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> SAMSUNG Galaxy Watch 4 Classic 46mm Smartwatch User Manual

## Samsung Galaxy Watch 4 Classic 46mm

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MODEL: GALAXY WATCH 4 CLASSIC 46MM

Brand: Samsung

## INTRODUCTION

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The Samsung Galaxy Watch 4 Classic 46mm is a smartwatch designed to integrate seamlessly into your daily life, offering advanced health and fitness tracking capabilities alongside smart connectivity features. This manual provides essential information for setting up, operating, and maintaining your device.

## SAMSUNG

Our story begins in 1969, when Samsung was created for the purpose of helping people achieve the impossible. After over 50 years, we're still innovating, creating technology that breaks down old and new barriers so people can do what they can't. We continue to be driven by our purpose, which is why we put people – and the things they care about – at the center of everything we create.

*Image: Samsung Galaxy Watch 4 Classic 46mm Smartwatch on a wrist, displaying a watch face with health metrics.*

## WHAT'S IN THE BOX

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Your Samsung Galaxy Watch 4 Classic 46mm package includes the following items:

- Watch
- Charger
- Band

## SETUP

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### 1. Initial Power On

To power on your Galaxy Watch 4 Classic, press and hold the Home key (top button) until the Samsung logo appears. Follow the on-screen prompts to select your language and begin the setup process.

### 2. Pairing with Your Phone

For full functionality, pair your smartwatch with a compatible Android smartphone (Android 6.0 or higher with 1.5GB RAM or more). Download the Samsung Galaxy Wearable app from the Google Play Store. Open the app and follow the instructions to connect your watch.

Your browser does not support the video tag.

*Video: An overview of the Samsung Galaxy Watch 4 Classic, including unboxing and initial setup steps.*

### 3. Charging Your Watch

The Galaxy Watch 4 Classic comes with a magnetic wireless charger. Connect the charger to a power source and place the back of your watch onto the charging pad. The watch display will indicate charging status. A full charge typically takes 1.5-2 hours.

Your browser does not support the video tag.

*Video: A detailed review of the Samsung Galaxy Watch 4 Classic, demonstrating charging and various features.*

### 4. Attaching the Watch Band

Align the spring bar of the watch band with the lug holes on the watch case. Push the spring bar inwards and slide the band into place. Release the spring bar to secure the band. Ensure both sides are firmly attached before wearing.



*Image: Top-down view of the Samsung Galaxy Watch 4 Classic with its white band laid flat.*

## OPERATING INSTRUCTIONS

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### 1. Navigation

- **Rotating Bezel:** Turn the physical rotating bezel clockwise or counter-clockwise to scroll through widgets, notifications, and app screens.
- **Touchscreen:** Swipe left/right, up/down, or tap to interact with the display.
- **Home Key (Top Button):** Press to go to the Home screen or return to the previous screen. Double-press for a customizable shortcut.
- **Back Key (Bottom Button):** Press to go back to the previous screen.

### 2. Changing Watch Faces

Press and hold the watch face, then swipe left or right to browse available watch faces. Tap to select, or tap 'Customize' to adjust colors, complications, and hands.

### 3. App Management

From the Home screen, swipe up to access the Apps screen. You can rearrange apps by long-pressing and dragging them. Download new apps from the Google Play Store directly on your watch or via the Galaxy Wearable app on your phone.

### 4. Smart Connectivity

- **Calls & Texts:** With LTE connectivity, you can make and receive calls and texts directly from your wrist, even without your phone nearby.
- **Music Streaming:** Stream your favorite tunes from YouTube Music or other compatible apps.
- **Google Services:** Access Google Maps for directions, use Google Assistant for queries, and pay for purchases with Google Pay.

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*Image: A person wearing the Samsung Galaxy Watch 4 Classic, looking at directions on the watch face while holding a coffee cup.*

## HEALTH AND FITNESS FEATURES

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### 1. Body Composition Analysis

The Galaxy Watch 4 Classic is equipped with Bioelectrical Impedance Analysis (BIA) technology to measure body fat, skeletal muscle, body water, basal metabolic rate, and Body Mass Index (BMI) directly from your wrist. This feature provides valuable insights into your overall body composition.

