

Fitbit Versa 4

Fitbit Versa 4 Smartwatch User Manual

Model: Versa 4 (FB523SRAG)



1. PRODUCT OVERVIEW

The Fitbit Versa 4 is a fitness smartwatch designed to help you track your health and fitness goals. It features integrated GPS, continuous heart rate monitoring, and a long battery life, compatible with both iOS and Android devices.



Image 1.1: Front view of the Fitbit Versa 4 Smartwatch, showing the display with current time and activity metrics.

Key Features:

- 6+ days battery life with rapid charging.
- Integrated GPS for tracking outdoor activities.
- Continuous heart rate monitoring with PurePulse 2.0.
- 40+ exercise modes and automatic activity tracking.
- Sleep tracking with personalized profile, stages, and score.
- Stress management tools and daily stress score.
- SpO2 (blood oxygen saturation) monitoring.
- Smart notifications for calls, texts, and app alerts.
- Google Maps for turn-by-turn navigation on your wrist.
- Google Wallet for contactless payments.
- Built-in microphone and speaker for Bluetooth calls.

- Water resistant up to 50 meters.

2. SETUP

2.1 What's in the Box

- Fitbit Versa 4 Smartwatch
- Classic bands (one small, one large)
- Charging cable



Image 2.1: The Fitbit Versa 4 package contents, including the device, two band sizes, and the charging cable.

2.2 Charging Your Device

1. Connect the charging cable to a USB power source (e.g., computer USB port, USB wall adapter).
2. Align the charger's pins with the corresponding contacts on the back of your Versa 4. The charger is magnetic and will snap into place.
3. A battery icon will appear on the screen to indicate charging.

The Versa 4 supports rapid charging, providing approximately 24 hours of battery life with just 12 minutes of charging. A full charge typically takes about 2 hours.

2.3 Installing the Fitbit App and Pairing

1. Download the Fitbit app from the Apple App Store (for iOS devices) or Google Play Store (for Android devices).
2. Open the Fitbit app and follow the on-screen instructions to create an account or log in to an existing one.
3. Tap your profile picture in the Fitbit app, then select 'Set Up a Device'. Choose Versa 4 from the list.
4. Follow the app's instructions to pair your Versa 4 with your smartphone via Bluetooth. Ensure your phone's Bluetooth is enabled.
5. The app will guide you through the remaining setup steps, including connecting to Wi-Fi (if applicable) and updating firmware.

The Fitbit Versa 4 is compatible with iOS 15 or higher and Android OS 9.0 or higher.

3. OPERATING YOUR VERSA 4

3.1 Navigation

- **Touchscreen:** Swipe left, right, up, or down to navigate through menus, widgets, and notifications. Tap to select items.
- **Physical Button:** Press the button on the left side to return to the clock face or access the app menu.
- **Quick Settings:** Swipe down from the clock face to access quick settings like Do Not Disturb, Sleep Mode, and screen brightness.
- **Notifications:** Swipe up from the clock face to view recent notifications.

3.2 Fitness Tracking

The Versa 4 offers comprehensive fitness tracking capabilities:

- **Continuous Heart Rate:** Monitors your heart rate throughout the day and during workouts.
- **Integrated GPS:** Tracks your pace and distance during outdoor activities without needing your phone.
- **Active Zone Minutes:** Earn credit for time spent in fat burn, cardio, or peak heart rate zones.
- **40+ Exercise Modes:** Select specific modes for various activities like running, swimming, yoga, and more to get real-time stats.
- **Daily Recovery Score:** (Requires Fitbit Premium) Provides a personalized score indicating your body's readiness for exercise.

Allenati in modo smart



GPS
integrato



40+ modalità
di allenamento



Livello di
Recupero
Giornaliero



Image 3.1: Overview of fitness tracking features, including GPS, multiple workout modes, and daily recovery.

