

SAMSUNG

Galaxy Watch9 | Watch Ultra2



User guide

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Getting started

Galaxy Watch9

Galaxy Watch Ultra2

Set up your device

Start using your device



Galaxy Watch9



Galaxy Watch Ultra2



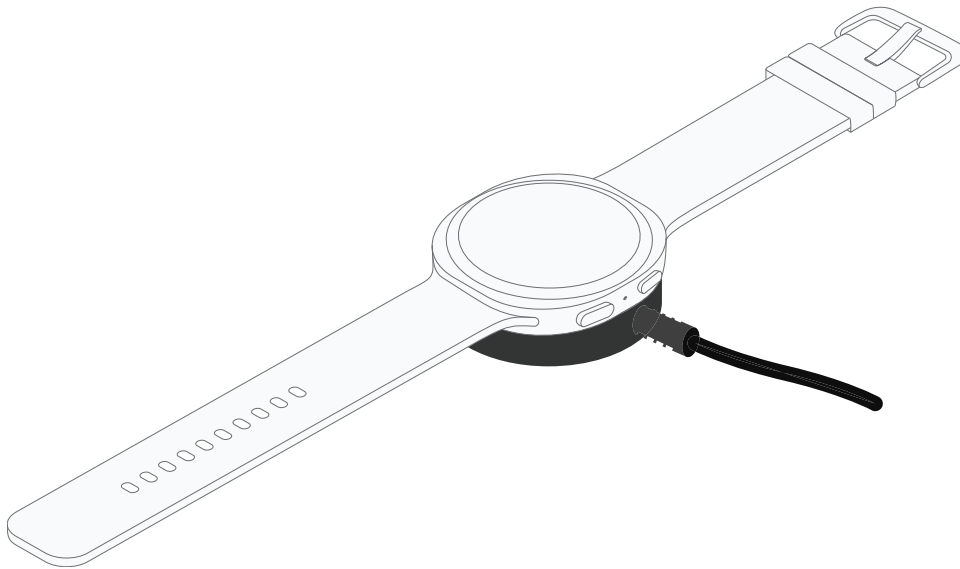
Set up your device

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

[Charge the battery](#) | [Maintaining water and dust resistance](#) | [Wear the Watch](#)

Charge the battery

Your device is powered by a rechargeable battery.



1. Connect the wireless charger to a charging port.
2. Place the watch onto the wireless charger, aligning the center of your watch with the center of the wireless charger.
3. After fully charging, disconnect the watch from the wireless charger.



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.



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: samsung.com/us/support/answer/ANS10001612



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

The Galaxy Watch9 is rated IP68: Dust-tight. Tested for submersion in up to 5 feet of fresh water for up to 30 minutes.

The Galaxy Watch Ultra2 is rated IP69: Dust-tight. Protected against high pressure and high temperature water jets.

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.

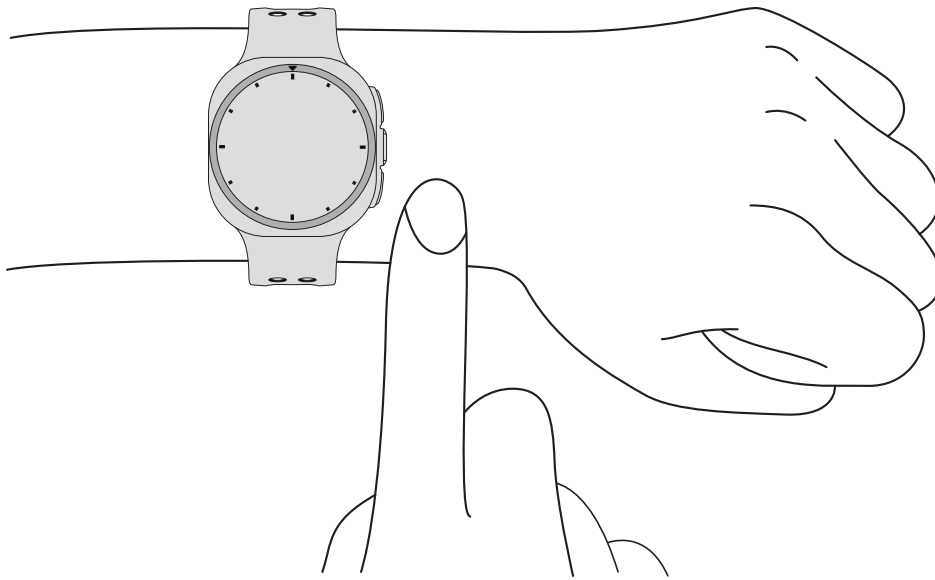
The suggestions below will help you maintain your device's performance and fulfill any warranty obligations.

- 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 Watch

Wrap the watch firmly around your lower arm just above your wrist leaving a finger's worth of space as shown below. Do not fasten the watch too tightly.

 **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. If any water, dust, or stains are on the infrared temperature sensor, the measurements may be inaccurate.



