SAMSUNG

WEARABLE

User Manual

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

Gear S3 frontier

Legal

Legal Information

Important legal information can be accessed in writing, on the mobile device, or at: samsung.com

READ THIS INFORMATION BEFORE USING YOUR MOBILE DEVICE.

Samsung Limited Warranty - This product is covered under the applicable Samsung Limited Warranty **INCLUDING THE DISPUTE RESOLUTION PROCEDURE FOR WARRANTY AND OTHER CLAIMS, and your right to opt out of arbitration within 30 calendar days of the first consumer purchase. You may opt out by either sending an email to optout@sea.samsung.com with the subject line "Arbitration Opt Out" or by calling 1-800-SAMSUNG (726-7864)**.

For more detailed procedures, please refer to the "Dispute Resolution Procedures and Arbitration and Opt Out" section of the Limited Warranty.

End User License Agreement for Software (EULA)

The End User License Agreement (EULA) for this device is found in the Samsung Gear application, which is required for operation of your device. You may also access this EULA at: samsung.com/us/Legal/SamsungLegal-EULAGEAR

Note: This device passed military specification (MIL-STD-810G) testing against a subset of 10 specific conditions, including drops from 4.9 feet, extreme temperatures, dust, shock/vibration, and low pressure/high altitude. Device may not perform as shown in all extreme conditions.

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Open Source Software

Some software components of this product, including but not limited to 'PowerTOP' and 'e2fsprogs', incorporate source code covered under GNU General Public License (GPL), GNU Lesser General Public License (LGPL), OpenSSL License, BSD License and other open source licenses. To obtain the source code covered under the open source licenses, please visit: opensource.samsung.com

Disclaimer of Warranties; Exclusion of Liability

The information below explains that a user accepts this device as sold, including the hardware and software components as created and packaged for sale. If the user changes these parameters through a unique modification, Samsung will not be held responsible for damages or issues that result from these end-user changes.

Except as set forth in the express warranty contained on the warranty page enclosed with the product, the purchaser takes the product "as is", and Samsung makes no express or implied warranty of any kind whatsoever with respect to the product, including but not limited to the:

- merchantability of the product or its fitness for any particular purpose or use;
- design, condition or quality of the product;
- performance of the product;
- workmanship of the product or the components contained therein; or
- compliance of the product with the requirements of any law, rule, specification or contract pertaining thereto.

Nothing contained in the instruction manual shall be construed to create an express or implied warranty of any kind whatsoever with respect to the product. In addition, Samsung shall not be liable for any damages of any kind resulting from the purchase or use of the product or arising from the breach of the express warranty, including incidental, special or consequential damages, or loss of anticipated profits or benefits.

Modification of Software

Samsung is not liable for performance issues or incompatibilities caused by your editing of registry settings, or your modification of Operating System (OS) software.

Using custom OS software may cause your device and applications to work improperly. Your carrier may not permit users to download certain software, such as custom OS.

Samsung Knox

Samsung Knox is Samsung's security platform and is a mark for a Samsung device tested for security with enterprise use in mind. Additional licensing fee may be required. For more information about Knox, please refer to: samsung.com/us/knox

Maintaining Water and Dust Resistance

This device is rated IP68 using the Ingress Protection rating system.

Your device has been tested in a controlled environment and shown to be water and dust resistant in certain circumstances (meets requirements of classification IP68 as described by the international standard IEC 60529 – Degrees of Protection provided by Enclosures [IP Code]; test conditions: 15-35°C, 86-106 kPa, 5.0 feet, for 30 minutes). Despite this classification, your device is not impervious to water damage in any situation. It is important that all compartments are closed tightly.

Note: If any liquid is found to have entered your device components or an internally sealed system, this condition will void your device warranty.

Follow these tips carefully to prevent damage to the device.

• Any device which uses accessible compartments or ports that can be opened, should have these sealed or closed tightly to prevent liquid from entering the system.

• Whenever your device gets wet, dry it thoroughly with a clean, soft cloth. If your device has gotten wet, you should dry the inside of the charging port before inserting a power connector to charge your device. If the charging port is not fully dry, your device may operate abnormally. For example, it may charge more slowly or overheat.

• Do not expose the device to salt water or ionized water, or to water over 5.0 feet deep for more than 30 minutes. If your device is exposed to fresh water, dry it thoroughly with a clean, soft cloth. If the device is

exposed to any liquid other than fresh water, rinse the device with fresh water immediately and dry it thoroughly with a clean, soft cloth. Failure to rinse the device in fresh water and dry it as instructed may cause the device to suffer from operability or cosmetic issues.

• Do not expose the device to water at high pressure.

• If the device is dropped or receives an impact, the water and dust resistant features of the device may be damaged.

• To maintain the water-resistant and dust-resistant features of your device, if an S Pen is available for use, verify it is securely inserted prior to any exposure to liquids.

• The touchscreen and other features may not work properly if the device is used in water or in other liquids. [110116]

Restricting Children's Access to Your Mobile Device

Your device is not a toy. Do not allow children to play with it because they could hurt themselves and others, damage the device, or make calls that increase your device bill. Keep the device and all its parts and accessories out of the reach of small children.

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

Internet: samsung.com

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

Screen images are simulated. Appearance of device may vary.

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

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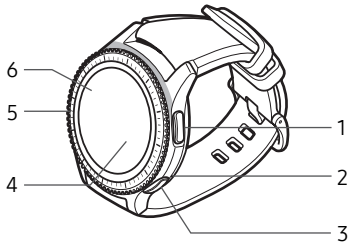
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Getting Started

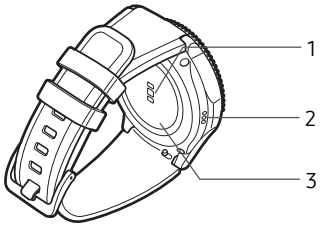
Learn about your device hardware, assembly procedures, and how to get started using your new device.

Front View



1. **Back button**: Press to return to the previous screen.
2. **Microphone (behind)**: Detect voice commands.
3. **Home/Power button**: Press and hold to turn the device on or off. Press to open the Apps screen or the Watch screen.
4. **Light sensor**: Use the ambient light level to adjust the screen brightness and contrast.
5. **Bezel**: Rotate to easily control various functions.
6. **Touchscreen**: Tap to open an app, select a menu item, tap a displayed icon, or enter a character using the keyboard.

Back View

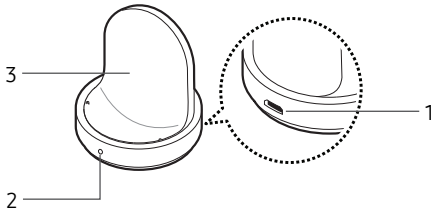


1. **Heart rate sensor**: Measure your heart rate using your wrist when using the S Health™ app. For more information, see "S Health" on page 42.
2. **Speaker**: Play music and other sounds.
3. **GPS antenna**: Track your location with GPS.

Buttons

Function
Home/Power • Press and hold to turn the Gear on or off. • Press to turn on the screen. • Press and hold for more than seven seconds to restart the Gear. • Press to open the Apps screen when you are on the Watch screen. • Press to open the Watch screen when you are on any other screen.
Back • Press to return to the previous screen.

Wireless Charger Dock



1. **USB charger port**: Connect the USB charger.
2. **LED indicator**: Changes colors to indicate the charge.
3. **Wireless charging surface**: Charge the battery through the wireless charging surface.

Assemble Your Gear

Prepare and charge your device before use.

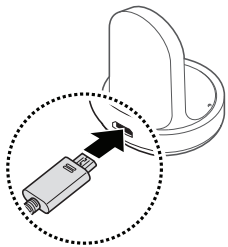
Charge the Battery

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

Caution: Use only charging devices and batteries that are approved by Samsung. Samsung accessories are designed for your device to maximize battery life. Using other accessories may void your warranty and may cause damage.

1. Connect the USB cable to the USB charger head. Then, connect the other end of the USB cable to the wireless charger dock.

