Garmin 010-02891-00

Garmin Lily® 2 Active Smartwatch Instruction Manual

Model: 010-02891-00

Introduction

The Garmin Lily® 2 Active is a small, stylish smartwatch designed to complement your look while providing comprehensive health and fitness tracking. Its unique patterned lens discreetly reveals a bright touchscreen display with a simple tap or flick of the wrist. This manual provides essential information for setting up, operating, and maintaining your device, ensuring you get the most out of its features.



Image: The Garmin Lily 2 Active Smartwatch blends seamlessly with a stylish, active lifestyle.

What's in the Box

- Garmin Lily 2 Active Smartwatch
- Charging/Data Cable
- Documentation (Quick Start Manual, Safety Information)

Setup

1. Charging Your Device

Before initial use, fully charge your Lily 2 Active smartwatch. Connect the charging/data cable to the charging port on the back of the watch and plug the USB end into a power source.

2. Pairing with the Garmin Connect App

To unlock the full potential of your smartwatch, pair it with the Garmin Connect app on your smartphone. Download the app from your device's app store, create an account, and follow the on-screen instructions to add your Lily 2 Active.



Image: The Garmin Connect app provides a comprehensive overview of your health and fitness data.

Operating Your Smartwatch

Display and Interaction

The Lily 2 Active features a hidden touchscreen display that becomes visible with a tap or wrist gesture. Navigate through menus and widgets by swiping up, down, left, or right. The two physical buttons on the side provide quick access to activities and settings.

Customizing Watch Faces

Personalize your smartwatch by choosing from various watch faces available through the Garmin Connect app. You can select different styles, data fields, and colors to match your preference.



Image: The bright touchscreen display of the Garmin Lily 2 Active shows essential information clearly.

Health and Fitness Tracking

The Lily 2 Active is equipped with advanced sensors to monitor your health and activity levels throughout the day.

Activity Tracking

- **Steps, Calories, and Intensity Minutes:** Automatically tracks your daily movement and activity levels.
- **Built-in GPS:** Accurately records outdoor activities like walks and runs without needing your phone.
- **Sports Apps:** Includes preloaded activity profiles for yoga, Pilates, cardio, dance fitness, golf, strength training, and more.



Image: Utilize built-in sports apps and GPS to track various activities.

Wellness Monitoring

- **Wrist-Based Heart Rate:** Continuously samples your heart rate and can alert you if it gets too high or low.
- **Sleep Score and Respiration Tracking:** Provides insights into your sleep quality and stages.
- **Body Battery™ Energy Monitoring:** Helps you understand your energy levels throughout the day.
- **Stress Tracking:** Monitors your stress levels and offers mindful breathing exercises.
- **Women's Health Tracking:** Track your menstrual cycle or pregnancy and receive exercise and nutrition education.
- **Hydration Tracking:** Log your daily fluid intake directly on your watch.
- **Pulse Ox Sensor:** Track your blood oxygen saturation while awake or asleep.



Image: Monitor key wellness metrics like Body Battery and Sleep Score.

Guided Workouts and Training

- **On-Screen Workouts:** Download and follow easy-to-understand animated workouts for strength, HIIT, yoga, and more.
- **Garmin Coach:** Access free training plans from expert coaches for 5K, 10K, or half-marathon distances.

