

Fitbit FB521GLBM-US

Fitbit Sense 2 Smartwatch User Manual

Model: FB521GLBM-US | Brand: Fitbit

1. OVERVIEW

The Fitbit Sense 2 is an advanced health and fitness smartwatch designed to help users manage stress, improve sleep, and live healthier. It integrates various health monitoring tools and smart features for daily convenience.

Key Features:

- **Stress Management:** All-day stress detection with cEDA, daily Stress Management Score, and mindfulness content.
- **Heart Health:** ECG app for atrial fibrillation assessment, irregular heart rhythm notifications, 24/7 heart rate monitoring.
- **Sleep Quality:** Personalized Sleep Profile, daily sleep stages & Sleep Score, smart wake alarm, and do not disturb mode.
- **Activity Tracking:** Built-in GPS with workout intensity map, Daily Readiness Score, Active Zone Minutes, 40+ exercise modes, and automatic exercise tracking.
- **Water Resistance:** Water resistant up to 50 meters.
- **Smart Connectivity:** On-wrist Bluetooth calls, texts, phone notifications, customizable clock faces, Fitbit Pay, Amazon Alexa built-in, Google Wallet & Maps (Android only for Maps, coming Spring 2023 to iOS).
- **Battery Life:** 6+ day battery life with fast charge capability.
- **Premium Membership:** Includes a 6-month Fitbit Premium membership for new and returning users, offering personalized insights and advanced analytics.

2. SETUP

What's in the Box:

In the box

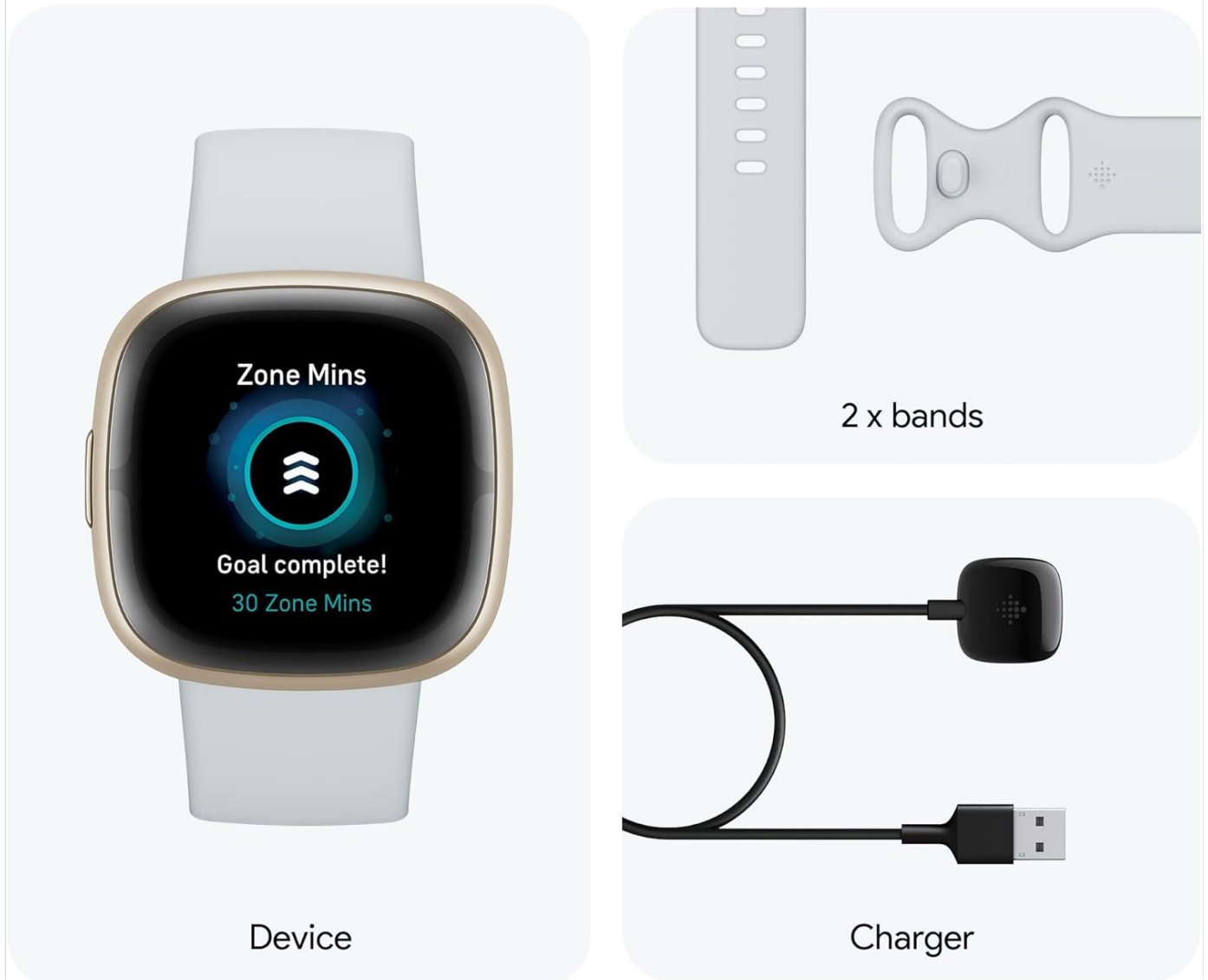


Image: Contents of the Fitbit Sense 2 box, showing the smartwatch device, two sizes of wrist bands, and the charging cable.

