

GARMIN.



## IMPORTANT SAFETY AND PRODUCT INFORMATION

### WARNING

Failure to heed the following warnings could result in an accident or medical event resulting in death or serious injury.

### Parent or Legal Guardian

It is a parent's or legal guardian's responsibility to set up the device before a child uses the device. It is a parent's or legal guardian's responsibility to read and understand this document and ensure that the child uses the device in an appropriate and safe manner.

### Choking Hazard

This product contains small parts. This product is not for children under 3 years.

### Battery Warnings

If these guidelines are not followed, batteries may experience a shortened life span or may present a risk of damage to the device, fire, chemical burn, electrolyte leak, and/or injury.

- Do not place in high temperature environments, such as a clothes dryer.

### Health Warnings

- Always consult your physician before beginning or modifying any exercise program.

- The Garmin® device, accessories, and related data are intended to be used only for recreational purposes and not for medical purposes, and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.
- Garmin activity trackers rely on sensors that track your movement and other metrics. The data and information provided by these devices is intended to be a close estimation of your activity and metrics tracked, but may not be completely accurate, including step sleep, distance, and *ie* data.

#### **Device Warnings**

- Do not leave the device exposed to a heat source or in a high temperature location such as in sun in an unattended vehicle. To prevent the possibility of damage, remove the device from the vehicle or store it out of direct light, such as in the glove box.
- Do not operate the device outside of the temperature ranges specified

in the printed manual and the product packaging.

- When storing the device for an extended time period, store within the temperature ranges specified in the printed manual in the product packaging.

#### **Safety and Training Warning**

The assistance feature allows you to send your location to an emergency contact. This supplemental feature and should not be relied upon as a primary method to obtain emergency assistance. The Garmin app does not contact emergency services on your behalf.

#### **LTE Subscription Warning**

Certain features, such as assistance, Assistance Plus, and LiveTrack require that the device have an active LTE subscription ("LTE Subscription"), and the device must be in an area with the appropriate coverage in order to send messages from the child to the designated contact.

If the device is within an LTE network coverage area and Assistance Plus is

enabled, the device can contact the Garmin International Emergency Response Coordination Center (IERCC) team if an incident is detected or if you need emergency assistance. A Garmin IERCC team member will attempt to contact emergency services on the user's behalf and may contact one or more of the user's emergency contacts.

#### **Bicycle Warnings**

- Always use your best judgement, and operate the bicycle in a safe manner.
- Make sure your bicycle and hardware are properly maintained and that all parts are correctly installed.

#### **Navigation Warnings**

If your Garmin device uses or accepts map data, follow these guidelines to ensure safe navigating.

- Always carefully compare information displayed on the device to all available navigation sources, including information from visual sightings, local waterway rules and

restrictions, and maps. For safety, always resolve any discrepancies or questions before continuing navigation, and defer to posted signs and conditions.

- Use this device only as a navigational aid. Do not attempt to use the device for any purpose requiring precise measurement of direction, distance, location, or topography.

#### **⚠ CAUTION**

Failure to heed the following cautions could result in minor or moderate injury, or property damage.

#### **Skin Irritation**

Some users may experience skin irritation after prolonged and continuous use of the device, especially if the user has sensitive skin or allergies. If you (the parent or legal guardian) notice any skin irritation, remove the device and allow the user's skin time to heal. To help prevent skin irritation, ensure the device is clean and dry, and do not

overtighten the device on the user's wrist. Adjust the fit to allow air to flow between the band and the wrist. The user should be able to easily insert one or two fingers side-by-side in between the band and the wrist. For more information, go to [garmin.com/fitandcare](http://garmin.com/fitandcare).

#### **Speaker and Microphone**

The speaker and microphone contained in this device may not operate properly if they are obstructed, which can result in failed calls.

#### **NOTI**

Failure to heed the following notices could result in personal or property damage, or negatively impact the device functionality.

#### **Battery Notices**

- Contact your local waste disposal department to dispose of the device/batteries in accordance with applicable local laws and regulations.

