# Samsung Galaxy Watch 4
## User Guide

English version 1.0 2021

**Models**
SM-R860 SM-R870
SM-R880 SM-R890

SM-R865F SM-R875F
SM-R885F SM-R895F

**SAMSUNG**

**SAMSUNG**

# Introduction

Quick start guide not enough? You've come to the right place. This user manual is in-depth for the power-user in you. This guide will explain everything in the quick start guide, but include more detail in particular for **Customization** and **Samsung Health**.

## Overview

This user manual for the Samsung Galaxy Watch 4 can help you use your watch to its full potential.

### Setup
Learn to set up your Samsung Galaxy Watch 4 with your phone and **Galaxy Wearable** app.

### Customization
Find the perfect watch face for you, whether you're utilitarian or avant-garde. A traditional watch is a fashion accessory these days; your galaxy watch is both smart and fashionable.

You can do more with display settings than just brightness. Raise your arm to wake the screen automatically, show media controls, and more.
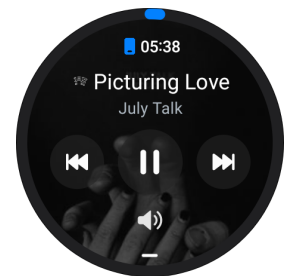
Filtering notifications that come from your phone to your watch is a powerful feature that lets you control what deserves your attention.

Install different keyboards to make typing easier whether you prefer traditional, swipe, or voice.

### Samsung Health
Samsung Health is your companion to support your workouts. Workout harder and smarter.

Keep a log of your progress and fitness data. Your watch tracks everything for you so you don't have to.
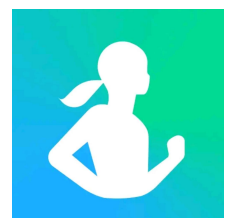
Sleep better with the sleep coach, take a personalized program to improve your sleep.

**SAMSUNG**

# Setup

1. Download the **Galaxy Wearable** app (available on iOS and Android)
2. Hold the power button to turn on the Samsung Galaxy Watch
3. Open the **Galaxy Wearable** app on your phone
4. Open the left menu and tap *Add new device*
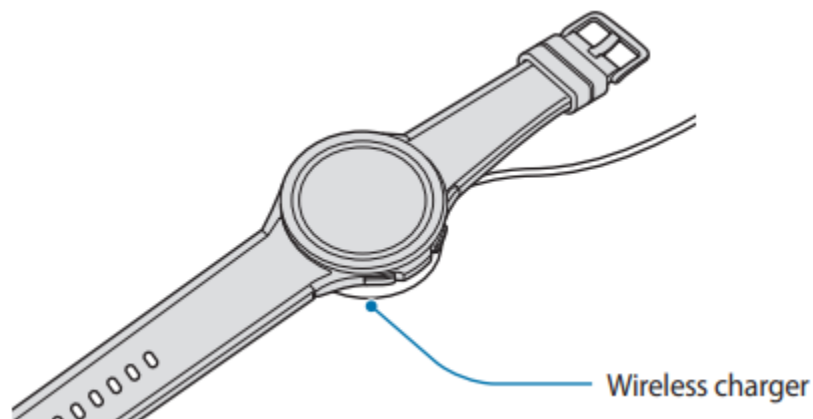5. Choose Samsung Galaxy Watch
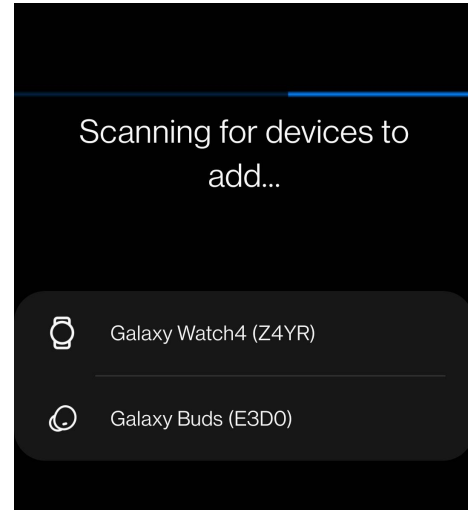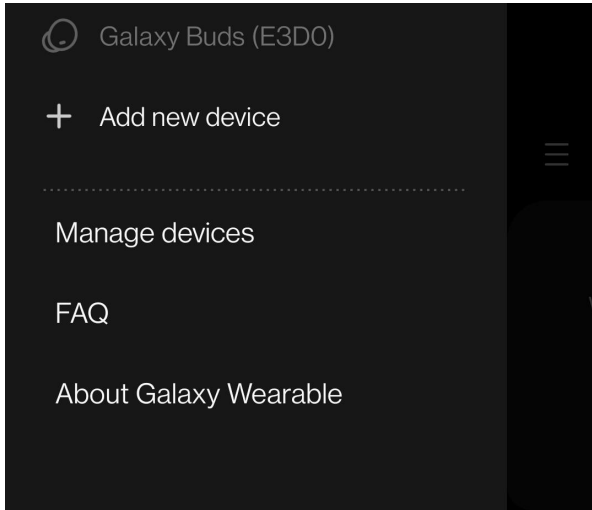




