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› [Samsung Galaxy Watch 4 Classic R890 46mm Smartwatch User Manual](#)

Samsung R890

Samsung Galaxy Watch 4 Classic R890 46mm Smartwatch User Manual

Model: R890 | Brand: Samsung

1. INTRODUCTION

This manual provides essential information for setting up, operating, and maintaining your Samsung Galaxy Watch 4 Classic R890 46mm smartwatch. Please read thoroughly to ensure optimal performance and longevity of your device.

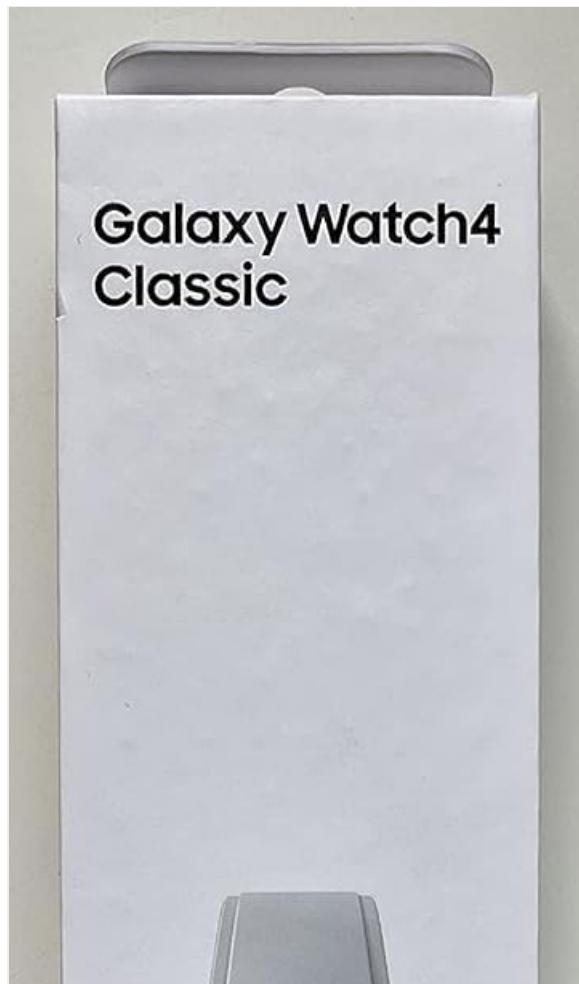




Figure 1: Samsung Galaxy Watch 4 Classic R890 46mm Smartwatch (International Model) in Silver.

Timeless design. Elevated style.



Figure 2: The sleek and timeless design of the Galaxy Watch 4 Classic.

2. SETUP

2.1. What's in the Box

- Samsung Galaxy Watch 4 Classic R890 46mm Smartwatch
- Charging Cable
- Quick Start Guide
- Warranty Card

2.2. Initial Charging

Before first use, fully charge your smartwatch. Connect the charging cable to the watch's charging port and plug the USB end into a compatible power adapter (not included). The watch display will indicate charging status.

2.3. Pairing with Your Smartphone

1. Ensure your smartphone is running Android 6.0 or higher. **Note:** This device is not compatible with iOS for full functionality, especially for ECG monitoring.
2. Download and install the Samsung Wearable app from the Google Play Store.
3. Open the Samsung Wearable app and follow the on-screen instructions to pair your Galaxy Watch 4 Classic.
4. Confirm the pairing code displayed on both your watch and smartphone.

3. OPERATING YOUR SMARTWATCH

3.1. Navigation

- **Touchscreen:** Swipe left/right, up/down to navigate menus and notifications. Tap to select.
- **Rotating Bezel:** Rotate the physical bezel clockwise or counter-clockwise to scroll through widgets and apps.
- **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.

3.2. Basic Functions

- **Calls & Texts:** Answer calls, read and reply to text messages directly from your wrist when connected to your phone.
- **Notifications:** Receive and manage notifications from your paired smartphone.
- **Music Streaming:** Control music playback or stream directly from your watch (requires compatible apps and connectivity).
- **Payments:** Utilize Google Pay for contactless payments.
- **Voice Assistant:** Access Google Assistant or Bixby for voice commands and queries.

The power of Google right on your wrist*



* Google is a trademark of Google LLC.

Figure 3: The Galaxy Watch 4 Classic integrates with Google services for convenient access to navigation and other apps.

4. HEALTH AND FITNESS TRACKING

The Galaxy Watch 4 Classic offers advanced health and fitness tracking features. *Note: The data provided by this device is for informational purposes only and is not intended for medical diagnosis or treatment. Always consult with a qualified healthcare professional for medical advice.*

4.1. Body Composition Analysis

Measure your body fat percentage, skeletal muscle mass, and body water directly from your wrist using Bioelectrical Impedance Analysis (BIA). This feature sends a tiny electrical signal through your body to estimate body composition.

