Fitbit Versa 3 Health & Fitness Smartwatch User Manual
User Manual

Fitbit Versa 3 Health & Fitness Smartwatch

Get started
Meet Fitbit Versa 3, the health and fitness smartwatch with built-in GPS, Active Zone Minutes, 20+ exercise modes, and music experiences to keep you motivated to move.

Take a moment to review our complete safety information at fitbit.com/safety. Versa 3 is not intended to provide medical or scientific data.

**What’s in the box**

Your Versa 3 box includes:

![Watch with small band (color and material varies)](image)
![Charging cable](image)
![Additional large band](image)

The detachable bands on Versa 3 come in a variety of colors and materials, sold separately.

**Charge your watch**

A fully-charged Versa 3 has a battery life of 6+ days. Battery life and charge cycles vary with use and other factors; actual results will vary.

**To charge Versa 3:**

1. Plug the charging cable into the USB port on your computer, a UL-certified USB wall charger, or another low-energy charging device.
2. Hold the other end of the charging cable near the port on the back of the watch until it attaches magnetically. Make sure the pins on the charging cable align with the port on the back of your watch.

Charge Versa 3 for 12 minutes for 24 hours of battery life. While the watch charges, tap the screen twice or press the button to turn the screen on. The battery level appears for several seconds, then disappears so you can use your watch while it charges. Charging fully takes about 1-2 hours.
Set up Versa 3
Set up Versa 3 with the Fitbit app for iPhones and iPads or Android phones. The Fitbit app is compatible with most popular phones and tablets. See fitbit.com/devices to check if your phone or tablet is compatible.

To get started:

1. Download the Fitbit app:
   • Apple App Store for iPhones and iPads
   • Google Play Store for Android phones
2. Install the app, and open it.
   • If you already have a Fitbit account, log in to your account > tap the Today tab > your profile picture > Set Up a Device.
   • If you don’t have a Fitbit account, tap Join Fitbit to be guided through a series of questions to create a Fitbit account.
3. Continue to follow the on-screen instructions to connect Versa 3 to your account.

When you’re done with setup, read through the guide to learn more about your new watch and then explore the Fitbit app.

For more information, see help.fitbit.com.

Connect to Wi-Fi
During setup, you’re prompted to connect Versa 3 to your Wi-Fi network. Versa 3 uses Wi-Fi to more quickly transfer music from Pandora or Deezer, download apps from the Fitbit App Gallery, and for faster, more reliable OS updates.

Versa 3 can connect to open, WEP, WPA personal, and WPA2 personal Wi-Fi networks. Your watch won’t connect to 5GHz, WPA enterprise, or public Wi-Fi networks that require more than a password to connect—for example, logins, subscriptions, or profiles. If you see fields for a username or domain when connecting to the Wi-Fi network on a computer, the network isn’t supported.
For best results, connect Versa 3 to your home Wi-Fi network. Make sure you know the network password before connecting.

For more information, see help.fitbit.com.

See your data in the Fitbit app
Open the Fitbit app on your phone or tablet to view your activity and sleep data, log food and water, participate in challenges, and more.

Unlock Fitbit Premium
Fitbit Premium helps you build healthy habits by offering tailored workouts, insights into how your behavior impacts your health, and personalized plans to help you reach your goals. A Fitbit Premium subscription includes health insights and guidance, advanced health metrics, sleep details, customized programs, and 150+ workouts from fitness brands. New Fitbit Premium customers can redeem a free trial.

For more information, see help.fitbit.com.

Advanced health metrics
Know your body better with health metrics in the Fitbit app. This feature helps you view key metrics tracked by your Fitbit device over time so that you can see trends and assess what’s changed.

Metrics include:
- Oxygen saturation (SpO2)
- Skin temperature variation
- Heart rate variability
- Resting heart rate
- Breathing rate

Note: This feature is not intended to diagnose or treat any medical condition and should not be relied on for any medical purposes. It is intended to provide information that can help you manage your well-being. If you have any concerns about your health, please talk to a healthcare provider. If you believe you are experiencing a medical emergency, call emergency services.

For more information, see help.fitbit.com.

Premium health and wellness reminders
Set up Premium health and wellness reminders in the Fitbit app, and receive reminders on your watch that encourage you to form and maintain healthy behaviors. For more information, see help.fitbit.com.

Wear Versa 3
Wear Versa 3 around your wrist. If you need to attach a different size band, or if you purchased another band, see the instructions in “Change the band” on page 16.

Placement for all-day wear vs. exercise
When you’re not exercising, wear Versa 3 a finger’s width above your wrist bone. In general, it’s always important to give your wrist a break on a regular basis by removing your watch for around an hour after extended wear. We recommend removing your watch while you shower. Although you can shower while wearing your watch, not doing so reduces the potential for exposure to soaps, shampoos, and conditioners, which can cause long-term damage to your watch and may cause skin irritation.
For optimized heart-rate tracking while exercising:

- During workouts, try moving the band higher on your wrist to get a better fit. If you experience any discomfort, loosen the band, and if it persists give your wrist a break by taking it off.

- Wear your watch on top of your wrist, and make sure the back of the device is in contact with your skin.

**Fasten the band**

1. Place Versa 3 around your wrist.
2. Slide the bottom band through the first loop in the top band.
3. Tighten the band until it fits comfortably, and press the peg through one of the holes in the band.
4. Slide the loose end of the band through the second loop until it lies flat on your wrist. Make sure the band isn’t too tight. Wear the band loosely enough that it can move back and forth on your wrist.

**Handedness**

For greater accuracy, you must specify whether you wear Versa 3 on your dominant or non-dominant hand. Your dominant hand is the one you use for writing and eating. To start, the Wrist setting is set to non-dominant. If you wear Versa 3 on your dominant hand, change the Wrist setting in the Fitbit app:

From the Today tab in the Fitbit app, tap your profile picture > Versa 3 tile > Wrist > Dominant.

**Wear and care tips**

- Clean your band and wrist regularly with a soap-free cleanser.
- If your watch gets wet, remove and dry it completely after your activity.
- Take your watch off from time to time.
- If you notice skin irritation, remove your watch and contact customer support.

For more information, see fitbit.com/productcare.

**Change the band**

Versa 3 comes with a small band attached and an additional large, bottom band in the box. Both the top and bottom bands can be swapped with accessory bands, sold separately on fitbit.com. For band measurements, see “Band size” on page 68.

Fitbit Sense bands are compatible with Versa 3.

**Remove a band**

1. Turn over Versa 3 and find the band latches.
2. To release the latch, slide the flat button toward the band.
3. Gently pull the band away from the watch to release it.

4. Repeat on the other side.

**Attach a band**
To attach a band, press it into the end of the watch until you hear a click and it snaps into place. The band with the loops and peg attaches to the top of the watch.