# Charging

The watch charges wirelessly using the included charging base (charging brick not included).

To charge:
1. Plug in the charging cable to a charging brick
2. Lay the watch on top of the magnetic dock



**SAMSUNG**

# Customization

## Watch faces

The **Galaxy Wearable** app includes official watch faces from Samsung. Third party watch face apps and watch faces are available in the app store.

**Note**: The **Galaxy Wearable** app allows you to download more watch faces that don't appear on the watch directly.

To change watch faces using the watch:
1. Tap and hold the screen until you feel a vibration
2. Cycle through all the available watch faces by swiping left
3. Customize the watch face by tapping *Customize*
4. Tap the watch face to set it
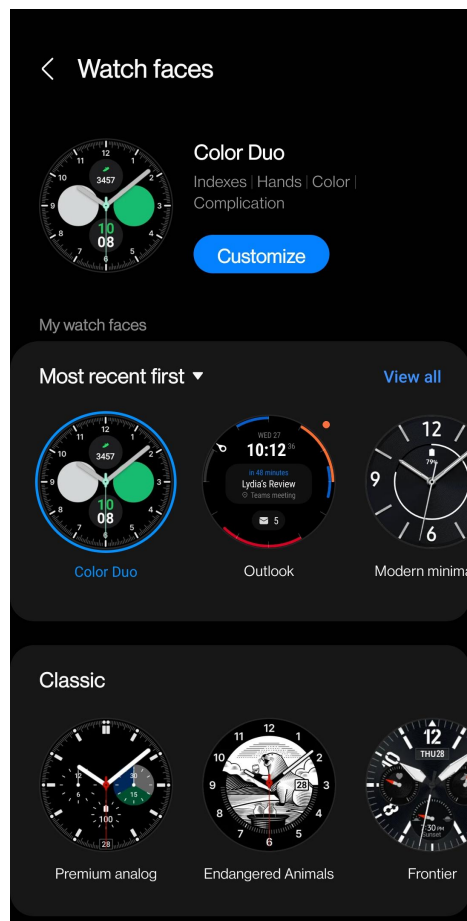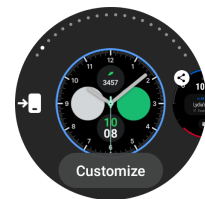
To change watch faces using the **Galaxy Wearable** app:
1. Tap the *Watch faces* panel
2. Scroll through different styles downward and navigate within styles horizontally
3. Tap the watch face to set it on your watch

## Display

1. Drag down from the top of the watch to open the access panel
2. Tap the gear icon to open settings
3. Scroll down to *Display*

Always on display
Turn this on to display the watch face at all times with dimmed brightness.

Show media controls
Turning on this feature allows the watch to show media controls automatically when you turn on video or music on your phone.

Screen timeout
The screen becomes inactive after a period of time. Adjust the length with this setting.