4.2. Heart Rate and ECG Monitoring

- **Heart Rate:** Continuously monitors your heart rate throughout the day.
- **ECG (Electrocardiogram):** Records your heart's electrical activity to detect irregular heart rhythms, including signs of Atrial Fibrillation (AFib). Requires a compatible Samsung Galaxy smartphone for full functionality.

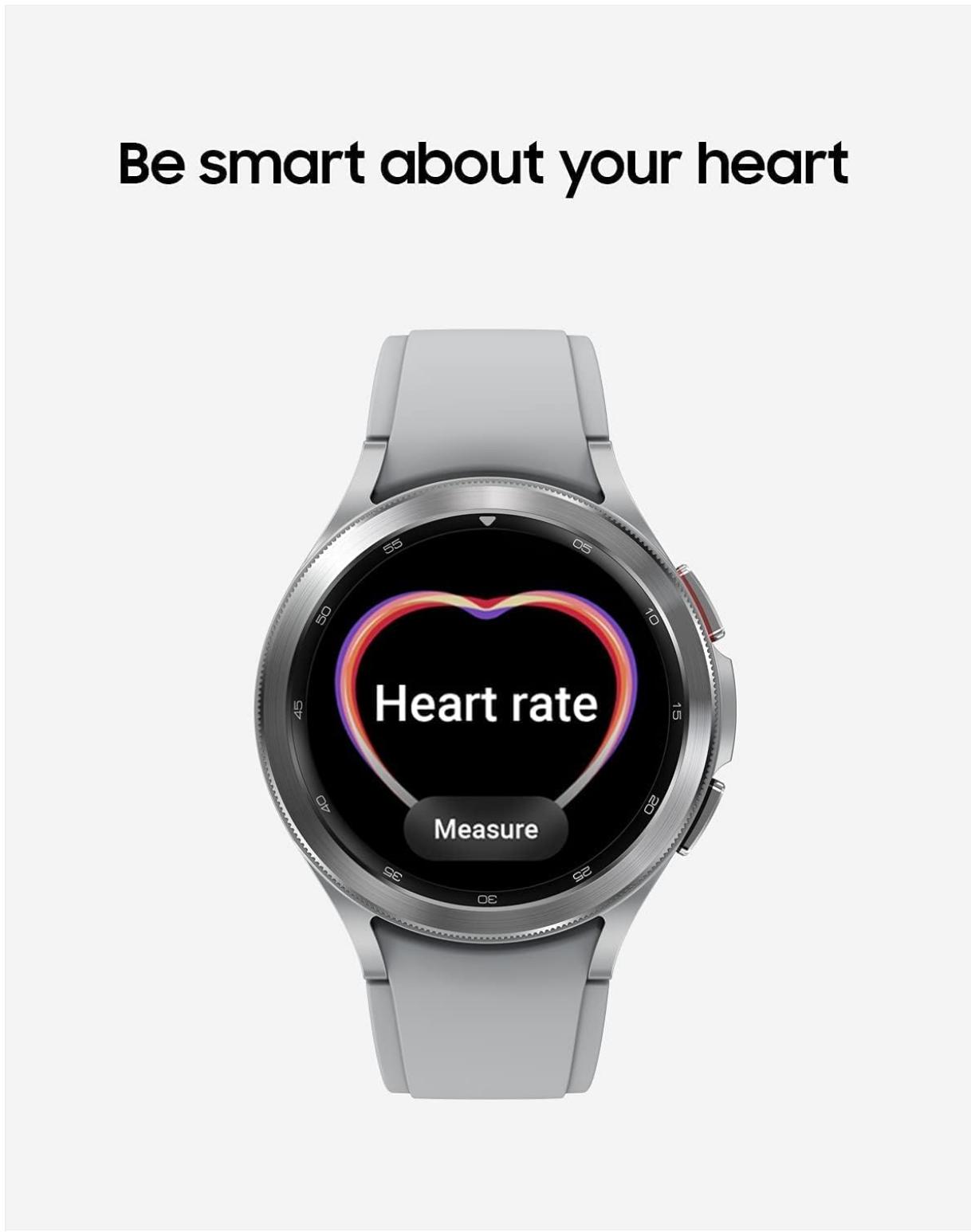


Figure 4: The smartwatch displaying a heart rate measurement prompt.

