

Fitbit 6514032

Fitbit Versa 4 Fitness Smartwatch User Manual

Your guide to setting up, operating, and maintaining your Fitbit Versa 4.

1. SETUP GUIDE

This section will guide you through the initial setup of your Fitbit Versa 4 smartwatch.

1.1 What's in the Box

Your Fitbit Versa 4 package includes the following items:

- Fitbit Versa 4 Fitness Smartwatch
- Small (S) and Large (L) Bands
- Charging Cable



6+ days
battery life
with fast charge



iOS and Android™
compatible

Figure 1: Contents of the Fitbit Versa 4 box, including the smartwatch, two band sizes, and a charger.

1.2 Initial Charging

Before first use, fully charge your Versa 4. Connect the charging cable to a USB power source and attach the magnetic end to the back of your smartwatch. The watch features a 6+ day battery life with fast charge capability.

1.3 App Installation and Pairing

Download the Fitbit app on your compatible iPhone or Android device. Follow the on-screen instructions within the app to pair your Versa 4. Ensure Bluetooth is enabled on your smartphone.



Figure 2: Fitbit Versa 4 Smartwatch with black band.

2. OPERATING YOUR VERSA 4

The Fitbit Versa 4 offers a wide range of features to help you monitor your health and fitness.

2.1 Daily Readiness Score

The Daily Readiness Score, available with a Fitbit Premium membership, helps you understand when your body is ready for a challenging workout or needs a recovery day. It provides personalized recommendations based on your body's insights.

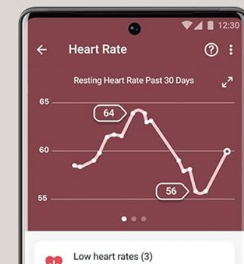
Keep track of your health



24/7
heart rate



Resting heart
rate & heart
rate variability



Health Metrics
including SpO2 &
Skin Temperature

Figure 3: Screenshot of the Daily Readiness Score on the Fitbit app, showing a score of 90 and excellent readiness.

2.2 Exercise Modes and Built-in GPS

Track over 40 exercise modes directly from your wrist. The built-in GPS allows you to see real-time pace and distance during outdoor workouts without needing your phone nearby.

Sweat the smart way

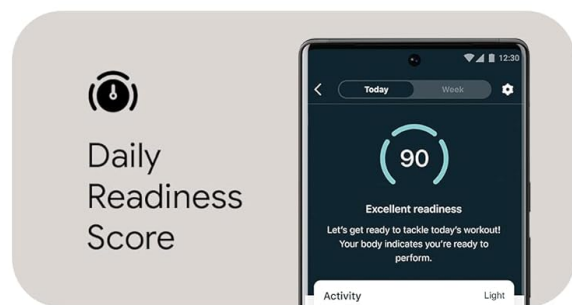


Figure 4: Fitbit Versa 4 displaying various exercise modes like Golf, Hike, and Interval Workout.

2.3 Sleep Tracking and Score

Monitor your sleep quality with personalized Sleep Profile, daily sleep stages, and Sleep Score. Utilize the smart wake alarm and do not disturb mode for improved rest.

Insights for better nights

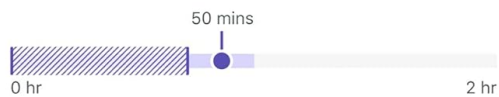
Monthly Sleep Analysis

[Learn more](#)

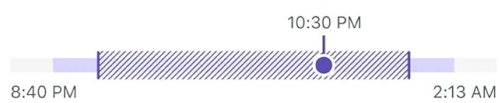
Compared to other Fitbit users

■ You ■ Typical range ▨ Ideal range

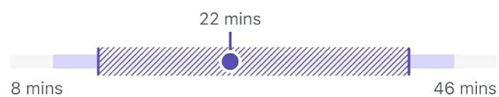
Sleep schedule variability



Sleep start time



Time before sound sleep



Sleep duration



Deep sleep



Sleep
Tracking &
Sleep score



Smart Wake



Sleep
Profile



Figure 5: Fitbit app showing detailed sleep analysis, including sleep schedule variability, start time, duration, and deep sleep.