**SAMSUNG**

# Notifications

Don't want watch notifications from your mobile games? You can filter what type of notifications alert you when wearing the watch. Since changing notification settings are more thorough, we recommend changing these settings using the **Galaxy Wearable** app.
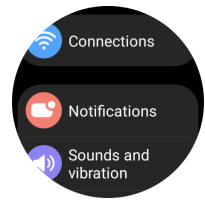
You can change:
- Notifications on the watch during phone use
- Which notifications to mute
- Do not disturb mode
- Notification indicators
- Notifications read aloud when headphones are connected
- Details shown on notifications
- What the screen does when the watch receives a notification
- On/off notifications for new apps
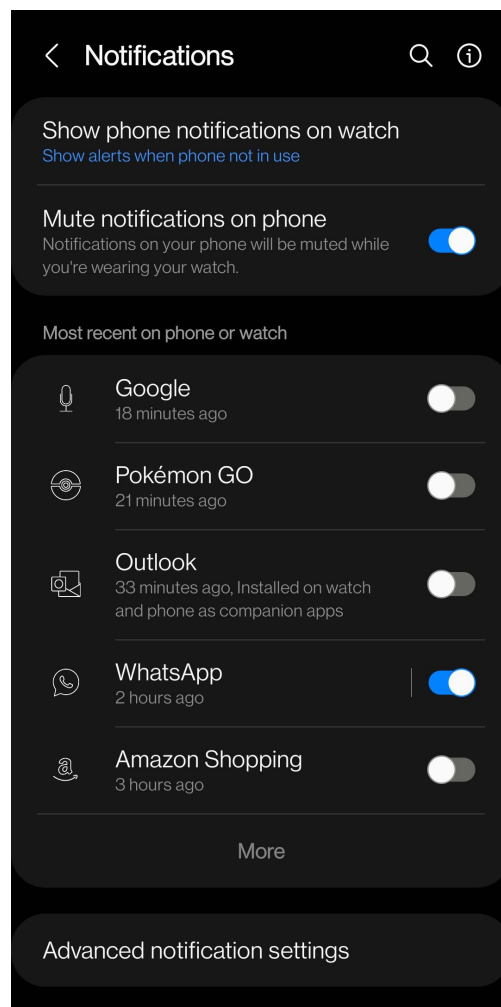
To choose exactly which applications to block or allow for notifications, use the **Galaxy Wearable** app:
1. Tap *Watch settings*
2. Tap *Notifications*

This menu will show the most recent notifications that were sent from your phone to the watch. You can toggle each app on and off with the slider. Turning these settings off only affects the notifications delivered to the watch. Your phone will still receive these notifications.

## Keyboard

Your Galaxy Watch 4 can use different types of keyboards to suit your style. Choose from our built-in keyboards, or download one from the app store. To change your keyboard, open settings on either the watch or the **Galaxy wearable** app and:
1. Open *General* settings
2. Select *Input*
3. Choose your preferred keyboard

**Note**: Downloaded keyboards from the app store will appear in this menu after installation

# Bixby

Call, send a message, set timers, translate, and more with just your voice. Bixby is a powerful assistant at your wrist, and is ready at the touch of a button.

Hold the power button to activate Bixby, and release when you're finished talking.
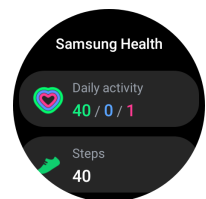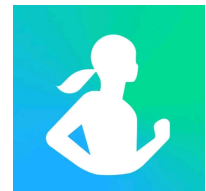
Examples of how Bixby can help you:
- Control any Samsung-connected device (like air conditioners, TVs, and lights)
- Start recording a workout activity
- Control media that is currently playing on your device
- Search through your contacts for a specific phone number
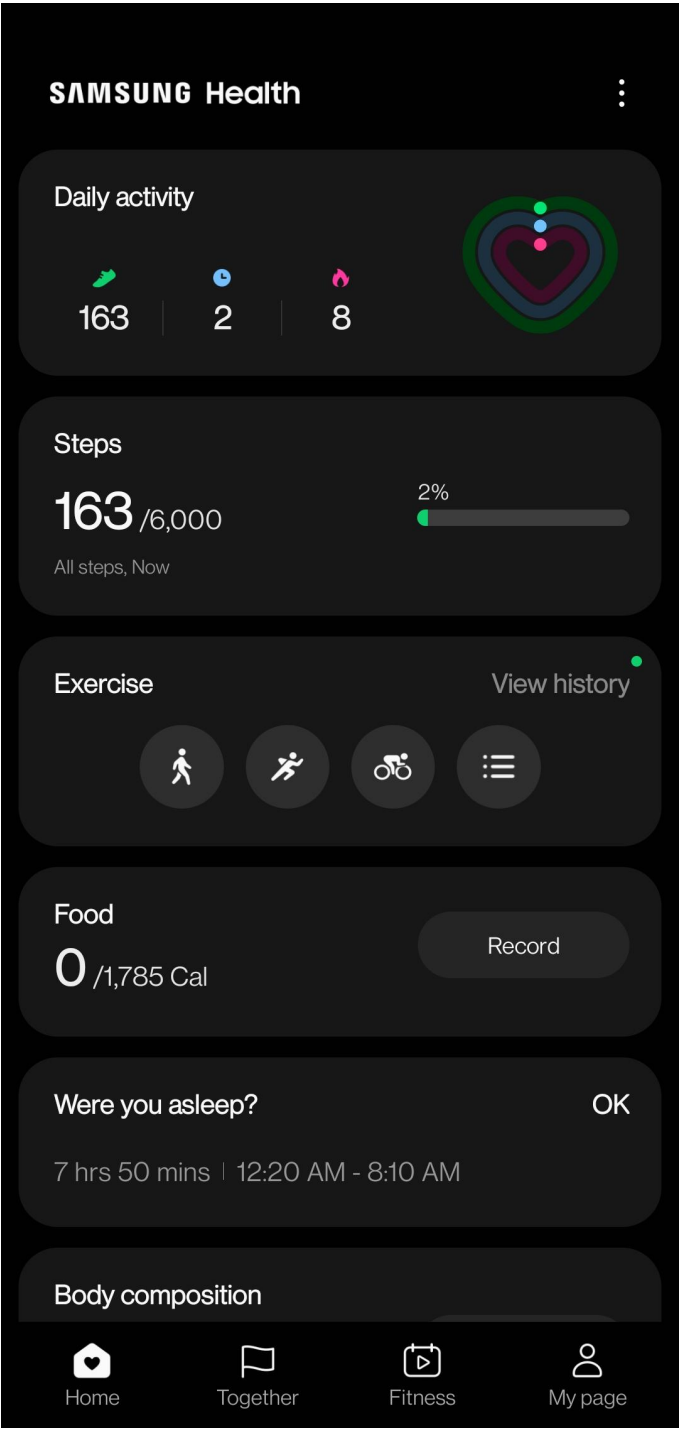- Find out if it will rain