4.3. Blood Oxygen (SpO2) Monitoring

The watch continuously monitors your blood oxygen levels, providing insights into your overall wellness and sleep quality.

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.



Figure 5: The smartwatch screen showing a blood oxygen saturation of 98% and heart rate of 73 bpm.

4.4. Sleep Tracking

Monitor your sleep patterns, including sleep stages (REM, light, deep), and receive sleep coaching to help improve your sleep habits.

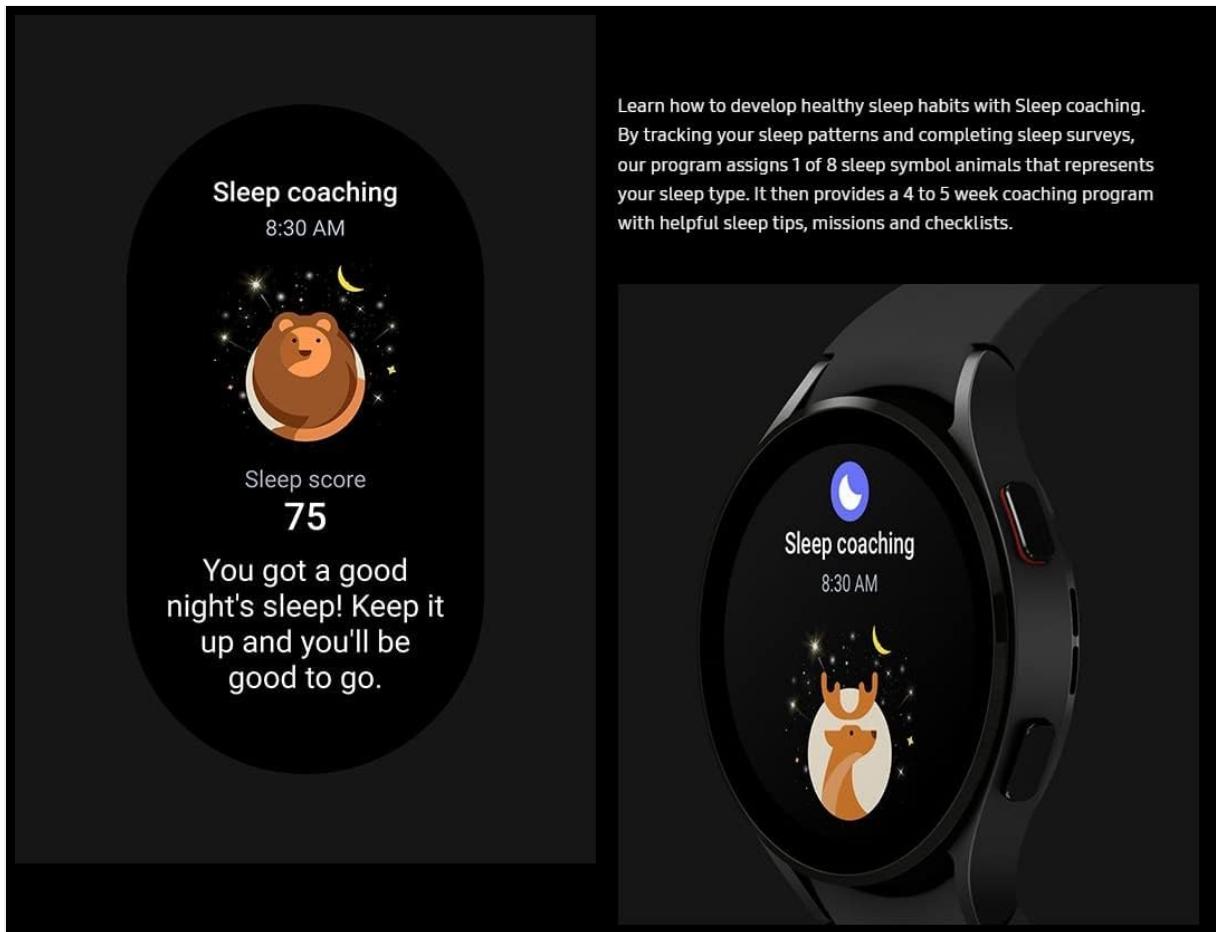


Figure 6: The smartwatch showing a sleep coaching score of 75, indicating good sleep quality.

4.5. Workout Tracking & Coaching

- Automatically tracks common activities like running, walking, and swimming.
- Offers live coaching sessions and group challenges to motivate and guide your workouts.