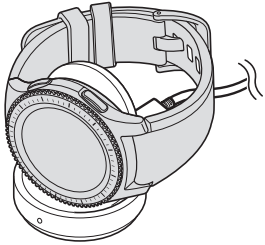
Warning: Do not disassemble, modify, or repair your device. Placing objects, such as magnetic stripe cards, including credit cards, phone cards, passbooks, and boarding passes, next to the device or charger may cause damage from the charger or device's magnetic field.



2. Plug the USB charger head into an electric socket.

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

3. Place the Gear into the wireless charger dock.



Check the Charge Status

When you connect the Gear and the wireless charger dock, the wireless charger dock's LED indicator flashes certain colors to indicate the battery level.

Color and Charge Status

- **Red** > **Green** > **Orange**: Standby mode
- **Red**: Charging.
- **Green**: Fully charged
- **Orange**: Connected to a low-charger head

Note: When a wireless charger dock error occurs, the LED indicator flashes red. Disconnect the Gear from the wireless charger dock, and then reconnect. If the error occurs again, contact a Samsung Service Center for service support.

Battery Charging Tips and Precautions

- If the battery is completely discharged, the Gear cannot be turned on immediately after being connected to the charger. Allow a depleted battery to charge for a few minutes before turning on the Gear.
- If you use multiple apps at once, the battery will drain quickly. To avoid losing power during a data transfer, always use these apps after fully charging the battery.
- Using a power source other than the charger, such as a computer, may result in a slower charging speed due to a lower electric current.
- If the Gear is being charged with other devices using a multi-charger, charging may take longer.
- The Gear can be used while it is charging, but it may take longer to fully charge the battery.
- If the Gear receives an unstable power supply while charging, the touchscreen may not function. If this happens, immediately disconnect the Gear from the wireless charger dock and leave the device aside until another power connection can be found.

Wear the Gear

Put on the Gear

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.

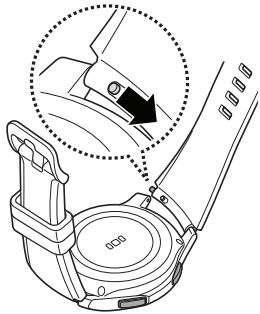
Strap Tips and Precautions

- Some people may experience discomfort when wearing the Gear for prolonged periods.
- If you have sensitive skin or fasten the Gear too tightly, you may feel some discomfort.
- Do not expose the straps to very wet conditions. Wet straps can cause skin irritations. Dry the straps first. If you experience skin irritation when wearing the device, stop wearing the device and consult a physician.
- The Gear and the strap have passed the hazardous materials test and meet international safety standards.

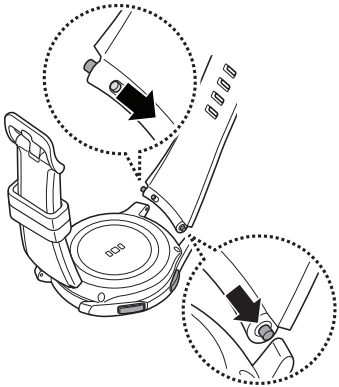
Replace the Strap

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

1. Slide the strap's spring bar inwards and pull the strap away from the Gear.



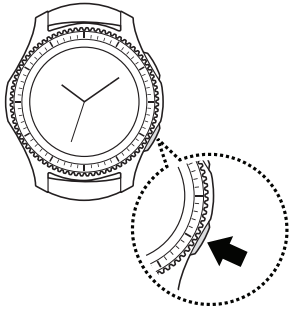
2. Insert one end of the spring bar into the lug, slide the spring bar inwards, and connect the strap.



Set Up Your Gear

Turn the Gear On or Off

1. Press and hold the **Power** button for a few seconds to turn on the Gear.
    - When you turn on the Gear for the first time or reset it, a pop-up window is displayed. Follow the prompts set up your Gear.
2. To turn off the Gear, press and hold the **Power** button, and then tap **Power off**.



Standalone Mode

When you are not connected to the smartphone, this is called Standalone mode. You will be able to send and receive calls and messages from the Gear phone number only.

Connect the Gear to a Smartphone

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

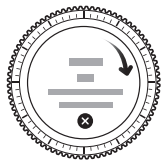
Launch Galaxy Apps or visit apps.samsung.com/gear from your smartphone to download it. For non-Samsung devices, download the Samsung Gear app from the Google Play™ store.

Compatible with select devices using Android 4.4 and later or iOS 9.0 and later, with at least 1.5 GB RAM. Supported devices may vary by carrier and device. Some features may not be available. For best results, connect with compatible Samsung Galaxy devices. For a list of compatible smartphones, please visit samsung.com/gearS3

- Connection methods and screenshots may vary depending on your device and software version.
- You cannot install the Samsung Gear app on smartphones that do not support Gear syncing. Ensure that your smartphone is compatible with a Gear.
- Supported smartphones and features may vary depending on your region, service provider, and device manufacturer. Visit samsung.com and search for your Gear device's support page to view a list of compatible smartphones.

1. Turn on the Gear.
2. From the Apps screen of the smartphone, tap **Samsung Gear**.
   - If necessary, update the Samsung Gear app to the latest version.
3. Tap **Connect to Gear**.
4. When the Bluetooth® pairing request window is displayed, confirm the passkeys displayed on your Gear and smartphone match, and then tap the checkmark.
5. Follow the prompts to complete the connection.

When the devices are connected, a tutorial is displayed on the Gear's screen. Follow the prompts to learn the Gear's basic controls.



Connect the Gear to a New Smartphone

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

1. Back up your Gear's data on your smartphone as follows:
   - From the Apps screen of the smartphone, tap **Samsung Gear** > **Settings** tab > **About Gear** > **Backup and restore** > **Backup data**.
2. End the connection between your Gear and smartphone. For more information, see "Disconnect the Gear" on page 94.
3. Connect your Gear to another smartphone.

Remote Connection

You can remotely connect the Gear to your smartphone when a Bluetooth connection is not available. With this connection, you can still receive notifications from your smartphone. This feature is automatically activated when you connect to your smartphone using Bluetooth for the first time.

If this feature is not turned on:

► From the Apps screen of the smartphone, tap **Samsung Gear** > **Settings** tab > **Gear connection** > **Remote connection**.

Turn the Screen On or Off

To turn on the screen:

► Rotate the bezel, press the **Home** button or the **Back** button, or use a wake-up gesture. For more information, see "Device" on page 74.

To turn off the screen:

► Cover it with your palm.

- The screen turns off if the Gear is not used for a specified period.

Set a Screen Lock

Prevent others from accessing your Gear when you are not wearing it.

If you set the screen lock feature, the Gear requires an unlock code whenever unlocking it.

PIN

► On the Apps screen, rotate the bezel to **Settings** > **Security** > **Screen lock** > **Screen lock type** > **PIN**.

- A PIN consists of numbers only. Enter four numbers, and then enter the PIN again to verify it.

Unlock the Gear

► Turn on the screen and enter the unlock code.

Know Your Device

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

Home Screen

Introduction

The Watch screen is the starting point for the Home screen. Rotate the bezel to view items on the screen, such as notifications and widgets.

Watch Screen

View the current time. You can also check the battery life, the date, your step count, and more. Options vary dependent on which screen is visible.



► Press the **Home** button to open the Watch screen when you are not on the Watch screen.

Change the Watch Face

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

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

► From the Apps screen of the smartphone, tap **Samsung Gear** › **Settings** tab › **Watch faces**.

Notifications

Stay up to date with events, notifications, and messages from your smartphone.

When you receive a notification, it is displayed at the top of the screen and disappears after a few seconds and the Gear vibrates.

To view notifications:

1. Rotate the bezel left.
2. Tap the notification screen to view the notification's detail.

View Other Notifications

1. Rotate the bezel left to view notifications.
2. Tap the number at the bottom of the screen.

Delete Notifications

1. Rotate the bezel left to view notifications.
2. Swipe upward from the bottom edge of the screen to delete all notifications.

Block Notifications

1. Select a notification from the app you want to block.
2. Tap the notification to view the details.
3. Tap **More options**, rotate the bezel to **Block app** and tap **Block app**.
   - The Gear no longer receives notifications from the app.

