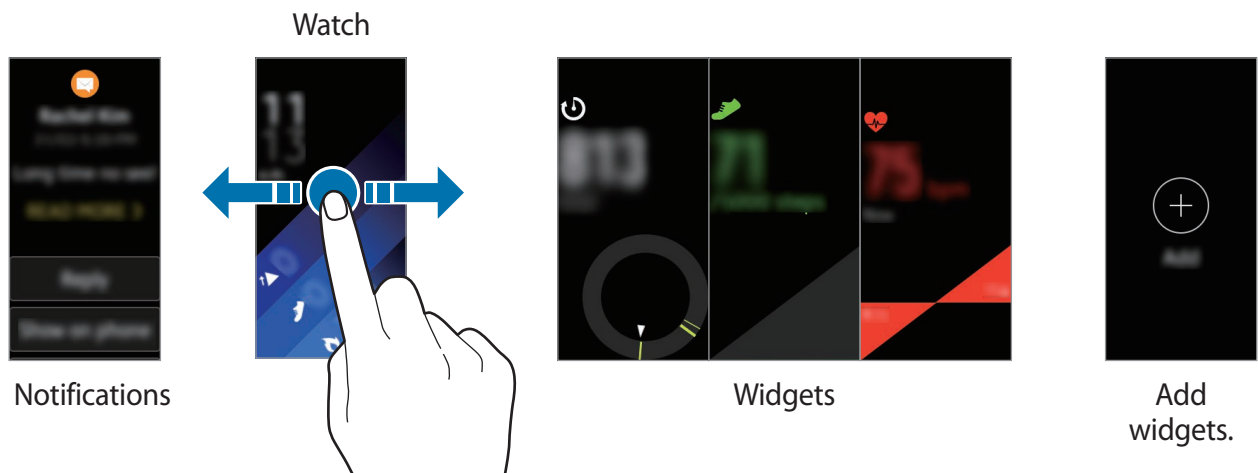
Press the Back key.



Home screen

Introduction

The Home screen can have multiple panels. The Watch screen is the starting point of the Home screen. Swipe to the left or right on the screen to view items, such as notifications or 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 mobile device. You can change settings for the notification feature of the Gear on your mobile device. Refer to [Notifications](#) for more information.

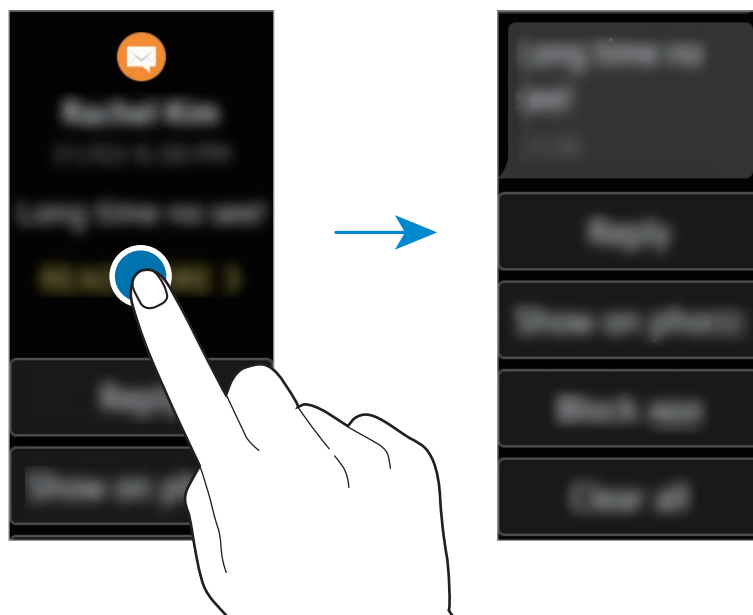
Viewing incoming notifications

When you receive a notification, information about the notification, such as its type, will appear on the screen. Tap the notification to view details. When there are unchecked notifications, an orange dot will be visible on the screen.



Your Gear does not have a speaker so the Gear only vibrates when the notification is arrived and you cannot hear any sound. To configure the vibration settings, refer [Vibration](#) for more information.

Depending on the type of notification, you can view the notification's details by tapping **READ MORE** on the notification screen.



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

Viewing other notifications

Swipe to the right on the Watch screen to view the list of notifications. Swipe upwards on the notifications list screen to view notifications from other apps.

Blocking notifications

- 1 Select a notification from the app you want to block.
- 2 Tap the notification to view the details.
- 3 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 via your mobile device. On your mobile device, open the Apps screen, tap **Samsung Gear** → **Notifications** → **Manage notifications**.

Watch screen

View the current time. You can also check your step count, heart rate, and more.



Press the Home key to open the Watch screen when you are not on the Watch screen.

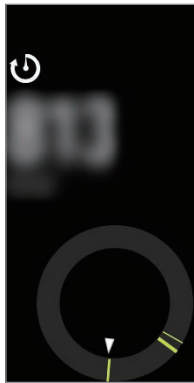
Changing the watch face

Tap and hold the Watch screen, then swipe to the left or right on the screen to select a watch face. You can also customise the watch by tapping **Stylise**.

You can also change the Gear's watch face on your mobile device. On the mobile device, open the Apps screen, tap **Samsung Gear** → **Watch faces**.

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

Adding widgets

You can add more widgets on the Home screen.

Tap  and select a widget. The selected widget will appear in a new panel.