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

Strap tips and precautions

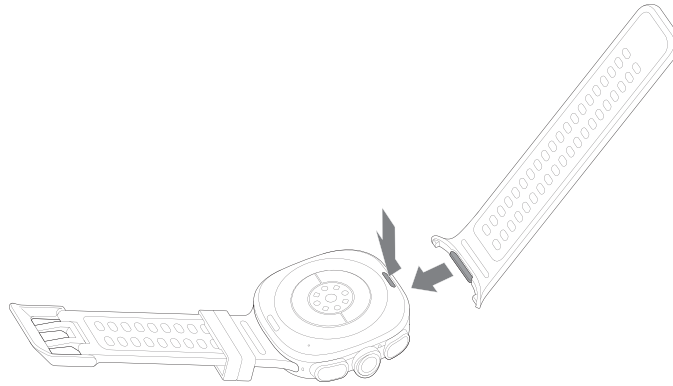
- Some people may experience discomfort when wearing the watch for prolonged periods.
- If you have sensitive skin or fasten the watch too tightly, you may feel some discomfort.
- Do not expose the straps to very wet conditions. Wet straps can cause skin irritations. Dry the straps first. If you experience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

Replace the strap

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

To remove the strap:

- Press the **Band release button** and pull the end of the band away from the watch.



To replace the strap:

- Press the **Band release button** and press the end of the band firmly into the lug.

Start using your device

[Turn on your device](#) | [Activation](#) | [Wearable app](#) | [Lock or unlock your device](#) | [Customize buttons](#) | [Navigation](#) | [Change the watch face](#) | [Quick panel](#) | [Notifications](#) | [Tiles](#) | [Modes and Routines](#) | [Enter text](#)

Turn on your device

Use the Quick panel to turn your device on or off.

- With the screen on, swipe down from the top of the screen to open the Quick panel, and tap  >  **Turn off**.

Activation

Some models are 4G LTE-enabled. Get texts, alerts, make and receive calls, even when you leave your smartphone behind.

To manage your device's mobile plan:

- From the smartphone, open  **Wearable**, and tap the  **Watch settings** tab >  **Mobile plans**. Consult your service provider for more information about activation.

Wearable app

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

Wearable is compatible with select devices using Android 12.0 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, open  **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 watch.

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, open  **Wearable**, and tap the  **Watch settings** tab.
2. Tap  **Accounts and backup** to customize your backup settings.

Remote connection

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

1. From the smartphone, open  **Wearable**, and tap the  **Watch settings** tab.
2. Tap  **Advanced features** > **Remote connection** to enable the feature.

Disconnect

To disconnect the device from your smartphone:

1. From the smartphone, open  **Wearable**, and tap  **More options** > **All devices**.
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.

Customize buttons

You can customize the shortcuts assigned to the Home and Back buttons.

Quick button

Configure shortcuts for the Quick button (Galaxy Watch Ultra2 only).

1. From  **Settings**, tap  **Buttons and gestures**.
2. Tap an option under **Quick button** to choose a shortcut.
 - **Action:** Choose which feature is launched when the Quick button is pressed. By default this option is set to open Samsung Health.
 - **Start action with:** Choose between short press and double press to initiate a Quick button shortcut.
 - **Siren:** You can turn on the Siren by pressing and holding the Quick button for more than three seconds.

Home button

Configure shortcuts for the Home button.

1. From  **Settings**, tap  **Buttons and gestures**.
2. Tap an option under **Home button** to choose a shortcut.
 - **Double press:** Choose which feature is launched when the Home button is pressed twice. By default this option is set to open Recent apps.
 - **Long press:** Choose which feature is launched when you press and hold the Home button. By default this option is set to open Google Assistant.

Back button

Configure shortcuts for the Back button.

1. From  **Settings**, tap  **Buttons and gestures**.
2. Tap **Short press** and choose a shortcut option. By default this option is set to go to the previous screen.

Gestures

Configure shortcuts for certain gestures.

1. From  **Settings**, tap  **Buttons and gestures**.
2. Tap an option under **Gestures** to enable a shortcut.
 - **Raise to talk:** Raise your wrist toward your mouth and start talking, the AI assistant you have chose will being speaking.
 - **Double pinch/shake:** Pinch the watch face twice for positive actions like to answer calls, and confirm alerts. Shake the watch for negative actions like dismissing a call or notification.
 - **Knock knock:** To quick launch within the first five seconds after the screen turns on, make a fist and bend your wrist down and then up again twice.
 - **Gesture tutorials:** Practice gestures through a guided tutorial.

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.



Swipe

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



Drag

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



Touch bezel

You can disable the digital rotating bezel.

1. From  **Settings**, tap  **General** > **Touch bezel**.
2. Tap  to enable the bezel feature.
 - Tap **Vibration feedback** to vibrate when using the touch bezel.

Change the watch face

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

From your smartphone:

1. Tap  **Wearable** >  **Watch faces** tab.
2. Select a watch face, and tap **Apply**.

From 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. Open  **Wearable**, and tap the  **Home** tab >  **Quick panel**.



Notifications

Stay up to date with events, notifications, and messages from your smartphone. When you receive a notification, information about the notification, such as its type, is displayed on the screen while the watch is vibrating.

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

 **NOTE** You can also edit Notification settings using the Wearable app on your smartphone. Open  **Wearable**, and tap the  **Home** tab >  **Notifications**.



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 drag it 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:

- Open  **Wearable**, and tap the  **Home** tab >  **Tiles**.
 - Drag to reorder tiles.
 - Tap a tile to add it.
 - Tap  to delete tiles.

Modes and Routines

Set up modes and routines to automatically change your device's settings to match your activity or situation.

1. From  **Settings**, tap  **Modes and Routines**.
2. Tap **Modes** or **Routines** to customize.

Enter text

Text can be entered by speaking, drawing, or by using a keyboard.



Default keyboard

Select a default keyboard type for text input.

- From  **Settings**, tap  **General** > **Keyboard list and default** and select your default keyboard.