# Samsung Health

Connect your watch with your Samsung Health account to make your watch your workout buddy. Your watch can show your:

- Daily activity (steps, active time, calories burned)
- Exercise history
- Food & calories
- Sleep
- Body composition

- Heart rate
- Stress level
- Blood oxygen
- Water
- Premenstrual cycle tracking

**SAMSUNG**

**SAMSUNG** Health                    ⋮

### Daily activity

👟         🕐         🔥
163    |    2    |    8

### Steps

**163** /6,000                2%

All steps, Now

### Exercise                    View history ●

🚶    🏃    🚴    ☰

### Food

**0** /1,785 Cal                Record

### Were you asleep?                    OK

7 hrs 50 mins  |  12:20 AM - 8:10 AM

### Body composition

Home    Together    Fitness    My page

**SAMSUNG**

## Taking body composure measurements

**⚠ Warning:** Do not use Body Composition if you are pregnant, or have an implanted medical device (e.g. pacemaker).

To measure your body composition, open the Samsung Health app on your watch and select *Body Composition*, and tap *Measure*. Follow the instructions on the screen, and your watch will create a profile of your:

- Weight
- Skeletal muscle
- Fat mass
- Body fat percentage
- BMI (Body Mass Index)
- Body water

- BMR (Basal Metabolic Rate, how many calories your body uses at rest
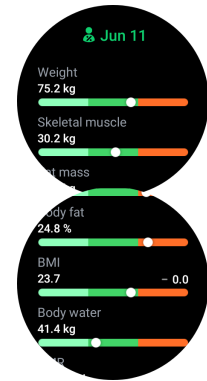
**📝 Note**: Body Composition monitoring is for fitness and wellness. This is not a replacement for a medical diagnosis.

## Tracking sleep with sleep coaching

Together with Samsung Health, your watch can give you information about your sleep quality, snoring, and blood oxygen. As you sleep with your watch and collect more data about your sleep patterns, Samsung Health will give you personalized advice to improve your sleep quality and recommended sleep and wake times.

Samsung Health will tell you what type of sleeper you are, and offer sleep coaching over a 5-week period to help you achieve your sleep goals for better quality rest.

To view your sleep data:
1. Open Samsung Health
2. Tap *Sleep* to see your data
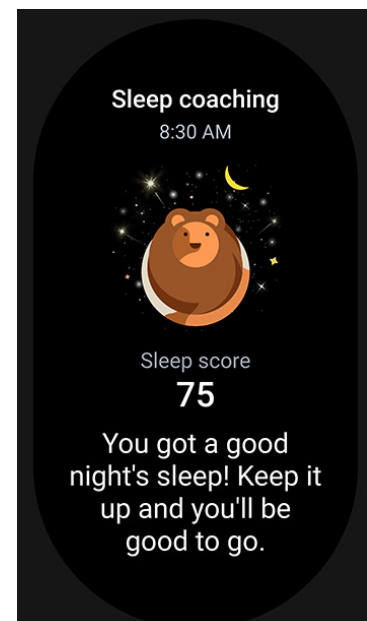
**SAMSUNG**

# Measuring blood oxygen levels

Your blood oxygen level is directly related to your health and physical performance, and your watch can find it for you.

