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> Samsung Galaxy Watch4 User Manual

## Samsung SM-R870

# Samsung Galaxy Watch4 User Manual

Model: SM-R870 (44mm Bluetooth Black)

## 1. PRODUCT OVERVIEW

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The Samsung Galaxy Watch4 is a sophisticated smartwatch designed to seamlessly integrate with your daily life, offering advanced health and fitness tracking, smart notifications, and convenient access to a wide range of applications. This renewed model provides full functionality and has undergone thorough inspection and testing to ensure reliable performance.



Front view of the Samsung Galaxy Watch4, showcasing its vibrant AMOLED display with a digital watch face.

## 2. WHAT'S IN THE BOX

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Your Samsung Galaxy Watch4 package should contain the following items:

- Samsung Galaxy Watch4 (SM-R870)
- Watch Band
- Charging Cable

Please note that headphones are not included with this renewed product. Packaging may be a brown or white generic box.

### 3. KEY FEATURES

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The Galaxy Watch4 offers a comprehensive suite of features to enhance your health, fitness, and connectivity:

- **Advanced Health Monitoring:** Includes ECG, Blood Pressure Monitor, Oxymeter (SpO2) for blood oxygen levels, and Heart Rate Monitor.
- **Comprehensive Activity Tracking:** Features Pedometer, Calorie Tracker, Daily Workout Memory, and automatic activity detection for over 90 exercises.
- **Sleep Analysis:** Detailed sleep tracking and coaching to help develop healthy sleep habits.
- **Integrated GPS:** Built-in GPS for accurate tracking of outdoor activities without needing your phone.
- **Smart Connectivity:** Bluetooth 5.0 for seamless pairing with your smartphone, enabling phone calls and text messaging directly from your wrist.
- **Vibrant Display:** 1.4-inch AMOLED touchscreen display with 454 x 454 resolution for clear visuals.
- **Wear OS Powered by Samsung:** Access to a wide range of apps and a fluid user experience.
- **Internal Storage:** 16 GB memory storage capacity for apps and music.



Rear view of the Galaxy Watch4, highlighting the advanced health sensors for accurate data collection.

## 4. SETUP

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### 4.1 Initial Charging

Before first use, fully charge your Galaxy Watch4. Connect the provided charging cable to a power source and place the watch onto the magnetic charging pad. The watch display will indicate charging status. A full charge typically takes approximately 2 hours.

### 4.2 Pairing with Your Smartphone

1. Ensure your smartphone's Bluetooth is enabled.
2. Download and install the **Galaxy Wearable** app from the Google Play Store on your Android device. (Note: Compatibility

with iOS devices may be limited or require specific workarounds for renewed models.)

3. Open the Galaxy Wearable app and follow the on-screen instructions to connect your watch. The app will guide you through the pairing process, which may involve confirming a code on both devices.
4. Once paired, the app will prompt you to sign in to your Samsung account and complete initial setup, including granting necessary permissions.

### 4.3 Software Updates

During initial setup, your watch may require software updates. Ensure your watch is sufficiently charged and connected to Wi-Fi or your phone's data connection for these updates. Do not disconnect the watch or turn it off during an update.

## 5. OPERATING THE GALAXY WATCH4

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### 5.1 Basic Navigation

- **Touchscreen:** Swipe left/right to navigate through tiles, swipe down for quick settings, and swipe up for the app drawer. Tap to select.
- **Home Key (Top Button):** Press to go to the watch face or open the app drawer. Long press for Bixby or power options.
- **Back Key (Bottom Button):** Press to go back to the previous screen. Long press for Samsung Pay.

### 5.2 Health and Fitness Tracking

The Galaxy Watch4 is equipped with advanced sensors to monitor your health and fitness. Access these features via the Samsung Health app on your watch or phone.

- **Activity Tracking:** The watch automatically detects and tracks various activities. You can also manually start workouts from the Samsung Health app.
- **Heart Rate:** Monitor your heart rate continuously or on demand.
- **Blood Oxygen (SpO2):** Measure your blood oxygen levels for insights into your overall wellness.
- **ECG & Blood Pressure:** Use these features with a compatible Samsung Galaxy smartphone and after initial calibration with a traditional cuff. Consult a medical professional for accurate diagnoses.
- **Sleep Monitoring:** Wear your watch to bed for detailed sleep stage analysis and coaching.