3.3 Health and Wellness Monitoring

Monitor various aspects of your health with the Versa 4:

- **Sleep Tracking:** Records your sleep stages (light, deep, REM), provides a sleep score, and offers a personalized sleep profile. Smart Wake gently wakes you during an optimal sleep stage.
- **Stress Management:** Daily stress management score helps you understand your body's response to stress. Access guided breathing and mindfulness sessions.
- **SpO2 Monitoring:** Measures your blood oxygen saturation, typically overnight, to help identify potential changes in your well-being.
- **Health Metrics Dashboard:** Track trends in breathing rate, heart rate variability, skin temperature, and resting heart rate in the Fitbit app.
- **Menstrual Cycle Tracking:** Log periods, record symptoms, and estimate fertile windows.

Strumenti per dormire meglio

Analisi mensile del sonno

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Rispetto ad altri utenti Fitbit

● Tu ● Intervallo tipico ● Intervallo ideale

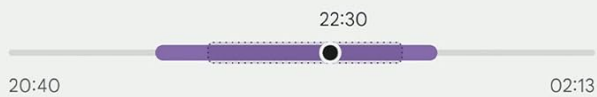
Variabilità del piano del sonno

Questo valore indica la variazione del tuo andamento del sonno da un giorno all'altro. Il ritmo circadiano ha un ruolo fondamentale [vedi altro...](#)



Ora di inizio sonno

Questa metrica registra l'ora in cui solitamente vai a dormire. Sebbene alcune persone preferiscano andare a dormire prima e altre...



Tempo prima del sonno profondo

Questa metrica registra il tempo solitamente necessario per addormentarti profondamente. Addormentarsi



Monitoraggio
e punteggio
del sonno



Sveglia
intelligente



Profilo
di sonno

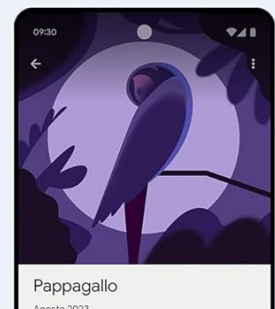


Image 3.2: Sleep tracking features, including analysis, scoring, smart alarms, and sleep profiles.

Tieni traccia del tuo benessere



Image 3.3: Wellness tracking features, including continuous heart rate, heart rate variability, and SpO2 monitoring.

3.4 Smart Features

The Versa 4 keeps you connected and convenient:

- **Notifications:** Receive alerts for calls, text messages, calendar events, and apps like Gmail and WhatsApp directly on your wrist.
- **Google Maps:** Get turn-by-turn directions on your wrist when your phone is nearby.
- **Google Wallet:** Make contactless payments directly from your wrist using NFC.
- **Voice Assistant:** Use the integrated Alexa to get news, weather, set alarms, control smart home devices, and more.
- **Bluetooth Calls:** Use the built-in microphone and speaker to take calls hands-free, redirect to voicemail, and adjust volume.
- **Find My Phone:** If you misplace your phone, use this feature on your Versa 4 to make it ring and vibrate.
- **Quick Replies:** (Android only) Respond to messages with pre-set quick replies or voice dictation.

Tutto a portata di polso



Google
Maps



Notifiche di
messaggi,
chiamate e app



Pagamenti
al polso



Image 3.4: Smart features including Google Maps, notifications, and Google Wallet.

3.5 Battery Life and Charging

The Versa 4 offers 6+ days of battery life, depending on usage. Features like always-on display and frequent GPS use will reduce battery life. For rapid charging, 12 minutes of charge provides approximately 24 hours of use.



6+ giorni di
autonomia con
ricarica rapida



Compatibile con
iOS e Android™

Image 3.5: Battery life and compatibility highlights of the Versa 4.

4. MAINTENANCE

4.1 Cleaning Your Versa 4

- Regularly clean your watch and band to prevent skin irritation and maintain device functionality.
- Wipe the device and band with a soft, lint-free cloth. If necessary, dampen the cloth with water.
- Do not use soaps, sanitizers, or abrasive cleaners, as these can damage the device or cause skin irritation.
- After cleaning or sweating, ensure the device and your wrist are completely dry before wearing.

4.2 Water Resistance

The Fitbit Versa 4 is water resistant up to 50 meters (5 ATM). This means it is suitable for swimming and showering. However, it is not recommended for use in hot tubs, saunas, or steam rooms, as extreme temperatures can damage the device.

