

Fitbit Sense 2

Fitbit Sense 2 Smartwatch User Manual

Advanced Health and Fitness Smartwatch

1. PRODUCT OVERVIEW

The Fitbit Sense 2 is an advanced health and fitness smartwatch designed to help you manage stress, sleep better, and live healthier. It integrates various sensors and smart features to provide a holistic view of your well-being.



Figure 1.1: Fitbit Sense 2 Smartwatch (Lunar White/Platinum)

Key Features:

- **Stress Management:** All-day stress detection with cEDA and daily Stress Management Score.
- **Health Tracking:** ECG app for atrial fibrillation assessment, irregular heart rhythm notifications, SpO2 monitoring, and a comprehensive health metrics dashboard.
- **Sleep Monitoring:** Personalized Sleep Profile, daily sleep stages & Sleep Score, smart wake alarm, and do not disturb mode.
- **Activity & Fitness:** Built-in GPS with workout intensity map, Daily Readiness Score, Active Zone Minutes, 24/7 heart rate tracking, 40+ exercise modes, and automatic exercise tracking.
- **Smart Features:** On-wrist Bluetooth calls, texts, and phone notifications, customizable clock faces, Fitbit Pay, Amazon Alexa built-in, Google Wallet & Maps (Google Maps on Android only, coming Spring 2023 to iOS).
- **Battery Life:** 6+ day battery life with fast charge capability.

2. SETUP

2.1 Unboxing and Initial Charge

Upon unboxing your Fitbit Sense 2, it is recommended to fully charge the device before first use. The Sense 2 comes with a fast-charging capability, providing significant power in a short time.