## DAILY ACTIVITY & FITNESS TRACKING

# Name a workout. It can track it

Track your activities and fitness scores on your watch and phone. Count steps, check calories, and stay on the grid with GPS. Galaxy Watch4 detects physical activity to track your routines and supports more than 90 exercises for a more accurate report of your workouts.



The Galaxy Watch4 tracking a swimming workout, demonstrating its activity monitoring capabilities.

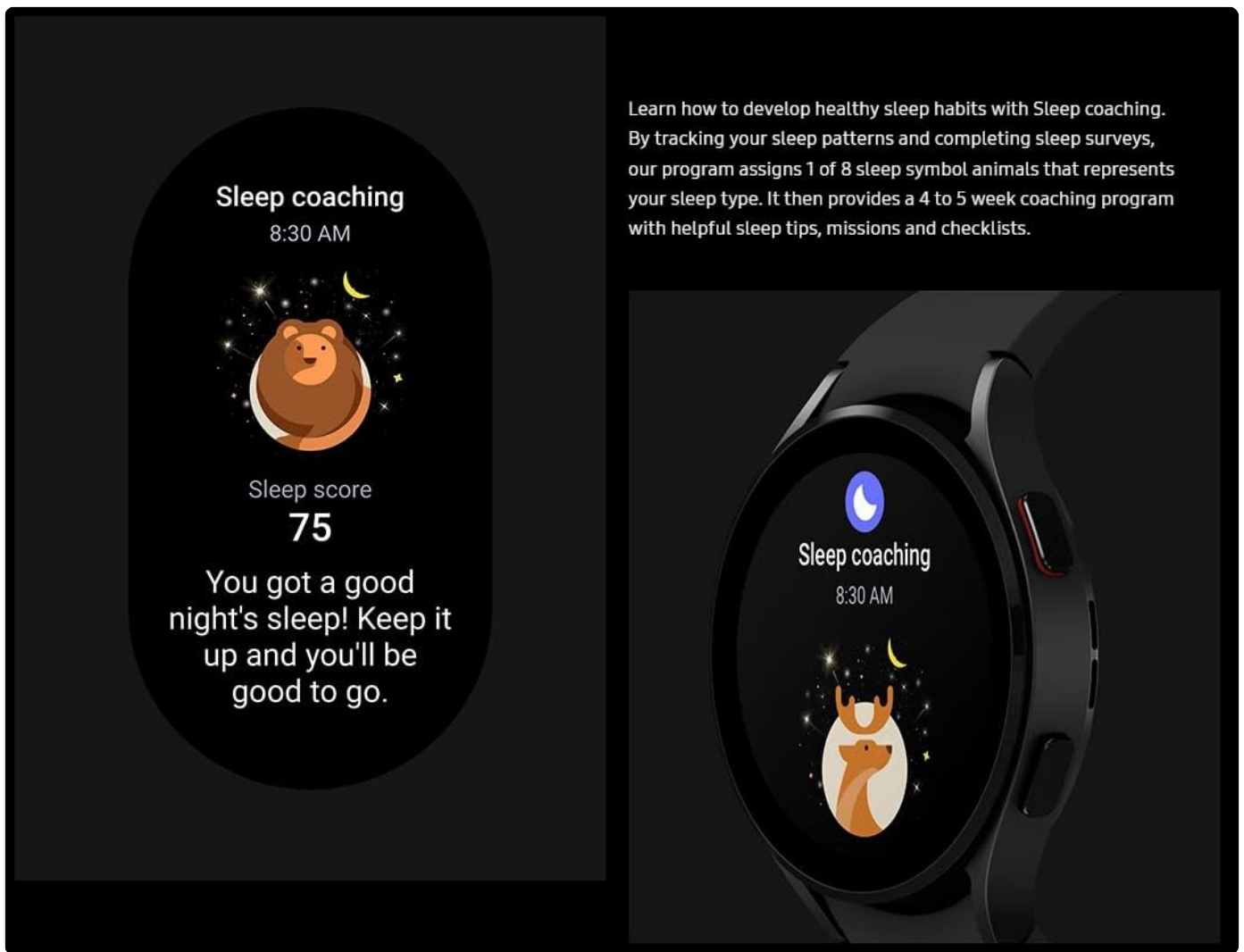
## BLOOD OXYGEN

# Measure blood oxygen levels from your wrist

Built-in blood oxygen measurement on Galaxy Watch4 lets you check the amounts of oxygen in your bloodstream at any time. Oxygen saturation is directly linked to physical performance, so monitoring your blood oxygen can help you maintain your health.