#### **GPS Notice**

The navigation device may experience degraded performance if you use it in proximity to any device that uses terrestrial roadband network operating close to the frequencies used by any Global Navigation Satellite System (GNSS), such as the Global Positioning Service (GPS). Use of such devices may impair reception of GNSS signals.

#### **Product Environmental Programs**

Information about the Garmin product recycling program and WEEE, RoHS, REACH, and other compliance programs can be found at [www.garmin.com/aboutGarmin/environment](http://www.garmin.com/aboutGarmin/environment).

#### **Declaration of Conformity**

Hereby, Garmin declares that this product is in compliance with the Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: [www.garmin.com/compliance](http://www.garmin.com/compliance).

### **Innovation, Science and Economic Development Canada Compliance**

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

### **Radio Frequency Radiation Exposure**

This device is a portable transmitter and receiver that use external antenna to send and receive low levels of radio frequency (RF) energy for data communications. The device emits RF energy below the limits for portable use when operating in its maximum power mode when used with GSM authorized accessories. To comply with RF exposure compliance requirements, the device should be used as described in the manual. The

device should not be used in other configurations.

### **FCC Compliance**

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.

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 may cause harmful interference to radio communications if not installed and used in accordance with the instructions. 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 of the following measures:

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

This product does not contain any user-serviceable parts. Repairs should only be made by an authorized Garmin service center. Unauthorized repairs or modifications could result in permanent damage to the equipment, and void your warranty and our authority to operate this device under Part 15 regulation.

#### **Software License Agreement**

BY USING THE DEVICE, YOU AGREE TO BE BOUND BY THE TERMS AND CONDITIONS OF THE FOLLOWING SOFTWARE LICENSE AGREEMENT. PLEASE READ THIS AGREEMENT CAREFULLY.

Garmin Ltd. and its subsidiaries ("Garmin") grant you a limited license to use the software embedded in this device (the "Software") in binary executable form in the normal operation of the product. Title, ownership rights and intellectual property rights in and to the Software remain in Garmin and/or its third-party providers.

You acknowledge that the Software is the property of Garmin and/or its third-party providers and is protected under the United States of America copyright laws and international copyright treaties. You further acknowledge that the structure, organization, and code of the Software, for which source code is not provided, are valuable trade secrets of Garmin and/or its third-party providers and that the Software

in source code form remains a valuable trade secret of Garmin and/or its third-party providers. You agree not to decompile, disassemble, modify, reverse assemble, reverse engineer, or reduce to human readable form the Software or any part thereof or create any derivative works based on the Software. You agree not to export or re-export the Software to any country in violation of the export control laws of the United States of America or the export control laws of any other applicable country.

#### Map Data Information

Garmin uses a combination of governmental and private data sources. Virtually all data sources contain some inaccurate or incomplete data. In some complete and accurate map information is either not available or is prohibitively expensive.

#### Limited Warranty

THIS LIMITED WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY HAVE OTHER LEGAL RIGHTS,

WHICH VARY FROM STATE TO STATE (OR BY COUNTRY OR PROVINCE). GARMIN DOES NOT EXCLUDE, LIMIT OR SUSPEND OTHER LEGAL RIGHTS YOU MAY HAVE UNDER THE LAWS OF YOUR STATE (OR COUNTRY OR PROVINCE). FOR A FULL UNDERSTANDING OF YOUR RIGHTS YOU SHOULD CONSULT THE LAWS OF YOUR STATE, COUNTRY OR PROVINCE.

Non-aviation products are warranted to be free from defects in materials or workmanship for one year from the date of purchase. Within this period, Garmin will, at its sole option, repair or replace any components that fail in normal use. Such repairs or replacement will be made at no charge to the customer for parts or labor, provided that the customer shall be responsible for any transportation cost. This Limited Warranty does not apply to: (i) cosmetic damage, such as scratches, nicks and dents; (ii) consumable parts, such as batteries, unless product damage has occurred due to a defect in materials or

workmanship; (iii) damage caused by accident, abuse, misuse, water, flood, fire, or other acts of nature or external causes; (iv) damage caused by service performed by anyone who is not an authorized service provider of Garmin; (v) damage to a product that has been modified or altered without the written permission of Garmin, or (vi) damage to a product that has been connected to power and/or data cables that are not supplied by Garmin. In addition, Garmin reserves the right to refuse warranty claims against products or services that are obtained and/or use in contravention of the laws of any country. Garmin products are intended to be used only as an aid and must not be used for any purpose requiring precise measurement of distance, location, or topography. For navigation products, Garmin makes no warranty as to the accuracy or completeness of the map data.

