Connect your watch with your phone

Your Android Wear watch works together with your phone, so you'll need to connect them.

Before you start, make sure your watch and phone are compatible.

1. Turn on your watch.
2. On your phone, open the Android Wear app . Tap **Set it up.**
3. When you see your watch's name, tap it.
4. You'll see a code on your phone and watch.

- **If the codes are the same:** On your phone, tap **Pair**. Pairing can take a few minutes, so be patient.
- **If the codes are different:** Restart your watch and try again. If the codes still don't match, try these troubleshooting steps.

5. To finish set up, follow the onscreen instructions. Make sure the box for notifications to Android Wear is checked.

Note: When your phone and watch are paired, you'll see "Connected" on the Android Wear app on your phone. When they're not paired, you'll see Disconnected on your watch's screen.

Change your watch's language

Your watch's language will be the same as your phone's. To change the language on your watch, switch to a new language on the device it's connected with.

Connect multiple watches

You can pair multiple watches to a single phone or tablet.

1. On your phone, open the Android Wear app .
2. Next to the connected watch's name, tap the Down Arrow **Add a new watch**.
3. Follow the instructions on the screen.

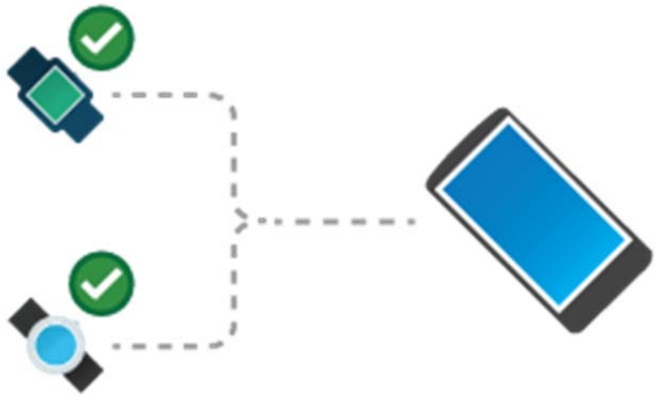
Note: You can't pair a watch with more than one phone or tablet.

Related help

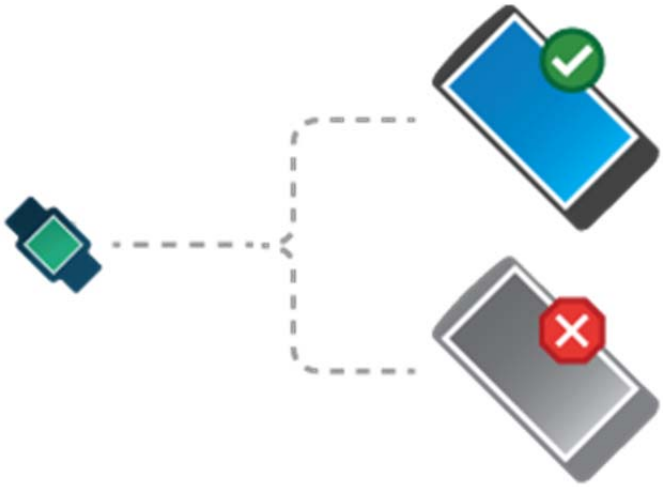
If you're having trouble connecting your watch, try these troubleshooting steps.

Different ways to pair your watch

Android phone users only: You can pair multiple watches to one phone or tablet.



But you can only pair your watch with one iPhone, Android phone or tablet at a time.



If you have more than one phone or tablet you want to pair with your watch, or if you have more than one watch, keep in mind the following:

One watch and multiple phones or tablets

- You can't pair one watch with multiple phones or tablets at the same time.
- You can switch which phone or tablet your watch is paired with, but you need to reset your watch to factory settings first. Then you can pair your watch to the new phone or tablet.

For watches paired with Android: Multiple watches and one phone or tablet

The below information applies only to watches paired with Android devices.

You can pair multiple watches to a single phone or tablet. Simply repeat the pairing steps for each watch. Below the watch you'll see if it's connected or disconnected. Your watch will be disconnected if it can't communicate with your phone or if you've chosen to disconnect it from the settings.

Only one watch can be paired with an iPhone at a time.

Trouble pairing existing watch to a new phone

You can pair an existing watch with a new phone or tablet, but you need to reset your watch to factory settings first. Then you can pair your watch.

Connect to Wi-Fi

The information in this article applies only to Android Wear 2.0 or up. Check your watch's version of Android Wear.

Your watch can automatically connect to saved Wi-Fi networks when it loses the Bluetooth connection with your phone.

Get started

1. If your screen is dim, tap it to wake up the watch.
2. Swipe down from the top of the screen.

- Android Wear 2.0 and up: Tap Settings > scroll down and tap **Connectivity**
- Android Wear 1.5 and below: Swipe left and tap Settings
3. If Wi-Fi is set to off, tap **Wi-Fi** to switch it to Automatic.

Add or change your watch's Wi-Fi network

1. If your screen is dim, tap it to wake up the watch.
2. Swipe down from the top of the screen.
- **Android Wear 2.0 and up:** Tap Settings > scroll down and tap **Connectivity**
3. Tap **Wi-Fi** > **Add network.**
4. To enter a password if a password is required, tap **Enter on phone**. When prompted, enter the password on your phone. Then tap **Connect**.

Follow the same steps to change the Wi-Fi network your watch connects to.

Note: Your watch can't connect to Wi-Fi networks that take you to a page before you can connect (for example, Wi-Fi networks at places like hotels or coffee shops).

Connect Bluetooth headphones

Note: The steps below are different depending on your watch's Android Wear version. Check your watch's Android Wear version.

You can use Bluetooth headphones to listen to audio from your watch.

Step 1: Get headphones ready

Follow the instructions that came with your Bluetooth headphones to put them in pairing mode.

Step 2: Connect your watch

Learn how to check your watch's version of Android Wear.

1. If your screen is dim, tap the screen to wake up the watch.
2. Swipe down from the top of the screen.

- Android Wear 2.0 and up: Tap Settings > **Connectivity** > **Bluetooth** > **Available devices**

3. Your watch will search for nearby devices. When you see the name of your headphones, tap it to connect.

Your watch will then connect with the headphones.

Connect a Bluetooth device that has an app

Some Bluetooth devices, like heart rate monitors, come with an app for your watch. If you have one of these, open its app on your watch. Follow the instructions to pair the accessory to your watch

Note: Android Wear does not support ANT+ accessories.

What's different for Android Wear 2.0

Whether you are new to Android Wear or have just updated your watch to Android Wear 2.0, read the article below to learn how to get around your watch.

Note: The instructions below apply to Android 2.0 and up.

How do I see a list of my apps?

Use the power button on the side of your watch to navigate to your apps and to the home screen.

- To see apps on your watch: press the power button on the side of your watch.
- Back to main screen: To return to the home screen, press the power button.

How do I ask questions or get help from my watch?

To get helpful information from Google, you will ask your Google Assistant. To start your Google Assistant, press and hold the power button until you see "how may I help you?" appear on your watch.

Learn more about how to use the Google Assistant.

How do I change display and notification settings?

To see settings you can change from the home screen, swipe down from the top of your watch's screen. From the pull-down menu you can change:

To turn on Theater mode: When your watch is on, swipe down from the top of the screen and tap **Theater Mode** . To wake your watch up, press the button on the side of your watch.

To stop your watch from vibrating when you get a notification:

1. If the screen is dim, press the power button to wake up your watch.
2. While using your watch, swipe down from the top of the screen.
3. Tap Do Not Disturb.
4. (Optional) To choose which notifications to get when you have DND turned on, swipe down from the top of the screen > Settings > Notifications > **Do not disturb unless ...** .

Learn more about notifications on your watch.

How do I change display and notification settings?

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4. (Optional) To choose which notifications to get when you have DND turned on, swipe down from the top of the screen > Settings > Notifications > **Do not disturb unless ...** .