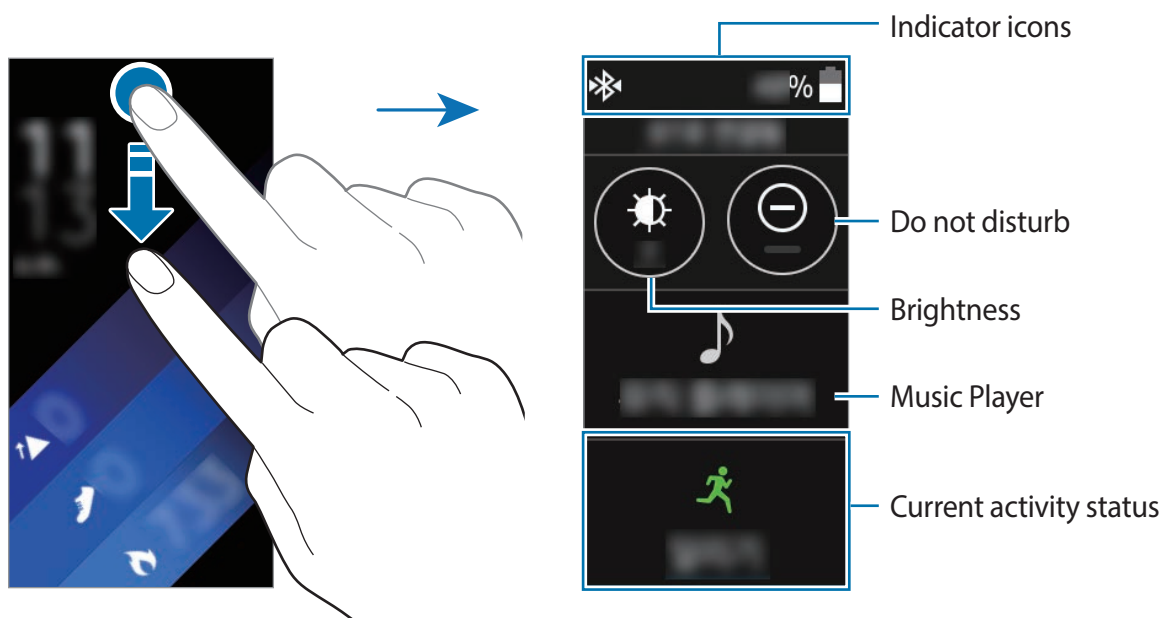
Removing widgets

Tap and hold a widget and then tap .

Status panel

This panel allows you to view the current status and configure basic settings. You can also check your current activity status.

On the Watch screen, swipe downwards from the top edge of the screen.



Indicator icons

Indicator icons appear at the top of the screen. The icons listed in the table below are most common.



The indicator icons shown may vary depending on the region.

Icon	Meaning
	Bluetooth connected
	Bluetooth disconnected
	Bluetooth headset connected
	Wi-Fi connected
	Battery power level

Playing music

You can play music saved in the Gear or mobile device.

On the status panel, tap 🎵.

Do not disturb mode

You can set the Gear not to vibrate and turn on the screen when a notification is received. Alarms will still function normally.

On the status panel, tap 🚫.

The 🚫 icon will appear at the top of the Watch screen.

Adjusting the brightness

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

On the status panel, tap ⚙️ and adjust the brightness by tapping ⬆️ or ⬇️.

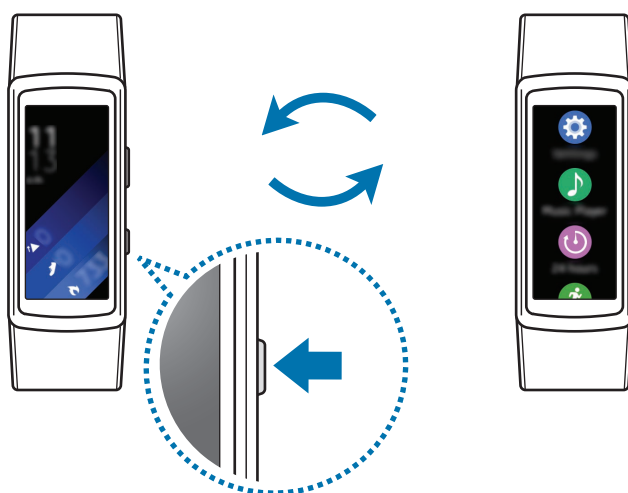
On the brightness adjustment screen, tap ⚙️ or set the maximum brightness level to enter outdoor mode. Maximum brightness will last for 5 minutes in outdoor mode.

Apps screen

The Apps screen displays icons for all apps.

On the Watch screen, press the Home key to go to the Apps screen.

To view all the apps, swipe upwards or downwards on the screen.



Opening apps

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

Moving items

On the Apps screen, tap and hold the screen, tap and hold an app and then drag it to the desired location.

You can also arrange the Gear's apps on your mobile device. Refer to [Apps layout](#) in the Samsung Gear app for more information.

Installing apps

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

On the Apps screen of the mobile device, tap **Samsung Gear** → **Samsung Galaxy Apps**. Browse apps by category or search for apps by keyword.

Uninstalling apps

On the Apps screen, tap and hold the screen. The  icon appears on apps that you can uninstall. Select an app and tap .

You can also uninstall apps from the Gear via your mobile device. Refer to [Uninstalling apps](#) in the Samsung Gear app for more information.

Setting the screen lock

Prevent others from accessing your Gear when you are not wearing it. If you have enabled the screen lock feature, it will activate when you take off the Gear. After activating this feature, the Gear requires an unlock code whenever you turn on the screen.

Setting a 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.

Unlocking the Gear

Turn on the screen and enter the unlock code.

To deactivate this feature, on the Apps screen, tap **Settings** → **Screen lock** → **Screen lock type**, enter your PIN, and then tap **None**.

Answering calls

You can initiate calls or receive notifications for incoming calls. Call conversations are only possible on the connected mobile device.

Answering a call

When a call comes in, tap  and drag it downwards. The call feature will automatically launch on your mobile device. Use your mobile device to have a conversation.

Rejecting a call

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

When a call comes in, tap  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.

Updating the Gear

The Gear can be updated to the latest software.

Updating over the air

The Gear 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 mobile device.
- 2 Tap **Settings**.
- 3 Tap **About Gear** → **Update Gear software** → **Update now**.
- 4 Tap **DOWNLOAD** and download the latest software on your mobile device.
- 5 Read the on-screen information and tap **INSTALL NOW**.

The Gear will copy the updated software from your mobile device and restart.



To automatically check for available updates, tap the **Auto check for updates** switch to activate it. Updates will be downloaded only when the device is connected to a Wi-Fi network.

Applications

Health management apps

Introduction

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.

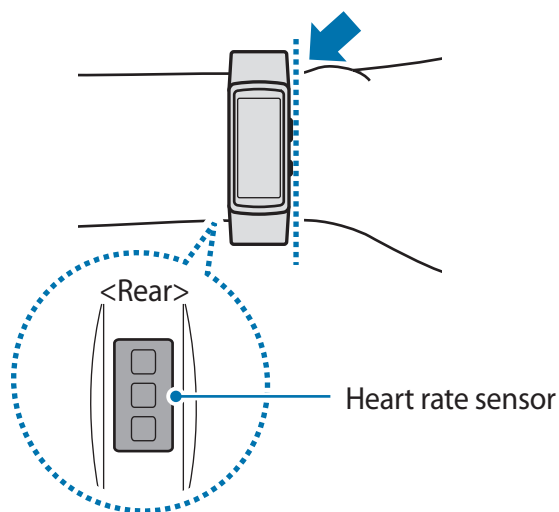
When the Gear is synced with a compatible S Health app, you can use additional features. The additional features include checking your heart rate logs individually, and more.