**Basics**
Learn how to manage settings, set a personal PIN code, navigate the screen, and care for your watch.

**Navigate Versa 3**
Versa 3 has a color AMOLED touchscreen display and 1 button.

Navigate Versa 3 by tapping the screen, swiping side to side and up and down, or pressing the button. To preserve battery, the watch’s screen turns off when not in use, unless you turn on the always-on display setting. For more information, see “Adjust always-on display” on page 26.

**Basic navigation**
The home screen is the clock.

- Swipe down to see notifications.
- Swipe up to see widgets, such as your daily stats, the weather, and a shortcut to start the Relax app.
- Swipe left to see the apps on your watch.
- Swipe right to open quick settings or return to the previous screen in an app.
- Press the button to return to the clock face.

**Button shortcuts**
Use the button to quickly access Fitbit Pay, voice assistant, quick settings, or your favorite apps.

**Press and hold the button**
Hold the button for 2 seconds to activate a feature of your choice. The first time you use the button shortcut, select which feature it activates. To change which feature activates when you hold the button, open the Settings app on your watch and tap Shortcuts. Tap Press & hold, and select the app you want.

**Double-press the button**
Double-press the button to open shortcuts to 4 apps or features. To start, the 4 shortcuts are music controls, quick settings, your voice assistant, and Fitbit Pay. To change these shortcuts, open the Settings app on your watch and tap Shortcuts. Under Double Press, tap the shortcut you want to change.
Quick settings
Swipe right from the clock face on your watch to access quick settings.

<table>
<thead>
<tr>
<th>Quick Setting</th>
<th>Description</th>
</tr>
</thead>
</table>
| Do Not Disturb      | When the do not disturb setting is on:  
  * Notifications, goal celebrations, and reminders are muted.  
  * The do not disturb icon illuminates in quick settings.  
You can't turn on do not disturb and sleep mode at the same time. |
| Sleep Mode          | When the sleep mode setting is on:  
  * Notifications, goal celebrations, and reminders are muted.  
  * The screen's brightness is set to dim.  
  * The Always-On Display clock face is turned off.  
  * The screen stays dark when you turn your wrist.  
  * The sleep mode icon illuminates in quick settings.  
Sleep mode turns off automatically when you set a sleep schedule. To set a schedule:  
1. Open the Settings app and tap **Quiet modes**.  
2. Under Sleep mode, tap **Schedule mode > Off-hours**.  
3. Tap the start or stop time to adjust when the mode turns on and off. Swipe up or down to change the time, and tap the time to select it.  
Sleep mode automatically turns off at the time you schedule, even if you manually turned it on.  
You can't turn on do not disturb and sleep mode at the same time. |
| Screen Wake         | When you set screen wake to automatic, the screen turns on each time you turn your wrist. |
Widgets
Add widgets to your watch to see your daily stats, log your water intake or weight, check the weather forecast, and start a session in the Relax app, and more. To see your widgets, swipe up from the clock face.

To add a new widget:
1. From the clock face, swipe up to the bottom of the widgets, and tap Manage.
2. Under **More Widgets**, tap the 📦 icon next to the widget you want to add.
3. Swipe up to the bottom of the page, and tap **Done**.

To turn off a widget:
1. From the clock face, swipe up to the bottom of the widgets, and tap **Manage**.
2. Tap the ➤ icon next to the widget you want to adjust.
3. Tap the switch icon ☑️ next to **Show Widget** to turn it off.
4. Swipe up to the bottom of the page, and tap **Done**.

To adjust the information you see on a widget:
1. From the clock face, swipe up to the bottom of the widgets, and tap **Manage**.
2. Tap the > icon next to the widget you want to adjust.
3. Adjust any settings you want to change.
4. Swipe up to the bottom of the page, and tap **Done**.

**To change the order of widgets:**

1. From the clock face, swipe up to the bottom of the widgets, and tap **Manage**.
2. Press and hold the widget you want to move, and drag it up or down in the list of widgets. When it’s in the correct new location, lift your finger.
3. Swipe up to the bottom of the page, and tap **Done**.

**Adjust settings**

Manage basic settings in the **Settings app**

<table>
<thead>
<tr>
<th>Display</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brightness</td>
<td>Change the screen’s brightness.</td>
</tr>
<tr>
<td>Screen wake</td>
<td>Change whether the screen turns on when you turn your wrist.</td>
</tr>
<tr>
<td>Screen timeout</td>
<td>Adjust the amount of time before the screen turns off or switches to the</td>
</tr>
<tr>
<td></td>
<td>always-on display clock face.</td>
</tr>
<tr>
<td>Always-on display</td>
<td>Turn always-on display on or off, and change the type of clock face shown.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vibration &amp; audio</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vibration</td>
<td>Adjust your watch’s vibration strength.</td>
</tr>
<tr>
<td>Microphone</td>
<td>Choose whether your watch can access the microphone.</td>
</tr>
<tr>
<td>Bluetooth</td>
<td>Manage connected Bluetooth devices.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Goal reminders</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active Zone</td>
<td>Turn Active Zone Minutes weekly goal notifications on or off.</td>
</tr>
<tr>
<td>Minutes goal</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Quiet modes</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Focus mode</td>
<td>Turn off notifications while using the Exercise app.</td>
</tr>
<tr>
<td>Do not disturb</td>
<td>Turn off all notifications.</td>
</tr>
<tr>
<td>Sleep mode</td>
<td>Adjust sleep mode settings, including setting a schedule for the mode to</td>
</tr>
<tr>
<td></td>
<td>automatically turn on and off.</td>
</tr>
<tr>
<td>Alexa</td>
<td>Turn Amazon Alexa notifications off.</td>
</tr>
<tr>
<td>notifications</td>
<td></td>
</tr>
</tbody>
</table>

**Shortcuts**
Check battery level
From the clock face, swipe right. The battery level icon is at the top of the screen.

Wi-Fi won’t work on Versa 3 when the battery is 25% or less, and you’ll be unable to update your device.

If your watch’s battery is low (fewer than 24 hours remaining), a red battery indicator appears on the clock face. If your watch’s battery is critically low (fewer than 4 hours remaining), the battery indicator flashes. When the battery is low:

- The screen brightness is set to dim
- The vibration strength is set to light
- If you’re tracking an exercise with GPS, GPS tracking turns off
- Always-on display is turned off
- You can’t use the voice assistant feature
- You can’t use quick replies
- You can’t use music controls
- You won’t receive notifications from your phone

Charge Versa 3 to use or adjust these features.