In the box

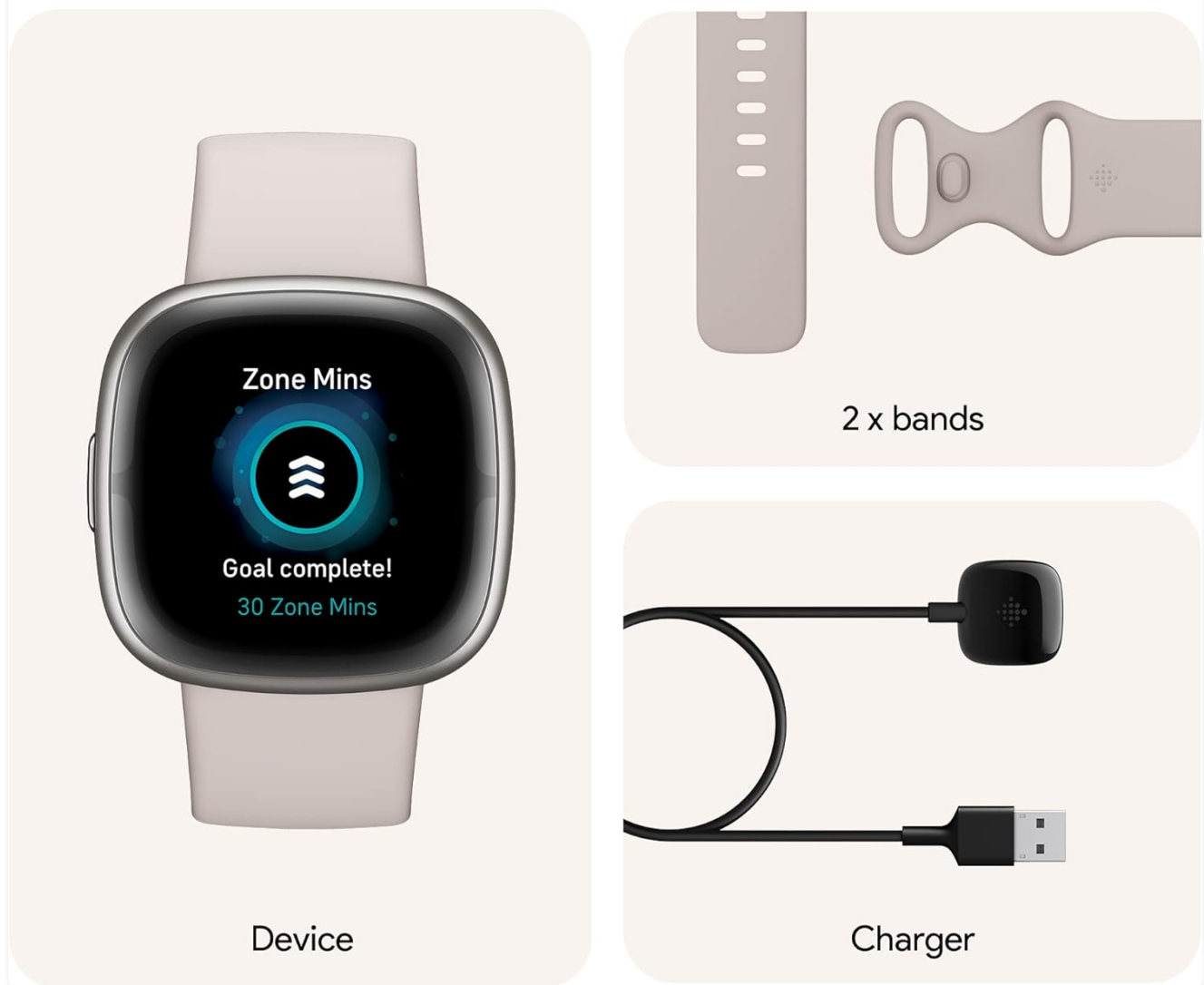


Figure 2.1: What's in the Box (Device, Bands, Charger)

2.2 Attaching the Bands

The Fitbit Sense 2 includes both small and large bands. To attach a band, slide the pin into the watch's lug until it clicks into place. Ensure both ends of the band are securely fastened.

2.3 Pairing with the Fitbit App

To unlock the full functionality of your Sense 2, you must pair it with the Fitbit mobile app on your compatible iPhone or Android device. Download the Fitbit app from your device's app store, create an account or log in, and follow the

on-screen instructions to add your new Sense 2.

3. OPERATING YOUR SMARTWATCH

3.1 Navigating the Interface

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

3.2 Health and Fitness Tracking

Your Sense 2 continuously tracks various health and fitness metrics:

- **Steps & Activity:** Monitor your daily step count, distance, and active minutes.
- **Heart Rate:** 24/7 heart rate tracking provides insights into your resting heart rate and heart rate zones during exercise.
- **Sleep:** Automatically tracks your sleep stages (Light, Deep, REM) and provides a Sleep Score. Access your personalized Sleep Profile in the Fitbit app.
- **Stress:** Utilizes cEDA sensor for all-day stress detection and provides a daily Stress Management Score.
- **ECG App:** Take on-demand electrocardiogram readings for atrial fibrillation assessment.
- **SpO2:** Measures your blood oxygen saturation levels.

Stress Less



Stress
Management
Score



All-day body
response tracking
for stress



cEDA
Scan



Figure 3.1: Stress Management Features

Keep track of your health

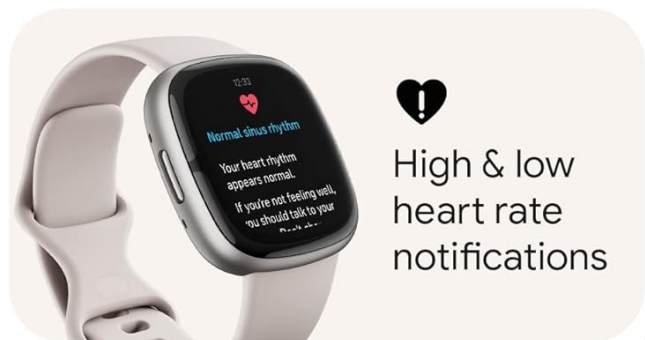


Figure 3.2: Health Tracking Features

Insights for better nights



Sleep
Tracking &
Sleep Score



Smart Wake



Sleep
Profile



Figure 3.3: Sleep Tracking Features

3.3 Smart Features and Connectivity

The Sense 2 keeps you connected and informed:

- **Notifications:** Receive call, text, and app notifications directly on your wrist when your phone is nearby.
- **Bluetooth Calls:** Answer calls directly from your wrist.
- **Amazon Alexa:** Use built-in Alexa for quick voice commands and information.
- **Google Wallet & Maps:** Access Google Wallet for contactless payments and Google Maps for navigation (Maps on Android only, coming Spring 2023 to iOS).
- **Find My Phone:** Use your Sense 2 to locate your misplaced smartphone.