### 2. ECG Monitoring

Monitor your heart rhythm with the accurate ECG feature. It can detect signs of atrial fibrillation (AFib), a common form of irregular heart rhythm. Share personalized readings with your doctor using the Samsung

Health Monitor app on your compatible Galaxy phone. Note: The ECG monitor app is not intended for users with known arrhythmias other than atrial fibrillation or users under 22 years old. It is for informational purposes only and not a substitute for traditional diagnosis or treatment methods.

### 3. Sleep Tracking & SpO2

Track your sleep cycles and blood oxygen (SpO2) levels continuously throughout the night. Gain insights into your sleep quality to help you wake up feeling refreshed. The snoring measurement requires a smartphone with Android 6.0 or later, 1.5GB of RAM, and the phone within 2 feet of the user, with snore detection enabled through Samsung Health app version 6.18 or higher.

### 4. Workout Tracking

The watch automatically recognizes and tracks 6 popular activities, including running, rowing, and swimming, in just 3 minutes. Utilize advanced workout tracking, live coaching sessions via your smartphone, and dynamic Group Challenges with friends to stay motivated.

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*Image: A person running outdoors, wearing the Samsung Galaxy Watch 4 Classic, with a graphic overlay showing fitness tracking data.*

### 5. Advanced Running Coaching / VO2 Max

Improve your running performance with advanced coaching technology. VO2 Max readings assess your oxygen levels to help manage and track your heart and lung endurance. Accurate VO2 max readings require running outdoors for at least 20 minutes with GPS on.

### 6. Stress Monitoring

The watch can monitor your stress levels and guide you through breathing exercises to help you relax and manage stress.

### 7. Heart Rate Monitoring

Continuously track your heart rate throughout the day to gain insights into your cardiovascular health.

### 8. Steps Tracking

Monitor your daily step count and set goals to encourage an active lifestyle.

## MAINTENANCE

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### 1. Cleaning Your Watch

Regularly clean your watch and band to prevent skin irritation and maintain device performance. Wipe the watch with a soft, damp cloth. For the band, follow the manufacturer's cleaning instructions based on its material.

### 2. Battery Care

To maximize battery life, avoid extreme temperatures. Charge your watch regularly, but avoid leaving it fully charged or completely drained for extended periods. You can enable power-saving modes when the battery is low to extend usage time.

### 3. Water Resistance

The Galaxy Watch 4 Classic is water-resistant up to 50 meters per ISO standard 22810:2010. It is suitable for shallow-water activities like swimming but is not intended for scuba diving. Avoid excessive, sudden temperature changes and high-velocity water activities. Rinse in fresh water and dry thoroughly after use in seawater or chlorinated water.



*Image: Back view of the Samsung Galaxy Watch 4 Classic, showing the sensors and charging area.*

## TROUBLESHOOTING

### Common Issues and Solutions

- **Connectivity Problems:** Ensure Bluetooth is enabled on your phone and the watch is within range. Restart both devices if issues persist.
- **Battery Draining Quickly:** Adjust screen brightness, disable always-on display, limit background app refresh, and use power-saving mode.
- **Inaccurate Readings:** Ensure the watch is worn snugly on your wrist, away from the wrist bone. Clean the sensors regularly.
- **App Not Syncing:** Check your phone's internet connection and ensure the Galaxy Wearable app is up to date.

For more detailed troubleshooting or persistent issues, please refer to the Samsung support website or contact customer service.

## SPECIFICATIONS

Feature	Detail
Product Dimensions	6.5 x 9 x 0.39 inches
Item Weight	7.2 ounces
ASIN	B096BM1MPL
Item model number	SSS-GGG-02-1724
Batteries	1 Lithium Ion batteries required. (included)
Is Discontinued By Manufacturer	No
Date First Available	August 11, 2021
Manufacturer	Samsung
Standing screen display size	44 Millimeters
Memory Storage Capacity	16 GB
Operating System	Android
Special Feature	GPS, Notifications, Sleep Monitor, Text Messaging, Time Display
Connectivity Technology	LTE
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Ion
GPS	True
Shape	Round
Screen Size	44 Millimeters
Brand	Samsung

## WARRANTY AND SUPPORT

Your Samsung Galaxy Watch 4 Classic 46mm comes with a manufacturer's warranty. Please refer to the

warranty card included in your product packaging for detailed terms and conditions. For technical support, troubleshooting, or service inquiries, visit the official Samsung support website or contact Samsung customer service directly.

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