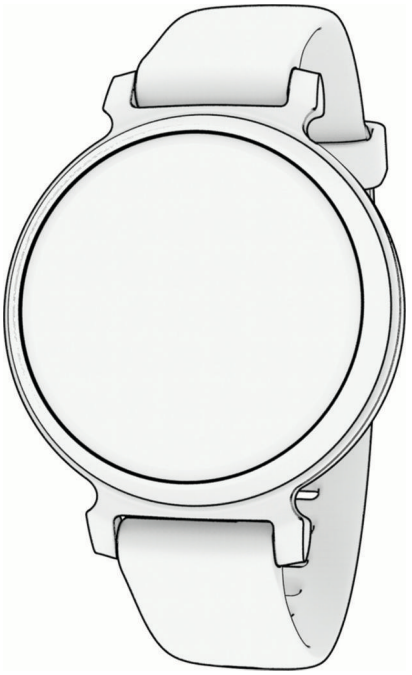
GARMIN®



LILY® 2

Owner's Manual

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Introduction

⚠ WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Always consult your physician before you begin or modify any exercise program.

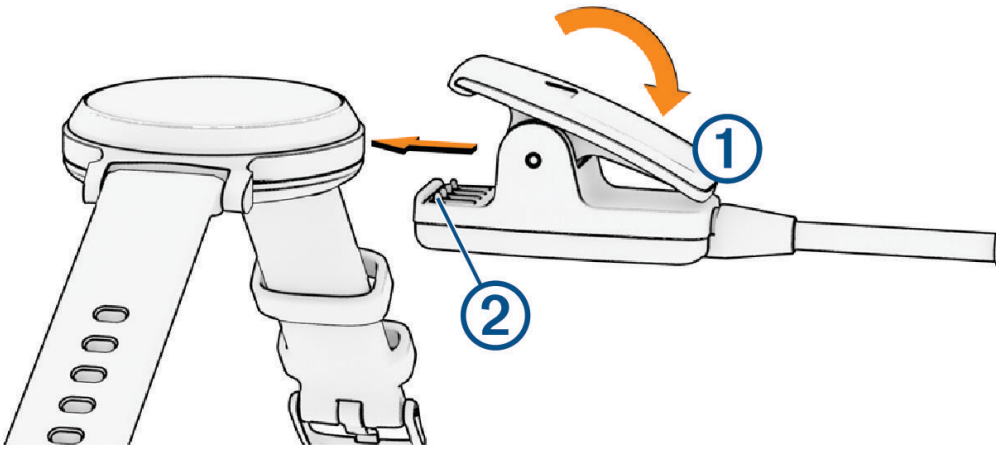
Setting Up the Watch

Before you can use your watch, you must plug it into a power source to turn it on.

To use the connected features of the Lily 2 watch, it must be paired directly through the Garmin Connect™ app, instead of from the Bluetooth® settings on your phone.

1 From the app store on your phone, install the Garmin Connect app.

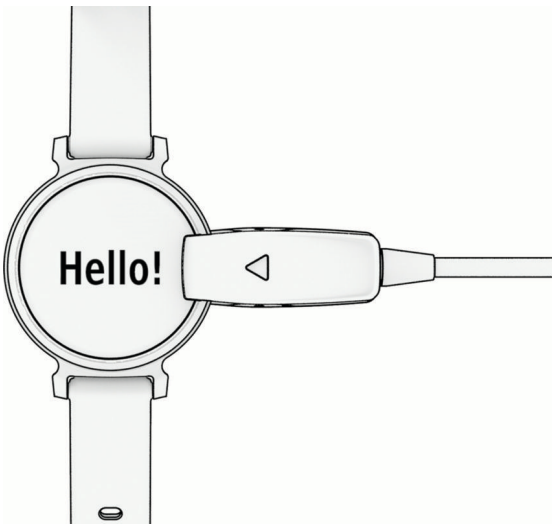
2 Pinch the charging clip ①.



3 Align the clip with the contacts on the back of the watch ②.

4 Plug the USB cable into a power source to turn on the watch (*Charging the Watch*, page 33).

Hello! appears when the watch turns on.



5 Select an option to add your watch to your Garmin Connect account:

- If this is the first device you have paired with the Garmin Connect app, follow the on-screen instructions.
- If you have already paired another device with the Garmin Connect app, select ••• > **Garmin Devices** > **Add Device**, and follow the on-screen instructions.

After you pair successfully, a message appears, and your watch syncs automatically with your phone.

Waking the Watch

The Lily 2 watch automatically wakes when you interact with it while it's powered on.

NOTE: You must plug the watch into a power source if it is completely powered off (*Turning On and Off the Watch*, page 2).

1 To turn on the screen, select an option:
   - Rotate and lift your wrist toward your body.
   - Double-tap the touchscreen ①.



2 To turn the screen off, rotate your wrist away from your body.

   NOTE: The screen turns off when not in use. When the screen is off, the watch is still active and recording data.

Turning On and Off the Watch

The watch screen automatically wakes when you interact with it while the watch is powered on (*Waking the Watch*, page 2).

1 Press ○ to view the menu.
2 Select ⚙ > ⚙⚙ > **Power Off**.
3 Plug the watch into a power source to turn it back on.

   As soon as ▲ appears on the screen, you can unplug the watch.

Viewing Widgets and Menus

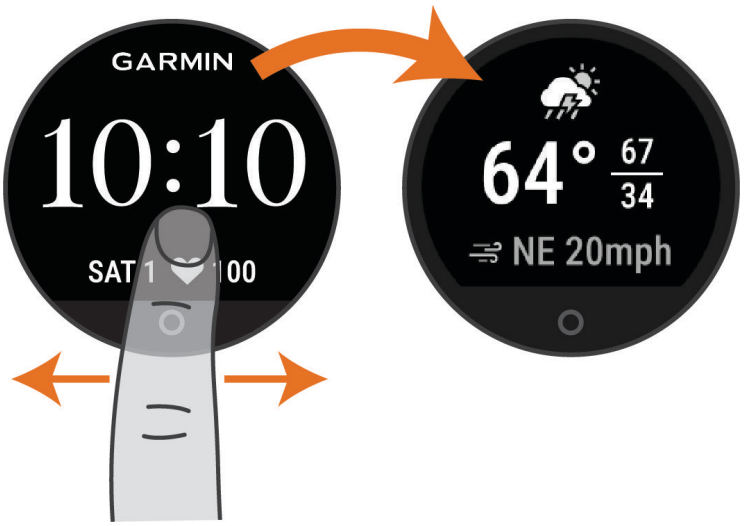
- From the watch face, press ○ to view the main menu.



- From the watch face, swipe down to view the controls menu.



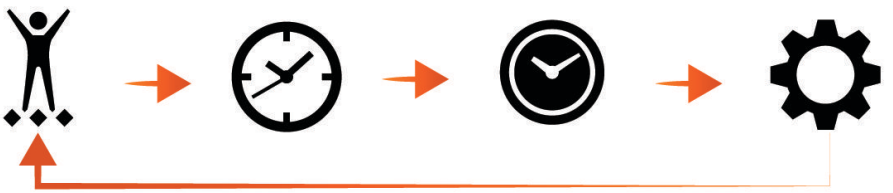
- From the watch face, swipe left or right to view the widgets.



Menu Options

You can press ○ to view the menu.

TIP: Swipe to scroll through the menu options.



	Displays the timed activity options.
	Displays the watch face options.
	Displays the alarm, stopwatch, and timer options.
	Displays the device settings.

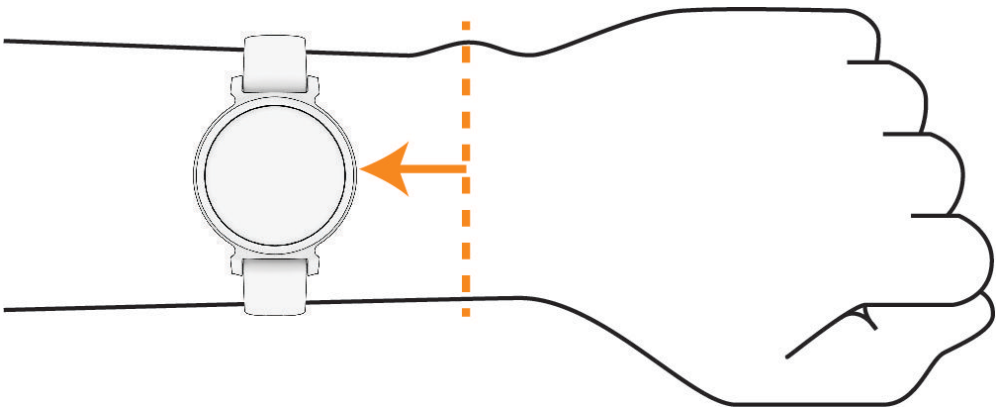
Wearing the Watch

⚠ CAUTION

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist. For more information, go to garmin.com/fitandcare.

- Wear the watch above your wrist bone.

  NOTE: The watch should be snug but comfortable. For more accurate heart rate readings, the watch should not shift while running or exercising. For pulse oximeter readings, you should remain motionless.



  NOTE: The optical sensor is located on the back of the watch.
- See *Troubleshooting*, page 35 for more information about wrist-based heart rate.
- See *Tips for Erratic Pulse Oximeter Data*, page 37 for more information about the pulse oximeter sensor.
- For more information about accuracy, go to garmin.com/ataccuracy.
- For more information about watch wear and care, go to www.garmin.com/fitandcare.