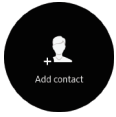
Note: You can block specific app notifications before you receive them by using the Limit notifications settings on your smartphone. For more information, see "Notifications" on page 97.

Widgets

You can add widgets to the Home screen. Widgets are small apps that offer limited functionality to provide information and convenient access.



Weather



Contacts



Reminder



Schedule



24 hour log



Steps



Alti-barometer



News Briefing



Music player



Shortcuts

Add Widgets

You can add more widgets on the Home screen.

► Rotate the bezel to the end of the Widgets, and tap **Add widget** and select a widget.

- The selected widget is displayed in a new panel.

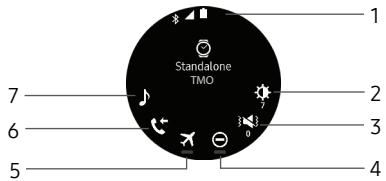
Remove Widgets

► Touch and hold a widget and then tap **Delete**.

Status Panel

This panel allows you to view the current status and configure basic settings.

► On the Watch screen, swipe downward from the top edge of the screen.



1. **Status bar**: Displays device indicator icons.
2. **Brightness**: Adjust the brightness of the screen.
3. **Sound**: Adjust the device volume.
4. **Do not disturb**: Block all notifications and alerts.
5. **Airplane mode**: Disconnect your device from all networks and turn off connectivity.
6. **Call forwarding**: Forward calls to your Gear.
7. **Music player**: Play music from your Gear.

Indicator Icons

Indicator icons display at the top of the screen. The icons listed in this table are most common.

	**4G**: The device is connected to a 4G LTE™ wireless network.
	**Signal strength**: Cellular network signal strength.
	**Airplane mode**: Airplane mode is enabled.
	**Bluetooth connected**: Bluetooth is connected.
	**Bluetooth disconnected**: Bluetooth is disconnected.

	**Bluetooth headset connected**: A bluetooth headset is connected.
	**Wi-Fi connected**: Wi-Fi® is connected.
	**Battery full**: Battery is fully charged.

Adjust the Brightness

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

► On the status panel, tap **Brightness** and adjust the brightness by rotating the bezel.

Adjust the Sound

You can adjust the Gear's sound settings.

► On the status panel, tap **Sound** and adjust the sound by rotating the bezel.

Do Not Disturb Mode

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

► On the status panel, tap **Do not disturb**.

- The **Do not disturb** icon is displayed at the top of the Watch screen.

Airplane Mode

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

► On the status panel, tap **Airplane mode**.

- The **Airplane mode** icon is displayed at the top of the Watch screen.

Call Forwarding

You can forward call from your smartphone to your Gear.

► On the status panel, tap **Call forwarding**.

Play Music

You can play music saved on the Gear or smartphone.

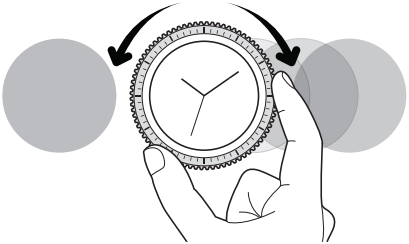
► On the status panel, tap **Music player**.

Use the Bezel

Rotate the bezel to easily control the Gear's various functions.

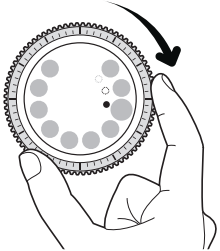
Scroll Through Screens

Rotate the bezel to view other screens. On the Watch screen, rotate the bezel left to view notifications.



Select an Item

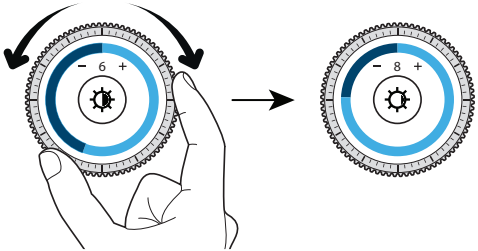
Rotate the bezel to highlight the item you want to select and then tap the item. When you rotate the bezel, the highlight indicator moves in the same direction.



Adjust the Input Value

Rotate the bezel to adjust the volume or brightness.

- On the status panel, tap **Brightness** and adjust the brightness by rotating the bezel.



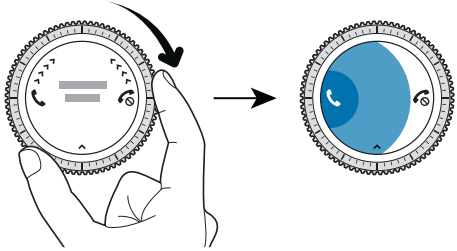
Receive or Reject Calls

When a call is received:

- Rotate the bezel clockwise to answer an incoming call.

  – or –

  Rotate the bezel counter-clockwise to reject an incoming call.



Navigation

Learn the basics for how to navigate through your device by touch.

Touchscreen Navigation

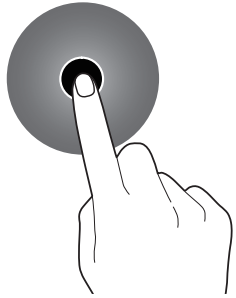
Use the following motions and gestures on your touchscreen to navigate the device.

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

Note: Touchscreens respond best to a light touch from the pad of your finger or a capacitive stylus. Using excessive force or a metallic object when pressing on the touchscreen may damage the tempered glass surface and void the warranty.

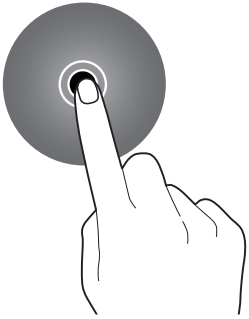
Tap

Tap to open an app, select a menu item, tap a displayed icon, or enter a character using the keyboard.



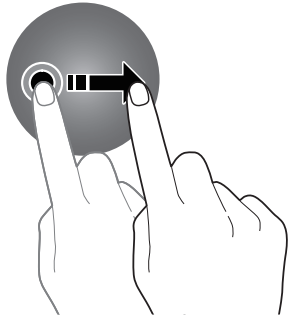
Touch and Hold

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



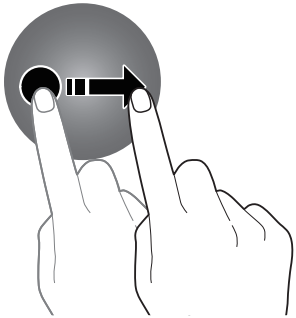
Drag

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



Swipe

Swipe to the left or right to view other panels.

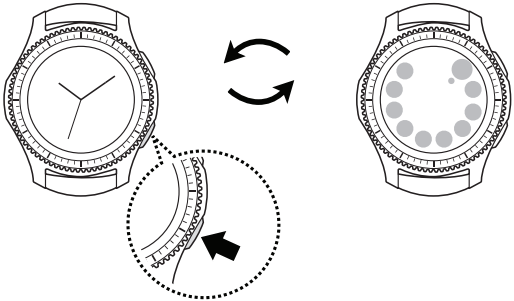


Navigate the Screen

Learn how to navigate through your device using the buttons.

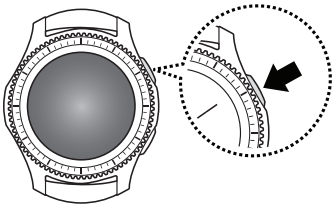
Switch between the Watch and Apps Screen

1. When you are on the Watch screen, press the **Home** button to open the Apps screen.
2. When you are not on the Watch screen, press the **Home** button to return to the Watch screen.



Return to the Previous Screen

- Press the **Back** button. You can also swipe down from the top edge of the screen.



Enter Text

Text can be entered using a keyboard or by speaking.

Introduction

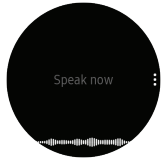
A text input screen is displayed automatically when you are able to enter text. Select an emoticon or text template to enter a message. You can also use voice input or the keyboard to type texts.

Note: The screen layout may be different depending on the app you launch.



Voice Input

1. Tap **Voice input** and speak the message you want to enter. Tap **Send** when you are finished.
2. Tap **More options** > **Input languages** to change the language.