4.3 Band Care

The Versa 4 comes with classic silicone bands. Ensure the band is not too tight or too loose for optimal heart rate tracking and comfort. If you use other band materials (e.g., vegan leather, Horween leather, sport bands), follow specific care instructions for those materials.

5. TROUBLESHOOTING

5.1 Common Issues and Solutions

- **Device Not Responding:** If your Versa 4 is unresponsive, try restarting it. Hold the physical button for about 10 seconds until you see the Fitbit logo.
- **Syncing Issues:** Ensure your phone's Bluetooth is on and the Versa 4 is within range. Open the Fitbit app to initiate a sync. If syncing fails after the battery has been depleted, manually open the app to sync once the device is charged.
- **Notifications Not Appearing:** Check your phone's notification settings for the Fitbit app and ensure Bluetooth is connected. Verify that 'Do Not Disturb' or 'Sleep Mode' is not active on your Versa 4.
- **Inaccurate Heart Rate Readings:** Ensure the watch is worn snugly but comfortably on your wrist, about a finger's width above your wrist bone. Clean the sensor on the back of the device.
- **Display Not Activating with Wrist Movement:** Check the quick settings to ensure 'Screen Wake' is enabled. If the issue persists, a restart may resolve it.

5.2 Firmware Updates

Periodically, Fitbit releases firmware updates to improve performance and add new features. Ensure your Versa 4 is charged and connected to Wi-Fi during updates. Follow the prompts in the Fitbit app to install any available updates.

6. SPECIFICATIONS

Feature	Specification
Model Number	FB523SRAG
Display	1.58 inches (336 x 336 pixels)
Connectivity	Bluetooth v5.0, BLE, GPS, GLONASS, NFC
Sensors	3-axis accelerometer, Optical heart rate sensor, SpO2 sensor, Altimeter, Ambient light sensor
Battery Type	Lithium Polymer
Battery Life	6+ days (typical usage)
Rapid Charge	12 minutes for 24 hours of battery
Dimensions (Watch)	40.5 x 40.5 x 11.2 mm
Weight (Watch)	37.64 grams (approximate, without band)
Water Resistance	5 ATM (up to 50 meters)
Operating System	Proprietary Fitbit OS
Compatibility	iOS 15 or higher, Android OS 9.0 or higher
Material	Aluminum casing

7. WARRANTY AND SUPPORT

7.1 Warranty Information

For detailed warranty information, please refer to the warranty card included with your product or visit the official Fitbit website. Warranty terms and conditions may vary by region and retailer.

7.2 Customer Support

If you encounter any issues or have questions not covered in this manual, please visit the official Fitbit support website or contact their customer service. You can usually find contact information on the Fitbit website or in your product packaging.

8. IMPORTANT SAFETY INFORMATION

Please read all safety instructions before using your Fitbit Versa 4 to avoid injury or damage to the device. Keep the device and accessories out of reach of small children. Consult a medical professional before starting any new exercise program or if you have any health concerns.

9. VIDEO RESOURCES

No relevant official product videos from the seller were found in the provided data to embed in this manual.