TO THE MAXIMUM EXTENT PERMITTED BY APPLICABLE LAW, THE WARRANTIES AND REMEDIES CONTAINED IN THIS LIMITED

WARRANTY ARE EXCLUDED AND IN LIEU OF, AND GARMIN EXPRESSLY DISCLAIMS, ALL OTHER WARRANTIES AND REMEDIES, WHETHER EXPRESS, IMPLIED, STATUTORY, OR OTHERWISE, INCLUDING WITHOUT LIMITATION ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, STATUTORY REMEDY OR OTHERWISE. THIS LIMITED WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY WAIVE OTHER LEGAL RIGHTS, WHICH VARY FROM STATE TO STATE AND FROM COUNTRY TO COUNTRY. IMPLIED WARRANTIES CANNOT BE DISCLAIMED UNDER THE LAWS OF OUR STATE OR COUNTRY, THEN SUCH WARRANTIES ARE LIMITED IN DURATION TO THE DURATION OF THIS LIMITED WARRANTY. SOME STATES (AND COUNTRIES AND PROVINCES) DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU.



IN NO EVENT SHALL GARMIN BE LIABLE IN A CLAIM FOR BREACH OF WARRANTY FOR ANY INCIDENTAL, SPECIAL, INDIRECT OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM THE USE, MISUSE OR INABILITY TO USE THIS PRODUCT OR FROM DEFECTS IN THE PRODUCT. SOME STATES (AND COUNTRIES AND PROVINCES) DO NOT ALLOW THE EXCLUSION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU.

If during the warranty period you submit a claim for warranty service in accordance with this Limited Warranty, then Garmin will, at its option: (i) replace the device with a new device of the same type and specifications that meets or exceeds the same quality standards, (ii) refurbish the device to meet or exceed the same quality standards, or (iii) exchange the device for a full refund of your purchase price. SUCH REMEDY SHALL BE YOUR SOLE AND

EXCLUSIVE REMEDY IN ANY BREACH OF WARRANTY. Repaired or replaced devices have a 90 day warranty. If the unit sent in is covered under its original warranty, then the new warranty is 90 days or to the end of the original 1 year warranty, whichever is longer. Before seeking warranty service, please access and review the online help resource available on [support.garmin.com](http://support.garmin.com). If your device is still functioning properly after making use of these resources, contact a Garmin Authorized service facility in the original country of purchase or follow the instructions on [support.garmin.com](http://support.garmin.com) to obtain warranty service. If you are in the United States, you can also call 1-800-800-1020. If you seek warranty service outside of the original country of purchase, Garmin cannot guarantee that the parts and products needed to repair or replace your product will be available due to differences in product offerings and applicable standards, laws and

regulations. In that case, Garmin may, in its sole discretion and subject to applicable laws, repair or replace your product with comparable Garmin products and parts, or require you to ship your product to a Garmin Authorized service facility in the country of original purchase or to a Garmin Authorized service facility in another country that can service your product, in which case you will be responsible for complying with all applicable import and export laws and regulations and for paying all custom duties, V.A.T., shipping fees and other associated taxes and fees. In some cases, Garmin and its dealers may be unable to service your product in a country outside of the original country of purchase or repair, in which case you may be required to repair or replace your product in that country due to applicable standards, laws or regulations in that country.

**Online Auction Purchases:** Online auction confirmations are not accepted for warranty verification. To obtain warranty service, an original or

copy of the sales receipt from the original retailer is required. Garmin will not replace missing components from any package purchased through an online auction.

**International Purchases:** A separate warranty may be provided by international distributors for devices purchased outside the United States depending on the country. If applicable, the warranty is provided by the local in-country distributor and this distributor provides local service for you. Distributor warranties are only valid in the area of intended distribution.