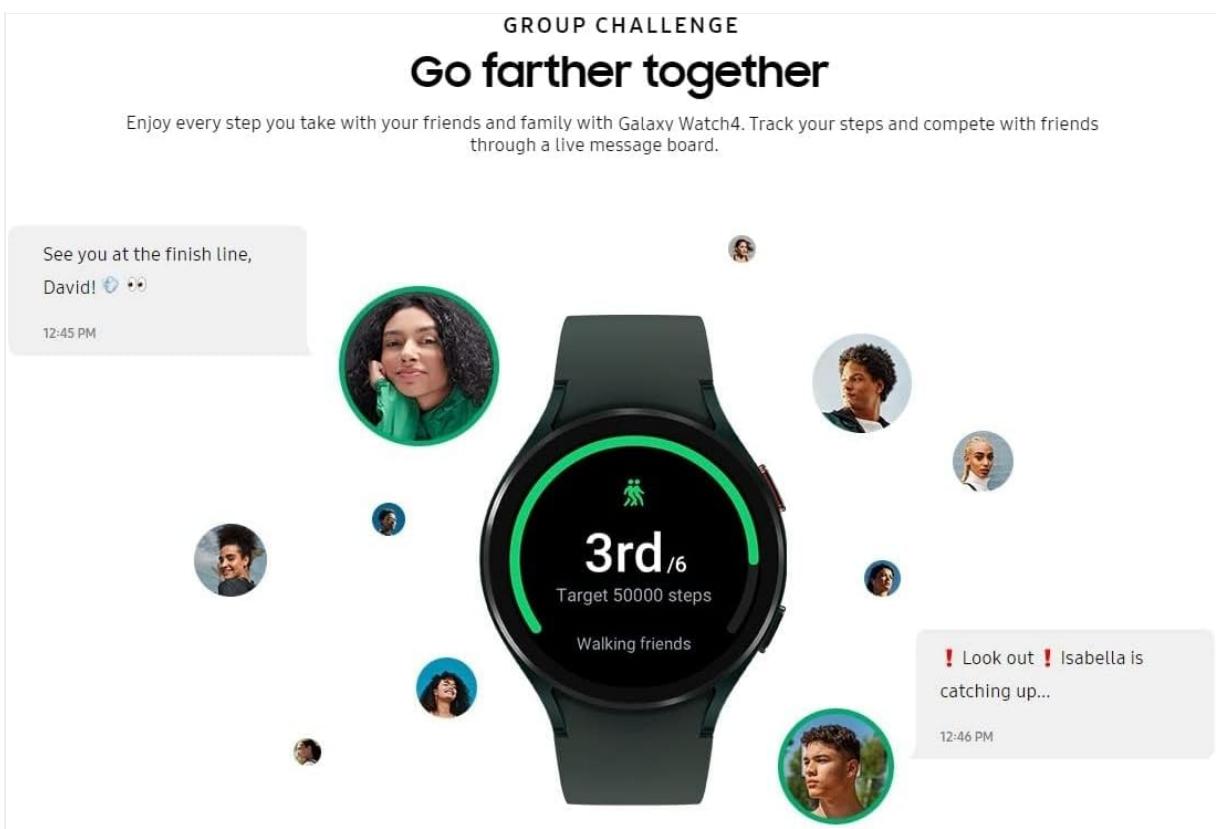
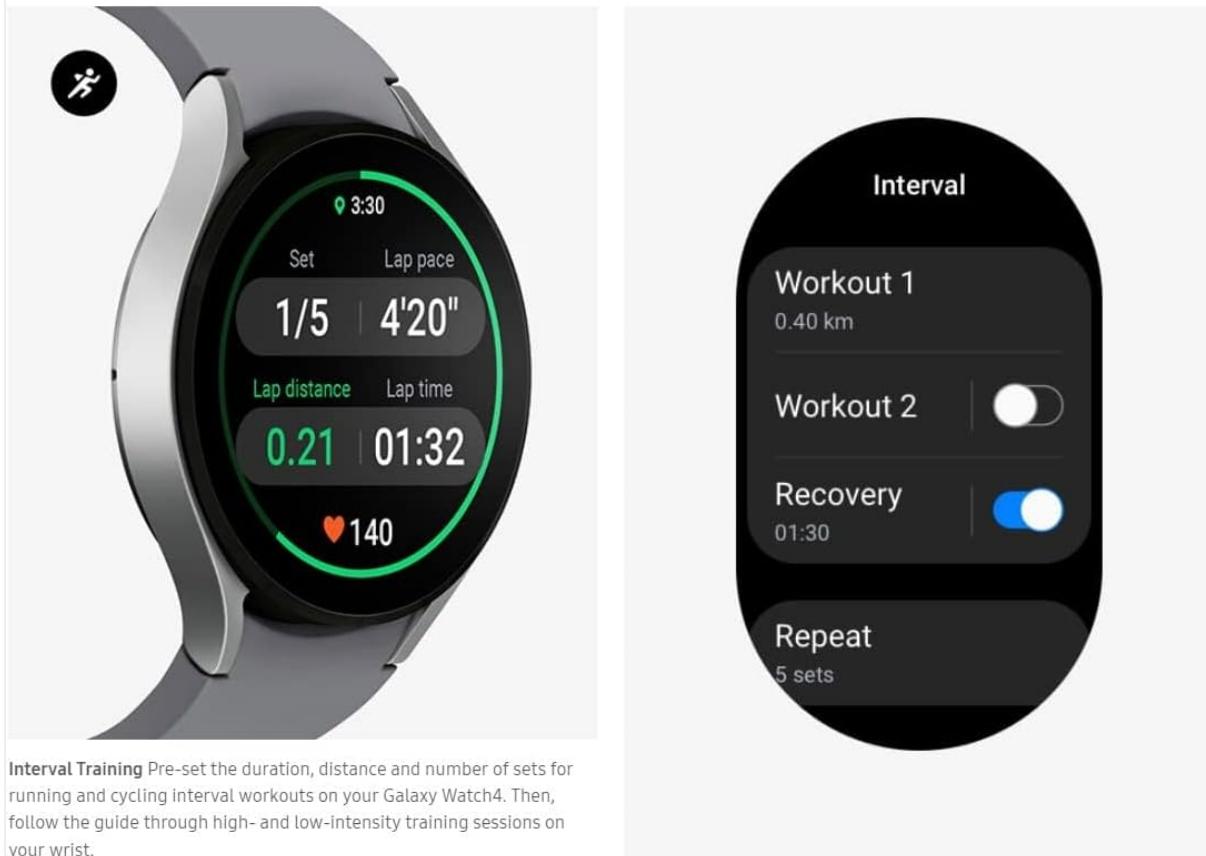


