SAMSUNG
Galaxy Fit3

User guide

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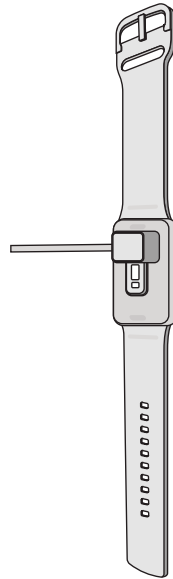
Set up your device

Learn more about your device hardware, assembling and charging, and how to get started using your new device.

Charge the battery

Your device is powered by a rechargeable battery.

Attach the charger to the back of the device, using the magnet and pins on the charger to align it with the contacts on the device.

⚠️ **CAUTION** The charging head for plugging the USB cable into a 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.

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🔆 **NOTE** Prevent the USB charger port and the small end of the charger cable 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.

Remove the device from the charger and wait for the device to cool down.

Learn more: **https://www.samsung.com/us/support/answer/ANS00076952**

🔆 **NOTE** 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.

Maintaining water and dust resistance

Your device is rated IP68: Dust-tight. Tested for submersion in up to 5 feet of fresh water for up to 30 minutes.

Devices with IP ratings have been tested in controlled environments and certified to be water- and/or dust-resistant to the device rating specified under testing conditions.

Use your device in a manner consistent with the IP rating of your device. Failure to do so may result in damage to your device. Learn more: **samsung.com/us/support/legal/mobile**

The device is not impervious to dust and water damage in any situation. It is important that all compartments are closed tightly. Any device which uses accessible compartments or ports that can be opened should have these sealed or closed tightly.

The suggestions below will help you maintain your device's performance and fulfill any warranty obligations.

- If your device is exposed to liquids other than fresh water (such as saltwater), rinse your device with fresh water dry it with a clean, soft cloth, and shake it to remove any excess water.

- If the device is dropped or receives an impact that causes physical damage to the device, the water and dust-resistant features of the device may be affected. If you suspect your device has been damaged because of a fall or impact, take it to a Samsung-authorized service center for inspection.
- Make sure to allow the device to dry before attempting to charge.
- If the device has been immersed in water or the microphone or speaker is wet, sound may not be heard clearly during a call while the device is immersed or the microphone or speaker is wet.
- If your device is exposed to dust, wipe it with a soft, lint-free cloth to remove dust buildup.
- Do not put your device into a washer or dryer.
- Do not use harsh chemicals, cleaning solvents, or strong detergents to clean your device.
- Do not place any paint or painting materials (liquids) onto the device.
- Do not expose the device to water at high pressure.

Wear the Galaxy Fit3

Wear the device firmly around your lower arm just above your wrist as shown below. Do not fasten the band too tightly.
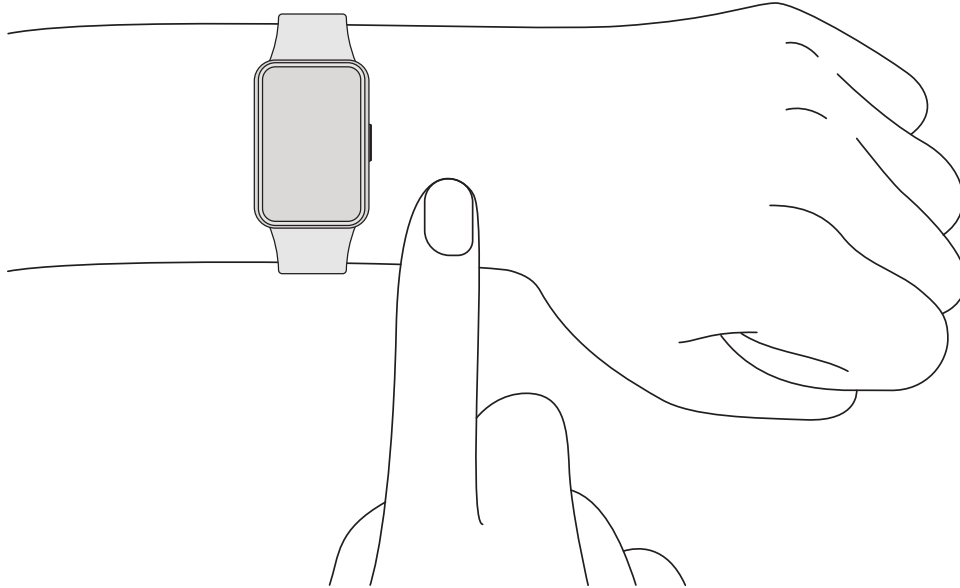
1. Open the buckle and place the band around your wrist.