Learn more about notifications on your watch.

How do I know if I have notifications waiting?

When you first get a notification, your watch will vibrate (unless it is in DND) and you'll see a notification show up and then then hide.

To read more information or open a notification, tap it.

Tip: Some watch faces also allow you to enable or disable an unread notification indicator.

Use Google Accounts, apps and your Google Assistant on your watch

When you sign in to the Play Store on your watch, you decide which apps to download right on your watch.

How do I choose apps for my watch?

Instead of apps automatically syncing to your watch, you can now download apps from the Play Store like you would from your phone.

To choose apps to download, open the Play Store on your watch. Learn more about how to get apps on your watch.

How do I get helpful info from my Google Assistant?

To start your Google Assistant, press and hold the power button until you see "how may I help you?" appear on your watch. Learn more about how to use the Google Assistant on Android Wear.

Can I say "OK Google" to start using my Google Assistant?

Depending on your watch, "OK Google" may or may not open the Google Assistant automatically. To turn on hands-free access to your Google Assistant:

1. If your watch screen is dim, tap to wake up the watch.
2. Swipe down from the top of the screen.
3. Tap Settings .
4. Then tap **Personalization**.
5. Turn on "Ok Google" detection.

Note: The "OK Google" detection uses a small amount of battery power. To save a little more battery, turn the detection setting to **Off**. Learn more about how to improve your battery life.

Handwrite on or use your watch's virtual keyboard

Along with using your voice, you can also type messages directly on your watch's screen if it works with the app. To reply or search the Play Store by using watch's keyboard when you have the option, tap Keyboard .

For example, you'll see the option to use the keyboard when replying to messages in apps like Hangouts.

Customize watch faces with helpful info

Along with being able to change your watch's background, you can also customize watch faces with information from apps, such as steps from Fit or number of notifications. From the

home screen, swipe right or left to choose a new watch face. Learn how to change and customize different watch face.

Set goals with Fit

You can sync your pace, distance, calories and heart rate as you exercise. Indoor workouts like treadmill, indoor cycling and stair climbing. Google Fit also includes strength training challenges such as sit-ups, push-ups, squats, and weightlifting.

To get started using Fit on your watch, open the Fit app. Learn how to use Google Fit on your watch.

Get started using your watch

Some information below may be different depending on your version of Android Wear. Learn how to check your watch's Android Wear version.

Watch screen and notifications

Wake up or dim your watch

Wake up your watch

To brighten your screen, do any of these actions:

- Tap the screen.
- Turn your wrist so your screen is upright.
- Press any button on the watch (if it has one).

Dim your watch

- Press your palm onto the screen until it vibrates.
- Stop tapping the screen, and your watch will dim automatically after a few seconds.

See date & battery status

1. If the screen is dim, tap it to wake up the watch.
2. Swipe down from the top of your watch's screen.

Stop interruptions & go offline

You can temporarily silence your watch, turn off its screen, and take it offline.

1. If the screen is dim, tap it to wake up the watch.
2. Swipe down from the top of the screen.
3. Tap a setting to change it:

- To turn Wi-Fi and mobile data connections on or off, tap Airplane mode .
- To turn off your screen temporarily, tap Theater mode . To turn your screen back on, press the power button (if your watch has one) or tap the screen repeatedly.
- To mute or unmute your watch, tap Do Not Disturb .
- If your watch has a speaker: To change the volume, tap Volume .

Note: If your watch is running Android Wear 1.5 and below, to find Settings: Swipe down from the top of the screen, then swipe left until you see Settings and tap it.

Lock your watch screen

To set your screen to lock automatically when you're not wearing the watch:

Android Wear 2.0 and up

1. If the screen is dim, tap it to wake up the watch.
2. Swipe down from the top of the screen.
3. Tap Settings .
4. Scroll down and tap **Personalization** .
5. Scroll down and tap Screen Lock.

If you forget your unlock pattern:

1. Draw an incorrect pattern 3 times.
2. Wait for 1 minute while the screen grays out.

3. Draw an incorrect pattern 3 more times.
4. Wait for 1 minute while the lock screen is grayed out.
5. Enter an incorrect pattern 3 times.
6. You'll see a factory reset confirm screen.
7. To confirm the reset, tap the check mark ✓.

Your watch will restart without the password required to sign in.

Use apps & voice actions

Use and get apps

Open an app already on your watch

1. If your screen is dim, tap it to wake up the watch.
2. Go to your list of apps:

- Android Wear 2.0 and up: Press the power button.
- Android Wear 1.9 and below: Swipe left.

3. Tap the app you want to open.

Tip: You can also open an app by saying "Ok Google, open (the app's name)."

Get more apps from the Play Store

Android Wear 2.0 and up

1. Press the power button on your watch.
2. Swipe up or down and tap Play store . You'll be signed in with the main Google Account on your watch.
3. To search for a new app, tap Search .
4. If you want to download the app, tap **Install**.

To open the app, press the power button.

Android Wear 1.5 and below

Apps you have on your phone that are available on your watch will automatically sync.

Use voice actions

Android Wear 2.0 and up

Press and hold the power button. Say your question or task. Learn more about using voice actions with the Google Assistant.

Use Google Accounts on your watch

Learn how to check your watch's version of Android Wear.

The first time you set up Android Wear 2.0 on your watch, you'll be guided to sign into a Google Account. You'll get notifications, share contacts, and sync apps from from this account, unless you change it later.

Add or switch accounts to your watch

1. If your screen is dim, tap the screen to wake up the watch.
2. Swipe down from the top of the screen.
3. Tap Settings > **Personalization**.

- **Add an account:** Tap **Accounts** > **Add Google Account**.
- **Switch accounts:** Tap **Accounts** > **Choose a different account**.

Your watch will use the Google account you set up when you first connected your watch. You can have multiple Google accounts on both your watch and phone.

You can now download apps from the Play Store. Learn how to get and remove apps from your watch.

Note: Some apps let you change the account you use to log in.

Navigate your watch with wrist gestures

Along with swiping, you can get around your watch by using wrist gestures.

See tutorial on your watch and check settings

To turn on the Wrist Gestures setting and to see the tutorial:

1. If your screen is dim, tap the screen to wake up the watch.
2. Swipe down from the top of the screen.

- Android Wear 2.0 and up: Tap Settings .

3. Tap **Gestures** **Wrist gestures.**
4. To launch the tutorial, tap **Launch tutorial**.

Things you can do with wrist gestures

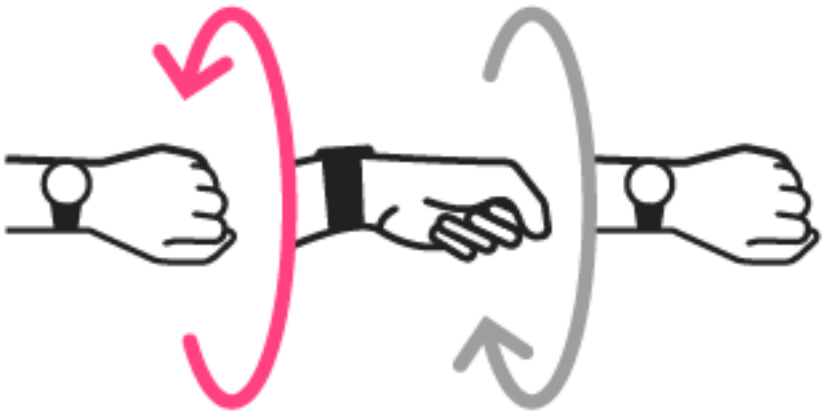
When using gestures, remember that your watch responds to the direction and quickness of your wrist's motion, rather than the range of the motion.

