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> SAMSUNG Galaxy Watch 3 (41mm, GPS, Bluetooth) Smart Watch User Manual

SAMSUNG SM-R850NZSAXAR

SAMSUNG Galaxy Watch 3 (41mm, GPS, Bluetooth) User Manual

Model: SM-R850NZSAXAR

INTRODUCTION

The SAMSUNG Galaxy Watch 3 is an advanced smartwatch designed to seamlessly integrate into your daily life, offering comprehensive health monitoring, fitness tracking, and smart connectivity. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device.

This device and related software are not intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment or prevention of disease.

WHAT'S IN THE BOX

Upon unboxing your Galaxy Watch 3, ensure all the following components are present:

- SAMSUNG Galaxy Watch 3 (41mm, GPS, Bluetooth)
- Watch Strap
- Charging Pad with USB Cable
- Quick Start Guide (not included in this digital manual)

KEY FEATURES

The Galaxy Watch 3 offers a range of features designed to enhance your daily experience:

- **Premium Design:** Combines classic watch aesthetics with modern smartwatch functionality, featuring a rotating bezel for intuitive navigation.
- **Advanced Health Monitoring:** Includes ECG monitoring, heart rate tracking, and blood oxygen measurement.
- **Comprehensive Fitness Tracking:** Automatically tracks seven popular activities, provides built-in run coaching, and monitors sleep patterns.
- **Long-Lasting Battery:** Designed to last more than a day on a single charge, with Wireless Power Share compatibility.
- **Smart Connectivity:** Make calls, send texts, stream music, and receive notifications via Bluetooth.
- **Integrated Bixby:** Voice functionality for hands-free control.

- **Samsung Pay:** Convenient mobile payment solution.
- **Durability:** Military-grade durability (MIL-STD-810G) and water resistance up to 50 meters.
- **Compatibility:** Seamlessly pairs with Android devices and select iOS devices.

SETUP

1. Charging the Device

Before initial use, fully charge your Galaxy Watch 3. Place the watch on the provided charging pad. The watch display will indicate charging status. A full charge typically takes approximately 2 hours. The long-lasting battery can go for more than a day on a single charge.





Image: The Galaxy Watch 3 displaying its main watch face with time, weather, and health data. This image represents the device ready for use after charging.

2. Pairing with Your Smartphone

To unlock the full functionality of your Galaxy Watch 3, pair it with a compatible Android or iOS smartphone.

1. Download the **Samsung Galaxy Wearable** app from your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Open the Galaxy Wearable app on your smartphone.
3. Turn on your Galaxy Watch 3 by pressing and holding the Home key (bottom button).
4. Follow the on-screen prompts on both your watch and smartphone to complete the pairing process. Ensure Bluetooth is enabled on your smartphone.

OPERATING YOUR GALAXY WATCH 3

Navigation

The Galaxy Watch 3 features a responsive rotating bezel and two side buttons for intuitive navigation:

- **Rotating Bezel:** Turn the bezel clockwise or counter-clockwise to scroll through widgets, notifications, and menus.
- **Home Key (Bottom Button):** Press to return to the watch face. Double-press to open a pre-set app (default: Bixby). Press and hold to power on/off or access power options.
- **Back Key (Top Button):** Press to go back to the previous screen.
- **Touchscreen:** Swipe left/right to navigate between screens, swipe down for Quick Panel, and swipe up for the Apps screen. Tap to select items.

Health and Fitness Monitoring

Utilize the built-in sensors and Samsung Health app for comprehensive health and fitness tracking:

- **Heart Rate Monitoring:** The watch continuously monitors your heart rate. Access the Heart Rate widget for real-time data.
- **ECG Monitoring:** Use the Samsung Health Monitor app on your compatible Galaxy phone to record an ECG. You can share the PDF report with your healthcare provider.
- **Blood Oxygen (SpO2):** Measure your blood oxygen levels directly from your wrist.
- **Sleep Tracking:** The automatic sleep tracker provides insights into your sleep stages and quality.

- **Stress Level:** Monitor your stress levels and use the breathing guides to recenter.
- **Activity Tracking:** The watch automatically tracks seven popular activities. For other workouts, manually start tracking from the Samsung Health app on your watch.
- **Run Coaching:** Benefit from built-in run coaching to improve your running form and performance.