2. Fit the band to your wrist, insert the pin into an adjustment hole, and then secure the buckle to close it.

⚠️ **WARNING** Wear the device correctly. If you feel discomfort while using the device, stop using it. If your device becomes hot, please remove it until it cools.
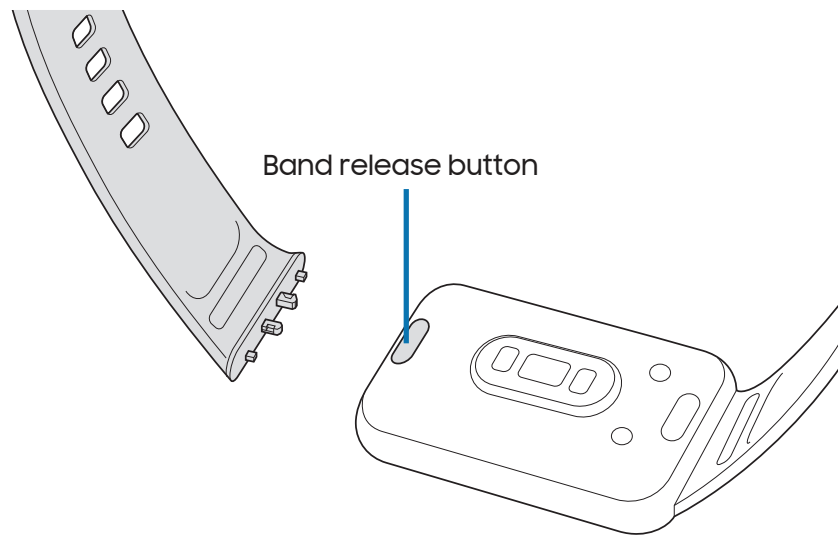
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Replace the band

You can replace the original band with a new one.

Detach the old band:

○ Press the **Band release** button and pull away the old band.

Band release button

Attach the new band:

○ While pressing the **Band release** button push the end of the band firmly into the lug.

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Start using your device

Galaxy Wearable app

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

Galaxy Wearable is compatible with select devices using Android 11.0 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.

Learn more: **samsung.com/us/support/owners/app/galaxy-wearable-watch**

Connect the device to a smartphone

Turn on the device before connecting to your smartphone.

1. From the smartphone, tap Galaxy Wearable. If necessary, update the app to the latest version.

2. Tap **Start** and select your device.

3. When the Bluetooth® pairing request window is displayed, confirm the passkeys displayed on your device and smartphone match, and then tap **Confirm**.

4. Follow the prompts to complete the connection.

5. On the device, you can tap **Start** to begin a tutorial to learn the basic controls, or **Skip** to start using your new device.

Back up data

The device can only be connected to one smartphone at a time. Make sure you back up any important data stored on your device.

1. From the smartphone, tap 🟣 **Galaxy Wearable**, tap ⚙ **Band settings.**
2. Tap 🔄 **Accounts and backup** to customize your backup settings.

Disconnect

To disconnect the device from your smartphone:

1. From the smartphone, tap 🟣 **Galaxy Wearable**, tap ⊞.
2. Tap 🔗 by the name of your device to disconnect.

Lock or unlock your device

By default your screen is not locked. You can use the screen lock feature to secure your device. When enabled, your device locks when you remove it from your wrist or when the screen times out while you are wearing it.
Learn more: Set a screen lock

To lock the device:

○ Cover the screen with your palm.

To unlock the device:

○ Press a button to turn on the screen.
   • If you have a lock screen enabled, press a button to enter your pattern or pin and unlock the device.

Navigation

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

Tap

Lightly tap the screen to launch an app or select a menu item.