Scroll through cards by moving your wrist

To see your first card

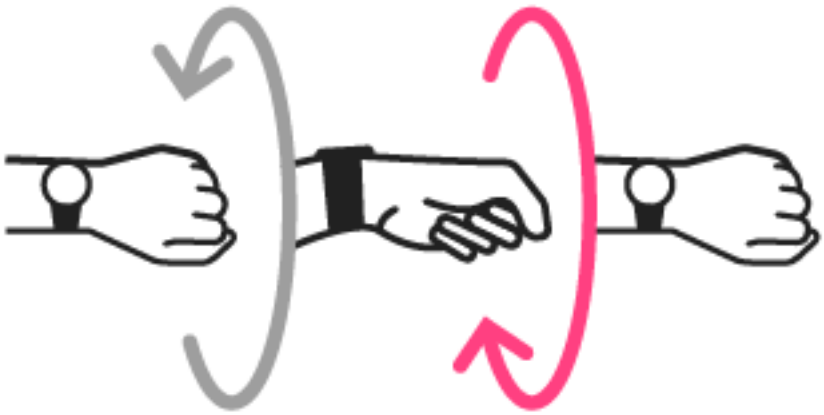
If your watch is dim, tap the screen or tilt the face towards you to wake it up. Then, quickly flick your wrist away from you then slowly turn it back towards you to bring the card up.

To scroll to the next card



Quickly flick wrist away from you, then slowly turn back towards you.

To scroll back a card



Slowly turn your wrist away from you then quickly flick it back towards you.

Shake your wrist to return home or cancel action

Shake your wrist to return to the home screen from any card or screen. You can also shake to cancel an action before it's complete.

More tips

To bring up the first card from your home watch face:

When your watch face is awake, flick your wrist away from you.

To pull down settings menu from the watch face screen:

Slowly turn wrist away from you then flick your wrist back towards you.

To cancel an action before it's completed:

Before an action is complete, shake your wrist to cancel it.

Tips & tricks

Send emoji messages, check your upcoming schedule and get things done all from your watch.

Draw and send emoji

You draw emoji when responding to messages or whenever you see the emoji .

1. When you get a message, tap **Reply**.
2. Choose **Draw emoji**.
3. On the screen, draw any emoji you want, like a smiley face, a thumbs-up sign, or a cocktail glass.
4. Your watch will find an emoji that best matches your drawing. If it can't match what you drew, it'll show you emoji to choose from.
5. After you draw one emoji, you can send your message by touching the check mark. Or you can draw more emojis, which will get added to your message. You can swipe to see more emoji suggestions.

- To delete an emoji in your draft: On the top of the screen, tap **Delete**.
- When you're done and ready to send your message, tap the check mark .

Tip: You can also browse available emoji by tapping .

Turn off the screen temporarily

You can turn off your watch's screen temporarily (or put it in Theater mode), so it doesn't light up or show notifications, even if you move your wrist or tap the screen.

To turn off your screen temporarily:

1. If your screen is dim, tap it to wake up the watch.
2. Swipe down from the top of the screen.

- Android Wear 2.0 and up: Tap Theater mode . If you don't see Theater mode, tap Brightness > Theater mode .

To turn your screen back on:

- If your watch has a power button, press it once.
- If your watch doesn't have a power button, tap the screen repeatedly until it wakes up.

Stop watch vibrations

To stop your watch from vibrating when you get a notification, turn on Do Not Disturb (DND).

1. If the screen is dim, press the power button to wake up your watch.
2. While using your watch, swipe down from the top of the screen.
3. Tap Do Not Disturb .
4. (Optional) To choose which notifications to get when you have DND turned on, swipe down from the top of the screen > Settings > **Notifications** > **Do not disturb unless ...** .

You can choose to have calls from favorites, reminders, and events vibrate your watch even when Do Not Disturb is turned on. Alarms will always vibrate your watch even when DND is turned on.

If you're paired with an Android phone or tablet and are using Android 1.5 and below, your watch will have the same DND settings as your phone or tablet. Learn how to check your watch's Android Wear version.

Note: Watches paired with an iPhone will not sync notification settings with the phone.

Turn off phone sounds when using your watch

When your watch is connected, you can stop your phone from vibrating and making sounds.

1. On your phone, open the Android Wear app .
2. Tap Settings .
3. Turn on **Mute connected phone**.

Hide events from certain calendars

You can change your settings so that you won't get notifications or see events for certain calendars.

1. On your phone, open the Android Wear app .
2. Tap Settings . You may need to choose a watch.
3. Tap **Calendar settings**.
4. Tap one of your calendars, like Birthdays.

You can tell if your calendar is hidden if the square next to it is an outline, like birthdays for example.

Google apps that work with Android Wear

ANDROID IPHONE & IPAD

Here are some Google apps on your phone or tablet that you can use with Android Wear. You can use Google apps or other apps.

Google app

Gmail

Google Calendar

Google Hangouts

Google Keep

Google Maps

Google Fit

Google Camera

Play Music

Google apps that work with Android Wear

ANDROID IPHONE & IPAD

Here are some Google apps on your phone or tablet that you can use with Android Wear. You can use Google apps or other apps, just like on your Android phone.

Google app

Gmail

Google Calendar

What still works when you leave your phone behind

Some of your watch's features will continue to work even if you leave your phone behind.

Connected to the Internet over Wi-Fi

If your watch supports Wi-Fi, it can stay connected to your p hone at any distance when they're both connected to the Internet. To stay connected to your phone, turn on and connect to Wi-Fi on your watch.

Not all watches can connect to Wi-Fi. Try turning on Wi-Fi on your watch. If you don't see **Wi-fi settings** under "Settings" on your watch, it's not available on your watch.

Not connected to the phone or Internet

If you see the , your watch is not connected to your phone. This can happen when you are away from your phone if:

- Your watch does not support Wi-Fi
- Your watch supports Wi-Fi but is not connected to a Wi-Fi network
- Your phone is off
- Your phone is not connected to the Internet

If your watch and phone aren't connected over the Internet

You can still use some basic features on the watch:

- Tell time and see the date
- Set an alarm
- Use the stopwatch
- Use the timer
- View your calendar for today
- See your step count
- See your heart rate (if your watch has this feature)
- Change your watch face
- Put your watch in airplane mode
- Listen to music through your watch

  Note: You won't be able to use voice actions.

Get quick answers on weather, sports & more

You can get the upcoming weather, translate greetings into many languages, convert currency, and more. Check out the examples below to learn about some of the things Android Wear can do for you.

Voice language availability tips: Most of the tips below work if your language is set to English, French, German, Italian, Japanese, Korean, Russian, Spanish, or Brazilian Portuguese. Some voice actions are not available in all languages and countries.

Prepare your watch for voice actions

Android Wear 2.0 and up

Press and hold the power button. Say your question or task. Learn more about using voice actions with the Google Assistant.

Speak to get quick answers

Get sports scores and schedules

Sports scores and upcoming games will show up as cards. You can also speak to your watch to get the score for a current game, or see when your team plays next, say the following:

- "When is the next Mets game?"
- "How did Leeds United do?"

Choose which teams to get updates for

To get updates for your favorite teams, you can customize your teams in your feed.

Check the weather

To get the weather for your current location or a place you're traveling to, just speak to your watch. You can also get the weather by using the apps menu.

To get the weather, say the following:

- "Weather in San Francisco."
- "What's the weather in New York City tomorrow?"
- "Will it rain tomorrow?"

You can also check the weather from the Weather app: Scroll down and tap **Weather** .

You'll see the local weather for your current location.

See the time in other time zones

To speak to your watch to get the time for any location, say the following: "What time is it in London?"

Translate words or phrases

To speak to your watch to get translations for words and phrases, say something like the following: "How do you say 'hello' in Spanish?" or "Translate: Soup into Spanish"

From the apps menu, you can also use the Translate app.

Note: To show someone else the translation, turn your wrist so the watch is facing them.The translation will flip to be the right side up.

Get calorie counts

To speak to your watch to find out how many calories are in common foods, say the following: "How many calories are in an avocado?"

Look up a word

To speak to your watch to learn the definition of a word, say the following: "What does onomatopoeia mean?"

Check stocks

Stocks will show up automatically as cards. You can also speak to your watch to track your portfolio by getting live stock prices.