Widgets

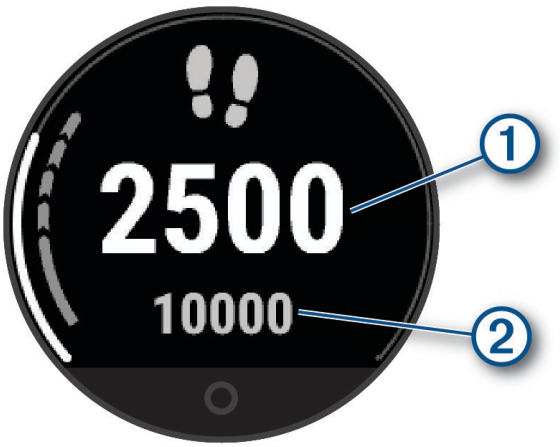
Your watch comes preloaded with widgets that provide at-a-glance information. You can swipe the touchscreen to scroll through the widgets. Some widgets require a Bluetooth connection to a compatible phone.

NOTE: You can customize the widget loop (*Customizing the Widget Loop*, page 28).

Watch face	The watch face includes the current time and date. The time and date are set automatically when the watch syncs with your Garmin Connect account.
Body Battery	Your current Body Battery™ energy level. The watch calculates your current energy reserves based on sleep, stress, and activity data. A higher number indicates a higher energy reserve.
Breathwork	Your current respiration rate in breaths per minute and seven-day average. The watch measures your breathing rate while you are inactive to detect any unusual breathing activity, as well as how it changes in relation to stress.
Calendar	Upcoming appointments from your phone calendar.
Calories	The amount of total calories burned for the day, including both active and resting calories.
Distance	The distance traveled in kilometers or miles for the day.
Health Stats	A dynamic summary of your current health statistics. The measurements include heart rate, stress, and Body Battery level.
Heart Rate	Your current heart rate in beats per minute (bpm) and seven-day average resting heart rate.
Hydration	The total amount of water consumed and your goal for the day.
Intensity Minutes	Your intensity minutes total and goal for the week.
Last Activity	Displays a brief summary of your last recorded activity.
Music Controls	Controls for the music player on your phone.
My Day	A dynamic summary of your activity today. The metrics include steps, intensity minutes, and sleep.
Notifications	Notifications from your phone, including calls, texts, social network updates, and more, based on your phone notification settings.
Pulse Ox	Allows you to take a manual pulse oximeter reading.
Sleep	Your sleep data for the previous night, including total sleep time.
Steps	The total number of steps taken and your goal for the day. The watch learns and proposes a new step goal for you each day.
Stress	Your current stress level. The watch measures your heart rate variability while you are inactive to estimate your stress level. A lower number indicates a lower stress level.
Weather	The current temperature and weather forecast from a paired phone.
Women's Health	Status of your current monthly menstrual cycle. You can view and log your daily symptoms. You can also track your pregnancy with weekly updates and health information.

Step Goal

Your watch creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the watch records your progress ① toward your daily goal ②. Your watch begins with a default goal of 7,500 steps per day.



If you choose not to use the auto goal feature, you can disable it and set a personalized step goal on your Garmin Connect account (*Activity Tracking Settings*, page 32).

Move Bar

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move bar reminds you to keep moving. After one hour of inactivity, the move bar ① appears. Additional segments ② appear after every 15 minutes of inactivity.



You can reset the move bar by walking a short distance, or you can customize the movement alerts (*Customizing Move Alerts*, page 29).

Intensity Minutes

To improve your health, organizations such as the World Health Organization recommend at least 150 minutes per week of moderate intensity activity, such as brisk walking, or 75 minutes per week of vigorous intensity activity, such as running.

The watch monitors your activity intensity and tracks your time spent participating in moderate to vigorous intensity activities (heart rate data is required to quantify vigorous intensity). The watch adds the amount of moderate activity minutes with the amount of vigorous activity minutes. Your total vigorous intensity minutes are doubled when added.

Earning Intensity Minutes

Your Lily 2 watch calculates intensity minutes by comparing your heart rate data to your average resting heart rate. If heart rate is turned off, the watch calculates moderate intensity minutes by analyzing your steps per minute.

- Start a timed activity for the most accurate calculation of intensity minutes.
- Wear your watch all day and night for the most accurate resting heart rate.

Improving Calorie Accuracy

The watch displays an estimate of your total calories burned for the current day. You can improve the accuracy of this estimate by walking briskly or running outside for 15 minutes.

1. Swipe to view the calories widget.
2. Select .

   NOTE: appears when calories need to be calibrated. This calibration process only needs to be completed one time. If you have already recorded a timed walk or run, may not appear.
3. Follow the on-screen instructions.

Health Stats Widget

The Health Stats widget provides an at-a-glance view of your health data. This is a dynamic summary that updates throughout the day. The metrics include your heart rate, stress level, and Body Battery level.

NOTE: You can select each metric to view additional information.

Body Battery

Your watch analyzes your heart rate variability, stress level, sleep quality, and activity data to determine your overall Body Battery level. Like a gas gauge on a car, it indicates your amount of available reserve energy. The Body Battery level range is from 5 to 100, where 5 to 25 is very low reserve energy, 26 to 50 is low reserve energy, 51 to 75 is medium reserve energy, and 76 to 100 is high reserve energy.

You can sync your watch with your Garmin Connect account to view your most up-to-date Body Battery level, long-term trends, and additional details (*Tips for Improved Body Battery Data*, page 37).

Viewing the Body Battery Widget

The Body Battery widget displays your current Body Battery level.

1. Swipe to view the Body Battery widget.
2. Tap the touchscreen to view the Body Battery graph.

   The graph displays your recent Body Battery activity, and high and low levels for the last eight hours.

Heart Rate Variability and Stress Level

Your watch analyzes your heart rate variability while you are inactive to determine your overall stress. Training, physical activity, sleep, nutrition, and general life stress all impact your stress level. The stress level range is from 0 to 100, where 0 to 25 is a resting state, 26 to 50 is low stress, 51 to 75 is medium stress, and 76 to 100 is a high stress state. Knowing your stress level can help you identify stressful moments throughout your day. For best results, you should wear the watch while sleeping.

You can sync your watch with your Garmin Connect account to view your all-day stress level, long-term trends, and additional details.

Viewing the Stress Level Widget

The stress level widget displays your current stress level.

1. Swipe to view the stress level widget.
2. Tap the touchscreen to begin a guided breathing exercise (*Using the Relaxation Timer*, page 8).

Using the Relaxation Timer

You can use the relaxation timer to perform a guided breathing exercise.

1. Swipe to view the health stats widget.
2. Select **Stress Level**.
3. Tap the touchscreen.
4. Select → to start the relaxation timer.
5. Follow the on-screen instructions.

   The watch vibrates, signaling you to breathe in or out (*Setting the Vibration Level*, page 30).

Viewing the Heart Rate Widget

The heart rate widget displays your current heart rate in beats per minute (bpm). For more information on heart rate accuracy, go to garmin.com/ataccuracy.

1. Swipe to view the heart rate widget.

   The widget displays your current heart rate and your average resting heart rate (RHR) value for the last 7 days.
2. Tap the touchscreen to view the heart rate graph.

   The graph displays your recent heart rate activity, and high and low heart rate for the last 4 hours.

Using the Hydration Tracking Widget

The hydration tracking widget displays your fluid intake and your daily hydration goal.

1. Swipe to view the hydration widget.
2. Select + for each serving of fluid you consume (1 cup, 8 oz., or 250 mL).

   TIP: You can customize your hydration settings, such as units used and daily goal, on your Garmin Connect account.

   TIP: You can set a hydration reminder (*Setting a Hydration Alert*, page 28).

Menstrual Cycle Tracking

Your menstrual cycle is an important part of your health. You can use your watch to log physical symptoms, sex drive, sexual activity, ovulation days, and more (*Logging Your Menstrual Cycle Information*, page 9). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.

- Menstrual cycle tracking and details
- Physical and emotional symptoms
- Period and fertility predictions
- Health and nutrition information

NOTE: You can use the Garmin Connect app to add and remove widgets.

Logging Your Menstrual Cycle Information

Before you can log your menstrual cycle information from your Lily 2 watch, you must set up menstrual cycle tracking in the Garmin Connect app.

1. Swipe to view the women's health tracking widget.
2. Tap the touchscreen.
3. Select +.
4. If today is a period day, select **Period Day** > ✓.
5. Select an option:
   - To rate your flow from light to heavy, select **Flow**.
   - To log your physical symptoms, such as acne, backache, and fatigue, select **Symptoms**.
   - To log your mood, select **Mood**.
   - To log your discharge, select **Discharge**.
   - To designate the current date as an ovulation day, select **Ovulation Day**.
   - To log your sexual activity, select **Sexual Activity**.
   - To rate your sex drive from low to high, select **Sex Drive**.
   - To designate the current date as a period day, select **Period Day**.

Pregnancy Tracking

The pregnancy tracking feature displays weekly updates on your pregnancy and provides health and nutrition information. You can use your watch to log physical and emotional symptoms, blood glucose readings, and baby movement (*Logging Your Pregnancy Information*, page 9). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.

Logging Your Pregnancy Information

Before you can log your information, you must set up pregnancy tracking in the Garmin Connect app.

1. Swipe to view the women's health tracking widget.



2. Tap the touchscreen.
3. Select an option:
   - Select **Symptoms** to log your physical symptoms, mood, and more.
   - Select **Blood Glucose** to log your glucose levels before and after meals and before bed.
   - Select **Movement** to use a stopwatch or timer to log the baby's movements.
4. Follow the on-screen instructions.

