

Fitbit FB512GLWT-FRCJK

Fitbit Sense Health & Fitness Smartwatch User Manual

Advanced Smartwatch with Tools for Heart Health, Stress Management & Skin Temperature Trends

1. PRODUCT OVERVIEW

The Fitbit Sense is an advanced health and fitness smartwatch designed to help you understand and manage your body's health. It features comprehensive tools for heart health, stress management, and skin temperature tracking, alongside built-in GPS, Bluetooth call/text capabilities, and continuous heart rate monitoring.



Image: Fitbit Sense Smartwatch in White/Gold with display showing time and activity metrics.

Key Features

- **Advanced Health Tracking:** Includes ECG app for heart rhythm assessment, EDA Scan app for stress management, and on-wrist skin temperature sensor.
- **Fitness Tracking:** Built-in GPS for pace and distance, 24/7 heart rate tracking, and activity monitoring.
- **Smart Features:** Bluetooth for calls and texts, voice assistant compatibility, and Fitbit Pay.
- **Display:** Vibrant 1.59-inch AMOLED touchscreen display.
- **Battery Life:** Up to 6+ days on a single charge (varies with use).
- **Water Resistance:** Water resistant up to 50 meters.



Stress tracking &
EDA sensor



Compatible
ECG app



On-wrist skin
temperature sensor



Built-in
GPS



24/7
heart rate



Free 6 month
premium trial



Image: Close-up of Fitbit Sense smartwatch with text overlays indicating features like stress tracking, ECG app, skin temperature sensor, built-in GPS, 24/7 heart rate, and 6-month premium trial.

What's Included

- Fitbit Sense Smartwatch
- Classic wristband (small & large sizes)
- Charging cable

2. SETUP

2.1 Initial Charge

Before first use, fully charge your Fitbit Sense. Connect the charging cable to a USB power source (e.g., computer USB port, UL-certified USB wall charger). Align the magnetic pins on the charger with the corresponding contacts on the back of your Sense until it snaps into place. A battery icon will appear on the screen to indicate charging status.

2.2 App Installation & Pairing

To set up your Fitbit Sense, you need to install the Fitbit app on your smartphone or tablet. The app is available for iOS and Android devices.

1. Download the Fitbit app from the Apple App Store (for iOS) or Google Play Store (for Android).
2. Open the app and follow the on-screen instructions to create a new account or log in to an existing one.
3. Select 'Set up a Device' and choose Fitbit Sense from the list.
4. Follow the prompts to pair your Sense with your device via Bluetooth. This typically involves entering a code displayed on your Sense into the app.