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Related Documents - Versa 4

FAQ's How do I put on my Fitbit device? For wrist-based devices: 1. Hold the device by the top of the band. 2. Slide the device over your hand and onto your wrist. 3. Adjust the band so the device sits comfortably on your wrist. For clip-based devices: 1. Hold the device by the top of the band. 2. Slide the device over your hand and onto your wrist. 3. Adjust the band so the device sits comfortably on your wrist. Clip-based devices Securely clip your device onto your wrist. Do not use the device if the band is not properly secured. Do not use the device if the band is damaged or if the device is not properly secured to your wrist.	Fitbit Device Wear and Care FAQ: How to Wear, Clean, and Adjust Settings Frequently asked questions about wearing and caring for your Fitbit device. Learn how to properly put on wrist-based and clip-based trackers, tips for correct wear, band care, and adjusting wrist settings for optimal performance.
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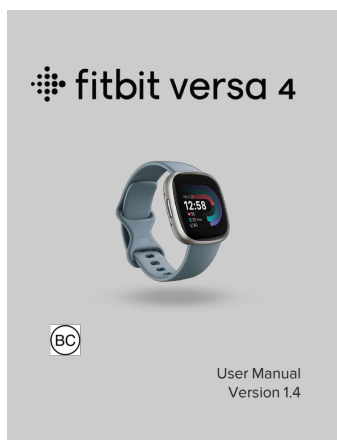
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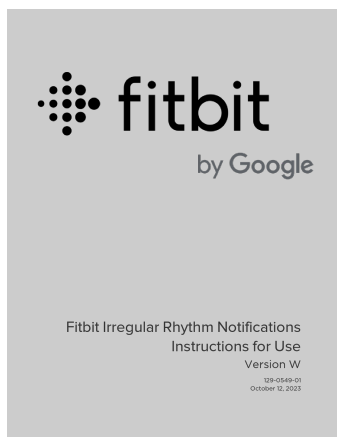
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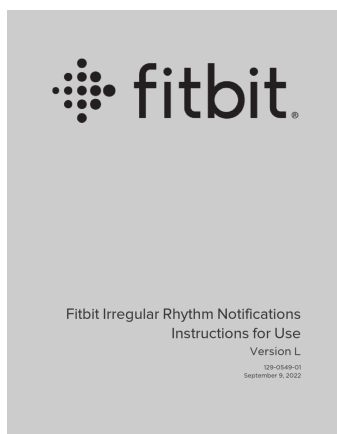
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Brukerveiledning for Fitbit-varsler om
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[Fitbit Irregular Rhythm Notifications User Guide](#)

This user guide explains the Fitbit Irregular Rhythm Notifications feature, designed to detect potential signs of atrial fibrillation (AFib) using heart rate data from compatible Fitbit devices. It covers indications for use, warnings, how the feature works, troubleshooting, and related health information.

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eller nyere Fitbit **Versa 4** som bruker fastvareversjon 61.20001.169.337 eller nyere Fitbit
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lang:no **score:43** filesize: 215.92 K page_count: 20 document date: 2023-09-11



Brukerveiledning for Fitbit-varsler om uregelmessig hjerterytme
Versjon R
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lang:no score:43 filesize: 279.18 K page_count: 21 document date: 2023-08-14



Brukerveiledning for Fitbit-varsler om uregelmessig hjerterytme
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lang:no score:43 filesize: 325.14 K page_count: 22 document date: 2023-07-14



Istruzioni per l'uso della funzione
Notifiche ritmo irregolare
Versione W
129-0549-01
12 ottobre 2023

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lang:it score:43 filesize: 265.44 K page_count: 20 document date: 2023-09-29



Pokyny k použití funkce Upozornění na nepravdivelný rytms Fitbit

Verze W
129-0549-01
12. jna 2023

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lang:hr **score:42** filesize: 347.9 K page_count: 20 document date: 2023-09-29



Fitbits anvndarinstruktioner fr meddelanden om oregelbunden rytms

Version V
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lang:da **score:42** filesize: 217.4 K page_count: 20 document date: 2023-09-11



Pokyny k použití funkce Upozornění na nepravdivelný rytms Fitbit

Verze V
129-0549-01
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lang:hr **score:42** filesize: 223.52 K page_count: 21 document date: 2023-09-11



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lang:hr **score:42** filesize: 287.27 K page_count: 22 document date: 2023-08-14



Pokyny k použití funkce Upozornění
na nepravdivelný rytmus Fitbit

Verze T
129-0549-01
7. cervence 2023

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lang:hr **score:42** filesize: 381.58 K page_count: 23 document date: 2023-08-14



Fitbits anvndarinstruktioner fr
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Version R
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eller senare Fitbit **Versa 4** med firmwareversion 61.20001.169.337 eller senare Fitbit Versa
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lang:da **score:42** filesize: 280.84 K page_count: 21 document date: 2023-08-14



Fitbits anvndarinstruktioner fr
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Version T
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7 juli 2023