Controlling Music Playback

The music control widget allows you to control music on your phone using your Lily 2 watch. The widget controls the currently active or most recently active media player app on your phone. If no media player is active, the widget does not display track information, and you must start playback from your phone.

1. On your phone, start playing a song or playlist.
2. On your Lily 2 watch, swipe to view the music control widget.

Viewing Notifications

When your watch is paired with the Garmin Connect app, you can view notifications from your phone on your watch, such as text messages and emails.

1. Swipe to view the notifications widget.
2. Select a notification.

   TIP: Swipe to view older notifications.
3. Tap the touchscreen, and select to dismiss the notification.

Replying to a Text Message

NOTE: This feature is available only for Android™ phones.

When you receive a text message notification on your Lily 2 watch, you can send a quick reply by selecting from a list of messages.

NOTE: This feature sends text messages using your phone. Regular text message limits and charges may apply. Contact your mobile carrier for more information.

1. Swipe to view the notifications widget.
2. Select a text message notification.
3. Tap the touchscreen to view the notification options.
4. Select .
5. Select a message from the list.

   Your phone sends the selected message as a text message.

Controls Menu

The controls menu lets you quickly access watch features and options. You can add, reorder, and remove the options in the controls menu (*Customizing the Controls Menu*, page 27).

From the watch face, swipe down.

Icon	Name	Description
	Alarms	Adds or edits an alarm (*Using the Alarm Clock*, page 20).
	Assistance	Sends an assistance request (*Requesting Assistance*, page 24).
	Do Not Disturb	Enables or disables do not disturb mode to dim the screen and disable alerts and notifications. For example, you can use this mode while watching a movie (*Using Do Not Disturb Mode*, page 22).
	Find My Phone	Plays an audible alert on your paired phone, if it is within Bluetooth range. The Bluetooth signal strength appears on the Lily 2 watch screen, and it increases as you move closer to your phone.
	Garmin Pay	Select to open your Garmin Pay™ wallet and pay for purchases with your watch (*Garmin Pay*, page 11).
	Music	Controls music playback on your phone.
	Notifications	Displays notifications from your phone.
	Phone	Enables or disables Bluetooth technology and your connection to your paired phone.
	Power Off	Select to turn off the watch.
	Sleep Mode	Select to enable or disable Sleep Mode (*Customizing Sleep Mode*, page 26).
	Stopwatch	Starts the stopwatch (*Using the Stopwatch*, page 20).
	Sync	Syncs your watch with your paired phone.
	Timer	Sets a countdown timer (*Using the Countdown Timer*, page 20).

Garmin Pay

The Garmin Pay feature allows you to use your watch to pay for purchases in participating locations using credit or debit cards from a participating financial institution.

NOTE: This feature is not available for all product models.

Setting Up Your Garmin Pay Wallet

You can add one or more participating credit or debit cards to your Garmin Pay wallet. Go to garmin.com/garminpay/banks to find participating financial institutions.

1. From the Garmin Connect app, select •••.
2. Select **Garmin Pay** > **Get Started**.
3. Follow the on-screen instructions.

Adding a Card to Your Garmin Pay Wallet

You can add up to 10 credit or debit cards to your Garmin Pay wallet.

1. From the Garmin Connect app, select •••.
2. Select **Garmin Pay** > ⋮ > **Add Card**.
3. Follow the on-screen instructions.

After the card is added, you can select the card on your watch when you make a payment.

Paying for a Purchase Using Your Watch

Before you can use your watch to pay for purchases, you must set up at least one payment card.

You can use your watch to pay for purchases in a participating location.

NOTE: You can customize the controls menu (*Customizing the Controls Menu*, page 27).

1. From the watch face, swipe down to view the controls menu.
2. Select .
3. Enter your four-digit passcode.

   NOTE: If you enter your passcode incorrectly three times, your wallet locks, and you must reset your passcode in the Garmin Connect app.

   Your most recently used payment card appears.
4. If you have added multiple cards to your Garmin Pay wallet, swipe to change to another card (optional).
5. Within 60 seconds, hold your watch near the payment reader, with the watch facing the reader.

   The watch vibrates and displays a check mark when it is finished communicating with the reader.
6. If necessary, follow the instructions on the card reader to complete the transaction.

TIP: After you successfully enter your passcode, you can make payments without a passcode for 24 hours while you continue to wear your watch. If you remove the watch from your wrist or disable heart rate monitoring, you must enter the passcode again before making a payment.

Managing Your Garmin Pay Cards

You can temporarily suspend or delete a card.

NOTE: In some countries, participating financial institutions may restrict the Garmin Pay features.

1. From the Garmin Connect app, select •••.
2. Select **Garmin Pay**.
3. Select a card.
4. Select an option:
   - To temporarily suspend or unsuspend the card, select **Suspend Card**.

     The card must be active to make purchases using your Lily 2 watch.
   - To delete the card, select .

Changing Your Garmin Pay Passcode

You must know your current passcode to change it. If you forget your passcode, you must reset the Garmin Pay feature for your Lily 2 watch, create a new passcode, and reenter your card information.

1. From the Garmin Connect app, select •••.
2. Select **Garmin Pay** > **Change Passcode**.
3. Follow the on-screen instructions.

The next time you pay using your Lily 2 watch, you must enter the new passcode.

Training

Unified Training Status

When you use more than one Garmin® device with your Garmin Connect account, you can choose which device is the primary data source for everyday use and for training purposes.

From the Garmin Connect app, select ••• > **Settings**.

Primary Training Device: Sets the priority data source for training metrics like your training status and load focus.

Primary Wearable: Sets the priority data source for daily health metrics like steps and sleep. This should be the watch you wear most often.

TIP: For the most accurate results, Garmin recommends that you sync often with your Garmin Connect account.

Recording a Timed Activity

You can record a timed activity, which can be saved and sent to your Garmin Connect account.

1. Press ○ to view the menu.
2. Select .
3. Swipe to scroll through the activity list, and select an option (*Activities List*, page 39).

   NOTE: You can use the Garmin Connect app to add or remove timed activities (*Customizing Activity Options*, page 31).
4. If necessary, select ⚙ to customize the data screens or activity options.
5. Select ▶ to start the activity timer.
6. Start your activity.
7. After you complete your activity, hold ○ to stop the activity timer.
8. Select an option:
   - Select ✓ to save the activity.
   - Select ⊠ > ✓ to delete the activity.
   - Select ▶ to resume the activity.

Recording an Activity with Connected GPS

You can connect the watch to your phone to record GPS data for your walk, run, or bike activity.

1. Press ○ to view the menu.
2. Select .
3. Select , , or .
4. Open the Garmin Connect app.

   NOTE: If you cannot connect the watch to your phone, you can select ✕ to continue the activity. GPS data will not be recorded.
5. Select ▶ to start the activity timer.
6. Start your activity.

   Your phone must be in range during the activity.
7. After you complete your activity, hold ○ to stop the activity timer.
8. Select an option:
   - Select ✓ to save the activity.
   - Select ⊠ > ✓ to delete the activity.
   - Select ▶ to resume the activity.

Recording a Strength Training Activity

You can record sets during a strength training activity. A set is multiple repetitions (reps) of a single move.

1. Press to view the menu.
2. Select > .
3. Select to set up alerts, rep counting, and automatic set detection.
4. Select the toggle switch to enable **Rep Counting** and **Auto Set**.
5. Select **Alerts** to set heart rate, time, and calorie alerts.
6. Press to return to the activity timer screen.
7. Select to start the activity timer.
8. Start your first set.
   The watch counts your reps.
9. Swipe to view additional data screens (optional).
10. Press to finish a set.
    NOTE: If necessary, swipe up or down to edit your rep count.
11. Select to start the rest timer.
    A rest timer appears.
12. Press to begin the next set.
13. Repeat steps 9 through 11 until your activity is complete.
14. After you complete your activity, hold to stop the activity timer.
15. Select an option:
    - Select to save the activity.
    - Select > to delete the activity.
    - Select to resume the activity.

Tips for Recording Strength Training Activities

- Do not look at the watch while performing reps.
  You should interact with the watch at the beginning and end of each set, and during rests.
- Focus on your form while performing reps.
- Perform bodyweight or free weight exercises.
- Perform reps with a consistent, wide range of motion.
  Each rep is counted when the arm wearing the watch returns to the starting position.
  NOTE: Leg exercises may not be counted.
- Turn on automatic set detection to start and stop your sets.
- Save and send your strength training activity to your Garmin Connect account.
  You can use the tools in your Garmin Connect account to view and edit activity details.

Recording a Meditation Activity

You can use a timed session or record an open, unstructured meditation activity.

1. Press to view the menu.
2. Select > .
3. Select the toggle switch to enable the timer.
4. Select **Ending Alerts**.

   NOTE: Ending alerts notify you when the end of your timed session is approaching.
5. Select to start the activity timer.

   The watch displays a countdown timer or intention.
6. After you complete your activity, hold to stop the activity timer.
7. Select an option:
   - Select to save the activity.
   - Select > to delete the activity.
   - Select to resume the activity.

Recording a Dance Fitness Activity

1. Press to view the menu.
2. Select > .

   The first time you select the dance fitness activity, you must select your dance type.
3. Select to set up alerts, dance type, and song count.
4. Select **Alerts** to set heart rate, time, and calorie alerts.
5. Select **Dance Type** to set the dance type.
6. Select **Song Count** to include rests between songs or turn song counting off.
7. Press to return to the activity timer screen.
8. Select to start the activity timer.
9. Start your first dance.
10. Swipe to view additional data screens (optional).
11. Select to finish a song.
12. If you include rests between songs, select to begin the next song.
13. Repeat steps 11 and 12 until your activity is complete.
14. After you complete your activity, hold to stop the activity timer.
15. Select an option:
    - Select to save the activity.
    - Select > to delete the activity.
    - Select to resume the activity.