The watch screen showing a blood oxygen level measurement of 98%, indicating the SpO2 monitoring feature.



The Galaxy Watch4 displaying a sleep score of 75, part of its comprehensive sleep coaching program.

### 5.3 Communication

When connected to your smartphone, you can make and receive calls, and send and receive text messages directly from your watch.

- **Calls:** Tap the phone icon to access your contacts or dial a number.
- **Messages:** Respond to messages using quick replies, voice input, or the on-screen keyboard.

## 6. MAINTENANCE

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### 6.1 Cleaning Your Watch

Regular cleaning helps maintain your watch's appearance and functionality:

- Wipe the watch screen and body with a soft, lint-free cloth.
- For stubborn dirt, slightly dampen the cloth with water. Avoid harsh chemicals or abrasive materials.
- Clean the watch band regularly, especially after workouts, to prevent skin irritation.

### 6.2 Water Resistance

The Galaxy Watch4 is rated for 5ATM water resistance, meaning it can withstand pressure equivalent to a depth of 50 meters. It is suitable for shallow-water activities like swimming in a pool or ocean. However, it is not suitable for scuba diving, waterskiing, or other activities involving high-velocity water or submersion below shallow depth. Always dry your watch thoroughly after exposure to water.

## 6.3 Battery Care

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

## 7. TROUBLESHOOTING

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### 7.1 Common Issues and Solutions

Issue	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Try holding the Home key for 10 seconds to force restart.
Cannot pair with phone	Ensure Bluetooth is on for both devices. Restart both the watch and phone. Clear Bluetooth cache on phone.
Short battery life	Reduce screen brightness, turn off Always On Display, limit background app refresh, disable unnecessary notifications.
Health data not syncing	Ensure the Samsung Health app is updated on both devices. Check internet connection on your phone.

### 7.2 Factory Reset

If issues persist, a factory reset may resolve them. **Warning:** This will erase all data on your watch. Back up important data before proceeding.

1. From the watch face, swipe down to open Quick Settings.
2. Tap the **Settings** icon (gear).
3. Scroll down and tap **General**.
4. Tap **Reset**.
5. Confirm the reset.

## 8. SPECIFICATIONS

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Feature	Detail
Model Number	SM-R870 (Galaxy Watch4)
Display	1.4 Inches AMOLED, 454 x 454 resolution
Operating System	Wear OS Powered by Samsung
Processor	Dual-core 1.18 GHz (Exynos W920)
RAM	1.5 GB
Storage	16 GB
Connectivity	Bluetooth 5.0, Wi-Fi (802.11a/b/g/n), GPS

Feature	Detail
Sensors	Accelerometer, Barometer, Gyro Sensor, Geomagnetic Sensor, Light Sensor, Optical Heart Rate Sensor, Electrical Heart Sensor (ECG), Bioelectrical Impedance Analysis Sensor (BIA)
Battery Capacity	361 mAh (Lithium Ion)
Water Resistance	5ATM
Dimensions	1.75 x 1.7 x 0.39 inches
Weight	0.96 ounces

## 9. WARRANTY AND SUPPORT

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This Samsung Galaxy Watch4 is a renewed product. It has been professionally inspected and tested to be fully functional. While it may show light to moderate signs of use, its performance is certified.

For support regarding this renewed product, please refer to the seller's return policy. The product typically comes with a 90-day refund or replacement policy. Additionally, extended protection plans may be available for purchase to provide further coverage. For general product information and software updates, you can visit the official Samsung support website. However, specific warranty claims for renewed products should be directed to the original seller or the renewed program provider.