Choose a keyboard

When you need to enter text from your watch, you can choose which keyboard you prefer.

- Tap an option for text input:
 - Tap  **Voice input** and speak the message you want to enter.
 - Tap  **Write** to draw letters.
 - Tap  **Emoji** to add emojis to your message.
 - Tap  **Samsung Keyboard** to use the QWERTY keyboard.
 - Tap  **Numbers and symbols** to use add numbers or symbols to your message.

Keyboard settings

Change the Samsung keyboard settings.

- From  **Settings**, tap  **General** > **Samsung keyboard**, and tap options to customize:
 - **Input languages:** Select languages for text input.
 - **Smart typing:** Customize features like predictive text, auto capitalize, and more.
 - **Swipe, touch, and feedback:** Set the watch to vibrate or play sounds when you tap a key on the keyboard or enable swipe controls.
 - **Reset to default settings:** Return your keyboard to the default settings and remove word predictions and personalized data.

Quick responses

- From  **Settings**, tap  **General** > **Quick responses** to customize.

Apps

Navigate the apps screen

Tools

Media

Health

Other Apps



Navigate the apps screen

[Change the apps screen](#) | [Move apps](#) | [Create folders](#) | [Uninstall apps](#) | [Apps Settings](#)

The Apps list displays all preloaded apps. Apps can be downloaded from the Google Play store.

- 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 on the screen or rotate the bezel.
 - To review a list of recently opened apps, tap  **Recent apps**.

Change the apps screen

The Apps list can be viewed as a list or grid.

1. From the watch face, swipe up from the bottom of the screen to open the Apps screen.
2. Scroll to the bottom of the apps list, and tap **Set view**.



NOTE You can also edit Notification settings using the Wearable app on your smartphone. Open  **Wearable**, and tap the  **Home** tab >  **Apps screen**.

Move apps

You can customize how your apps appear on the Apps screen.

1. From the watch face, swipe up from the bottom of the screen to open the Apps screen.
2. Touch and hold an app, then drag it to a new location and release.

Create folders

You can group apps together into folders.

1. From the watch face, swipe up from the bottom of the screen to open the Apps screen.
2. Touch and hold an app, and then drag it over another app to create a folder.
3. Choose a **Folder name** and color for your folder.

Uninstall apps

Uninstall apps you have downloaded.

1. From Apps on your watch, touch and hold an app.
2. Tap **Uninstall**. This option is not available for all apps.

Apps Settings

Customize how apps are displayed on the Apps screen.

- From  **Settings**, tap  **Apps**, and tap an option to customize:
 - **Choose default apps:** Choose which apps to use for making calls, sending messages, and more.
 - **Health sensor service:** Choose which Health platform to use.
 - **App list:** Review a list of the apps on your watch.
 - **Permission manager:** Configure permissions for each installed app.
 - **Samsung app updates:** Check for updates for some preinstalled Samsung apps.

Tools

The following apps are useful tools that come pre-installed on your device.

[Alarm](#) | [Bixby](#) | [Calculator](#) | [Calendar](#) | [Compass](#) | [Contacts](#) | [Depth](#) | [Find](#) | [Reminder](#) | [Samsung Global Goals](#) | [SmartThings](#) | [Stopwatch](#) | [Timer](#) | [Voice Recorder](#) | [Wallet](#) | [Weather](#) | [World clock](#)



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 watch** 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.

 Bixby

Bixby is a voice service that helps you use your watch more conveniently. You can talk to Bixby to launch a function or provide you with information. To use Bixby, your mobile device must be connected to a Wi-Fi or mobile network, and you must sign in to your Samsung account.

1. From Apps, tap  **Bixby**.
2. Follow the prompts to set up Bixby.

 Calculator

The Calculator app features basic math functions.

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

 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  to add an event.

 Compass

Use your watch as a compass. The first time you use the Compass app, it guides you on how to calibrate your watch.

- From Apps, tap  **Compass**.

Contacts

Access your smartphone's contact list on your watch.

Find a contact

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

- From  **Contacts**, tap  **Search**, and then enter characters to find contacts that match.

Call or message a contact

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

- From  **Contacts**, tap the contact you want to connect with, and tap an option:
 -  **Call**: Begin a phone call with the contact.
 -  **Message**: Type a message to the contact.

Depth

Measure the depth of water when diving or swimming underwater (Galaxy Watch Ultra2 only).

- From Apps, tap  **Depth** to begin measuring.

Find

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

- From Apps, tap  **Find**, and tap an option:
 - **People**: View locations that have been shared with you.
 - **Devices**: Tap a device to search for it. The device will make noise and the screen will turn on.

Find My Watch

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

On the smartphone:

1. Open  **Wearable**, and tap the  **Watch settings** tab >  **Find My Watch**.
2. Tap a device to view its location, search nearby, or make it ring.



Reminder

Add reminders for events and set alarms outside of the Calendar app.

Create a reminder

Set up and track reminders on your watch:

1. From Apps, tap  **Reminder**.
2. Tap  **Write**, and then enter the reminder information.
3. Tap **Save** when finished.

Complete a reminder

To mark reminders as complete:

- From  **Reminder**, tap the **circle** beside a reminder to set it as complete, and remove it from the list.



Samsung Global Goals

Learn more about the Global Goals initiative and contribute towards donations that support these causes with ads from this app.

- From Apps, tap  **Samsung Global Goals**.

SmartThings

Control your devices by monitoring them in one place. Check the status of your devices by looking at the dashboard.