- The 24-hour Log, Steps, Floors, Exercise, Heart rate, Water, Caffeine, and Together apps are intended only for leisure, well-being, and fitness purposes. They are not intended for medical use. Before using these features, read the instructions carefully.
- Any information that is obtained from use of the Gear Fit2 or the Gear Fit2 Software or any application preloaded within may not be suitable, accurate, complete or reliable.

Wearing the Gear correctly

When measuring your heart rate, wear the Gear securely on your arm above your wrist as shown in the figure below. Do not fasten the Gear too tightly.





- The accuracy of the heart rate sensor may be diminished depending on measurement conditions and surroundings.
- Use the HR feature only for measuring your heart rate.
- Do not look directly at the heart rate sensor's lights. Doing so may impair your vision. Make sure children do not look directly at the lights.
- Cold ambient temperatures may affect your measurement; during winter or cold weather, keep yourself warm when checking your heart rate.
- Take heart rate measurements when you are seated and relaxed. Do not move your body while taking heart rate measurements. Doing so may cause your heart rate to be recorded inaccurately.
- If you receive a reading that is very different from your expected heart rate, rest for 30 minutes and then measure again.
- Smoking or consuming alcohol before taking measurements may cause your heart rate to be different from your normal heart rate.
- Do not talk, yawn, or breathe deeply while taking heart rate measurements. Doing so may cause your heart rate to be recorded inaccurately.
- Because the heart rate sensor uses light to approximate heart rate, its accuracy may vary due to physical factors that affect light absorption and reflection, such as blood circulation/blood pressure, skin condition and location and concentration of blood vessels. In addition, if your heart rate is extremely high or low, measurements may be inaccurate.
- Users with thin wrists may receive inaccurate heart rate measurements when the device is loose, causing the light to be reflected unevenly. If heart rate measurement is not working properly, adjust the position of the device's heart rate sensor to the right, left, up, or down on your wrist, or turn the device so the heart rate sensor sits firmly against the inside of your wrist.
- If the heart rate sensor is dirty, wipe the sensor and try again. Obstructions between the device's strap and your wrist, such as body hair, dirt, or other objects may prevent the light from reflecting evenly. Please make sure you remove such obstructions before use.
- If your device becomes hot to the touch, remove it until it cools. Exposing skin to a hot surface of the device for a long time may cause skin burn.

Additional information

- The purpose for such data collection is limited to providing the service that you have requested, including providing additional information to enhance your wellness, back up/sync data, data analysis and statistics or to develop and provide better services. (But if you sign in to your Samsung account from S Health, your data may be saved on the server for data backup purposes.) Personal information may be stored until the completion of such purposes. To delete any data you have shared with social networks or transferred to storage devices, you must delete them separately.
- You assume full responsibility for the inappropriate use of data shared on social networks or transmitted to others. Use caution when sharing your personal data with others.
- If the Gear is connected to a mobile device, verify the communication protocol to confirm proper operation. If you use a wireless connection, such as Bluetooth, the Gear may be affected by electronic interference from other devices. Avoid using the Gear near other devices that transmit radio waves.
- The content used in the S Health app may vary depending on the software version of the app. The services provided with the app are subject to change or the cancellation of support without prior notice.
- Available S Health functions and services may vary depending on the local laws and regulations in your region.
- Some functions of S Health may not be provided depending on your region.
- S Health functions are intended for fitness and informational purposes only and is not intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of disease.



- Measured distance may differ from the actual distance due to uneven strides, walking in place, and pacing around.
- Only records from the past 28 days are saved. You can view previous data on the mobile device where the S Health app is installed.

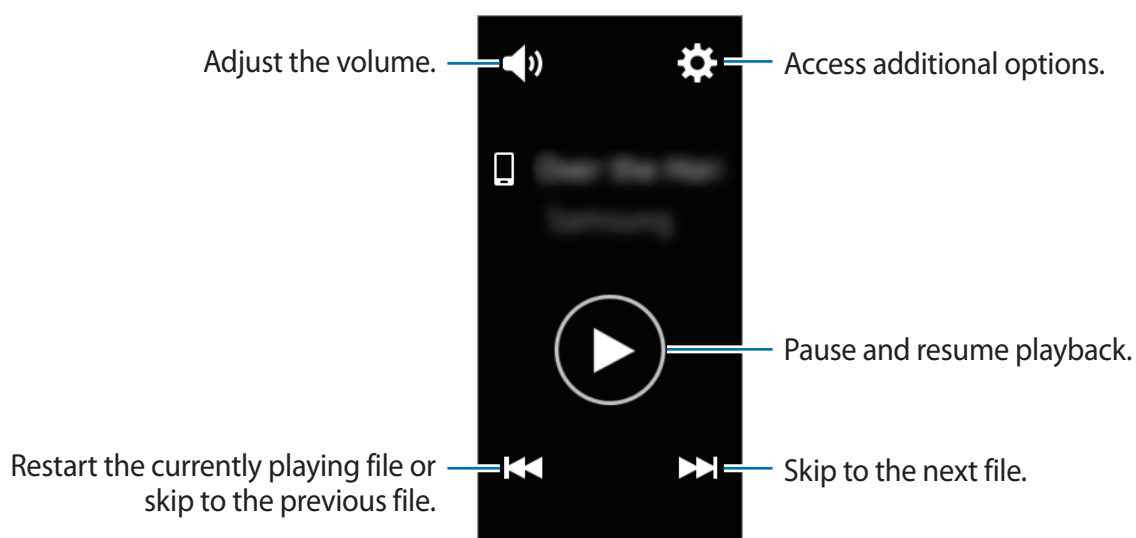
Music Player

Introduction

Listen to music saved in the Gear and in the mobile device.

Playing music

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



Playing music on your mobile device

When you select a mobile device to play music from, you can control playback of the music with your Gear. The music will be played from your mobile device.

- 1 Tap **Music Player** on the Apps screen.
- 2 Tap  → **Music from: Phone**.
The Gear will display the music controller screen.
- 3 Tap  to play the music.
The music will be played on your mobile device.
Tap  to adjust the volume or mute the sound.