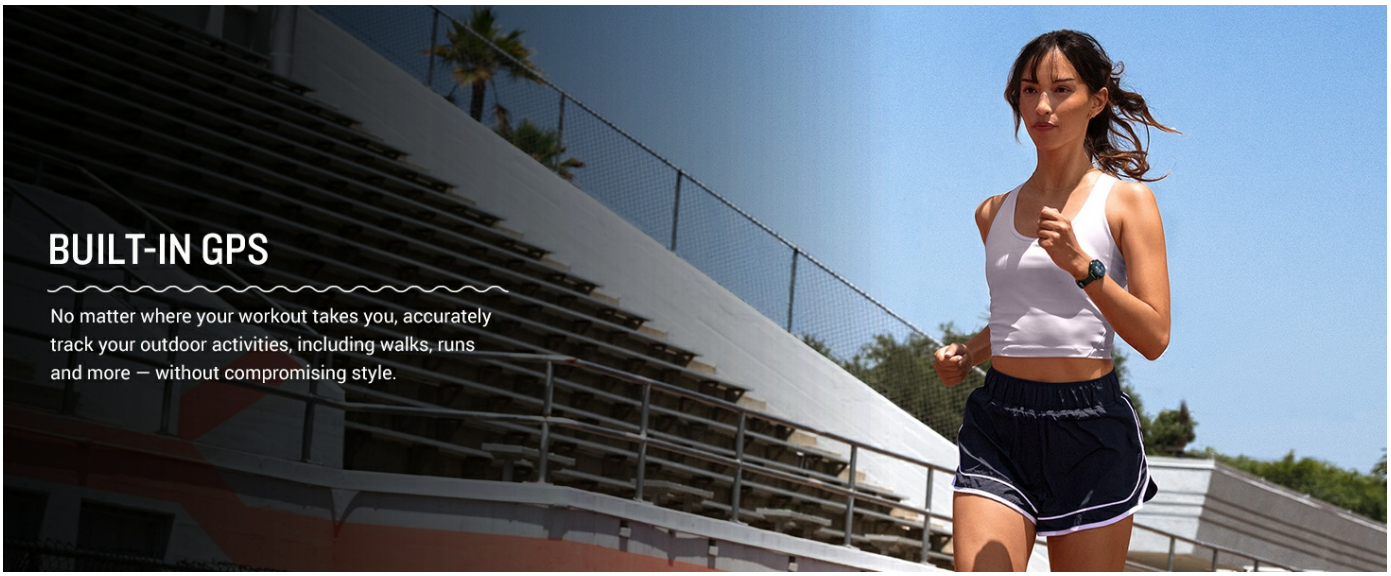


Image: Follow on-screen animated workouts for various fitness activities.

Smart Features

Smart Notifications

When paired with your compatible smartphone, receive alerts for incoming calls, text messages, calendar reminders, and more directly on your wrist.

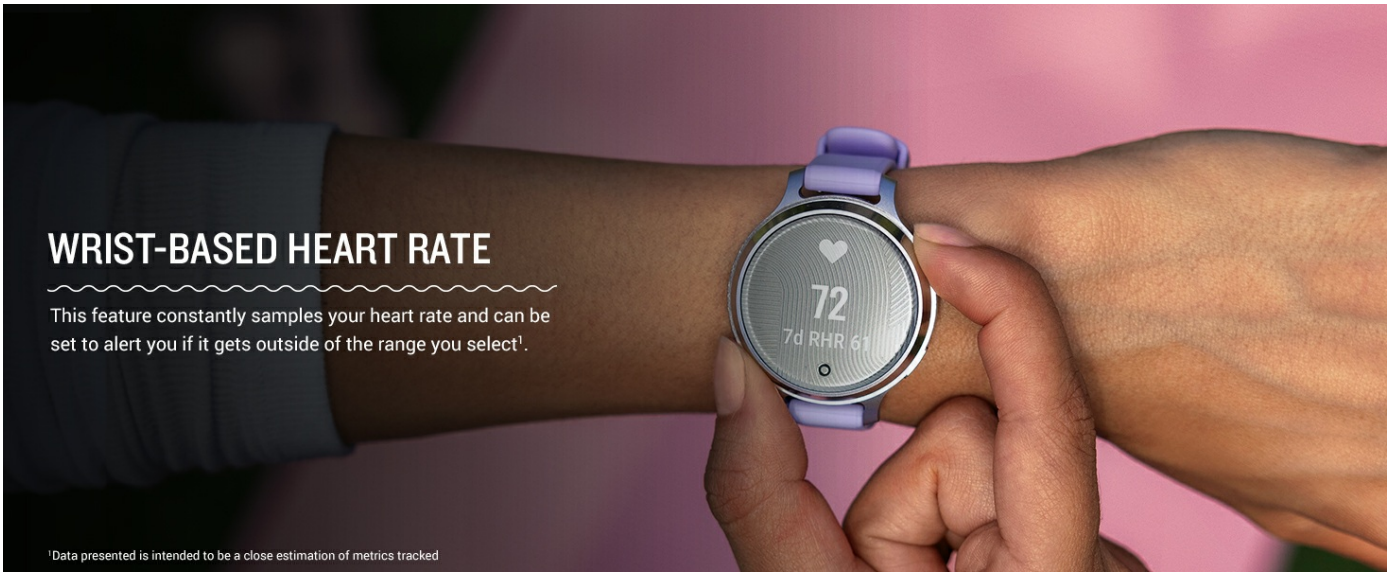


Image: Stay connected with smart notifications for calls, texts, and calendar alerts.

Garmin Pay™ Contactless Payments

Leave your wallet at home. Garmin Pay allows you to make contactless payments for purchases on the go (with a supported country and payment network).



Image: Make quick and secure payments using Garmin Pay.

Safety and Tracking Features

When your watch and phone are paired, a message with your live location can be sent to your emergency contacts manually or automatically during select outdoor activities with built-in incident detection.