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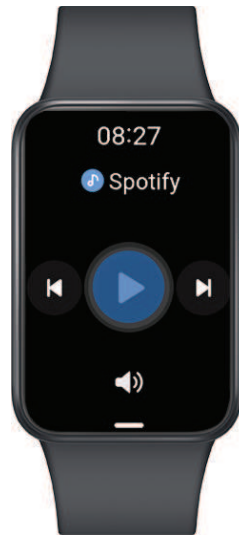
Swipe

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

Change the watch face

The first screen when you turn on the Galaxy Fit3 is the watch face. You can choose a watch face with different colors, styles, and information displayed.

On your smartphone:

1. Tap Wear **Galaxy Wearable** > L **Watch faces.**
2. Tap a watch face to select it.

On your device:

1. Touch and hold the watch face.
2. Swipe right and tap **Edit on phone** to select a new watch face.

Quick panel

Instead of navigating through the Settings menu, you can access commonly used settings through the Quick panel, where you can also access the Status bar.

○ Swipe down from the top of the screen to open the Quick panel.

- Tap a Quick setting icon to turn it on or off.
- Touch and hold a Quick setting icon to open the setting.
- Indicator icons display at the top of the screen.

NOTE You can also edit the Quick panel using the Wearable app on your smartphone. From Wear **Galaxy Wearable**, tap **Quick panel**.

Quick settings

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 device is vibrating.

- From the watch face, swipe right and tap a notification for details.

Tiles

Tiles are shortcuts to apps and features that you can add as a screen on your device.

- From the watch face, swipe left to access tiles.
    - To add tiles, swipe to the end of the tiles screens, and tap ➕ **Add tiles.**
    - To move tiles, touch and hold a tile, and then tap < or > to move to the desired location.
    - To delete tiles, touch and hold a tile, and then tap ⊖.

Manage tiles

Use your smartphone to customize tiles.

On the smartphone:

- From 🟦 **Galaxy Wearable**, tap 🟦 **Tiles.**
    - Drag to reorder tiles.
    - Tap a tile to add it.
    - Tap ⊖ to delete tiles.

Measure your heart rate

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

1. From the watch face, swipe to the **Heart rate** tile.

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

   - After a moment, your heart rate is displayed on the screen.

3. Swipe up to view your minimum and maximum heart rate per hour.

4. Tap **Settings** to review additional settings for using the Heart rate feature such as measurement frequency and alerts.

Measure your blood oxygen

Track your blood oxygen levels through the Samsung Health app.

1. From the watch face, swipe to the **Blood oxygen** tile.

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

   - After a moment, your blood oxygen level is displayed on the screen.

View and send messages

View messages and reply to the sender using the Galaxy Fit3.

1. Swipe to the right on the watch face to open your Notifications and tap to view the message.

2. Tap **Reply**, and select a quick reply message. The message will be sent.

Edit Quick messages

Add or edit quick messages to use on your device.

On the smartphone:

1. From **Galaxy Wearable**, tap **Band settings**.

2. Tap **General** > **Quick responses** and tap **On** to enable.

   - Tap **Edit** and select responses to delete or reorder them.

   - Tap **Add response** to add a new custom message.

Reject calls from your device

Reject incoming calls on your smartphone from your device.

- On the incoming call screen, drag 🔴 **Decline** or tap **Send message** to send a message to the caller.

Reject calls with messages

Add or edit reject call messages to use on your device.

On the smartphone:

1. From 🔵 **Galaxy Wearable**, tap ⚙️ **Band settings**.
2. Tap **General** > **Reject calls with messages**.
   - Tap **Edit** and select responses to delete or reorder them.
   - Tap **Add message** to add a new custom message.

Apps

Navigate the apps screen

Health

Media controller

Find My Phone

Weather

Calendar

Timer

Alarm

Stopwatch

World clock

Calculator

Navigate the apps screen

The Apps list displays all preloaded apps.

○ From the watch face, swipe up from the bottom of the screen to open the Apps screen.

- To scroll through the list of apps, swipe up and down.

Sort the apps screen

Customize the order in which apps are displayed on your device.

On the smartphone:

○ From 🔵 **Galaxy Wearable**, tap 🔘 **Apps screen**, and drag apps to rearrange them. When finished, tap **Save**.

