



Galaxy Watch

Quick Start Guide

SAMSUNG

Printed in Korea
GH68-xxxxx Rev.1.0
English (CA). xx/2019

Package contents

- Galaxy Watch Active
- Band
- Charging pad
- Quick start guide

 The items supplied with the Galaxy Watch Active and their images may vary, depending on the region.

Device layout

 Do not insert sharp objects into the atmospheric pressure sensor, the pressure vent, or the microphone. Inner components of the Galaxy Watch Active may be damaged along with the water-resistance feature.

Charging the battery

Before using the Galaxy Watch Active for the first time, you must charge the battery.

 Use only Samsung-approved chargers.

 The charger should remain close to the electric socket and be easily accessible while charging.

Accessing more information

To view the full user manual and the full safety information, including device and battery disposal instructions, launch **Galaxy Wearable** on you mobile device and tap  → **User manual**. Or, visit www.samsung.com/ca.

-  • The method for accessing the user manual from the Galaxy Wearable app may vary depending on your mobile device.
- The user manual may not be available, depending on the web browser or service provider.

Connecting the Galaxy Watch Active to a mobile device

Press and hold the Home key (Power key) to turn on the Galaxy Watch Active.

On your Galaxy Watch Active, swipe upwards from the bottom of the screen, tap  to select a language to use, and then follow the on-screen instructions.

On your mobile device, launch **Galaxy Store** or **Play Store** and download the Galaxy Wearable app, launch it and follow the on-screen instructions to complete the connection.

-  • If you want to use your Galaxy Watch Active without connecting it to a mobile device, tap , scroll down the screen, and then tap **here**.
- Visit www.samsung.com/ca to view legal notices provided when setting **Without phone connection** mode for the first time.
- Connection methods and screen may vary depending on your mobile device and software version.
- Supported mobile devices and features may vary depending on your region, service provider, and device manufacturer.

Notice for measuring the heart rate

When measuring your heart rate, wear the Galaxy Watch Active snugly on your arm above your wrist as shown in the figure below. Do not fasten the Galaxy Watch Active too tightly.

-  • The accuracy of the heart rate sensor can be affected by the user's movements and personal physiology, and the measurement conditions and surroundings. Take heart rate measurements when you are seated and relaxed.
- Do not look directly at the heart rate sensor's lights. Doing so may impair your vision.
- If your device becomes hot to the touch, please remove it until it cools. Exposing skin to a hot surface of the device for a long time may cause skin burn.

• THIS DEVICE AND ANY SOFTWARE, SERVICE, FUNCTION PROVIDED THEREIN IS SOLELY INTENDED FOR FITNESS AND WELLNESS PURPOSES ONLY AND IS NOT INTENDED FOR USE IN THE DIAGNOSIS OF DISEASE OR OTHER CONDITIONS, OR IN THE CURE, MITIGATION, TREATMENT OR PREVENTION OF DISEASE.

• Any information that is obtained from use of the Galaxy Watch Active or the Fit Software or any application preloaded within may not be suitable, accurate, complete or reliable.

Correct disposal



This marking on the product, accessories or literature indicates that the product and its electronic accessories (e.g., charger, headset, USB cable) should not be disposed of with other household waste.



This marking on the battery, manual or packaging indicates that the batteries in this product should not be disposed of with other household waste.

For information on Samsung's environmental commitments and product regulatory obligations, visit our sustainability page available via www.samsung.com/ca.



If your device is frozen and unresponsive, press and hold the Home key (Power key) for more than 7 seconds to restart it.



Warning

The device and some accessories (sold separately) contain magnets. The American Heart Association (US) and the Medicines and Healthcare Products Regulatory Agency (UK) both warn that magnets can affect the operation of implanted pacemakers, cardioverters, defibrillators, insulin pumps or other electro medical devices (collectively, "Medical Device") within the range of 15 cm (6 inches). If you are a user of any of these Medical Devices, DO NOT USE THIS DEVICE AND SOME ACCESSORIES (SOLD SEPARATELY) UNLESS YOU HAVE CONSULTED WITH YOUR PHYSICIAN.

Follow the warning information provided below to prevent incidents such as fire or explosion

- Do not expose the device to physical impact or damage.
- Use manufacturer-approved chargers, accessories, and supplies.
- Prevent the multipurpose jack and battery terminals from contacting conductive elements, such as metal or liquids.
- If any part of the device, such as the glass or acrylic body, is broken, smokes, or emits a burning odor, stop using the device immediately. Use the device again only after it has been repaired at a Samsung Service Centre.
- Do not turn on or use the device when the battery compartment is exposed.