Importing music

Import music from your device to your Gear.

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

To sync recently added music in your mobile device with your Gear, tap the **Auto sync** switch and tap **OK** on the Auto sync pop-up window. The music will be synced while the Gear 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 Tap **Music Player** on the Apps screen.
- 2 Tap  → **Music from: Gear**.
Tap **Shuffle**, **Repeat**, or **Favourite** to select an option.
- 3 Tap  to play the music.
The music will be played on the Gear.

Tap  and drag it upwards from the bottom edge 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.

When you save music to the Gear, tracks with a tempo that matches your work pace will be added to the playlist automatically.

24-hour Log

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

Tap **24-hour Log** on the Apps screen.



Your burnt calories data takes into account your basal metabolic rate (BMR), which is calculated using the information in your profile. When first purchased, the Gear displays the burnt calories data on the basis of the current time.

- **Sleep:** This indicates your sleep duration.
- **Light:** This indicates the time you spent doing light activities, such as a light walk.
- **Healthy:** This indicates whether you exercise with or without using the Exercise feature.
- **Inactive:** This indicates the time spent not moving for one hour or more. To help you stay active, the Gear will prompt you to move after 50 minutes of inactivity.

Tap an activity to view the details of your activity log.

Exercise

You can record your exercise information, such as the duration, distance, and calories burnt, depending on the type of exercise performed.



- When your Gear and mobile device are connected, this feature uses your mobile device's location information. Activate the mobile device's location feature when necessary.
- Before using this feature, pregnant women, the elderly, and young children, users suffering from conditions, such as chronic heart disease or high blood pressure, are recommended to seek the advice of a licensed medical professional.
- If you feel dizzy, experience pain, or have difficulty breathing during exercise, stop using this feature and seek the advice of a licensed medical professional.
- If you have just purchased or have reset the Gear, create your profile.
- Your location information and heart rate are saved only when you exercise while using the Exercise app. For your privacy, they will not be presented and saved when your Gear automatically detects your exercise activities.

Exercising with the Gear

- 1 Tap **Exercise** on the Apps screen.
- 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**.
- 3 Tap **Target** and select a target type.
Tap **Basic workout** to exercise without a target.
- 4 Tap ◀ or ▶ to set the target, and then tap ✓.
- 5 Depending on the type of exercise, tap **Location** or **Guide at intervals** and select an option.

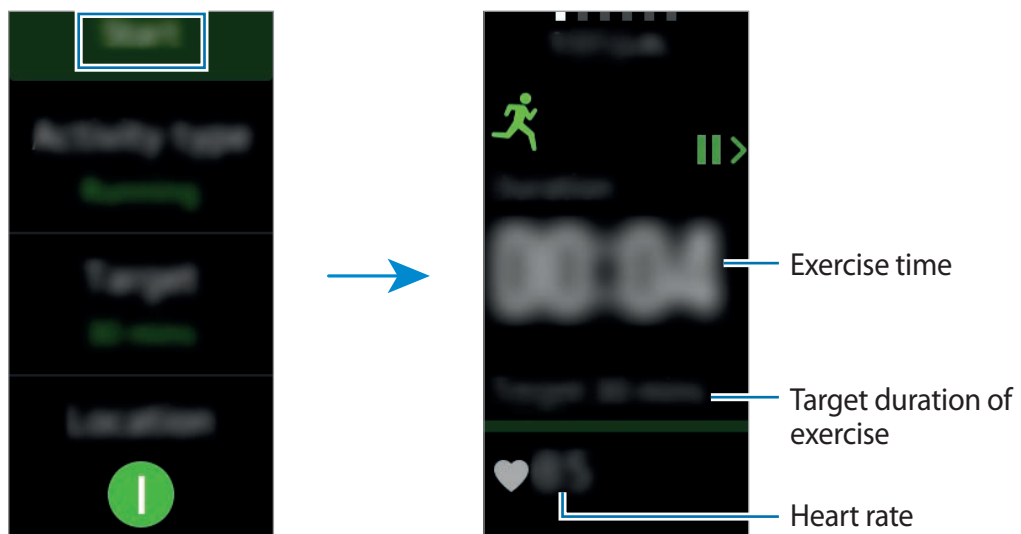


If you use the location feature, the GPS of the connected mobile device or the Gear's GPS are used to record the location information.

- 6 Tap **Start** to start exercising.



- Your heart rate is automatically measured when you start exercising. To measure your heart rate more accurately with the Gear, wear the Gear firmly around your lower arm just above your wrist.
- Do not move until your heart rate displays on the screen so it can be measured more accurately.



7 You can view exercise information, such as calories burned and current speed, when you swipe the screen to the left or right.



When you do intense exercise, stop exercising for a short time so your heart rate can be measured more accurately.

8 To finish exercising, press the Back key and tap **Finish**.

To resume exercising, press the Back key again.

9 To view your exercise information, swipe upwards or downwards on the screen after finishing the exercise.

To view your exercise route recorded using location information, connect the Gear to your mobile device.

Automatic exercise recognition

Once you have exercised for 10 minutes while wearing the Gear, it automatically recognises that you are exercising and records the exercise type and duration.

When you stop exercising for more than one minute, the Gear automatically recognises that you have stopped exercising and this feature is deactivated.

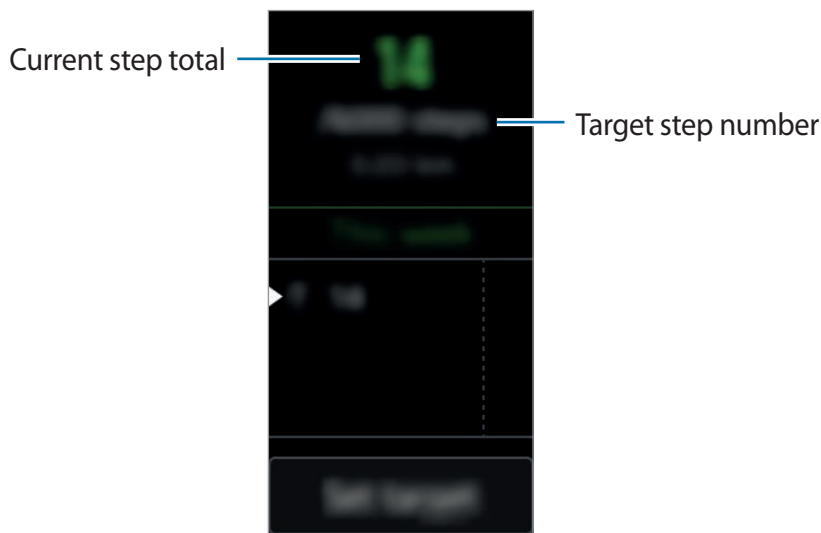


- Among the various exercise types, only walking, running, elliptical workouts, rowing, and cycling can be measured.
- The automatic exercise recognition feature measures the distance travelled and calories burnt using the acceleration sensor. The measurements may not be accurate depending on your walking and exercise routines.