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eller senare Fitbit **Versa 4** med firmwareversion 61.20001.169.337 eller senare Fitbit Versa
Lite special edition med fir...

lang:da **score:42** filesize: 501.33 K page_count: 22 document date: 2023-07-14



Powiadomienia Fitbit o nieregularnej
akcji serca Instrukcje korzystania

Wersja V
129-0549-01
19 wrzesnia, 2023

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lang:pl **score:42** filesize: 221.58 K page_count: 22 document date: 2023-09-11



Powiadomienia Fitbit o nieregularnej akcji serca Instrukcje korzystania

Wersja R
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lang:pl **score:42** filesize: 285.4 K page_count: 23 document date: 2023-08-14



Powiadomienia Fitbit o nieregularnej akcji serca Instrukcje korzystania

Wersja T
129-0549-01
7 lipca, 2023

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lang:pl **score:42** filesize: 441.05 K page_count: 24 document date: 2023-07-14



Fitbits användarinstruktioner för meddelanden om oregelbunden rytm

Version W
129-0549-01
12 oktober, 2023

[Fitbit Irregular Rhythm Notifications User Guide](#)

This user guide provides instructions for the Fitbit Irregular Rhythm Notifications feature, detailing its purpose, how it works, setup, troubleshooting, and information about Atrial Fibrillation (AFib).

lang:da **score:42** filesize: 267.48 K page_count: 20 document date: 2023-09-29



Powiadomienia Fitbit o nieregularnej
akcji serca Instrukcje korzystania
Wersja W
129-0549-01
12 października 2023

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lang:pl **score:42** filesize: 356.85 K page_count: 20 document date: 2023-09-29



Bedienungsanleitung Fitbit-
Benachrichtigungen über einen
unregelmäßigen Herzrhythmus
Version V
129-0549-01
19. September 2023

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36.128.6.12 oder hher Fitbit **Versa 4** Firmware-Version 61.20001.169.337 oder hher Fitbit
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lang:de **score:42** filesize: 230.9 K page_count: 23 document date: 2023-09-11



Bedienungsanleitung Fitbit-
Benachrichtigungen über einen
unregelmäßigen Herzrhythmus
Version T
129-0549-01
7. Juli 2023

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lang:de **score:42** filesize: 460.1 K page_count: 24 document date: 2023-07-14



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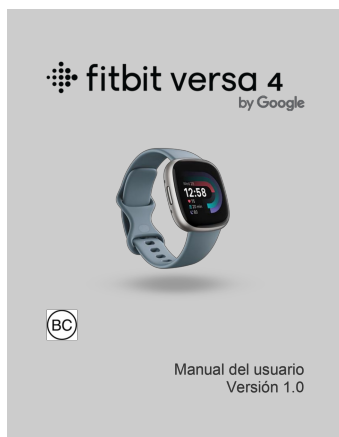
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..... 9 Configurarea dispozitivului **Versa 4**

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lang:it **score:41** filesize: 1.78 M page_count: 84 document date: 2022-10-05



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lang:es **score:41** filesize: 1.6 M page_count: 79 document date: 2022-09-22



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lang:id **score:41** filesize: 1.65 M page_count: 79 document date: 2022-10-05



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Manuel utilisateur Version 1.0 Table des matires Table des matires.....

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lang:fr **score:41** filesize: 1.73 M page_count: 81 document date: 2022-09-22



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Bruksanvisning Version 1.1 Innehllsfrteckning Innehllsfrteckning.....

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lang:da **score:40** filesize: 1.55 M page_count: 76 document date: 2022-12-21



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lang:nl **score:39** filesize: 1.95 M page_count: 71 document date: 2020-10-26



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1.0 9 **Versa 4**

lang:sw score:39 filesize: 1.93 M page_count: 78 document date: 2022-09-23



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lang:hr score:39 filesize: 2.76 M page_count: 19 document date: 2022-09-26



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1.1 8 **Versa 4**

lang:id score:39 filesize: 1.85 M page_count: 75 document date: 2022-12-21



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lang:nl score:38 filesize: 2.42 M page_count: 76 document date: 2020-06-30