Convenient on-wrist connection



Find my
phone



Text, Phone
& App
Notifications



Amazon
Alexa
built-in

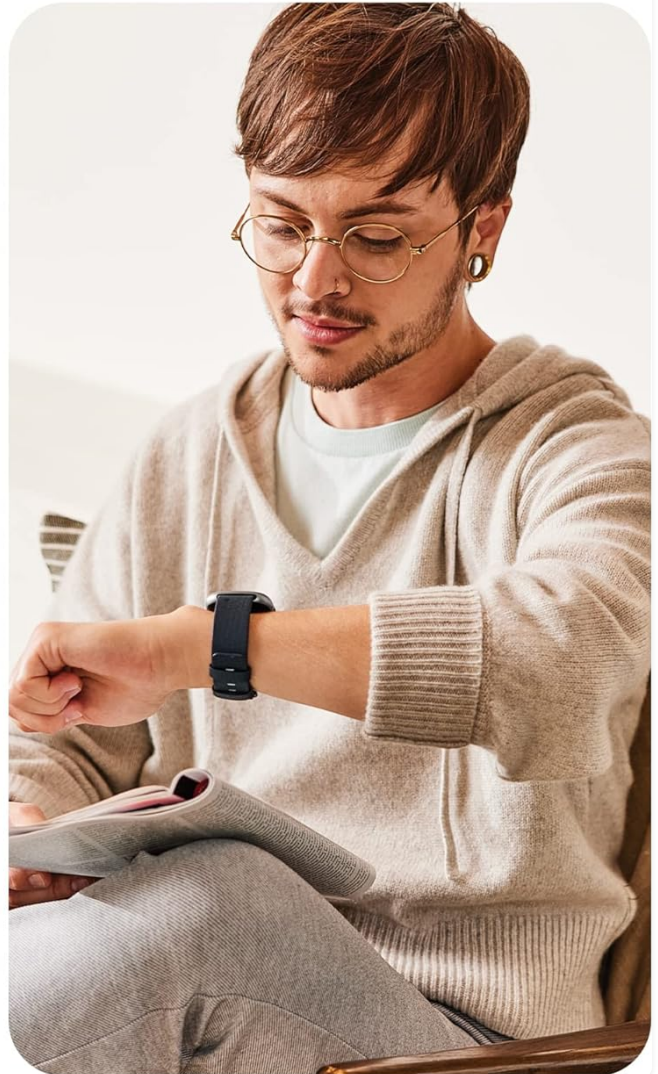


Figure 3.4: Convenient On-Wrist Connection

4. MAINTENANCE

4.1 Charging Your Device

To charge your Fitbit Sense 2, connect the charging cable to a USB power source and align the magnetic charger with the charging pins on the back of your watch. A full charge can last for 6+ days, depending on usage.

4.2 Cleaning and Care

Regularly clean your Sense 2, especially the charging pins and sensors on the back, to ensure optimal performance and prevent issues caused by sweat or dirt buildup. Use a soft, lint-free cloth. The device is water-resistant up to 50 meters, making it suitable for swimming, but it should be dried thoroughly after exposure to water.

5. TROUBLESHOOTING

5.1 Common Issues and Solutions

- **Charging Problems:** If your Sense 2 is not charging, ensure the charging pins are clean and free of debris. Try repositioning the watch on the charger to ensure a secure connection.
- **Syncing Issues:** If the watch is not syncing with the Fitbit app, ensure Bluetooth is enabled on your phone and the app is open. Try restarting both your watch and your phone.
- **Heart Rate Monitor Inaccuracy:** For users with tattoos, especially in areas where the watch is worn, the heart rate monitor may not function accurately due to interference with the optical sensors. Try wearing the watch on the other wrist or adjusting its position.
- **Notifications Not Appearing:** Check your phone's notification settings for the Fitbit app and ensure all necessary permissions are granted. Verify that 'Do Not Disturb' mode is not active on your watch.

6. SPECIFICATIONS

Feature	Detail
Product Dimensions	1.57 x 0.47 x 1.57 inches
Weight	7 ounces
Model Number	Sense 2
Batteries	1 Lithium Ion battery (included)
Operating System	iOS / Android compatible
Memory Storage Capacity	6 GB
Connectivity Technology	GPS, Bluetooth
Water Resistance	50 meters
Manufacturer	Fitbit Inc

7. WARRANTY AND SUPPORT

7.1 Warranty Information



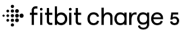


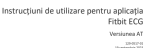




For detailed warranty information regarding your Fitbit Sense 2, please refer to the official Fitbit website or the warranty card included with your product. Standard warranty typically covers manufacturing defects for a specified period from the date of purchase.

7.2 Customer Support

If you encounter any issues not covered in this manual or require further assistance, please contact Fitbit Customer

Support. You can find contact information and additional resources, including the full User Manual (PDF), on the official Fitbit support website: [Fitbit Sense 2 User Manual \(PDF\)](#)

Related Documents - Sense 2

 	<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>
 	<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>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 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 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>

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User Manual
Version 2.0

[Fitbit Sense 2 User Manual](#)

User manual for the Fitbit Sense 2 smartwatch, covering setup, features, and troubleshooting.