NOTE: Non-Samsung connected device errors or defects are not covered by the Samsung warranty; contact the non-Samsung device manufacturer for support.

1. From the Apps, tap  **SmartThings**.
2. Follow the prompts to begin using SmartThings.

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 **Lap**.
 - To pause or end the stopwatch, tap **Stop**.
 - To continue timing after stopping the clock, tap **Resume**.
 - To reset the Stopwatch to zero, tap **Reset**.

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 preset time or  **Custom**.
3. Tap  to start the timer.
 - To pause the timer, tap .
 - To cancel the timer, tap .
 - To restart the timer, tap .
4. When the timer goes off, drag  to stop.

Voice Recorder

Use your voice to record memos.

1. From Apps, tap  **Voice Recorder**.
2. Tap  **Record** and begin recording your message.
 - To convert your speech to text, tap  **Speech-to-text** before recording.
 - To pause the recording, tap  **Pause**.
3. Tap  **Stop** when you are finished.
 - You can access your voice recordings, from  **List**.

Wallet

Wallet lets you make payments with your device. It is accepted almost anywhere you can swipe or tap your credit card. A Samsung account is required.

- From Apps, tap  **Wallet**.



TIP You can also press and hold the **Back** button to access Samsung Wallet.



Weather

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

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



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 **Manage on phone**.

Media

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

[Buds controller](#) | [Camera controller](#) | [Gallery](#) | [Media controller](#) | [Music](#) | [Phone](#)

Buds controller

Control your earbuds with your watch. Connect your earbuds directly to your watch or to the Wearable app on your smartphone.

1. From Apps, tap  **Buds controller**.
2. Follow the instructions to connect your earbuds.

Camera controller

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

1. From Apps, tap  **Camera controller**. A preview will display on your watch of your smartphone's screen.
2. Tap  **Capture** or  **Record** on your watch to take pictures or videos using your smartphone's camera.

Gallery

Access and manage images.

1. From Apps, tap  **Gallery**.
2. Swipe through the image list and then tap an image to open it.
 - To zoom in or out, double tap the image.
 - To set an image as your watch face, touch and hold an image, and then tap .
 - To delete an image, touch and hold the image, and then tap  **Delete**.
 - To send the image to the connected smartphone, tap  **Send to phone**.

Import and export images

Images can be exchanged between your watch and smartphone.

Import images from your smartphone

Send images or entire albums from your smartphone to your watch.

1. From the smartphone, open  **Wearable**, and tap the  **Watch settings** tab.
2. Tap  **Manage content** > **Images on watch**.
3. Tap  to select files or albums, and tap **Done**.

To automatically sync images on your smartphone with your watch:

1. From the smartphone, tap  **Wearable**, and tap the  **Watch settings** tab.
2. Tap  **Manage content** and tap an option:
 - **Images on watch**: Display all screenshots taken on your watch.
 - **Albums to sync**: Select which Gallery albums to sync to your watch.
 - **Auto sync albums**: Select which albums to sync to your watch.
 - **Select story to sync**: Select which stories to sync to your watch.
 - **Auto sync latest story**: Sync images immediately after creating them.

Take a screenshot

Capture an image of your screen. It is automatically saved to the Gallery app.

- From any screen, press the **Home** and **Back** buttons at the same time.

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.



 Music

Play music from your watch.

1. From Apps, tap  **Music**.
2. Tap an album, playlist, or track to begin playing.

Import music

Import music saved on your smartphone to your watch.

1. From the smartphone, open  **Wearable**, and tap the  **Watch settings** tab.
2. Tap  **Manage content** > **Tracks on watch** >  **Add**
3. Select files and tap **Add to watch**.

To sync recently added music on your smartphone with your watch:

1. From the smartphone, open  **Wearable**, and tap the  **Watch settings** tab.
2. Tap  **Manage content** > **Auto sync**, music syncs while the watch's battery power is at least fifteen percent.

Phone

Make and answer calls on your smartphone from your watch.



Make a call

Make a call from your watch.

1. From Apps, tap  **Phone**.
2. Tap  **Keypad** and enter a number or tap  **Contacts** and select a contact to call.
3. Tap  **Dial**.
 - If prompted, choose to make the call from your  **Phone** or  **Watch**.

Answer or reject a call

Answer or reject incoming calls on your watch.

- On the incoming call screen, drag  **Answer** or  **Decline** to answer or reject a call and send it to your voicemail.

End a call

End a call from your watch.

- Tap  **End** when you are ready to end your call.

Phone settings

Configure settings for the Phone app. Options may vary by carrier.

- From Apps, tap  **Phone** > **Settings** and tap an option to customize:
 - **Block numbers:** Open the list of blocked numbers and choose to block unknown callers.
 - **Preferred number:** Choose your smartphone or watch phone number as default. This option is only available on LTE devices with a mobile plan.
 - **Voicemail:** Listen and edit your voicemail message.
 - **Supplementary services:** Configure any supplementary service settings.
 - **Real-Time Text:** Choose when to display the RTT call button.

Health

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

[Health](#) | [Health Monitor](#) | [Strava](#)



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.

Do not look directly at the optical bio-signal sensor lights. Doing so may impair your vision.

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.

Energy score

Check your energy score, which is calculated using your sleep, activity and heart rate data.

○ From  **Health**, tap  **Energy score**.

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.

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**.

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.

Running coach

Choose a training program after answering a few survey questions and completing a 12-minute run to measure your aerobic capacity.

1. From  **Health**, tap  **Running coach**.
2. Tap **Next** to start the assessment, or **View training plan**.

Sleep

Automatically track your sleep patterns.