Steps

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

Tap **Steps** on the Apps screen.



To view weekly records, swipe upwards or downwards on the screen.



- You may experience a brief delay while the steps app monitors your steps and then displays your step count. You may also experience a brief delay before the pop-up window indicates that your goal has been reached.
- If you use the steps tracker while travelling by car or train, vibration may affect your step count.

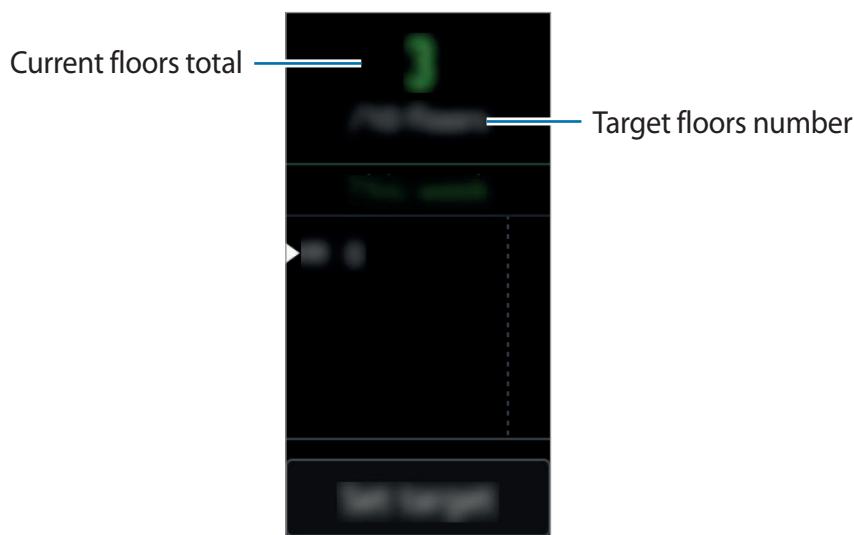
Setting your target steps

- 1 Tap **Set target** and open the settings screen.
- 2 Tap  or  to set the target, and then tap .

Floors

Record and track how many floors you climb.

Tap **Floors** on the Apps screen.



To view weekly records, swipe upwards or downwards on the screen.



- One floor is calculated as approximately 3 metres. The floors measured may not match the actual floors you climb.
- The floors measured may not be accurate depending on the environment, the user's movements, and the conditions of buildings.
- The floors measured may not be accurate if water or foreign materials enter the area where the Gear's body and strap meet. Avoid taking a shower while wearing the Gear. If there is any detergent, sweat, or raindrops on the Gear, rinse it with clean water and dry it thoroughly before use.

Setting your target floors

- 1 Tap **Set target** and open the settings screen.
- 2 Tap  or  to set the target, and then tap .

Heart rate

Measure and record your heart rate.



- The Gear's heart rate app is intended for fitness and informational purposes only and is not intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of disease.
- To measure your heart rate more accurately with the Gear, wear the Gear firmly around your lower arm just above the wrist. Refer to [Wearing the Gear correctly](#) for details.

Be aware of following conditions before measuring your heart rate:

- If you have just purchased or have reset the Gear, create your profile.
- Rest for 5 minutes before taking measurements.
- If the measurement is very different from the expected heart rate, rest for 30 minutes and then measure it again.
- During winter or in cold weather, keep yourself warm when measuring your heart rate.
- Smoking or consuming alcohol before taking measurements may cause your heart rate to be different from your normal heart rate.
- Do not talk, yawn, or breathe deeply while taking heart rate measurements. Doing so may cause your heart rate to be recorded inaccurately.
- The accuracy of the heart rate sensor can be affected depending on the user's movements, personal physiology, and the measurement conditions and surroundings.
- If the heart rate sensor is not working, check the Gear's position on your wrist and make sure nothing is obstructing the sensor. If the heart rate sensor continues to have the same problem, visit a Samsung Service Centre.

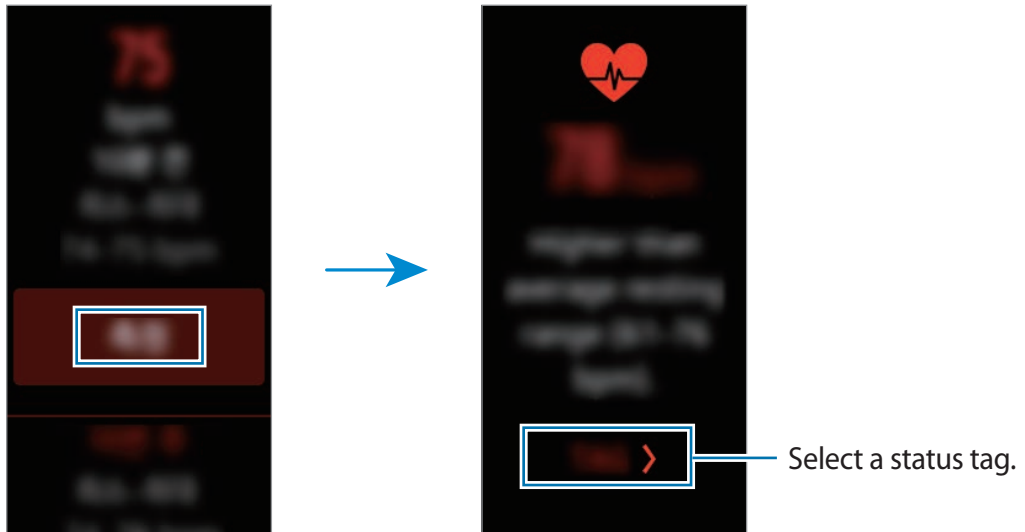
Measuring your heart rate

1 Tap **Heart rate** on the Apps screen.

2 Tap **Measure** to begin measuring your heart rate.

After a moment, your current heart rate will be displayed on the screen.