- Fitbit Sense 2 Smartwatch
- Small and Large Bands
- Charging Cable

Initial Setup:

1. **Charge Your Device:** Connect the charging cable to the Sense 2 and a USB power source. Ensure the device is fully charged before first use.
2. **Download the Fitbit App:** Install the Fitbit app on your compatible iPhone or Android device from your device's app store.
3. **Create/Log In to Account:** Open the Fitbit app and follow the on-screen instructions to create a new account or log in with an existing one.
4. **Pair Your Smartwatch:** In the Fitbit app, select "Set up a Device" and choose Fitbit Sense 2. Follow the prompts to pair your smartwatch with your phone via Bluetooth.
5. **Complete Setup:** The app will guide you through personalizing settings, setting up notifications, and activating

features like Fitbit Pay and Alexa.


3. OPERATING YOUR SMARTWATCH

Navigating the Device:

The Fitbit Sense 2 features a vibrant touchscreen display and a physical button on the side for navigation. Swipe left/right, up/down to access different apps, stats, and quick settings. Press the side button to return to the clock face or access shortcuts.


Health and Fitness Tracking:

Stress Less



Stress Management Score


This week
Stress mgmt score
25
0 reflections
Heart rate



Stress moments

12:58
19 min Last 2 hr
10:58 11:58 12:58
De-stress

All-day body response tracking for stress



cEDA Scan

EDA Scan
A few minutes of calm
Relax
Guided breathing sessions




Image: The Fitbit Sense 2 displaying stress management features, including a stress management score and all-day body response tracking for stress.

The Sense 2 continuously monitors various health metrics:

- **Stress Detection:** Utilizes cEDA (continuous electrodermal activity) sensor to identify body responses to stress throughout the day. Your daily Stress Management Score provides insights into your body's physical response to

stress.

- **ECG App:** Take on-demand electrocardiogram readings to assess for signs of atrial fibrillation (AFib). (Note: Not intended for use by people under 22 years old. Consult a healthcare professional for medical concerns.)
- **SpO2 Monitoring:** Tracks your blood oxygen saturation levels. (Note: Not intended for medical diagnosis or treatment.)
- **24/7 Heart Rate:** Monitors your heart rate continuously, providing insights into your resting heart rate and heart rate zones during exercise.
- **Sleep Tracking:** Provides detailed analysis of your sleep stages (light, deep, REM) and assigns a Sleep Score. With Fitbit Premium, you can access a personalized Sleep Profile.
- **GPS:** Built-in GPS tracks your pace and distance during outdoor activities without needing your phone.
- **Exercise Modes:** Choose from over 40 exercise modes to track specific workouts and get real-time stats.

Smart Features:

