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Getting started

Fresh

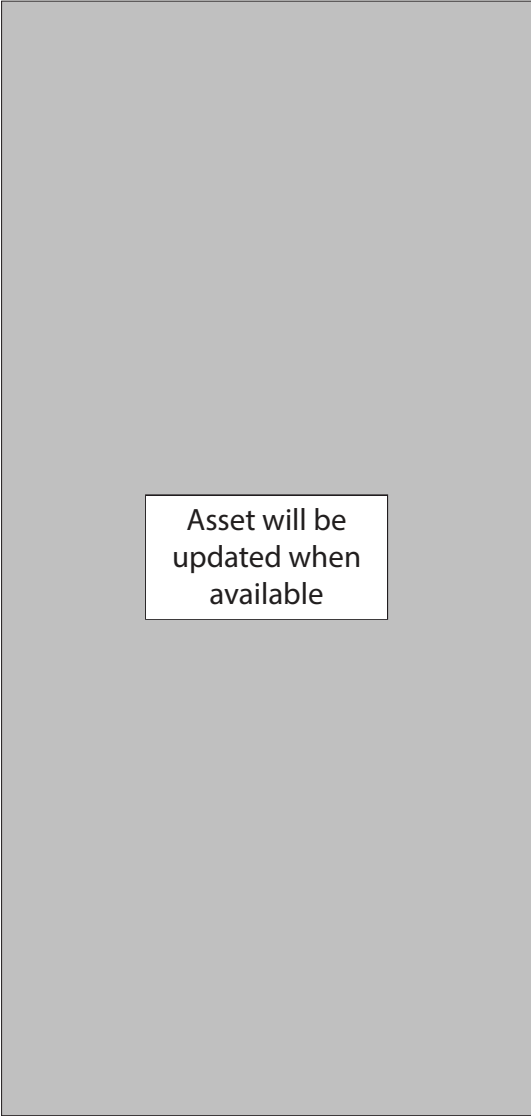
Wise

Set up your device

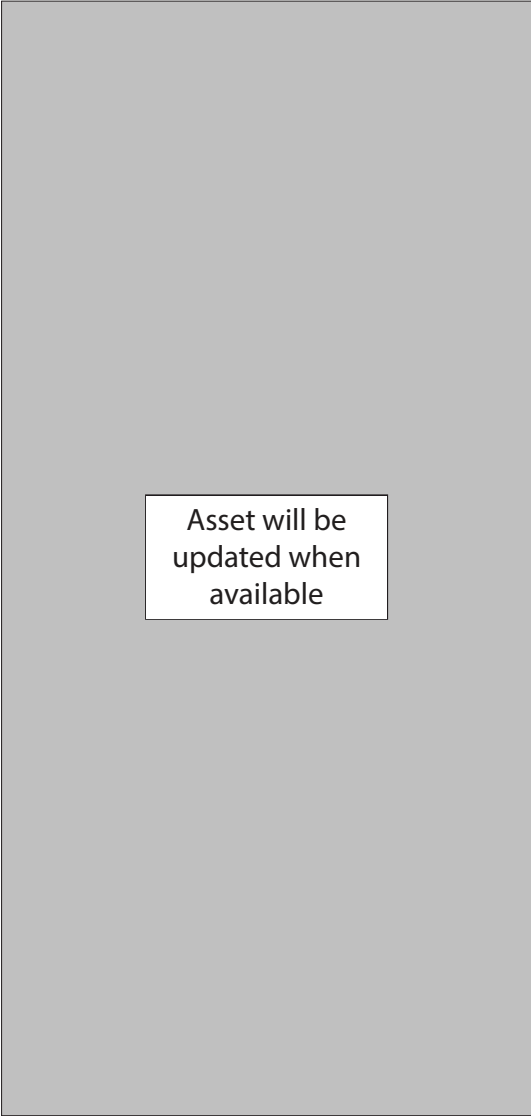
Start using your device

Asset will be
updated when
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Fresh



Wise



Set up your device

[Charge the battery](#) | [Wireless PowerShare](#)

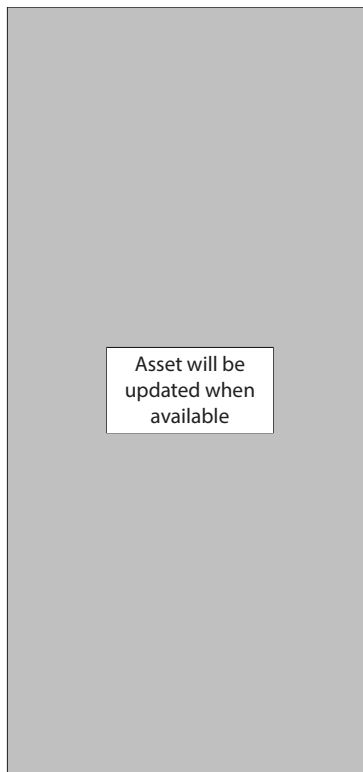
Learn more about your device hardware, assembling and charging, and how to get started using your new device.



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

Charge the battery

Your device is powered by a rechargeable battery.



1. Connect the wireless charger to a USB charging port.
2. Place the watch onto the wireless charger, aligning the center of your watch with the center of the wireless charger.
3. After fully charging, disconnect the watch from the wireless charger.



CAUTION The charging head for plugging the USB cable into a wall outlet is not included. Use only Samsung charging devices rated with an output voltage of 5v and an output current of over 150mA (sold separately). Samsung accessories are designed for your device to maximize battery life. Using other accessories may void your warranty and may cause damage.



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

While charging, the device and the charger may become hot. This does not affect the device's lifespan or performance and is in the device's normal range of operation.

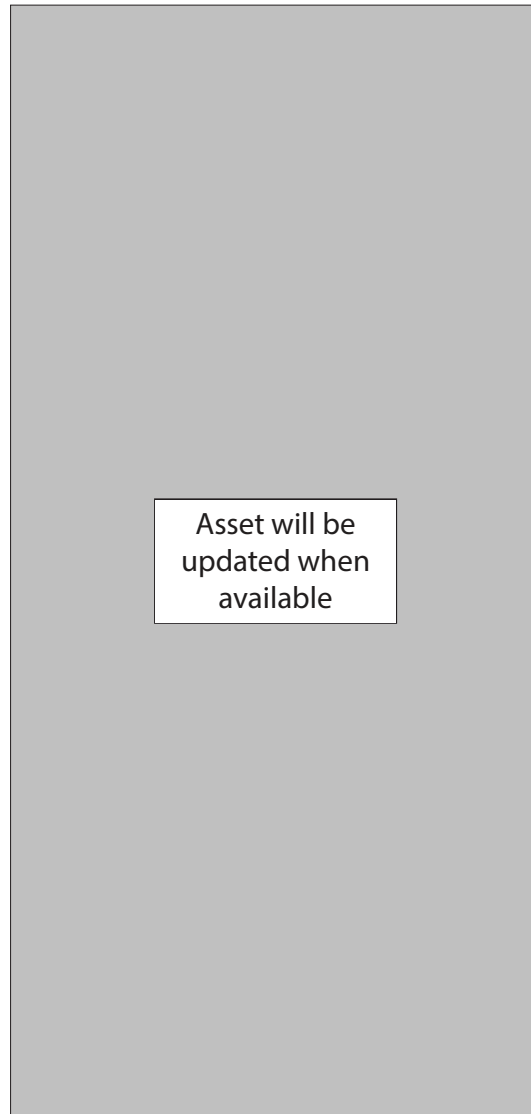
Remove the device from the charger and wait for the device to cool down. For more information, visit <https://www.samsung.com/us/support/answer/ANS00076952>.




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

Wireless PowerShare

Wirelessly charge your device using a supported Samsung smartphone. Some features are not available while sharing power.



1. From Quick settings, tap  **Wireless PowerShare** to enable this feature.
2. With the phone face down, place the compatible device on the back of the phone to charge. A notification sound or vibration occurs when charging begins.




NOTE Wireless PowerShare works with most Qi-Certified devices. Requires minimum 30% battery to share. Speed and power efficiency of charge varies by device. May not work with some accessories, covers, or other manufacturer's devices. If you have trouble connecting or charging is slow, remove any cover from each device.

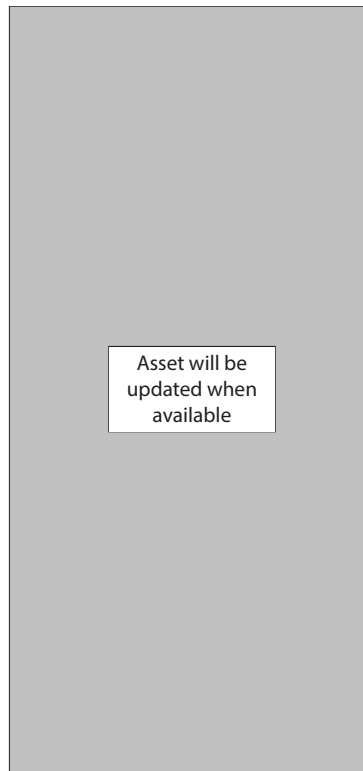
For best results when using Wireless PowerShare, please note:

- Remove any accessories or cover before using the feature. Depending on the type of accessory or cover, Wireless PowerShare may not work properly.
- The location of the wireless charging coil may vary by device, so you may need to adjust the placement to make a connection. When charging starts, a notification or vibration will occur, so the notification will help you know you've made a connection. During charging, do not move or use either device.
- Call reception or data services may be affected, depending on your network environment.
- Charging speed or efficiency can vary depending on device condition or surrounding environment.
- Do not use headphones.

Wear the Watch

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

 **WARNING** Wear the device correctly. If you feel discomfort while using the device, stop using it. If your device becomes hot, please remove it until it cools.



1. Open the buckle and place the strap around your wrist.
2. Fit the strap to your wrist, insert the pin into an adjustment hole, and then secure the buckle to close it.

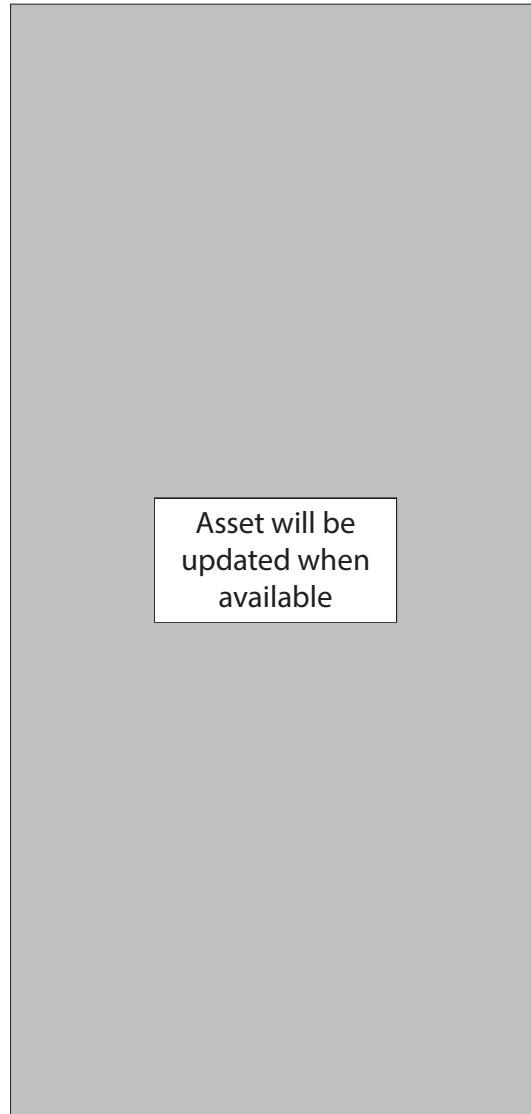
Strap tips and precautions

- Some people may experience discomfort when wearing the watch for prolonged periods.
- If you have sensitive skin or fasten the watch too tightly, you may feel some discomfort.

- Do not expose the straps to very wet conditions. Wet straps can cause skin irritations. Dry the straps first. If you experience skin irritation when wearing the watch, stop wearing it and consult a physician.

Replace the strap

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



To remove the strap:

- Slide the strap's spring bar inward and pull the strap away from the watch.

To replace the strap:

1. Insert one end of the spring bar into the hole on the side of the watch.
2. Slide the other spring bar inward, and release it once the strap is in place.

Start using your device

[Turn the screen on](#) | [Connect the Galaxy Fit2 to a smartphone](#) | [Navigation](#) | [Change the watch face](#) | [Quick panel](#) | [Brightness](#) | [Do not disturb mode](#) | [Music controller](#) | [Sound Settings](#) | [Water lock mode](#) | [Find my phone](#) | [Good night mode](#) | [Restart](#) | [Reset](#) | [Notifications](#) | [Answer or Reject calls](#) | [View and Send messages](#)

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Turn on your device

Use the Home key to turn your watch on or off.

- Press and hold the **Home** key.
 - To turn the watch off, swipe down from the top of the watch screen to open the Quick panel, and tap  > **Power off**.



TIP To restart the watch, press and hold the **Home** and **Back** keys for more than seven seconds.

Activation

The Noblesse (R845U and R855U) are 4G LTE-enabled. Get texts, alerts, make and receive calls, even when you leave your phone behind.

Consult your service provider for more information about activation.



Galaxy Wearable app

To connect your watch to a smartphone, install the Galaxy Wearable app on the smartphone. You can download the app from the Galaxy Store or the Google Play™ store.

Galaxy Wearable is compatible with select devices using Android 5.0 and later with at least 1.5 GB RAM. Supported devices may vary by carrier and device. Some features may not be available. For best results, connect with compatible Samsung Galaxy devices. Visit samsung.com/us/support/owners/app/galaxy-wearable-watch for a list of compatible smartphones.

Connect the watch to a smartphone

Turn on the watch before connecting to your phone.

1. From the Apps screen of the smartphone, tap  **Galaxy Wearable**. If necessary, update the app to the latest version.
2. Tap **Get started** and select your device.
3. When the Bluetooth® pairing request window is displayed, confirm the passkeys displayed on your watch and smartphone match, and then tap  **OK**.
4. Follow the prompts to complete the connection.

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

Back up data

The watch can only be connected to one smartphone at a time. When you connect the watch to a new smartphone, the watch automatically resets and all data is removed from its memory. Make sure you back up any important data stored on your watch.

1. From  **Galaxy Wearable**, tap the **Home** tab.
2. Tap **Account and backup > Back up data**.

Remote connection

Set the watch to remotely connect to the smartphone when a Bluetooth connection between the devices is not available. With this connection, you can still receive notifications from your smartphone. The watch and smartphone must be connected to the same Wi-Fi® network in order to receive notifications and calls.

To enable or disable this feature:

1. From  **Galaxy Wearable**, tap the **Home** tab.
2. Tap **Account and backup > Remote connection**.

Disconnect

1. From  **Galaxy Wearable**, tap the **Home** tab.
2. Tap  **Menu > Disconnect**.

Lock or unlock your device

By default your screen is not locked. You can use the screen lock feature to secure your device. See [Set a screen lock](#).

When enabled, your watch locks when you remove it from your wrist or when the screen times out while you are wearing it.

To lock the watch:

- Cover the screen with your palm.

To unlock the watch:


- Press any key to turn on the watch screen.
 - If you have a lock screen enabled, press any key to enter your pattern or pin and unlock the watch.

Home key settings

You can customize the shortcuts assigned to the Home key.


