

Garmin 010-02496-01

Garmin Venu 2 Plus GPS Smartwatch User Manual

Model: 010-02496-01 | Brand: Garmin

INTRODUCTION

This manual provides detailed instructions for setting up, operating, maintaining, and troubleshooting your Garmin Venu 2 Plus GPS Smartwatch. The Venu 2 Plus is designed to offer advanced health monitoring and fitness features, along with convenient call and text capabilities when paired with your compatible smartphone. Understanding the functions and care of your device will ensure optimal performance and longevity.

SETUP

Initial Device Setup

- Charge the Device:** Connect the charging/data cable to your Venu 2 Plus and a USB power source. Ensure the device is fully charged before first use.
- Power On:** Press and hold the top right button to power on your smartwatch.
- Pair with Smartphone:**
 - Download the Garmin Connect app from your smartphone's app store.
 - Open the app and follow the on-screen instructions to create an account or log in.
 - Select 'Add Device' in the app and choose your Venu 2 Plus.
 - Follow the pairing prompts on both your watch and smartphone to complete the connection.
- Basic Settings:** Configure initial settings such as language, time format, and user profile information (age, weight, height) within the Garmin Connect app to ensure accurate tracking.

OPERATING YOUR SMARTWATCH

Advanced Health Monitoring

The Venu 2 Plus provides comprehensive health insights, allowing you to monitor various aspects of your well-being throughout the day and night.

- Heart Rate Monitoring:** Continuously tracks your heart rate, providing real-time data and alerts for abnormal heart

rates.

- **Body Battery Energy Monitoring:** Uses heart rate variability, stress, and sleep data to estimate your energy reserves, helping you optimize activity and rest times.
- **Sleep Score and Advanced Sleep Monitoring:** Analyzes your sleep stages (light, deep, REM), Pulse Ox, and respiration data to provide a sleep score and insights into your sleep quality.
- **Stress Tracking:** Monitors your stress levels throughout the day and offers relaxation reminders.
- **Pulse Ox Sensor:** Measures your blood oxygen saturation levels, providing insights into how well your body is absorbing oxygen.
- **ECG App:** (Not available in all regions; for people 22 years or older) Records your heart rhythm and checks for signs of atrial fibrillation.
- **Women's Health Tracking:** Use the Garmin Connect app to track menstrual cycles or pregnancy, log symptoms, and receive exercise and nutrition education.





Image: The Venu 2 Plus displaying various health metrics including Body Battery, Heart Rate, and Respiration Rate.

Smart Features (Call, Text, Voice Assistant)

Stay connected directly from your wrist when paired with your compatible smartphone.

- **Make and Take Calls:** Use the built-in microphone and speaker to make and receive phone calls directly from your watch.
- **Text Responses:** Respond to text messages using your smartphone's voice assistant or pre-written quick replies (Android users only).
- **Voice Assistant Integration:** Interact with your paired smartphone's voice assistant to send texts, ask questions, and control smart home devices.
- **Smart Notifications:** Receive emails, texts, and alerts directly on your watch.



Image: The Venu 2 Plus showing an incoming call screen, demonstrating its call and text capabilities.

Music Storage

Download songs and playlists from supported music streaming services (e.g., Spotify, Deezer, Amazon Music) directly to your watch for phone-free listening with wireless headphones.



Image: The Venu 2 Plus displaying a music icon, indicating its built-in music storage capabilities.

Garmin Pay Contactless Payments

Make quick and secure payments directly from your wrist with Garmin Pay, supported by participating banks and payment networks.



Image: The Venu 2 Plus showing a contactless payment screen, highlighting the Garmin Pay feature.

Safety and Tracking Features

For added peace of mind, the Venu 2 Plus includes safety and tracking features.

- **Incident Detection:** Automatically sends a message with your location to preselected emergency contacts if an incident is detected during certain outdoor activities.
- **Assistance:** Manually send a message with your location to emergency contacts.

- **LiveTrack:** Allows friends and family to follow your real-time location during activities.



Image: The Venu 2 Plus displaying a screen for emergency contacts, illustrating its safety features.

Fitness Tracking and Workouts

Track your activities and access a variety of preloaded and downloadable workouts.

- **Built-in Sports Apps:** Over 25 preloaded GPS and indoor sports apps, including walking, running, cycling, pool

swimming, golf, and more.

- **Animated Workouts:** Easy-to-follow animated workouts for cardio, strength, yoga, and Pilates are preloaded on the watch.
- **Garmin Coach:** Get free adaptive training plans for 5K, 10K, and half-marathon from expert coaches.
- **Create Your Own Workouts:** Download more workouts or create custom ones in the Garmin Connect app.



Image: The Venu 2 Plus showing a selection of workout types, demonstrating its fitness tracking capabilities.

MAINTENANCE

- **Cleaning:** Regularly clean your watch and band with a soft, damp cloth. Avoid harsh chemicals or abrasive materials.
- **Water Resistance:** The Venu 2 Plus is water-rated to 5 ATM, suitable for swimming and showering. Avoid pressing buttons underwater.

- **Storage:** Store the device in a cool, dry place when not in use. Avoid extreme temperatures.
- **Software Updates:** Keep your device's software updated through the Garmin Connect app to ensure optimal performance and access to new features.

TROUBLESHOOTING

Issue	Solution
Device will not turn on	Ensure the device is fully charged. Connect to a power source and allow it to charge for at least 30 minutes before attempting to power on again.
Cannot pair with smartphone	Ensure Bluetooth is enabled on your smartphone and the watch is in pairing mode. Restart both devices and try pairing again. Check the Garmin Connect app for specific pairing instructions.
Inaccurate heart rate data	Ensure the watch is worn snugly but comfortably above your wrist bone. Clean the sensor on the back of the device. Avoid excessive movement during readings.
Short battery life	Reduce screen brightness, disable always-on display, limit smart notifications, and turn off features like Pulse Ox tracking during sleep if not needed. Ensure background app refresh is optimized.

SPECIFICATIONS

Feature	Detail
Product Dimensions	1.6 x 1.6 x 0.48 inches
Item Weight	1.3 ounces
Display Technology	AMOLED
Screen Size	1.3 Inches
Battery Life (Smartwatch Mode)	Up to 9 days
Battery Life (GPS + Music)	Up to 7 hours
GPS Enabled	Yes
Water Resistance	5 ATM
Internal Memory	32 GB
Connectivity	Bluetooth, Wi-Fi, USB
Operating System	Android (compatible)

WARRANTY AND SUPPORT

For detailed warranty information, technical support, and additional resources, please refer to the official Garmin User Manual PDF or visit the Garmin support website.

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

Garmin provides a limited warranty for its products. Please consult the official user manual or Garmin's website for specific terms and conditions.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question