Set up device lock
To help keep your watch secure, turn on device lock in the Fitbit app, which prompts you to enter a personal 4-digit PIN code to unlock your watch. If you set up Fitbit Pay to make contactless payments from your watch, device lock is turned on automatically and you’re required to set a code. If you don’t use Fitbit Pay, device lock is optional.
Turn on device lock or reset your PIN code in the Fitbit app: From the Today tab in the Fitbit app, tap your profile picture > Versa 3 tile > **Device Lock**.

For more information, see [help.fitbit.com](http://help.fitbit.com).

**Adjust always-on display**

Turn on always-on display to show the time on your watch, even when you’re not interacting with the screen. Many clock faces and certain apps have an always-on display mode.

To turn always-on display on or off, swipe right from the clock face to open quick settings. Tap the always-on display icon.

Note that turning on this feature impacts your watch’s battery life. When always-on display is turned on, Versa 3 requires more frequent charging.

Clock faces without an always-on display mode use a default always-on display clock face. Choose between an analog or digital clock face. Open the Settings app > **Display**. In the **Always-on display** section, tap **Analog** or **Digital**.
Always-on display automatically turns off when your watch’s battery is critically low.

For more information, see help.fitbit.com.

**Turn off the screen**
To turn off your watch’s screen when not in use, briefly cover the watch face with your opposite hand, press the buttons, or turn your wrist away from your body.

Note that if you turn on the always-on display setting, the screen won’t turn off.

**Care for Versa 3**
It’s important to clean and dry Versa 3 regularly. For more information, see fitbit.com/productcare.

**Apps and Clock Faces**
The Fitbit Gallery offers apps and clock faces to personalize your watch and meet a variety of health, fitness, timekeeping, and everyday needs.

**Change the clock face**
The Fitbit Clock Gallery offers a variety of clock faces to personalize your watch.

1. From the Today tab in the Fitbit app, tap your profile picture > Versa 3 tile.
2. Tap **Clock Faces > All Clocks**.
3. Browse the available clock faces. Tap a clock face to see a detailed view.
4. Tap **Select** to add the clock face to Versa 3.

**Save up to 5 clock faces to switch between them:**
- When you select a new clock face, it’s automatically saved unless you already have 5 saved clock
To see your saved clock faces from your watch, open the Clocks app and swipe to find the clock face you want to use. Tap to select it.

To see your saved clock faces in the Fitbit app, tap the Today tab > your profile picture > your device image > Clock Faces. See your saved clock faces in My Clock Faces.

To remove a clock face, tap the clock face > Remove clock face.

To switch to a saved clock face, tap the clock face > Select.

**Open apps**
From the clock face, swipe left to see the apps installed on your watch. To open an app, tap it.

**Organize apps**
To change the placement of an app on Versa 3, press and hold an app until it’s selected, and drag it to a new location. The app is selected when the icon increases slightly in size and the watch vibrates.

**Download additional apps**

1. From the Today tab in the Fitbit app, tap your profile picture > Versa 3 tile.
2. Tap Apps > All Apps.
3. Browse the available apps. When you find one you want to install, tap it.
4. Tap Install to add the app to Versa 3.

For more information, see help.fitbit.com.

**Remove apps**
You can remove most apps installed on Versa 3:

1. From the Today tab in the Fitbit app, tap your profile picture > Versa 3 tile.
2. Tap Apps.
3. In the My Apps tab, tap the app you want to remove. You may have to swipe up to find it.
4. Tap Remove.

**Update apps**
Apps update over Wi-Fi as needed. Versa 3 searches for updates when plugged into the charger and in range of your Wi-Fi network.

You can also manually update apps:

1. From the Today tab in the Fitbit app, tap your profile picture > Versa 3 tile.
2. Tap Apps.
3. In the My Apps tab, find the app you want to update. You may have to swipe up to find it.
4. Tap the pink Update button next to the app.

**Adjust app settings and permissions**
Many apps include options to adjust the notifications, allow certain permissions, and customize what it displays. Note that turning off any app permissions might cause the app to stop functioning.

To access these settings:

1. With your watch nearby, in the Fitbit app, tap the Today tab > your profile picture > your device image.
2. Tap Apps or Clock Faces.
3. Tap the app or clock face whose settings you want to change. You may have to swipe up to see some apps.
4. Tap **Settings** or **Permissions**.
5. Tap **Back** or **Details** when you’re done making changes.

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**Voice Assistant**

Check the weather, set timers and alarms, control your smart home devices, and more by speaking to your watch.

**Set up Amazon Alexa Built-in**

1. From the Today tab
   in the Fitbit app, tap your profile picture > Versa 3 tile.
2. Tap **Amazon Alexa > Sign in with Amazon**.
3. Tap **Get Started**.
4. Log in to your Amazon account or create one if necessary.
5. Follow the on-screen instructions and read about what Alexa can do, and tap **Close** to return to your device settings in the Fitbit app.

To change the language Alexa recognizes or disconnect your Amazon account:

1. From the Today tab
   in the Fitbit app, tap your profile picture > Versa 3 tile.
2. Tap **Amazon Alexa**.
3. Tap the current language to change it, or tap **Logout** to stop using Alexa on your watch.

**Interact with Alexa**

1. Open the Alexa app
   on your watch. Note that the Fitbit app must be running in the background on your phone.
2. Say your request.

You don’t need to say “Alexa” before speaking your request. For example:

- Set a timer for 10 minutes.
- Set an alarm for 8:00 a.m.
- What’s the temperature outside?
- Remind me to make dinner at 6:00 p.m.
- How much protein is in an egg?
- Ask Fitbit to start a run.*
- Start a bike ride with Fitbit.*

*To ask Alexa to open the Exercise app on your watch, you must first set up the Fitbit skill for Alexa. For more information, see [help.fitbit.com](http://help.fitbit.com). These commands are currently available in English, German, French, Italian, Spanish, and Japanese.

Amazon Alexa not available in all countries. For more information, see [fitbit.com/voice](http://fitbit.com/voice).

Note that saying “Alexa” doesn’t activate Alexa on your watch—you must open the Alexa app on your
watch before the microphone turns on. The microphone turns off when you close Alexa, or when your
watch’s screen turns off.

For added functionality, install the Amazon Alexa app on your phone. With the app, your watch can
access additional Alexa skills.

For more information, see help.fitbit.com.

Check Alexa alarms, reminders, and timers

1. Open the Alexa app on your watch.
2. Tap the alerts icon and swipe up to view your alarms, reminders, and timers.
3. Tap an alarm to turn it on or off. To adjust or cancel a reminder or timer, tap the Alexa icon and say your request.

Note that Alexa’s alarms and timers are separate from those you set in the Alarms app or Timer app.

Lifestyle

Use apps to stay connected to what you care about most. See “Apps and Clock Faces” on page 29 for
instructions on how to add and delete apps.

For more information, see help.fitbit.com.