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

Medications

Record and log when you take your medications, get reminders to take your medications and view information about your medications.

1. From  **Health**, tap  **Medications** to view your medication list.
2. Tap **Add on phone** to record when you've taken your meds.

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**.

Body composition

Keep track of your Body composition.

1. From  **Health**, tap  **Body composition**.
2. Tap **Measure** and enter your information.
3. Follow the prompts to measure your body composition.
 - After a moment, your body composition is displayed on the screen.

Mood Check-in

Log information about how you are feeling, your emotions, why you are feeling this way.

- From  **Health**, tap  **Mood check-in**.

Breathing exercises

Go through a guided breathing exercise.

- From  **Health**, tap  **Breathing exercises**.

Meditation

Tap to go through a meditation practice.

- From  **Health**, tap  **Meditation**.

Cycle tracking

Record and track your menstrual cycle.

- From  **Health**, tap  **Cycle tracking**.
 - Tap **Enter period date** 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.

Heart health

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

Track your heart rate

The watch can be configured to automatically measure and track your heart rate.

1. From  **Health**, tap  **Heart health**.
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.

Vitals

Keep track of your vitals when you wear your watch to sleep.

- From  **Health**, tap  **Vitals** to view your health records.

Heart rate

Keep track of your heart rate.

1. From  **Health**, tap  **Heart rate**.
2. Tap **Measure** and follow the prompts.

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**.

Blood oxygen

Track your blood oxygen levels through the Samsung Health app.

1. From  **Health**, tap  **Blood oxygen**, and tap **Measure** to begin.
2. Follow the prompts to position the device and your arm properly.
3. Tap **Ok** to start measuring blood oxygen.

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**.

Hearing

Track sound exposure to help protect your hearing.

- From  **Health**, tap  **Hearing**.

AGEs index

Evaluate your metabolic health.

- From  **Health**, tap  **AGEs index**.

Blood pressure trend

Track your blood pressure trends over time.

- From  **Health**, tap  **Blood pressure trend**.

Antioxidant index

Measure and record your antioxidant index levels. This can range from 0-100 and is divided into three levels, adequate, low and very low. This is measured based on your fruit and vegetable intake and the accumulation of carotenoids in the skin.

Track your antioxidant index

The watch can be configured to measure and track your antioxidant index.

1. From  **Health**, tap  **Antioxidant index**.
2. Press the pad of your thumb firmly on the center of the sensor on the back of your device.
3. Tap **Measure** to begin measuring your antioxidant index.
 - After a moment, it is displayed on the screen.

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**.

Health Monitor

Use the Samsung Health Monitor app to track your blood pressure sleep apnea and record electrocardiogram (ECG) measurements, analyze them, and share the results with experts.

To review detailed reports of your blood pressure and ECG readings on your smartphone, install the Samsung Health Monitor app. You can download the app from the Galaxy Store or the Google Play store.

1. From your watch, tap  **Health Monitor**. If necessary, update the app to the latest version.
2. Tap **Continue** and create your profile.

Sleep Apnea

Your Galaxy watch can let you know if you should talk to your doctor about sleep apnea. Answer some question on your phone to setup the feature.

1. From  **Health Monitor**, tap  **Sleep apnea**.
2. Tap  to turn the feature on.
3. Scroll down to view sleep apnea history.

Blood pressure

Measure your blood pressure using your watch.

1. From  **Health Monitor**, tap  **Blood pressure**.
2. Tap  to turn the feature on.

Measure ECG

Use your Galaxy watch to record ECG for 30 seconds similar to a standard single-lead ECG. The ECG Monitor app also checks the recording for signs of Atrial Fibrillation—a common form of irregular heart rhythm.

Requires Samsung Galaxy smartphone with Android 7 or later, and Samsung Health Monitor app (available only at the Samsung Galaxy app store).



CAUTION The ECG app is not intended for users with known arrhythmias other than atrial fibrillation or users under 22 years old. Users should not interpret or take clinical action based on the device output without consultation of a qualified healthcare professional. The ECG app is not intended to replace traditional methods of diagnosis or treatment.

1. From  **Health Monitor**, tap  **ECG**.
2. Rest your finger lightly on the **Home** button to begin the ECG.
 - After a moment, your ECG is displayed on the screen.
3. Tap **Add** to add any symptoms you are experiencing.
4. Tap **Done** when you are finished.

Share your report

You can review your ECG readings as daily, weekly, and monthly charts, or access detailed reports for each measurement. You can share the PDF report of your ECG recording with your healthcare provider using Samsung Health Monitor app on your compatible Galaxy smartphone.

1. From your smartphone, tap  **Health Monitor**.
2. Tap the  **ECG** tab to open your measurements.
3. Tap **See details** to open the latest report or **View history** for all available reports.
4. Tap **Share this report** and choose a sharing method to send a PDF.



TIP: You can view app information from  **Health Monitor** > **Information**.



Records data for a user's activities, which can then be shared with the user's followers or shared publicly.

- From Apps, tap  **Strava**.

Other Apps

Enjoy these apps from Google and Microsoft. Certain apps require a Google Account.

Learn more: google.com

[Assistant](#) | [Maps](#) | [Messages](#) | [Play Store](#)



Assistant

Use Google Assistant to get help with tasks, communication, and more on your mobile device.

Learn more: support.google.com/assistant



Maps

Get directions and other location-based information. You must enable location services to use Google Maps™.

