

GARMIN.



LILY™

Quick Start Manual

Introduction

WARNING

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


Always consult your physician before you begin or modify any exercise program.

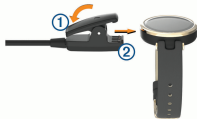
Turning On and Setting Up the Device


Before you can use your device, you must plug it into a power source to turn it on.

To use the connected features of the Lily device, it must be

paired directly through the Garmin Connect™ app, instead of from the Bluetooth® settings on your smartphone.

- 1 From the app store on your smartphone, install the Garmin Connect app.
- 2 Pinch the sides of the charging clip  to open the arms on the clip.



- 3 Align the clip with the contacts , and release the arms of the clip.

- 4 Plug the USB cable into a power source to turn on the device (page 8).

Hello! appears when the device turns on.

- 5 Open the Garmin Connect app, and follow the instructions to complete the pairing and setup process.

After you pair successfully, a message appears, and your device syncs automatically with your smartphone.

Using the Device



Double-tap: Double-tap the touchscreen ① to wake the device.

NOTE: The screen turns off when not in use. When the screen is off, the device is still active and recording data.

During a timed activity, double-tap the

touchscreen to start and stop the timer.



Wrist gesture: Rotate and lift your wrist toward your body to turn the screen on. Rotate your wrist away from your body to turn the screen off.


Swipe: When the screen is on, swipe left or right to scroll through widgets, data screens, and menu options.

From the watch face, swipe down to open the controls menu.

Hold: From the watch face, hold the screen to change the watch face.

From the controls menu, hold the screen to add, remove, and reorder the controls.

Press: From the watch face, press   to open and close the main menu.

Press  to return to the previous screen.

Tap: Tap the touchscreen to make a selection.

From the watch face, tap the touchscreen to update the data shown.

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.

NOTE: You can use the Garmin Connect app to add or remove widgets.

Time and date	The current time and date. The time and date are set automatically when the device syncs with your Garmin Connect account.
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My Day	Displays a dynamic summary of your activity today. The metrics include steps, intensity minutes, and calories burned.
Health Stats	Displays a dynamic summary of your current health statistics. The measurements include heart rate, stress, and Body Battery™ level.

Menu Options

You can press  to view the menu.







TIP: Swipe to scroll through the menu options.





	Displays the timed activity options.
	Displays the watch face options.
	Displays the timer, stopwatch, and alarm options.
	Displays the device settings.


Recording a Timed Activity

You can record a timed activity, which can be saved and sent to your Garmin Connect account.





- 1 Press  to view the menu.
- 2 Select .
- 3 Swipe to scroll through the activity list, and select an option:
 - Select  for walking.
 - Select  for running.
 - Select  for a cardio activity.
 - Select  for strength training.

- Select  for pool swimming.
- Select  for a bike activity.

NOTE: You can use the Garmin Connect app to add or remove timed activities.

- 4 If necessary, select  to customize the data screens or activity options.
- 5 Double-tap the touchscreen to start the activity timer.
- 6 Start your activity.
- 7 After you complete your activity, double-tap the

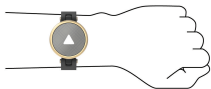
touchscreen to stop the timer.

- 8 Select an option:
 - Select  to save the activity.
 - Select  >  to delete the activity.
 - Select  to resume the activity.

Wearing the Device

- Wear the device above your wrist bone.

NOTE: The device should be snug but comfortable. For more accurate heart rate readings, the device should not move while running or exercising.



NOTE: The optical sensor is located on the back of the device.

- See the owner's manual for more information.

Device Information

Charging the Device


WARNING

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 Pinch the sides of the charging clip  to open the arms on the clip.



- 2 Align the clip with the contacts ②, and release the arms of the clip.
- 3 Plug the USB cable into a power source.
- 4 Charge the device completely.

Specifications

Operating temperature

range: From -20° to 60°C
(from -4° to 140°F)

Charging temperature range:

From 0° to 45°C (from 32°
to 113°F)

Wireless frequency: 2.4 GHz

@ -6.3 dBm nominal

Getting the Owner's Manual

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

Viewing Device Information

You can view device information, such as the E-label, unit ID, software version, regulatory information, and license agreement.

1 Press O.

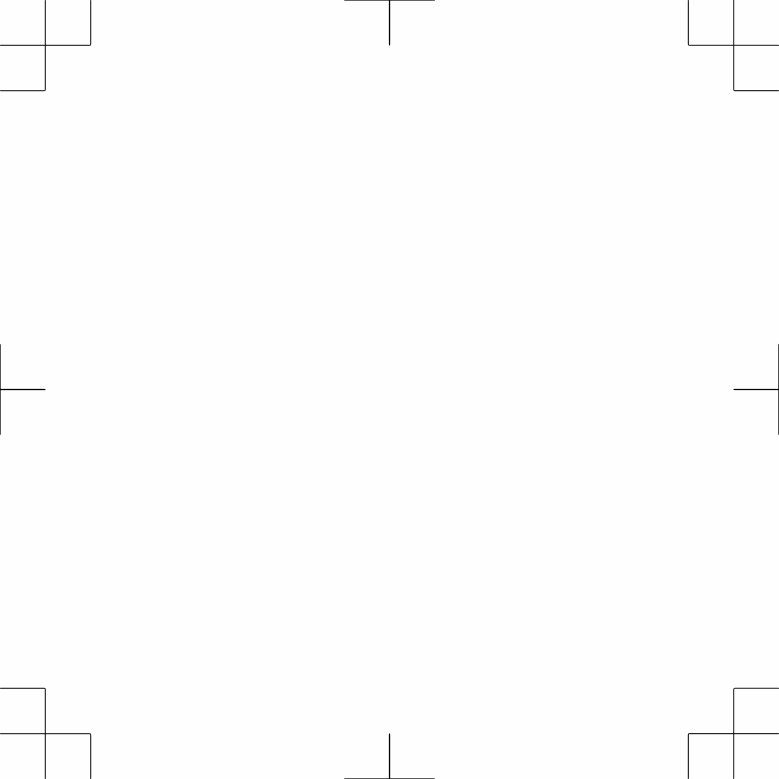
2 Select **Settings** >

About.

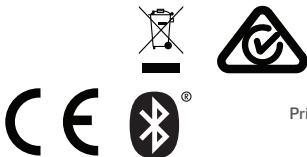
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