Voice input is not supported in some languages.

When the Gear is connected to a smartphone using Bluetooth, the language settings applied on the smartphone are applied to the Gear.

For better voice recognition:

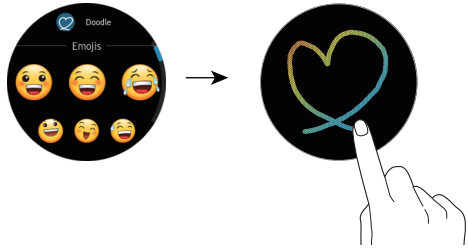
- Speak clearly.
- Speak in quiet places.
- The Gear may not recognize your commands or may perform unwanted commands depending on your surroundings or how you speak.

Emojis

You can add emojis to your message.

► Tap **Emojis**, and select an emoji to include in your message.

- To draw your own image, tap **Doodle**.



Keyboard

Use the keyboard to enter your message.

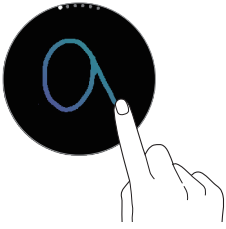
Change the Input Mode

► Rotate the bezel to change the input mode.

- You can switch between handwriting mode, character mode, number mode, punctuation mode, and voice input.

Handwriting Mode

► Tap **Keyboard**, and then use your handwriting to enter text.



Enter Characters

1. Tap **Keyboard**, and then rotate the bezel to character mode.
2. Tap the corresponding key repeatedly until the desired character is displayed.



Add Input Languages

1. Rotate the bezel to change the input mode to number mode or punctuation mode.
2. Tap **Settings** > **Select input languages** and select a language to add.
   - You can use up to two languages.
   - You can also add more languages from the Settings screen. For more information, see "Keyboard Settings" on page 86.

Change the Input Language

► Slide the space key left or right.

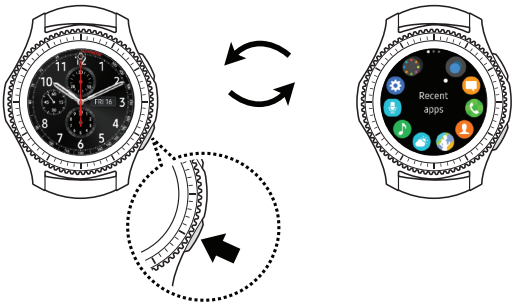
Applications

Learn about the applications that are available on your device.

Apps Screen

The Apps screen displays icons for all apps.

1. From the Watch screen, press the **Home** button to go to the Apps screen.
2. To view other panels, rotate the bezel. You can also tap **Apps screen** or swipe the screen to the left or right.



Open Apps

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

To open an app from the list of recently used apps:

► From the Apps screen, rotate the bezel to **Recent apps**, and select the recent app window.

Close Apps

1. From the Apps screen, rotate the bezel to **Recent apps**.
2. Rotate the bezel to highlight the app you want to close, and then tap **Close**.
   - Tap **Close all** to close all running apps.

Move Items

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

- You can also arrange the Gear's apps on your smartphone. For more information, see "Reorder Apps" on page 98.

Install Apps

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

► From the Apps screen, rotate the bezel to **Get more apps**.

- The Samsung Gear Apps store automatically launches on your smartphone. From the store, you can browse and download apps.

Uninstall Apps

You can only uninstall the downloaded Gear apps on your smartphone. For more information, see "Uninstall Apps" on page 98.

Messages

View messages and reply to or call the sender using the Gear.

Send Messages

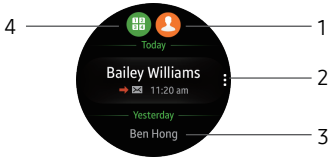
1. From the Apps screen, rotate the bezel to **Messages**.
2. Tap **Compose**.
3. Tap **Gear** or **Phone** to decide which number you want to send the message from.
   - In Standalone mode you can only send and receive messages from the Gear phone number, and the Phone option will not be available.
4. Add recipients and tap **Next**.
5. Enter text using one of the available methods.
   - If you use the bezel to view the one-word messages, the message is automatically sent to the recipients when you tap it.
   - If you choose an emoticon, the message is automatically sent to the recipients when you tap it.
   - If you create a message using voice input or the keyboard, tap **Send** to send the message.

View Messages

1. From the Apps screen, rotate the bezel to **Messages**.
2. Scroll through the message list, and then select a contact to view your conversations.
   - To reply to a message, tap **Reply** and enter your message.

Phone

Depending on your Call settings, you can use your Gear device to initiate outgoing calls, answer calls, and to complete conversations.



1. **Contacts**: Access your contact list.
2. **More options**: Delete the entry from the Call log.
3. **Call log**: Display a log of all dialed, received, and missed calls. Display your contacts and select a contact to call.
4. **Keypad**: Dial the number that you want to call.

Make Calls

In Standalone mode, you can make and receive calls from the Gear phone number only, and the calls will be made through your Gear.

If you are connected to a smartphone the call feature will automatically launch on your smartphone.

► From the Apps screen, rotate the bezel to **Phone**.

Use one of the following methods:

- Tap **Keypad**, enter a number using the keypad, and then tap **Call**.
- Tap **Contacts**, select a contact, and then tap **Dial** or select a phone number.
- Scroll through the log list, tap a log entry, and then tap **Dial**.

Receive Calls

Answer a Call

► Drag **Answer** to the right to answer a call.

- If the voice control feature is activated, say "Answer" to answer the call. For more information, see "Call" on page 76.

Reject a Call

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

► Drag **Reject** to the left to reject a call. To send a message when rejecting an incoming call, swipe upward from **Decline messages**.

- If the voice control feature is activated, say "Reject" to reject the call.

Missed Calls

If a call is missed, a notification is displayed on the screen.

► From the Watch screen, rotate the bezel left to view missed call notifications.

– or –

On the Apps screen, rotate the bezel to **Phone** to view missed calls in the Call log.

Contacts

View your smartphone's contact list.

Find a Contact

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

1. From the Apps screen, rotate the bezel to **Contacts**.
2. Tap **Search**, and then enter characters to find contacts that match.

   – or –

   Rotate the bezel to find the contact.

Call or Message a Contact

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

1. From the Apps screen, rotate the bezel to **Contacts**.
2. 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.

S Health

S Health helps you manage your wellness and fitness. Set fitness goals and regularly record and check your progress.

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

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

► From the Apps screen, rotate the bezel to  **S Health**.

- Tap **Start** when running this app for the first time or after performing a data reset.

Caution: The information gathered from this device, S Health, or related software is not intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment or prevention of disease.

The accuracy of the information and data provided by this device and its related software, including heart rate readings, may be affected by factors such as environmental conditions, skin condition, specific activity performed while using/wearing the device, settings of the device, user configuration/ user-provided information, placement of the sensor on the body, and other end-user interactions.

For more information on proper wear and use, see samsung.com/us/heartratesensor

Before You Start Exercising

Although the S 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.

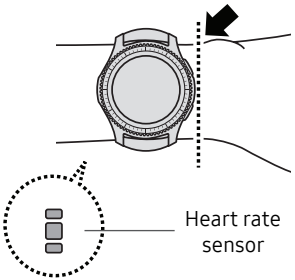
It is recommended that before engaging in an exercise routine, you consult with your doctor or medical practitioner. If you are unsure of your health status, have several health problems, or are pregnant, you should speak with your doctor before starting a new exercise program.

To measure your heart rate more accurately with the Gear, wear the Gear firmly around your lower arm just above the wrist.

Wear the Gear Correctly

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

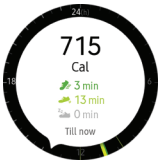
Warning: If you feel discomfort while using the device, stop using it. If your device becomes hot, please remove it until it cools.



24-Hour Activity Tracker

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

1. From the Apps screen, rotate the bezel to **S Health**.
2. Tap the screen and rotate the bezel to view the details of your activity log.