Learn more: support.google.com/maps

- From Apps, tap  **Maps**.



Messages

Send and receive messages over Wi-Fi or data with Google's official app for texting and chat.

- From Apps, tap  **Messages**.



Play Store

Find new apps, movies, and TV shows, music, books, magazines, and games in the Google Play store.

- From Apps, tap  **Play store**.

Settings

Access Settings

Connections

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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 .

Connections

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

[Wi-Fi](#) | [Bluetooth](#) | [NFC and contactless payments](#) | [Airplane mode](#) | [Mobile networks](#) | [Data usage](#)

Wi-Fi

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

1. From  **Settings**, tap  **Connections** > **Wi-Fi**.
2. Tap  to turn on the feature.

Connect to a Wi-Fi network

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

1. From  **Settings**, tap  **Connections** > **Wi-Fi**.
2. Tap a network from the **Available networks** list.
 - Networks that require a password display a lock icon.
 - To manually add a hidden network, tap **Add network** at the bottom of the list.
3. Enter the password if required, and tap **Connect**.



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

Bluetooth

Use Bluetooth to connect the watch to a smartphone or an optional headset for playing music (headset not included).

1. From  **Settings**, tap  **Connections** > **Bluetooth**.
2. Tap  to turn on the feature.

NFC and contactless payments

Near Field Communication (NFC) allows you to communicate with another device without connecting to a network. Make payments and buy tickets for transportation or events after downloading and configuring the required apps.

1. From  **Settings**, tap  **Connections** > **NFC and contactless payments**.
2. Tap  to enable the feature. Select options to customize:
 - **Default wallet app:** Set the default payment app for mobile payments.
 - **Other NFC services:** Enable NFC features for non-payment apps.

Make payments with the NFC feature

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

- Touch the top of the watch's touchscreen to the credit card reader.



NOTE The payment services list may not include all available payment apps.

Airplane mode

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

- From  **Settings**, tap  **Connections** > **Airplane mode** to enable this option.



TIP You can also access Airplane mode from Quick settings. Swipe down from the top of the watch, and tap .

Mobile networks

Customize your mobile networks. This feature is only available on LTE models. When you are not subscribed to a service provider's mobile plan, the mobile network is turned off to save battery power and network services may not be available.

1. From  **Settings**, tap  **Connections**.
2. Tap **Mobile networks**, and tap an option for mobile network use.
3. Swipe down and tap **Mobile plans** to review available mobile plans for your device.

Data usage

Explore options for your data plan. This feature is only available on the LTE model.

1. From Apps, tap  **Settings**, tap  **Connections**.
2. Tap **Data usage** and tap an option:
 - **Start billing cycle on:** Change the monthly date to align with your carrier's billing date (if applicable).
 - **Set data limit:** Enable the data limit feature.
 - **Data limit:** Customize your data limit.

Sounds and vibration

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

[Sound mode](#) | [Vibration duration and intensity](#) | [Call vibration](#) | [Notification vibration](#) | [System vibration](#) | [Volume](#) | [Ringtone](#) | [Notification sound](#) | [System sounds](#)

Sound mode

Switch between sound, vibrate and mute modes.

1. From  **Settings**, tap  **Sounds and vibration**.
2. Tap an option:
 - **Sound**: Enable sounds for notifications and alerts.
 - **Vibrate with sound**: Set your device to vibrate in addition to ringing when you receive an alert (This option is only available if Sound is enabled).
 - **Vibrate**: Use vibration only for notifications and alerts.
 - **Mute**: Set your device to make no sounds.

Vibration duration and intensity

Set how long and intensely the device vibrates for notifications.

1. From  **Settings**, tap  **Sounds and vibration** > **Vibration**.
2. Select options under **Vibration duration** and **Vibration intensity** to set your preference.

Call vibration

You can set your watch to vibrate when there is an incoming call.

- From  **Settings**, tap  **Sounds and vibration** > **Call vibration** and select a vibration pattern.

Notification vibration

Choose a vibration pattern for new notifications.

- From  **Settings**, tap  **Sounds and vibration** > **Notification vibration** and select a vibration pattern.

System vibration

Enable vibrations when the screen is tapped.

1. From  **Settings**, tap  **Sounds and 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.
 - **Dialing keypad:** Vibrate when dialing numbers on the keypad.
 - **Samsung keyboard:** Vibrate when typing with the Samsung keyboard.
 - **Charging:** Vibrate when a charger is connected.

Volume

Set volume levels.

1. From  **Settings**, tap  **Sounds and vibration** > **Volume**.
2. Tap a mode to customize the volume level.

Ringtone

Choose from preset ringtones or add your own.

1. From  **Settings**, tap  **Sounds and vibration** > **Ringtone**.
2. Tap a ringtone to hear a preview and select it.

Notification sound

Choose from preset notification sounds.

1. From  **Settings**, tap  **Sounds and vibration** > **Notification sound**.
2. Tap a notification sound to hear a preview and select it.

System sounds

Enable sounds for actions like tapping the screen and charging the watch.

1. From  **Settings**, tap  **Sounds and vibration**.
2. Tap an option under **System sounds**:
 - **System sound volume**: Drag the slider to adjust the system volume.
 - **Ticking**: Hear a ticking sound.
 - **Hourly chime**: Hear a sound and feel a vibration at the start of each hour.
 - **Touch interactions**: Play tones when you touch or tap the screen to make selections.
 - **Dialing keypad**: Play a tone when dialing numbers on the keypad.
 - **Samsung keyboard**: Play a sound when typing with the Samsung keyboard.
 - **Charging**: Play a sound when a charger is connected.
 - **Unlock**: Play a sound when you lock or unlock the screen.