🏃 Health

Use Samsung Health™ to plan, track various aspects of daily life contributing to well-being such as physical activity, diet, and sleep.
Learn more: **samsung.com/us/support/owners/app/samsung-health**

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

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

○ From the Apps screen, tap 🏃 **Health**.

💡 **NOTE** 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.

Before you start exercising

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

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

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

• Pain or discomfort in your chest, neck, jaw, or arms during physical activity;

• Dizziness or loss of consciousness;

• Shortness of breath with mild exertion or at rest, or when lying down or going to bed;

• Ankle swelling, especially at night;

• A heart murmur or a rapid or pronounced heartbeat;

• Muscle pain when walking upstairs or up a hill that goes away when you rest.

It is recommended that before engaging in an exercise routine, you consult with your doctor or medical practitioner. If you are unsure of your health status, have several health problems, or are pregnant, you should speak with your doctor before starting a new exercise program.

Daily activity

Access a summary of your daily activity broken down by your step count, active time, and active calories.

◌ From 🧘 **Health**, tap 💗 **Daily activity** and swipe down to open a graph of your activity.

Sleep

Automatically track your sleep patterns.

○ From 🔵 **Health,** tap 🌙 **Sleep** and swipe down to open a graph of your sleep.

Exercise

Record your exercise information using Samsung Health's exercise feature.

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

Work out

Choose and track your work outs with your device.

1. From 🔵 **Health,** tap 🏃 **Exercise**, and swipe to choose an activity type.
2. Swipe right to access the exercise controls.
3. Tap ❌ **Finish** to complete your workout and review your workout summary.

Workouts this week

Keep track of how many times you work out, how long, and how many calories you burn each week.

○ From 🔵 **Health,** tap ⏱️ **Workouts this week** and swipe down to open a graph of your workouts.

Food

Keep track of your calorie intake from food.

1. From 🔵 **Health,** tap 🍴 **Food.**
2. Tap **Enter** to add calories to the food tracker.
   - Tap the meal type to change it.
3. Swipe up or down to select the calories consumed, and tap **Done.**
   - To decrease the count, tap **Delete.**
   - To set a goal, swipe to the bottom of the screen and tap **Set target.**

Steps

Your device counts your number of steps, measures the distance traveled, calories burned, and floors climbed.

- ○ From 👶 **Health**, tap 👟 **Steps** to open a graph of your step count records.
    - To set a goal, swipe to the bottom of the screen and tap **Set targets**.

Cycle tracking

Record and track your menstrual cycle.

- ○ From 👶 **Health**, tap 🩸 **Cycle tracking**.
    - Tap **Enter period** to record your menstrual cycle.
    - Swipe up on the screen to review your predicted next period, fertile window, and ovulation information.
    - Tap **Add log** to record your symptoms.

Water

Record and track how many glasses of water you drink each day.

1. From 👶 **Health**, tap 🥤 **Water**.
2. Tap your selected cup size when you drink a glass of water to add to your target count.
    - To decrease the count, tap **Delete**.
    - To customize the size of one cup of water, tap **Set cup size**.
    - To set a goal, tap **Set target**.

Stress

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

1. From 🧍 **Health,** tap ⚡ **Stress.**

2. Tap **Measure** and follow the prompts to measure your current stress level.

   - After a moment, your stress level is displayed on the screen.

   - To adjust when stress measurements are taken, swipe to the bottom of the screen and tap **Settings.**

Breathing exercise

Use the Breathe feature to help reduce stress by doing a breathing exercise.

1. From 🧍 **Health,** tap ⚡ **Stress.**

2. Swipe to the Breathe feature, and tap + or – to adjust the number of breathing cycles.

3. Tap **Start** to begin.

   - To change how long the breathing exercise lasts, tap **Breathe duration.**

Together

Add challenges through Samsung Health on your smartphone.

- From 🧍 **Health,** tap 🚩 **Together** to open a graph of your activity.

   - To add friends and challenges, swipe to the bottom of the screen and tap **Set on phone.**

▶ Media controller

You can use the Media controller to connect to a smartphone using Bluetooth and control media with your device.