Starbucks

Add your Starbucks card or Starbucks Rewards program number in the Fitbit App Gallery in the Fitbit
app, and then use the Starbucks app to pay from your wrist.

For more information, see help.fitbit.com.

Agenda

Connect your phone’s calendar in the Fitbit app to see upcoming calendar events for today and
tomorrow in the Agenda app on your watch.

For more information, see help.fitbit.com.

Weather

See the weather in your current location, as well as 2 additional locations you choose, in the Weather
app on your watch.

Check the weather

Open the Weather app to see conditions in your current location. Swipe up to view the weather in
other locations you added. Tap a location to see a more detailed report.

You can also add a weather widget to your watch. For more information, see “Widgets” on page 22.

If the weather for your current location doesn’t appear, check that you turned on location services for
the Fitbit app. If you change locations or don’t see updated data for your current location, sync your
watch to see your new location and latest data in the Weather app or widget.

Choose your unit of temperature in the Fitbit app. For more information, see help.fitbit.com.

Add or remove a city
1. From the Today tab in the Fitbit app, tap your profile picture > Versa 3 tile.
2. Tap Apps.
3. In the My Apps tab, tap the gear icon next to Weather. You may need to swipe up to find the app.
4. Tap Add city to add up to 2 additional locations or tap Edit > the X icon to delete a location. Note that you can’t delete your current location.

Find Phone
Use the Find Phone app to locate your phone.
Requirements:
- Your watch must be connected (“paired”) to the phone you want to locate.
- Your phone must have Bluetooth turned on and be within 30 feet (10m) of your Fitbit device.
- The Fitbit app must be running in the background on your phone.
- Your phone must be turned on.

To find your phone:
- Open the Find Phone app on your watch.
- Tap Find Phone. Your phone rings loudly.
- When you locate your phone, tap Cancel to end the ringtone.

Notifications from your phone
Versa 3 can show call, text, calendar, and app notifications from your phone to keep you informed. Keep your watch within 30 feet of your phone to receive notifications.

Set up notifications
Check that Bluetooth on your phone is on and that your phone can receive notifications (often under Settings > Notifications). Then set up notifications:

1. From the Today tab in the Fitbit app, tap your profile picture > Versa 3 tile.
2. Tap Notifications.
3. Follow the on-screen instructions to pair your watch if you haven't already. Call, text, and calendar notifications are turned on automatically.
4. To turn on notifications from apps installed on your phone, including Fitbit and WhatsApp, tap App Notifications and turn on the notifications you want to see.

Note that if you have an iPhone or iPad, Versa 3 shows notifications from all calendars synced to the Calendar app. If you have an Android phone, Versa 3 shows calendar notifications from the calendar app you chose during setup.

For more information, see help.fitbit.com.

See incoming notifications
A notification causes your watch to vibrate. If you don’t read the notification when it arrives, you can check it later by swiping down from the top of the screen.
If your watch’s battery is critically low, notifications won’t cause Versa 3 to vibrate or the screen to turn on.

**Manage notifications**
Versa 3 stores up to 30 notifications, after which the oldest are replaced as you receive new ones.

To manage notifications:

1. Swipe down from the top of the screen to see your notifications and tap any notification to expand it.
2. To delete a notification, tap to expand it, then swipe to the bottom and tap Clear.
3. To delete all notifications at once, swipe to the top of your notifications and tap Clear All.

**Turn off notifications**
Turn off certain notifications in the Fitbit app, or turn off all notifications in quick settings on Versa 3. When you turn off all notifications, your watch won’t vibrate and the screen won’t turn on when your phone receives a notification.

To turn off certain notifications:

1. From the Today tab in the Fitbit app on your phone, tap your profile picture > Versa 3 tile > Notifications.
2. Turn off the notifications you no longer want to receive on your watch.

To turn off all notifications:

1. From the clock face, swipe right to access quick settings.
2. Tap the do not disturb icon . All notifications, including goal celebrations and reminders, are turned off.

Note that if you use the do not disturb setting on your phone, you don’t receive notifications on your...
Watch until you turn off this setting.

**Answer or reject phone calls**  
If paired to an iPhone or Android (8.0+) phone, Versa 3 lets you accept or reject incoming phone calls. If your phone is running an older version of the Android OS, you can reject, but not accept, calls on your watch.

To accept a call, tap the green phone icon on your watch’s screen. Note that you can’t speak into the watch—accepting a phone call answers the call on your nearby phone. To reject a call, tap the red phone icon to send the caller to voicemail.

The caller’s name appears if that person is in your contacts list; otherwise you see a phone number.

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**Respond to messages (Android phones)**  
Respond directly to text messages and notifications from certain apps on your watch with preset quick replies or by speaking your reply into Versa 3. Keep your phone nearby with the Fitbit app running in the background to respond to messages from your watch.

**To respond to a message:**

1. Open the notification you want to respond to.
2. Choose how to reply to the message:
   
   - Tap the microphone icon to respond to the message using voice-to-text.  
     To change the language recognized by the microphone, tap Language. After you speak your reply, tap Send, or tap Retry to try again. If you notice a mistake after you send the message, tap Undo within 3 seconds to cancel the message.
   
   - Tap the text icon to respond to a message from a list of quick replies.
   
   - Tap the emoji icon to respond to the message with an emoji.

For more information, including how to customize quick replies, see [help.fitbit.com](http://help.fitbit.com).

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**Timekeeping**  
Alarms vibrate to wake or alert you at a time you set. Set up to 8 alarms to occur once or on multiple days of the week. You can also time events with the stopwatch or set a countdown timer.

Note that alarms and timers you set with a voice assistant are separate from the ones you set in the Alarms app and Timer app. For more information, see “Voice Assistant” on page 32.

**Use the Alarms app**
Set one-time or recurring alarms with the Alarms app 🕒. When an alarm goes off, your watch vibrates.

When setting an alarm, turn on Smart Wake to allow your watch to find the best time to wake you starting 30 minutes before the alarm time you set. It avoids waking you during deep sleep so you’re more likely to wake up feeling refreshed. If Smart Wake can’t find the best time to wake you, your alarm alerts you at the set time.

For more information, see help.fitbit.com.

**Dismiss or snooze an alarm**

When an alarm goes off, your watch vibrates. To dismiss the alarm, tap the alarm icon 🕒. To snooze the alarm for 9 minutes, tap the snooze icon 🕒.

Snooze the alarm as many times as you want. Versa 3 automatically goes into snooze mode if you ignore the alarm for more than 1 minute.

**Use the Timer app**

Time events with the stopwatch or set a countdown timer with the Timer app 🕒 on your watch. You can run the stopwatch and countdown timer at the same time.

When the screen turns off, your watch continues to display the stopwatch or countdown timer until it ends or you exit the app.