Double press

Choose which feature is launched when the Home key is pressed twice. By default this option is set to open the Recent apps list.

1. From  **Settings**, tap **Advanced > Home key**.
2. Tap **Double press**, and choose a shortcut to enable it.

Press and hold

Choose which feature is launched when you press and hold the Home key. By default this option is set to wake Bixby.

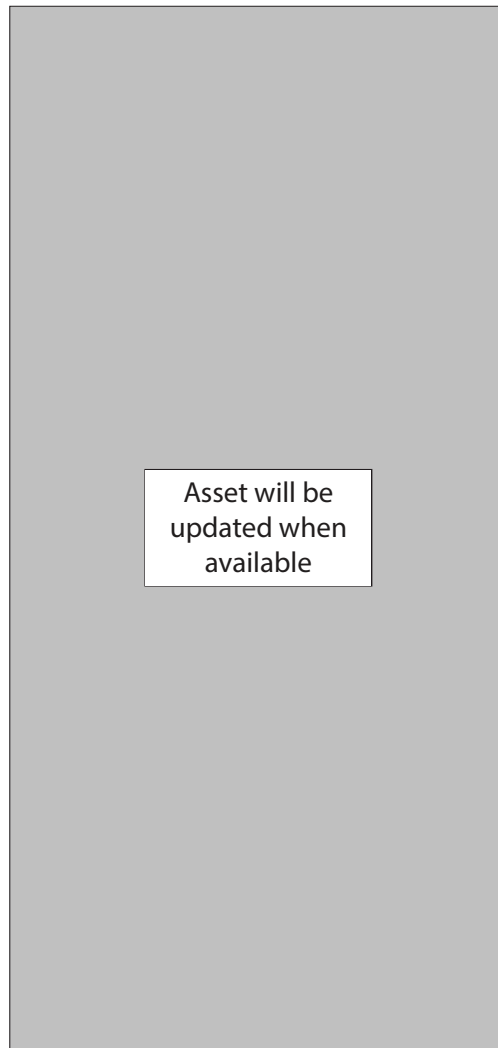
1. From  **Settings**, tap **Advanced > Home key**.
2. Tap **Press and hold**, and choose a shortcut to enable it.

Navigation

The touchscreen responds best to a light touch from the pad of your finger. Using excessive force or a metallic object on the touchscreen may damage the tempered glass surface and void the warranty.

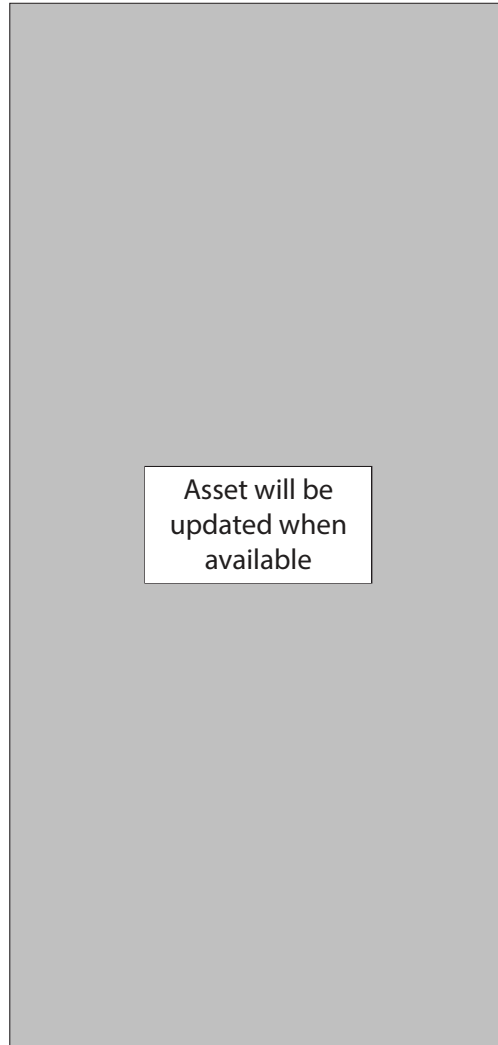
Tap

Lightly tap the screen to launch an app or select a menu item.



Swipe

Lightly drag your finger vertically or horizontally across the screen to view panels.



Drag

Touch and hold an item, and then move it to a new location.




Change the watch face

The first screen when you turn on the Galaxy Fit2 is the watch face. You can choose a watch face with different colors, styles, and information displayed.


1. On your smartphone, tap  **Galaxy Wearable** > **Watch faces** tab.
2. Tap a watch face to select it.



TIP You can add a status or notification indicator to your watch screen through  **Galaxy Wearable** > **Watch faces** tab >  **More options** > **Watch face settings**.






Watch face settings

Customize the watch face style, order, and notifications.

- From  **Settings**, tap **Watch faces**. The following options are available:
 - **Select watch face:** Select a watch face type.
 - **Watch always on:** Set the watch to display the time when the screen is turned off.
 - **Watch face order:** Display the most recent watch face or create a custom order.
 - **Notification indicator:** Enable or disable the notification indicator.
 - **Show status:** Indicators are icons that show the current status of your watch on the watch face.
 - **Ongoing icons:** Show icons for ongoing events such as a workout or voice memo.

Using widgets

Add, remove, and rearrange widgets on your Galaxy Fit2.

1. From  **Galaxy Wearable**, tap the **Home** tab.
2. Tap  **Widgets**.
 - Tap  **Remove** to remove a widget.
 - Tap  **Add** to add a widget.
 - Drag  **Move** to change the position of the widget in the screen order.
3. When finished, tap **Save**.

Quick panel

Instead of navigating through the Settings menu, you can access commonly used settings through the Quick panel, where you can also view the Status bar.

- Swipe down from the top of the watch screen to open the Quick panel.
 - Tap a quick setting to open it.
 - Touch and hold a quick setting to edit the placement, remove a setting, or add a new setting.

Status bar

Indicator icons display at the top of the screen in the Status bar. Swipe down from the top of the watch screen to view the Status bar.

Indicator icons



Battery full



Bluetooth connected



Bluetooth enabled, but not connected



Wi-Fi connected



LTE network connected (LTE model only)

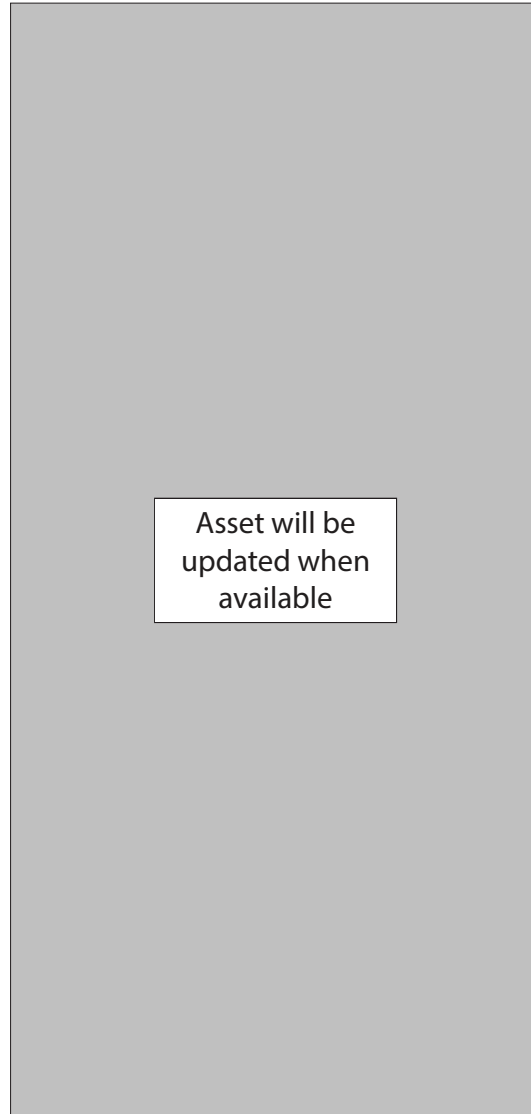


Signal strength (LTE model only)

Notifications




Stay up to date with events, notifications, and messages from your smartphone. When you receive a notification, information about the notification, such as its type, is displayed on the screen while the watch is vibrating.

- From the watch screen, swipe right and tap a notification to view details.




Notification settings

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

1. From  **Galaxy Wearable**, tap the **Home** tab.
2. Tap  **Notifications**, and tap  to activate notifications, and then tap to select items:
 - **Show only while wearing:** Show notifications on your Galaxy Fit2 only while it is being worn.
 - **Show while using phone:** Show notifications from your smartphone on your Galaxy Fit2 while you are using your smartphone.
 - **Turn on for new apps:** Automatically turn on notifications for newly installed apps.
 - **Show with details:** Set your Galaxy Fit2 to show details for notifications when they are received.
 - **Turn on screen:** Set the Galaxy Fit2 to turn on the screen when a notification is received.

Water lock mode

You can use Water lock mode to exercise in the water. While in Water lock mode, touchscreen, wake-up gestures, and watch always on will be disabled.

1. Swipe down from the top of the watch to open the Quick settings panel.
2. Tap  to put the watch in Water lock mode.


 **TIP** You can also enable Water lock mode from the Setting menu. From **Advanced**, tap **Water lock**. Tap  to enable.

Exit water lock mode

1. Press and hold the **Home** key for two seconds to turn off the mode. The watch will make sounds to eject water from the speaker.
2. Press the **Home** key to stop the sound.
3. Shake the watch to remove any water from the pressure sensor.



Eject water


You can use the eject water feature to help clear out water from your watch. The watch will make sounds to help eject water from the speaker.

1. From  **Settings**, tap **Advanced** > **Water lock**.
2. Tap **Eject water with sound** > **Play sound**.

Do not disturb


Use these options to determine block out time where notifications are turned off, and during which time periods you want to enter this mode.

- From  **Settings**, tap **Advanced** > **Do not disturb**, and tap  to enable an option:
 - **Turn on now**: Enable this option and set the time period.
 - **Sync Do not disturb**: Match Do not disturb settings on your phone and watch.

 **TIP** You can also access Do not disturb from Quick settings. Swipe down from the top of the watch, and tap **Do not disturb**.

Goodnight mode


Goodnight mutes all alerts, except for alarms and notifications. This keeps the screen off and mutes most sounds while you sleep.

1. Swipe down from the top of the watch to open the Quick settings panel.
2. Tap  to put the watch in Goodnight mode.


 **TIP** You can also access Goodnight mode from the Settings menu. From **Advanced**, tap **Goodnight mode**. Tap  to enable.

Theater mode

Theater mode keeps the screen turned off and silences all sounds.


1. Swipe down from the top of the watch to open the Quick settings panel.
2. Tap  to put the watch in Theater mode.



TIP You can also access Theater mode from the Settings, tap **Advanced** > **Theater mode**, and tap  to enable this feature.

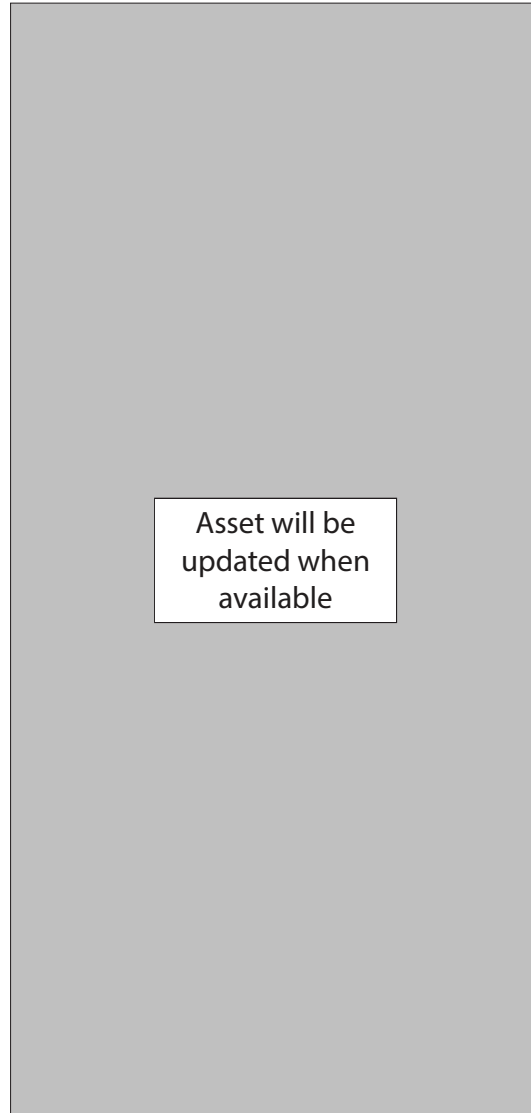
Daily briefing

Receive morning and evening summaries of your schedule, health information, and reminders.

- From  **Settings**, tap **Advanced** > **Daily briefing**, and tap an option:
 - **Set briefing times:** Manually set up when you will receive briefings.
 - **Help:** Tap to view help information on this feature.

Enter text

Text can be entered by speaking or by using a keyboard.





Default keyboard

Select a default keyboard type for text input.

- From  **Settings**, tap **General > Input > Default keyboard** and select your default keyboard.



Voice input

Instead of typing your text, you can speak it.

- Tap  **Voice input** and speak the message you want to enter. Tap **Send** when you are finished.
 - Tap  **More options** > **Input languages** to change the language. Voice input is not supported in some languages.


Emojis

You can add emojis to your message.

- Tap  **Emojis**, and choose an emoji.
 - To insert stickers and bitmojis, tap  **Stickers**.


Keyboard

Use the keyboard to enter your message.

- Tap  **Keyboard**, and then use your finger to write text, or swipe right to view the keyboard mode options.

Keyboard settings

Change the Samsung keyboard settings.

- From  **Settings**, tap **General** > **Input** > **Keyboard settings**, and tap options to customize:
 - **Input languages**: Select languages for text input.
 - **Handwriting**: Enable handwriting mode.
 - **Smart typing**: Customize features like predictive text, auto capitalize, and auto punctuate.
 - **Key-tap feedback**: Set the watch to vibrate when you tap a key on the keyboard.
 - **Reset keyboard settings**: Return your keyboard to the default settings.
 - **Clear personalized data**: Remove word predictions and other personalized data.

Apps

Navigate the apps screen

Microsoft Outlook

Messages

Music

Phone

Gallery

Contacts

Find My Phone

Bixby

Alarm

Samsung Health

World clock

Weather

Timer

Calendar

Stopwatch

Galaxy Store

Spotify

Samsung Pay

PPT Controller

Reminder


Voice Recorder

Asset will be updated when available

Navigate the apps screen



[Hide apps](#) | [Uninstall apps](#) | [Apps Settings](#)

The Apps list displays all preloaded and downloaded apps. Apps can be downloaded from the Galaxy Store.

- From the watch screen, press the **Home** key to open the Apps screen.
 - To scroll through the list of apps, rotate the bezel.
 - To view other panels, swipe the screen to the left or right.
 - To view recently opened apps, tap  **Recent apps**.


Hide apps

You can hide apps that you do not want to see on your watch.

1. From  **Galaxy Wearable** on your phone, tap the **Home** tab > **Apps** > **Manage apps**.
2. Tap  **Hide** next to the apps you do not want to see on your watch, then tap **Save**.

Uninstall apps

Uninstall apps you have download.


1. From Apps on your watch, touch and hold an app.
2. Tap  **Uninstall**. This option is not available for all apps.

Apps Settings

Customize how apps are displayed on the Apps screen.

App layout

Choose how to view your apps.