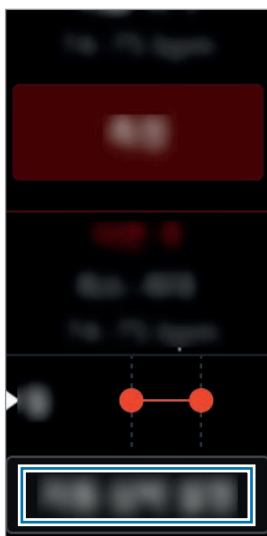
The Gear displays information about your heart rate in relation to your selected tag.



Tracking your heart rate

The Gear can automatically measure and track your heart rate. Your Gear will measure your heart rate at regular intervals. This feature may not function properly while you are moving. Your heart rate is automatically measured when you are using the Exercise app.

- 1 Tap **Heart rate** on the Apps screen.
- 2 Tap **Auto HR** to open the settings screen.



- 3 Tap the **Auto HR** switch to activate it. (● : activated)

Together

Share your step count and start competitions with your friends registered as contacts via S Health on your mobile device.

Tap **Together** on the Apps screen.



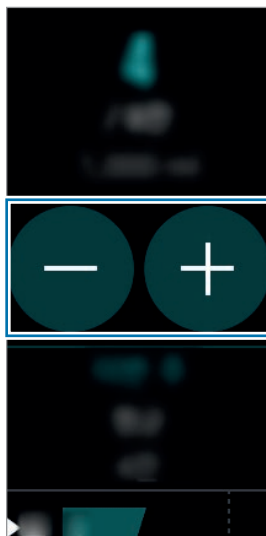
- Update S Health to the latest version.
- This feature may not be available depending on the region or service provider.

Water

Record and track how many glasses of water you drink.

Recording water consumption

- 1 Tap **Water** on the Apps screen.
- 2 Tap **+** when you drink a glass of water.
If you accidentally added an incorrect value, you can fix it by tapping **−**.



To view weekly records, swipe upwards or downwards on the screen.

Setting your target consumption

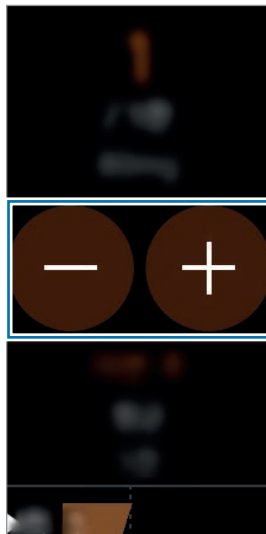
- 1 Tap **Set target** and open the settings screen.
- 2 Tap **Off** to set the target setting feature to **On**. (● : on)
- 3 Tap **Daily target**.
- 4 Tap **⬆** or **⬇** to set the target, and then tap **✓**.

Caffeine

Record and track how many cups of coffee you drink.

Recording your coffee consumption

- 1 Tap **Caffeine** on the Apps screen.
- 2 Tap **+** when you drink a cup of coffee.
If you accidentally added an incorrect value, you can fix it by tapping **−**.



To view weekly records, swipe upwards or downwards on the screen.

Setting your caffeine consumption limit

- 1 Tap **Set limit** and open the settings screen.
- 2 Tap **Off** to set the limit setting feature to **On**. (● : on)
- 3 Tap **Daily limit**.
- 4 Tap **⬆** or **⬇** to set the target, and then tap **✓**.

Find My Phone

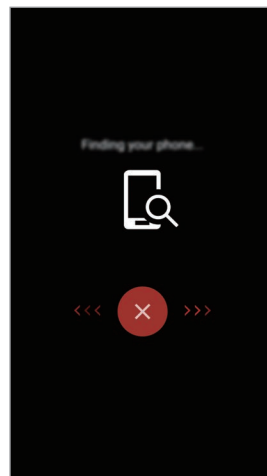
If you misplace the mobile device, the Gear can help you find it.

1 Tap **Find My Phone** on the Apps screen.

2 Tap .

The mobile device emits sounds and turns on the screen.

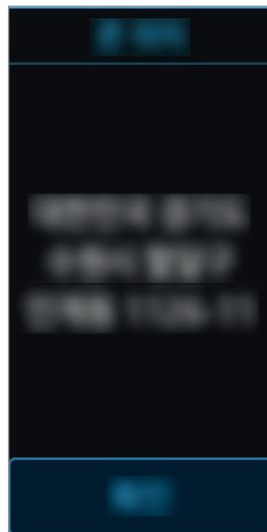
Drag  to the left or right on the mobile device, or tap  on the Gear.



Viewing the location of your mobile device

Tap **Locate phone**.

The Gear will display your mobile device's location.



Timer

- 1 Tap **Timer** on the Apps screen.
- 2 Tap **SET** and open the settings screen.
- 3 Tap  or  to set the hour, minute, and second.
- 4 Tap **OK** to save the settings.
- 5 Tap **Start**.
- 6 Drag  upwards when the timer goes off.

Stopwatch

- 1 Tap **Stopwatch** on the Apps screen.
- 2 Tap **Start** to time an event.
To record lap times while timing an event, tap **Lap**.
- 3 Tap **STOP** to stop timing.
To restart the timing, tap **RESUME**.
To clear lap times, tap **Reset**.
To view your stopwatch log, swipe upwards or downwards on the screen.

Settings

Introduction

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

Tap **Settings** on the Apps screen.

Display

Change the display settings.

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

- **Watch faces:** Select a watch type.
- **Watch always on:** Set the Gear to display a watch when the screen is turned off. (🔵 : on)
- **Notification indicator:** Set the Gear to display an orange dot on the Watch screen to alert you to notifications that you have not checked.
- **Brightness:** Adjust the brightness for the display.
- **Screen timeout:** Set the length of time the Gear waits before turning off the display's backlight.
- **Font:** Change the font type and size.



The Watch always on feature activates only when you wear the Gear. If you are not wearing the Gear or you do not move for 30 minutes while wearing it, the watch will not be displayed even when the Watch always on feature is activated.

Vibration

Change the vibration settings.