Track & manage stress with the built-in EDA sensor

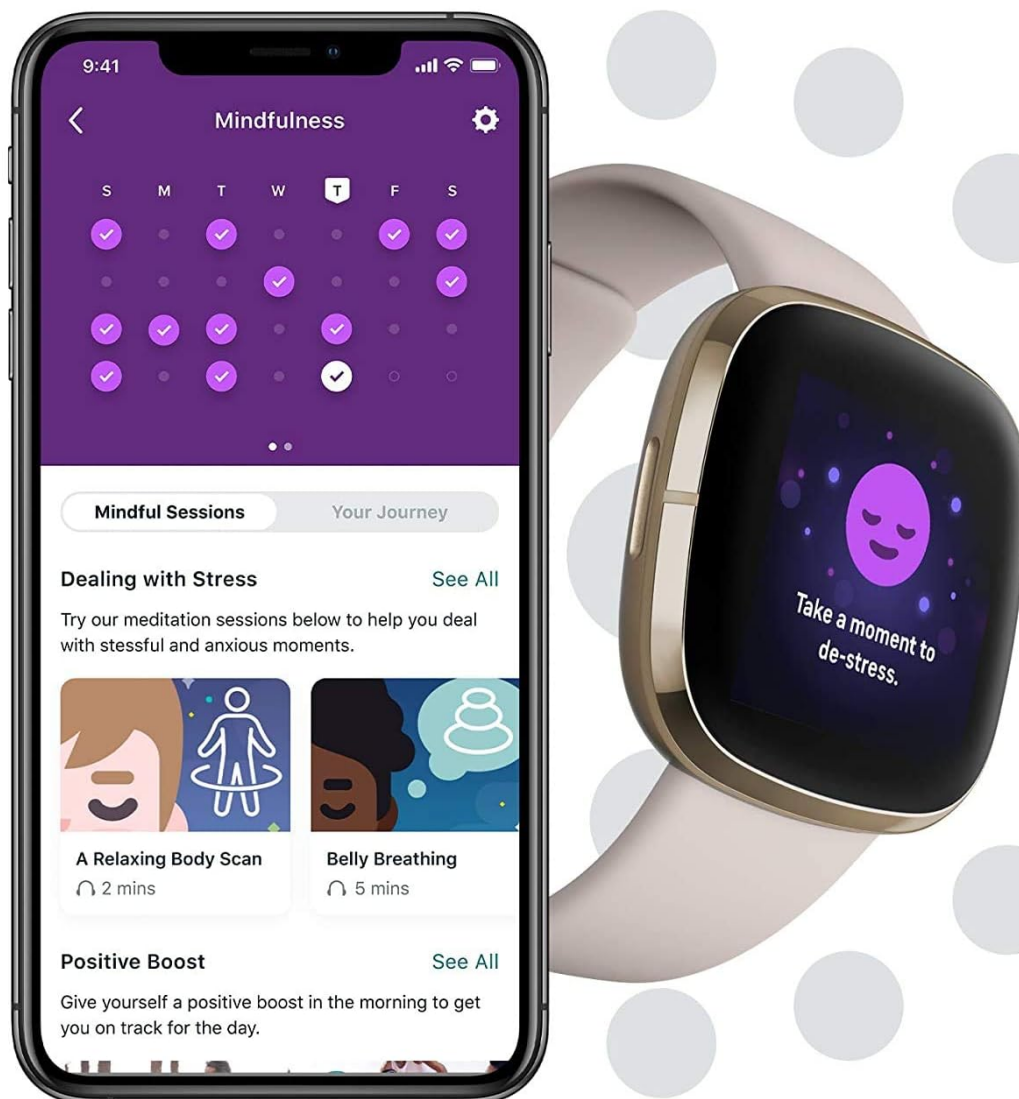


Image: A Fitbit Sense smartwatch displaying a prompt to connect to the Fitbit app, alongside a smartphone screen showing the Fitbit app interface for mindfulness sessions.

2.3 Band Attachment

Your Fitbit Sense comes with small and large classic wristbands. To attach or change bands:

1. Turn over your Sense and locate the band release levers.
2. Slide the lever inward to release the band.

3. Gently pull the band away from the watch to remove it.
4. To attach a new band, slide the pin (the side opposite the quick-release lever) into the notch on the watch.
5. While pressing the quick-release lever inward, slide the other end of the band into place.
6. Release the lever and gently pull the band to ensure it's securely attached.



Image: A detached classic wristband for the Fitbit Sense, showing its design and attachment mechanism.

3. OPERATING YOUR FITBIT SENSE

3.1 Navigating the Smartwatch

The Fitbit Sense features a responsive touchscreen and a haptic button on the left side for navigation.

- **Swipe Up:** View notifications.
- **Swipe Down:** Access quick settings (e.g., Do Not Disturb, Sleep Mode, Screen Wake).
- **Swipe Left/Right:** Scroll through apps and tiles (e.g., Today, Exercise, Weather, EDA Scan).
- **Press Haptic Button:** Return to the clock face or access a customizable shortcut (e.g., Fitbit Pay, voice assistant).

3.2 Health & Fitness Tracking

Heart Rate Monitoring

Your Sense continuously tracks your heart rate throughout the day and night. View your real-time heart rate on the clock face or in the Today app on your watch. Detailed heart rate data, including resting heart rate and heart rate zones, is available in the Fitbit app.

Stress Management (EDA Sensor)

The EDA (Electrodermal Activity) Scan app on your Sense detects electrodermal activity, which may indicate your body's response to stress. To use:

1. Open the EDA Scan app on your Sense.

2. Place your palm over the watch face, ensuring your fingers are in contact with the metal frame.
3. Remain still for 2 minutes while the scan is performed.
4. After the scan, you'll receive a result on your watch and can view more details and reflections in the Fitbit app.