- From  **Settings**, tap **Apps** > **Layout**, and choose an option:
 - **Rotary view**: Use the digital rotating bezel to quickly browse apps by rotating.
 - **List view**: Arrange the apps in a list.


Auto open apps

Set an app to launch without tapping the app. When the indicator icon hovers over an app, the app will be launched automatically.

- From  **Settings**, tap **Apps > Auto open apps** to enable this feature.

Sort apps

Choose how to arrange the apps on the Apps screen.

- From  **Settings**, tap **Apps > App order**, and choose an option:
 - **Most recent first:** Recently used apps to appear first.
 - **Custom:** Arrange the apps to your preference.
 - From the Apps screen, touch and hold an app, and then drag it to the desired location.

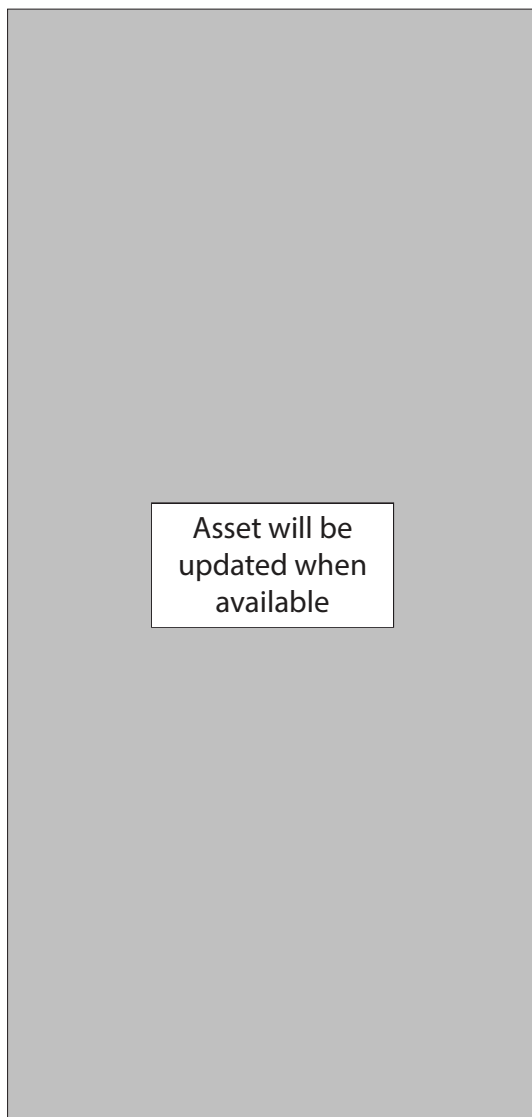
App permissions

Configure permissions for each installed app.

1. From Apps, tap  **Settings**.
2. Tap **Apps > Permissions**.
3. Tap each feature to enable or disable permission to access or use the feature.




Messages

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







Send messages

Create and send messages from your watch.

1. From Apps, tap  **Messages** >  **Compose**.
2. Tap **Recipient** to enter a phone number, or  **Contacts** to add a number you have saved.
3. Choose a keyboard or quick message to compose your message. Quick messages and emojis send automatically.
4. Tap **Send**.


Edit Quick messages

Edit or add templates used for replying to messages.

1. From  **Galaxy Wearable**, tap the **Home** tab > **Apps**.
2. Tap  **Settings** next to Messages.
 - To edit a message, select it and edit the text.
 - To create additional templates, tap  **Add**.
 - To delete or rearrange messages, tap  **Edit**.

Delete messages


Delete messages from your watch.

- Swipe to the right on the watch screen to open a message, then drag the message up to  **Delete**.

SOS messages

Send a message with your location to designated contacts when you are in an emergency situation.

Set up SOS messages:

- From  **Galaxy Wearable**, tap the **Home** tab > **SOS**.
 - **Emergency contacts:** Designate an emergency contact.
 - **Make SOS calls to:** Call you emergency contact in an emergency.
 - **Send SOSes:** Press the Home key quickly 3 times to send an SOS message.
 - **Detect falls:** Makes an SOS call and send an SOS message when a hard fall is detected.





TIP After you have set up SOS messages in the Galaxy Wearable app, you can enable SOS messages and Detect falls from the Settings menu on the watch. From Settings, tap **Advanced** > **SOS** to customize.

Send SOS messages:

- Press the **Home** key quickly three times to send an SOS message.

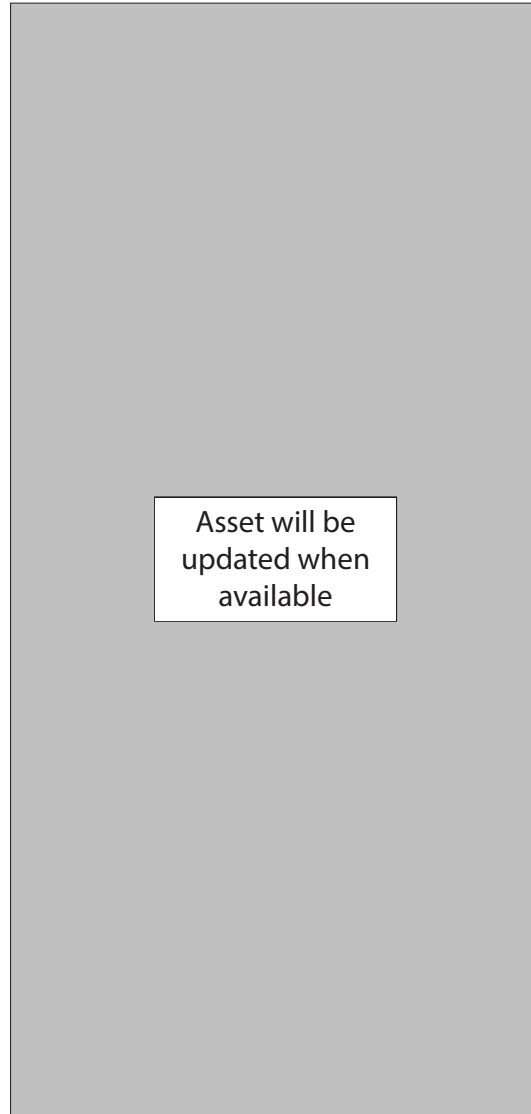
Message settings

Customize the Messages app.

1. From Apps, tap  **Messages**.
2. Tap  **More options** > **Settings**, and tap an option to customize:
 - **Send as audio:** Enable to send recordings instead of texts.
 - **Blocked numbers and messages:** View your blocked numbers and messages.
 - **Emergency alerts:** Enable and customize emergency alerts.

Phone

Make and answer calls on your phone from your watch.



Make a call

Make a call from your watch.

1. From Apps, tap  **Phone**.
2. Tap  **Keypad** and enter a number or tap  **Contacts** and select a contact to

call.

3. Tap  **Call**.

Answer a call

Answer incoming calls.

- On the incoming call screen, drag  **Answer** to the right to answer the call on your phone.


Reject a call

Reject incoming calls.

- Tap  **Decline** and drag it to the left to reject a call and send it to your voicemail.

End a call

End a call from your watch.



- Tap  **End** when you are ready to end your call.

Contacts

View your smartphone's contact list.



Create a contact

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

1. From the Apps screen, tap  **Contacts**.
2. Tap  **Add**, and then enter the contact information.
3. Tap **Save**.




Find a contact

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

- From  **Contacts**, tap  **Search**, and then enter characters to find contacts that match.


Call or message a contact

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

- From  **Contacts**, tap the contact you want to connect with, and tap an option:
 -  **Call**: Begin a phone call with the contact.
 -  **Message**: Type a message to the contact.

Bixby

Bixby is a voice service that helps you use your watch more conveniently. You can talk to Bixby to launch a function or provide you with information. To use Bixby, your mobile device must be connected to a Wi-Fi or mobile network, and you must sign in to your Samsung account.

1. From Apps, tap  **Bixby**.
2. Follow the prompts to set up Bixby.



Use Bixby

To launch Bixby for voice commands:

- Quickly press the **Home** key twice, or say "Hi Bixby."

Enable voice launch

You can launch Bixby using your own voice command. You can only use this feature when the watch screen is turned on.

- From  **Bixby**, tap  **More options** > **Voice wake-up** to enable this feature.

Change the language

Change the speech recognition language.

- From  **Bixby**, tap  **More options** > **Language**, and then choose a language.





Samsung Health

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

When the watch is synced with the Samsung Health app, you can save and manage health-related data and receive useful information about your health every day.

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

- From the Apps screen, tap  **Samsung Health**.

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

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

Before you start exercising

Although the Samsung Health application is a great companion to your exercise routine, it is always best to make sure you consult with your physician before beginning any exercise regimen. While moderate physical activity, such as brisk walking, is safe for most people, health experts suggest that you talk with your doctor before you start an exercise program, particularly if you have any of the following conditions:

- Heart disease; Asthma or lung disease; Diabetes, or liver or kidney disease; and Arthritis.

Before beginning your exercise regimen check with your doctor if you have symptoms suggestive of heart, lung, or other serious disease, such as:

- Pain or discomfort in your chest, neck, jaw, or arms during physical activity;
- Dizziness or loss of consciousness;
- Shortness of breath with mild exertion or at rest, or when lying down or going to bed;
- Ankle swelling, especially at night;
- A heart murmur or a rapid or pronounced heartbeat;
- Muscle pain when walking upstairs or up a hill that goes away when you rest.



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

Steps

Your watch counts the number of steps you have taken and measures the distance traveled.


- From  **Samsung Health**, tap **Steps** to view a graph of your step count records.

To set your steps target:

1. From  **Samsung Health**, tap **Steps**.
2. Swipe up, tap  **Settings**, and then tap **Step target**.
3. Swipe up or down to set the target.
4. Tap **Done**.

Exercise

Record your exercise information using Samsung Health's exercise feature.

1. From  **Samsung Health**, tap **Exercise**.
2. Tap **Work out** and swipe to an activity type.
 - If available, tap **⋮** to enter the exercise information.


3. Tap the activity to start monitoring your exercise. Your heart rate measurement will be displayed after you begin your exercise.
 - When you swipe right or left you can view exercise information, such as calories burned and current speed.
4. Press the **Back** key to pause the workout.
 - Press the **Back** key again to resume the workout.
 - Tap **Finish** to complete your workout and view your workout summary.
5. Swipe to and tap **View log** to see your workout log.



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


Auto workout tracking

The watch automatically recognizes workouts after 10 minutes of exercise and begins recording exercise information. If you stop exercise for more than one minute, then the auto workout tracking feature deactivates. You can view and enable or disable the exercises supported by the auto workout tracking feature.

1. From  **Samsung Health**, tap **Settings**.
2. Tap **Workout detection > Activities to detect**.
3. Tap an activity type to enable or disable auto workout tracking.

Running coach

Set your watch to receive coaching messages for proper pacing while running.

1. From  **Samsung Health**, tap **Exercise**.
2. Tap **Work out > Running coach** to begin workout.
 - Tap **⋮** to adjust exercise information.


Calories

View your record of calories burned during activities over the week.

1. From  **Samsung Health**, tap **Calories**.
2. Swipe up to view your calorie data.


Sleep

Automatically track your sleep patterns.

1. From  **Samsung Health**, tap **Sleep**.
2. Swipe up to view your sleep data.



Heart rate

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

1. From  **Samsung Health**, tap **Heart rate**.
2. Tap **Measure** to begin measuring your heart rate.
 - After a moment, your current heart rate is displayed on the screen.
3. Tap **Tag** to select a status tag for your measured heart rate.
 - The watch displays information about your heart rate in relation to your selected tag.


Track your heart rate and stress

The watch can be configured to automatically measure and track your heart rate and stress.

1. From  **Samsung Health**, tap **Heart rate**.
2. Swipe up, tap  **HR and stress measurement**, and select a measuring interval.
 - **Measure continuously:** The watch measures your heart rate and stress continuously, regardless of your movement.
 - **Every 10 mins while still:** The watch measures your heart rate every ten minutes when you are relaxed.
 - **Manual measurement only:** The watch measures your heart rate or stress only when you check it manually.
3. Tap **Help** to view help information for using the HR and stress measurement feature.


Stress

Keep track of your stress. Breathing exercises are also available to help reduce stress.

1. From  **Samsung Health**, tap **Stress**.
2. Tap **Measure** to measure your current stress level.


Breathing exercise

Use the Breathe feature to help reduce stress.



1. From  **Samsung Health**, tap **Stress**.
2. After taking a stress measurement, the Breathe feature is available. Tap **Breathe** for the following options:
 - **Start**: Begin the breathing exercise.
 - **Settings**: Configure the following options:
 - **Target**: Adjust the target cycles per minute.
 - **Inhale/Exhale**: Adjust the time for inhaling and exhaling.
 - **Vibration**: Enable or disable vibration between inhale and exhale prompts.
 - **Sound**: Enable or disable sound for the breathing exercise.

Food

Keep track of your calorie intake from food.


1. From  **Samsung Health**, tap **Food**.
2. Tap **Add** when you eat something to enter the following information:
 - **Meal type**: Enter the type of meal you had.
 - **Cal**: Swipe up or down to select the calories consumed.

To set your daily calorie target:

1. From  **Samsung Health**, tap **Food**.
2. Swipe down and tap  **Set target**.
3. Set the daily calorie number.
4. Tap **Done**.




Weight management

View your progress in reaching your target weight. Weight management needs to be enabled and a target weight set through the Samsung Health app on your phone.




1. From  **Samsung Health**, tap **Weight management**.
2. Swipe up on the screen to see your calorie intake and weight status records.
3. Tap **Info** for more detailed descriptions of status icons.

Water

Record and track how many glasses of water you drink each day.




1. From  **Samsung Health**, tap **Water**.
2. Tap  **Add** when you drink a glass of water.
 - To decrease the count, tap  **Remove**.

To set your daily water target:




1. From  **Samsung Health**, tap **Water**.
2. Swipe down and tap  **Set target**.
3. Tap  to enable water tracking.
4. Tap **Daily target** and set the number.
5. Tap **Done**.

Caffeine

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

1. From  **Samsung Health**, tap **Caffeine**.
2. Tap  **Add** when you drink a caffeinated beverage.
 - To decrease the count, tap  **Remove**.

To set your daily caffeine target:

1. From  **Samsung Health**, tap **Caffeine**.
2. Swipe down and tap  **Set target**.
3. Tap  to enable caffeine tracking.
4. Tap **Daily target**, and set the number.
5. Tap **Done**.

Together

Compete with other Samsung Health users.


Steps leaderboard

Add challenges through Samsung Health on your smartphone.

- From Apps, tap  **Samsung Health** > **Together**. Here you can add friends and challenges.


View challenges on your Watch

View your challenges and rank on the Steps leaderboard.

1. From  **Samsung Health**, tap **Together**.
2. Tap a list to see your challenges.


Women's health

Record and track your menstrual cycle.

- From  **Samsung Health**, tap **Women's health**.
 - Tap **Enter period** to record your menstrual cycle.
 - Swipe up on the screen to view your ovulation and predicted period information.
 - Tap **Add log** to record your symptoms.

Settings


Customize your Samsung Health settings.

1. From  **Samsung Health**, tap **Settings**.
2. Tap an item to customize:
 - **Profile:** Update your personal profile.
 - **Units:** Change units for distance, temperature, and volume.
 - **Workout detection:** Set the watch to recognize and encourage you when it detects that you are exercising.
 - **Inactive time alerts:** Set the watch to alert you if you have been still for almost an hour.
 - **HR and stress measurement:** Configure automatic heart rate and stress measurements.
 - **Data permissions:** Configure access permissions to your health data.
3. Tap **Help** for a description of Samsung Health.



