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› Fitbit Versa 4 Fitness Smartwatch User Manual

Fitbit Versa 4 (Model: FB523RGRW-US)

Fitbit Versa 4 Fitness Smartwatch User Manual

Model: FB523RGRW-US | Brand: Fitbit

1. INTRODUCTION

The Fitbit Versa 4 is a versatile fitness smartwatch designed to support an active and healthy lifestyle. It offers comprehensive health and fitness tracking, smart features, and a comfortable design. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device.



Figure 1: Fitbit Versa 4 Smartwatch in Pink Sand/Copper Rose.

2. SETUP

2.1 What's in the Box

- Fitbit Versa 4 Fitness Smartwatch (Pink Sand/Copper Rose)
- USB Charging Adapter
- Microfiber Cleaning Cloth
- Small and Large Bands

2.2 Charging Your Device

Before initial use, fully charge your Versa 4. Connect the USB charging adapter to a power source and attach the smartwatch to the magnetic charging pins. A full charge typically takes approximately 2 hours.

2.3 Initial Setup and Pairing

1. Download the Fitbit app on your iOS or Android smartphone.
2. Open the Fitbit app and create an account or log in.
3. Follow the on-screen instructions in the app to pair your Versa 4. Ensure Bluetooth is enabled on your phone.
4. The app will guide you through connecting the device and setting up your profile.

2.4 Attaching and Adjusting the Band

The Versa 4 comes with both small and large bands to ensure a comfortable fit. To attach or remove a band, locate the quick-release levers on the back of the watch. Slide the lever to detach the band. To attach, align the new band with the watch frame and slide the lever until it clicks into place.

3. OPERATING THE VERSA 4

3.1 Navigation

The Versa 4 features a bright color touchscreen and a physical button on the side for navigation:

- **Swipe up/down/left/right:** Navigate through menus, notifications, and stats.
- **Tap:** Select an item or open an app.
- **Press the button:** Return to the clock face or access quick settings.

3.2 Health and Fitness Tracking

The Versa 4 provides comprehensive tracking capabilities:

- **Daily Activity:** Tracks steps, distance, calories burned, and Active Zone Minutes.
- **24/7 Heart Rate:** Monitors heart rate continuously, providing insights into resting heart rate and heart rate zones during exercise.
- **Sleep Tracking:** Records sleep stages (light, deep, REM), provides a sleep score, and offers a personalized sleep profile.
- **Blood Oxygen Saturation (SpO2):** Measures SpO2 levels to help understand changes in your well-being.
- **Skin Temperature:** Tracks variations in skin temperature to provide additional health insights (available through the Fitbit app).
- **Daily Readiness Score:** Provides a personalized score each morning to indicate if you are ready for a workout or need recovery.

Keep track of your health



24/7
heart rate



Resting heart
rate & heart
rate variability



Health Metrics
including SpO2 &
Skin Temperature

Figure 2: The Versa 4 tracks various health metrics including heart rate and blood oxygen saturation.

3.3 Exercise Modes and GPS

The Versa 4 supports over 40 exercise modes. To start an exercise:

1. Swipe left or right on the clock face to find the Exercise app.
2. Tap to open and select your desired exercise (e.g., Walk, Run, Bike).
3. Tap 'Start' to begin tracking.
4. To pause or end a workout, swipe up or down and select the appropriate option.

The built-in GPS and GLONASS provide accurate pace and distance tracking for outdoor activities without needing your phone.

Sweat the smart way



Built-in
GPS



40+
Exercise
modes



Daily
Readiness
Score

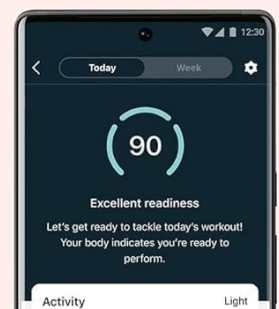


Figure 3: The Versa 4 features built-in GPS and over 40 exercise modes.

3.4 Smart Features

- **Notifications:** Receive call, text, and app notifications directly on your wrist when connected to your smartphone.
- **On-Wrist Bluetooth Calls:** Answer calls directly from your watch.
- **Voice Assistant:** Utilize built-in Alexa for quick commands and information.
- **Navigation:** Get turn-by-turn directions with Google Maps.
- **Payments:** Make secure payments with Google Wallet from your wrist.

3.5 Customization

Personalize your Versa 4 with various clock faces available through the Fitbit app. You can also customize app settings and notification preferences.

4. MAINTENANCE

4.1 Cleaning Your Device

Regularly clean your Versa 4 and its band to prevent skin irritation and maintain functionality. Use a soft, lint-free cloth. For the silicone band, you can use a mild soap and water solution. Ensure the device is completely dry before wearing or charging.

4.2 Charging Best Practices

To prolong battery life, avoid fully discharging the battery frequently. Charge your device when the battery level is low. The Versa 4 supports fast charging, providing a day's worth of battery in approximately 12 minutes.

4.3 Water Resistance

The Versa 4 is water-resistant up to 50 meters, making it suitable for swimming and showering. Avoid exposing it to hot water, soaps, or chemicals, as this may damage the seals.

4.4 Software Updates

Ensure your Versa 4's firmware is up to date for optimal performance and new features. Updates are typically managed through the Fitbit app.

5. TROUBLESHOOTING

5.1 Common Issues

- **Device not pairing:** Ensure Bluetooth is on, the device is charged, and the Fitbit app is open. Try restarting both your phone and the Versa 4.
- **Battery draining quickly:** Reduce screen brightness, turn off always-on display, limit notifications, and ensure background app refresh is optimized.
- **Inaccurate tracking:** Ensure the watch is worn snugly on your wrist, about a finger's width above your wrist bone. Clean the sensors regularly.

5.2 Restarting the Device

If your Versa 4 is unresponsive, press and hold the physical button for about 10 seconds until you see the Fitbit logo. Release the button to restart the device.

5.3 Fitbit App Support

For further assistance, refer to the Help & Support section within the Fitbit app or visit the official Fitbit support website.

6. SPECIFICATIONS

Feature	Detail
Model Name	Versa 4

Model Number	FB523RGRW-US
Display Type	Digital Color Touchscreen
Screen Size	1.58 inches
Connectivity	Bluetooth
GPS	Built-in GPS, GLONASS
Sensors	Optical heart rate sensor, Accelerometer, SpO2 sensor, Skin temperature sensor
Water Resistance	Up to 50 meters
Battery Life	Over 6 days (typical usage)
Compatible Devices	iOS and Android smartphones
Material	Aluminum case, Silicone band
Item Weight	0.48 Pounds
Item Dimensions	1.5 x 1.5 x 0.45 inches

7. WARRANTY AND SUPPORT

7.1 Limited Warranty

The Fitbit Versa 4 comes with a limited warranty. For specific terms and conditions, please refer to the warranty information provided with your product packaging or visit the official Fitbit website.

7.2 Customer Support

For technical support, product inquiries, or warranty claims, please contact Fitbit Customer Support through their official website or the Fitbit app. You can also find extensive FAQs and troubleshooting guides online.