To check stocks, say the following: "What's Google's stock price?"

Choose which stocks to get updates for

You can customize your feed to choose which stocks you want to follow.

Convert between units

To speak to your watch to convert currency, volume, weight, and more, say the following:

- "What's 16 ounces in pounds?"
- "Convert 100 euros to US dollars."
- "How many kilometers is 50 miles?"

Solve math problems

To speak to your watch to find the calculations for math problems, say the following: "What is the square root of 2209?"

See upcoming events

To speak to your watch to look up events, such as upcoming holidays, say the following:

- "When is sunset?"
- "When is Thanksgiving?"

Look up random facts

To speak to your watch to look up random facts, say the following:

- "Where was Albert Einstein born?"
- ”How tall is Barack Obama?”
- "How tall is the Eiffel Tower?”
- "How old is Meryl Streep?"
- "How hot is the sun?"

Get stuff done with reminders, alarms, notes & more

You can use apps or tell your watch to do things like take notes, set timers for later, and check your calendar.

Get stuff done with your voice or from an app

Learn how to check your watch’s Android Wear version.

Speak to get things done

You can ask watch for help with everyday tasks.

Google Assistant on Android Wear 2.0 and up

To open the Google Assistant on your watch, press and hold the power button. After you see, "Hi, what can I help you with?" you can ask your question. See below for examples.

Get things done with the app

If you aren’t able to speak, you can also open an app to complete your task instead.

Android Wear 2.0 and up

To see a list of apps on your watch, press the power button once.

Set reminders, alarms, and timers

Set and use reminders

You can set reminders to do something at a certain time or location that will sync with the Google app.

- **To set a reminder using your voice**: When your watch is ready for voice commands, say "Remind me to" followed by your task with a time or location. You can include the exact or approximate time or location you want the reminder to go off.
- T**o set a reminder using the app**: You can also set a reminder by opening your apps and tapping Reminders .

Mark a reminder as done and archive

1. From your watch's apps, tap Reminders .
2. Find the reminder you want to mark done.
3. Swipe the reminder left or right, or tap it and tap Done .

Marking the reminder as done will archive it.

Set an alarm

You can speak or use the alarm app to set an alarm.

You can set reminders to do something at a certain time or location that will sync with the Google app.

- **To set an alarm using your voice**: Say "Set an alarm for" followed by a time to set the alarm for.
- **To set an alarm using the app**: To set an alarm from the app without speaking: From your list of apps, tap Alarm .

Set a timer

You can speak to your watch or use the app to set a timer.

- **To set a timer using your voice**: Say "Set a timer" followed by the amount of time you'd like.
- **To set a timer using the app**: To set a timer from the app without speaking: From your list of apps, tap Timer .

Dismiss timer

When your timer goes off, dismiss by swiping from left to right on your screen.

Use the stopwatch

- **To start a stopwatch using your voice**: Say "Start stopwatch," then tap Start .
- **To start a stopwatch using the app**: From your list of apps, tap Stopwatch > Start .

Take notes

Take or view a note (for watches paired with Android only)

You can speak to your watch to create a note or view existing notes using Android apps like Google Keep. You can also view and edit lists in Google Keep

- **To take a note using your voice**: Say "Take a note" followed by the note you want to keep.

To take notes on your watch, open the Play Store on and download the Keep app . Learn how to get apps on your watch.

Check your calendar

Check your schedule

Your upcoming events will show up automatically in your Google app feed. You can also speak to your watch or use the onscreen menu to pull up your calendar.

- To check your schedule using your voice: When your watch is ready for voice actions, say "What does my day look like tomorrow?" or "When's my next meeting?"
- To check your schedule using the app: To check your schedule with the app without speaking: From your list of apps, tap Agenda .

Take a photo

You can take photos using Google Camera

With Android Wear

If you have an Android Wear device synced with your Android device, you can take pictures with Google Camera using your watch as a remote control.

1. Open your camera.
2. On your watch, find and tap **Remote**.
3. Touch the camera card.
4. To take a photo, tap the shutter button on your watch.
5. When your phone takes a photo, your watch vibrates and flashes.
6. You'll see a thumbnail of the photo on your watch.

See the feed on your watch

If you don't have the Google app on your phone, download it from the Google Play Store.

See cards from the Google app on your watch

If you have the Google app on your phone your watch is connected to, you can see your feed on your watch. You can see cards about traffic, birthdays, weather, and many more topics.

ANDROID IPHONE & IPAD

See the feed on your watch

If you don't have the Google app on your phone, download it from the Google Play Store.

See cards from the Google app

To see cards on your watch, you need version 5.6 and up of the Google app on your Android phone or tablet.

1. On your watch, open the Google app
2. To scroll through more cards, swipe left on a card.

Stop seeing certain cards

To stop seeing a certain type of card on your watch, customize your Google app feed on your phone first:

1. On your phone,open the Google app.
2. At the top right of the card, tap More > **Never show stories to read**.
3. On your watch, open the Android Wear app.
4. Tap **Settings** > **Google**.
5. Pull down on a card to update your feed.

You'll know that your cards are being updated when the line below the search box starts changing colors.

Types of cards you can see on your watch

- Stocks, sports, and weather

- Reminders, birthdays, and appointments
- Traffic, flights, and boarding passes
- Hotel and restaurant reservations

See cards from the Google app on your watch

If you have the Google app on your phone your watch is connected to, you can see your feed on your watch. You can see cards about traffic, birthdays, weather, and many more topics.

ANDROID IPHONE & IPAD

See the feed on your watch

If you don't have the Google app on your phone, download it from the App Store.

See cards from the Google app

To see cards on your watch, you need version 5.6 and up of the Google app on your Android phone or tablet.

1. On your watch, open the Google app
2. To scroll through more cards, swipe left on a card.

Stop seeing certain cards

To stop seeing a certain type of card on your watch, customize your Google app feed on your phone first:

1. On your phone,open the Google app.
2. At the top right of the card, tap More > **Never show stories to read**.
3. On your watch, open the Android Wear app.

4. Tap **Settings** > **Google**.
5. Pull down on a card to update your feed.

Your feed will update automatically.

Types of cards you can see on your watch

- Stocks, sports, and weather
- Reminders, birthdays, and appointments
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- Hotel and restaurant reservations

Get directions, traffic, flight info & more

If you're using an Android phone or tablet with your watch: You can get directions, find local businesses, learn about your commute, see your location, and more with Maps for Android Wear. Check out the examples below to learn about some of the things Android Wear can do for you.

Note: Most of the tips below work if your language is set to English, French, German, Italian, Japanese, Korean, Russian, Spanish, or Brazilian Portuguese. Some voice actions aren't available in all languages and countries.

Android Wear 2.0 and up: To use navigation on your watch, first download the Google Maps app from the Play Store on your watch.

Get turn-by-turn navigation

You can speak to your watch to get turn-by-turn directions to your destination. Say your destination, and the route will appear on your watch. As you go, you'll see directions for every turn.

When location is enabled on your phone, Navigation works on your watch even when your phone is locked.

See countries where Navigation is available.

Speak to get turn-by-turn directions

1. Make sure the watch is awake.
2. Say "Ok Google."
3. Say something like "Navigate to Starbucks."
4. A Google Maps card will show up on your watch. You might need to choose a more specific destination. You can also change travel modes or cancel your trip.
5. Turn-by-turn navigation will start.
   Tip: To see the full list of directions, swipe up on the green card at the bottom of the screen.
6. To go back to the watch screen, swipe from left to right → . Navigation will mute. To go back to full screen navigation, touch the blue arrow on the directions notification.

See the time and distance to your destination:

1. Touch the navigation notification card to go into full screen mode.
2. Swipe left once.
3. You'll see the route information.

Cancel your navigation:

1. Swipe the card up.
2. Swipe left and tap **Exit navigation**.

Find places & business info

You can speak to your watch to find nearby places and businesses. You can also find the phone number or address of a nearby business and see how far away it is.