For more information, see help.fitbit.com.
Activity and Wellness

Versa 3 continuously tracks a variety of stats whenever you wear it, including hourly activity, heart rate, and sleep. Data automatically syncs with the Fitbit app throughout the day.

See your stats

Open the Today app or swipe up from the clock face to see your daily stats, including:

<table>
<thead>
<tr>
<th>Track</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steps</td>
<td>Steps taken today and progress toward your daily goal</td>
</tr>
<tr>
<td>Heart rate</td>
<td>Current heart rate and either your heart-rate zone or resting heart rate</td>
</tr>
<tr>
<td>Calories burned</td>
<td>Calories burned today and progress toward your daily goal</td>
</tr>
<tr>
<td>Floors</td>
<td>Floors climbed today and progress toward your daily goal</td>
</tr>
<tr>
<td>Distance</td>
<td>Distance covered today and progress toward your daily goal</td>
</tr>
<tr>
<td>Active Zone Minutes</td>
<td>Active Zone Minutes earned today and the number of Active Zone Minutes you're currently earning per minute</td>
</tr>
<tr>
<td>Exercise</td>
<td>Number of days you met your exercise goal this week</td>
</tr>
<tr>
<td>Sleep</td>
<td>Sleep duration and sleep score</td>
</tr>
<tr>
<td>Hourly activity</td>
<td>The number of hours today you met your hourly activity goal</td>
</tr>
<tr>
<td>Food</td>
<td>Calories eaten and calories remaining today</td>
</tr>
<tr>
<td>Menstrual health</td>
<td>Information on the current stage of your menstrual cycle, if applicable</td>
</tr>
<tr>
<td>Water</td>
<td>Water intake logged today and progress toward your daily goal</td>
</tr>
<tr>
<td>Weight</td>
<td>Current weight and your progress toward your weight goal</td>
</tr>
<tr>
<td>Core temp</td>
<td>Your most recent logged temperature</td>
</tr>
</tbody>
</table>

Tap a tile to view more details or log an entry (for water, weight, and core temperature).

Find your complete history and other information detected by your watch in the Fitbit app.

Track a daily activity goal

Versa 3 tracks your progress toward a daily activity goal of your choice. When you reach your goal, your watch vibrates and shows a celebration.

Choose a goal

Set a goal to help you get started on your health and fitness journey. To begin, your goal is to take 10,000 steps per day. Choose to change the number of steps, or pick a different activity goal depending on your device.

For more information, see help.fitbit.com.

Track progress toward your goal on Versa 3. For more information, see “See your stats” on the previous page.

Track your hourly activity

Versa 3 helps you stay active throughout the day by keeping track of when you’re stationary and reminding you to move.
Reminders nudge you to walk at least 250 steps each hour. You feel a vibration and see a reminder on your screen at 10 minutes before the hour if you haven't walked 250 steps. When you meet the 250-step goal after receiving the reminder, you feel a second vibration and see a congratulatory message. For more information, see help.fitbit.com.

**Track your sleep**
Wear Versa 3 to bed to automatically track basic stats about your sleep, including your time asleep, sleep stages (time spent in REM, light sleep, and deep sleep), and sleep score (the quality of your sleep). Versa 3 also tracks your estimated oxygen variation throughout the night to help you uncover potential breathing disturbances. To see your sleep stats, sync your watch when you wake up and check the Fitbit app, or swipe up from the clock face on your watch to see your sleep stats.

For more information, see help.fitbit.com.

**Set a sleep goal**
To start, you have a sleep goal of 8 hours of sleep per night. Customize this goal to meet your needs.

For more information, see help.fitbit.com.

**Learn about your sleep habits**
With a Fitbit Premium subscription, see more details about your sleep score and how you compare to your peers, which can help you build a better sleep routine and wake up feeling refreshed.

For more information, see help.fitbit.com.

**Practice guided breathing**
The Relax app on Versa 3 provides personalized guided breathing sessions to help you find moments of calm throughout the day. All notifications are automatically disabled during the session.

1. On Versa 3, open the Relax app.
2. Tap **Edit** to change the duration of the session or turn off the optional vibration.
3. Tap **Start** to begin the session. Follow the on-screen instructions.

4. When the session ends, tap **Log It** to reflect on how you feel, or tap **Skip** to skip this step.
5. View your summary, and tap **Done** to close the app.

For more information, see help.fitbit.com.

**Exercise and Heart Health**
Track activity with the Exercise app and complete guided workouts with the Fitbit Coach app right on your wrist.

Check the Fitbit app to share your activity with friends and family, see how your overall fitness level compares to your peers, and more.

During a workout, you can play music through the Pandora app or Deezer app on your watch, control music playing in Spotify using the Spotify - Connect & Control app, or control music playing on your phone.

1. Start music playing in an app or on your phone.
2. Open the Exercise or Coach app and start a workout. To control music playing while you exercise, double-press the button. Your shortcuts appear.
3. Tap the music controls icon.
4. To return to your workout, press the button.

Note that you need to pair a Bluetooth audio device, such as headphones or a speaker, to Versa 3 to hear music stored on your watch.

For more information, see “Music” on page 55.

**Track your exercise automatically**

Versa 3 automatically recognizes and records many high-movement activities which are at least 15 minutes long. See basic stats about your activity in the Fitbit app on your phone. From the Today tab, tap the Exercise tile.

For more information, see help.fitbit.com.

**Track and analyze exercise with the Exercise app**

Track specific exercises with the Exercise app on Versa 3 to see real-time stats, including heart-rate data, calories burned, elapsed time, and a post-workout summary on your wrist. For complete workout stats, and a workout intensity map if you used GPS, tap the Exercise tile in the Fitbit app.

**Track an exercise**

1. On Versa 3, open the Exercise app and swipe to find an exercise.
2. Tap the exercise to choose it. If the exercise uses GPS, you can wait for the signal to connect, or start the exercise and GPS will connect when a signal is available. Note that GPS can take a few minutes to connect.
3. Tap the play icon to begin the exercise, or swipe up to choose an exercise goal or adjust the settings. For more information on the settings, see “Customize your exercise settings” on the next page.
4. Tap the large stat to scroll through your real-time stats. To pause your workout, swipe up and tap the pause icon.
5. When you’re done with your workout, swipe up and tap the end icon > End. Your workout summary appears.
6. Tap Done to close the summary screen.
Notes:

1. If you set an exercise goal, your watch alerts you when you’re halfway to your goal and when you reach the goal.
2. If the exercise uses GPS, “GPS connecting...” appears at the top of the screen. When the screen says “GPS connected” and Versa 3 vibrates, GPS is connected.

Using built-in GPS impacts your watch’s battery life. When GPS tracking is turned on, Versa 3 can track up to 12 hours of continuous exercise.