Weather

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


- From Apps, tap  **Weather**. Swipe through the screens to view the weather information.
 - To add a city, rotate the bezel to the last screen and tap **Add location**.

Calendar

View events scheduled on the smartphone.

1. From Apps, tap  **Calendar**.
2. Swipe right or left to view different months.

Add events

1. From  **Calendar**, tap a day.
2. Tap **Add an event**.
3. Enter the event information, and tap **Save**.

Galaxy Store

Samsung Galaxy Store provides a quick and easy way to find and download free premium apps that are compatible with your Galaxy device. A Samsung account is required to purchase and download apps.

- From Apps, tap  **Galaxy Store**.


Samsung Pay

Pay almost anywhere that accepts a debit, credit, or gift card. Samsung Pay supports Near Field Communication (NFC) to allow quick and secure payment through standard credit card readers. For more information, see samsung.com/us/samsung-pay.

Set up Samsung Pay

1. From Apps, tap  **Samsung Pay**.
2. Follow the prompts to complete the setup.

Make a payment

1. From any screen, press and hold the **Back** key to launch  **Samsung Pay**.
2. Enter your four-digit PIN.
3. Select a card, tap **Pay**, and then hold the watch near the terminal.




NOTE You can use Samsung Pay for up to 5 transactions without the smartphone. This may vary depending on the bank/institution issuing the account.

Reminder

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


Create a reminder

Set up and track reminders on your watch:

1. From Apps, tap  **Reminder**.
2. Tap **Add a reminder**, and then speak to record your reminder.
 - Tap **Write memo** to type the reminder.
3. Tap **Set time** to schedule the reminder.
4. Tap **Save** when finished.

Complete a reminder

To mark reminders complete:



1. From  **Reminder**, tap the reminder you want to complete.
2. Tap the circle to mark it as complete with a check mark.

Microsoft Outlook

View emails and reply to them.


Read emails

View emails on your watch.

1. From Apps, tap  **Microsoft Outlook**.
2. Tap a message to view its content.
3. Tap  **More options** for additional options:
 - **Star**: Mark the email as important.
 - **Show on phone**: View the email on your smartphone.
 - **Delete**: Delete the email.

Reply to emails

Compose and send email messages on your watch.

1. From  **Microsoft Outlook**, tap an email to open the email screen.
2. Tap an icon or a quick reply to compose and send your message.

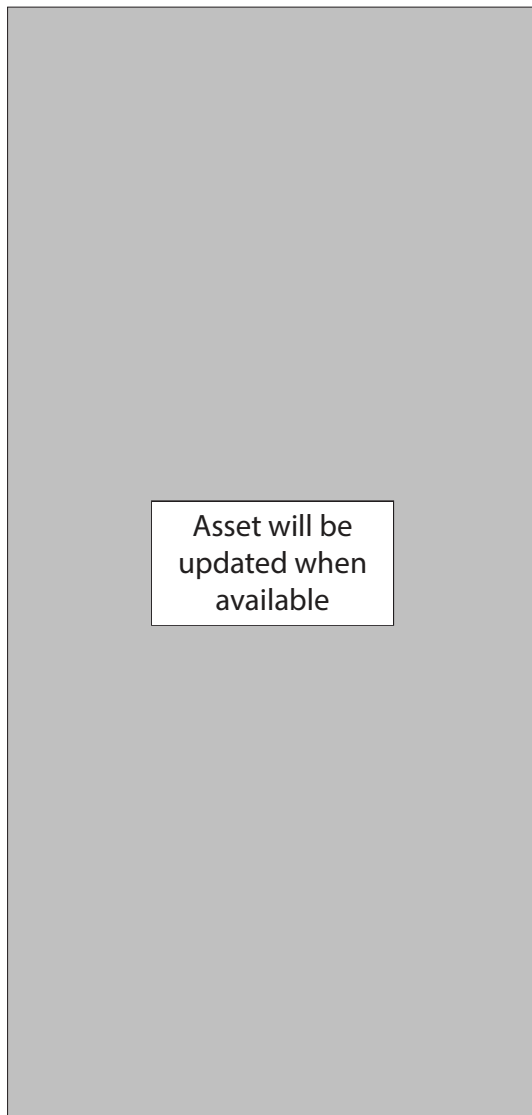
Delete emails

Delete emails on your watch.

1. From  **Microsoft Outlook**, scroll through the inbox to the email you want to delete.
2. Tap  **More options** > **Delete**.
3. Select the email again, and then tap **Delete**.





Music

Play music from your watch.






Play music from the watch

You can play music from the watch through Bluetooth headphones (not included).

1. From Apps, tap  **Music**.
2. Tap the output until the  **Watch** icon is displayed.
3. Tap  **More options** for the following options:
 - **Shuffle**: Enable or disable shuffle.
 - **Repeat**: Tap to repeat all songs, tap again to repeat once, and tap again to turn off repeat.
 - **Add to Favorites**: Add a track to your favorites.
 - **Listen using**: Select which audio output type to use for playback.
 - **Set as ringtone**: Set the current track as your ringtone.
 - **Delete**: Remove the current track.
4. Tap  **Play music** to play music.
5. Swipe up from the bottom of the screen to open the library screen, where you can view the current song, playlist, and queue music.


Play music on your smartphone

When you select a smartphone to play music from, you can control playback of the music with your watch. The music plays on your smartphone.


1. From  **Music**, tap the output until the  **Phone** icon is displayed.
2. Tap  **Play music** to play music on your smartphone.
3. The music plays on your smartphone and the watch displays the music controller screen.

Import music

Import music saved on your smartphone to your watch.

1. From  **Galaxy Wearable**, tap the **Home** tab.
2. Tap **Add content to your watch > Add tracks**.
3. Select files and tap **Done**.




To sync recently added music on your smartphone with your watch:

1. From  **Galaxy Wearable**, tap the **Home** tab.
2. Tap **Add content to your watch**.
3. Tap **Add tracks** or tap **Auto sync**, music will be synced while the watch's battery power is at least fifteen percent.

Gallery

View and manage images stored on the watch.

View images


1. From Apps, tap  **Gallery**.
2. Swipe through the image list and then tap an image to view it.
 - To zoom in or out, double tap the image.
 - To delete an image, tap  **More options** > **Delete**, and then tap  **Ok** to confirm.

Import and export images


Images can be exchanged between your watch and smartphone.

Import images from your smartphone




Send images or entire albums from your smartphone to your watch.

1. From  **Galaxy Wearable**, tap the **Home** tab.
2. Tap **Add content to your watch** > **Copy images to watch**.
3. Select files or albums and tap **Done**.

To automatically sync images on your smartphone with your watch:

1. From  **Galaxy Wearable**, tap the **Home** tab.
2. Tap **Add content to your watch > Auto sync** to enable. Images will be synced while the watch battery power is at least 15 percent.
 - **Image limit:** Set a limit to the number of images that can be synced to your watch.
 - **Albums to sync:** Select which Gallery albums to sync to your watch.

Export images to your smartphone

1. From  **Gallery**, tap the image you want to send to the smartphone.
2. Tap  **More options** >  **Copy to phone**.




Take a screenshot

Capture an image of your screen. It is automatically saved to the Gallery app.

- From any screen, press the **Home** and **Back** keys at the same time.





Find My Phone

If you misplace your smartphone, your watch can help you find it.

1. From Apps, tap  **Find My Phone**.
2. Tap  **Start**.
 - The Phone vibrates and the screen turns on.
3. Tap **Dismiss** on your smartphone or drag  **Stop** to the right on the watch.

Find your Watch

You can also locate your watch by making it light up and make sounds from the Galaxy Wearable app.


1. From  **Galaxy Wearable**, tap the **Home** tab > **Find My Watch**.
2. Tap  **Start**.
3. Drag  **Stop** to the right on the watch or tap  **Stop** on the smartphone.

Alarm

Set an alarm to ring at a specific time.

Create an alarm

Create an alarm event. You can set one-time or recurring alarms.

1. From Apps, tap  **Alarm**.
2. Tap **Add** and enter the time.
3. Tap **Next**, and select the days to repeat the alarm.
4. Tap **Save** when finished.

Stop or snooze an alarm

- Drag  **Cancel** to the right to stop an alarm or drag  **Snooze** to the left to snooze.

Delete an alarm

You can delete an alarm that you created.


- From  **Alarm**, tap and hold an alarm, and then tap **Delete**.

World clock

Keep track of the current time in multiple cities around the globe.




Add cities

Keep track of the time in multiple cities:

1. From Apps, tap  **World clock**.
2. Tap **Add** to add a city to your World clock.
3. Tap a location on the map, or tap **All cities** to search for the city you want to add.
4. Tap the city to add it to your World clock.
 - To add more cities, tap **Add**.

Remove cities

To remove a City:


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

Timer

Set a countdown timer for up to 99 hours, 59 minutes, and 59 seconds.

Set a timer

Create an alarm event. You can set one-time or recurring alarms.


1. From Apps, tap  **Timer**.
2. Tap a time or **Custom** to set the Timer.
3. Tap **Start**.

Stop the timer

- Drag  **Cancel** to the right when the timer goes off.


Stopwatch

The Stopwatch lets you time events down to a hundredth of a second.

1. From Apps, tap  **Stopwatch**.
2. Tap **Start** to begin timing.
 - To keep track of lap times, tap **Lap**.
3. Tap **Stop** to end timing.
 - To continue timing after stopping the clock, tap **Resume**.
 - To reset the Stopwatch to zero, tap **Reset**.

Spotify


Access music and podcasts on your device. You can listen to artists and albums, or create your own playlist of your favorite songs.

- From **Apps**, tap  **Spotify**.

PPT Controller

You can use PPT Controller to connect to a computer, phone or tablet using Bluetooth and control PowerPoint presentations with your watch.

To connect:






1. From Apps, tap  **PPT Controller**.
2. Tap a device in the list to connect your watch.
3. Select your watch from the Bluetooth list on the device.
4. Follow the on-screen instructions to complete the connection. The watch and device will be connected by Bluetooth.

To disconnect:

- From  **PPT Controller**, tap  **More options** > **Connect new device**.

Control PPT slides with the watch

You can remotely control the PowerPoint slides with your watch.




1. Open the PowerPoint presentation on your connected device.
2. From  **PPT Controller**, tap  **Play** to start the slideshow on your device.
 - Tap  **Next** or rotate the bezel to the right to move to the next slide.
 - Swipe up from the bottom of the watch screen, and tap  **Previous** or rotate the bezel to the left to move to the previous slide.
 - Swipe up from the bottom of the watch screen, and tap **Touchpad** to move the cursor on the device by swiping on the watch screen.
3. Swipe up from the bottom of the watch screen, and tap  **Stop** to finish controlling slides with your watch.

Presentation alerts

You can set alerts on your watch to warn you when you are close to the end of your presentation time, or at various intervals during your presentation.




Wrap-up alerts

Receive a notification after a set time.

1. From  **PPT Controller**, tap  **More options** > **Wrap-up alert**.
2. Tap  to enable this feature.
3. Tap **Set alert for**, and enter the time that your presentation needs to be finished.







Interval alerts

Receive a notification at set intervals during your presentation to help keep you on track.

1. From  **PPT Controller**, tap  **More options** > **Interval alerts**.
2. Tap  to enable this feature.
3. Tap **Interval type**, and choose to base intervals on time or slides.
4. Tap **Set interval**, and enter the interval that you want to receive notifications.

Voice Recorder

Use your voice to record memos.

1. From Apps, tap  **Voice Recorder**.
2. Tap  **Record** or  **Speech-to-text** and begin recording your message.
 - To stop recording and delete the memo, tap .
 - To pause the recording, tap  **Pause**.
3. Tap  **Stop** when you are finished.

Settings

Access Settings

Display

Sound and vibration

Connections

Device maintenance

Accessibility



Security and privacy

Other settings

Asset will be
updated when
available

Access Settings

You can personalize your device by configuring various setting options.

- From Apps, tap  **Settings**, or swipe down from the top of the screen to open the status panel and tap  **Settings**.


Display

[Adjust screen brightness](#) | [Set the screen timeout](#) | [Show last app](#) | [Background style](#) | [Font style](#) | [Show charging info](#)

You can configure the screen brightness, timeout delay, font size, and many other display settings.

Adjust screen brightness

Manually adjust the brightness of the display.

- From  **Settings**, tap **Display** and select an option:
 - **Brightness**: Manually adjust the brightness of the display.
 - **Auto low brightness**: Set the watch to automatically adjust the brightness depending on ambient light conditions.

Set the screen timeout

Set the length of time the watch waits before turning off the display's backlight.

- From  **Settings**, tap **Display** > **Screen timeout**, and select a timeout value.

Show last app

Set the length of time the watch shows displays last app used when you turn the screen on.

- From  **Settings**, tap **Display** > **Show last app**, and select a timeout value.


Background style

Select a background for the watch screens. This will be applied to every screen except your main watch screen.

- From  **Settings**, tap **Display** > **Background style** and select a background.



Font style

Customize the font style and size on your watch.

- From  **Settings**, tap **Display** > **Font** and choose an option to customize:
 - **Font style:** View and select a font.
 - **Font size:** Choose from small, medium, and large.

Show charging info

Display the battery level until full.

1. From  **Settings**, tap **Display** > **Show charging info**.
2. Tap  to enable the feature.


Sound and vibration

[Sound mode](#) | [Ringtone](#) | [Notification sound](#) | [Volume](#) | [Ringtone vibration](#) | [Notification vibration](#) | [Vibration intensity](#) | [Long vibration](#) | [System sounds](#) | [Vibration feedback](#)

Configure the vibrations used to indicate notifications, screen touches, and other interactions.


Sound mode

Switch between sound modes, while preserving the individual sound settings you have made.

1. From  **Settings**, tap **Sound and vibration**.
2. Tap **Sound mode**, and then select a mode:
 - **Sound**: Enable sounds for notifications and alerts.
 - **Vibrate**: Use vibration only for notifications and alerts.
 - **Mute**: Set your device to make no sounds.


Ringtone

Choose from preset ringtones or add your own.

1. From  **Settings**, tap **Sound and vibration**.
2. Tap **Ringtone**.
3. Tap a ringtone to hear a preview, or tap **Add from watch** to use an audio file as a ringtone.
4. Tap **OK** to select it.


Notification sound

Choose from preset notification sounds.

1. From  **Settings**, tap **Sound and vibration** > **Notification sound**.
2. Tap a notification sound to hear a preview, and tap **OK** to select it.


Volume

Set volume levels.

1. From  **Settings**, tap **Sound and vibration** > **Volume**.
2. Swipe the screen from right to left to adjust the volume levels for different modes.


Ringtone vibration

Vibrate for calls.

1. From  **Settings**, tap **Sound and vibration**.
2. Tap **Ringtone vibration** and select a vibration pattern.
3. Tap **OK** to confirm.

Notification vibration

Choose a vibration pattern for new notifications.

- From  **Settings**, tap **Sound and vibration** > **Notification vibration** and select a vibration pattern. Tap **OK** to confirm.

Vibration intensity

Configure the vibration intensity.

- From  **Settings**, tap **Sound and vibration** > **Vibration intensity**, and select your preferred intensity level. Tap **OK** to confirm.