Convenient on-wrist connection



Find my
phone



Text, Phone
& App
Notifications



Amazon
Alexa
built-in

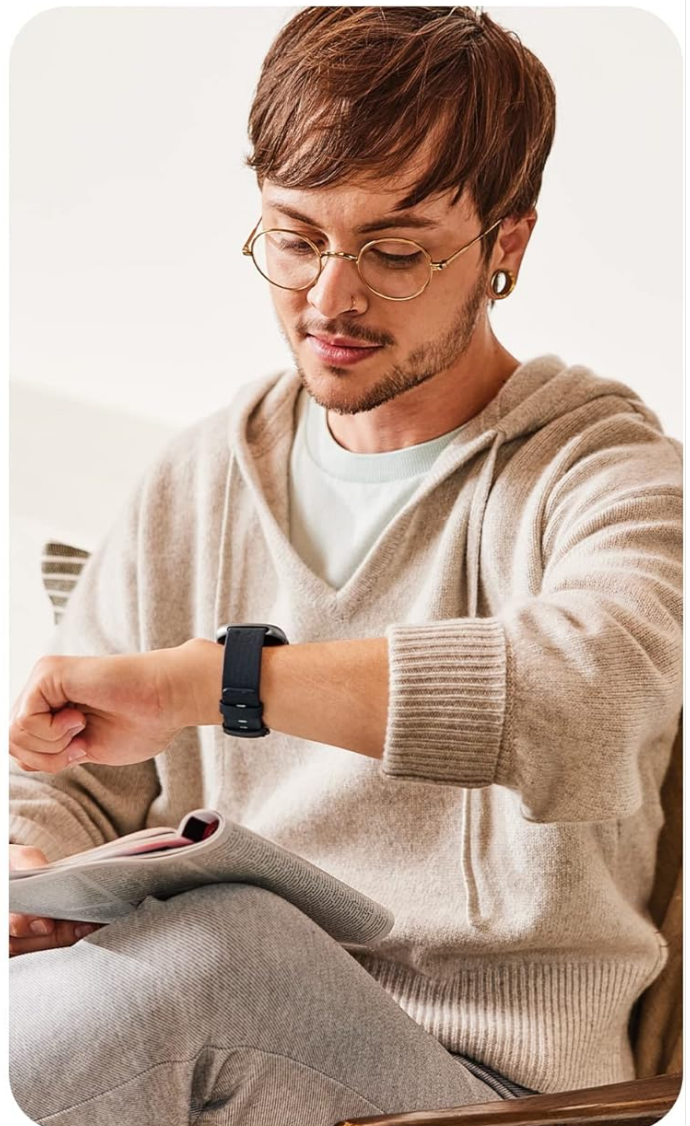


Image: The Fitbit Sense 2 showcasing convenient on-wrist connection features, including incoming call alerts, text message notifications, and Amazon Alexa built-in functionality.

- **Notifications:** Receive call, text, and app notifications directly on your wrist when your phone is nearby.
- **Bluetooth Calls:** Answer calls directly from your wrist.
- **Fitbit Pay:** Make secure payments from your wrist at compatible retailers.
- **Amazon Alexa Built-in:** Use voice commands to check weather, set alarms, control smart home devices, and more.
- **Google Wallet & Maps:** Access Google Wallet for payments and Google Maps for turn-by-turn directions (Google Maps on Android only, coming Spring 2023 to iOS).

Battery Life:



Image: The Fitbit Sense 2 highlighting its 6+ days battery life with fast charge and compatibility with both iOS and Android devices. The Fitbit Sense 2 offers 6+ days of battery life on a single charge, varying with use and other factors. It supports fast charging, providing 24 hours of charge with just 12 minutes of charging.

4. MAINTENANCE

To ensure the longevity and proper functioning of your Fitbit Sense 2, follow these maintenance guidelines:

- **Cleaning:** Regularly clean your smartwatch and band, especially after workouts or prolonged wear. Use a soft, lint-free cloth and mild soap if necessary. Rinse thoroughly and dry completely.
- **Water Resistance:** The Sense 2 is water resistant up to 50 meters, making it suitable for swimming and showering. However, it is not recommended for diving or high-velocity water sports. Always dry your device and band after exposure to water.
- **Avoid Harsh Chemicals:** Do not expose your smartwatch to harsh chemicals, strong detergents, or abrasive cleaners, as these can damage the device and band.
- **Storage:** Store your Sense 2 in a cool, dry place when not in use.

5. TROUBLESHOOTING

If you encounter issues with your Fitbit Sense 2, try the following common troubleshooting steps:

- **Restart Device:** A simple restart can often resolve minor software glitches. Refer to the full user manual for instructions on how to restart your Sense 2.
- **Check Bluetooth Connection:** Ensure Bluetooth is enabled on your phone and the Sense 2 is properly paired. Try unpairing and re-pairing if connection issues persist.
- **Update Firmware:** Make sure your smartwatch's firmware is up to date through the Fitbit app.
- **App Issues:** If the Fitbit app is not syncing or functioning correctly, try force-closing and reopening the app, or reinstalling it.
- **Charging Problems:** Ensure the charging contacts on both the device and cable are clean and free of debris. Try a different USB port or power adapter.

For more detailed troubleshooting and advanced solutions, please refer to the [Official User Manual \(PDF\)](#).

6. SPECIFICATIONS

Feature	Detail
Product Dimensions	1.57 x 0.47 x 1.57 inches; 1.3 ounces
Item Model Number	FB521GLBM-US
Batteries	1 Lithium Ion batteries required (included)
Operating System	iOS (compatible with Android devices via Fitbit app)
Memory Storage Capacity	4 GB
Special Features	Sleep Monitor, Stress Monitor, ECG, Oxymeter (SpO2), Heart Rate Monitor, GPS, Time Display, Notifications, Water Resistant
Battery Capacity	162 Amp Hours
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
GPS	Built-in GPS
Screen Size	1.69 Inches

7. WARRANTY AND SUPPORT

Your Fitbit Sense 2 comes with a standard manufacturer's warranty. For specific warranty terms and conditions, please refer to the documentation included with your product or visit the official Fitbit support website.