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Style you can count on

Galaxy Watch3 combines style—two sizes, three colors, 50,000-plus watch faces and premium leather bands—with military-graded durability and water resistance.

Image: The Galaxy Watch 3 showing a watch face with widgets for weather, battery percentage, and daily steps, illustrating its health and fitness tracking capabilities.

Smart Features

- **Notifications:** Receive calls, texts, and app notifications directly on your wrist.
- **Bixby Voice:** Activate Bixby by double-pressing the Home key or saying "Hi Bixby" to read texts, make calls, or initiate coaching.
- **Samsung Pay:** Make secure payments directly from your watch. Set up Samsung Pay through the Galaxy Wearable app.
- **Customizable Watch Faces:** Personalize your watch with thousands of watch faces available on the Galaxy Store.



Image: A composite image demonstrating the smart features of the Galaxy Watch 3, including Bixby Routines, Samsung Pay, and music control, highlighting its integration with a smartphone.

MAINTENANCE

Cleaning Your Watch

Regular cleaning helps maintain the performance and appearance of your Galaxy Watch 3:

- Wipe the watch and strap with a soft, lint-free cloth.
- For stubborn dirt, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.
- Ensure the watch is completely dry before charging or prolonged use.

Water Resistance

The Galaxy Watch 3 is water-resistant up to 50 meters per ISO standard 22810:210. This means it is suitable for shallow-water activities like swimming in a pool or ocean. However, it is *not intended for scuba diving, high-speed water sports, or exposure to high-pressure water*. After exposure to saltwater, rinse the watch with fresh water and dry thoroughly.

Battery Care

- Avoid fully discharging the battery frequently.
- Charge your watch using only the provided Samsung charger.
- Store the watch in a cool, dry place when not in use for extended periods.

TROUBLESHOOTING

If you encounter issues with your Galaxy Watch 3, try the following common troubleshooting steps:

- **Watch Not Turning On:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes before attempting to power it on.
- **Connectivity Issues (Bluetooth):**
 - Ensure Bluetooth is enabled on both your watch and smartphone.
 - Restart both the watch and the smartphone.
 - Ensure the Galaxy Wearable app is updated to the latest version.
 - If issues persist, try unpairing and re-pairing the devices through the Galaxy Wearable app.
- **Inaccurate Health Data:**
 - Ensure the watch is worn snugly on your wrist, about one finger-width above the wrist bone.
 - Clean the sensor on the back of the watch.
 - Update the Samsung Health app and watch software.
- **Short Battery Life:**
 - Reduce screen brightness.
 - Disable "Always On Display" if enabled.
 - Limit background app refresh.
 - Turn off Wi-Fi or GPS when not needed.
 - Ensure the watch software is up to date.

For more detailed troubleshooting, refer to the official Samsung support website or the comprehensive User Manual PDF available online.

Official User Manual (PDF): [Download PDF](#)

SPECIFICATIONS

Feature	Detail
Brand	SAMSUNG
Model Number	SM-R850NZSAXAR
Screen Size	41 mm
Operating System	Tizen 4.0
Memory Storage Capacity	4000 MB
RAM Memory Installed Size	1 GB
Connectivity Technology	Bluetooth, Wi-Fi, NFC, GPS
Battery Type	Lithium Ion (1 included)
Item Weight	0.2 Kilograms (7 ounces)
Water Resistance	50 meters (ISO standard 22810:210)
Military Standard	MIL-STD-810G (drops from 4.9 feet, extreme temperatures, dust, shock/vibration, low pressure/high altitude)
First Available Date	August 6, 2020

WARRANTY AND SUPPORT

Warranty Information

Specific warranty terms and conditions for your SAMSUNG Galaxy Watch 3 are typically provided with your purchase documentation. Please refer to the warranty card or contact Samsung customer support for detailed information regarding coverage and duration. Protection plans are also available for extended coverage.

Customer Support

For further assistance, technical support, or service inquiries, please contact Samsung customer support or visit their official website:

- **Samsung Official Website:** www.samsung.com
- **Samsung Store on Amazon:** [Visit Store](#)
- **User Manual (PDF):** [Download PDF](#)