Figure 7: The smartwatch screen showing a group challenge with a target of 50,000 steps.

Advanced insights for runners and cyclists

Measure how your body performs during a workout and check your heart rate level as you recover. With advanced index and interval training available on Galaxy Watch4, you can optimize your workouts and train for new performance goals.



Interval Training Pre-set the duration, distance and number of sets for running and cycling interval workouts on your Galaxy Watch4. Then, follow the guide through high- and low-intensity training sessions on your wrist.

Figure 8: The smartwatch providing advanced insights for running and cycling, including lap pace and workout intervals.

5. MAINTENANCE

5.1. Cleaning Your Smartwatch

Regularly clean your watch and strap to prevent skin irritation and maintain device hygiene. Use a soft, lint-free cloth. For stubborn dirt, slightly dampen the cloth with water. Avoid harsh chemicals or abrasive materials.

5.2. Water Resistance

The Galaxy Watch 4 Classic is IP68 water-resistant, meaning it can withstand submersion in up to 1.5 meters of fresh water for up to 30 minutes. It is also military standard (MIL-STD-810G) compliant for durability. Avoid using it in hot water, saunas, or steam rooms, and do not press buttons underwater.

6. TROUBLESHOOTING

6.1. Battery Drains Quickly

- Reduce screen brightness.
- Turn off Always On Display.
- Disable Wi-Fi or GPS when not needed.

- Limit background app usage and syncing.
- Ensure all apps are updated to their latest versions.

6.2. Connectivity Issues

- Ensure Bluetooth is enabled on both your watch and smartphone.
- Restart both devices.
- Check if the Samsung Wearable app is updated.
- If issues persist, try unpairing and re-pairing the watch.

6.3. Health Feature Accuracy

For best accuracy, ensure the watch is worn snugly on your wrist. Keep the sensors clean. Remember that smartwatch health features are for general wellness and fitness purposes and should not replace professional medical advice.

7. SPECIFICATIONS

Model Number	R890
Dimensions	1.79 x 1.79 x 0.43 inches (46mm)
Item Weight	1.41 ounces (40 Grams)
Screen Size	46 Millimeters
Operating System	Android
RAM	1 GB
Storage	16000 MB
Battery Capacity	361 Milliamp Hours
Connectivity	GPS, Bluetooth
Water Resistance	IP68

8. WARRANTY AND SUPPORT

Your Samsung Galaxy Watch 4 Classic R890 46mm is covered by a manufacturer's warranty. Please refer to the included "Warranty Card" for detailed terms and conditions. For technical support, product registration, or service inquiries, visit the official Samsung support website or contact their customer service.

For additional information and resources, visit the [Samsung Store on Amazon](#).