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

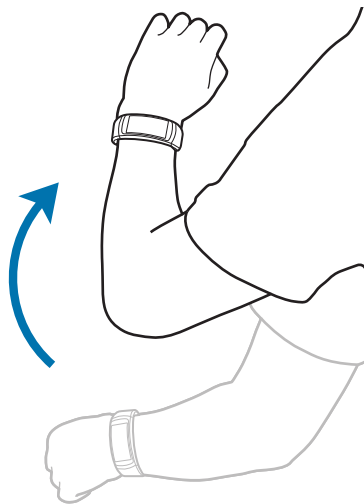
- **Vibration:** Turn the vibrating feature on or off. (🔊 : on)
- **Long buzz:** Increase the duration of the vibration to notice alerts more easily. (🔊 : on)

Device

Change the Gear's interaction settings.

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

- **Double press Home key:** Select an action to perform when you press the Gear's Home key twice.
- **Wake-up gesture:** Set the Gear to turn on the screen when you raise your arm and turn off the screen when you lower your arm.



- **Date and time:** Set the current date and time manually.
- **Language:** Select a display language for the Gear.



Date and time and **Language** appear only when you use the Gear without connecting it to a mobile device.

Connections

Bluetooth

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



- Samsung is not responsible for the loss, interception, or misuse of data sent or received via Bluetooth.
- Always ensure that you share and receive data with devices that are trusted and properly secured. If there are obstacles between the devices, the operating distance may be reduced.
- Some devices, especially those that are not tested or approved by the Bluetooth SIG, may be incompatible with your device.
- Do not use the Bluetooth feature for illegal purposes (for example, pirating copies of files or illegally tapping communications for commercial purposes).

Samsung is not responsible for the repercussion of illegal use of the Bluetooth feature.

On the Settings screen, tap **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 only be used when playing music on the Gear, or listening to interval guide messages or notifications while exercising.

Wi-Fi

This feature is available when the Gear is not connected to the mobile device via Bluetooth.

1 On the Settings screen, tap **Connections** → **Wi-Fi**, and then tap **Wi-Fi** switch to activate it. (● : activated)

2 Tap **Wi-Fi networks** → **Scan**.

3 Select a network from the Wi-Fi networks list.

Networks that require a password appear with a lock icon.

4 Tap **Connect**.



- Once the Gear connects to a Wi-Fi network, the Gear will reconnect to that network each time it is available without requiring a password. To prevent the Gear connecting to the network automatically, select it from the list of networks and tap **Forget**.
- If you cannot connect to a Wi-Fi network properly, restart your device's Wi-Fi feature or the wireless router.
- Turn off Wi-Fi to save the battery when not in use.
- In debugging mode, you can connect your Gear to a Wi-Fi network while it is connected to a mobile device via Bluetooth.

Alerts

Set the Gear to vibrate when it is disconnected from your mobile device.

On the Settings screen, tap **Connections** and then tap the **Alerts** switch to activate it. (1 : activated)

Location

Set the applications on the Gear to use location data.

On the Settings screen, tap **Connections** → **Location**, and then tap the **GPS** switch to activate it. (1 : activated)

Screen lock

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

On the Settings screen, tap **Screen lock**.

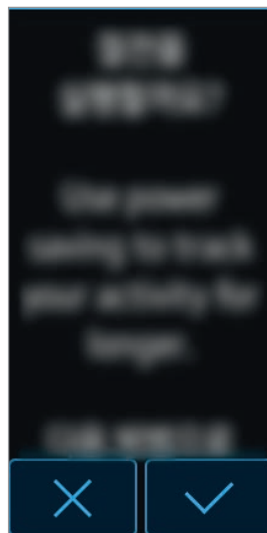
- **Screen lock type:** Activate or deactivate the screen lock feature. Refer to [Setting the screen lock](#) for more information.
- **Help:** View help information for using the screen lock feature.

Power saving

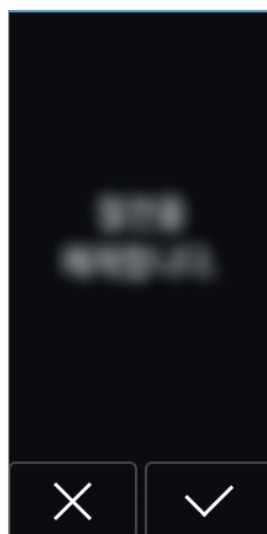
Activate power saving mode to save battery power by limiting the Gear's functions.

- Displays colours on the screen as grey tones.
- Deactivates notifications.
- Deactivates the Wi-Fi feature.
- Deactivates additional features.
- Limits the performance of the Gear's CPU.

On the Settings screen, tap **Power saving** → ☒. Alternatively, when the screen is turned on, press and hold the Power key and tap **Power saving** → ☒.



To deactivate this mode, tap **OFF** → ☐.



Profile

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

On the Settings screen, tap **Profile** and configure your profile settings.

Health nudges

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

On the Settings screen, tap **Health nudges** and select items to receive notifications. ( : an item is selected)

Gear info

View the Gear's information.

On the Settings screen, tap **Gear info**.

- **Update Gear software:** Update the Gear's software manually.
- **Auto update apps:** Change the auto update settings for the apps on your Gear.
 - **Off:** Set the device not to update the apps on your Gear.
 - **Via Wi-Fi only:** Set the device to update the apps on your Gear automatically only when connected to a Wi-Fi network.



- **Update Gear software** and **Auto update apps** appear only when you use the Gear without connecting it to a mobile device.
 - The Gear's battery must be charged by more than 15% to update the Gear's software.
- **About device:** Access information about the Gear.
- **Report diagnostics:** Set the Gear to automatically send the device's diagnostics to Samsung. ( : on)

- **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:** Activate or deactivate USB debugging mode when developing apps for the Gear. (ⓘ : on)

Connect to phone

Connect the Gear to a mobile device while using the Gear without a mobile device.

On the Settings screen, tap **Connect to phone**.



Connect to phone appears only when you use the Gear without connecting it to a mobile device.

- **Yes:** Connect the Gear to a new mobile device and restore health data and settings information.
- **No:** Connect the Gear to a new mobile device and reset health data and settings information.

Samsung Gear

Introduction

To connect your Gear to a mobile device, you must install the Samsung Gear app on your mobile device. Using the Samsung Gear app, you can customise your Gear's settings.

Tap **Samsung Gear** on the Apps screen of the mobile device.

If it is the first time connecting your Gear and mobile device, refer to [Connecting the Gear to a mobile device](#) for more information.



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

Disconnecting or connecting the Gear

On the Apps screen of the mobile device, tap **Samsung Gear** → **MORE** → **Disconnect** → **DISCONNECT**.

The Gear will disconnect from your mobile device.

To reconnect the Gear, on the Samsung Gear app, tap **CONNECT**.

