

Fitbit Versa 4

Fitbit Versa 4 Health and Fitness Smart Watch User Manual

Model: Versa 4 | Brand: Fitbit

INTRODUCTION

This manual provides essential instructions for setting up, operating, and maintaining your Fitbit Versa 4 Health and Fitness Smart Watch. The Versa 4 is designed to help you track your fitness, monitor your health, and stay connected. Please read this manual thoroughly to ensure proper use and to maximize your device's capabilities.

WHAT'S IN THE BOX

Verify that all items are present in your package:

- Fitbit Versa 4 Workout and Wellness Smartwatch (Black / Graphite Aluminum)
- Small & Large Watch Bands
- PremGear 3.3ft USB Charging Dock Stand
- PremGear Wall Adapter
- 2 PremGear Screen Protectors
- PremGear Quality Cleaning Cloth



Image: Contents of the Fitbit Versa 4 package, including the smartwatch, bands, charging dock, wall adapter, screen protectors, and cleaning cloth.

SETUP

1. Initial Charging

Before first use, fully charge your Fitbit Versa 4. Connect the USB charging dock to the provided PremGear wall adapter, then plug the adapter into a power outlet. Place your Versa 4 onto the charging dock, ensuring the contacts align. A full charge typically takes approximately 1-2 hours.



Image: The Fitbit Versa 4 placed on its charging dock, connected to a USB cable and wall adapter, illustrating the charging setup.

2. Band Attachment

Your Versa 4 comes with both small and large bands. Choose the band size that provides a comfortable and secure fit. To attach a band, slide the pin into the watch's lug until it clicks into place. Repeat for the other side.

3. App Installation 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.
3. Select 'Set up a Device' and choose Versa 4 from the list.
4. Follow the prompts in the app to pair your watch with your smartphone via Bluetooth.

4. Screen Protector Installation

To protect your watch screen, install one of the included PremGear screen protectors:

1. Clean the watch screen thoroughly with the PremGear cleaning cloth.
2. Carefully peel off the protective masks from the screen protector.