1. From Apps, tap ▶ **Media Controller.**

2. Use the media controls on your device.

Restart/
Previous track ————————————— Next track

Play/Pause

Volume

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Find My Phone

If you misplace your smartphone, your device can help you find it.

1. From Apps, tap ⓠ **Find My Phone.**

2. Tap **Start**. The smartphone vibrates and the screen turns on.

   - To stop searching, drag ⊗ on your smartphone or tap **Stop** on the device.

Find My Band

You can also locate your device by making it light up and vibrate from the Galaxy Wearable app.

On the smartphone:

1. From 〔Wear〕 **Galaxy Wearable**, tap 🔲 **Find My Band.**

2. Tap **Start**. The device vibrates and the screen turns on.

   - To stop searching, tap **Stop** on the smartphone or drag ⬛✕ on the device.

Weather

Access weather information on the device for locations set on the smartphone.

○ From Apps, tap ⛅ **Weather**, and swipe through the screens to review the weather information.

Weather settings

You can customize your weather app using the Galaxy Wearable app.

On the smartphone:

○ From 〔Wear〕 Galaxy Wearable, tap ⚙ **Band settings** > **Weather** > **Settings** for the following options:

   - **Unit**: Change from Celsius to Fahrenheit.

   - **Local weather**: Agree to use your current location to pull weather data.

   - **Auto refresh**: Choose how often to refresh your weather data.

📅 Calendar

Access events scheduled on the smartphone.

1. From Apps, tap 📅 **Calendar.**

2. Swipe up or down for a list of upcoming events.
   - Tap 📅 to display a month.
   - Tap ⠿ for a list of today's events.
   - Tap **Show on phone** to edit and add events.

⧗ Timer

Set a countdown timer for up to 99 hours, 59 minutes, and 59 seconds.

Set a timer

Set a timer for a preset or custom amount of time.

1. From Apps, tap ⧗ **Timer.**
2. Tap a time or ⧗ **Custom** to set the timer.
3. Tap ▶ .
   - To pause the timer, tap ⏸ .
   - To cancel the timer, tap ✕ .
   - To restart the timer, tap ↺ .
4. When the timer goes off, drag ✕ to stop.

⏰ Alarm

Set an alarm to ring at a specific time.

Create an alarm

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

1. From Apps, tap ⏰ **Alarm.**

2. Tap **Add on band** and enter the time.

3. Tap **Next**, and select the days to repeat the alarm.

4. Tap **Save** when finished.

   • To enable the alarm, tap ⬜.

   • To delete the alarm, touch and hold the alarm and tap **Delete.**

💡 **NOTE** You can also access alarms saved on your phone. To add an alarm on your smartphone, tap **Add on phone.**

Stop or snooze an alarm

When an alarm goes off a screen will display to remind you.

○ Drag ❌ to stop an alarm or drag ⓩ to snooze.

⏱ Stopwatch

The Stopwatch lets you time events down to a hundredth of a second.

1. From Apps, tap ⏱ **Stopwatch.**

2. Tap **Start** to begin timing.

   • To keep track of lap times, tap ⏱.

   • To pause, tap ⏸.

   • To continue timing after stopping the clock, tap ↺.

   • To reset the Stopwatch to zero, tap ▶.

World clock

Keep track of the current time in multiple cities around the globe.

1. From Apps, tap ⊕ **World clock.**

2. Tap a city for the time at that location.

   - To add a city to the World clock, tap **Edit on phone** or **Add on phone.**

Calculator

The Calculator app features basic math functions.

○ From Apps, tap ✕ **Calculator**, and enter the math equation.

Camera remote

You can use Camera remote to take pictures or record videos using the camera on your smartphone with your device.

1. From Apps, tap ◉ **Camera remote.**

2. Tap ○ on your device to take pictures using your smartphone's camera.

Settings

Access Settings

Modes

Notifications

Vibration

Display

Samsung Health settings

Security and privacy

General

Advanced features

Access Settings

You can personalize your device by configuring various setting options.

○ From Apps, tap ⚙ **Settings**, or swipe down from the top of the screen to open the Quick panel and tap ✲.

Modes

Use modes to automatically change your device's settings to match your activity or situation.