Recording a HIIT Activity

You can use specialized timers to record a high-intensity interval training (HIIT) activity.

1. Press to view the menu.
2. Select > .
   The first time you select the HIIT activity, you must select your HIIT activity type.
3. Select an option:
   - Select **Free** to record an open, unstructured HIIT activity.
   - Select **HIIT Timers** > **AMRAP** to record as many rounds as possible during a set time period.
   - Select **HIIT Timers** > **EMOM** to record a set number of moves every minute on the minute.
   - Select **HIIT Timers** > **Tabata** to alternate between 20-second intervals of maximum effort with 10 seconds of rest.
   - Select **HIIT Timers** > **Custom** to set your move time, rest time, number of moves, and number of rounds.
4. Select to set up alerts, data screens, and HIIT activity type.
5. Select **Alerts** to set heart rate, time, and calorie alerts.
6. Select **Data Screens** to customize the data screens.
7. Select **Training Type** to choose the HIIT activity type.
8. Press to return to the activity timer screen.
9. Select to start the activity timer.
   The watch displays a countdown timer and your current heart rate.
10. Start your first activity.
11. Swipe to view additional data screens (optional).
12. After you complete your activity, hold to stop the activity timer.
13. Select an option:
    - Select to save the activity.
    - Select > to delete the activity.
    - Select to resume the activity.

Recording a Swim Activity

NOTE: Heart rate data is not displayed while swimming. You can view heart rate data in the saved activity in the Garmin Connect app.

1. Press to view the menu.
2. Select > .
   The first time you select the pool swim activity, you must select your pool size.
3. Select .
4. Double-tap the screen to start the activity timer.
   The watch records activity data only while the activity timer is running.
5. Start your activity.
   The watch displays your distance and swim intervals, or pool lengths.
6. After you complete your activity, double-tap the screen to stop the activity timer.
7. Select an option:
   - Select to save the activity.
   - Select > to delete the activity.
   - Select to resume the activity.

Setting the Pool Size

1. Press O to view the menu.
2. Select > > > **Pool Size**.
3. Select your pool size.

Setting Swim Alerts

1. Press O to view the menu.
2. Select > > > **Alerts**.
3. Select **Time**, **Distance**, or **Calories** to customize each alert.
4. Select the toggle switch to enable each alert.

Calibrating the Treadmill Distance

To record more accurate distances for your treadmill runs, you can calibrate the treadmill distance after you run at least 2.4 km (1.5 mi.) on a treadmill. If you use different treadmills, you can manually calibrate the treadmill distance on each treadmill or after each run.

1. Start a treadmill activity (*Recording a Timed Activity*, page 13).
2. Run on the treadmill until your Lily 2 watch records at least 2.4 km (1.5 mi.).
3. After you complete your run, select ✓.
4. Check the treadmill display for the distance traveled.
5. Select an option:
   - To calibrate the first time, tap the touchscreen and enter the treadmill distance on your watch.
   - To manually calibrate after the first-time calibration, select , and enter the treadmill distance on your watch.

Heart Rate Features

The Lily 2 watch enables you to view wrist-based heart rate data.

	Your current Body Battery energy level. The watch calculates your current energy reserves based on sleep, stress, and activity data. A higher number indicates a higher energy reserve.
	Alerts you when your heart rate exceeds or drops below a certain number of beats per minute after a period of inactivity.
	Monitors the saturation of oxygen in your blood. Knowing your oxygen saturation can help you determine how your body is adapting to exercise and stress. **NOTE:** The pulse oximeter sensor is located on the back of the watch.
	Your current stress level. The watch measures your heart rate variability while you are inactive to estimate your stress level. A lower number indicates a lower stress level.
VO2	Displays your current VO2 max., which is an indication of athletic performance and should increase as your level of fitness improves.

Wrist Heart Rate Monitor Settings

Press O to view the menu, and select > .

Wrist HR: Allows you to turn the wrist heart rate monitor on or off.

TIP: You can set your watch to alert you when your heart rate exceeds or drops below a set threshold (*Setting an Abnormal Heart Rate Alert*, page 19).

Sleep Pulse Ox: Allows you to set your watch to record pulse oximeter readings while you are inactive during the day or continuously while you sleep. (*Turning On Pulse Oximeter Sleep Tracking*, page 18)

Pulse Oximeter

The Lily 2 watch has a wrist-based pulse oximeter to gauge the saturation of oxygen in your blood. Knowing your oxygen saturation can be valuable in understanding your overall health and help you determine how your body is adapting to altitude. Your watch gauges your blood oxygen level by shining light into the skin and checking how much light is absorbed. This is referred to as SpO_2.

On the watch, your pulse oximeter readings appear as an SpO_2 percentage. On your Garmin Connect account, you can view additional details about your pulse oximeter readings, including trends over multiple days (*Turning On Pulse Oximeter Sleep Tracking*, page 18). For more information on pulse oximeter accuracy, go to garmin.com/ataccuracy.

Getting Pulse Oximeter Readings

You can manually begin a pulse oximeter reading on your watch at any time. The accuracy of these readings can vary based on your blood flow, the watch placement on your wrist, and your stillness (*Tips for Erratic Pulse Oximeter Data*, page 37).

1. Wear the watch above your wrist bone.

   The watch should be snug but comfortable.
2. Swipe to view the pulse oximeter widget.
3. Hold the arm wearing the watch at heart level while the watch reads your blood oxygen saturation.
4. Keep still.

The watch displays your oxygen saturation as a percentage.

NOTE: You can turn on and view pulse oximeter sleep data in your Garmin Connect account (*Turning On Pulse Oximeter Sleep Tracking*, page 18).

Turning On Pulse Oximeter Sleep Tracking

Before you can use pulse oximeter sleep tracking, you must set your Lily 2 watch as your primary wearable in your Garmin Connect account (*Unified Training Status*, page 13).

You can set your watch to continuously measure your blood oxygen level, or SpO2, for up to 4 hours during your defined sleep window (*Tips for Erratic Pulse Oximeter Data*, page 37).

NOTE: Unusual sleep positions can cause abnormally low sleep-time SpO2 readings.

1. Press ○ to view the menu.
2. Select ⚙ > ◉ > **Sleep Pulse Ox**.
3. Select the toggle switch to turn on tracking.

About VO2 Max. Estimates

VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. In simple terms, VO2 max. is an indication of cardiovascular strength and should increase as your level of fitness improves. The Lily 2 watch requires wrist-based heart rate or a compatible chest heart rate monitor to display your VO2 max. estimate.

On the watch, your VO2 max. estimate appears as a number and description. On your Garmin Connect account, you can view additional details about your VO2 max. estimate.

VO2 max. data is provided by Firstbeat Analytics™. VO2 max. analysis is provided with permission from The Cooper Institute®. For more information, see the appendix (*VO2 Max. Standard Ratings*, page 42), and go to www.CooperInstitute.org.

Getting Your VO2 Max. Estimate

The watch requires wrist-based heart rate data and a timed 15 minute brisk walk or run to display your VO2 max. estimate.

1. Press to view the menu.
2. Select > > **VO2 Max**.

   If you have already recorded a 15 minute brisk walk or run, your VO2 max. estimate may appear. The watch updates your VO2 max. estimate each time you complete a timed walk or run.
3. Follow the on-screen instructions to get your VO2 max. estimate.

   A message appears when the test is complete.
4. To manually start a VO2 max. test to get an updated estimate, tap your current reading and follow the instructions.

   The watch will update with your new VO2 max. estimate.

Viewing Your Fitness Age

Before the watch can calculate an accurate fitness age, you must complete the user profile setup in the Garmin Connect app.

Your fitness age gives you an idea of how your fitness compares with a person of the same sex. Your watch uses information, such as your age, body mass index (BMI), resting heart rate data, and vigorous activity history to provide a fitness age. If you have an Index™ scale, your watch uses the body fat percentage metric instead of BMI to determine your fitness age. Exercise and lifestyle changes can impact your fitness age.

1. Press to view the menu.
2. Select > > **Fitness Age**.

Setting an Abnormal Heart Rate Alert

⚠ CAUTION

This feature only alerts you when your heart rate exceeds or drops below a certain number of beats per minute, as selected by the user, after a period of inactivity. This feature does not notify you when your heart rate drops below the selected threshold during your chosen sleep window configured in the Garmin Connect app. This feature does not notify you of any potential heart condition and is not intended to treat or diagnose any medical condition or disease. Always defer to your health care provider for any heart-related issues.

1. Press to view the menu.
2. Select > > **Wrist HR**.
3. Select **High Alert** or **Low Alert**.
4. Select a heart rate threshold value.
5. Select .

Each time you exceed or drop below the custom value, a message appears and the watch vibrates.

Clocks

Using the Alarm Clock

1 Press ○ to view the menu.
2 Select ◔ > ⏰ > +.
3 Select a time, and select ✓.
4 If necessary, select an alarm, and select an option:
   - Select **Status** to turn the alarm on or off.
   - Select **Time** to edit the alarm time.
   - Select **Repeat** to set the frequency of the alarm, such as daily or on weekends.
   - Select **Delete** to delete the alarm.

Using the Stopwatch

1 Press ○ to view the menu.
2 Select ◔ > ⏱.
3 Select ▶ to start the timer.
4 Select ■ to stop the timer.
5 If necessary, select ↺ to reset the timer.