3. Align the screen protector with the watch face and gently place it down, ensuring no air bubbles.

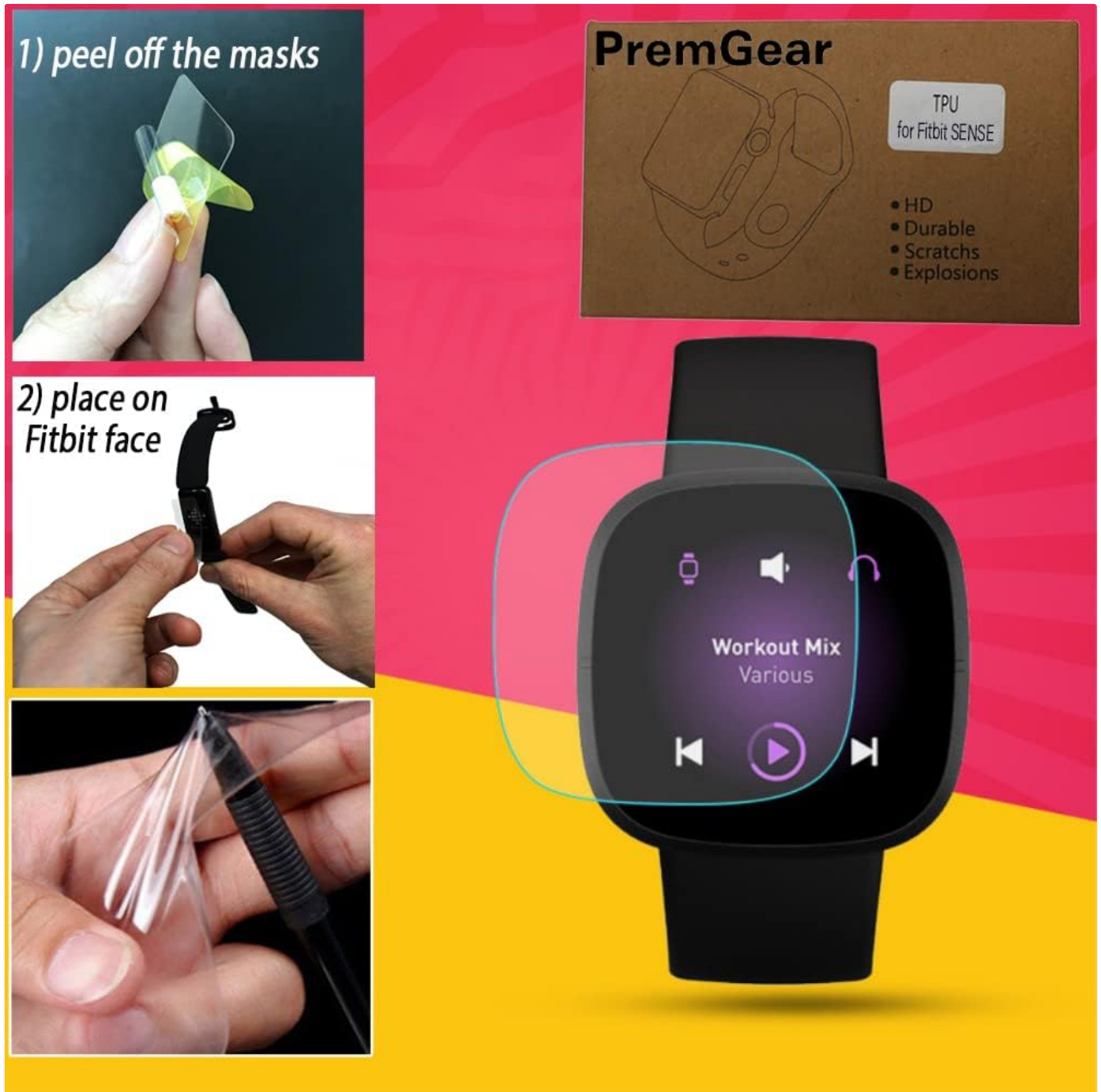


Image: A visual guide demonstrating the process of applying a screen protector to the Fitbit Versa 4 watch face.

OPERATING YOUR DEVICE

Navigation

The Fitbit Versa 4 features a color touchscreen and a physical button on the left side. Swipe left/right, up/down to navigate menus and notifications. Press the button to return to the clock face or access quick settings.

Key Features

- **Fitness Tracking:** Track over 40 exercise modes, including strength training, HIIT, running, and kayaking. Utilize built-in GPS for real-time pace and distance during outdoor workouts. Monitor your Daily Readiness Score to optimize your workout schedule.
- **Health Monitoring:** Features 24/7 heart rate tracking, Active Zone Minutes, SpO2 (blood oxygen) tracking, skin temperature variation, resting heart rate, and heart rate variability. Receive high and low heart rate notifications.

- **Sleep & Stress Management:** Comprehensive sleep tracking with sleep stages, Sleep Profile, and Sleep Score. Includes Smart Wake alarm, Stress Management Score, mindfulness sessions, and Relax breathing sessions.
- **Smart Features:** Receive calls, texts, and app notifications directly on your wrist. Features Alexa Built-in, Google Maps (Android only, coming Spring 2023 to iOS), Google Wallet, and Fitbit Pay for convenient payments. Use the 'Find My Phone' feature to locate your paired smartphone.

Keep track of your health



Insights for better nights

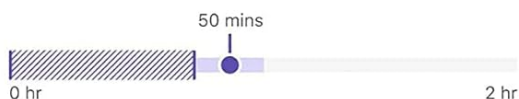
Monthly Sleep Analysis

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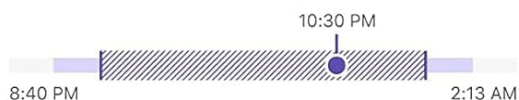
Compared to other Fitbit users

■ 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



Image: The Fitbit Versa 4 showcasing features like voice assist, built-in GPS, text/phone/app notifications, 40+ exercise modes, 'Find My Phone', and Daily Readiness Score.

Sweat the smart way

Convenient on-wrist connection



Voice
assist



Built-in
GPS



Text, Phone
& App
Notifications



40+
Exercise
modes



Find
my phone



Daily
Readiness
Score

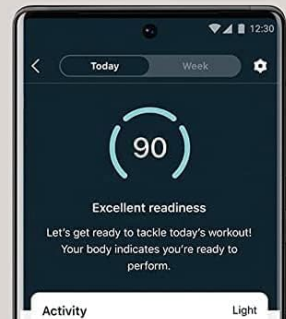


Image: The Fitbit Versa 4 illustrating health metrics such as 24/7 heart rate, SpO2, skin temperature, and detailed sleep tracking data including sleep schedule variability and duration.

MAINTENANCE

Cleaning Your Device

Regularly clean your Versa 4 and its bands to prevent skin irritation and maintain functionality. Use the provided PremGear cleaning cloth or a soft, lint-free cloth. For stubborn dirt, dampen the cloth with water. Avoid harsh chemicals or abrasive materials.

Battery Life and Charging

The Versa 4 offers up to 6 days of battery life, depending on usage. For optimal battery performance, charge your device regularly. Fast charging capabilities allow for quick power-ups.

TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. Place it on the charging dock for at least 30 minutes.

- **Syncing issues:** Check that Bluetooth is enabled on your smartphone and the Fitbit app is open. Restart both your watch and smartphone.
- **Inaccurate readings:** Ensure the watch is worn snugly on your wrist, about a finger's width above your wrist bone. Clean the sensors on the back of the watch.
- **Notifications not appearing:** Verify that notifications are enabled in both your phone's settings and the Fitbit app. Ensure the watch is within Bluetooth range of your phone.