Long vibration

Increase the duration of the vibration for calls and notifications.

- From  **Settings**, tap **Sound and vibration** > **Long vibration** to enable this feature.

System sounds

Enable sounds for actions like tapping the screen and charging the watch.

1. From  **Settings**, tap **Sound and vibration**.
2. Tap **System sounds**, and then an option to enable it:
 - **Touch sounds**: Play tones when you touch or tap the screen to make selections.
 - **Ticking sound**: Hear a ticking sound.
 - **Hourly chime**: Hear a sound and feel a vibration at the start of each hour.
 - **Unlock sound**: Play a sound when you lock or unlock the screen.
 - **Charging sound**: Play a sound when a charger is connected.
 - **Dialing keypad**: Play a tone when dialing numbers on the Phone keypad.

Vibration feedback

Enable vibrations when the watch screen is tapped.

- From  **Settings**, tap **Sound and vibration** > **Vibration feedback**, and tap  to enable.



Connections

[Bluetooth](#) | [Mobile networks](#) | [Wi-Fi](#) | [NFC](#) | [Disconnection alerts](#) | [Airplane mode](#) | [Connect to a new phone](#)

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


Bluetooth

Use Bluetooth to connect the watch to a smartphone or an optional headset for playing music (headset not included).

1. From  **Settings**, tap **Connections** > **Bluetooth**.
2. Tap  to turn on the feature.
 - Tap **Bluetooth audio** to connect a Bluetooth audio device to the watch.

Mobile networks

Customize your mobile networks. This feature is only available on the LTE model.

1. From  **Settings**, tap **Connections**.
2. Tap **Mobile networks**, and tap an option to customize:
 - **Mobile networks**: Enable or disable using mobile data.
 - **Mobile data**: Enable mobile data.
 - **Data roaming**: Enable data roaming.
 - **Network mode**: Select a network mode.
 - **Network operators**: Choose a network operator.
 - **Access Point Names**: Select and APN.


Wi-Fi


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

1. From  **Settings**, tap **Connections > Wi-Fi**.
2. Tap **Auto**, **Always on**, or **Always off**.

Connect to a Wi-Fi network

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

1. From  **Settings**, tap **Connections > Wi-Fi**.
2. Tap **Wi-Fi networks > Scan**, and select a network from the list.
 - Networks that require a password display a lock icon.
3. Enter the password if required, and tap **Connect**.

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



Sync Wi-Fi profiles

Set the device to sync the list of saved Wi-Fi networks with your watch.

1. From  **Galaxy Wearable**, tap the **Home** tab.
2. Tap **Sync phone settings > Sync Wi-Fi networks**.


NFC


Near Field Communication (NFC) allows you to communicate with another device without connecting to a network. Make payments and buy tickets for transportation or events after downloading and configuring the required apps.

1. From  **Settings**, tap **Connections > NFC**.
2. Tap  to enable the feature, and tap **Tap and pay** to set the default payment app for mobile payments.

Make payments with the NFC feature


Before you can use the NFC feature to make payments, you must register for the mobile payment service. To register or get more information about the service, contact your service provider.

1. From  **Settings**, tap **Connections > NFC**.
2. Touch the top of the watch's touchscreen to the credit card reader.

 **NOTE** The payment services list may not include all available payment apps.

Open with NFC

You can select supported apps to open with NFC.

1. From  **Settings**, tap **Connections > NFC**.
2. Tap **Open with NFC**, and select an app.


Disconnection alerts

Receive alerts when disconnected from Bluetooth.


1. From  **Settings**, tap **Connections > Disconnection alerts** to enable this feature.
2. Tap **Type** to choose an alert style.

Airplane mode

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

- From  **Settings**, tap **Connections** > **Airplane mode** to enable this option.



TIP You can also access Airplane mode from Quick settings. Swipe down from the top of the watch, and tap .

Connect to a new phone

Connect your watch to a new mobile device. This feature is available when the watch is connected to a smartphone. Otherwise, **Connect to phone** is displayed. For more information, see [Back up data](#).

- From  **Settings**, tap **Connect to new phone** and follow the prompts.


Device maintenance

[Date and time](#) | [Power saving mode](#) | [Watch only mode](#) | [Optimize battery](#) | [Related settings](#) | [Reset the Watch](#) | [Location](#)

View the status of your device's battery, storage, and memory. You can also automatically optimize your device's system resources.



Date and time

You can set the date and time manually. These options are only available when your watch is not connected to your mobile device.

- From  **Settings**, tap **General** > **Date and time**.
 - **Automatic:** Use the network to set date and time.
 - **Set date:** Set the date manually.
 - **Set time:** Set the time manually.
 - **Select time zone:** Select the time zone manually.
 - **Use 24-hour format:** Set the format for displaying time.

Power saving mode

Activate Power saving mode to save battery power by limiting the watch's functions, such as:



- Use a grayscale Home screen.
- Turn off all functions except calls, messages, and notifications.
- Turn off Wi-Fi and mobile networks (if applicable).
- Limit performance.
 1. From  **Settings**, tap **Battery** > **Power mode**.
 2. Tap **Power saving**, and then tap  **OK**.

To disable Power saving mode:

- From the Home screen, tap **OFF**, and then tap  **OK**.

Watch only mode

Activate Watch only mode to save battery power by limiting the watch's functions to only showing the time.


1. From  **Settings**, tap **Battery** > **Power mode**.
2. Tap **Watch only**, and then tap  **OK**.

To disable watch only mode:

- Press and hold the **Home** key for three seconds.


Optimize battery

You can automatically optimize your watch system resources to save your battery.

1. From  **Settings**, tap **Battery** > **Optimize battery**.
2. View the list of features that can be modified to improve the watch battery life.
3. Tap **Optimize**.


Related settings

View system resources that typically drain battery life in one list to quickly modify and optimize settings.

1. From  **Settings**, tap **Battery > Related settings**.
2. View the list of features that can be modified to improve the watch battery life and tap an option to change the settings for that feature.



Reset the Watch

Reset settings to their factory default values and delete all data.

1. From  **Settings**, tap **General > Reset**.
2. Tap **Reset** again to confirm.

Location

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

1. From  **Settings**, tap **Location**.
2. Tap  to enable this feature, and select a mode.
 - **GPS, Wi-Fi, and mobile networks:** Use GPS, Wi-Fi, and mobile networks.
 - **Wi-Fi and mobile networks:** Use Wi-Fi and mobile networks only.
 - **GPS:** Use GPS only.
3. Tap **Permissions** to view apps and features that have permission to access your location information.

Accessibility


[Screen Reader](#) | [Visibility enhancements](#) | [Hearing enhancements](#) | [Advanced settings](#) | [Text to speech](#)

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

For more information about Accessibility for Samsung products, please contact us at accessibility@sea.samsung.com.


Screen Reader

Use special controls and settings that let you navigate without needing to see the screen.

- From  **Settings**, tap **Accessibility** > **Screen reader** for the following options:
 - **Voice Assistant:** Receive spoken feedback when using your device, such as what you touch, select, or activate.
 - **Tutorial:** Learn how to use Voice assistant.
 - **Settings:** Configure Voice assistant to better assist you.


Visibility enhancements

You can configure Accessibility features to assist with visual aspects of your device.

- From  **Settings**, tap **Accessibility** > **Visibility enhancements** for the following options:
 - **Triple tap magnify:** Triple tap to zoom in and out. After zooming out, drag two fingers apart or together to adjust the zoom level.
 - **Grayscale:** Remove all colors from the display, and use shades of gray.
 - **Negative colors:** Reverse the display of colors from white text on a black background to black text on a white background.
 - **Color lens:** Adjust the screen colors if you have difficulty reading the text.


Hearing enhancements

You can configure Accessibility features to assist with audial aspects of the device.

- From  Settings, tap **Accessibility** > **Hearing enhancements** and tap an option:
 - **Mute all sounds:** Turn off all notifications and audio for privacy.
 - **Mono audio:** Switch audio from stereo to mono when using one earphone.


Advanced settings

You can configure Accessibility features.

- From  Settings, tap **Accessibility** > **Advanced settings** for the following options:
 - **Vibration watch:** The watch will use vibrations to communicate the time.
 - **Notification reminder:** Enable and customize notification reminders.
 - **Two finger triple tap:** Use two fingers when using the gesture triple tap.

Text to speech

To set accessibility settings related to Text to speech:

- From  Settings, tap **General** > **Text-to-speech** and select a mode:
 - **Language:** Choose the language for spoken text.
 - **Speech rate:** Set the speed at which the text is spoken.
 - **Read notifications aloud:** Set the watch to read out notifications received on your watch.
 - **Install voice data:** Install voice data for use with text-to-speech.


Security and privacy

[Set a screen lock](#) | [Permission manager](#)

You can secure your device and protect your data by setting a screen lock.

Set a screen lock

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



1. From  **Settings**, tap **Security and privacy** > **Lock**.
2. Tap **Type** to select a screen lock type:
 - **Pattern**: Create a pattern that you draw on the screen to unlock your device.
 - **PIN**: Set a PIN to use for unlocking the device when it is removed from your wrist and the screen is turned off.
 - **None**: Do not lock the screen.
3. Tap **Use for** to select when your lock screen will be used.



TIP View helpful information about using the screen lock feature from  **Settings** > **Security and privacy** > **Lock**, tap **Help**.

Permission manager

Apps might access features of your watch that you permit them to (like the sensors, microphone, or location) when they are running in the background, not just when you are using the app. You can set your watch to notify you when this happens.

1. From  **Settings**, tap **Security and privacy** > **Permission manager**.
2. Tap a category, then tap an app to select which permissions you want to be notified about by tapping .


Other settings

[Screen wake-up](#) | [Touch sensitivity](#) | [Watch status](#) | [Watch info](#)

Configure features on your device that make it easier to use.


Screen wake-up


Use a gesture to turn on the watch screen.

- From  **Settings**, tap **Advanced** > **Screen wake-up**, and tap an option to enable:
 - **Wake-up gesture:** Lift your wrist to turn on the watch screen.
 - **Touch wake-up:** Touch the watch screen to turn it on.
 - **Bezel wake-up:** Rotate the bezel to turn on the watch screen.

Touch sensitivity


Set the watch to allow use of the touch screen with gloves on.

1. From  **Settings**, tap **Advanced** > **Touch sensitivity**.
2. Tap  to enable this feature.

 **TIP** You can also enable touch sensitivity by holding down the **Home** key and tapping **Touch sensitivity**.

Watch status


Access information about the watch.

1. From  **Galaxy Wearable**, tap the **Home** tab > **About watch**.
2. Tap an option below:
 - **Battery:** View battery life, usage information, and change your watch's power mode.
 - **Storage:** View storage information and free up space.
 - **Memory:** Enhance performance of your watch and manage background apps.
 - **Device:** See device identification codes for your watch.

- **Legal information:** View the legal information for the watch.
- **Software information:** See the current software and Knox versions and available updates.
- **Battery information:** View the capacity and rating of your watch's battery.
- **Install unknown apps:** Set the watch to allow the installation of apps from unknown sources.

Watch info

View information about the watch.

- From  **Settings**, tap **About watch** to view information about your watch:
 - **Watch phone number:** View the phone number assigned to your watch (LTE model only).
 - **Model number:** Check your watch's model number.
 - **Serial number:** View your watch's serial number.
 - **IMEI:** View your watch's IMEI number.
 - **Storage:** Check the available storage space.
 - **Device:** Access device information about the watch.
 - **Legal info:** Access legal information related to the watch.
 - **Software:** Check your watch's software version and security status.
 - **Battery:** Check the watch's battery voltage and capacity.
 - **Debugging:** Activate or deactivate USB debugging mode when developing apps for the watch.



TIP To view the user manual from the  **Galaxy Wearable** app on your smartphone, tap the **Home** tab > **Tips and user manual**.

Learn more

Videos

youtube.com/samsungcare

Tips

samsung.com/us/support/tips

Samsung Care

samsung.com/us/support

Talk to an agent

Contact us on [Facebook Messenger](#)

Find us on [Facebook](#)

Follow us on [Twitter](#)

Legal information

If your device required Federal Communications Commission (FCC) approval, you can view the FCC certification on the watch by opening **Settings > About watch > Device**.

Samsung Knox

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

Maintaining water and dust resistance



CAUTION To avoid electric shock and damage to your device, do not charge device while it is wet or in an area where it could get wet. Do not handle device, charger or cords with wet hands while charging.

The device is not impervious to dust and water damage in any situation. It is important that all compartments are closed tightly.

Follow these tips carefully to prevent damage to the device and maintain dust and water resistance performance:

Water resistant based on 5ATM rating, which means submersion up to 50 meters per ISO standard 22810:2010. Not intended for scuba diving. Avoid excessive, sudden temperature changes, and high velocity activities. Falls and shocks may breach integrity.

After use in sea water, rinse in fresh water and dry device. Despite this classification, your device is not impervious to water damage in any situation. It is important that all compartments are closed tightly.

Follow these tips carefully to prevent damage to the device.

- Whenever your device gets wet, dry it thoroughly with a clean, soft cloth. Failure to rinse the device in fresh water and dry it as instructed may cause the device to suffer from operability or cosmetic issues.
- Do not expose the device to water at high pressure.
- If the device is dropped or receives an impact, the water and dust resistant features of the device may be damaged.

Military Specification

This device passed military specification (MIL-STD-810G) testing against specific conditions, including drops from 3.2 feet, extreme temperatures, dust, shock/vibration, and low pressure/high altitude. Device may not perform as described in all extreme conditions.

Restricting children's access to your mobile device

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

Samsung Electronics America, Inc.

Address:

85 Challenger Road
Ridgefield Park
New Jersey 07660

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

Internet: samsung.com

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Other marks are the property of their respective owners.

DRAFT-FOR INTERNAL USE ONLY



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

Screen images are simulated. Appearance of device may vary.

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

Please check with your service provider to verify qualifying services/features.

We're all in this together! First responders, active military, educators, students, and government employees receive added savings. Enroll now. ×

FIRST RESPONDERS > STUDENTS AND EDUCATORS > MILITARY AND GOVERNMENT >

SAMSUNG



TERMS & CONDITIONS / HEALTH & SAFETY INFORMATION

Read this document before operating the mobile device, accessories, or software (defined collectively and individually as the “Product”) and keep it for future reference. This document contains important Terms and Conditions. Electronic acceptance, opening the Product packaging, use of the Product, or retention of the Product constitutes acceptance of these Terms and Conditions.

This information was last updated September 1, 2019.

- [Arbitration Agreement](#)
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- [End User License Agreement \(EULA\)](#)
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Important Legal Information

READ THIS INFORMATION BEFORE USING YOUR MOBILE DEVICE.

Arbitration Agreement - This Product is subject to a binding arbitration agreement between you and SAMSUNG ELECTRONICS AMERICA, INC. ("Samsung"). You can opt out of the agreement within 30 calendar days of the first consumer purchase by emailing optout@sea.samsung.com or calling 1-800-SAMSUNG (726-7864) and providing the applicable information. For complete terms and conditions that bind you and Samsung, refer to the "Arbitration Agreement" section of this document.

Find legal information about your mobile device

For specific provisions or legal information relating to your device, please refer to the printed Terms & Conditions included with your device, or visit www.samsung.com and use the model number to locate the product support page.