Using the Countdown Timer

1 Press ○ to view the menu.
2 Select ◔ > ⏲.
3 If necessary, select ⚙ to set the time.
4 Select ▶ to start the timer.
5 Select ■ to stop the timer.
6 Select an option:
   - Select ↺ to reset the timer.
   - Select ✕ to exit the timer.
   - Select ▶| to resume the timer.
7 When the timer ends, tap the touchscreen to stop the timer.

Bluetooth Connected Features

The Lily 2 watch has several Bluetooth connected features for your compatible phone using the Garmin Connect app.

Activity uploads: Automatically sends your activity to the Garmin Connect app as soon as you open the app.

Assistance: Allows you to send an automated text message with your name and GPS location to your emergency contacts using the Garmin Connect app.

Find my watch: Locates your lost Lily 2 watch that is paired with your phone and currently within range.

Find my phone: Locates your lost phone that is paired with your Lily 2 watch and currently within range.

Incident detection: Allows the Garmin Connect app to send a message to your emergency contacts when the Lily 2 watch detects an incident.

LiveTrack: Allows friends and family to follow your races and training activities in real time. You can invite followers using email or social media, allowing them to view your live data on a Garmin Connect tracking page.

Music controls: Allows you to control the music player on your phone.

Notifications: Alerts you to view notifications from your phone, including calls, texts, social network updates, calendar appointments, and more, based on your phone notification settings.

Software updates: Your watch wirelessly downloads and installs the latest software update.

Weather updates: Displays the current temperature and weather forecast from your phone.

Managing Notifications

You can use your compatible phone to manage notifications that appear on your Lily 2 watch.

Select an option:

- If you are using an iPhone®, go to the iOS® notifications settings, and select the notifications to show on your phone and watch.

  NOTE: The iOS operating system does not allow notifications to appear only on your phone.
- If you are using an Android phone, from the Garmin Connect app, select ••• > **Settings** > **Notifications** > **App Notifications**, and select the notifications that you want to view on your watch.

Locating a Lost Phone

You can use this feature to help locate a lost phone that is paired using Bluetooth technology and currently within range.

NOTE: You can customize the controls menu (*Customizing the Controls Menu*, page 27).

1. From the watch face, swipe down to view the controls menu.
2. Select .

   The Lily 2 watch begins searching for your paired phone. An audible alert sounds on your phone, and the Bluetooth signal strength appears on the Lily 2 watch screen. The Bluetooth signal strength increases as you move closer to your phone.

Receiving an Incoming Phone Call

When you receive a phone call on your connected phone, the Lily 2 watch displays the name or phone number of the caller.

- To accept the call, select .

  NOTE: To talk to the caller, you must use your connected phone.
- To decline the call, select .
- To decline the call and immediately send a text message reply, select , and select a message from the list.

  NOTE: To send a text message reply, you must be connected to a compatible Android phone using Bluetooth technology.

Using Do Not Disturb Mode

You can use do not disturb mode to turn off notifications, gestures, and alerts. For example, you can use this mode while sleeping or watching a movie.

NOTE: In your Garmin Connect account, you can set the watch to automatically enter do not disturb mode during your normal sleep hours. You can set your normal sleep hours in the user settings on your Garmin Connect account (*Garmin Connect User Profile Settings*, page 32).

1 From the watch face, swipe down to view the controls menu.

NOTE: You can customize the controls menu (*Customizing the Controls Menu*, page 27).

2 Select .

Morning Report

Your watch displays a morning report based on your normal wake time. Tap the touchscreen to view the report, which can include weather, Body Battery, steps, women's health information, calendar events, and sleep information.

NOTE: You can customize the information in your morning report (*Customizing Your Morning Report*, page 22).

You can customize your display name in your Garmin Connect account (*Garmin Connect User Profile Settings*, page 32).

Customizing Your Morning Report

NOTE: You can customize these settings on your watch or in your Garmin Connect account.

1 Press .

2 Select > **Alerts** > **Morning Report**.

3 Select **Status** to turn the morning report on or off.

4 Select **Options**.

5 Select an option to include or exclude it from your morning report.

Turning Off the Bluetooth Phone Connection

You can turn off the Bluetooth phone connection from the controls menu.

NOTE: You can customize the controls menu (*Customizing the Controls Menu*, page 27).

1 From the watch face, swipe down to view the controls menu.

2 Select to turn off the Bluetooth phone connection on your Lily 2 watch.

Refer to the owner's manual for your phone to turn off Bluetooth technology on your phone.

Safety and Tracking Features

⚠ CAUTION

The safety and tracking features are supplemental features and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

NOTICE

To use the safety and tracking features, the Lily 2 watch must be connected to the Garmin Connect app using Bluetooth technology. Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. You can enter emergency contacts in your Garmin Connect account.

For more information about safety and tracking features, go to www.garmin.com/safety.

Assistance: Allows you to send a message with your name, LiveTrack link, and GPS location (if available) to your emergency contacts.

Incident Detection: When the Lily 2 watch detects an incident during certain outdoor activities, the watch sends an automated message, LiveTrack link, and GPS location (if available) to your emergency contacts.

LiveTrack: Allows friends and family to follow your races and training activities in real time. You can invite followers using email or social media, allowing them to view your live data on a web page.

Adding Emergency Contacts

Emergency contact phone numbers are used for the safety and tracking features.

1. From the Garmin Connect app, select •••.
2. Select **Safety & Tracking** > **Safety Features** > **Emergency Contacts** > **Add Emergency Contacts**.
3. Follow the on-screen instructions.

Your emergency contacts receive a notification when you add them as an emergency contact, and can accept or decline your request. If a contact declines, you must choose another emergency contact.

Requesting Assistance

⚠ CAUTION

Assistance is a supplemental feature and should not be relied upon as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

NOTICE

Before you can request assistance, you must set up emergency contacts in the Garmin Connect app (*Adding Emergency Contacts*, page 23). Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

1 Tap the touchscreen firmly and rapidly until the watch vibrates.

The countdown screen appears.



2 If necessary, select ✖ to cancel the message before the countdown is complete.

Incident Detection

⚠ CAUTION

Incident detection is a supplemental feature available only for certain outdoor activities. Incident detection should not be relied on as a primary method to obtain emergency assistance.

NOTICE

Before you can enable incident detection on your watch, you must set up emergency contacts in the Garmin Connect app (*Adding Emergency Contacts*, page 23). Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

Turning Incident Detection On and Off

1 Press ○ to view the menu.

2 Select ⚙ > ✱ > **Incident Detection**.

3 Select an activity.

NOTE: Incident detection is available only for certain outdoor activities.

When an incident is detected by your Lily 2 watch and your phone is connected, the Garmin Connect app can send an automated text message and email with your name and GPS location (if available) to your emergency contacts. A message appears on your watch and paired phone indicating your contacts will be informed after 15 seconds have elapsed. If assistance is not needed, you can cancel the automated emergency message.

Turning On and Off LiveTrack

Before you can start your first LiveTrack session, you must set up contacts in the Garmin Connect app (*Adding Contacts*, page 25).

NOTE: You must turn LiveTrack on in the Garmin Connect app.

1. From the Garmin Connect app, select ••• > **Safety & Tracking** > **LiveTrack**.
2. Select **Auto Start** > **On** for your watch.
3. Press ○ to view the menu.
4. Select ⚙ > ✱ > **LiveTrack**.
5. Select **Auto Start** > **On** to start a LiveTrack session each time you start an outdoor activity.

Adding Contacts

1. From the Garmin Connect app, select ••• > **Contacts**.
2. Follow the on-screen instructions.

After you add contacts, you must sync your data to apply the changes to your Lily 2 watch (*Syncing Your Data with the Garmin Connect App*, page 27).

Garmin Connect

You can connect with your friends on your Garmin Connect account. Your Garmin Connect account gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, and more.

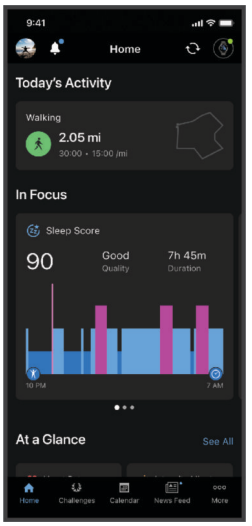
You can create your free Garmin Connect account when you pair your watch with your phone using the Garmin Connect app, or you can go to www.garminconnect.com.

Track your progress: You can track your daily steps, join a friendly competition with your connections, and meet your goals.

Store your activities: After you complete and save a timed activity with your watch, you can upload that activity to your Garmin Connect account and keep it as long as you want.

Analyze your data: You can view more detailed information about your activity, including time, distance, heart rate, calories burned, and customizable reports.

NOTE: Some data requires an optional accessory such as a heart rate monitor.



Share your activities: You can connect with friends to follow each other's activities or share links to your activities.

Manage your settings: You can customize your watch and user settings on your Garmin Connect account.

Move IQ®

When your movements match familiar exercise patterns, the Move IQ feature automatically detects the event and displays it in your timeline. The Move IQ events show activity type and duration, but they do not appear in your activities list or newsfeed.

The Move IQ feature can automatically start a timed activity for walking and running using time thresholds you set in the Garmin Connect app or the watch activity settings. These activities are added to your activities list.

Connected GPS

With the connected GPS feature, your watch uses the GPS antenna in your phone to record GPS data for walk, run, or bike activities (*Recording an Activity with Connected GPS*, page 13). The GPS data, including location, distance, and speed, appears in the activity details in your Garmin Connect account.

Connected GPS is also used for the assistance and LiveTrack features.