For further assistance, refer to the Fitbit support website or contact customer service.

SPECIFICATIONS

Feature	Detail
Model Name	Versa 4
Brand	Fitbit
Screen Size	45 Millimeters
Product Dimensions	1.59 x 1 x 1 inches
Item Weight	10.2 ounces
Battery Type	1 Lithium Polymer battery
Operating System	Fitbit OS
Connectivity Technology	Bluetooth
Special Feature	Built-in GPS

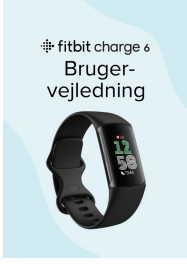
WARRANTY AND SUPPORT

For information regarding your product's warranty, please refer to the documentation included with your purchase or visit the official Fitbit support website. For technical assistance, troubleshooting, or service inquiries, please contact Fitbit customer support directly.

Official Fitbit Support: help.fitbit.com



Related Documents - Versa 4

 fitbit charge 4 User Manual Version 1.2	Fitbit Charge 4 User Manual: Features, Setup, and Guide Comprehensive user manual for the Fitbit Charge 4 fitness tracker, covering setup, features like GPS and heart rate monitoring, app integration, and safety information.
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 First Steps for Fitbit Charge 2	Fitbit Charge 2: First Steps and Features Guide 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.
 fitbit charge 5 User Manual Version 1.0	Fitbit Charge 5 User Manual: Get Started and Features 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.
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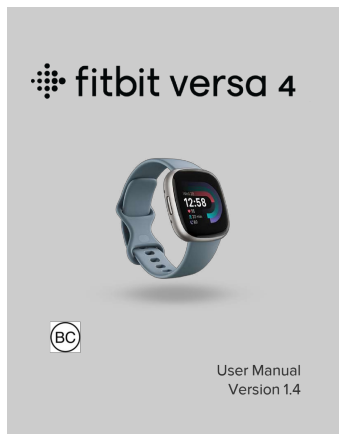
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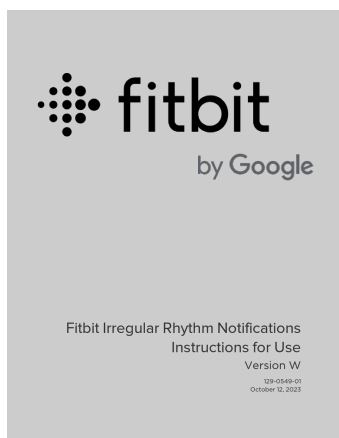
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Set up **Versa 4** See your data in the Fitbit app Unlock Fitbit Premium Wear**Versa 4**

Placement for all-day wear vs. exercise Fasten the band Handedness Wear and care tips

Change the band Remove a band Attach a b...

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[Fitbit Irregular Rhythm Notifications: Instructions for Use](#)

Comprehensive guide to the Fitbit Irregular Rhythm Notifications feature, detailing its functionality, setup, troubleshooting, and information on atrial fibrillation (AFib).

lang:en **score:43** filesize: 228.32 K page_count: 23 document date: 2023-09-20



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Instructions for Use
Version R
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Brukerveiledning for Fitbit-varsler om uregelmessig hjerterytme
Versjon W
129-0549-01
12. oktober 2023

[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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Brukerveiledning for Fitbit-varsler om uregelmessig hjerterytme
Versjon V
129-0549-01
19. september 2023

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Versjon R
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Versjon T
129-0549-01
7. juli 2023

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

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Pokyny k použití funkce Upozornění na
nepravidelný rytmus Fitbit
Verze W
129-0549-01
11. října 2023

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Pokyny k použití funkce Upozornění
na nepravidelný rytmus Fitbit
Verze V
129-0549-01
19. září 2023

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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



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



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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
Lite special edition med fir...

lang:da **score:42** filesize: 280.84 K page_count: 21 document date: 2023-08-14



Fitbits användarinstruktioner för
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Version T
129-0549-01
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lang:da score:42 filesize: 501.33 K page_count: 22 document date: 2023-07-14



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Wersja V
129-0549-01
19 września, 2023

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



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



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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



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Bedienungsanleitung FitbitBenachrichtigungen ber einen unregelmigen Herzrhythmus Version V 129-0549- ... ware-Version 35.72.1.9 oder hher Fitbit Versa 3 mit Firmware-Version 36.128.6.12 oder hher Fitbit **Versa 4** Firmware-Version 61.20001.169.337 oder hher Fitbit Versa Lite Edition Firmware-Version 38.7...

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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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Panduan Pengguna Versi 1.0 Daftar Isi Daftar Isi.....
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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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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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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



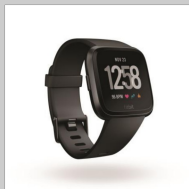
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lang:nl **score:38** filesize: 2.42 M page_count: 76 document date: 2020-06-30