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Samsung SM-R800NZSAXAR

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MODEL: SM-R800NZSAXAR

46mm, GPS, Bluetooth – Silver/Black (US Version)

INTRODUCTION

The Samsung Galaxy Watch is designed to enhance your daily life by providing advanced health tracking, seamless connectivity, and convenient access to information directly from your wrist. This manual provides essential information for setting up, operating, and maintaining your device.



Figure 1: Samsung Galaxy Watch 46mm, front view.

WHAT'S IN THE BOX

Verify that all components are present in your product packaging:

- Samsung Galaxy Watch (46mm)
- Watch Straps (pre-attached or included separately)
- Wireless Charging Dock

- Wall Charger (Power Adapter)
- USB-A to MicroUSB Cable
- Quick Start Guide

PRODUCT FEATURES

- Built-in health tracking for activity, sleep, and stress management.
- Long-lasting battery life, providing multiple days of use on a single charge.
- Bluetooth connectivity for seamless integration with compatible smartphones.
- Customizable watch faces and interchangeable bands for personalized style.
- Compatible with both Android and iOS smartphones.
- Integrated GPS for accurate location tracking during activities.
- AMOLED display for vibrant and clear visuals.
- Touchscreen interface with a rotating bezel for intuitive navigation.

SETUP

1. Initial Charging

Before first use, fully charge your Galaxy Watch. Connect the USB-A to MicroUSB Cable to the Wireless Charging Dock and then to the Wall Charger. Place your Galaxy Watch onto the charging dock. The watch screen will indicate charging status. A full charge typically takes approximately 2-3 hours.

2. Pairing with Your Smartphone

To unlock the full functionality of your Galaxy Watch, pair it with a compatible smartphone via Bluetooth:

1. Ensure Bluetooth is enabled on your smartphone.
2. Download and install the **Galaxy Wearable** app from your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
3. Open the Galaxy Wearable app and follow the on-screen instructions to connect your watch. The app will guide you through the pairing process, including confirming a passkey on both devices.
4. Once paired, the app will prompt you to install additional necessary software, such as the **Samsung Health** app for comprehensive health tracking.

OPERATING INSTRUCTIONS

Navigation

- **Touchscreen:** Swipe left/right to navigate through widgets and notifications. Swipe up/down to access quick settings or app drawer. Tap to select items.
- **Rotating Bezel:** Rotate the physical bezel clockwise or counter-clockwise to scroll through menus, notifications, and lists.
- **Home/Power Button (Bottom Right):** Press to return to the watch face or app screen. Press and hold to access power options or Bixby.
- **Back Button (Top Right):** Press to go back to the previous screen.



Figure 2: Side view of the Galaxy Watch, highlighting the physical buttons.

Customizing Watch Faces

To change your watch face, touch and hold the current watch face. Swipe left or right to browse available faces and tap to select. Further customization options are available through the Galaxy Wearable app on your smartphone.

Calls and Messages

With your watch paired to your smartphone, you can make and receive calls, and send and receive text messages directly from your wrist. Notifications for incoming calls and messages will appear on your watch screen.

HEALTH TRACKING

The Galaxy Watch features comprehensive health tracking capabilities:

- **Activity Tracking:** Automatically tracks steps, distance, and calories burned.
- **Heart Rate Monitoring:** Continuously monitors your heart rate throughout the day.
- **Sleep Tracking:** Analyzes sleep patterns, including REM, light, and deep sleep stages.
- **Stress Management:** Provides guided breathing exercises to help manage stress levels.
- **Workout Detection:** Automatically recognizes and tracks various types of workouts.

All health data is synchronized with the Samsung Health app on your smartphone for detailed analysis and progress tracking.

MAINTENANCE

Cleaning Your Watch

Regularly clean your Galaxy Watch and its straps to prevent skin irritation and maintain optimal performance. Use a soft, lint-free cloth. For stubborn dirt, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.

Battery Care

To maximize battery lifespan, avoid fully discharging the watch frequently. Charge it when the battery level is low, and avoid exposing it to extreme temperatures.

TROUBLESHOOTING

If you encounter issues with your Galaxy Watch, consider the following basic troubleshooting steps:

- **Watch Not Responding:** Press and hold the Home/Power button for approximately 7 seconds to restart the watch.
- **Connectivity Issues:** Ensure Bluetooth is on for both your watch and smartphone. Try unpairing and re-pairing the devices through the Galaxy Wearable app.
- **Charging Problems:** Verify that the charging dock and cable are properly connected and that the watch is correctly seated on the dock. Check for any debris on the charging contacts.
- **App Malfunction:** Close and reopen the app on your watch or smartphone. If the issue persists, try uninstalling and reinstalling the app.

For more detailed troubleshooting or persistent issues, refer to the official Samsung support website or the full user manual available online.

SPECIFICATIONS

Feature	Detail
Model Number	SM-R800NZSAXAR
Product Dimensions	0.5 x 1.81 x 1.92 inches
Item Weight	2.88 ounces
Operating System	Tizen 4.0
RAM	0.75 GB

Memory Storage Capacity	4 GB
Connectivity Technologies	Bluetooth, 802.11b, 802.11g
GPS	Built-in GPS
Display Technology	AMOLED
Screen Size	1.3 Inches
Human Interface Input	Touchscreen
Battery Cell Composition	Lithium Ion
Color	Silver
Manufacturer	Samsung

WARRANTY AND SUPPORT

For detailed warranty information, please refer to the warranty card included with your product or visit the official Samsung support website. A digital version of the full user manual is available for download at <https://manuals.plus/m/b3a97a64b5fdd615849ed6fe7bd7ef33cf745f9c77819aaf9dac1c5a23b9238c>.