NOTE: To use the connected GPS feature, enable phone app permissions to always share location to the Garmin Connect app.

Sleep Tracking

While you are sleeping, the watch automatically detects your sleep and monitors your movement during your normal sleep hours. You can set your normal sleep hours in the user settings on your Garmin Connect account. Sleep statistics include total hours of sleep, sleep stages, and sleep movement. You can view your sleep statistics on your Garmin Connect account.

NOTE: Naps are not added to your sleep statistics. You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms (*Using Do Not Disturb Mode*, page 22).

Customizing Sleep Mode

You can customize some sleep settings on the watch. You can update your sleep schedule in Garmin Connect (*Setting Your Sleep Schedule*, page 26).

1. Press ○ to view the menu.
2. Select ⚙ > ⚙ > **Sleep Mode**.
3. Select an option:
   - Select **Watch Face** to use the sleep watch face.
   - Select **Brightness** to set the brightness.
   - Select **Timeout** to set the backlight timeout.
   - Select **Do Not Disturb** to enable or disable do not disturb mode.

Setting Your Sleep Schedule

Your watch uses your sleep schedule as a guide to accurately measure your sleep. Use the Garmin Connect app to set your typical sleep hours.

1. From the Garmin Connect app, select ••• > **Garmin Devices**.
2. Select your watch.
3. Select **System** > **Sleep Mode** > **Sleep Schedule**.
4. Select the day range.
5. Select **Bed Time** and **Wake Time**, and enter the specific times.

Syncing Your Data with the Garmin Connect App

Your watch automatically syncs data with the Garmin Connect app each time you open the app. Your watch periodically syncs data with the Garmin Connect app automatically. You can also manually sync your data at any time.

1. Bring the watch near your phone.
2. Open the Garmin Connect app.

   TIP: The app can be open or running in the background.
3. Press ○ to view the menu.
4. Select ⚙ > ⚙ > **Phone** > **Sync**.
5. Wait while your data syncs.
6. View your current data in the Garmin Connect app.

Syncing Your Data with Your Computer

Before you can sync your data with the Garmin Connect application on your computer, you must install the Garmin Express™ application (*Setting Up Garmin Express*, page 27).

1. Connect the watch to your computer using the USB cable.
2. Open the Garmin Express application.

   The watch enters mass storage mode.
3. Follow the on-screen instructions.
4. View your data on your Garmin Connect account.

Setting Up Garmin Express

1. Connect the device to your computer using a USB cable.
2. Go to www.garmin.com/express.
3. Follow the on-screen instructions.

Customizing Your Watch

Changing the Watch Face

Your watch comes preloaded with several watch faces.

1. Press ○ to view the menu.
2. Select ◷.
3. Swipe right or left to scroll through the available watch faces.
4. Tap the touchscreen to select the watch face.

Customizing the Controls Menu

You can add, remove, and change the order of the shortcut menu options in the controls menu (*Viewing Widgets and Menus*, page 3).

1. From the watch face, swipe down to view the controls menu.

   The controls menu appears.
2. Hold the touchscreen.

   The controls menu switches to edit mode.
3. Select an option:
   - To change the location of a shortcut in the controls menu, drag the shortcut to a new location.
   - To remove a shortcut from the controls menu, drag the shortcut to 🗑.
4. If necessary, select + to add a shortcut to the controls menu.

   NOTE: This option is available only after you remove at least one shortcut from the menu.

Customizing the Data Screens

You can customize data screens for your activity settings.

1. Press to view the menu.
2. Select .
3. Select an activity.
4. Select > **Data Screens** > **Primary**.
5. Select a data field to customize.

   NOTE: Not all options are available for all activities.
6. Select to save each data field.

Customizing the Widget Loop

1. From your Garmin Connect device menu, select **Widgets**.
2. Select or next to a widget to add it to or remove it from the widget loop.
3. Select .

   The widget loop updates when you sync your watch.

Watch Settings

You can customize some settings on your Lily 2 watch. Additional settings can be customized in the Garmin Connect app.

Press to view the menu, and select .

: Allows you to adjust the alert settings (*Alert Settings*, page 28).

: Allows you to adjust the wrist heart rate sensor settings (*Wrist Heart Rate Monitor Settings*, page 17), sleep pulse ox settings (*Turning On Pulse Oximeter Sleep Tracking*, page 18), and calibrate the compass.

: Allows you to adjust the user profile settings (*User Profile Settings*, page 29).

: Allows you to adjust the safety and tracking settings (*Safety and Tracking Features*, page 23).

: Allows you to adjust the system settings (*System Settings*, page 29).

Alert Settings

Press to view the menu, and select > .

Morning Report: Allows you to adjust the morning report settings (*Morning Report*, page 22).

Wrist HR: Allows you to turn the wrist heart rate monitor on and off.

Move Alert: Allows you to turn the move alert on and off and set the movement type and duration.

Relax Reminder: Allows you to turn the relax reminder on and off.

Hydration Alerts: Allows you to adjust the hydration alert settings (*Setting a Hydration Alert*, page 28).

Setting a Hydration Alert

You can create an alert to remind you to increase your fluid intake.

1. Press to view the menu.
2. Select > **Alerts** > **Hydration Alerts**.
3. Select **Alert**.
4. Select the alert frequency.
5. Select .

Customizing Move Alerts

1 Press ○ to view the menu.
2 Select ⚙ > 🔔 > **Move Alert**.
3 Select an option:
- Select **Status** to turn the alert on or off.
- Select **Move Alert Type** to set the alert based on steps or other types of movement.
- Select **Movement Types** to allow sitting moves or free motion moves to clear the alert.
- Select **Movement Duration** to set the alert to be cleared after 30, 45, or 60 seconds.

User Profile Settings

You can customize some user profile settings on your Lily 2 watch. Additional settings can be customized in your Garmin Connect account.

Press ○ to view the menu, and select ⚙ > 👤.

VO2 Max: Allows you to get your VO2 max. estimate (*Getting Your VO2 Max. Estimate*, page 19).

Fitness Age: Displays your fitness age (*Viewing Your Fitness Age*, page 19).

Display Name: Displays the name for your watch, which you can set in your Garmin Connect account (*Garmin Connect User Profile Settings*, page 32).

Wrist: Allows you to select which wrist the watch is worn on.

NOTE: This setting is used for strength training and gestures.

System Settings

Press ○ to view the menu, and select ⚙ > ⚙⚙.

Display: Sets the brightness level, gesture mode and sensitivity, and display timeout (*Display Settings*, page 30).

Alert Vibration: Sets the vibration level (*Setting the Vibration Level*, page 30).

NOTE: A higher vibration level decreases battery life.

Phone: Allows you to turn Bluetooth technology on or off, and pair and sync your phone with your watch (*Phone Settings*, page 31).

Activity Options: Allows you to open the activity options page in the Garmin Connect app (*Customizing Activity Options*, page 31).

Widgets: Allows you to open the widget settings in the Garmin Connect app (*Customizing the Widget Loop*, page 28).

Passcode: Sets a four-digit passcode to secure your personal information when the watch is not on your wrist (*Setting Your Watch Passcode*, page 30).

Controls Menu: Allows you to edit the controls menu (*Customizing the Controls Menu*, page 27).

Sleep Mode: Allows you to customize sleep mode (*Customizing Sleep Mode*, page 26).

Language: Sets the language displayed on the watch.

Reset: Allows you to delete user data and reset settings (*Restoring All Default Settings*, page 38)

Power Off: Allows you to turn off the watch (*Turning On and Off the Watch*, page 2).

About: Displays the unit ID, software version, regulatory information, license agreement, and more (*Viewing Device Information*, page 34).

Display Settings

Press ○ to view the menu, and select ⚙ > ⚙⚙ > **Display**.

Brightness: Sets the brightness level. You can use the Auto option to automatically adjust the brightness based on the ambient light, or manually adjust the brightness level.

NOTE: A higher brightness level decreases battery life.

Gesture Mode: Sets the screen to turn on for wrist gestures. Gestures include rotating your wrist toward your body to view the watch. You can use the Only During Activity option to use gestures only during timed activities.

Gesture Sensitivity: Adjusts the gesture sensitivity to turn on the display more or less often.

NOTE: A higher gesture sensitivity level decreases battery life.

Timeout: Sets the length of time before the screen turns off.

NOTE: A longer screen timeout decreases battery life.

Setting the Brightness Level

1. Press ○ to view the menu.
2. Select ⚙ > ⚙⚙ > **Display** > **Brightness**.
3. Select the brightness level.

   NOTE: The Auto option automatically adjusts the brightness based on the ambient light.

Setting the Vibration Level

1. Press ○ to view the menu.
2. Select ⚙ > ⚙⚙ > **Alert Vibration**.
3. Select the vibration level.

   NOTE: A higher vibration level decreases battery life.

Setting Your Watch Passcode

NOTICE

If you enter your passcode incorrectly three times, the watch locks temporarily. After five incorrect attempts, the watch locks until you reset your passcode in the Garmin Connect app.

You can set up a watch passcode to secure your personal information when the watch is not on your wrist. If you are using the Garmin Pay feature, the watch uses the same four-digit passcode required to open your wallet (*Garmin Pay*, page 11).

1. From the watch face, press ○.
2. Select ⚙ > ⚙⚙ > **Passcode** > **Set Passcode**.
3. Enter a four-digit passcode.

The next time you remove the watch from your wrist, you must enter the passcode before you can view any information.

Changing Your Watch Passcode

You must know your existing watch passcode to change it. If you forget your passcode or make too many incorrect passcode attempts, you must reset it in the Garmin Connect app.