- **Healthy activity**: Indicates whether you are walking or running. If you have made more than 100 steps per minute for at least 10 consecutive minutes, the Gear encourages you to keep going.
- **Light activity**: Indicates the time you spend doing light activity, but not doing hard exercise.
- **Inactive time**: Indicates the time you spend not walking or moving at all. If you sit idle for 50 minutes or more, the Gear prompts you to move more.

Steps Tracker

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

1. From the Apps screen, rotate the bezel to **S Health**.
2. Rotate the bezel to the steps tracker panel.
3. Tap the screen to view a graph of your step count records.
   - Rotate the bezel to view records by day.

Floors

Record and track the number of floors you walk up.

1. From the Apps screen, rotate the bezel to **S Health**.
2. Rotate the bezel right and open the floors panel.
3. Tap the screen to view a graph of your floor-climbing records.
    - Rotate the bezel to view records by day.

Exercise Tracker

Record your exercise information and calories burned using S Health's exercise feature.

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

Exercise with the Gear

1. From the Apps screen, rotate the bezel to **S Health**.
2. Rotate the bezel right to the exercise tracker screen.
3. Tap the screen and enter the exercise information:
    - **Activity type**: Enter the activity you want to track.
    - **Target**: Set the target duration, calories, or workout type for your activity.
    - **Location**: Enable location features to accurately track your workout.
    - **Auto pause**: Automatically pause the workout when the Gear detects no movement.
    - **Coaching msgs**: Enable coaching messages to display during your exercise.
    - **Guide at intervals**: Set an interval for encouragement during your workout.

- **View log**: View your workout log.

4. Tap **Start** to start monitoring your exercise. Your heart rate measurement begins.
   - When you rotate the bezel to the right you can view exercise information, such as calories burned and current speed.
   - Rotate the bezel left to listen to music.
5. Tap the **Back** button to pause the workout.
   - Tap the **Back** button again to resume the workout.
   - Tap **Finish** to complete your workout and view your workout summary.

Note: Measured distance may differ from the actual distance due to uneven strides, walking in place, and pacing around.

Together

Compete with other S Health users.

Steps Leaderboard

Add the Steps leaderboard and set challenges through the S Health app on your smartphone.

► On the Apps screen of the smartphone, tap **S Health**, and then follow the prompts to add the Steps leaderboard.

Challenges

Set your challenges and view your status on the Steps leaderboard.

1. From the Apps screen, rotate the bezel to **S Health**.
2. Rotate the bezel to the Together screen.
   - Your current rank is displayed. Below that is the steps leaderboard.
   - Tap a list to see your challenges.

Heart Rate Tracker

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

Warning: Do not look directly at the heart rate sensor's lights. Doing so may impair your vision.

Measure Your Heart Rate

1. From the Apps screen, rotate the bezel to **S Health**.
2. Rotate the bezel right and open the heart rate tracker screen.
3. Tap **Measure** to begin measuring your heart rate.
   - After a moment, your current heart rate is displayed on the screen.
4. Tap **Tag** to select a status tag for your measured heart rate.
   - The Gear displays information about your heart rate in relation to your selected tag.
5. Tap the screen to view a graph of your records. Rotate the bezel to view records by day.

Track Your Heart Rate

The Gear can automatically measure and track your heart rate. Your Gear measures your heart rate at regular intervals.

Note: This feature may not function properly while you are moving.

To activate or deactivate this feature:

1. From the Apps screen, rotate the bezel to **S Health**.
2. Rotate the bezel to the settings screen.
3. Tap **Options** > **Auto HR** and tap **Auto HR**.

Water Tracker

Record and track how many glasses of water you drink.

1. From the Apps screen, rotate the bezel to **S Health**.
2. Rotate the bezel right and open the water tracker screen.
3. Tap **Add** when you drink a glass of water.
   - If you accidentally added an incorrect value, tap **Remove**.
4. Tap the screen to view a graph of your records. Rotate the bezel to view records by day.

Caffeine Tracker

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

1. From the Apps screen, rotate the bezel to **S Health**.
2. Rotate the bezel right and open the caffeine tracker screen.
3. Tap **Add** when you drink a caffeinated beverage.
   - If you accidentally added an incorrect value, tap **Remove**.
4. Tap the screen to view a graph of your records. Rotate the bezel to view records by day.

Settings

Customize your S Health settings.

1. From the Apps screen, rotate the bezel to **S Health**.
2. Rotate the bezel to the Settings screen.
3. Tap **Options**, and then tap an item to customize:
   - **Profile**: Update your personal profile.
   - **Health nudges**: Set your Gear to prompt you at set intervals to do certain activities.
   - **Workout detection**: Set the Gear to recognize and encourage you when it detects that you are exercising.
   - **Step target**: Set a target goal for steps.
   - **Floor target**: Set a target goal for climbing floors.
   - **Auto HR**: Set your Gear to automatically measure your heart rate throughout the day.
   - **Water target**: Set a target water intake.
   - **Caffeine limit**: Set a limit for caffeine intake.
   - **Help**: View help topics for S Health.

Samsung Pay

Pay using your Gear almost anywhere you can slide or tap your card.

Register frequently used cards to Samsung Pay, a mobile payment service, to make payments quickly and securely. Samsung Pay is accepted almost anywhere you can swipe or tap your credit card.

You can view more information, such as cards that support this feature at www.samsung.com/samsungpay.

Note: You must first register cards to Samsung Pay on your connected smartphone. For more information, refer to the mobile device's user manual.

Set up Samsung Pay on your Gear

You must activate NFC and set Samsung Pay as your default payment method before using Samsung Pay on your Gear.

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Connections** > **NFC** and then tap the **NFC** to activate it.
3. Tap **Tap and pay** > **Samsung Pay**.

Make Payments

Use your Gear to make payments using Samsung Pay.

Note: Samsung Pay and your Gear support magnetic secure transmission (MST) as well as near field communication (NFC) to allow payment through most standard credit card readers.

1. From the Apps screen, rotate the bezel to **Samsung Pay**.

   – or –

   Press and hold the **Back** button.

2. Scroll through the cards list, select a card and then tap **Pay**.

3. Touch the top of the Gear to the card reader.

   – or –

   Place the watch screen close to where you swipe the card.

Note: Use the Samsung Pay application for up to 5 transactions without the smartphone. This may vary depending on the bank/institution issuing the account.



Top card reader

Card swipe reader

Weather

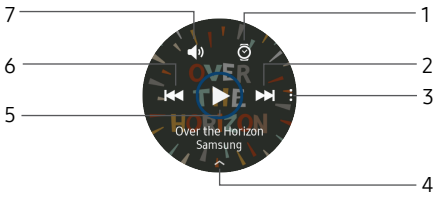
View weather information on the Gear for locations set on the smartphone when the devices are connected.

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

1. From the Apps screen, rotate the bezel to **Weather**.
2. Tap the screen and rotate the bezel to view today's weather information.
3. Rotate the bezel right to add other cities' weather information.

Music Player

Listen to music saved on the Gear and on the smartphone.



1. **Output**: Switch between playing music on your Gear or your smartphone by tapping the icon.
2. **Fast-forward**: Skip to the next song, or fast-forward through the current song.
3. **More options**: Select additional options such as shuffle, repeat, add to favorites, and listen with a bluetooth headset.
4. **Playlist**: View the song playlist.
5. **Play/Pause**: Play or pause the current song.
6. **Rewind**: Skip to a previous song, or rewind the current song.
7. **Volume**: Adjust the volume.

Play Music

1. From the Apps screen, rotate the bezel to **Music player**.
2. Tap **Play**.

Import Music

Import music saved in your smartphone to your Gear.

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

To sync music in your smartphone with your Gear automatically:

1. From the Apps screen of the smartphone, tap **Samsung Gear** > **Settings** tab.
2. Tap **Send content to Gear** > **Auto sync** under Music to enable.

S Voice

Speak to perform operations or searches on your device.

Set a Wake-Up Command

You can launch S Voice™ using your own wake-up command.

Note: You can only use this feature when your Gear's screen is turned on.

1. From the Apps screen, rotate the bezel to **S Voice**.
2. Tap **More options** > **Set wake-up command** to set a custom wake-up command.