Customize your exercise settings
Customize settings for each exercise type on your watch. Settings include:

<table>
<thead>
<tr>
<th>Setting</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Zone Notifications</td>
<td>Receive notifications when you hit target heart-rate zones during your workout. For more information, see help.fitbit.com</td>
</tr>
<tr>
<td>Laps</td>
<td>Receive notifications when you reach certain milestones during your workout</td>
</tr>
<tr>
<td>Show Stats</td>
<td>Choose what stats you want to see when tracking an exercise</td>
</tr>
<tr>
<td>GPS</td>
<td>Track your route using GPS</td>
</tr>
<tr>
<td>Auto-Pause</td>
<td>Automatically pause a run or bike ride when you stop moving</td>
</tr>
<tr>
<td>Run Detect</td>
<td>Track runs automatically without opening the Exercise app</td>
</tr>
<tr>
<td>Always-on Display</td>
<td>Keep the screen on during exercise</td>
</tr>
<tr>
<td>Pool Length</td>
<td>Set the length of your pool</td>
</tr>
<tr>
<td>Interval</td>
<td>Adjust the move and rest intervals used during interval training</td>
</tr>
</tbody>
</table>

1. On Versa 3, open the Exercise app 🏃️.
2. Swipe to find an exercise.
3. Swipe up from the bottom of the screen, then swipe up through the list of settings.
4. Tap a setting to adjust it.
5. When you’re done, swipe down until you see the play icon ⏯.

Check your workout summary
After you complete a workout, Versa 3 shows a summary of your stats. Check the Exercise tile in the Fitbit app to see additional stats and a workout intensity map if you used GPS.

Check your heart rate
Versa 3 personalizes your heart-rate zones using your heart rate reserve, which is the difference
between your maximum heart rate and your resting heart rate. To help you target the training intensity of your choice, check your heart rate and heart-rate zone on your watch during exercise. Versa 3 notifies you when you enter a heart-rate zone.

### Custom heart-rate zones

Instead of using these heart-rate zones, you can create a custom zone in the Fitbit app to target a specific heart-rate range.

For more information, see [help.fitbit.com](http://help.fitbit.com).

### Earn Active Zone Minutes

Earn Active Zone Minutes for time spent in the fat burn, cardio, or peak heart-rate zones. To help you maximize your time, you earn 2 Active Zone Minutes for each minute you’re in the cardio or peak zones.

- 1 minute in the fat burn zone = 1 Active Zone Minute
- 1 minute in the cardio or peak zones = 2 Active Zone Minutes

A few moments after you enter a different heart-rate zone during your exercise, your watch buzzes so
that you know how hard you’re working. The number of times your watch vibrates indicates which zone you’re in:

1 buzz = below zone
2 buzzes = fat burn zone
3 buzzes = cardio zone
4 buzzes = peak zone

To start, your weekly goal is set to 150 Active Zone Minutes. You’ll receive notifications as you reach your goal.

For more information, see help.fitbit.com.

**View your cardio fitness score**
View your overall cardiovascular fitness in the Fitbit app. See your cardio fitness score and cardio fitness level, which shows how you compare to your peers.

In the Fitbit app, tap the Heart-rate tile and swipe left on your heart-rate graph to see your detailed cardio fitness stats.

For more information, see help.fitbit.com.

**Work out with Fitbit Coach**
The Fitbit Coach app 🌟 provides guided bodyweight workouts on your wrist to help you stay fit anywhere.

1. On Versa 3, open the Fitbit Coach app 🌟.
2. Swipe to find a workout.
3. Tap the workout you want. To preview the workout, tap the menu icon 📚.
   Press the button to return to the workout.
4. Tap Start.

For more information, see help.fitbit.com.

**Share your activity**
After you complete a workout, open the Fitbit app to share your stats with friends and family.

For more information, see help.fitbit.com.

**Music**
Use apps on your watch to listen to music with Bluetooth headphones or speakers.

**Connect Bluetooth headphones or speakers**
Connect up to 8 Bluetooth audio devices to listen to music from your watch.

To pair a new Bluetooth audio device:

1. Activate pairing mode on your Bluetooth headphones or speaker.
2. On Versa 3, open the Settings app 🎧 > Vibration & audio.
3. In the Bluetooth section, tap Manage devices.
4. Swipe up to see the Other devices section. Versa 3 searches for nearby devices.
5. When Versa 3 finds nearby Bluetooth audio devices, it shows a list on the screen. Tap the name of the device you want to pair.

When pairing is complete, a check mark appears on the screen.

To listen to music with a different Bluetooth device:

1. On Versa 3, open the Settings app 🎧 > Vibration & audio.
2. In the Bluetooth section, tap the device you want to use, or pair a new device. Then wait for a moment for the device to connect.

For more information, see help.fitbit.com.

**Control music with Versa 3**

Control music playing in an app on Versa 3 or on your phone.

**Choose the music source**

2. Tap the music controls icon 🎵.
3. The icon in the top-left corner shows whether the music source is currently set to your phone 📱 or your watch 🕰️. Tap it to change the music source, then press the button to return to your music controls.

**Control music**

1. While music is playing, double-press the button. Your shortcuts appear.
2. Tap the music controls icon 🎵.
3. Play, pause, or tap the arrow icons to skip to the next track or previous track. Tap the volume icon 🎧 to adjust the volume.

**Control music with the Spotify – Connect & Control app**

Use the Spotify – Connect & Control app 🌀 on Versa 3 to control Spotify on your phone, computer, or other Spotify Connect device. Navigate between playlists, like songs, and switch between devices from your watch. Note that at this time, the Spotify – Connect & Control app only controls music playing on your paired device, so your device must remain nearby and connected to the internet. You need a Spotify Premium subscription to use this app. For more information about Spotify Premium, see spotify.com.

For instructions, see help.fitbit.com.

**Listen to music with the Pandora app (United States only)**

With the Pandora app 🎵 on Versa 3, download up to 3 of your most-played Pandora stations or popular curated Workout stations directly to your watch. Note that you need a paid subscription to Pandora and a Wi-Fi connection to download stations. For more information about Pandora subscriptions, see help.pandora.com.
Listen to music with the Deezer app

With the Deezer app on Versa 3, download your Deezer playlists and Flow directly to your watch. Note that you need a paid subscription to Deezer and a Wi-Fi connection to download music. For more information about Deezer subscriptions, see support.deezer.com.

For instructions, see help.fitbit.com.

Fitbit Pay

Versa 3 includes a built-in NFC chip, which lets you use your credit and debit cards on your watch.

Use credit and debit cards

Set up Fitbit Pay in the Wallet section of the Fitbit app, and use your watch to make purchases in stores that accept contactless payments.