Speak to find a place or business

1. Make sure the watch is awake.
2. Say "Ok Google."
3. Say what you're looking for, like:

- "Find the Eiffel Tower"
- "Where's the closest gas station?"

- "Target stores in Denver"
- "Blue Barn address"
- "How far is Starbucks from my home?"

Learn how to find nearby places using the Google Maps app for your phone or tablet.

See your location on the map

1. If your watch is dim, wake it up by tapping the watch face.
2. Swipe left once.
3. Scroll down and tap **Maps**.

Tips:

- Exit the map by swiping right. If your watch has a physical button, you can press it once.
- See a list of places within view of the map. Tap the place marker > choose a place in the list > start navigation by touching the arrow .

Use Google Assistant on Android Wear

To ask your Google Assistant for help, press and hold the power button on your watch or say "OK Google". When your watch is ready, you'll see "Hi, how can I help?"

Note: For now, this feature is available in English and German only.

What you'll need

To use your Google Assistant on your watch, you'll need:

- A watch running Android Wear 2.0 and up
- A Google Account on the watch
- Phone's language set to English

- An Internet connection on your watch via a Bluetooth connection through Wi-Fi or cellular connection, if your watch has it.

Set up Google Assistant to respond to your voice

Not all watches listen for "OK Google" automatically. To turn on hands-free access to your Google Assistant:

1. If your watch screen is dim, tap to wake up the watch.
2. While on the watch face, swipe down from the top of the screen.
3. Tap Settings .
4. Then tap **Personalization.**
5. Turn on "Ok Google" detection.

Once "OK Google" detection is turned on and you're looking at your watch screen, you can start Google Assistant by saying, "Ok Google," followed by your question.

Note: The "OK Google" detection uses a small amount of battery power. To save a little more battery, turn this feature off. Learn more about how to improve your battery life.

More you can do your Google Assistant on your watch

If you have Internet-connected devices such as thermostats, lights, or switches that work with Google, you can control your home using the Google Assistant. Learn how to connect devices to your Google Assistant.

Control smart home devices that work with Google

Send messages with apps you have on your Android

Troubleshooting the Google Assistant on your watch

If you're having trouble connecting to your Google Assistant, try the following tips:

- Make sure your watch is connected to your phone.
- Make sure you have a Google Account on your watch
- On your watch, turn Airplane mode on and off.
- Troubleshoot the Google Assistant.

Examples of what you can ask your Google Assistant on your watch

Depending on what you ask, some requests require you also have the same app installed on your phone too.

Note: Your Google Assistant will not speak back to you on your watch. Instead, you'll see the response to your questions on your watch's screen.

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Get things done

- **Alarms**: Wake me up at 7 a.m.
- **Reminders**: Remind me to do laundry when I get home. Remind me to call Mom every Sunday.
- **Timers**: Set a timer for 10 minutes.
- **Notes**: Take a note: "Try the new restaurant down the street."
- **Reservations with OpenTable**: Make a reservation at The Fire Pit tonight.

Communicate

The following voice actions will use your phone unless you have a watch that supports an LTE connection.

- **Calls**: Call Monica.

- **Text**: Text John "See you at 5."
- **Emails**: Send an email.

Helpful info about your day

- **Weather**: What's the weather in Boston? Will I need an umbrella tomorrow? Will it be windy this weekend?
- **Traffic**: How's the traffic on the 89 freeway?
- **Navigate**: Navigate home by walking. Navigate to work by bicycling. (Requires the Google Maps app to be installed on your watch.)

Fitness

- **Running**: Track my run.
- **Cycling**: Start a bike ride.
- **Step count**: How many steps have I taken?
- **Heart rate**: What's my heart rate?

Ask Google

- **Calculations**: What's 20% of 80? What's 5 factorial?
- **Dictionary**: What does "magnanimous" mean?
- **Quick answers**: How do you remove stains from a rug? When is sunrise?
- **Unit conversions**: How many miles in a 5k?
- **Translations**: "Thank you" in Hindi.

Examples of what you can ask your Google Assistant on your watch

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Answer or reject a call

To answer a phone call: When your watch rings, swipe left.

To reject a phone call: When your watch rings, swipe right.

Read and reply to Gmail when paired with an iPhone

You'll get notifications on your watch for new email no matter what email app you use on your iPhone. If you use Gmail, you can turn on Rich Gmail cards which allow you to read, reply, archive and delete email from your watch.

Turn on Rich Gmail cards

To be able to read, reply to, delete, or archive your Gmail on your watch, you'll need to turn on Rich Gmail cards:

1. On your phone, open the Android Wear app .
2. Touch the Settings icon > Email cards.
3. Turn on Rich Gmail cards.
4. Touch **Done**.

When you turn on Rich Gmail cards, you'll see an option to Block other email app cards. This prevents duplicate notifications on your watch from email apps other than Gmail.

Read and reply to your Gmail

Once you've turned on Rich Gmail cards, you can read and reply to your Gmail right on your watch.

1. When you receive a new email, you'll see it on a card on your watch.
2. Swipe to the left to see your options: You can choose to reply, delete, or archive.
3. To reply, touch **Reply** and just speak your response.

Your message will be sent automatically after you've finished talking. You can't edit your message, but you have about a second to cancel it before it gets sent. You can then dictate a new message.

Note: Though you can reply to email from your watch, you won't be able to create a new one from your watch.

Read and reply to messages & texts

If your watch is paired with an Android device, you can use your favorite messaging apps with Android Wear.

- Android Wear 2.0 and up: To see if the messaging app you want to use is on your watch, check your apps menu. If it's not, go to the Play Store app on your watch and download the messaging app you want.
- Android Wear 1.5 and below: Your watch will automatically download the same messaging apps that are on your phone when you connect your devices.

Language availability for voice tips

Most of the tips below work if your language is set to English, French, German, Italian, Japanese, Korean, Russian, Spanish, or Brazilian Portuguese. Some voice actions are not available in all languages and countries.

Read and reply to a text or message

Your new texts or messages will show up as notifications on your watch if you get message notifications on your phone. If you only want message notifications on your phone, you can stop specific apps from sending notifications to your watch.

1. To read the full text or message, tap the notification.
2. To reply to the text or message:
- Android Wear 2.0 and up: Swipe up from the bottom.
3. Tap Reply .
4. To write your message:
- Android Wear 2.0 and up: Choose to speak, type, send an emoji, or scroll down for pre-written messages.

You'll see a checkmark when your message was sent.

Send an instant message

You can send instant messages using the following apps:

- WhatsApp
- Viber
- Telegram
- Nextplus
- Hangouts
- Threema
- BBM

Speak to send an instant message

Android Wear 2.0 and up

1. Press the button on the side of your watch and say the name of the person your want to message and the app you want to use. For example, you can say something like:

- "Send Kirsten a WhatsApp message saying 'I'm running 5 minutes late'".
- "Tell Kirsten I'm on my way using WhatsApp".

Send an instant message from a contact

1. From your app menu, tap Contacts .
2. Tap the contact's name.
3. Tap the messaging app to send the message from.
4. Speak your message.

You'll see a checkmark when your message was sent.

Get and remove apps on your watch

Get apps on your watch

You can download a variety of apps from the Play Store on your watch. Some apps work with a matching app on the phone or tablet that's connected to your watch.

Note: Make sure your watch is connected to Wi-Fi or on LTE to search and download apps.

Apps you have on your phone

Apps on your phone don't automatically sync with your watch. To get apps from your phone onto your watch:

1. If the screen is dim, press the power button to wake up your watch.
2. To see your list of apps, press the power button.
3. Scroll down and tap Play Store . You'll be signed in with the Google Account you used to set up your watch.
4. Scroll down and look for the "Apps on your phone" section.
5. To download the app, tap **Install**.

New apps

1. If the screen is dim, press the power button to wake up your watch.
2. To go to your list of apps, press the power button again.
3. Scroll down and tap Play Store . You'll be signed in with the Google Account you used to set up your watch.
4. To search for an app, tap Search .