**Australian Purchases:** Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. The benefits under our

Limited Warranty are in addition to other rights and remedies under applicable law in relation to the products. Garmin Australasia, 30 Clay Place, Eastern Creek, NSW 2766, Australia. Phone: 1800 235 822.

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respect des lois et réglementations locales applicables.

### **Avertissement concernant le GPS**

Les performances de l'appareil de navigation peuvent être réduites si vous utilisez l'appareil à proximité d'un autre appareil utilisant un réseau terrestre à large bande fonctionnant sur des fréquences proches de celles utilisées par les systèmes de positionnement par satellites (GNSS), comme le GPS. L'utilisation de tels appareils peut altérer la réception des signaux GNSS.

### **Programmes environnementaux**

Des informations relatives au programme Garmin de recyclage des produits ainsi qu'aux directives DEEE et RoHS, à la réglementation REACH et aux autres programmes de conformité sont disponibles à l'adresse [garmin.com/aboutGarmin/environment](http://garmin.com/aboutGarmin/environment).

### **Déclaration de conformité**

Par la présente, Garmin déclare que son produit est conforme à la Directive 2014/53/EU. Le texte de la déclaration de conformité UE dans sa version

intégrale est disponible sur la page Web suivante : [garmin.com/compliance](http://garmin.com/compliance).

### **Innovation, Sciences et Développement économique Canada - Conformité**

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : 1) L'appareil ne doit pas produire de brouillage ; 2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

### **Exposition aux rayonnements à fréquence radioélectrique**

Cet appareil est un émetteur/récepteur portable qui utilise une antenne interne pour envoyer et recevoir des radiofréquences de faible puissance lors des communications de données. Les champs de radiofréquences émis par l'appareil lorsqu'il fonctionne au maximum de sa puissance et qu'il est utilisé avec des accessoires approuvés par Garmin ne dépassent pas les limites fixées par la réglementation pour un appareil portable. Pour être conforme aux exigences d'exposition aux radiofréquences, l'appareil doit être utilisé conformément aux instructions du manuel. L'appareil ne doit être utilisé dans aucune autre configuration.

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**GARMIN.**

**Quick Start Manual**

## Introduction

### **WARNING**

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

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## Setting Up Your Watch

To take full advantage of the features, complete these tasks.

- Install and open the Garmin app on your smartphone.
- Using the Garmin app, pair the device with your smartphone (page 3).
- Set up the LTE Subscription for your device.
- Set up boundaries.
- Set up Wi-Fi® networks.

## Pairing with Your Smartphone

Before you can pair your device with a smartphone, one must have a Garmin Connect™ account.

Your device must be paired directly through the Garmin app, instead of from the Bluetooth® settings on your smartphone.

- 1 From the app store on your smartphone, install and open the Garmin app.
- 2 Log on using your Garmin Connect username and password.

- 3 Follow the instructions in the app to set up and add each.
- 4 Hold **A** to turn on the device.
- 5 Follow the instructions in the app to complete the setup process.

**NOTE:** You can pair multiple mobile devices, such as a tablet or another parent's smartphone. See the owner's manual for more information.

## Garmin App

The free Garmin app lets you track your daily activity and progress.



**Settings:** Allows you to customize your device and user settings, including alert tones, emergency contact information, profile pictures, and more.

### **Connecting to a Wi-Fi Network**

Connecting the device to a Wi-Fi network is recommended for optimal performance.

- 1 Move within range of a Wi-Fi network.
- 2 From the Garmin app, select **Home > Settings > Wi-Fi > Add Network.**

- 3 Select an available Wi-Fi network, and enter the login details.

## Device Overview

**Action button:** Hold to turn on the device.  
Press to start and stop the activity timer.

Hold for 2 seconds to view the controls menu, including device power.

Hold until you feel 3 vibrations to request assistance.

**Back (Menu) button:** Press to return to the previous screen, except during an activity.

During an activity, press to mark a new lap.


**Touchscreen:** Swipe left or right from the watch face to scroll through widgets and features.


Swipe up or down to scroll through menus.