We’re always adding new locations and card issuers to our list of partners. To see if your payment card works with Fitbit Pay, see fitbit.com/fitbit-pay/banks.

Set up Fitbit Pay

To use Fitbit Pay, add at least 1 credit or debit card from a participating bank to the Wallet section of the Fitbit app. The Wallet is where you add and remove payment cards, set a default card for your watch, edit a payment method, and review recent purchases.

1. From the Today tab in the Fitbit app, tap your profile picture > Versa 3 tile.
2. Tap the Wallet tile.
3. Follow the on-screen instructions to add a payment card. In some cases, your bank might require additional verification. If you’re adding a card for the first time, you might be prompted to set a 4-digit PIN code for your watch. Note that you also need passcode protection enabled for your phone.
4. After you add a card, follow the on-screen instructions to turn on notifications for your phone (if you haven’t already done so) to complete the setup.

You can add up to 6 payment cards to the Wallet and choose which card to set as the default payment option.

Make purchases

Make purchases using Fitbit Pay at any store that accepts contactless payments. To determine if the store accepts Fitbit Pay, look for the symbol below on the payment terminal:

1. Open the Wallet app on your watch.
2. If prompted, enter your 4-digit watch PIN code. Your default card appears on the screen.
3. To pay with your default card, hold your wrist near the payment terminal. To pay with a different card, swipe to find the card you want to use, and hold your wrist near the payment terminal.

When the payment succeeds, your watch vibrates and you see a confirmation on the screen.

If the payment terminal doesn’t recognize Fitbit Pay, make sure the watch face is near the reader and that the cashier knows you’re using a contactless payment.

For added security, you must wear Versa 3 on your wrist to use Fitbit Pay.

For more information, see help.fitbit.com.

**Change your default card**

1. From the Today tab in the Fitbit app, tap your profile picture > Versa 3 tile.
2. Tap the Wallet tile.
3. Find the card you want to set as the default option.
4. Tap **Set as Default on Versa 3**.

**Pay for transit**

Use Fitbit Pay to tap on and off at transit readers that accept contactless credit or debit card payments. To pay with your watch, follow the steps listed in “Use credit and debit cards” on page 58.

Pay with the same card on your Fitbit watch when you tap the transit reader at the start and end of your trip. Make sure your device is charged before beginning your trip.

**Update, Restart, and Erase**

Some troubleshooting steps may require you to restart your watch, while erasing it is useful if you want to give Versa 3 to another person. Update your watch to receive new Fitbit OS updates.

**Update Versa 3**

Update your watch to get the latest feature enhancements and product updates.
When an update is available, a notification appears in the Fitbit app. After you start the update, follow the progress bars on Versa 3 and in the Fitbit app until the update is complete. Keep your watch and phone close to each other during the update.

Updating Versa 3 takes several minutes and may be demanding on the battery. We recommend plugging your watch into the charger before starting the update.

For more information, see help.fitbit.com.

**Restart Versa 3**
If you can’t sync Versa 3 or you have trouble with tracking your stats or receiving notifications, restart your watch from your wrist:

To restart your watch, press and hold the button for 10 seconds until you see the Fitbit logo on the screen, and then release the button.

Restarting your watch reboots the device but doesn’t delete any data.

Versa 3 has small holes on the device for the altimeter, speaker, and microphone. Don’t attempt to restart your device by inserting any items, such as paper clips, into these holes as you can damage Versa 3.

**Shutdown Versa 3**

1. To turn off your watch, open the Settings app > Shut down.
2. To turn on your watch, press the button.

For information about how to store Versa 3 long term, see help.fitbit.com.

**Erase Versa 3**
If you want to give Versa 3 to another person or wish to return it, first clear your personal data:

On Versa 3, open the Settings app > About Versa 3 > Factory reset.

**Troubleshooting**
If Versa 3 isn’t working properly, see our troubleshooting steps below. Visit help.fitbit.com for more information.

**Heart-rate signal missing**
Versa 3 continuously tracks your heart rate while you’re exercising and throughout the day. If the heart-rate sensor on your watch has difficulty detecting a signal, dashed lines appear.

If your watch doesn’t detect a heart-rate signal, make sure you’re wearing your watch correctly, either by moving it higher or lower on your wrist or by tightening or loosening the band. Versa 3 should be in contact with your skin. After holding your arm still and straight for a short time, you should see your
For more information, see help.fitbit.com.

**GPS signal missing**
Environmental factors including tall buildings, dense forest, steep hills, and thick cloud cover can interfere with your watch’s ability to connect to GPS satellites. If your watch is searching for a GPS signal during an exercise, you’ll see “GPS connecting” appear at the top of the screen. If Versa 3 can’t connect to a GPS satellite, the watch stops trying to connect until the next time you start a GPS exercise.

For best results, wait for Versa 3 to find the signal before you start your workout.

If Versa 3 loses the GPS signal during your workout, “GPS lost signal” appears at the top of the screen. Your watch will attempt to reconnect.

For more information, see help.fitbit.com.

**Can’t connect to Wi-Fi**
If Versa 3 can’t connect to Wi-Fi, you might have entered an incorrect password, or the password might have changed:

1. From the Today tab ✨ in the Fitbit app, tap your profile picture > Versa 3 tile.
2. Tap **Wi-Fi Settings** > **Next**.
3. Tap the network you want to use > **Remove**.
4. Tap Add Network and follow the on-screen instructions to reconnect the Wi-Fi network.

To check if your Wi-Fi network is working correctly, connect another device to your network; if it connects successfully, try again to connect your watch.

If Versa 3 still won’t connect to Wi-Fi, make sure that you’re attempting to connect your watch to a
compatible network. For best results, use your home Wi-Fi network. Versa 3 can’t connect to 5GHz Wi-Fi, WPA enterprise, or public networks that require logins, subscriptions, or profiles. For a list of compatible network types, see “Connect to Wi-Fi” on page 9.

After you verify the network is compatible, restart your watch and try connecting to Wi-Fi again. If you see other networks appear in the list of available networks, but not your preferred network, move your watch closer to your router.

For more information, see help.fitbit.com.

Other issues
If you experience any of the following issues, restart your watch:

- Won’t sync
- Won't respond to taps, swipes, or button press
- Won’t track steps or other data
- Won’t show notifications

For instructions, see “Restart Versa 3” on page 62.

For more information, see help.fitbit.com.

General Info and Specifications

Sensors and Components

Fitbit Versa 3 contains the following sensors and motors:

- 3-axis accelerometer, which tracks motion patterns
- Altimeter, which tracks altitude changes
- Built-in GPS receiver + GLONASS, which tracks your location during a workout
- Multi-path optical heart-rate tracker
- Device temperature sensor (skin temperature variation available through Premium only)
- Ambient light sensor
- Microphone
- Speaker
- Vibration motor

Materials

The band that comes with Versa 3 is made of a flexible, durable elastomer material similar to that used in many sports watches.