Use S Voice

1. From the Apps screen, rotate the bezel to **S Voice**.

   – or –

   Say the preset wake-up command.
2. Say a voice command.
   - If the Gear recognizes the command, the Gear performs the corresponding action.
   - Tap **Microphone** to repeat a voice command or to speak a different command.

Tips for Better Voice Recognition

- Speak clearly.
- Speak in quiet places.

The Gear may not recognize your commands or may perform unwanted commands depending on your surroundings or how you speak.

Set the Language

Customize the language used in the S Voice app. The selected language is applied to S Voice only (not to the language displayed on the Gear).

1. From the Apps screen, rotate the bezel to **S Voice**.
2. Tap **More options** > **Language**, and then select a language.

Reminders

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

Create a Reminder

1. From the Apps screen, rotate the bezel to **Reminders**.
2. Tap **Create reminder** and choose a keyboard.
3. Enter the title of your reminder, and then set the time you want to be reminded.
4. Tap **Save** when finished.

Complete a Reminder

To mark a reminder as complete:

1. From the Apps screen, rotate the bezel to **Reminders**.
2. Tap the reminder you want to complete.
3. Tap the checkbox to mark it as complete.
   - To delete the reminder, tap **More options** > **Delete**.

Alti-Barometer

Measure the altitude and atmospheric pressure in your current location.

Measure Altitude

► From the Apps screen, rotate the bezel to **Alti-barometer** to view the altimeter and measure the altitude.

Measure Atmospheric Pressure

1. From the Apps screen, rotate the bezel to **Alti-barometer**.
2. Rotate the bezel to the barometer screen to view the atmospheric pressure.

Customize Settings

1. From the Apps screen, rotate the bezel to **Alti-barometer**.
2. Rotate the bezel to the Settings screen, and then tap **Change**.
3. Tap an option to customize:
   - **Manual calibration**: Tap to enable manual calibration and enter the altitude and sea level pressure.
   - **Pressure alerts**: Enable pressure alerts when the atmospheric pressure drops more than 4 hPA within a 3 hour period.
   - **Distance unit**: Customize the unit of measurement.
   - **Help**: View help topics for Alti-barometer.

Schedule

View the events scheduled on the smartphone.

1. From the Apps screen, rotate the bezel to 10 **Schedule**.
2. Rotate the bezel to view other months.
3. Tap a day on the monthly calendar.
   - The day's events list is displayed.
   - Tap an event to view its details
4. Rotate the bezel to view other scheduled events.

Alarm

Set an Alarm

1. From the Apps screen, rotate the bezel to **Alarm**.
2. Tap **Add alarm** and enter the time.
3. Tap **Next**, and select the days to repeat the alarm.
4. Tap **Next**, and select an alarm notification.
5. Tap **Save** when finished.

Stop an Alarm

► Drag **Cancel** to the right or rotate the bezel clockwise to stop an alarm.

- Rotate the bezel counterclockwise to snooze.

Delete an Alarm

1. From the Apps screen, rotate the bezel to **Alarm**.
2. Tap and hold an alarm, and then tap **Delete**.

World Clock

The World clock lets you keep track of the current time in multiple cities around the globe.

Add Cities

1. From the Apps screen, rotate the bezel to **World clock**.
2. Tap **Add city** to add a city to your World clock.
3. Tap a location on the map.

   – or –

   Tap **All cities** to search for the city you want to add.
4. Tap the city to add it to your World clock.
   - To add more cities, tap **Add**.

Remove Cities

1. From the Apps screen, rotate the bezel to **World clock**.
2. Tap **More options** by the city you want to remove.
3. Tap **Delete**, and select the city again.
4. Tap **Delete** to confirm.

News Briefing

Create and access your personalized magazines.

1. From the Apps screen, rotate the bezel to **News Briefing**.
2. Rotate the bezel to search through trending articles.

Gallery

View and manage images stored on the Gear.

View Images

1. From the Apps screen, rotate the bezel to **Gallery**.
2. Rotate the bezel to scroll through the image list and then tap an image to view it.

Zoom In or Out

While viewing an image:

► Double-tap the image to zoom in or out.

Delete Images

1. From the Apps screen, rotate the bezel to **Gallery**.
2. Touch and hold an image to delete.

   – or –

   Tap **More options** › **Delete**.
3. Tap **Delete**, and then tap the checkmark to confirm.

Import and Export Images

Images can exchanged between your Gear and smartphone.

Export Images to Your Smartphone

1. From the Apps screen, rotate the bezel to **Gallery**.
2. Tap the image you want to send to the smartphone.
3. Tap **More options** > **Send to phone**.

Import Images from Your Smartphone

Send images from your smartphone to your Gear.

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

To sync images on your smartphone with your Gear:

1. From the Apps screen of the smartphone, tap **Samsung Gear** > **Settings** tab.
2. Tap **Send content to Gear** > **Auto sync** under Photos to enable.
3. Tap **Albums to sync**, and then select albums to import to the Gear.
   - The selected albums are synchronized while the Gear is charging.

Find My Phone

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

1. From the Apps screen, rotate the bezel to **Find my phone**.
2. Tap **Start**.
   - The smartphone emits sounds and turns on the screen.
3. Drag the **Stop** outwards on the smartphone

   – or –

   Tap **Stop** on the Gear.

Email

View emails received on the smartphone and reply to them.

Read Emails

1. From the Apps screen, rotate the bezel to **Email**.
2. Tap an email to open the email screen.
3. Tap **More options** for additional options:
   - **Reply**: Compose a reply email from your Gear.
   - **Star**: Mark the email as a Favorite.
   - **Show on phone**: View the email on your smartphone.
   - **Delete**: Delete the email.

Note: You may not be able to reply to emails depending on the smartphone that you connect to the Gear.

Reply to Emails

1. From the Apps screen, rotate the bezel to **Email**.
2. Tap an email to open the email screen.
3. Scroll to the bottom of the email and tap **Reply**.
4. Compose your email and send.

Delete Emails

1. From the Apps screen, rotate the bezel to **Email**.
2. Scroll through the inbox to the email you want to delete.
3. Tap **More options** > **Delete**.
4. Select the email again, and then tap **Delete**.

Settings

Customize settings for functions and apps.

Access Settings

You can personalize your device by configuring various setting options.

To access Settings:

► From the Apps screen, rotate the bezel to **Settings**.

Style

Change the style settings.

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

Sounds and Vibration

Change the sound settings.

Sound Mode

Set the sound mode for the device.

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Sounds and vibration** > **Sound mode** and select an option:
   - **Sound**: Turn the sound feature on or off.
   - **Vibrate**: Use vibration for notifications.
   - **Mute**: Mute all sounds.

Vibrate with Sound

The device can vibrate and play sounds for notifications.

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Sounds and vibration** > **Vibrate with sound** to enable.

Volume

Adjust the volume level of your device.

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Sounds and vibration** > **Volume** and adjust the volume by rotating the bezel or tapping the icons.

Vibration Intensity

Configure the vibration intensity.

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Sounds and vibration** > **Vibration intensity**, and select **Strong** or **Light**.

Long Buzz

Increase the duration of the vibration.

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Sounds and vibration** > **Long buzz** to enable.

Ringtones

Customize the sound for calls.

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Sounds and vibration** > **Ringtones** and select a sound.

Ringtone Vibration

Vibrate for calls.

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Sounds and vibration** > **Ringtone vibration** and select a vibration pattern.

Notification Sound

Customize the sound for new notifications.

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Sounds and vibration** > **Notification sound** and select a sound.

Notification Vibration

Vibrate for new notifications.

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Sounds and vibration** > **Notification vibration** and select a vibration pattern.

Touch Sounds

Play sounds while touching options on the screen.

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Sounds and vibration** > **Touch sounds** to enable this feature.

Device

Change the Gear's button and motion settings.

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Device** and select an option:
   - **Double press home key**: Select an action to perform.
   - **Wake-up gesture**: Set the Gear to turn on the screen when you raise your wrist.
   - **Touch sensitivity**: Set the Gear to allow use of the touch screen with gloves on.
   - **Do not disturb**: Set the device to mute incoming calls and notification sounds.
   - **Auto open apps**: Focusing on an icon in the Apps screen will open the app automatically.
   - **Date and time**: Set the date and time.