Intellectual property

All Intellectual Property, as defined below, owned by or which is otherwise the property of Samsung or its respective suppliers relating to the Product, including but not limited to, accessories, parts, or software relating thereto, is proprietary to Samsung and

protected under federal laws, state laws, and international treaty provisions. Intellectual Property includes, but is not limited to, inventions (patentable or unpatentable), patents, trade secrets, copyrights, software, computer programs, and related documentation and other works of authorship.

You may not infringe or otherwise violate the rights secured by the Intellectual Property. Moreover, you agree that you will not (and will not attempt to) modify, prepare derivative works of, reverse engineer, decompile, disassemble, or otherwise attempt to create source code from the software. No title to or ownership in the Intellectual Property is transferred to you. All applicable rights of the Intellectual Property shall remain with Samsung and its suppliers.

Open source software

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

Modification of software

Samsung is not liable for performance issues or incompatibilities caused by your editing of registry settings, or your modification of Operating System (OS) software. Using custom OS software may cause your Product and applications to work improperly. Your carrier may not permit users to download certain software, such as custom OS.

Disclaimer of warranties; Exclusion of liability

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

Except as set forth in the Standard Limited Warranty that accompanies the Product, the purchaser takes the Product "as is", and Samsung makes no express or implied warranty of any kind whatsoever with respect to the Product, including but not limited to the:

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

Nothing contained in the User Manual or any other document shall be construed to create an express or implied warranty of any kind whatsoever with respect to the Product. Neither Samsung nor the wireless carrier are responsible for, and the Standard Limited Warranty does not apply to, any damage or injury arising from disassembly or repairs by persons not authorized or approved by Samsung to service this Product. In addition, Samsung shall not be liable for any damages of any kind resulting from the purchase or use of the Product or arising from the breach of the express warranty, including incidental, special or consequential damages, or loss of anticipated profits or benefits.

Samsung Electronics America, Inc.

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Internet: www.samsung.com

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Section 1 : Arbitration Agreement

THIS IS A BINDING LEGAL AGREEMENT (“AGREEMENT”) BETWEEN YOU (EITHER AN INDIVIDUAL OR ENTITY) AND SAMSUNG ELECTRONICS AMERICA, INC. (“SAMSUNG”). ELECTRONIC ACCEPTANCE OF THE AGREEMENT, OPENING THE PRODUCT PACKAGING, USE OF THE PRODUCT, OR RETENTION OF THE PRODUCT CONSTITUTES ACCEPTANCE OF THIS AGREEMENT, REGARDLESS OF WHETHER YOU ARE THE ORIGINAL PURCHASER, USER, OR OTHER RECIPIENT OF THE PRODUCT.

YOU AND SAMSUNG EACH AGREE THAT ALL DISPUTES BETWEEN YOU AND SAMSUNG RELATING IN ANY WAY TO OR ARISING IN ANY WAY FROM THE STANDARD LIMITED WARRANTY OR THE SALE, CONDITION OR PERFORMANCE OF THE PRODUCT SHALL BE RESOLVED EXCLUSIVELY THROUGH FINAL AND BINDING ARBITRATION, AND NOT BY A COURT OR JURY. ANY SUCH DISPUTE SHALL NOT BE COMBINED OR CONSOLIDATED WITH A DISPUTE INVOLVING ANY OTHER PERSON'S OR ENTITY'S PRODUCT OR CLAIM, AND SPECIFICALLY, WITHOUT LIMITATION OF THE FOREGOING, SHALL NOT UNDER ANY CIRCUMSTANCES PROCEED AS PART OF A CLASS ACTION. THE ARBITRATION SHALL BE CONDUCTED BEFORE A SINGLE ARBITRATOR, WHOSE AWARD MAY NOT EXCEED, IN FORM OR AMOUNT, THE RELIEF ALLOWED BY THE APPLICABLE LAW. The arbitration shall be conducted according to the American Arbitration Association (AAA) Commercial Arbitration Rules applicable to consumer disputes. The AAA Rules are available online at www.adr.org or by calling the AAA at 1-800-778-7879. This Agreement is entered into pursuant to the Federal Arbitration Act. The laws of the State of New York, without reference to its choice of law principles, shall govern the interpretation of the Agreement and all disputes that are subject to this Agreement. The arbitrator shall decide all issues of interpretation and application of this Agreement.

For any arbitration in which your total damage claims, exclusive of attorney fees and expert witness fees, are \$5,000.00 or less ("Small Claim"), the arbitrator may, if you prevail, award your reasonable attorney fees, expert witness fees and costs as part of any award, but may not grant Samsung its attorney fees, expert witness fees or costs unless it is determined that the claim was brought in bad faith. In a Small Claim case, you shall be required to pay no more than half of the total administrative, facility and arbitrator fees, or \$50.00 of such fees, whichever is less, and Samsung shall pay the remainder of such fees. Administrative, facility and arbitrator fees for arbitrations in which your total damage claims, exclusive of attorney fees and expert witness fees, exceed \$5,000.00 ("Large Claim") shall be determined according to AAA rules. In a Large Claim case, the arbitrator may grant to the prevailing party, or apportion among the parties, reasonable attorney fees, expert witness fees and costs to the extent allowed by the applicable law. Judgment may be entered on the arbitrator's award in any court of competent jurisdiction.

This Agreement also applies to claims against Samsung’s employees, representatives, parents and other affiliates if any such claim relates in any way to or arises in any way from the Standard Limited Warranty or the Product’s sale, condition or performance.

You may opt out of this Agreement by providing notice to Samsung no later than 30 calendar days from the date of the first consumer purchaser’s purchase of the Product. To opt out, you must send notice by e-mail to optout@sea.samsung.com, with the subject line: “Arbitration Opt Out.” You must include in the opt-out email (a) your name and address; (b) the date on which the Product was purchased; (c) the Product model name or model number; and (d) the IMEI or MEID or Serial Number, as applicable, if you have it (the IMEI or MEID or Serial Number can be found (i) on the Product box; (ii) on the Product information screen which can be found under “Settings;” (iii) on a label on the back of the Product beneath the battery, if the battery is removable; and (iv) on the outside of the Product if the battery is not removable).

Alternatively, you may opt out by calling 1-800-SAMSUNG (726-7864) no later than 30 calendar days from the date of the first consumer purchaser’s purchase of the Product and providing the same information. These are the only two forms of notice that will be effective to opt out of this Agreement. Opting out of this Agreement will not affect in any way the benefits to which you would otherwise be entitled, including the benefits of the Standard Limited Warranty.

Section 2: Standard Limited Warranty

What is covered and for how long?

"SAMSUNG ELECTRONICS AMERICA, INC." warrants that this Product is free from defects in material and workmanship under normal use and service for the warranty period. The warranty period commences upon the date of purchase by the first consumer purchaser and continuing for the following specified period of time after that date:

Device :	1 Year
Batter(ies)*, including Internal Batteries :	1 Year

Other Accessories*:	1 Year
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*If applicable.

What is not covered?

This Standard Limited Warranty is conditioned upon proper use of the Product. This Standard Limited Warranty does not cover: (a) defects or damage resulting from accident, misuse, abnormal use, abnormal conditions, improper storage, exposure to liquid, moisture, dampness, sand or dirt, neglect, or unusual physical, electrical or electromechanical stress; (b) scratches, dents and cosmetic damage, unless caused by Samsung; (c) defects or damage resulting from excessive force or use of a metallic object when pressing on a touch screen; (d) equipment that has the serial number or the enhancement data code removed, defaced, damaged, altered or made illegible; (e) ordinary wear and tear; (f) defects or damage resulting from the use of Product in conjunction or connection with accessories, products, or ancillary/peripheral equipment not furnished or approved by Samsung; (g) defects or damage resulting from improper testing, operation, maintenance, installation, service, or adjustment not furnished or approved by Samsung, including but not limited to installation of unauthorized software and unauthorized root access, both of which shall void this limited warranty; (h) defects or damage resulting from external causes such as collision with an object, fire, flooding, dirt, windstorm, lightning, earthquake, exposure to weather conditions, theft, blown fuse, or improper use of any electrical source; (i) defects or damage resulting from cellular signal reception or transmission, or viruses or other software problems introduced into the Product; or (j) Product used or purchased outside the United States. This Standard Limited Warranty covers batteries only if battery capacity falls below 80% of rated capacity or the battery leaks, and this Standard Limited Warranty does not cover any battery if (i) the battery has been charged by a battery charger not specified or approved by Samsung for charging the battery; (ii) any of the seals on the battery are broken or show evidence of tampering; or (iii) the battery has been used in equipment other than the Samsung device for which it is specified.

What are Samsung's obligations?

During the applicable warranty period, provided the Product is returned in accordance with the terms of this Standard Limited Warranty, Samsung will repair or replace the Product, at Samsung's sole option, without charge. Samsung may, at Samsung's sole option, use rebuilt, reconditioned, or new parts or components when repairing any

Product, or may replace the Product with a rebuilt, reconditioned or new Product.

Repaired/replaced cases, pouches and holsters will be warranted for a period of ninety (90) days. All other repaired/replaced Products will be warranted for a period equal to the remainder of the original Standard Limited Warranty on the original Product or for ninety (90) days, whichever is longer. All replaced Products, parts, components, boards and equipment shall become the property of Samsung. Except to any extent expressly allowed by applicable law, transfer or assignment of this Standard Limited Warranty is prohibited.

What must you do to obtain warranty service?

To obtain service under this Standard Limited Warranty, you must return the Product to an authorized phone service facility in an adequate container for shipping, accompanied by the sales receipt or comparable proof of sale showing the original date of purchase by the first consumer purchaser, the serial number of the Product and the seller's name and address.

To obtain assistance on where to deliver the Product, please call Samsung Customer Care 1-800-SAMSUNG (726-7864). If Samsung determines that any Product is not covered by this Standard Limited Warranty, you must pay all parts, shipping, and labor charges for the repair or return of such Product.

You should keep a separate backup copy of any contents of the Product before delivering the Product to Samsung for warranty service, as some or all of the contents may be deleted or reformatted during the course of warranty service.

What are the limits on Samsung's liability?

This Standard Limited Warranty sets out the full extent of Samsung's responsibilities, and the exclusive remedy regarding the products.

All implied warranties, including without limitation, implied warranties of merchantability and fitness for a particular purpose, are limited to the duration of this limited warranty. In no event shall Samsung be liable for damages in excess of the purchase price of the product or for, without limitation, commercial loss of any sort; loss of use, time, data, reputation, opportunity, goodwill, profits or savings; inconvenience; incidental, special, consequential or punitive damages; or damages arising from the use or inability to use

the product. Some states and jurisdictions do not allow limitations on how long an implied warranty lasts, or the disclaimer or limitation of incidental or consequential damages, so the above limitations and disclaimers may not apply to you.

Samsung makes no warranties or representations, express or implied, statutory or otherwise, as to the quality, capabilities, operations, performance or suitability of any third-party software or equipment used in conjunction with the product, or the ability to integrate any such software or equipment with the product, whether such third-party software or equipment is included with the product distributed by Samsung or otherwise. Responsibility for the quality, capabilities, operations, performance and suitability of any such third-party software or equipment rests solely with the user and the direct vendor, owner or supplier of such third-party software or equipment.

Nothing contained in the User Manual or any other document shall be construed to create an express warranty of any kind with respect to the Product. No agent, employee, dealer, representative or reseller is authorized to modify or extend this Standard Limited Warranty or to make binding representations or claims, whether in advertising, presentations or otherwise, on behalf of Samsung regarding the Products or this Standard Limited Warranty.

This Standard Limited Warranty gives you specific legal rights, and you may also have other rights that vary from state to state.

Severability

If any portion of this Standard Limited Warranty is held to be illegal or unenforceable, such partial illegality or unenforceability shall not affect the enforceability of the remainder of the Standard Limited Warranty.

Precautions for transfer and disposal

If data stored on this device is deleted or reformatted using the standard methods, the data only appears to be removed on a superficial level, and it may be possible for someone to retrieve and reuse the data by means of special software.

To avoid unintended information leaks and other problems of this sort, it is recommended that the device be returned to Samsung's Customer Care Center for an Extended File System (EFS) Clear which will eliminate all user memory and return all

settings to default settings. Please contact the Samsung Customer Care Center for details.

Important: Please provide warranty information (proof of purchase) to Samsung's Customer Care Center in order to provide this service at no charge. If the warranty has expired on the device, charges may apply.

No reproduction in whole or in part allowed without prior written approval.

Specifications and availability subject to change without notice.

Section 3: End User License Agreement

The full End User License Agreement (EULA) for your device can be found in the Galaxy Wearable application, which is required for operation of your device, and online.

- Online: www.samsung.com/us/Legal/SamsungLegal-EULA-GEAR
- Galaxy Wearable application: About watch → Legal information → Samsung legal

Section 4: Health & Safety Information

This section outlines important safety precautions associated with using your device. The terms "mobile device" or "cell phone" are used in this section to refer to your device. Read this information before using your mobile device.

For specific provisions or legal information relating to your device, please refer to the printed Terms & Conditions included with your device, or visit www.samsung.com and use the model number to locate the product support page.

Caution! To avoid electric shock and damage to your device, do not charge device while it is wet or in an area where it could get wet. Do not handle device, charger or cords with wet hands while charging

Exposure to Radio Frequency (RF) Signals

The U.S. Food and Drug Administration (FDA) has published information for consumers relating to Radio Frequency (RF) exposure from wireless phones. The FDA publication includes the following information:

Do cell phones pose a health hazard?

Many people are concerned that cell phone radiation will cause cancer or other serious health hazards. The weight of scientific evidence has not linked cell phones with any health problems.

Cell phones emit low levels of Radio Frequency (RF) energy. Over the past 15 years, scientists have conducted hundreds of studies looking at the biological effects of the RF energy emitted by cell phones. While some researchers have reported biological changes associated with RF energy, these studies have failed to be replicated. The majority of studies published have failed to show an association between exposure to radio frequency from a cell phone and health problems.

While in use, the low levels of RF energy a cell phones emits are in the microwave frequency range. Exposure to low level RF energy that does not produce heating effects causes no known adverse health effects.

Note: While in stand-by mode, cell phones also emit RF energy at substantially reduced time intervals.

While in use, high levels of RF energy can produce health effects (by heating tissue).

The biological effects of RF energy should not be confused with the effects from other types of electromagnetic energy.

Very high levels of electromagnetic energy, such as is found in X-rays and gamma rays, can ionize biological tissues. Ionization is a process where electrons are stripped away from their normal locations in atoms and molecules. It can permanently damage biological tissues including DNA, the genetic material.

The energy levels associated with radio frequency energy, including both radio waves and microwaves, are not great enough to cause ionization of atoms and molecules. Therefore, RF energy is a type of non-ionizing radiation. Other types of non-ionizing radiation include visible light, infrared radiation (heat), and other forms of electromagnetic radiation with relatively low frequencies.

While RF energy does not ionize particles, large amounts can increase body temperatures and cause tissue damage. Two areas of the body, the eyes and the testes, are particularly vulnerable to RF heating because there is relatively little blood flow in them to carry away excess heat.

For up-to-date information on this question, please see "FDA Radiation-Emitting Products: Current Research Results"

www.fda.gov/Radiation-EmittingProducts/RadiationEmittingProductsandProcedures/HomeBusinessandEntertainment/CellPhones/ucm116335.htm

Research Results to Date: Is there a connection between RF and certain health problems?

The results of most studies conducted to date say no. In addition, attempts to replicate and confirm the few studies that have shown a connection have failed.