The housing and buckle on Versa 3 are made of anodized aluminum. While anodized aluminum can contain traces of nickel, which can cause an allergic reaction in someone with nickel sensitivity, the amount of nickel in all Fitbit products meets the European Union’s stringent Nickel Directive.

Our products may contain trace amounts of acrylates and methacrylates from adhesives used in those products but we work to ensure our products adhere to rigorous design specifications and meet extensive test requirements so as to minimum the potential for reaction to these adhesives.

Wireless technology

Versa 3 contains a Bluetooth 5.0 radio transceiver, Wi-Fi chip, and NFC chip.

Haptic feedback

Versa 3 contains a vibration motor for alarms, goals, notifications, reminders, and apps.

Battery

Versa 3 contains a rechargeable lithium-polymer battery.

Memory

Versa 3 stores your data, including daily stats, sleep information, and exercise
history, for 7 days. See your historical data in the Fitbit app.

**Display**
Versa 3 has a color AMOLED display.

**Band size**
Band sizes are shown below. Note that accessory bands sold separately may vary slightly.

<table>
<thead>
<tr>
<th>Small band</th>
<th>Fits a wrist between 5.5 - 7.1 inches (140 mm - 180 mm) in circumference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Large band</td>
<td>Fits a wrist between 7.1 - 8.7 inches (180 mm - 220 mm) in circumference</td>
</tr>
</tbody>
</table>

**Environmental conditions**

<table>
<thead>
<tr>
<th>Operating temperature</th>
<th>14°F to 113°F (-10°C to 45°C)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-operating temperature</td>
<td>-4°F to 14°F (-20°C to -10°C) 113°F to 14°F (45°C to 60°C)</td>
</tr>
<tr>
<td>Charging temperature</td>
<td>32°F to 95°F (0°C to 35°C)</td>
</tr>
<tr>
<td>Water resistance</td>
<td>Water resistant up to 50 meters</td>
</tr>
<tr>
<td>Maximum operating altitude</td>
<td>28,000 feet (8,534 m)</td>
</tr>
</tbody>
</table>

**Learn more**
To learn more about your watch, how to track your progress in the Fitbit app, and how to build healthy habits with Fitbit Premium, visit help.fitbit.com.

**Return policy and warranty**
Find warranty information and the fitbit.com return policy on our website.

**Regulatory and Safety Notices**

Notice to the User: Regulatory content for certain regions can also be viewed on your device. To view the content:

**Settings > About Versa 3 > Regulatory info**

**USA: Federal Communications Commission (FCC) statement**
Model FB511
FCC ID: XRAFB511

Notice to the User: The FCC ID can also be viewed on your device. To view the content:

**Settings > About Versa 3 > Regulatory info**
Supplier’s Declaration of Conformity

**Unique Identifier: FB511**
Responsible Party – U.S. Contact Information
199 Fremont Street, 14th Floor
San Francisco, CA
FCC Compliance Statement (for products subject to Part 15)
This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference and
2. This device must accept any interference, including interference that may cause undesired operation of the device.

FCC Warning
Changes or modifications not expressly approved by the party responsible for compliance could void the user’s authority to operate the equipment.

Note: This device has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device meets the FCC and IC requirements for RF exposure in public or uncontrolled environments.

Canada: Industry Canada (IC) statement
Model/Modèle FB511
IC: 8542A-FB511

Notice to the User: The IC ID can also be viewed on your device. To view the content:
Settings > About Versa 3 > Regulatory info

This device meets the IC requirements for RF exposure in public or uncontrolled environments.

IC Notice to Users English/French in accordance with current issue of RSS GEN:
This device complies with Industry Canada license exempt RSS standard(s).

Operation is subject to the following two conditions:

1. This device may not cause interference, and
2. This device must accept any interference, including interference that may cause undesired operation of the device.

European Union (EU)
Simplified EU Declaration of Conformity

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB511 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: www.fitbit.com/safety
IP Rating
Model FB511 has a water resistance rating of IPX8 under IEC standard 60529, up to a depth of 50 meters.

Model FB511 has a dust ingress rating of IP6X under IEC standard 60529 which indicates the device is dust-tight.

Please refer to the beginning of this section for instructions on how to access your product’s IP rating.

Argentina

Australia and New Zealand
Notice to the User: Regulatory content for this region can also be viewed on your device. To view the content:

Settings > About Versa 3 > Regulatory info

Belarus
Notice to the User: Regulatory content for this region can also be viewed on your device. To view the content:

Settings > About Versa 3 > Regulatory info

Botswana
Notice to the User: Regulatory content for this region can also be viewed on your device. To view the content:

Settings > About Versa 3 > Regulatory Info

China
Notice to the User: Regulatory content for this region can also be viewed on your device. To view the content:

Settings > About Versa 3 > Regulatory Info
O = Indicates that the content of the toxic and hazardous substance in all the Homogeneous Materials of the part is below the concentration limit requirement as described in GB/T 26572

X = Indicates that the content of the toxic and hazardous substance in at least one Homogeneous Material of the part exceeds the concentration limit requirement as described in GB/T 26572

CMIIT ID 2020DJ7882

**Frequency band:** 2400-2483.5 MHz NFC: 13.56MHz

**Transmitted power:** Max EIRP, 14.4dBm

**Occupied bandwidth:** BLE: BLE: 2MHz, BT: 1MHz, NFC: 2.3 kHz, WiFi: 20MHz

**Modulation system:** BLE: GFSK, BT: GFSK (BDR), n/4-DQPSK (EDR), 8PSK (EDR), NFC: **ASK, WiFi:** DSSS, OFDM

**CMIIT ID displayed:** On packaging

**Warning Statement for Low Power Radios:**

1. Without permission granted by the NCC, no company, enterprise, or user is allowed to change the frequency of an approved low power radio-frequency device, enhance its transmitting power or alter original characteristics or performance.

2. The use of low power RF devices must not affect flight safety or interfere with legal communications: when interference is found, it should be immediately stopped and ameliorated not to interfere before continuing to use it. The legal communications mentioned here refer to radio communications operating in accordance with the provisions of the Telecommunication Law. Low power RF devices need to bear with interference from legal communications or industrial, scientific and medical radio wave radiating equipment

**Vision Warning**

Excessive use may damage vision

**Warning:**

1. Excessive use may damage vision

**Attention:**
1. Rest for 10 minutes after every 30 minutes.
2. Children under 2 years old should stay away from this product. Children 2 years old or more should not see the screen for more than 1 hour a day.

**Safety Statement**

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