Sleep mode | Theater mode | Sync modes with phone

Sleep mode

Sleep mode mutes all alerts, except for alarms and notifications. This keeps the screen off and mutes most sounds while you sleep.

1. From ⚙ **Settings**, tap ⟳ **Modes** > **Sleep mode.**
2. Tap **Turn on now** or **Turn on as scheduled** to enable the feature.
   - Tap **Set on phone** to customize.

Theater mode

Theater mode minimizes distractions from notifications, sounds, and light from your devices.

1. From ⚙ **Settings**, tap ⟳ **Modes** > **Theater mode.**
   - The first time you use Theater mode you will be prompted on your smartphone to customize when and how it is used.
2. Tap **Turn on now** to enable the feature.

Sync modes with phone

Modes you start on your device or smartphone will also start on the other device. If you change mode settings on your smartphone, the changes will also apply to your device.

○ From ⚙ **Settings**, tap ⊙ **Modes** > **Sync modes with phone** to enable the feature.

Notifications

You can prioritize and streamline app alerts by changing which apps send notifications and how notifications alert you.

Notification settings | Do not disturb | Advanced notification settings

Notification settings

Coordinate notifications between your smartphone and device.

○ From ⚙ **Settings**, tap 🔴 **Notifications**, and tap an option to enable it:

- **App notifications**: Manage device app notifications.
- **Show phone notifications on band**: When the smartphone is not in use receive phone notifications on your device.
- **Mute notifications on phone**: Notifications on your smartphone are muted while you are wearing your device.

Do not disturb

Use these options to determine block out time when notifications are turned off, and during which time periods you want to enter this mode.

○ From ⚙ **Settings**, tap 🔴 **Notifications** > **Do not disturb** to put the device in Do not disturb mode.

Sync Do not disturb with phone

Sync Do not disturb so that turning it on or off on one device will also turn it off on the other. Exceptions set on the phone will also be synced.

On the smartphone:

○ From 🔵**Wear** **Galaxy Wearable**, tap ⚙️ **Band settings** > **Notifications** > **Sync Do not disturb with phone** to enable the feature.

Advanced notification settings

Use these options to customize your advanced notification settings.

○ From ⚙️ **Settings**, tap 🔴 **Notifications** > **Advanced settings**, and tap an option to enable:

- **Notification indicator**: Show indicator for unread notifications.
- **Show with details**: Show the details of new notifications automatically.
- **Turn on screen**: Turn on the screen when notifications are received.
- **Auto turn on band notifications for new phone apps**: Automatically turn on notifications for newly installed apps.

Vibration

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

Vibration mode | Vibration duration and intensity | Call vibration | Notification vibration | System vibration

Vibration mode

Switch between vibrate and mute modes.

1. From ⚙️ **Settings**, tap 🔊 **Vibration**.
2. Tap an option:
   - **Vibrate**: Use vibration only for notifications and alerts.
   - **Mute**: Set your device to make no vibrations.

Vibration duration and intensity

Set how long and intensely the device vibrates for notifications.

1. From ⚙ **Settings**, tap 🔊 **Vibration** > **Vibration**.

2. Select options under **Vibration duration** and **Vibration intensity** to set your preference.

Call vibration

Vibrate for calls.

○ From ⚙ **Settings**, tap 🔊 **Vibration** > **Call vibration** and select a vibration pattern.

Notification vibration

Choose a vibration pattern for new notifications.

○ From ⚙ **Settings**, tap 🔊 **Vibration** > **Notification vibration** and select a vibration pattern.

System vibration

Enable vibrations when the screen is tapped.

1. From ⚙ **Settings**, tap 🔊 **Vibration**.

2. Tap **System vibration** for the following options:

   • **Touch interaction**: Vibrate when you tap navigation buttons or touch and hold items on the screen.

   • **Charging**: Vibrate when a charger is connected.

Display

You can configure the screen brightness, timeout delay, font size, and many other display settings.

Adjust screen brightness | Always on Display | Screen wake-up | Set the screen timeout | Show media controls | Show last app | Show charging info

Adjust screen brightness

Manually adjust the brightness of the display.