Track & manage stress with the built-in EDA sensor

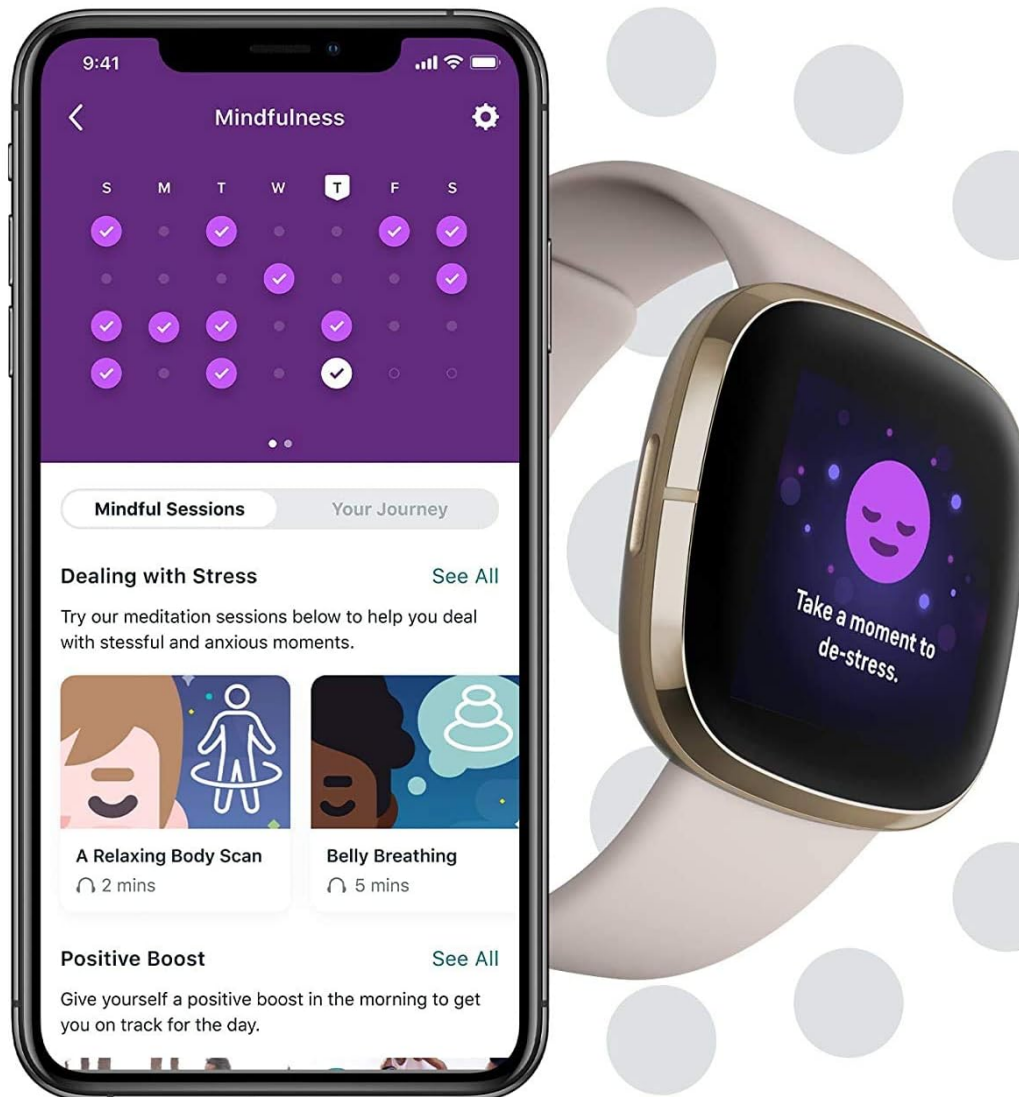


Image: A Fitbit Sense smartwatch displaying a prompt to connect to the Fitbit app, alongside a smartphone screen showing the Fitbit app interface for mindfulness sessions and stress tracking.

Skin Temperature Tracking

Your Sense tracks your skin temperature variation each night to help you identify trends over time. This feature can provide insights into potential changes in your body. View your nightly average skin temperature in the Health Metrics dashboard of the Fitbit app.

On-wrist skin temperature sensor. Tune into trends over time.



Device screen for illustrative purposes only, skin temperature variation only available in the mobile app.

Image: A Fitbit Sense smartwatch showing its back with sensors, next to a smartphone screen displaying skin temperature trends over time within the Fitbit app.

SpO2 Monitoring

The SpO2 (blood oxygen saturation) feature estimates the amount of oxygen in your blood. Your Sense tracks your average SpO2 levels while you sleep. To view your SpO2 data, check the SpO2 tile on your watch or the Health Metrics dashboard in the Fitbit app.





Image: A Fitbit Sense smartwatch displaying a 96% SpO2 reading with a range indicator, showing the blood oxygen saturation tracking feature.