2.4 Health Metrics

The Versa 4 tracks essential health metrics including 24/7 heart rate, SpO2 (blood oxygen saturation), and skin temperature. Access your health metrics dashboard for a comprehensive overview of your well-being.

Know more, achieve more with Fitbit Premium:
Includes 6-month Fitbit Premium membership

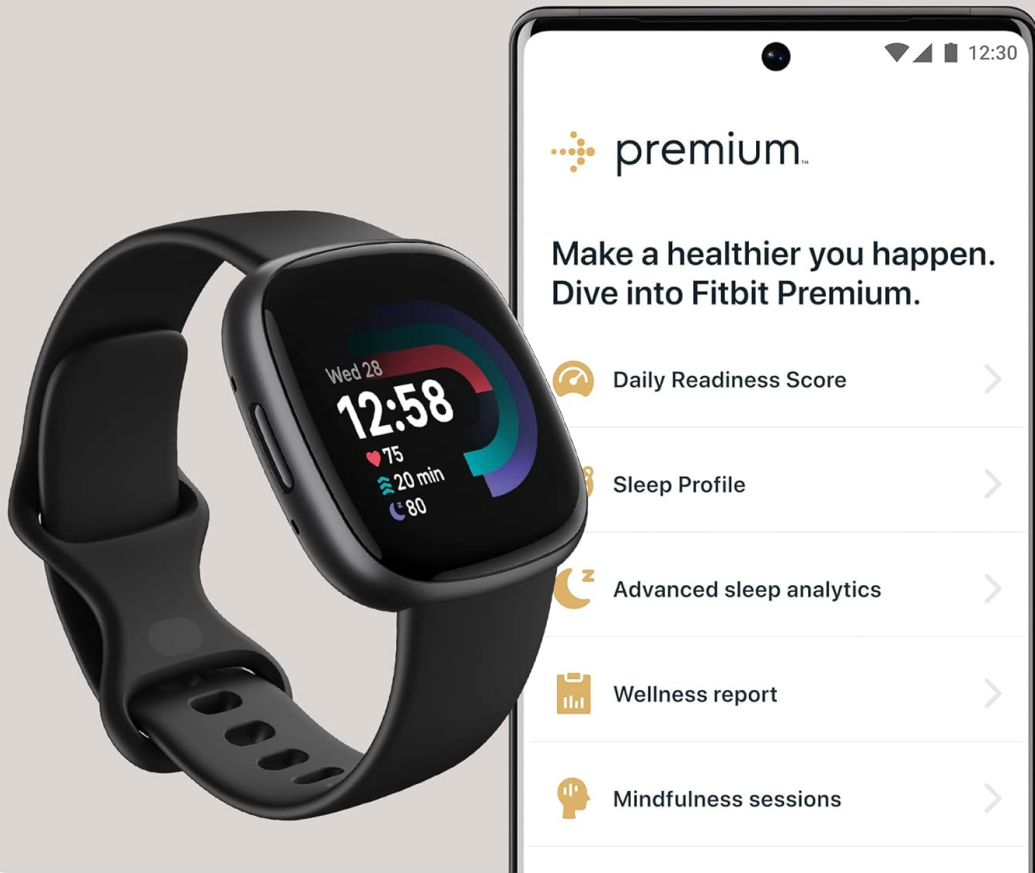


Figure 6: Fitbit app displaying health metrics, including 24/7 heart rate, resting heart rate, and SpO2 (Oxygen Saturation) at 95%.

2.5 Smart Features

Stay connected with on-wrist Bluetooth calls, texts, and phone notifications when your phone is nearby. Utilize Fitbit Pay for contactless payments and Amazon Alexa built-in for voice commands. Google Wallet & Maps are also supported (Google Maps Android only, coming Spring 2023 to iOS).

3. MAINTENANCE AND CARE

Proper care ensures the longevity and optimal performance of your Fitbit Versa 4.