○ From ⚙ **Settings**, tap ☀ **Display** and select an option:

- **Brightness**: Manually adjust the brightness of the display.
- **Adaptive brightness**: Set the device to automatically adjust the brightness depending on ambient light conditions.

Always on Display

Keep the screen on without unlocking your device using Always On Display (AOD).

○ From ⚙ **Settings**, tap ☀ **Display**, and tap **Always on Display** to enable the feature.

Screen wake-up

Use a gesture to turn on the screen.

○ From ⚙ **Settings**, tap ☀ **Display**, and tap an option under **Screen wake-up** to enable:

- **Raise wrist to wake**: Lift your wrist to turn on the screen.
- **Touch screen to wake**: Touch the screen to turn it on.

Show media controls

Show controls on your band when you start playing audio or video on your phone.

On the smartphone:

1. From 🔵 **Galaxy Wearable**, tap ⚙️ **Band settings**
2. Tap **Display** > **Show media controls** to enable the feature.

Set the screen timeout

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

○ From ⚙️ **Settings**, tap ☀️ **Display** > **Screen timeout**, and select a timeout value.

Show last app

Set the length of time the device displays the last app used.

○ From ⚙️ **Settings**, tap ☀️ **Display** > **Show last app**, and select a timeout value.

Show charging info

Display the battery level until full.

○ From ⚙️ **Settings**, tap ☀️ **Display** > **Show charging info** to enable the feature.

Samsung Health settings

Customize your Samsung Health settings.

Heart rate settings | Stress | Sleep| Auto detect workouts

Heart rate settings

Choose when and how often to measure your heart rate.

On the smartphone:

1. From ⚙ **Settings**, tap 🏃 **Health**.
2. Tap **Heart rate** for the following options:
    - **Measurement**: Choose to measure continuously or manually.
    - **Heart rate alert**: Set alerts when your heart rate is high or low.

Stress

Choose when and how often to measure your stress.

1. From ⚙ **Settings**, tap 🏃**Health**.
2. Tap **Stress** and choose an option:
    - **Measure continuously**: The device will take stress measurements without prompting you.
    - **Manual only**: Stress measurements will only be taken when manually started.

Sleep

Enable additional sleep tracking options such as blood oxygen and skin temperature.

1. From ⚙ **Settings**, tap 🏃 **Health**.
2. Tap **Sleep** for the following options:
    - **Blood oxygen during sleep**: Take blood oxygen measurements while you sleep.
    - **Snore detection**: Your device can tell you if you snore during sleep.

Auto detect workouts

Your device can detect when you are working out and log it for you.

1. From ⚙️**Settings**, tap 🏃 **Health.**

2. Tap options under **Auto detect workouts** :

   - **Activities to detect:** Select the activities the device should automatically detect and track.

   - **Inactive time:** Choose when to receive inactive alerts.

Security and privacy

You can secure your device and protect your data by setting a screen lock.

Set a screen lock | Wrist detection | Safety and emergency

Set a screen lock

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

1. From ⚙️ **Settings**, tap 🛡️ **Security and privacy** > **Lock type** to select a screen lock type:

   - **Pattern:** Create a pattern that you draw on the screen to unlock your device.

   - **PIN:** Set a PIN to use for unlocking the device.

   - **None:** Do not lock the screen.

2. Tap **Hide information** to keep notifications and personal information hidden on the watch face.

Wrist detection

When enabled the device automatically detects when it is being worn. It is advisable to only turn this feature off if your watch has trouble detecting when it is on your wrist.

- From ⚙️ **Settings**, tap 🛡️ **Security and privacy** > **Wrist detection.**

Safety and emergency

Store emergency information in your device and customize your safety settings.

1. From ⚙️ **Settings**, tap 🔔 **Safety and emergency**.

2. Tap an option to customize:

   - **Medical info**: Enter your allergies, current medication, and other medical information you would like to be available in an emergency.

   - **Emergency contacts**: Designate your emergency contacts.

   - **Emergency SOS**: Send an SOS message to your emergency contacts when you press the Home button 5 times.

   - **Hard fall detection:** Automatically call an emergency contact when your device detects a hard fall.

General

You can prioritize and streamline app alerts by changing which apps send notifications and how notifications alert you.