Tap to select.

Double-tap to wake the device.

### Menu Icons

Press  to open the main menu.


Icon	Menu	Description
	Connect menu	Contacts, check-in, and call for help options

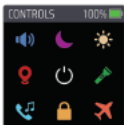
Icon	Menu	Description
	Clocks menu	Watch face, alarms, timers, and stopwatch
	Device settings menu	Sounds and vibrations, sync and pair with the app, and

Icon	Menu	Description
		system settings

### Using the Controls Menu

The controls menu contains shortcuts, such as locking the touchscreen and turning the device off.

- 1 From any screen, hold  for 2 seconds.



- 2 Select an option.

## Smart Features

### Widgets






Your device comes preloaded with widgets that provide at-a-glance information. You can swipe the touchscreen to scroll through the widgets. Some widgets require a paired smartphone.

Time and date

The current time and date. The device updates the time and date when you sync your device with a smartphone.



Displays the number of active minutes

	recorded for the day. Tap to view the number of minutes for the week.
	Displays the total number of steps taken and your goal for the day. Tap to view the number of steps for the week.
	Allows you to make calls and send emojis, preset text messages, and voice memos to contacts set up in the Garmin app.
	Displays a checklist set up in the Garmin app. You can mark as completed
	Allows you to compare steps and connections from your Garmin Connect community.
	A summary of your daily active minutes, daily steps, game

level, last activity, and activity records.



Displays the current temperature and weather forecast.

- Assistance
- LiveTrack
- Weather

## Safety and Tracking Features

### CAUTION

The safety and tracking features are supplemental features and should not be relied on as a primary method to obtain emergency assistance. The Garmin app does not contact emergency services on your behalf.

**LTE Connected Features** This device has certain features that require an LTE Subscription and must be set up using the Garmin app. For subscription information, go to [garmin.com/subscriptions](http://garmin.com/subscriptions). Some of the features listed here are available using LTE or Bluetooth technology.

- Assistance Plus

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The device has safety and tracking features that

must be set up with the Garmin Japp.

### **NOTICE**

To set up these features, your device must be connected to the Garmin Japp. You can enter emergency contacts in your Garmin account.

**Assistance Plus:** If you have an active LTE Subscription, are within an LTE network coverage area, and Assistance Plus is enabled, your device can contact the Garmin® International Emergency Response Coordination Center (IERCCteam if an

incident is detected or if you need emergency assistance. A Garmin IERCC team member will attempt to contact emergency services on your behalf and may contact one or more of your emergency contacts.

**Assistance:** Allows you to send a message with your name, LiveTrack link, and GPS location (if available) to your emergency contacts.

**LiveTrack:** Allows members to send a request to view your location in real time. You can invite followers using

email or social media, allowing them to view your live data on a web page.


### Adding Emergency Contacts

Emergency contact phone numbers are used for the safety and tracking features.

- 1 From the Garmin app, select **Home > Settings > Contacts**.
- 2 Follow the on-screen instructions.

### Requesting Assistance

Before you can request assistance or Assistance Plus, you must set up the safety and tracking features.

- 1 Hold the  key.

- 2 When you feel three vibrations, release the key to activate the assistance feature.

The countdown screen appears.

**TIP:** You can select **Cancel** before the countdown is complete to cancel the message.

## Device Information Specifications

### WARNING

When the temperature is at or below 0°C (32°F), the LTE connectivity may be disabled to preserve overall device functionality. When the LTE



connectivity is disabled, LTE connected features will be disabled.

**Operating temperature range:**

From 0° to 60°C (from 32° to 140°F)

**Charging temperature range:**

From 0° to 45°C (from 32° to 113°F)

**Wireless frequency:** TBD MHz  
@ TBD dBm maximum

**Charging the Device**



This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for

product warnings and other important information.

**NOTICE**

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions in the owner's manual.

- 1 Plug the small end of the USB cable into the charging port on your device.



- 2 Plug the large end of the USB cable into a USB charging port.
- 3 Charge the device completely.