3.1 Cleaning Your Smartwatch

Regularly clean your Versa 4 and its bands to prevent skin irritation and maintain device functionality. Use a soft, lint-free cloth with mild soap and water. Avoid harsh chemicals or abrasive cleaners.

3.2 Water Resistance

The Fitbit Versa 4 is water resistant up to 50 meters, making it suitable for swimming and showering. However, it is recommended to dry the device and band after getting them wet to ensure comfort and

prevent skin irritation.

3.3 Battery Care

To maximize battery life, avoid exposing your device to extreme temperatures. Recharge your device when the battery is low, utilizing the fast charge feature for quick power-ups.

4. TROUBLESHOOTING COMMON ISSUES

If you encounter issues with your Fitbit Versa 4, try the following solutions:

4.1 Syncing Problems

If your Versa 4 is not syncing with the Fitbit app, ensure your phone's Bluetooth is on and the app is up to date. Some users have reported that updating the Fitbit app to the latest version (e.g., 4.06.7 or newer) resolves sync issues.

4.2 Charging Issues

If your device is not charging, ensure the magnetic charging square is properly connected to the back of the watch and the charging brick is functional. Try using a different USB port or power adapter.

4.3 General Performance Issues

For minor glitches or unresponsiveness, try restarting your Fitbit Versa 4. Consult the official Fitbit support website for more detailed troubleshooting steps.

5. PRODUCT SPECIFICATIONS

Feature	Detail
Brand	Fitbit
Model Number	6514032
Product Dimensions	1.57 x 0.43 x 1.57 inches
Item Weight	6.3 ounces
Battery Life	6+ days (Up to 12 hours with continuous GPS)
Water Resistance	Up to 50 meters
Connectivity	Bluetooth, Built-in GPS
Display	Touchscreen, 1.58 Inches

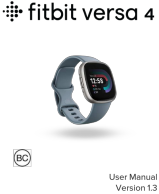



Operating System	iOS, Android compatible
Special Features	Activity Tracker, Heart Rate Monitor, Sleep Monitor, Daily Workout Memory, Alarm Clock, Text Messaging, Phone Call, Amazon Alexa built-in, Google Wallet & Maps




6. WARRANTY AND SUPPORT

Your Fitbit Versa 4 includes a 6-month Fitbit Premium membership for new and returning Premium users. This membership offers personalized insights, advanced analytics, and guided programs. For detailed warranty information or further assistance, please refer to the official Fitbit support channels or the comprehensive [User Manual \(PDF\)](#).

Note: No official seller videos were available for embedding in this manual.

Related Documents - 6514032

 <p>fitbit versa 4</p> <p>User Manual Version 1.3</p>	<p>Fitbit Versa 4 User Manual</p> <p>Comprehensive user manual for the Fitbit Versa 4, covering setup, features, activity tracking, health metrics, and troubleshooting.</p>
 <p>fitbit charge 5</p> <p>User Manual Version 1.0</p>	<p>Fitbit Charge 5 User Manual: Get Started and Features</p> <p>Comprehensive user manual for the Fitbit Charge 5, covering setup, usage, features, troubleshooting, and specifications. Learn how to track activity, manage notifications, use Fitbit Pay, and more.</p>
 <p>fitbit charge 4</p> <p>User Manual Version 1.2</p>	<p>Fitbit Charge 4 User Manual: Features, Setup, and Guide</p> <p>Comprehensive user manual for the Fitbit Charge 4 fitness tracker, covering setup, features like GPS and heart rate monitoring, app integration, and safety information.</p>
 <p>First Steps for Fitbit Charge 2</p>	<p>Fitbit Charge 2: First Steps and Features Guide</p> <p>Get started with your Fitbit Charge 2. This guide covers essential features like activity tracking, sleep monitoring, heart rate, exercise modes, notifications, and device care.</p>

<p>fitbit charge 6 Lietotāja vadlīnijas</p> 	<p>Fitbit Charge 6 User Guide</p> <p>Comprehensive user guide for the Fitbit Charge 6, covering setup, features, troubleshooting, and more. Learn how to track your activity, monitor your sleep, manage notifications, and utilize advanced features like Google Maps and YouTube Music.</p>
<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>