Connecting a new Gear

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

On the Apps screen of the mobile device, tap **Samsung Gear** → **MORE** → **Connect new Gear**, and then select a new Gear.

Viewing the user manual

View the user manual to learn how to use your Gear.

On the Apps screen of the mobile device, tap **Samsung Gear** → **MORE** → **User manual**.

Watch faces

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

On the Apps screen of the mobile device, tap **Samsung Gear** → **Watch faces** and select a desired watch type. The watch face you selected will be applied on the Watch screen.

Tap **STYLISE** 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 mobile device.

On the Apps screen of the mobile device, tap **Samsung Gear** → **Notifications**, tap the switch to activate it, and then activate items.

- **Manage notifications:** Select apps on the mobile device to send notifications to the Gear.
- **Limit notifications:** Set the Gear to block all notifications, except for alarms, that are received when the mobile device's screen is turned on.
- **Turn screen on:** 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:** Set the Gear to display an orange dot on the Watch screen to alert you to notifications that you have not checked.

Apps layout

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

On the Apps screen of the mobile device, tap **Samsung Gear** → **Apps layout**.

Uninstalling apps

Tap **UNINSTALL** and select apps to remove from the Gear.

Reordering apps

Tap  next to an app and drag it up or down to another position.

Send music to Gear

Transfer saved audio files from your mobile device to your Gear.

On the Apps screen of the mobile device, tap **Samsung Gear** → **Send music to Gear**.



When the Gear does not have enough available memory while the Auto sync feature is turned on, it deletes files that you have not set as your favourites in order from oldest to newest.

- **Select tracks:** Select audio files and manually send them from the mobile device to the Gear.
- **Auto sync:** Set the device to sync recently added audio files with the Gear while the Gear is charging.

Settings

Quick messages

Edit or add templates used for replying to messages.

- 1 On the Apps screen of the mobile device, tap **Samsung Gear** → **Settings** → **Quick messages**.
- 2 Tap **Quick responses** or **Call-reject messages**.
- 3 Select a template to edit.
To create additional templates, tap , enter text in the input field and then tap **SAVE**.
To delete a template, tap **EDIT**, select a template, and then tap **DELETE**.
- 4 Edit the template and tap **SAVE**.

Double press Home key

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

On the Apps screen of the mobile device, tap **Samsung Gear** → **Settings** → **Double press Home key**, and then select an option.

Gear connection

Customise your Gear's wireless connection settings.

On the Apps screen of the mobile device, tap **Samsung Gear** → **Settings** → **Gear connection**.

- **Remote connection:** Set the Gear to remotely connect to the mobile device via Wi-Fi networks with a Samsung account 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 mobile device, tap **Samsung Gear** → **Settings** → **Back up and restore** → **Back up data** or **Restore data**.



Your health data will not be backed up or restored. You can manage your health data using the S Health app on your mobile device.

About Gear

Access information about the Gear.

On the Apps screen of the mobile device, 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 mobile device, 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 mobile device, tap **Samsung Gear** → **Find my Gear**.

- **Reactivation lock:** Set the Gear to require your Samsung account information after the device has been reset. This prevents others from reactivating your device if it is lost or stolen.
- **Control remotely:**
 - **Locate Gear:** Find the current location of your Gear.
 - **Lock Gear:** Remotely lock the Gear to prevent unauthorised access. This feature can be activated when the Bluetooth connection between the Gear and mobile device 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.

Finding your Gear

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

1 On the Apps screen of the mobile device, tap **Samsung Gear** → **Find my Gear**.

2 Tap .

The Gear will vibrate and the screen will turn on. Drag  upwards on the Gear, or tap  on the mobile device.

Samsung Galaxy Apps

You can download apps for your Gear from **Samsung Galaxy Apps**.

On the Apps screen of the mobile device, tap **Samsung Gear** → **Samsung Galaxy Apps**.

Browse by category and select an app to download.

Appendix

Troubleshooting

Before contacting a Samsung Service Centre, please attempt the following solutions. Some situations may not apply to your Gear.

Your Gear does not turn on

When the battery is completely discharged, your Gear will not turn on. Charge the battery completely before turning on the Gear.

The touchscreen responds slowly or improperly

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

Your Gear freezes or has fatal errors

Try the following solutions. If the problem is still not resolved, contact a Samsung Service Centre.

Restarting the Gear

If the Gear freezes or hangs, you may need to turn off the Gear and turn it on again.

Forcing restart

If the Gear is frozen and unresponsive, press and hold the Power key for more than 7 seconds to restart it.

Resetting the Gear

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

On the Apps screen, tap **Settings** → **Gear info** → **Reset Gear** → **Factory reset**. Before performing the factory data reset, remember to make backup copies of all important data stored in the device with Samsung Gear or S Health.

Another Bluetooth device cannot locate your Gear

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

If the tips above do not solve the problem, contact a Samsung Service Centre.

A Bluetooth connection is not established or your Gear and the mobile device are disconnected

- Ensure that the Bluetooth feature on both devices is activated.
- Ensure there are no obstacles, such as walls or electrical equipment, between the devices.
- Ensure that the latest version of the Samsung Gear app is installed on the mobile device.
- Ensure that your Gear and the other Bluetooth device are within the Bluetooth connection range (10 m). The distance may vary depending on the environment the devices are used in.
- Restart both devices and launch the Samsung Gear app on the mobile device again.

The battery icon is empty

Your battery is low. Charge the battery.

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

- Ensure that you connect the Gear to the charger dock and connect the dock to the charger properly.
- Visit a Samsung Service Centre and have the battery replaced.

The battery depletes faster than when first purchased

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

Your Gear is hot to the touch

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

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

Your Gear cannot find your current location

The Gear uses your mobile device's location information. GPS signals may be obstructed in some locations, such as indoors.

Data stored in the Gear has been lost

Always make backup copies of all important data stored in the Gear with Samsung Gear or S Health. Otherwise, you cannot restore data if it is corrupted or lost. Samsung is not responsible for the loss of data stored in the Gear.

A small gap appears around the outside of the Gear case

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

Removing the battery

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

- 1 Remove the strap from the Gear.
- 2 Remove the rear case from the Gear's body using a flat edged tool.
- 3 Disconnect the battery and display connectors.
- 4 Remove the circuit board by lifting it out of the Gear's body.
- 5 Remove the battery by pulling the battery connector at the top side of the Gear upwards.

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