Display

Change the display settings.

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Display** and select an option:
   - **Brightness**: Adjust the brightness of the display.
   - **Auto low brightness**: Set the Gear to automatically adjust the brightness depending on ambient light conditions.
   - **Screen timeout**: Set the length of time the Gear waits before turning off the display's backlight.

Call

Change the call feature settings.

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Call** and select an option:
   - **Auto call forwarding**: Forward calls from your smartphone to your Gear.
   - **Outgoing number**: Display your Gear's outgoing number.
   - **Voice answer**: Set your Gear to answer or reject calls using voice commands.
   - **Show my caller ID**: Set up your caller ID.
   - **Call waiting**: Manage call waiting settings.
   - **Voicemail**: Access and customize your voicemail.
   - **Block list**: View and edit blocked numbers.

Messages

Change the message feature settings.

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Messages** and select an option:
   - **Send as audio**: Use voice input to send messages.
   - **Block list**: View and edit blocked numbers and messages.
   - **Emergency alerts**: Tap **Alert types** to customize which alerts you want to receive. Tap **Alert reminder** to set the frequency.

Connections

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

Bluetooth

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

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Connections** > **Bluetooth**.
   - **Bluetooth**: Turn the Bluetooth feature on or off.
   - **BT headset**: Search for Bluetooth headsets and connect them to the Gear.

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

Mobile Networks

Control your device's access to networks and mobile data service.

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Connections** > **Mobile networks**.
   - **Mobile networks**: Turn the Mobile networks feature on or off.
   - **Mobile data**: Enable mobile data.
   - **Data roaming**: Customize options for roaming.

- **Network mode**: View your network connection mode.
- **Network operators**: Choose a preferred network operator.
- **Access point names**: Choose or add APNs.

Wi-Fi

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

1. From the Apps screen, rotate the bezel to **Settings**.
2. Tap **Connections** > **Wi-Fi**.
3. Tap **Wi-Fi** again, and select an option:
   - **Auto**: Automatically switch to Wi-Fi when a Bluetooth connection is not available.
   - **Always on**: Always keep Wi-Fi enabled.
   - **Always off**: Always keep Wi-Fi disabled.

Connect to a Wi-Fi Network

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

1. From the Apps screen, rotate the bezel to **Settings**.
2. Tap **Connections** > **Wi-Fi**.
3. Tap **Wi-Fi networks** > **Scan**.
4. Select a network from the Wi-Fi networks list.
   - Networks that require a password display a lock icon.
5. Tap **Connect**.

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

NFC

The Gear lets you use the built-in technology to make payments and buy tickets for transportation or events after downloading and configuring the required apps.

Note: Samsung Pay and your Gear support magnetic secure transmission (MST) as well as near field communication (NFC) to allow payment through most standard credit card readers.

1. From the Apps screen, rotate the bezel to **Settings**.
2. Tap **Connections** › **NFC**.
   - **NFC**: Activate the NFC feature to link your Gear to your credit or debit card.
   - **Tap and pay**: Set the default payment app for mobile payments.

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.

1. From the Apps screen, rotate the bezel to **Settings**.
2. Tap **Connections** › **NFC**.
3. Tap **NFC** again to enable the feature.
4. Touch the top of the Gear's touchscreen to the card reader.

Note: The payment services list may not include all available payment apps.

Alerts

Receive alerts when disconnected from Bluetooth.

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

Airplane Mode

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

1. From the Apps screen, rotate the bezel to **Settings**.
2. Tap **Connections** > **Airplane mode** to enable or disable this option.

Data Usage

Set the Gear to monitor your mobile data usage.

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Connections** > **Data usage**, and tap an option:
   - **Mobile data**: Enable mobile data.
   - **Data usage limit**: Turn off your mobile data connection once a specified time limit has been reached.
   - **Data usage cycle**: Choose a time period for data usage.
   - **Start date**: Select a date to start viewing the data usage.
   - **Usage details**: View your data usage.

Location

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

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Connections** > **Location**.
3. Tap **Location** again to enable, and select a mode.
   - **GPS & wireless networks**: Use GPS and wireless networks.
   - **Wireless networks**: Use wireless networks only.
   - **GPS**: Use GPS only.

Security

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

Set a Screen Lock

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

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Security** > **Screen lock**.
3. Tap **Screen lock type** to select a screen lock type:
   - **PIN**: Set a PIN to use for unlocking the device when it removed from your wrist and the screen is turned off.
   - **None**: Do not lock the screen.
4. Tap **Help** to view help information for using the screen lock feature.

Accessibility

Accessibility services are special features that make using the device easier for those with certain physical disabilities.

Vision

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Accessibility** > **Vision** and select a mode.
   - **Screen reader**: This feature provides audible commentary that describes each screen. Tap any item to hear it described. Double-tap to initiate the described function.
   - **Screen reader help**: Get help for using the screen reader.
   - **Dark screen**: Keep the screen turned off at all times.
   - **Zoom**: Magnify the screen.
   - **Grayscale**: Change all colors to gray.
   - **Negative colors**: Reverse the display of colors from white text on a black background to black text on a white background.

Hearing

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Accessibility** > **Hearing** and select a mode.
   - **Turn off all sounds**: For privacy, turn off all notifications and audio.
   - **Mono audio**: Switch audio from stereo to mono for use with one earphone.

Direct Access

Triple-tap the screen with two fingers to open the screen reader.

1. From the Apps screen, rotate the bezel to **Settings**.
2. Tap **Accessibility** > **Direct access** to enable the feature.

Input

Configure your device's language and input settings.

Default keyboard

Select a default keyboard type for text input.

1. From the Apps screen, rotate the bezel to **Settings**.
2. Tap **Input** > **Default keyboard** and select your default keyboard.

Note: This option is only available if you have downloaded additional keyboards from Galaxy Apps.

Keyboard Settings

Change the Samsung keyboard settings.

1. From the Apps screen, rotate the bezel to **Settings**.
2. Tap **Input** > **Keyboard settings** and tap options to customize:
   - **English (US)**: Choose the keyboard layout.
   - **Select input languages**: Select languages for text input.
   - **Check for updates**: Set the Gear to check for and download the latest version of the Samsung keyboard.
   - **Handwriting**: Enable handwriting mode.

- **Smart typing**:
  - **Predictive text**: Activate predictive text mode to predict English words based on your input and display word suggestions.
  - **Auto capitalize**: Set the Gear to automatically capitalize the first character after a final punctuation mark, such as a period, question mark, or exclamation mark.
  - **Auto punctuate**: Set the Gear to insert a period when you double-tap the space bar.
- **Key-tap feedback**:
  - **Sound**: Set the Gear to play sounds when you tap a key.
  - **Vibration**: Set the Gear to vibrate when you tap a key.
- **Reset keyboard settings**: Reset the Samsung keyboard settings.
- **Clear personalized data**: Clear word predictions and other data.

Power Saving

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

Use the Power saving mode to save battery power by:

- Turning off all functions except notifications.
- Turning off Wi-Fi.
- Limiting maximum performance.

To enable Power saving mode:

► From the Apps screen, rotate the bezel to **Settings** > **Power saving**, and then tap the checkmark.

– or –

Press the **Power** key, tap **Power saving**, and then tap the checkmark.

To disable Power saving mode:

► From the Home screen, tap **Off**, and then tap the checkmark.

Gear Info

View the Gear's information.

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Gear info** to view information about your Gear.
   - **About device**: Access information about the Gear.
   - **Report diagnostics**: Give consent to provide diagnostic and usage data to Samsung to help improve the quality and performance of its products and services.
   - **Reset gear**: Reset settings to their factory default values and delete all data.
   - **Debugging**: Activate or deactivate USB debugging mode when developing apps for the Gear.

Connect to a Phone

Connecting to your phone is the best way to get the most out of your Gear.

This option is displayed only if you are in Standalone mode and not connected to a smartphone.

To connect to a phone:

1. From the Apps screen, rotate the bezel to **Settings**.
2. Tap **Connect to phone** and follow the prompts.

Connect to a New Phone

Connect your Gear to a new mobile device. The Gear can connect to another mobile device after performing a light reset to delete data.