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](#) | [Wireless emergency alerts](#)

Notification settings

Coordinate notifications between your smartphone and device.

- From  **Settings**, tap  **Notifications**, and tap an option to enable it:
 - **Phone notifications on watch:** When the smartphone is not in use receive phone notifications on your device.
 - **App notifications:** Manage device app notifications.

Do not disturb

Do not disturb allows you to block sounds and notifications while this mode is turned on. You can also specify exceptions for people, apps, and alarms.

- From  **Settings**, tap  **Notifications** > **Do not disturb** 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:
 - **New notification indicator on watch face:** Show indicator for unread notifications.
 - **Show details automatically when checking notifications after an alert:** Show the details of new notifications automatically.
 - **Turn on screen when notifications received:** Turn on the screen when notifications are received.
 - **Read notifications aloud:** When headphones are connected the watch can read your notifications aloud.

- **Auto turn on watch notifications for new phone apps:** Automatically turn on notifications for newly installed apps.

Wireless emergency alerts

Emergency alerts notify you of imminent threats and other situations. There is no charge for receiving an emergency alert.

- From  **Settings**, tap  **Notifications** > **Advanced settings** > **Wireless emergency alerts**.
 - **Allow alerts:** Allow your watch to receive wireless emergency alert notifications.
 - **Alerts:** Choose which alert types you would like to receive on your watch.
 - **Alert preferences:** Customize alert reminders, accessibility options, and more.

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 last app](#) | [Font](#) | [Touch sensitivity](#) | [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 watch 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.
 - **Turn bezel to wake:** Rotate the bezel to turn on the watch screen.

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.

Font

Customize the font style and size on your watch.

- From  **Settings**, tap  **Display**, and tap an option under **Font** to customize:
 - **Font style:** Select a font.
 - **Bold font:** Enable to display text in bold.
 - **Font size:** Adjust the font size using the slider or plus and minus icons..

Touch sensitivity

Set the watch to allow use of the touch screen with gloves on.

- From  **Settings**, tap  **Display** > **Touch sensitivity**.

Show charging info

Display the battery level until full.

- From  **Settings**, tap  **Display** > **Show charging info** to enable the feature.

Security and privacy

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

[Set a screen lock](#) | [Wrist detection](#) | [Location](#) | [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**.

Location

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

1. From  **Settings**, tap  **Location**.
2. Tap  to enable this feature.
3. Tap **App permissions** to review apps and features that have permission to access your location information.

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.
 - **Emergency sharing:** Send a message with pictures and audio to your emergency contacts.
 - **Wireless Emergency alerts:** Emergency alerts notify you of imminent threats and other situations. There is no charge for receiving an emergency alert.

Accounts

Set up and manage your accounts.

[Samsung account](#) | [Google account](#) | [Google settings](#)

Samsung account

Sign in to your Samsung account to access exclusive Samsung content and make full use of Samsung apps.

- From  **Settings**, tap  **Accounts** > **Samsung account** to add your account information.



TIP You can also access your Samsung account from the top of the settings menu.

Google account

Sign in to your Google Account to access your Google Cloud Storage, apps installed from your account, and make full use of your device's Android™ features.

- From  **Settings**, tap  **Accounts** > **Google account** to add your account information.

Google settings

You can configure your device's Google settings. Available options depend on your Google Account.

- From  **Settings**, tap  **Google**, and select an option to customize.

Advanced features

Configure features on your device.

[Disconnection alerts](#) | [Water lock mode](#) | [Status indicators](#) | [Software update](#) | [Tips and tutorials](#) | [About watch](#)

Disconnection alerts

Receive alerts when disconnected from Bluetooth.

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

Water lock mode

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

- From the Quick panel, tap  to put the watch 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.

Status indicators

Show icons on the watch screen that indicate the watch status.

- From  **Settings**, tap  **Advanced features** > **Status indicators**.

Now bar style

Choose how each app will appear on the Now bar.

1. From  **Settings**, tap  **Advanced features** > **Now bar style**.
2. Tap an app to customize it.

Device maintenance

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

[Battery](#) | [Storage](#) | [Memory](#) | [Watch only mode](#) | [Text to speech](#) | [Date and time](#) | [Orientation](#) | [Transfer watch to new phone](#) | [Reset the watch](#)

Battery

Review your battery level percentage and remaining hours.

- From  **Settings**, tap  **Device care** > **Battery** to open the remaining battery life for your watch.

Power saving mode

Activate Power saving mode to save battery power by limiting the watch's functions, such as:

- Use a grayscale Home screen.
- Turn off all functions except calls, messages, and notifications.
- Turn off Wi-Fi and mobile networks (if applicable).
- Limit performance.

1. From  **Settings**, tap  **Device care** > **Battery**.
2. Tap **Power saving** to enable the feature.

To disable Power saving mode:

- From the Home screen, swipe from the top of the screen down to open the Quick settings panel. Tap  **Power saving** to turn off the feature.

Storage

Review your storage capacity and detailed usage by category and file type.

- From  **Settings**, tap  **Device care** > **Storage**.

Memory

Check the amount of available memory. You can close background apps and reduce the amount of memory you are using to speed up your device.

1. From  **Settings**, tap  **Device care** > **Memory**.
2. Tap **Clean now** to free up memory by stopping background apps.