Follow the warnings below to prevent injury to people or damage to the device

- Do not allow children or animals to chew or suck the device.
- The device can be used in locations with an ambient temperature of 0 °C to 35 °C. You can store the device at an ambient temperature of -20 °C to 50 °C. Using or storing the device outside of the recommended temperature ranges may damage the device or reduce the battery's lifespan.

- Do not use your device in a hot environment or near fire.
- Comply with all safety warnings and regulations regarding mobile device usage while operating a vehicle.
- Do not wear the device too tightly. Make sure to keep the device clean and dry. Though this device has met international safety standards, some people may experience skin irritation if they are allergic to certain substances.



To prevent possible hearing damage when using a headset, do not listen to sound at high volume for long periods.

Maintaining water and dust resistance

Your device supports water- and dust-resistance. Follow these tips carefully to maintain the water- and dust-resistance of your device. Failure to do so may result in damage to your device.

- Do not expose the device to **water moving with force**.
- Do not use your device when you dive into the water, snorkel or try any water sports in fast-flowing water.
- If the device or your hands are wet, dry them thoroughly before handling the device.
- If the device is exposed to fresh water, dry it thoroughly with a clean, soft cloth. If the device is exposed to other liquids, such as salt water, swimming pool water, soapy water, oil, perfume, sunscreen, hand cleaner, or chemical products such as cosmetics, rinse it with fresh water and dry it thoroughly with a clean, soft cloth. If you do not follow these instructions, the device's performance and appearance may be affected.
- **If the device is dropped or receives an impact**, the water- and dust-resistant features of the device may be damaged.
- Some features such as the touchscreen may not work properly **if the device is used in water**.

Your device has been tested in a controlled environment and certified to be water- and dust-resistant in specific situations and conditions. (Meets the requirements of the water-resistance in a 50 m deep water as described by the international standard ISO 22810:2010 and your device can be used in shallow water. Meets the requirements of the dust-resistance as described by classification IEC 60529 IP6X.)

Acknowledging Special Precautions and FCC/ Industry Canada Notice

Cautions

Any changes or modifications to your device not expressly approved by Samsung could void your warranty for this equipment, and void your authority to operate this equipment. Only use approved batteries, antennas, and chargers. The use of any unauthorized accessories may be dangerous and void the phone warranty if said accessories cause damage or a defect to the phone.

Although your phone is quite sturdy, it is a complex piece of equipment and can be broken. Avoid dropping, hitting, bending, or sitting on it.

Information to User

This equipment has been tested and found to comply with the limits of a Class B digital device. 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/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.

Specific Absorption Rate (SAR) certification information

Your device conforms to FCC/ISED (Innovation, Science and Economic Development Canada) standards that limit human exposure to RF (radio frequency) energy emitted by radio and telecommunications equipment. These standards prevent the sale of mobile devices that exceed a maximum exposure level (known as the Specific Absorption Rate, or SAR) of 1.6 W/kg (head and trunk) and 4.0 W/kg (limbs). More SAR information can be accessed online on FCC/ISED's website www.ic.gc.ca/eic/site/ceb-bhst.nsf/eng/h_tt00084.html <https://www.fcc.gov/general/radio-frequency-safety-0>

In normal use, the actual SAR is likely to be much lower, as the device has been designed to emit only the RF energy necessary to transmit a signal to the nearest base station. By automatically emitting lower levels when possible, your device reduces your overall exposure to RF energy.

Depending on the region or model, some devices are required to receive approval from Innovation, Science and Economic Development Canada (ISED)/the Federal Communications Commission (FCC). If your device is approved by the ISED/FCC, you can view the ISED/FCC ID of the device. To view the ISED/FCC ID, launch the Settings app and tap About watch → Device. This device has FCC ID: A3LSMR820, IC: 649E-SMR820. The specific SAR levels for approved Samsung devices can be found at the following FCC/ISED website: sms-sgs.ic.gc.ca/equipmentSearch/searchRadioEquipments. <https://www.fcc.gov/oet/eal> They can also be found on Samsung's website: www.samsung.com/sar

FCC/ IC Notice

This device complies with FCC & Industry Canada licence 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.

Removing the battery

- **To remove the battery, contact an authorized service centre.**
- For your safety, you **must not attempt to remove** the battery. If the battery is not properly removed, it may lead to damage to the battery and device, cause personal injury, and/or result in the device being unsafe.
- Samsung does not accept liability for any damage or loss (whether in contract or tort, including negligence) which may arise from failure to precisely follow these warnings and instructions, other than death or personal injury caused by Samsung's negligence.