The scientific community at large therefore believes that the weight of scientific evidence does not show an association between exposure to Radio Frequency (RF) from cell phones and adverse health outcomes. Still, the scientific community has supported additional research to address gaps in knowledge. Some of these studies are described below.

For up-to-date information on this question, please see: "FDA Radiation-Emitting Products: Current Research Results"

www.fda.gov/Radiation-EmittingProducts/RadiationEmittingProductsandProcedures/HomeBusinessandEntertainment/CellPhones/ucm116335.htm

Interphone study

Interphone is a large international study designed to determine whether cell phones

increase the risk of head and neck cancer. A report published in the International Journal of Epidemiology (June, 2010) compared cell phone usage for more than 5,000 people with brain tumors (glioma and meningioma) and a similar number of healthy controls.

Results of this study did NOT show that cell phones caused brain cancer. In this study, most people had no increased risk of brain cancer from using cell phones. For people with the heaviest use of cell phones (an average of more than ½ hour per day, every day, for over 10 years) the study suggested a slight increase in brain cancer. However, the authors determined that biases and errors prevented any conclusions being drawn from this data. Additional information about the Interphone study can be found:

http://www.iarc.fr/en/media-centre/pr/2010/pdfs/pr200_E.pdf

Significant ongoing studies

Interphone is the largest cell phone study to date, but it did not answer all questions about cell phone safety. Additional research is being conducted around the world, and the FDA continues to monitor developments in this field, including:

- Cell Phone Industry Actions
- Safety Standards
- International Cohort Study on Mobile Phone Users (COSMOS): www.ukcosmos.org
- Risk of brain cancer from exposure to radiofrequency fields in childhood and adolescence (MOBI-KIDS: www.crealradiation.com/index.php/mobi-kids-home)
- Surveillance, Epidemiology and End Results (SEER) program of the National Cancer Institute: www.seer.cancer.gov

For up-to-date information on the above, see “FDA Radiation-Emitting Products: Significant Ongoing Studies” at:

www.fda.gov/Radiation-EmittingProducts/RadiationEmittingProductsandProcedures/HomeBusinessandEntertainment/CellPhones/ucm116335.htm

Reducing exposure: Hands-free kits and other accessories

Some hands-free mobile device kits and accessories can generate some radio frequency energy when used in tandem with your mobile device. It is best to follow the recommendations below to reduce your exposure to this type of energy during use.

Steps to reduce exposure to radio frequency energy

If there is a risk from being exposed to radio frequency energy (RF) from cell phones - and at this point we do not know that there is - it is probably very small. But, if you are concerned about avoiding even potential risks, you can take simple steps to minimize your RF exposure:

- Reduce the amount of time spent using your cell phone;
- Use speaker mode or a headset to place more distance between your head and the cell phone.

Hands-free kits

Hands-free kits may include audio or Bluetooth® headsets and various types of body-worn accessories such as belt-clips and holsters. Combinations of these can be used to reduce RF energy absorption from cell phones.

Headsets can substantially reduce exposure because the phone is held away from the head in the user's hand or in approved body-worn accessories. Cell phones that are marketed in the U.S. are required to comply with RF exposure requirements when used against the head and against the body.

Since there are no known risks from exposure to RF emissions from cell phones, there is currently no reason to conclude that hands-free kits reduce RF emission risks. Although hands-free kits can be used for convenience and comfort, they are also a legally required item in many states if you want to use your phone while driving.

Cell phone accessories that claim to shield the head from RF radiation

Accessories that have potential to influence the Specific Absorption Rate (SAR) characteristics of a mobile device require FCC approval. Such accessory products should be approved for your device prior to use as they can modify the radio frequency fields around the device.

For more information, please refer to “

<https://apps.fcc.gov/oetcf/kdb/forms/FTSSearchResultPage.cfm?switch=P&id=20676>

”

Because there are no known risks from exposure to RF emissions from cell phones, there is currently no reason to conclude that accessories which claim to shield the head from those emissions reduce risks. Some products that claim to shield the user from RF absorption use special phone cases, while others involve nothing more than a metallic accessory attached to the phone.

Studies have shown that these products generally do not work as advertised. Unlike “hands-free” kits, these so-called “shields” may interfere with proper operation of the phone. The phone may be forced to boost its power and RF emissions to compensate, leading to an increase in RF absorption.

Children and cell phones

The scientific evidence does not show a danger to any users of cell phones from RF exposure, including children and teenagers. The steps adults can take to reduce RF exposure apply to children and teenagers as well.

- Reduce the amount of time spent on the cell phone;
- Use speaker mode or a headset to place more distance between the head and the cell phone.

For additional information about children and cell phones, please see “Radiation-Emitting Products: Children and Cell Phones” at

<https://www.fda.gov/Radiation-EmittingProducts/RadiationEmittingProductsandProcedures/HomeBusinessandEntertainment/CellPhones/ucm116331.htm>

Some groups sponsored by other national governments have advised that children be discouraged from using cell phones at all. For example, The Stewart Report from the United Kingdom made such a recommendation in December 2000. In this report, a group of independent experts noted that no evidence exists that using a cell phone causes brain tumors or other ill effects. Their recommendation to limit cell phone use by children was strictly precautionary; it was not based on scientific evidence that any health hazard exists.

Additional information on the safety of RF exposures from various sources can be obtained from the following organizations:

- FCC RF Safety Program: <https://www.fcc.gov/general/radio-frequency-safety-0>

- Environmental Protection Agency (EPA): <https://www3.epa.gov/radtown>
- Occupational Safety and Health Administration (OSHA):
<https://www.osha.gov/SLTC/radiofrequencyradiation>
- National Institute for Occupational Safety and Health (NIOSH):
<https://www.cdc.gov/niosh>
- World Health Organization (WHO): <http://www.who.int/peh-emf/en>
- International Commission on Non-Ionizing Radiation Protection:
<http://www.icnirp.de>
- Health Protection Agency: <http://www.hpa.org.uk/Topics/Radiation>
- US Food and Drug Administration:
<http://www.fda.gov/Radiation-EmittingProducts/RadiationEmittingProductsandProcedures/HomeBusinessandEntertainment/CellPhones/default.htm>

FCC Part 15 information and notices

Note: Any device that uses Bluetooth or Wi-Fi is subject to FCC Part 15. Any device with a power supply is subject to Part 15 which also covers both intentional radiators (Bluetooth and Wi-Fi) and unintentional radiators (such as emissions from power supplies and circuit boards).

Pursuant to part 15.21 of the FCC Rules, you are cautioned that changes or modifications not expressly approved by Samsung could void your authority to operate the device. This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

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.

FCC notice

The device may cause TV or radio interference if used in close proximity to receiving equipment. The FCC can require you to stop using the mobile device if such interference cannot be eliminated.

Smart practices while driving

On the Road - Off the Device

Samsung is committed to both promoting responsible driving and giving drivers the tools necessary to address distractions.

The use of these devices may be prohibited or restricted in certain areas. For example, only hands-free use may be permitted in certain areas. Check the laws and regulations on the use of mobile devices and their accessories in the areas where you drive. Always obey them.

The primary responsibility of every driver is the safe operation of his or her vehicle.

Responsible drivers understand that no secondary task should be performed while driving - whether it be eating, drinking, talking to passengers, or using a mobile device - unless the driver has assessed the driving conditions and is confident that the secondary task will not interfere with their primary responsibility.

Do not engage in any activity while driving a moving vehicle which may cause you to take your eyes off the road or which impairs your ability to concentrate on driving.

Before answering calls, consider your circumstances. Let the call go to voicemail when driving conditions and local laws and regulations require. Remember, driving comes first, not the call!

If you consider a call necessary and appropriate, follow these suggestions:

- Use a hands-free device if laws and regulations permit.
- Secure your mobile device within easy reach.
- Place and answer calls when you are not moving.
- Plan calls when your car will be stationary.
- Your top priority is to be safe! Don't use your device and drive!
- Know and obey your state and local laws on wireless device usage.
- Get to know your wireless device and its features, such as voice activation, hands-free options and speed dial.
- Let the person you are speaking with know you are driving; if necessary suspend the call in heavy traffic or hazardous weather conditions.
- Do not take notes or look up phone numbers while driving.
- Do not engage in stressful or emotional conversations that might divert your attention from the road.
- Notice regarding legal restrictions on mounting this device in an automobile: Laws in some states may prohibit mounting this device on or near the windshield of an automobile. In other states, the law may permit mounting this device only in specific locations in the automobile. Be sure to consult the state and local laws or ordinances where you drive before mounting this device in an automobile. Failure to comply with these restrictions could result in fines, penalties, or other damages.
- Never mount this device in a manner that will obstruct the driver's clear view of the street and traffic.
- Never use wireless data services such as Web browsing or e-mail while operating a vehicle.
- Never watch videos, such as a movie or clip, or play video games while operating a vehicle.

For more information, go to: <http://www.ctia.org> or www.ctia.org/policy-initiatives/policy-topics/safe-driving

Common use, care and safe handling

This section outlines the most common safe use and handling instructions for your Samsung devices and its internal components.

For specific battery or mobile device safety information, refer to that section below.

Avoid exposing your device and components to extreme heat or cold.

The device can safely be used in locations and environments with temperatures between 0°C / 32°F and 35°C/ 95°F.

Avoid prolonged exposure of your device to temperatures below 0°C / 32°F or above 45°C / 113°F.

Using your device for prolonged periods outside the recommended safety ranges can damage the device and reduce the storage capacity and lifespan of your battery.

Do not store your device in extremely hot areas (such as the inside of a parked car in the summertime).

Leaving your device in this environment can cause issues such as: screen malfunction due to burn-in, overheating of the internal components, and leakage or explosion of the internal battery.

Do not expose your device to direct sunlight for an extended period of time (such as by leaving it on the dashboard of your car). This can damage your screen.

Do not allow the device or battery to be handled improperly.

Do not allow a child or other persons requiring supervision to touch or handle mobile device batteries.

Mishandling batteries can lead to damage, leakage, and puncturing of the housing.

Children or other persons requiring supervision can accidentally choke on small device

components or parts, especially if they have broken off.

If a child or other person tries to suck on or bite the device, this can lead to water damage and puncturing of the housing. Damaged batteries can leak caustic and toxic materials. Do not let the mobile device or battery come in contact with liquids.

Note: Some water resistant devices (e.g., those rated IP67/IP68) can get wet – please consult the materials included with your device and your user manual to determine if your device has an IP rating and a description of the level of water resistance. Even if your device is water resistant, to avoid electric shock and damage to your device, do not charge device if it is wet or could be immersed in water, or handle device, charger or cords while charging if you are wet.

Although the batteries have been properly sealed, liquids can get into the device's circuits, leading to corrosion. Even when the device appears to be dry and operates normally, the circuitry could slowly corrode and pose a safety hazard. If exposed to liquids for a prolonged period of time, this corrosive condition can worsen and pose a chemical danger to the battery surroundings.

If the device and/or battery get wet, have them checked by your service provider or contact Samsung, even if they appear to be working properly.

Keep the mobile device dry. Precipitation, sweat, humidity, and liquids contain minerals that will corrode electronic circuits. If the mobile device does get wet, follow the proper drying recommendations outlined in your manual and DO NOT accelerate drying with the use of an oven, microwave, or dryer, because this may damage the mobile device and could cause a fire or explosion.

Do not turn on your device if it is wet. If it was already wet when on, immediately turn off your device and dry it with an appropriate towel.

Water damage to your device may void the manufacturer's warranty. The device battery comes with an internal liquid indicator that will record if any water has damaged the battery. Water damage to your device may void the manufacturer's warranty. Do not handle the device or components with wet hands.

Do not touch the device, cords, battery, or other internal components with wet hands. Doing so may cause an electric shock to you or damage to the mobile device's components. Do not dispose of the device or the battery in a fire.

Materials in your battery can become flammable when heated externally.

The device or the battery may explode when overheated and exposed to an extreme heat source, such as a fire.

External heat sources can severely damage the internal batteries' components. Use proper disposal methods for your device and battery.

Due to the variety of internal circuitry and battery components found in a device, you must properly dispose of these devices by using approved recycling services.

Do not throw away your battery in the trash as it contains potentially hazardous materials. Please refer to the Samsung Recycling Information:

www.samsung.com/us/aboutsamsung/citizenship/usactivities/environmentalinitiative/recyclingdirect

section of this document, also found in the printed Terms & Conditions included in the box, to help you properly dispose of any mobile device or battery.

For additional information, contact your nearest Samsung-authorized service center at:

www.samsung.com/us/support/customerservice

Protect the device, battery, and other components from damage.

Avoid exposing your device, battery or other components to extremes of heat, cold, or wet conditions as this can place undue stress on the device components.

Avoid exposing the device to environments with high external pressures, which could lead to internal damage or overheating.

Never use a damaged battery. If you consider a battery to be damaged, please seek

technical support to obtain a replacement. Use of a damaged battery can cause electrical shorts, overheating, and other component failures.

Avoid dropping the device or battery.

Dropping the device or the battery, especially on a hard surface, can potentially damage the device and battery. If you suspect damage to the device or battery, take it to a Samsung-authorized service center for inspection.

Proper battery use, care and safe handling

Although newer devices contain internal batteries, knowing how to properly maintain and safeguard these components is still very important. Battery life and proper use go hand-in-hand, and to make the best use of your battery, it's important that you review these important maintenance and safe use recommendations:

Note: Internal batteries are not intended to be removed by unauthorized parties. For servicing, please contact your nearest Samsung-authorized service center at:

www.samsung.com/us/support/customerservice .

Important: Handle and store batteries properly to avoid injury or damage. Most battery issues arise from improper handling of batteries and, particularly, from the continued use of damaged batteries.

Do not disassemble, crush, puncture, shred, or otherwise attempt to change the form of your battery.

Do not put a high degree of pressure on the battery. This can cause leakage or an internal short circuit, resulting in overheating, and exposure of internal components.

Exposure of internal components can cause damage to both yourself and your surroundings.

Do not place your battery in or near a heat source. Excessive heating can damage the device and/or the battery. Exposing these components to excessive heat for a prolonged period could cause the device or the battery to explode. Avoid leaving your device in your car under prolonged high temperatures such as those above 45°C / 113°

F.

Do not dry your battery with an external heat source.

Only use a dry lint-free cloth to dry the moistened battery.

Do not dry a wet or damp battery with an appliance or heat source. Extreme heat sources can adversely affect the internal battery components even though the outside might not appear damaged.

Some applications or prolonged usage may increase device temperature. Some applications that are constantly running and accessing the mobile network or Wi-Fi can cause the device and internal battery to run hot over time. Applications such as video streaming or real-time video game services may use a lot of energy and processing power.

Prolonged skin contact with a device that is hot may produce skin discomfort or redness, or low temperature burns.

Store your battery in an appropriate place.

Do not expose your battery to heavy smoke or fumes as these might contaminate internal components.

Do not store your battery in environments with high levels of humidity.

Do not store your battery with metal items such as keys or coins. These metal objects can scratch or puncture your battery and cause issues.

Avoid storing your battery near magnetic fields such as card readers or magnetic chargers. Your battery may quickly discharge in these environments resulting in internal damage.

You can store your battery in an environment with ambient temperatures between 0°C / 32°F and above 45°C / 113°F safely; prolonged exposure to temperatures outside of

these recommended temperatures can pose a high risk of damage to the battery.

Provide adequate ventilation during proper use. Always ensure that the device has adequate ventilation and air flow. Covering the device can significantly affect air flow, may affect the performance of the device and poses a possible risk of fire or explosion, which could lead to serious bodily injuries or damage to property.