1. From the watch face, press ○.
2. Select ⚙ > ⚙⚙ > **Passcode** > **Change Passcode**.
3. Enter your existing four-digit passcode.
4. Enter a new four-digit passcode.

The next time you remove the watch from your wrist, you must enter the passcode before you can view any information.

Phone Settings

Press ○ to view the menu, and select ⚙ > ⚙ > **Phone**.

Status: Turns Bluetooth technology on and off.

NOTE: Some Bluetooth settings appear only when Bluetooth technology is enabled.

Pair Phone: Allows you to pair your watch with a compatible Bluetooth enabled phone. This setting allows you to use Bluetooth connected features using the Garmin Connect app, including notifications and activity uploads.

Sync: Allows you to sync your watch with a compatible Bluetooth enabled phone.

Garmin Connect Settings

You can customize your watch settings, activity options, and user settings on your Garmin Connect account, using either the Garmin Connect app or the Garmin Connect website. Some settings can also be customized on your Lily 2 watch.

- From the Garmin Connect app, select ••• > **Garmin Devices**, and select your watch.
- From the devices widget in the Garmin Connect application, select your watch.

After customizing settings, you must sync your data to apply the changes to your watch (*Syncing Your Data with the Garmin Connect App*, page 27) (*Syncing Your Data with Your Computer*, page 27).

Alert Settings

From your Garmin Connect device menu, select **Alerts**.

Smart Notifications: Allows you to enable and configure phone notifications from your compatible phone. You can select to receive notifications During an Activity.

Phone: Allows you to turn phone connection alerts on and off.

Morning Report: Allows you configure the morning report.

Wrist HR: Allows you to set a heart rate alert (*Setting an Abnormal Heart Rate Alert*, page 19).

Move Alert: Allows your watch to display a message and the move bar on the time of day screen when you have been inactive for too long.

Relax Reminders: Allows you to set the watch to alert you when your stress level is unusually high. The alert encourages you to take a moment to relax, and the watch prompts you to begin a guided breathing exercise.

Hydration Alerts: Allows you to set the watch to alert you when it's time to take a drink of water.

Customizing Activity Options

You can select activities to display on your watch.

1. From your Garmin Connect device menu, select **Activity Options** > **Edit**.
2. Select the activities to display on your watch.
3. If necessary, select an activity to customize its settings, such as alerts and data fields.

Marking Laps

You can set your watch to use the Auto Lap® feature, which marks a lap automatically at every kilometer or mile. This feature is helpful for comparing your performance over different parts of an activity.

NOTE: The Auto Lap feature is not available for all activities.

1. From your Garmin Connect device menu, select **Activity Options**.
2. Select an activity.
3. Select **Auto Lap**.

Activity Tracking Settings

From your Garmin Connect device menu, select **Activity Tracking**.

NOTE: Some settings appear in a subcategory in the settings menu. App or website updates may change these settings menus.

Daily Steps: Allows you to enter your daily step goal. You can use the Auto Goal option to allow your watch to determine your step goal automatically.

Weekly Intensity Minutes: Allows you to enter a weekly goal for the number of minutes to participate in moderate to vigorous intensity activities. The watch also allows you to set a heart rate zone for moderate intensity minutes and a higher heart rate zone for vigorous intensity minutes. You can also use the default algorithm.

Move IQ: Allows you to turn on and off Move IQ events. The Move IQ feature automatically detects activity patterns, such as walking and running.

Auto Activity Start: Allows your watch to create and save timed activities automatically when the Move IQ feature detects you have been walking or running for a minimum time threshold. You can set the minimum time threshold for running and walking.

Custom Stride Length: Allows your watch to more accurately calculate the distance traveled using your custom stride length. You can enter a known distance and the number of steps it takes to cover the distance, and Garmin Connect can calculate your step length.

Garmin Connect User Profile Settings

From your Garmin Connect device menu, select **User Profile**.

VO2 Max: Allows you to see your current VO2 max. and when it was last updated (*Getting Your VO2 Max. Estimate*, page 19).

Fitness Age: Allows you to see your current fitness age (*Viewing Your Fitness Age*, page 19).

Display Name: Sets the display name used in your morning report and alerts (*Morning Report*, page 22).

Gender: Sets your sex (*Gender Settings*, page 32).

Birth Date: Set your birth date.

Height: Sets your height.

Weight: Sets your weight.

Wrist: Allows you to select which wrist you wear your watch on.

Heart Rate Zones: Allows you to estimate your maximum heart rate and determine custom heart rate zones (*About Heart Rate Zones*, page 41).

Gender Settings

When you first set up the watch, you must choose a sex. Most fitness and training algorithms are binary. For the most accurate results, Garmin recommends selecting your sex assigned at birth. After the initial setup, you can customize the profile settings in your Garmin Connect account.

Profile & Privacy: Enables you to customize the data on your public profile.

User Settings: Sets your sex. If you select Not Specified, the algorithms that require a binary input will use the sex you specified when you first set up the watch.

Device Information

Charging the Watch

⚠ WARNING

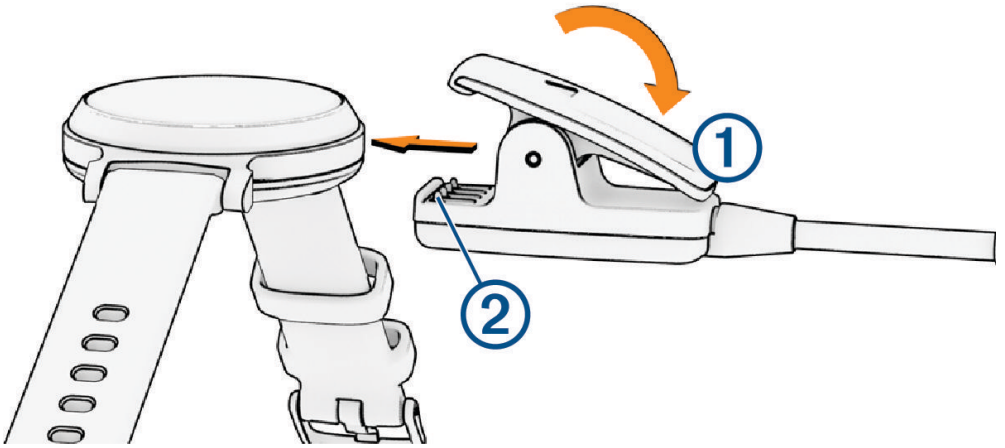
This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Do not use a power cable, data cable, and/or power adapter that is not supplied by Garmin or is not properly certified.

NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions (*Cleaning the Watch*, page 34).

1 Pinch the charging clip ①.



2 Align the clip with the contacts on the back of the watch ②.

3 Plug the USB cable into a power source.

4 Charge the watch completely.

Tips for Charging Your Watch

- Connect the charger securely to the watch to charge it using the USB cable (*Charging the Watch*, page 33).

  You can charge the watch by plugging the USB cable into a Garmin approved AC adapter with a standard wall outlet or a USB port on your computer.
- Swipe left to view the remaining battery graphic in the controls menu.

Device Care

NOTICE

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Do not use a sharp object to clean the device.

Never use a hard or sharp object to operate the touchscreen, or damage may result.

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.

Keep the leather band clean and dry. Avoid swimming or showering with the leather band. Exposure to water or sweat can damage or discolor the leather band. Use silicone bands as an alternative.

Do not place in high temperature environments, such as a clothes dryer.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

Cleaning the Watch

⚠ CAUTION

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist.

NOTICE

Even small amounts of sweat or moisture can cause corrosion of the electrical contacts when connected to a charger. Corrosion can prevent charging and data transfer.

TIP: For more information, go to www.garmin.com/fitandcare.

1 Rinse with water, or use a damp lint-free cloth.

2 Allow the watch to dry completely.

Cleaning the Leather Bands

1 Wipe the leather bands with a dry cloth.

2 Use a leather conditioner to clean the leather bands.

Changing the Bands

The watch is compatible with 14 mm wide, standard, quick-release bands.

1 Slide the quick-release pin on the spring bar to remove the band.



2 Insert one side of the spring bar for the new band into the watch.

3 Slide the quick-release pin, and align the spring bar with the opposite side of the watch.

4 Repeat steps 1 through 3 to change the other band.

Viewing Device Information

You can view the unit ID, software version, and regulatory information.

1 Press ○ to view the menu.

2 Select ⚙ > ⚙ > **About**.

3 Swipe to view the information.

Viewing E-label Regulatory and Compliance Information

The label for this watch is provided electronically. The e-label may provide regulatory information, such as identification numbers provided by the FCC or regional compliance markings, as well as applicable product and licensing information.

1. Press ○ to view the menu.
2. Select ⚙ > ⚙ > **About**.
3. Swipe to view the information.

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 5 days [1]
Operating temperature range	From -20º to 60ºC (from -4º to 140ºF)
Charging temperature range	From 0º to 45ºC (from 32º to 113ºF)
Wireless frequencies	2.4 GHz @ -1.9 dBm maximum 13.56 MHz @ -40 dBm maximum
Water rating	5 ATM[2]

Troubleshooting

Is my phone compatible with my watch?

The Lily 2 watch is compatible with phones using Bluetooth technology.

Go to www.garmin.com/ble for Bluetooth compatibility information.

My phone will not connect to the watch

- Bring the watch within range of your phone.
- If your watch and phone are already paired, turn Bluetooth technology off on both devices, and turn it back on.
- If your watch and phone are not paired, enable Bluetooth technology on your phone.
- On your phone, open the Garmin Connect app, and select ••• > **Garmin Devices** > **Add Device** to enter pairing mode.
- On your watch, press ○ to view the menu, and select ⚙ > ⚙ > **Phone** > **Pair Phone** to enter pairing mode.
- Go to www.garmin.com/bluetoothtroubleshooting for additional troubleshooting steps.