- To speak your search, tap the Microphone .
- To type your search, tap the Keyboard .

To download the app to your watch, tap Install.

Note: Apps can vary depending on what kind of phone or tablet is connected to your watch.

Remove apps

1. If the screen is dim, press the power button to wake up your watch.

2. To go to your list of apps, press the power button.
3. Scroll down and tap Play store .
4. Swipe down from the to of the screen and tap My Apps.
5. Tap the app you want to delete, then scroll to the bottom and tap Uninstall.

To see a list of all your apps, including preinstalled apps you can't delete:

1. On your watch, swipe down from the top of the screen.
2. Tap Settings > **Apps**.

Get around the Play Store on your watch

- To change the account that's signed in, tap **Account**.
- To see a list of your apps and search for others, tap My Apps .
- To go to the Play Store's main page, tap Play Store .

Troubleshooting

If you're having trouble connecting to the Play Store, try changing these settings.

Learn how to keep your watch connected to your account.

Install and use Fit on Android Wear

You can also use Fit only on your Android Wear watch. But you won't be able to see as much information or track as much of your activity. To learn more about how to track your fitness and manage your Google Fit settings, visit the Google Fit help center.

Install Fit on Android Wear

You can install Google Fit on your phone and watch from Google Play.

Google Fit works best if you install the Google Fit app on the phone you paired with your watch. Then you can get more data and sync your data between your phone, watch, and other apps.

If you use Google Fit on your Android Wear watch without installing it on your phone you won't get as many features.

Pair Fit on Android Wear with your Android phone

Pairing Fit on Android Wear with a mobile device means your watch and phone will share data and you will get more features. Extra features include counting distance moved and calories burned, tracking workouts in real-time, auto-tracking of strength exercises, and third-party data linking.

Your phone and watch will share Fit data as long as:

- The app is installed on both devices.
- Both devices are turned on.
- Your watch and phone are within a few feet of each other.

Even if the two devices go out of range of each other, the data will automatically sync when they're back in range.

Note: If your watch is disconnected from your phone, it can only count steps, not time.

See more information about pairing your Android Wear device and your phone and what happens when your Android Wear device and phone are unpaired.

Use Fit on Android Wear only

If you use Fit on Android Wear without installing the app on a paired phone you can:

- See how many steps you've taken in the past 7 days.
- See your past 10 heart rate measurements.
- Use Fit watch faces.

But without installing the app on a paired phone you can't:

- Count reps of squats, push-ups, and sit-ups.
- See distance and calories burned.

- Connect to third parties like MyFitnessPal, Runkeeper, Strava, and more.
- And use some other features.

To get these features you'll need to pair your Android Wear device to a mobile device with the Fit app.

Note: see more information about pairing your Android Wear device and your phone and what happens when your Android Wear device and phone are unpaired.

Start a strength training challenge

Note: Please be sure to consult a physician before beginning a new fitness or nutritional program.

Google Fit can automatically count reps for push-ups, squats, and sit-ups with your Android Wear device. Each activity has beginner, intermediate, and advanced challenge levels.

Start a strength challenge

Start a challenge

1. If your screen is dim, tap the screen to wake up the watch.
2. Open the app list:
- **Android Wear 2.0:** Press the power button.
3. Tap and open Google Fit .
4. Scroll and tap **Start an Activity** or Start an Activity .

Note: The watch may take up to three reps to show a count. It should detect most of your reps with proper form. If you find the watch is missing a significant number of reps, check your exercise form.

Choose your challenge level

Each exercise has beginner, intermediate, and advance challenges. These are levels which set you goals for number of reps to complete each day. The goal will increase as you get stronger over the course of the challenge.

If you aren't sure which level you are, start with beginner. The starting number of reps for each level are:

Use Google Fit Watch Faces

You can use a Google Fit watch face to see progress towards your daily goals on your watch face.

1. If your screen is dim, tap the screen to wake up the watch.
2. Tap and hold anywhere on the background of your watch face for two seconds.
3. Swipe from right to left to browse designs, then tap to choose one.

Tip: You can also change your watch face through the Android Wear app on your mobile device.

Listen to music on your watch without your phone

If your watch has a built-in speaker or is paired with a Bluetooth audio device, you can listen to music on your watch without your phone. Learn how to pair Bluetooth devices like headphones.

If you’re playing music on your phone, you can also control Play Music and other apps from your watch.

Note: We recommend not listening to music at high volumes for long periods of time.

Use Play Music on Android Wear 2.0

Learn how to check your version of Android Wear.

When you sign into Play Music on your watch, you can play any likes, playlists or album purchases you've made with the same Google account. Play Music on Android Wear can't play podcasts at this time.

Tip: If you see this Music App , follow these steps to play music on your watch.

Stream music

To get started, make sure your watch is connected to Wi-Fi or LTE. If you see Downloaded only on the top of your screen, try these steps to make sure you're connected to a network.

On the side of your watch, press the power button.

1. From the list of apps, tap Play Music .
2. When you see "Connected", start playing music by tapping any of the Play icons.
3. You'll be asked to set up your bluetooth headphones if you haven't already.

You can listen to any albums or playlists you've added to the Play Music Google account. To look for music on a different account, swipe down from the top of the screen and tap Settings . From the Settings screen, scroll down and tap the new profile.

Tip: To get the most out of streaming music, fully charge your watch before you start.

Add music to stream from your watch

Your watch can only play music that is already on your Play Music account. To add music to play on your watch: On your mobile device or computer, create or add to an existing playlist.

Troubleshoot music not playing

If you see Disconnected , or if you're having trouble streaming music from your watch, make sure your watch is connected:

1. If your watch screen is dim, tap it to wake the watch up.
2. Starting from the home screen, swipe down from the top of the screen.

3. Tap Settings > **Connectivity**.
4. Choose or add a new Wi-Fi connection, if you don't have one already.

Note: When your watch is not connected, you will only see music you've downloaded before.

Download music to listen to offline

If you have paid for a Play Music subscription, purchased music from Play Music, or have uploaded your own music to Play Music, you can listen to music offline. To download music, press and hold the album or playlist.

To remove downloaded music from your watch, touch and hold an album or playlist that you've already downloaded.

More you can do with music

Open the song playing

To get back to your Play Music screen: From the home screen, swipe up from the bottom of the screen and scroll up until you see the music notification.

Change app settings

To get to the settings menu: When you have the app open, swipe down from the top of the screen, then tap Settings . From here, you can choose:

- Download only Wi-Fi
- Stream only on Wi-Fi
- See "Downloaded only" music
- Your Play Music account

Can I sideload music to my watch?

No, sideloading is not supported in this version. To add music to play on your watch: On your mobile device or computer, create or add to an existing playlist.

Note: Music you've downloaded while using Play Music 1.0 will be removed. Please follow the link above to add them to your Play Music locker.

How long will my battery last while streaming music?

Battery life while streaming varies by watch. We recommend downloading music while your watch is on a charger, and fully charging your watch before you stream music directly via LTE or Wifi.

To save battery life, download music to play offline.

How much music can my watch hold?

The amount of music your watch can hold varies, but most watches can hold up to 20 hours of Play Music.

Use your watch to find your phone

If you ever lose your phone, Android Wear can help you find it. You can use your watch to make your phone start ringing, as long as your watch and phone are connected via Bluetooth and your phone is close enough that you can hear it ring.

It doesn't matter if your ringer is turned off and your phone is set only to vibrate, using this feature will always make your phone ring.

Here's how:

1. Say "Ok Google" or tap anywhere on the background of the screen.
2. (Optional, if your watch is running Android Wear 2.0 and up: Press the power button until the screen says "Hi, How can I help?")
3. Say "Find my phone."
4. Scroll and tap Start .
5. Tap **Find my phone** .

Tip: You can also use Find My Device to remotely find, lock, or erase your Android devices. Learn how.

