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Samsung SM-R500NZKAXAR

Samsung Galaxy Watch Active (40MM) Smart Watch User Manual

Model: SM-R500NZKAXAR

INTRODUCTION

The Samsung Galaxy Watch Active is a lightweight and durable smartwatch designed to help you track your fitness, monitor your health, and stay connected. It features automatic workout tracking, stress and sleep analysis, and seamless integration with your smartphone. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device.



Image: The Samsung Galaxy Watch Active 40MM in Black, showcasing its sleek, round design and digital display.

SETUP

1. Unboxing and Initial Charge

Your Galaxy Watch Active package includes the following items:

- Samsung Galaxy Watch Active (40MM)
- Wireless Charger
- Straps (pre-attached or in box)
- USB-A to MicroUSB Cable
- Quick Start Guide

Before first use, fully charge your watch. Connect the USB-A to MicroUSB Cable to the wireless charger, then plug the USB-A end into a compatible power adapter (not included) or USB port. Place your watch on the magnetic charging pad. The watch display will indicate charging status.

2. Pairing with Your Smartphone

To unlock the full potential of your Galaxy Watch Active, pair it with a compatible smartphone:

1. Ensure your smartphone is running Android OS 5.0 or above with 1.5GB RAM or more, or iOS 9.0 or above (iPhone 5 and above).
2. Download and install the **Galaxy Wearable** app from the Google Play Store or Apple App Store.
3. Turn on your Galaxy Watch Active by pressing and holding the Home key (bottom button).
4. Open the **Galaxy Wearable** app on your smartphone and follow the on-screen instructions to connect your watch.
5. Confirm the pairing code displayed on both your watch and phone.

3. Customizing Your Watch

Once paired, you can customize watch faces, widgets, and app settings through the Galaxy Wearable app on your phone. You can also adjust brightness, sound, and notification preferences directly on the watch.

Your browser does not support the video tag.

Video: A demonstration of the Samsung Galaxy Watch Active's user interface, showing various watch faces, notifications, and app navigation. This video highlights the ease of customization and interaction with the watch's features.

OPERATING YOUR GALAXY WATCH ACTIVE

1. Basic Navigation

- **Swipe Left/Right:** Navigate through widgets and notifications.
- **Swipe Down:** Access Quick Panel for settings like brightness, Wi-Fi, and Bluetooth.
- **Swipe Up:** Access the Apps screen.
- **Home Key (bottom button):** Return to the watch face; double-press for a customizable shortcut.
- **Back Key (top button):** Return to the previous screen.

2. Fitness Tracking

The watch automatically detects up to 6 exercises and can track over 39 different activities. To start a manual workout:

1. Swipe to the **Samsung Health** widget or open the app from the Apps screen.
2. Select **Workout** and choose your desired activity.
3. Tap **Start** to begin tracking.



Image: A close-up of the Samsung Galaxy Watch Active display showing fitness tracking data, likely during a running activity,

with a focus on metrics like distance or time.

3. Health Monitoring

- **Heart Rate:** The watch continuously monitors your heart rate and sends real-time alerts for high or low readings. Access the Heart Rate widget for detailed information.
- **Sleep Analysis:** Wear your watch to bed for automatic sleep pattern analysis. It helps you understand your sleep stages and encourages better rest.
- **Stress Monitoring:** The watch can track your stress levels. Use the 'Breathe' feature to guide you through breathing exercises to help reduce stress.



Image: The Samsung Galaxy Watch Active screen showing a heart rate reading, indicating the device's capability to monitor cardiovascular health.

4. Smart Features

- **Notifications:** Receive notifications from your synced phone directly on your wrist. You can respond to messages using quick replies, voice-to-text, or a small keyboard.
- **Music Control:** Control music playback on your phone or store music directly on the watch for phone-free listening with Bluetooth headphones.
- **Water Resistance:** The watch features a swim-ready design, allowing you to wear it during swimming activities. Ensure water lock mode is activated before submerging.



Image: The Samsung Galaxy Watch Active being worn in water, demonstrating its water-resistant capabilities for activities like swimming.

Your browser does not support the video tag.

Video: An official overview of the Samsung Galaxy Watch Active, highlighting its key features such as fitness tracking, health monitoring, and seamless integration with the Samsung ecosystem.

1. Cleaning Your Watch

Regularly clean your watch and straps to prevent skin irritation and maintain performance:

- Wipe the watch body and screen with a soft, lint-free cloth.
- For straps, follow the manufacturer's cleaning recommendations based on the material. Avoid harsh chemicals.
- Ensure the charging contacts on the back of the watch are clean and dry before charging.

2. Charging Best Practices

- Use only the official Samsung wireless charger provided with your device.
- Avoid exposing the charger or watch to extreme temperatures.
- Charge your watch regularly to maintain optimal battery health.

3. Software Updates

Keep your watch's software updated to ensure the best performance, security, and access to new features. Updates can be managed through the Galaxy Wearable app on your smartphone.

TROUBLESHOOTING

1. Battery Drains Quickly

- **Check Watch Faces:** Some animated or complex watch faces can consume more battery. Try switching to a simpler, pre-installed watch face.
- **Adjust Brightness:** Lowering screen brightness can significantly extend battery life.
- **Disable Unused Features:** Turn off Wi-Fi, GPS, or Always On Display if not needed.
- **Background Apps:** Close unnecessary apps running in the background.

2. Connectivity Issues (Bluetooth/Wi-Fi)

- **Restart Devices:** Restart both your watch and smartphone.
- **Check Bluetooth:** Ensure Bluetooth is enabled on both devices and they are within range.
- **Re-pair:** If issues persist, try unpairing and re-pairing your watch through the Galaxy Wearable app.

3. Watch Not Responding

- **Force Restart:** Press and hold the Home key (bottom button) for about 7 seconds until the watch restarts.
- **Check for Damage:** Inspect the watch for any physical damage or water ingress.

SPECIFICATIONS

Feature	Detail
Model Number	SM-R500NZKAXAR
Dimensions	1.56 x 1.56 x 0.41 inches
Item Weight	0.9 ounces

Operating System	Tizen 4.0
Screen Size	1.57 Inches (Standing screen display size)
Scanner Resolution	360 x 360
Memory Storage Capacity	4000 MB
RAM Memory Installed Size	1.5 GB
Connectivity Technologies	Bluetooth, Wireless (Wi-Fi, NFC)
GPS	GPS, Glonass, Beidou, Galileo
Battery	1 CR123A battery required (included), 247mAh
Battery Life (Low Usage)	Up to 90 hours
Human Interface Input	Buttons, Touchscreen
Color	Black
Water Resistance	Swim-ready design

WARRANTY INFORMATION

Your Samsung Galaxy Watch Active is covered by a limited manufacturer's warranty. For specific details regarding warranty terms, coverage, and duration, please refer to the warranty card included in your product packaging or visit the official Samsung support website.

CUSTOMER SUPPORT

For further assistance, technical support, or service inquiries, please contact Samsung Customer Service. You can find contact information, FAQs, and additional resources on the official Samsung website. Please have your model number (SM-R500NZKAXAR) and serial number ready when contacting support.