

## Galaxy Watch

Quick Start Guide  
SM-R500

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English (CA). XX/XXXX

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

Some content may differ from your device depending on the region, service provider, or software version, and is subject to change without prior notice.

## Package contents

- Galaxy Watch
- Wireless charging dock
- Band
- Charger
- Quick start guide

- ✍ • The items supplied with the Galaxy Watch and any available accessories may vary depending on the region or service provider.
- The supplied items are designed only for this Galaxy Watch and may not be compatible with other devices.

6 Tap **TURN ON** when the Bluetooth activation request window appears.

7 Follow the on-screen instructions to complete the connection. When completing the connection, an on-screen tutorial will appear on both the Galaxy Watch's screen and the mobile device.

- ✍ • 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.

## Device layout

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

## Turning the screen on and off

To turn on the screen, rotate the bezel, press the Home key or press the Back key.

If the screen does not turn on after you rotate the bezel, tap ⚙ (**Settings**) on the Apps screen and tap **Advanced** → **Bezel wake-up**, and then tap the **Bezel wake-up** switch to activate the feature.

To turn off the screen, cover it with your palm.

## Charging the battery

Before using the Galaxy Watch 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.

## Using the bezel

Rotate the bezel to scroll through the screens or to highlight items.

When a call comes in, rotate the bezel to receive or reject the incoming call.

## Connecting the Galaxy Watch to a mobile device

To connect your Galaxy Watch to a mobile device, install the Galaxy Wearable app on the mobile device. Depending on your mobile device, you can download the Galaxy Wearable app from the following places:

- Samsung Android devices: **Galaxy Apps, Play Store**
- Other Android devices: **Play Store**

## Switching the screen

To return to the previous screen, press the Back key.

To open the Apps screen, press the Home key on the Watch screen.

To return to the Watch screen, press the Home key.

## Galaxy Watch

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

A screen will appear about downloading and installing the Galaxy Wearable app.

2 Tap 🌐 and select a language to use.

- ✍ • If you want to use your Galaxy Watch without connecting it to a mobile device, tap ⓘ, scroll down the screen, and then tap **here**.
- Visit [www.samsung.com/ca](http://www.samsung.com/ca) to view legal notices provided when setting Without phone connection mode for the first time.

## Replacing the band

Slide the band's spring bar inwards (1) and pull the band away from the Galaxy Watch's body (2).

## Mobile device

- 3 Launch **Galaxy Wearable**. If necessary, update the Galaxy Wearable app to the latest version.
- 4 Tap **START THE JOURNEY**.
- 5 Select your device on the screen. If you cannot find your device, tap **MINE'S NOT HERE**.

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## Accessing more information

To view the full user manual, launch **Galaxy Wearable** on your mobile device and tap  → **User manual**.


Visit [www.samsung.com/ca](http://www.samsung.com/ca) to view device information, the user manual, and more.

-  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.

14

## Notice for measuring the heart rate

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

-  The accuracy of the heart rate sensor can be affected depending on the user's movements, 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.

15

- 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.
- 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.)**

16

## Acknowledging Special Precautions and Industry Canada Notice

### Cautions

Any changes or modifications to your phone 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

17

- 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 or the Fit Software or any application preloaded within may not be suitable, accurate, complete or reliable.

18

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.

19

## Correct disposal

You can view more safety information, including device and battery disposal instructions, in the safety information menu of the Settings app.

This device contains a Lilon battery. For safe disposal options, contact your nearest service centre. For information on battery replacement, please contact your service provider. Do not disassemble, crush, or puncture the device. Do not dispose of it in a fire.

-  Be sure to dispose of your device properly. In some areas, the disposal of batteries in household or business trash may be prohibited.
- For safety, do not handle the device if the Lilon battery is damaged or leaking.

20

## Safety information

Read all safety information before using the device to ensure safe and proper use.



### Warning

#### 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 is cracked or broken, stop using the device immediately and take it to a Samsung Service Centre.
- Do not turn on or use the device when the battery compartment is exposed.

21

## 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.

22

## 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 dropped or receives an impact**, the water- and dust-resistant features of the device may be damaged.

23

To view the full safety information including device and battery disposal instructions, launch **Galaxy Wearable** on your mobile device and tap  → **User manual**.

24

This device has an IC number: 649E-SMR500 [Model Number: SM-R500] and the specific SAR levels for this device can be found at the following Industry Canada website: [sms-sgs.ic.gc.ca/equipmentSearch/searchRadioEquipments](http://sms-sgs.ic.gc.ca/equipmentSearch/searchRadioEquipments). The SAR information for this device can also be found on Samsung's website: [www.samsung.com/sar](http://www.samsung.com/sar).

## IC Notice

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

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

25

## Specific Absorption Rate (SAR) certification information

Your device conforms to Industry Canada standards that limit human exposure to radio frequency (RF) 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 4.0 W/kg(10g), 1.6W/kg(1g). SAR information on this and other model devices can be accessed online on IC's website through [ic.gc.ca/eic/site/ceb-bhst.nsf/eng/h\\_tt00084.html](http://ic.gc.ca/eic/site/ceb-bhst.nsf/eng/h_tt00084.html).

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.

Industry Canada has granted an IC Certification Number for this model device based on the compliance of all reported SAR levels with the IC RF exposure guidelines.

26