Orientation | Reset the device

Orientation

The screen orientation changes based on your choices.

○ From ⚙️ **Settings**, tap ⚏ **General** > **Orientation** and select an option:

  - Under **Wrist**, select the hand you are wearing the device on.
  - Under **Button position**, select which side of the screen the buttons are on.

Reset the device

Reset settings to their factory default values and delete all data.

1. From ⚙️ **Settings**, tap ⚏ **General** > **Reset**.

2. Tap **Reset** again to confirm.

Advanced features

Configure features on your device.

Disconnection alerts | Custom shortcut | Water lock mode | Software update | Tips and tutorials | About band

Disconnection alerts

Receive alerts when disconnected from Bluetooth.

1. From ⚙ **Settings**, tap ✚ **Advanced features** > **Disconnection alerts**.
2. Tap an alert style to select it.

Custom shortcut

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

○ From ⚙ **Settings**, tap ✚ **Advanced features** > **Double press Home button**, and select an action to perform.

Water lock mode

You can use Water lock mode to exercise in the water while wearing your device. While in Water lock mode, touchscreen, wake-up gestures, and device always on will be disabled.

○ From the Quick panel, tap ◑ to put the device in Water lock mode.

🔅 **TIP** You can also enable Water lock mode from the Setting menu. From Settings, tap ✚ **Advanced features** > **Water lock**. Tap ◯ to enable.

Software update

Check for and install available software updates for your device.

On the smartphone:

1. From 📱 **Galaxy Wearable**, tap ⚙ **Band settings**
2. Tap **Band software update** to check if an update is available.

Tips and tutorials

Discover tips and techniques as well as tutorials for your device.

○ From ⚙ **Settings**, tap 💡 **Tips and tutorials** to review tips on your smartphone, and tutorials on your device.

About band

Display information about the device.

○ From ⚙ **Settings**, tap ⓘ **About band** to review information about your device:

- **Galaxy Fit3**: Display your device name and Bluetooth identifier.

- **Model number**: Display your device's model number.

- **Serial number**: Display your device's serial number.

- **Status information**: Access device information.

- **Legal information**: Access legal information related to the device.

- **Regulatory information**: Access regulatory information related to the device.

- **Software information**: Check your device's software version and security status.

- **Battery information**: Check the device's battery voltage and capacity.

Learn more

📹 Videos

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✚ Samsung Care

samsung.com/us/support

💬 Talk to an agent

Contact us on Facebook Messenger: **m.me/samsungsupport**

Find us on Facebook: **facebook.com/samsungsupport**

Follow us on X (formerly Twitter): **x.com/samsungsupport**

Legal information

READ THIS INFORMATION BEFORE USING YOUR MOBILE DEVICE.

Dispute Resolution Agreement - This Product is subject to a binding dispute resolution agreement between you and SAMSUNG ELECTRONICS AMERICA, INC. ("Samsung"). You can opt out of the agreement within 30 calendar days of the first consumer purchase by emailing optout@sea.samsung.com or calling 1-800-SAMSUNG (726-7864) and providing the applicable information.

The full Dispute Resolution Agreement, Standard One-year Limited Warranty, End User License Agreement (EULA), and Health & Safety Information for your device are available online at **https://www.samsung.com/us/Legal/Gear-HSGuide**.

If your device required Federal Communications Commission (FCC) approval, you can view the FCC certification on the device by opening **Settings** > **About band** > **Status information**.

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, or 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.

Interference from Magnets

⚠️ **WARNING: Potential Interference with Medical Devices from Magnets.** The device contains magnets which may interfere with medical devices such as pacemakers, implantable cardioverter defibrillator, or insulin pumps. IF YOU ARE A USER OF ANY OF THESE MEDICAL DEVICES, PLEASE CONSULT WITH YOUR PHYSICIAN.

Do not store or place your device near magnetic fields. Magnetic stripe cards, including credit cards, phone cards, passbooks, hotel keys, and boarding passes, may be damaged by the magnets in the device.

Samsung Electronics America, Inc.

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Ridgefield Park
New Jersey 07660

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

Internet: **samsung.com**

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.

Descriptions are based on the device's default settings. Some content may differ depending on carrier, model, or software.

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

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