ECG App

The ECG app on your Sense allows you to assess your heart rhythm for signs of atrial fibrillation (AFib). To take a reading:

1. Open the ECG app on your Sense.
2. Place your index finger and thumb on the corners of the watch face.
3. Remain still for 30 seconds.
4. After the reading, you'll receive a result on your watch and can view a detailed report in the Fitbit app.

Assess your heart rhythm with the compatible Fitbit ECG app



The Fitbit ECG app has received FDA clearance and is available in the U.S. Availability in other countries pending applicable regulatory clearances. Not intended for use by people under 22 years old.

Image: A Fitbit Sense smartwatch displaying the ECG app interface with a countdown, next to a smartphone screen showing heart rhythm assessment results within the Fitbit app.

GPS Tracking

Utilize the built-in GPS to track your pace and distance during outdoor activities like running, cycling, or hiking, even without your phone. Your route map and detailed stats will be available in the Fitbit app after your workout.

3.3 Communication Features

When paired with your smartphone, the Fitbit Sense allows you to receive call, text, calendar, and app notifications directly on your wrist. For Android users, you can also respond to texts with quick replies or voice replies. The Sense also supports Bluetooth calls when your phone is nearby.

3.4 Fitbit Premium

Your Fitbit Sense includes a 90-day (or 6-month, depending on promotion) trial of Fitbit Premium, offering personalized insights, advanced analytics, guided programs, and more to enhance your health and fitness journey. Access Premium features through the Fitbit app.

Personalized health & fitness guidance with a free 6-month trial of Fitbit Premium for new Premium users



Image: A Fitbit Sense smartwatch displaying calorie and activity data, alongside a smartphone screen showing wellness insights and activity summaries from the Fitbit Premium app.

4. MAINTENANCE

4.1 Cleaning Your Device

Regular cleaning helps maintain your Sense and prevent skin irritation.

- Remove your Sense from your wrist and clean the band and device regularly with a mild, soap-free cleanser.
- For the watch body, use a soft, lint-free cloth.
- Ensure the device is completely dry before putting it back on.
- Avoid harsh chemicals or abrasive materials.

4.2 Battery Care

To maximize battery life and longevity:

- Charge your Sense fully when the battery is low.

- Avoid extreme temperatures during charging or storage.
- Features like always-on display, continuous GPS use, and frequent notifications can reduce battery life. Adjust settings as needed.

4.3 Water Resistance

The Fitbit Sense is water resistant up to 50 meters. This means it is safe for showering, swimming in a pool or ocean, and other shallow water activities. It is not recommended for scuba diving or high-velocity water sports. After getting your Sense wet, dry it thoroughly before wearing or charging.

5. TROUBLESHOOTING

If you encounter issues with your Fitbit Sense, try the following common solutions:

Issue	Possible Solution
Device not turning on or charging	Ensure the charging cable is securely connected to both the Sense and the power source. Try a different USB port or wall adapter. Clean the charging contacts on the back of the Sense. Perform a restart by holding the haptic button for 10 seconds.
Not syncing with the app	Ensure Bluetooth is enabled on your phone and the Sense is within range. Force close and reopen the Fitbit app. Restart your phone and your Sense. Check for app updates.
Inaccurate heart rate or activity tracking	Ensure the Sense is worn correctly (snugly, one finger-width above your wrist bone). Clean the heart rate sensors on the back of the device. Try restarting the device.
Screen unresponsive	Restart the device by holding the haptic button for 10 seconds. Ensure the screen is clean and dry.

6. TECHNICAL SPECIFICATIONS

Feature	Detail
Model Name	Sense
Model Number	FB512GLWT-FRCJK
Brand	Fitbit
Screen Size	1.59 Inches (2" / 5 cm diagonal)
Dimensions	1.59 x 1.59 x 0.48 inches
Item Weight	1.06 ounces (0.03 Kilograms)
Operating System	Android, iOS
Special Feature	GPS (Built-in)
Connectivity Technology	Bluetooth
Battery Type	1 Lithium Polymer battery (included)

Feature	Detail
Water Resistance	Up to 50 meters

7. WARRANTY & CUSTOMER SUPPORT

7.1 Warranty Information

Your Fitbit Sense is covered by a limited manufacturer's warranty. Please refer to the official Fitbit website or your purchase documentation for specific warranty terms and conditions, including duration and coverage details.

7.2 Customer Support

For further assistance, technical support, or service inquiries, please visit the official Fitbit support website or contact their customer service team. You can typically find contact information and FAQs on the Fitbit support portal.

Online Support: help.fitbit.com

Manufacturer: Fitbit