Silence or unblock notifications on your watch

You can get notifications for texts, missed calls, events, reminders, and more. Your watch will vibrate or stay silent when you get a notification, depending on the settings on your phone.

- If your phone vibrates or makes a sound for a notification, your watch will vibrate for that notification.
- If your phone doesn't vibrate or make a sound for a notification, your watch won't vibrate or make a sound for that notification.

  When you dismiss a notification on your watch, it's also dismissed on your phone (and the other way around).

Change your watch notifications

Stop watch vibrations

To stop your watch from vibrating when you get a notification, turn on Do Not Disturb (DND).

1. If the screen is dim, press the power button to wake up your watch.
2. While using your watch, swipe down from the top of the screen.
3. Tap Do Not Disturb .
4. (Optional) To choose which notifications to get when you have DND turned on, swipe down from the top of the screen > Settings > **Notifications** > **Do not disturb unless ...** .

You can choose to have calls from favorites, reminders, and events vibrate your watch even when Do Not Disturb is turned on. Alarms will always vibrate your watch even when DND is turned on.

If you're paired with an Android phone or tablet and are using Android 1.5 and below, your watch will have the same DND settings as your phone or tablet. Learn how to check your watch's Android Wear version.

Note: Watches paired with an iPhone will not sync notification settings with the phone.

Temporarily turn off your screen

If you're in a place where you don't want to disturb anyone, like a movie theater, turn off your screen. Even if you move your wrist around or tap the screen, the screen won't turn on.

1. If your screen is dim, tap the screen to wake up the watch.
2. Swipe down from the top of the screen.

- Android Wear 2.0 and up: Tap Settings

3. Tap Theater mode .

To turn your screen back on:

- **If your watch has a power button,** press the power button once.
- **If your watch doesn't have a power button,** tap the screen until the watch wakes up.

(Android 7.0 and up) Turn off phone sounds when wearing your watch

If your phone or tablet is running Android 7.0 or later, you can silence your phone while wearing your watch.

To stop your phone from vibrating or making noises for all notifications: On your phone open the Android Wear app . Then tap Settings > **Silence phone while wearing watch**.

From Settings, you can also choose to silence the following while wearing your watch:

- To stop your phone from vibrating or making noise when you get a call if you're using the watch, tap **Silence incoming calls**.
- To stop your phone from vibrating or making noises when you get a notification, tap **Silence alerts and notifications**.

Note: After turning this feature on, your phone will not make any noise or vibrate when you receive an incoming call or notification.

Change screen & brightness settings

You can set your watch's screen to:

- Stay on all the time, showing the time even when you're not using the watch.
- Turn off when you're not using or looking at the watch.
- Stay off completely when you're in a place like a movie theater.

You can also adjust the screen's brightness, boost it temporarily, and show or hide card previews.

Keep screen on or let it turn off

You can set the display to show the time or turn off when you're not using the watch. If the screen is off, it will turn on when you turn your wrist or tap it.

Tip: To improve battery life, let your screen turn off when you're not using the watch.

To change these settings:

From your phone or tablet

1. On your phone, open the Android Wear app .
2. Tap Settings .
3. Turn "Always-on screen" on or off.

From your watch

1. If your screen is dim, tap it to wake up the watch.
2. Swipe down from the top of the screen.

- Android Wear 2.0 and up: Tap Settings .

3. Tap **Display**.
4. At the bottom of the screen, tap "Always-on screen" to turn on or off.

Turn display off temporarily

You can turn off your watch's screen temporarily (or put it in Theater mode), so it doesn't light up or show notifications, even if you move your wrist or tap the screen.

To turn off your screen temporarily:

1. If your screen is dim, tap it to wake up the watch.
2. Swipe down from the top of the screen.

- Android Wear 2.0 and up: Tap Theater mode .

To turn your screen back on:

- If your watch has a power button, press it once.
- If your watch doesn't have a power button, tap the screen repeatedly until it wakes up.

Change display brightness

1. If your screen is dim, tap it to wake up the watch.
2. Swipe down from the top of the screen.
   - Android Wear 2.0 and up: Tap Settings > **Display**.
3. Tap **Adjust brightness**.
4. Tap to choose how bright your screen is.

Boost brightness temporarily

On some watches, you can turn up the brightness temporarily to see the screen better in a sunny spot. The extra brightness will last for a few seconds and turn off automatically.

If your watch has a power button: Press it three times quickly.

If your watch doesn't have a power button:

1. If your screen is dim, tap it to wake up the watch.
2. Swipe down from the top of the screen.
3. Swipe from right to left until you see **Sunlight mode**.
4. Tap to turn on.

Turn off card previews

You might see card previews at the bottom of your watch's screen throughout the day. To hide a card preview, swipe down on the card.

Note: Some versions of Android Wear will show a dot at the bottom of your screen when you have a notification.

To turn off card previews:

1. On your phone, open the Android Wear app .
2. Tap Settings .
3. Turn "Card previews" on or off.

Set your watch's time and date

The time and date will sync from your phone by default, but you can choose to change them.

1. If your screen is dim, tap the screen to wake up the watch.
2. Swipe down from the top of the screen.

- Android Wear 2.0 and up: Tap Settings > **System** > **Date & time.**

3. Tap Automatic date & time.

- To put your watch on local date and time without syncing your phone to local date and time, tap **Sync from network**.
- To set your watch date and time manually, tap **Off**.
- To sync your watch's date and time to match your phone's date and time, tap **Sync from phone**.

Restart your watch

In certain situations, you may need or want to restart your watch. There are 2 ways to restart your watch, either through the settings or by using your watch's hardware.

If your watch has a power button, you can restart it by pressing and holding the power button (the middle button if your watch has 3 buttons).

To restart through your watch's settings:

1. If your screen is dim, tap the screen to wake up the watch.
2. Swipe down from the top of the screen.

- Android Wear 2.0 and up: Tap Settings > **System**

3. Scroll down and tap **Restart** .

If you need to clear all data from your watch, you can reset your watch to factory settings.

Change the apps you use for voice actions

You can set which apps you use for different voice actions. For example, you can change the app you use for setting alarms or for sending messages.

1. On your phone, open the Android Wear app .
2. On the bottom half of the screen under "Jump into action with watch apps," and touch **More actions**.
3. Scroll and touch an action. You can choose from available apps.

Change your watch's background

If your screen is dim, tap the screen to wake up the watch.

1. Swipe to see different watch faces.
2. Scroll to see the watch faces you can choose from. To add more options, scroll to the right and tap **Add more watch faces**.
3. To choose a new design, tap the watch face.

Add more watch faces

You can download more watch faces from the Play Store app on your watch.

Note: The available watch faces may be different depending on which watch you have and what version of Android Wear it is running.

1. On your watch, open the Play Store app .

- If you don't see the Play Store app, you're using a different version of Android Wear. Go to the steps below for "Android Wear 1.5 and below."

2. Scroll down and tap **Featured Watch Faces** or **All Watch Faces**, or search for 'watch faces' by tapping Search .

Remove watch faces

Removing a watch face from your favorites list does not remove it from your watch completely. You can still access the watch face by going to the home screen, swiping either direction, and tapping **Add more watch faces**.

1. If your screen is dim, tap the screen to wake up the watch.
2. Swipe right or left to see a list of your favorite watch faces.
3. Scroll left or right to see available watch faces.
4. When you find the watch face you want to remove from favorites, swipe up.

Note: To remove a watch face you downloaded from the Play Store, find the watch face in the Play Store and tap **Uninstall**.

Customize your watch face

You can choose customizable watch faces to show even more helpful info.

Note: These instructions are for Android Wear 2.0 and up.

Step 1: Choose a customizable background

1. If your screen is dim, tap the screen to wake up the watch.
2. Swipe right or left to see other watch faces.
3. Choose a watch face that's above a Settings icon .

Step 2: Customize your watch's background

1. If your screen is dim, tap the screen to wake up the watch.
2. Tap and hold your watch face until you see the "Customize" screen.