Watch only mode

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

1. From  **Settings**, tap  **Device care** > **Battery** > **Watch only**.
2. Tap **Turn on**.
 - Press the **Home** button to show the time.
 - Press and hold the **Home** button to turn watch only mode off.

Text to speech

To set accessibility settings related to Text to speech:

- From  **Settings**, tap  **General** > **Text-to-speech** and select a mode:
 - **Preferred engine**: Choose your default TTS engine.
 - **TTS engine settings**: Install voice data for use with text-to-speech and review the TTS version information.
 - **Language**: Choose the language for spoken text.
 - **Speech rate**: Set the speed at which the text is spoken.

Date and time

You can set the date and time manually. These options are only available when your watch is not connected to your mobile device.

- From  **Settings**, tap  **General** > **Date and time**.
 - **Automatic date and time:** Use the network to set date and time.
 - **Set date:** Set the date manually.
 - **Set time:** Set the time manually.
 - **Select time zone:** Select the time zone manually.

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.

Transfer watch to new phone

Connect your watch to a new mobile device.

- From  **Settings**, tap  **General** > **Transfer watch to new phone** and follow the prompts.

Reset the watch

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

1. From  **Settings**, tap  **General** > **Reset**.
2. Tap **Reset** again to confirm.

Accessibility

There are accessibility settings for people who need help seeing, hearing, or otherwise operating their device. Accessibility services are special features that make using the device easier for everyone.

Learn more: accessibility@sea.samsung.com

[Vision enhancements](#) | [TalkBack](#) | [Hearing enhancements](#) | [Interaction and dexterity](#) | [Accessibility shortcuts](#) | [Installed apps](#)

Vision enhancements

You can configure Accessibility features to assist with visual aspects of your device.

- From  **Settings**, tap  **Accessibility** > **Vision enhancements** for the following options:
 - **High contrast fonts:** Adjust the color and outline of fonts to increase the contrast with the background.
 - **Color correction:** Adjust the color of the screen if you find it difficult to see some colors.
 - **Color inversion:** Reverse the display of colors from white text on a black background to black text on a white background.
 - **Color filter:** Adjust the screen colors if you have difficulty reading the text.
 - **Reduce animations:** Remove certain screen effects if you are sensitive to motion.
 - **Reduce transparency and blur:** Reduce visual effects on dialogs and menus.
 - **Magnification:** Triple tap to zoom in and out.
 - **Bold font:** Enable to display text in bold.
 - **Font size:** Adjust the size of the font.
 - **Vibration watch:** Get the current time as vibrations.

TalkBack

Receive spoken feedback when using your device, such as what you touch, select, or activate.

1. From  **Settings**, tap  **Accessibility** > **TalkBack**.
2. Tap  to enable the feature.
 - To configure TalkBack, tap **Settings**.

Hearing enhancements

You can configure Accessibility features to assist with audial aspects of the device.

- From  **Settings**, tap  **Accessibility** > **Hearing enhancements** and tap an option:
 - **Real Time Text**: Show the real-time text (RTT) call button whenever you receive or make calls using your watch.
 - **Mute all sounds**: Turn off all notifications and audio for privacy.
 - **Mono audio**: Switch audio from stereo to mono when using one earphone.
 - **Left/right sound balance**: Use the sliders to adjust the left and right balance for connected audio and device speakers.

Interaction and dexterity

You can configure Accessibility features to assist with limited dexterity when interacting with your device.

- From  **Settings**, tap  **Accessibility** > **Interaction and dexterity** and tap an option:
 - **Universal gestures**: Control your device with your customized gestures.
 - **Touch and hold delay**: Select a time interval for this action.
 - **Tap duration**: Set how long an interaction must be held to be recognized as a tap.
 - **Ignore repeated touches**: Set a time duration in which to ignore repeated touches.

- **Time to take action:** Choose how long to show messages that ask you to take action, but are visible only temporarily (like notifications).

Accessibility shortcuts

You can configure Accessibility features.

- From  **Settings**, tap  **Accessibility** > **Accessibility shortcuts** for the following options:
 - **Double press:** Set a shortcut when double pressing the Home button.
 - **Triple press:** Set a shortcut when triple pressing the Home button.

Installed apps

You can install additional assistance services and apps for your device.

- From  **Settings**, tap  **Accessibility** > **Installed apps** for a list of installed services.

Other settings

Configure features on your device.

[Software update](#) | [Tips and tutorials](#) | [About watch](#)

Software update

Check for and install available software updates for your device. Options may vary by carrier.

- From  **Settings**, tap  **Software update** to check for available software updates.

From the smartphone:

1. From  **Wearable**, tap  **Watch settings** tab.
2. Tap  **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 watch

Display information about the watch.

- From  **Settings**, tap  **About watch** to review information about your watch:
 - **Product name:** Display your device name and Bluetooth identifier.
 - **Model name:** Display your watch's model number.
 - **Serial number:** Display your watch's serial number.
 - **Watch phone number:** Display the phone number assigned to your watch (LTE model only).
 - **IMEI:** Display your watch's IMEI number.
 - **Status information:** Access device information about the watch.
 - **Legal information:** Access legal information related to the watch.
 - **Software information:** Check your watch's software version and security status.
 - **Battery information:** Check the watch's battery voltage and capacity.

Learn more

Videos

youtube.com/samsungcare

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 Watch > 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.

Address:

700 Sylvan Avenue
Englewood Cliffs, NJ 07632

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

Internet: [samsung.com](https://www.samsung.com)

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

Screen images are simulated. Appearance of device may vary.

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.