### **Getting the Owner's Manual**

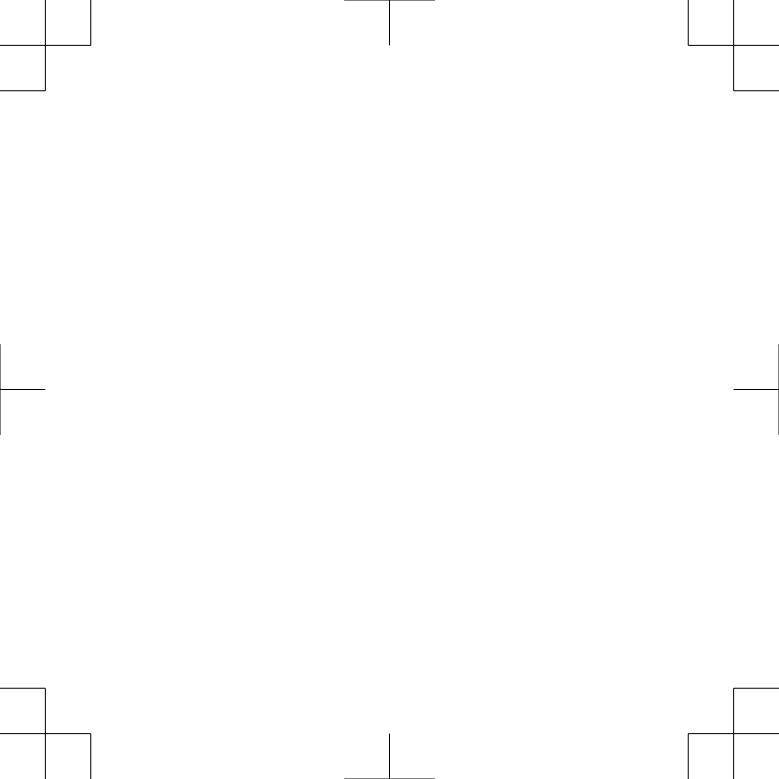
The owner's manual includes instructions for using device features and accessing regulatory information.

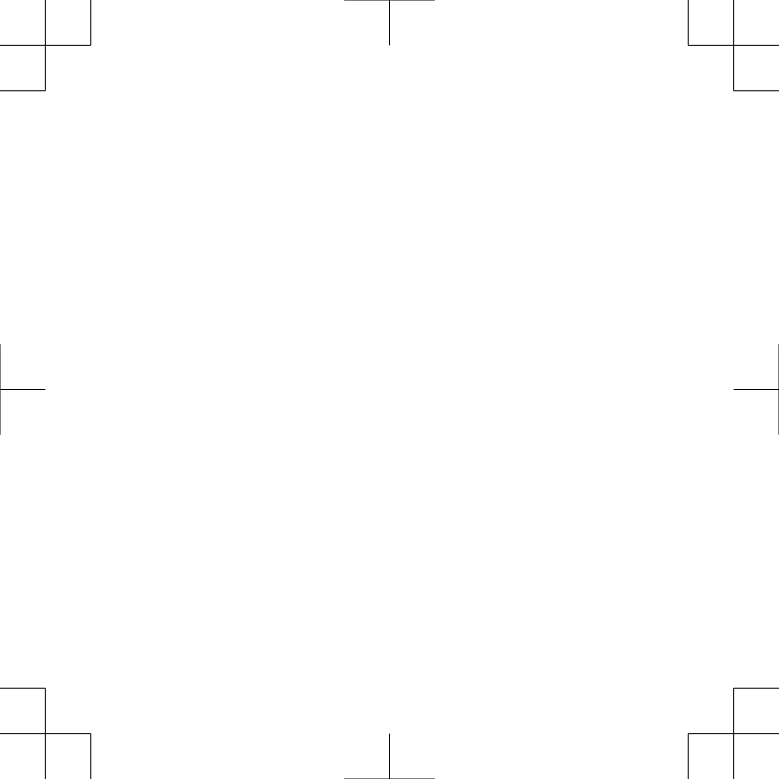
Go to  
**[www.garmin.com / manuals/](http://www.garmin.com/manuals/)**.

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[support.garmin.com](https://support.garmin.com)

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