To measure your blood oxygen:
1. Open Samsung Health
2. Tap *Blood Oxygen*
3. Tap *Measure*

During sleep, blood oxygen is tracked automatically. You can turn this off in Samsung Health settings.
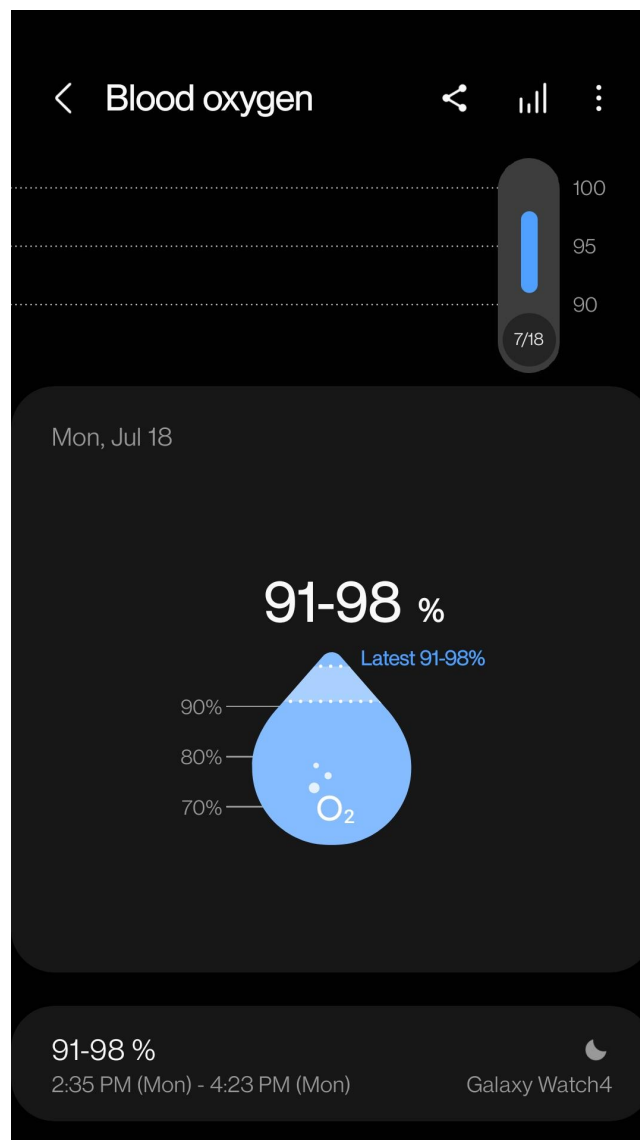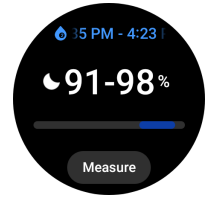


**SAMSUNG**

# Tracking workouts

Start your workouts with Bixby and track them with Samsung Health. See your recorded cardio with data including heart rate, distance, calories spent, and location. Not a runner? Choose from existing workouts to track.

Start your workouts by holding the power button, and say "Start my workout," or start them from Samsung Health:

1. Open Samsung Health
2. Tap *Exercises*
3. Choose your workout





SAMSUNG
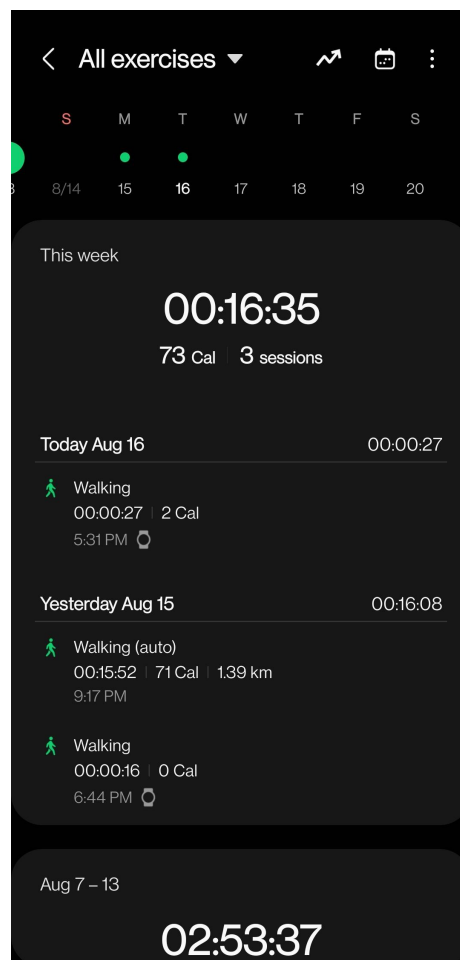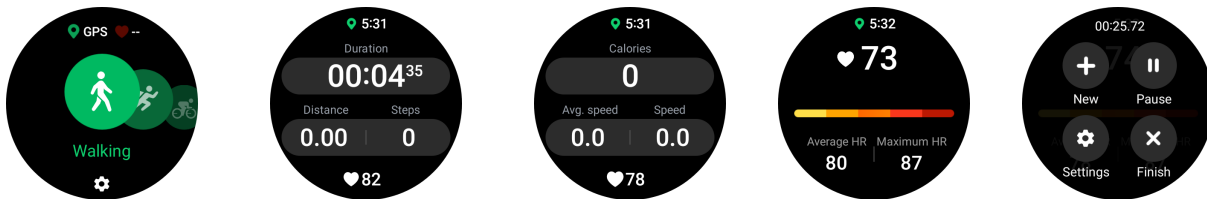
# Troubleshooting

Before troubleshooting, make sure the watch is charged, and try restarting it by pressing the power and back button.

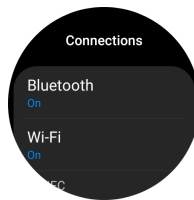## Your watch does not turn on

When the battery is fully depleted, the watch will not turn on. Fully charge the watch before turning it back on.

## Bluetooth isn't working

Make sure bluetooth is turned for both on your watch and device.

On your watch:
1. Open *Settings*
2. Tap *Connections*
3. Select *Bluetooth*
4. Make sure it is set to on



On your device, check the manufacturer's instructions to find and enable bluetooth settings.

## The watch is frozen

If the watch is unresponsive, hold the home and back buttons at the same time for 7 seconds to force restart.

## The battery dies too quickly

During first-time use, the watch updates apps and other system-related software. After these updates are completed, the watch will use less battery.

External temperature (very cold or hot) can reduce battery capacity.

**SAMSUNG**

# FAQ

**Can I switch the watch band?**
Yes, the Samsung Galaxy Watch 4 uses a 20mm watch band, and is compatible with any smart watch strap.

**Can I use this with my phone?**
Yes, it is compatible with both iOS (iPhone 5 and later on iOS 9) and Android (6).

**Does it have a speaker?**
Yes, the watch has its own speaker for you to play media, take phone calls, and set alarms/timers.

**Does the watch come with warranty?**
Yes, The watch has a 12 month warranty from the date of purchase. If you have any further questions, please feel free to contact us at 1-800-SAMSUNG or via live chat on our website (www.samsung.com/ca/support).

**Can I reply to messages with this watch?**
Yes, you can send responses to messages by your preferred input method.

**Can this replace my phone completely?**
No, the watch requires a bluetooth connection with a  phone for full functionality.

**SAMSUNG**

# Glossary

**Application (App)** - Software for mobile devices that can be downloaded from the Play Store (Android) or App Store (iPhone).

**Basal Metabolic Rate (BMR)** - Our bodies burn calories even while at rest. This is the rate of measurement for calorie burn in a person's body for basic functions.

**Bixby** - A virtual assistant created and operated by Samsung.

**Blood Oxygen** - The level of oxygen in the blood vessels. It is correlated with overall health and athletic capabilities.

**Bluetooth** - A wireless connection between devices that can transmit different data in different forms (photos, music, videos, etc.)

**Body Composition** - Weight, body fat, skeletal muscle, fat mass, body fat, body mass index, body water, and basal metabolic rate.

**Body Mass Index (BMI)** - A measurement of the body calculated by weight and height. It is typically indicated in percentage.

**Galaxy Wearable** - A companion application that can be downloaded from the Play Store (Android) or App Store (iPhone). This is required for the Samsung Galaxy Watch 4 to offer full functionality.

**Heart Rate** - How quickly the heart beats (usually calculated per minute).

**Media** - Photos, music, or videos that are played/displayed on a device.

**Smart device** - A machine that has connectivity and interaction with the internet.

**SAMSUNG**

# Index

**SAMSUNG**