Additionally, new and returning Fitbit Premium users receive a 6-month Premium membership with device activation. This membership provides personalized insights, advanced analytics, and exclusive content to enhance your health and fitness journey.

For comprehensive support, FAQs, and detailed instructions, download the full [Fitbit Sense 2 User Manual \(PDF\)](#).

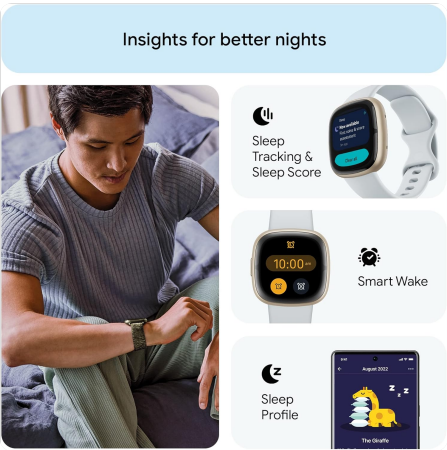
8. PRODUCT IMAGES



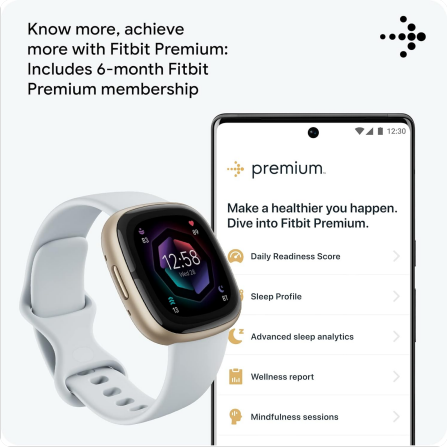
The Fitbit Sense 2 Smartwatch in Blue Mist/Pale Gold color, showcasing its sleek design and vibrant display.



The Sense 2's health tracking capabilities, including ECG and SpO2 monitoring, displayed alongside a user meditating.



Insights for better nights: The Sense 2 tracks sleep patterns and provides a Sleep Score, with a personalized Sleep Profile available via Premium.




An overview of Fitbit Premium benefits, including Daily Readiness Score, Sleep Profile, and advanced sleep analytics.






9. PRODUCT VIDEOS

No official seller videos are available for embedding at this time.



Related Documents - FB521GLBM-US

<div><p>Instructions d'utilisation de l'application Fitbit ECG Version A7 © 2023 Fitbit Inc.</p></div>	<div><p>Fitbit ECG App: User Instructions and Health Information</p><p>Comprehensive user guide for the Fitbit ECG app, detailing installation, usage, interpreting results, troubleshooting, and information on atrial fibrillation. Compatible with Fitbit wearables and Google Pixel Watch.</p></div>
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 <p>fitbit charge 5</p> <p>User Manual Version 1.0</p>	<p>Fitbit Charge 5 User Manual - Setup, Features, and Troubleshooting</p> <p>Explore the Fitbit Charge 5 User Manual for detailed guidance on setup, features, and troubleshooting. Learn about health tracking, GPS, stress management, sleep monitoring, and Fitbit Pay for this advanced fitness tracker.</p>
 <p>fitbit by Google</p> <p>Instrucțiuni de utilizare pentru aplicația Fitbit ECG Versiunea 4.7 septembrie 2023</p>	<p>Instrucțiuni de utilizare pentru aplicația Fitbit ECG</p> <p>Ghid complet pentru aplicația Fitbit ECG: instalare, utilizare, interpretarea rezultatelor ritmului cardiac, detectarea fibrilației atriale și depanare. Informații despre sănătatea inimii și sfaturi medicale.</p>
 <p>fitbit by Google</p> <p>Fitbit ECG App Instructions for Use Version AR septembrie 2023</p>	<p>Fitbit ECG App Instructions for Use: Guide to Atrial Fibrillation Detection</p> <p>Comprehensive instructions for the Fitbit ECG app, guiding users on how to perform ECG readings, interpret results for atrial fibrillation (AFib) and sinus rhythm, and understand potential causes and self-care. Includes information on device compatibility (Fitbit Charge 5, Sense, Sense 2, Google Pixel Watch), warnings, troubleshooting, and clinical study details.</p>
 <p>fitbit sense</p> <p>User Manual Version 1.13</p>	<p>Fitbit Sense User Manual: Your Guide to Advanced Health Tracking</p> <p>Explore the Fitbit Sense user manual for comprehensive instructions on setting up, wearing, and utilizing your advanced smartwatch. Learn about heart health, stress management, skin temperature trends, and more.</p>
 <p>fitbit sense 2</p> <p>User Manual Version 2.0</p>	<p>Fitbit Sense 2 User Manual</p> <p>User manual for the Fitbit Sense 2 smartwatch, covering setup, features, and troubleshooting.</p>