Covering the device can trap any dissipating heat and redirect it back to the device while it's active. Although the device might not currently be in full use, background applications and functions can generate heat that can accidentally be trapped when covered.

Use proper care when using optional protective or battery cases. Cases can be useful to help protect your device from damage or to provide additional battery storage.

When a device is enclosed within one of these protective charging cases, it might be difficult for the device and battery to properly dissipate the heat that is being generated. If the device begins to get hot or seems to have difficulty cooling down, please remove the device from its external case and allow it to cool down before placing the case back on. Do not handle a damaged or leaking battery.

Do not let leaking battery fluid come in contact with your eyes, skin or clothing.

For safe disposal options, contact your nearest Samsung-authorized service center at: www.samsung.com/us/support/customerservice .

Never use any charger, cable, or battery that is damaged in any way.

If your battery appears scratched, nicked, or smells odd (like burnt plastic or a chemical smell), immediately place it aside and either dispose of it properly or call customer service.

Warning: Use only Samsung approved batteries, and recharge your battery only with Samsung approved chargers and cables which are specifically designed for your device. Use of a non-Samsung approved battery, cable, or charger may

present a risk of fire, explosion, leakage, or other hazard. Samsung's warranty does not cover damage to the device caused by non-Samsung approved batteries and/or chargers.

Do not use a cable whose covering is peeled off or damaged, and do not use any charger or battery that is damaged or malfunctioning.

Do not use incompatible batteries, cables, and chargers. Some websites and second-hand dealers not associated with reputable manufacturers and carriers might be selling incompatible or even counterfeit batteries and chargers.

Consumers should purchase manufacturer or carrier-recommended products and accessories. If unsure about whether a replacement battery or charger is compatible, contact the manufacturer of the battery or charger.

Use of incompatible devices, batteries, and charging devices could result in damage to the equipment and a possible risk of fire, explosion, or leakage, leading to serious injuries, damages to your device, or other serious hazards.

Proper device use, care and safe handling

Your mobile device is a product of superior design and craftsmanship and should be treated with care. Procedures and suggestions on the proper use and maintenance of your device and its internal components should always be followed.

Note: The burn threshold according to IEC guide 117 for glass material is 1 min at 56°C (~133°F), 10 min at 48°C (~118°F), and 8 hours (or longer) at 43°C (~109°F).

The suggestions below will help you fulfill any warranty obligations and allow you to enjoy this product for many years:

- If the device feels warm or hot, close down all applications or if necessary, turn off the device completely until it cools down and discontinue use.
- Store your device in an appropriate place. You can store your device in an environment with ambient temperatures between -20°C / -4.0°F and 50°C / 122°F safely; prolonged exposure to temperatures outside of these recommended temperatures can pose a high risk of damage to the device.

Note: The Galaxy Fold can be stored in an environment with ambient temperatures of -10°C / 14.0°F to 50°C / 122°F safely; prolonged exposure to temperatures outside these recommended temperatures can pose a high risk of damage to the device.

IMMEDIATELY stop using your device if:

- You are in an environment where use of your device is not authorized or restricted. This can include areas with flammable materials, hospitals and fueling areas.
- You notice any unusual smells coming from your device or battery.
- You see any smoke or liquids coming from your device.
- Your device or battery begins to overheat, even while not in use.

Any of these conditions can indicate an issue with the internal components. Immediately turn off your device and, if possible, safely remove your internal battery. Quickly contact your nearest authorized retailer or Samsung-authorized service center for technical support. To find a Samsung-authorized service center, visit <http://www.samsung.com/us/support/customerservice>

Microwaves

Do not try to dry your mobile device in a microwave oven. Doing so may cause a fire or explosion.

Do not dry a wet or damp device with an appliance or heat source such as a microwave oven, hair dryer, iron, or radiator. These extreme sources of heat can adversely affect the internal battery components even though the outside might not appear damaged.

Using these heating methods can cause the internal battery to leak, resulting in damage to your screen and related components, and lead to fire.

Dust and dirt

Do not expose your mobile device to dust, dirt, or sand.

Exposing your device (and its internal components, such as a battery) to this type of environment can lead to seepage of the damaging contaminants into the internal parts of your device and lead to issues such as corrosion, malfunctions, short-circuiting, electrical shock, and other harmful conditions.

Cleaning solutions

Do not use harsh chemicals, cleaning solvents, or strong detergents to clean the mobile device.

Wipe it with a soft cloth slightly dampened in a mild soap and water solution; dry the device with a soft, lint-free cloth. **DO NOT APPLY THESE CLEANING SOLUTIONS TO THE CHARGING TERMINAL OR COMPONENTS.**

If the mobile device has a retractable camera lens, do not use soap and water to clean the lens. Use a blower or brush or lens cleaning paper dampened in a lens cleaning solution.

Although intended to help clean a device, these liquid cleaning solutions can have the same detrimental effects on your device and its internal components as other liquids do.

When in doubt, use extra care to clean your device. Most liquid cleaning methods can still be dangerous to use.

Shock or vibration - Avoid dropping the device

Do not drop, knock, or shake the mobile device. Rough handling can break internal circuit boards.

Dropping the device or the battery, especially on a hard surface, can potentially cause damage to the device and battery. If you suspect damage to the device or battery, take it to a service center for inspection.

Paint

Do not place any paint or painting materials (liquids) onto the mobile device.

Paint can clog the device's moving parts or ventilation openings and prevent proper operation.

Do not place foreign materials between your device and a wireless charger

Be careful not to introduce external materials such as metal objects, magnets, magnetic strips or magnetic cards between your wireless charging dock and a mounted mobile device.

If these materials interfere with the proper contact between the wireless charger and your mobile device, your device might not charge properly or may cause the charger to overheat.

Keep the area clear and make sure there is proper contact between the two devices.

UL Certified travel charger

FAILURE TO FOLLOW THE INSTRUCTIONS OUTLINED BELOW MAY LEAD TO SERIOUS PERSONAL INJURY AND POSSIBLE PROPERTY DAMAGE.

DANGER - TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, CAREFULLY FOLLOW THESE INSTRUCTIONS.

The Travel Charger for this device has met applicable UL safety requirements. Please adhere to the following safety instructions per UL guidelines:

For connection to a power supply not in North America, use an attachment plug adaptor of the proper configuration for the power outlet.

This power unit is intended to be correctly oriented in a vertical or horizontal or floor mount position.

Display / Touchscreen

Please note the following information when using your mobile device:

WARNING REGARDING DISPLAY

The display on your mobile device is made of glass or acrylic and could break if your mobile device is dropped or if it receives significant impact. Do not use if the screen is broken or cracked as this could cause injury to you.

WARRANTY DISCLAIMER: PROPER USE OF A TOUCHSCREEN MOBILE DEVICE

If your mobile device has a touchscreen display, please note that a touchscreen responds best to a light touch from the pad of your finger or a capacitive stylus. Using excessive force or a metallic object on the touch screen may damage the tempered glass surface and void the warranty. For more information, please refer to the Standard Limited Warranty.

Responsible listening

Caution! Avoid potential hearing loss by not exposing yourself to loud sounds for a prolonged period of time. The risk of hearing loss increases as sound is played louder and for longer durations. The amount of sound produced by a portable audio device (including headsets, earbuds, and Bluetooth® or other wireless devices) varies depending on the nature of the sound, the device settings, and the headphones that are used. As a result, there is no single volume setting that is appropriate for everyone or for every combination of sound, settings and equipment.

Prolonged exposure to loud sounds (including music) is the most common cause of preventable hearing loss. Some scientific research suggests that using portable audio devices, such as portable music players and mobile devices, at high volume settings for long durations may lead to permanent noise-induced hearing loss. This includes the use of headphones (including headsets, earbuds, and Bluetooth® or other wireless devices).

Exposure to very loud sound has also been associated in some studies with tinnitus (a ringing in the ear), hypersensitivity to sound, and distorted hearing. Individual susceptibility to noise-induced hearing loss and potential hearing problem varies. Additionally, the amount of sound produced by a portable audio device varies depending on the nature of the sound, the device settings, and the headphones that are used. As a result, there is no single volume setting that is appropriate for everyone or for every combination of sound, settings, and equipment.

Here are some common recommendations when using your mobile device:

- Use of headphones or earbuds while driving may be prohibited or restricted in your area; check local laws and regulations.

- Always turn the volume down before plugging the earphones into a device.
- Set the volume in a quiet environment and select the lowest volume at which you can hear adequately.
- Be aware that you can adapt to higher volume settings over time, not realizing that the higher volume may be harmful to your hearing.
- When using headphones, turn the volume down if you cannot hear the people speaking near you or if the person sitting next to you can hear what you are listening to.
- Do not turn the volume up to block out noisy surroundings. If you choose to listen to your device in a noisy environment, use noise-cancelling headphones to block out background noise. By blocking background noise, noise-cancelling headphones should allow you to hear the music at lower volumes than when using earbuds.
- Limit the amount of time you listen. As the volume increases, less time is required before your hearing could be affected.
- Avoid using headphones after exposure to extremely loud noises, such as rock concerts, that might cause temporary hearing loss. Temporary hearing loss might cause unsafe volumes to sound normal.
- Do not listen at any volume that causes you discomfort. If you experience ringing in your ears, if speech sounds muffled, or experience any temporary hearing difficulty after listening to your portable audio device, discontinue use and consult your doctor.

You can obtain additional information on this subject from the following sources:

American academy of audiology

Phone: (800) 222-2336 or 703-790-8466

Email: infoaud@audiology.org

Internet: www.audiology.org/Pages/default.aspx

National institute on deafness and other communication disorders

Phone: 800-241-1044 or TTY @ 800-241-1055

Email: nidcdinfo@nidcd.nih.gov

Internet: www.nidcd.nih.gov

National institute for occupational safety and health (NIOSH)

Phone: 1-800-CDC-INFO (1-800-232-4636) or TTY @ (888) 232-6348

Outside the U.S.: 513-533-8328 or TTY: (888) 232-6348

Email: cdcinfo@cdc.gov

Internet: www.cdc.gov/niosh/topics/noise

Pacemaker and implantable medical devices

For additional detailed information regarding potential interference and precautions needed for pacemakers, please visit:

<http://www.fda.gov/Radiation-EmittingProducts/RadiationEmittingProductsandProcedures/HomeBusinessandEntertainment/CellPhones/ucm116311.htm>

A minimum separation of six (6) inches should be maintained between a mobile device and an implantable medical device, such as a pacemaker or cardioverter defibrillator, to avoid potential interference with the device. Persons who have such devices should: ALWAYS keep the mobile device more than six (6) inches from their implantable medical device when the mobile device is turned ON, Not carry the mobile device in a breast pocket, Use the ear opposite the implantable medical device to minimize the potential for interference, Turn the mobile device OFF immediately if there is any reason to suspect that interference is taking place, and Read and follow the directions from the manufacturer of your implantable medical device. If you have any questions about using your wireless mobile device with an implantable medical device, consult your health care provider. For more information see:

www.fcc.gov/oet/rfsafety/rf-faqs.html

Operating environment

Remember to follow any special regulations in force in any area. When connecting the mobile device or any accessory to another device, read the accessory's user guide for detailed safety instructions. Do not connect incompatible products.

Using your mobile device near other electronic devices

Most modern electronic equipment is shielded from Radio Frequency (RF) signals. However, certain electronic equipment may not be shielded against the RF signals from your wireless mobile device. Consult the manufacturer to discuss alternatives.

Hearing aid information for mobile devices

For additional detailed information regarding potential interference and precautions needed for Hearing Aids, please visit:

www.fda.gov/Radiation-EmittingProducts/RadiationEmittingProductsandProcedures/HomeBusinessandEntertainment/CellPhones/ucm116327.htm

Other medical devices

If you use any other personal medical devices, consult the manufacturer of your device to determine if it is adequately shielded from external RF energy. Your physician may be able to assist you in obtaining this information. Switch your mobile device off in health care facilities when any regulations posted in these areas instruct you to do so. Hospitals or health care facilities may be using equipment that could be sensitive to external RF energy.

Vehicles

RF signals may affect improperly installed or inadequately shielded electronic systems in motor vehicles. Check with the manufacturer or its representative regarding your vehicle before using your mobile device in a motor vehicle. You should also consult the manufacturer of any equipment that has been added to your vehicle.

Posted facilities

Remember to follow any special regulations in force in any area, and always switch your mobile device off where posted notices require you to do so, or when it may cause interference or danger.

Potentially explosive environments

Switch your mobile device off when in any area with a potentially explosive atmosphere and obey all signs and instructions. Sparks in such areas could cause an explosion or fire resulting in bodily injury or even death. Users are advised to switch the mobile device off while at a refueling point (service station).

You are reminded of the need to observe restrictions on the use of radio equipment in fuel depots (fuel storage and distribution areas), chemical plants, or where blasting operations are in progress. Areas with a potentially explosive atmosphere are often, but not always, clearly marked. They include below deck on boats, chemical transfer or storage facilities, vehicles using liquefied petroleum gas (such as propane or butane), areas where the air contains chemicals or particles, such as grain, dust, or metal powders, and any other area where you would normally be advised to turn off your vehicle engine. Vehicles using liquefied petroleum gas (such as propane or butane)

must comply with the National Fire Protection Standard (NFPA-58). For a copy of this standard, contact the National Fire Protection Association.

Cautions and other important safety information

Any changes or modifications to your mobile 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 mobile device warranty if said accessories cause damage or a defect to the mobile device.

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

Additional safety information

Only qualified personnel should service the mobile device or install the mobile device in a vehicle. Faulty installation or service may be dangerous and may void any warranty applicable to the device.

Ensure that any mobile devices or related equipment installed in your vehicle are securely mounted.

Check regularly that all mobile devices in your vehicle is mounted and operating properly.

When using a headset in dry environments, static electricity can build up in the headset and cause a small quick static electrical shock. To minimize the risk of electrostatic discharge from the headset avoid using the headset in extremely dry environments or touch a grounded unpainted metal object to discharge static electricity before inserting the headset.

Do not store or carry flammable liquids, gases, or explosive materials in the same compartment as the mobile device, its parts, or accessories.

For vehicles equipped with an air bag, remember that an air bag inflates with great force. Do not place objects, including installed or portable wireless equipment near or in the area over the air bag or in the air bag deployment area. If wireless equipment is

improperly installed and the air bag inflates, serious injury could result.

Switch your mobile device off before boarding an aircraft. The use of wireless mobile devices in aircraft is illegal and may be dangerous to the aircraft's operation. Check with appropriate authorities before using any function of a mobile device while on an aircraft.

Failure to observe these instructions may lead to the suspension or denial of network services to the offender, or legal action, or both.

While using your mobile device, leave some lights on in the room and do not hold the screen too close to your eyes.

Seizures or blackouts can occur when you are exposed to flashing lights while watching videos or playing games for extended periods. If you feel any discomfort, stop using the device immediately.

Reduce risk of repetitive motion injuries. When you repetitively perform actions, such as pressing keys, drawing characters on a touchscreen with your fingers, or playing games, you may experience occasional discomfort in your hands, neck, shoulders, or other parts of your body. When using your mobile device for extended periods, hold the device with a relaxed grip, press the keys lightly, and take frequent breaks. If you continue to have discomfort during or after such use, stop use and see a physician.

If your mobile device has a camera flash or light, do not use the flash or light close to the eyes of people or pets.

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