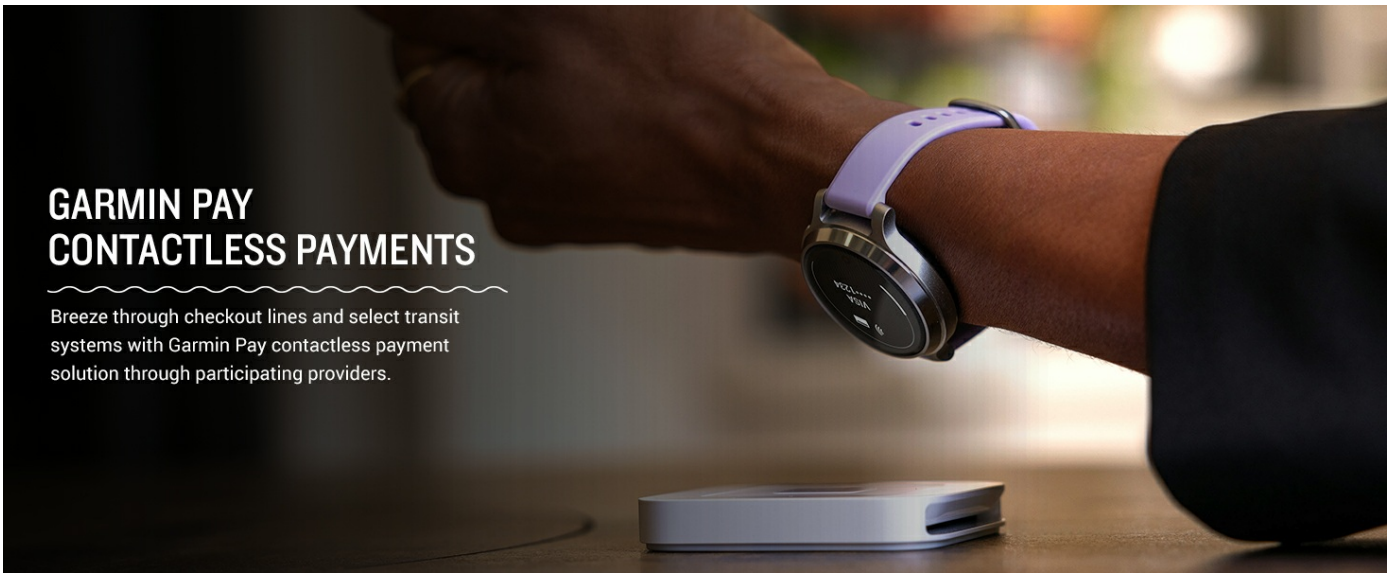


Image: Enhanced safety features provide peace of mind during activities.

Maintenance and Care

Cleaning Your Smartwatch

Regularly clean your watch and band to prevent buildup of sweat, dirt, and other debris. Use a soft, damp cloth and mild soap if necessary. Rinse thoroughly and dry completely before wearing.

Band Replacement

The Lily 2 Active features quick-release bands, allowing for easy replacement to customize your style or replace worn bands. Refer to the documentation for specific instructions on band removal and attachment.



Image: Easily customize your smartwatch with quick-release bands.

Troubleshooting

Device Not Responding

If your smartwatch is unresponsive, try restarting it by holding down the power button until the device powers off, then press it again to turn it back on.

Pairing Issues

Ensure Bluetooth is enabled on your smartphone and the Garmin Connect app is open. If issues persist, try unpairing and re-pairing the device through the app settings.

GPS Accuracy

For best GPS accuracy, ensure you are in an open outdoor area with a clear view of the sky when starting an activity. Allow the device a few moments to acquire a satellite signal.

Specifications

Feature	Specification
Product Dimensions	1.5 x 1.5 x 0.43 inches
Item Weight	1.02 ounces (29 Grams)
Item Model Number	010-02891-00
Battery Life	Up to 9 days (Smartwatch mode)
Display Type	AMOLED (Hidden Display)
Screen Size	1 Inches
Resolution	240 x 210 pixels
Connectivity	Bluetooth, USB, Wi-Fi

GPS	Built-in GPS
Special Features	Contactless Payments (Garmin Pay), Cycle Tracking, Notifications, Time Display
Operating System	Garmin OS
Water Rating	5 ATM (Swim-proof)

Official Product Video

Video: An official overview of the Garmin Lily 2 Active Series, showcasing its design and key features.

Warranty and Support

Your Garmin Lily 2 Active Smartwatch comes with a limited warranty. Please refer to the documentation included in your product box for detailed warranty information and terms. For additional support, troubleshooting, or to access the full user manual, visit the official Garmin support website or contact Garmin customer service.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question