This option is displayed only if you are already connected to a mobile device.

To connect to a new phone:

1. From the Apps screen, rotate the bezel to **Settings.**
2. Tap **Connect to new phone** and follow the prompts.

Samsung Gear App

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

Introduction

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

Launch Galaxy Apps or visit apps.samsung.com/gear from your smartphone to download it.

For non-Samsung devices, download the Samsung Gear app from the Google Play store. Some features may not be available depending on the type of connected smartphone.

Using the Samsung gear app, you can customize your Gear's settings.

► From the Apps screen of the smartphone, tap **Samsung Gear**.

- If it is the first time connecting your Gear to a smartphone, refer to "Connect the Gear to a Smartphone" on page 12 for more information.

Connect a New Gear

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

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

Auto Switch Device

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

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

Disconnect the Gear

1. From the Apps screen of the smartphone, tap **Samsung Gear**.
2. Tap **More** › **Disconnect**. The Gear disconnects from your smartphone.
3. Tap **More** › **Connect** to reconnect the Gear.

Info Tab

View info about your Gear from your smartphone.

About Gear

View battery, storage and RAM information.

1. From the Apps screen of the smartphone, tap **Samsung Gear** > **Info** tab.
2. Tap **About gear** to view **Battery**, **Storage**, and **RAM** information.

Payment

Use Samsung Pay on your Gear.

1. From the Apps screen of the smartphone, tap **Samsung Gear** > **Info** tab.
2. Tap **Open Samsung Pay**.

Suggested Watch Faces

View recommended watch faces available to download.

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

Suggested Apps

View recommended apps available to download.

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

Health

Check your health data at a glance in S Health.

1. From the Apps screen of the smartphone, tap **Samsung Gear** > **Info** tab.
2. Tap **Open S Health** to view your Health information.

Settings Tab

Customize your Gear's settings from your smartphone.

Watch Faces

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

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

Notifications

Change settings for the notification feature. Stay up to date with a variety of events, such as new messages received on the smartphone.

This feature is only available when the Gear's screen is turned on. Some smartphones do not support this feature. The smartphone must be unlocked to view details when the screen is locked.

1. From the Apps screen of the smartphone, tap **Samsung Gear** > **Settings** tab > **Notifications**.
2. Tap **On/Off** to activate it, and then tap to select items:
   - **Manage notifications**: Select apps on the smartphone to send notifications to the Gear.
   - **Show only while wearing Gear**: Show notifications on your Gear only while it is being worn.

- **Show while using phone**: Show notifications from your phone on your Gear while you are using your phone.
- **Turn on screen**: Set the Gear to turn on the screen when the notification is received.
- **Auto show details**: Set the Gear to show details for notifications when they are received.
- **Notification indicator**: Show a yellow indicator on the watch face when there are unread notifications.
- **Smart relay**: Set the smartphone to display notification information from the Gear when you pick up the smartphone.

Apps

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

Uninstall Apps

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

Reorder Apps

1. From the Apps screen of the smartphone, tap **Samsung gear** > **Settings** tab >**Apps**.
2. Tap **More** > **Reorder** next to an app and drag it up or down to another position.

Download History

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

Send Content to Gear

Transfer saved audio or image files from your smartphone to your Gear. When the Gear does not have enough available memory, it deletes files that you have not set as your favorites in order from oldest to newest.

1. From the Apps screen of the smartphone, tap **Samsung Gear** > **Settings** tab.
2. Tap **Send content to Gear** and tap an option:

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

   Photo
   - **Select photos**: Select images and manually send them from the smartphone to the Gear.
   - **Auto sync**: Set the device to sync images with the Gear while the Gear is charging.
   - **Albums to sync**: Select an image folder to sync with the Gear.

Send SOS Requests

In an emergency situation, quickly press the Gear's **Home** button three times. The device sends messages or makes calls to your primary contacts.

The messages includes your location information. You can also send sound recordings along with the message to the recipients.

1. From the Apps screen of the smartphone, tap **Samsung Gear** > **Settings** tab > **Send SOS requests**.

2. Tap **On/Off** to enable this feature, and then customize options:
   - **Send SOS messages to**: Follow the prompts to add an emergency contact to send SOS messages to.
   - **Make SOS calls to**: Enable SOS calls to your emergency contact.
   - **Count down before sending**: Wait 5 seconds before sending SOS requests to allow them to be cancelled.

Add Emergency Contacts

1. From the Apps screen of **the** smartphone, tap **Samsung Gear** > **Settings** tab > **Send SOS requests**.
2. Tap **Send SOS messages to**.
3. Tap **Add** > **Create contact** and enter contact information.

   – or –

   Tap **Add** > **Select from contacts** to add an existing contact as a primary contact.

Find My Gear

Remotely control your Gear when it is lost or misplaced.

Reactivation Lock

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

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

Note: You should remove your Google™ Account before shipping your device to Samsung or any other service provider for service and before resetting the device to factory settings. If your paired device is running Android 5.1 or later, your smartphone does not have the Reactivation lock setting.

Control remotely

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

1. From the Apps screen of the smartphone, tap **Samsung Gear** > **Settings** tab > **Find my gear**.
2. Tap **Control remotely** and tap **On/Off** to enable.
3. Tap an option:
   - **Locate Gear**: Use your smartphone to scan for the Gear's location.
   - **Lock Gear**: Remotely lock the Gear to prevent unauthorized access. This feature can be activated when the Bluetooth connection between the Gear and smartphone ends while a remote connection is activated.
   - **Reset Gear**: Remotely delete all personal information stored in the Gear. After the Gear is reset, you cannot restore the information or use the Find My Gear feature.

Find Your Gear

Locate your Gear by making it light up and make sounds.

1. From the Apps screen of the smartphone, tap **Samsung Gear** > **Settings** tab > **Find my gear**.
2. Tap **Start**.
   - The Gear vibrates and the screen turns on.
3. Rotate the bezel on the Gear, or tap **Stop** on the smartphone.

View Gear Information

View status information for your Gear on your smartphone.

► From the Apps screen of the smartphone, tap **Samsung Gear** > **Settings** tab > **Find my Gear**.

- The bottom of the screen displays the Gear's battery level, Connection status, and security.

Gear Connection

Customize your Gear's wireless connection settings.

1. From the Apps screen of the smartphone, tap **Samsung Gear** > **Settings** tab.
2. Tap **Gear connection**, and tap an option:
   - **Remote connection**: Set the Gear to remotely connect to the smartphone when a Bluetooth connection between the devices is not available.
   - **Sync Wi-Fi profiles**: Set the device to sync the list of saved Wi-Fi networks with your Gear.

Quick Messages

Edit or add templates used for replying to messages.

1. From the Apps screen of the smartphone, tap **Samsung Gear** > **Settings** tab > **Quick messages**.
2. Tap **Quick responses** or **Call-decline messages**.
3. Select a template to edit.
   - To create additional templates, tap **Add**.
4. Edit the template and tap **Save**.

Auto Call Forwarding

Forward unanswered incoming calls from your smartphone to your Gear.

1. From the Apps screen of the smartphone, tap **Samsung Gear** > **Settings** tab.
2. Tap **Auto call forwarding** and tap **On/Off** to enable.
3. Tap an option:
   - **Number setting**: Enter your Gear phone number.
   - **Help**: View additional information about Call forwarding.

S Health

Access your S Health app.

1. From the Apps screen of the smartphone, tap **Samsung Gear** > **Settings** tab.
2. Tap **S Health** to access the S Health app.

Samsung Pay

Access your Samsung Pay app.

1. From the Apps screen of the smartphone, tap **Samsung Gear** > **Settings** tab.
2. Tap **Samsung Pay** to access the app.

Samsung Galaxy Apps

You can download apps for your Gear from Samsung gear apps.

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

About Gear

Access information about the Gear.

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

About Samsung Gear App

View version information of the Samsung Gear app.

1. From the Apps screen of the smartphone, tap **Samsung Gear** > **Settings** tab.
2. Tap **About Samsung Gear app** to view app information.