Activity Tracking

For more information about activity tracking accuracy, go to garmin.com/ataccuracy.

My step count does not seem accurate

If your step count does not seem accurate, you can try these tips.

- Wear the watch on your non-dominant wrist.
- Carry the watch in your pocket when pushing a stroller or lawn mower.
- Carry the watch in your pocket when actively using your hands or arms only.

  NOTE: The watch may interpret some repetitive motions, such as washing dishes, folding laundry, or clapping your hands, as steps.

[1] The battery life estimate is based on certain usage assumptions. For more information, go to www.garmin.com/lily2batterylifeassumptions.
[2] The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.

The step counts on my watch and my Garmin Connect account do not match

The step count on your Garmin Connect account updates when you sync your watch.

1. Sync your step count with the Garmin Connect app (*Syncing Your Data with the Garmin Connect App*, page 27).
2. Wait while the watch syncs your data.

   Syncing can take several minutes.

   NOTE: Refreshing the Garmin Connect app does not sync your data or update your step count.

My stress level does not appear

Before the watch can detect your stress level, wrist-based heart rate monitoring must be turned on.

The watch samples your heart rate variability throughout the day during periods of inactivity to determine your stress level. The watch does not determine your stress level during timed activities.

If dashes appear instead of your stress level, be still, and wait while the watch measures your heart rate variability.

My intensity minutes are flashing

When you exercise at an intensity level that qualifies toward your intensity minutes goal, the intensity minutes flash.

Touchscreen Tips

- Tap the touchscreen to make a selection.
- During a swim activity, double-tap the touchscreen to start and stop the timer.
- From the watch face, tap the touchscreen to cycle through data, such as steps and heart rate ①.



- From the controls menu, hold the touchscreen to add, remove, and reorder the controls.
- From any screen, press ○ to return to the previous screen.
- Tap the widget screen to view additional details for the widget.
- To send an assistance alert, tap the touchscreen firmly and rapidly until the watch vibrates (*Requesting Assistance*, page 24).

The heart rate on my watch is not accurate

For more information on your heart rate sensor, go to www.garmin.com/heartrate.

Tips for Erratic Heart Rate Data

If the heart rate data is erratic or does not appear, you can try these tips.

- Clean and dry your arm before putting on the watch.
- Avoid wearing sunscreen, lotion, and insect repellent under the watch.
- Avoid scratching the heart rate sensor on the back of the watch.
- Wear the watch above your wrist bone. The watch should be snug but comfortable.
- Warm up for 5 to 10 minutes and get a heart rate reading before starting your activity.

  NOTE: In cold environments, warm up indoors.
- Rinse the watch with fresh water after each workout.
- While exercising, use a silicone band.

Tips for Improved Body Battery Data

- For more accurate results, wear the watch while sleeping.
- Good sleep charges your Body Battery.
- Strenuous activity and high stress can cause your Body Battery to drain more quickly.
- Food intake, as well as stimulants like caffeine, has no impact on your Body Battery.

Tips for Erratic Pulse Oximeter Data

If the pulse oximeter data is erratic or does not appear, you can try these tips.

- Remain motionless while the watch reads your blood oxygen saturation.
- Wear the watch above your wrist bone. The watch should be snug but comfortable.
- Hold the arm wearing the watch at heart level while the watch reads your blood oxygen saturation.
- Use a silicone or nylon band.
- Clean and dry your arm before putting on the watch.
- Avoid wearing sunscreen, lotion, and insect repellent under the watch.
- Avoid scratching the optical sensor on the back of the watch.
- Rinse the watch with fresh water after each workout.

Maximizing Battery Life

- Decrease the screen brightness and timeout (*Display Settings*, page 30).
- Reduce the vibration level (*Setting the Vibration Level*, page 30).
- Turn off wrist gestures (*Display Settings*, page 30).
- In your phone notification center settings, limit the notifications that appear on your Lily 2 watch (*Managing Notifications*, page 21).
- Turn off smart notifications (*Alert Settings*, page 31).
- Turn off Bluetooth wireless technology when you are not using connected features (*Phone Settings*, page 31).
- Turn off pulse oximeter sleep tracking (*Turning On Pulse Oximeter Sleep Tracking*, page 18).
- Turn off wrist-based heart rate monitoring (*Wrist Heart Rate Monitor Settings*, page 17).

  NOTE: Wrist-based heart rate monitoring is used to calculate vigorous intensity minutes, VO2 max., body battery, stress level, and calories burned.

My watch display is difficult to see outside

The watch detects ambient light and automatically adjusts the backlight brightness to maximize battery life. In direct sunlight, the screen gets brighter, but it may still be difficult to read. The automatic activity detection feature can be helpful when starting outdoor activities (*Activity Tracking Settings*, page 32).

My watch is in the wrong language

You can change the language selection if you have accidently selected the wrong language on the watch.

1 Press ○ to view the menu.
2 Select ⚙ > ⚙⚙.
3 Scroll down to the ninth item in the list, and select it.
4 Select your language.

Restoring All Default Settings

You can restore all of the watch settings back to the factory default values.

1 Press ○ to view the menu.
2 Select ⚙ > ⚙⚙ > **Reset**.
3 Select an option:
   - To reset all of the watch settings to the factory default values and save all user-entered information and activity history, select **Reset Default Settings**.
   - To reset all of the watch settings to the factory default values and delete all user-entered information and activity history, select **Delete Data and Reset Settings**.
4 Follow the on-screen instructions.

Product Updates

Your watch automatically checks for updates when connected using Bluetooth technology. On your computer, you can install Garmin Express (**garmin.com/express**). On your phone, you can install the Garmin Connect app.

This provides easy access to these services for Garmin devices:

- Software updates

  NOTE: For the best experience, you should keep the software on your device up to date. Software updates provide changes and improvements to privacy, security, and features.
- Data uploads to Garmin Connect
- Product registration

Updating the Software Using the Garmin Connect App

Before you can update your watch software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the watch with a compatible phone (*Setting Up the Watch*, page 1).

Sync your watch with the Garmin Connect app (*Syncing Your Data with the Garmin Connect App*, page 27).

When new software is available, the Garmin Connect app automatically sends the update to your watch. The update is applied when you are not actively using the watch. When the update is complete, your watch restarts.

Updating the Software Using Garmin Express

Before you can update your watch software, you must download and install the Garmin Express application and add your watch (*Syncing Your Data with Your Computer*, page 27).

1 Connect the watch to your computer using the USB cable.

  When new software is available, the Garmin Express application sends it to your watch.
2 After the Garmin Express application finishes sending the update, disconnect the watch from your computer.

  Your watch installs the update.

Getting More Information

- Go to support.garmin.com for additional manuals, articles, and software updates.
- Go to buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.
- Go to www.garmin.com/ataccuracy.

  This is not a medical device. The pulse oximeter feature is not available in all countries.

Device Service

If your device needs to be repaired or replaced, go to support.garmin.com for information about submitting a service request with Garmin Product Support.

Appendix

Activities List

The activities below are available on your Lily 2 watch.

NOTE: Make sure to update your watch software to get the latest activities (*Updating the Software Using the Garmin Connect App*, page 38, *Updating the Software Using Garmin Express*, page 38).

- *Customizing Activity Options*, page 31
- *Recording a Timed Activity*, page 13

	Bike
	Breathwork
	Cardio
	Dance Fitness
	Elliptical
	HIIT
	Jump Rope
	Meditation
	Other
	Pilates
	Pool Swim
	Row Indoor
	Run
	Stair Stepper
	Strength
	Treadmill
	Walk
	Walk Indoor
	Yoga

Fitness Goals

Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles.

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.

If you know your maximum heart rate, you can use the table (*Heart Rate Zone Calculations*, page 41) to determine the best heart rate zone for your fitness objectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default maximum heart rate is 220 minus your age.

About Heart Rate Zones

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

Heart Rate Zone Calculations

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
1	50–60%	Relaxed, easy pace, rhythmic breathing	Beginning-level aerobic training, reduces stress
2	60–70%	Comfortable pace, slightly deeper breathing, conversation possible	Basic cardiovascular training, good recovery pace
3	70–80%	Moderate pace, more difficult to hold conversation	Improved aerobic capacity, optimal cardiovascular training
4	80–90%	Fast pace and a bit uncomfortable, breathing forceful	Improved anaerobic capacity and threshold, improved speed
5	90–100%	Sprinting pace, unsustainable for long period of time, labored breathing	Anaerobic and muscular endurance, increased power

VO2 Max. Standard Ratings

These tables include standardized classifications for VO2 max. estimates by age and sex.

Males	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	55.4	54	52.5	48.9	45.7	42.1
Excellent	80	51.1	48.3	46.4	43.4	39.5	36.7
Good	60	45.4	44	42.4	39.2	35.5	32.3
Fair	40	41.7	40.5	38.5	35.6	32.3	29.4
Poor	0–40	<41.7	<40.5	<38.5	<35.6	<32.3	<29.4

Females	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	49.6	47.4	45.3	41.1	37.8	36.7
Excellent	80	43.9	42.4	39.7	36.7	33	30.9
Good	60	39.5	37.8	36.3	33	30	28.1
Fair	40	36.1	34.4	33	30.1	27.5	25.9
Poor	0–40	<36.1	<34.4	<33	<30.1	<27.5	<25.9

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