- **To change the type of information you see, like fitness goals or battery life**: Tap **Data**. To see other options, swipe right or left and tap the new layout.

- **To change the color and style of your watch face**: Tap **Styles**. To see other options, swipe right or left and up or down.

3. When you're done, tap the new watch face to save it.

Check your version

To check your version, swipe down from the top of your watch's screen.

Check for updates

1. From your watch's Settings screen, tap About .
2. Scroll down and tap **System updates**.

- If there are any updates, your watch will download the update. Otherwise, it will say that your watch is already up to date.

Note: When an Android Wear software update is available, you'll get an automatic notification on your watch if the following is true:

- Your watch is connected to the charger and is within Bluetooth range of your phone.
- Your phone is on and connected to the Internet.

REGULATORY & SAFETY NOTICES

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Users can access the E-Label screen on by going to view: Choose Settings > System > About > regulatory information.

No special access code or permissions are required to go through the above steps beyond entering a user-defined password to protect against unauthorized access to the device.

The e-label information is pre-programmed by the grantee. The user cannot modify the e-label information.

MODEL: T3200

REGULATORY & SAFETY NOTICES

USA: FEDERAL COMMUNICATIONS COMMISSION (FCC) STATEMENT

This device complies with FCC part 15 FCC Rules. Operation is subject to the following two conditions:
1. This device may not cause harmful interference.

2. This device must accept any interference received, including interference that may cause undesired operation.

FCC WARNING

Changes or modifications not approved by Sequel AG could void the user's authority to operate the equipment.
Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device meets the FCC requirements for RF exposure in public or uncontrolled environments.

FCC RF Radiation Exposure Statement:

"For body worn operation, this device has been tested and meets FCC RF exposure guidelines when used with an accessory that contains no metal and that positions the handset a minimum of 0mm from the body. Use of other accessories may not ensure compliance with FCC RF exposure guidelines."

FCC ID: 2AFSYT3200

BC

REGULATORY & SAFETY NOTICES

CANADA: INDUSTRY CANADA (IC) STATEMENT

This device meets the IC requirements for RF exposure in public or uncontrolled environments.
Cet appareil est conforme aux conditions de la IC en matière de RF dans des environnements publics ou incontrôlée

IC NOTICE TO USERS IN ACCORDANCE WITH RSS GEN ISSUE 3:

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions:

1. This device may not cause interference.
2. This device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence(s). Son utilisation est soumise à Les deux conditions suivantes:

1. Cet appareil ne peut pas provoquer d’interférences.
2. Cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositive.

This Class B digital apparatus complies with Canadian ICES-003.
Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

RF Radiation Exposure Statement:

For body worn operation, this device has been tested and meets RF exposure guidelines when used with an accessory that contains no metal and that positions the handset a minimum of 0 mm from the body. Use of other accessories may not ensure compliance with RF exposure guidelines.

Déclaration de l'exposition aux radiations RF:

Pour le fonctionnement du corps, ce dispositive a été testé et répond aux directives d'exposition RF lorsqu'il est utilisé avec un accessoire qui ne contient pas de métal et qui place le combiné d'un minimum de 0 mm du corps. Utilisation d'autres accessoires peut ne pas assurer le respect des directives d'exposition RF.

CAN ICES-3(B)/NMB-3(B)
IC: 20610-T3200

Exposure to Radio Frequency Energy and Specific Absorption Rate Information

SAR values at or below the federal standard of 4 W/kg(10g) are considered safe for use by the public.
The highest reported SAR values for the (T3200) are:
Extremity:__ 0.249___ W/kg
This device has been tested and meets RF exposure guidelines when used with an accessory that contains no metal and that positions the mobile device a minimum of 0 mm from the extremity.

REGULATORY & SAFETY NOTICES

EUROPEAN UNION (EU)

Declaration of Conformity with Regard to the EU Directive 2014/53/EU
Sequel AG is authorized to apply the CE Mark on GC Connect watch, thereby declaring conformity to the essential requirements and other relevant provisions of Directive 2014/53/EU and other applicable Directives.

CE (RED)

(a) **frequency band(s):** 2402MHz~2480MHz (BT/BT4.1)
2412MHz~2462MHz (WLAN) for FCC/IC
2412MHz~2472MHz (WLAN) for CE RED

(b) **maximum radio-frequency power :** BT: 11dBm
BT4.1: 3dBm
802.11 b: 16dBm
802.11 g: 10dBm 802.11 n (2.4GHz) HT 20 mode: 10dBm

(c) **Accessories:** Charging dock

SAR is measured with the device at 0 mm to the body, while transmitting at the highest certified output power level in all frequency bands of the device. The maximum SAR value is Extremity: __ 0.254_ W/kg

This equipment should be installed and operated with a minimum distance of 0 mm between the radiator and your body.

SAFETY STATEMENT

This equipment has been tested to comply with safety certification in accordance with the specifications of EN Standard:

- Operation temperature: 0 to 40° C
- Rating: 5V ⎓ 500mA

BUILT-IN BATTERY PRECAUTIONS

- Your GC Connect watch product features a built-in battery, which is not user replaceable. Tampering with your product or attempting to open it will void the warranty and can result in a safety hazard.
- Use only the charger cable that shipped with your product to charge the battery.
- Charge the battery using a computer, powered hub, or power supply that is certified by a recognized testing laboratory.
- Charge the battery in accordance with the instructions supplied within this guide.
- Your product uses a California Energy Commission battery charger.

REGULATORY & SAFETY NOTICES

UAE

MEXICO

La operación de este equipo está sujeta a las siguientes dos condiciones: (1) es posible que este equipo o dispositivo no cause interferencia perjudicial y (2) este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo la que pueda causar su operación no deseada.

SINGAPORE

REGULATORY & SAFETY NOTICES

DISPOSAL AND RECYCLING INFORMATION

The symbol on the product or its packaging signifies that this product must be disposed of separately from ordinary household waste at its end of life. Please kindly be aware that it is your responsibility to dispose of electronic equipment at recycling centers to help conserve natural resources.

Each country in the European Union should have its collection centers for electrical and electronic equipment recycling. For information about your recycling drop off point, please contact your local related electrical and electronic equipment waste management authority or the retailer where you bought the product.

- Do not dispose of your GC Connect watch with household waste.
- Disposal of the packaging and your GC Connect watch should be done in accordance with local regulations.
- Batteries are not to be disposed of in the municipal waste stream.

REGULATORY & SAFETY NOTICES

DECLARATION OF CONFORMITY

Sequel AG
General-Guisan- Strasse 8, Zug, Switzerland 6300

Declare under sole responsibility that the products:
GC Connect Model: T3200

To which this relate(s) is in conformance with the following standards:

RED (2014/53/EU):
EN 301 489-1 V2.1.1:2017
EN 301 489-17 V3.1.1:2017
EN 300 328 V2.1.1:2016
EN 50566:2013 / EN 62209-2:2010 / EN 62479:2010
EN 60950-1:2006+A11:2009+A1:2010+A12:2011+A2:2013

Declaration of Conformity

Hereby we,

Name of Manufacturer:	Sequel AG
Address:	General Guisan Strasse 8, 5th Floor, Zug, CH 6300
Phone:	+41 41 726 4300

Declare that this DoC is issued under our sole responsibility and that this product:

Product Description:	Smartwatch
Type designation(s):	T3200
Trademark:	Gc
Software:	Android Wear

To which this relate(s) is in conformance with the following standards of
RED (2014/53/EU):

EN 301 489-1 V2.1.1:2017
EN 301 489-17 V3.1.1:2017
EN 300 328 V2.1.1:2016
EN 50566:2013 / EN 62209-2:2010 / EN 62479:2010
EN 60950-1:2006+A11:2009+A1:2010+A12:2011+A2:2013

Below are images of variations of Model: T3200

Date: 18 May 2017

Philipp Hediger
Chief Financial Officer / Chief Operating Officer