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Fossil FTW4069V

Fossil Gen 6 Wellness Edition Smartwatch User Manual

Model: FTW4069V

1. INTRODUCTION

This manual provides comprehensive instructions for setting up, operating, and maintaining your Fossil Gen 6 Wellness Edition Smartwatch. Designed for both men and women, this 44mm touchscreen smartwatch features a durable silicone strap, making it suitable for various activities from swimming to sleeping. It is powered by Wear OS 3, offering enhanced health and wellness metrics.



Figure 1: Fossil Gen 6 Wellness Edition Smartwatch (Model: FTW4069V)

2. SETUP AND INITIAL PAIRING

To begin using your Fossil Gen 6 Wellness Edition Smartwatch, you must first pair it with the Fossil Smartwatches app on your smartphone. Ensure your phone is running the latest version of Android (excluding Go edition and phones without Google Play Store) or iOS.

2.1. Pairing Process

1. **Update Wear OS (if applicable):** If your smartwatch is currently running Wear OS 2, first ensure it is properly

paired with the Wear OS by Google phone app. Then, navigate to **System Settings** on your watch, check for updates, and install the latest Wear OS by Google system update. All devices powered with Wear OS 2 can be upgraded to Wear OS 3.

2. **Install Fossil Smartwatches App:** Download and install the "Fossil Smartwatches" app from your phone's app store.
3. **Initiate Pairing:** Open the Fossil Smartwatches app on your phone. On your watch, select the language during the on-watch setup. The watch will display a QR code or prompt you to begin pairing.
4. **Follow On-Screen Prompts:** The Fossil Smartwatches app will guide you through the remaining steps, including accepting terms of service and connecting to your watch.

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Video 1: Fossil Gen 6 Smartwatches - Getting Started. This video demonstrates the initial setup and pairing process with the Fossil Smartwatches app, including updating Wear OS and connecting the device.

3. OPERATING YOUR SMARTWATCH

Your Fossil Gen 6 Wellness Edition Smartwatch offers a variety of features and customizable options to enhance your daily experience.

3.1. Watch Face Customization

The main home screen of your smartwatch serves as your watch face, which can be customized with various dials from Fossil and third-party apps like Facer. To customize, press and hold the home screen. You can also manage watch faces from the Fossil Smartwatches app on your phone.



Figure 2: Customizable Watch Face displaying various health and activity metrics.

3.2. Quick Settings Shade

Swipe down from the watch face to access the Quick Settings Shade. This provides shortcuts to common settings such as airplane mode, smart battery modes, do not disturb, and more. Access additional settings through the gear icon.

3.3. Notifications

Notifications from your paired smartphone will automatically pop up on your watch for a brief period. To review or dismiss them, swipe up on the watch face.

3.4. Tiles

Tiles offer a quick way to access your favorite apps and information. Swipe left or right from the watch face to navigate through your tiles. You can adjust the order of your tiles by pressing and holding a tile or by editing the order in your smartphone app.

3.5. Voice Assistant (Alexa)

Your smartwatch is Alexa-enabled. Press and hold the upper right button to start talking to your voice assistant. You can use Alexa to get news, check weather, set timers and alarms, control smart home devices, and more.



Figure 3: Alexa Voice Assistant interface on the smartwatch.

3.6. Apps and Recents

Access your installed apps by pressing the crown button once. This allows you to browse new apps via Google Play, sync apps with your smartphone, and upgrade your watch face. Press the upper button once to quickly access recently used apps.





Figure 4: Side view of the smartwatch highlighting the crown and buttons for navigation and app access.

4. WELLNESS TRACKING FEATURES

The Wellness App on your Fossil Gen 6 Smartwatch provides comprehensive tracking for your health and fitness. To use these features, access the Wellness app from the notification prompt after setup, or open it from the app menu. You will need to accept the Terms of Use for tracking.

4.1. Tracking Features Overview

- **Activity:** Workout mode shows real-time metrics in a battery-efficient way. Includes standalone GPS function.
- **Sleep:** Tracks sleep history, goals, and quality of sleep.
- **Cardio Fitness:** Provides estimated VO2 max reading.
- **Blood Oxygen:** Tracks estimated oxygen levels.

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Video 2: Fossil Gen 6 Wellness - Features & App. This video highlights the various wellness tracking capabilities of the smartwatch, including activity, sleep, cardio fitness, and blood oxygen monitoring.

4.2. New Features

The Wellness Edition includes enhanced compatibility with fitness equipment and apps like Strava and Peloton, allowing you to stream heart rate data directly from your watch.

5. MAINTENANCE AND CARE

5.1. Charging Your Smartwatch

The Fossil Gen 6 Wellness Edition features a new caseback design and an included magnetic charger cable for faster charging. The watch can charge up to 80% in 30 minutes. To prevent damage, only use the included charger. Do not use a USB hub, USB splitter, USB y-cable, battery pack, or other peripheral device for charging.







Figure 5: Rear view of the smartwatch, highlighting the charging contacts.

5.2. Cleaning and Water Resistance

Your smartwatch is swimproof. However, soaps, cleaning products, and abrasive materials can cause damage. Clean the watch and strap regularly with a soft, damp cloth. Avoid harsh chemicals.

5.3. Radio Frequency (RF) Interference

The product should be kept more than 20cm away from implanted medical devices to minimize potential for RF interference.

6. TROUBLESHOOTING

If you encounter issues with your Fossil Gen 6 Wellness Edition Smartwatch, consider the following common solutions:

- **Connectivity Issues:** Ensure Bluetooth is enabled on your phone and watch. Verify that the Fossil Smartwatches app is running and updated. Try restarting both your phone and watch.
- **Battery Life:** Battery life is based on usage and after updates install. Optimize your battery life by utilizing the simplified Smart Battery Modes available on your watch. Reduce screen brightness, disable unnecessary notifications, and limit background app refresh to extend battery duration.
- **App Performance:** If an app is slow or unresponsive, try closing and reopening it. If the issue persists, restart your watch.
- **Software Updates:** Regularly check for and install system updates on your watch via **System Settings > System updates** to ensure optimal performance and access to the latest features.

For further troubleshooting or specific technical support, please contact Fossil Customer Care at [Fossil.com](https://www.fossil.com).

7. SPECIFICATIONS

Feature	Detail
Model Number	FTW4069V
Brand	Fossil
Compatibility	Wear OS by Google compatible with latest Android™ (excluding Go edition and phones without Google Play Store) or iOS.

Processor	Qualcomm 4100+ chipset
Connectivity	Bluetooth 5
Battery	1 Lithium Ion battery (included), charges 80% in 30 minutes.
Water Resistance	Swimproof
Dimensions	3.82 x 3.46 x 3.23 inches
Weight	7.83 ounces
Department	Unisex
Manufacturer	Fossil
Country of Origin	USA

8. WARRANTY AND SUPPORT

For detailed warranty information, product registration, and additional support resources, please visit the official Fossil website.

- **Official User Guide (PDF):** A comprehensive user guide is available for download: [Download User Guide](#)
- **Fossil Customer Care:** For any inquiries, technical assistance, or warranty claims, please visit [Fossil.com](#).