fitbit versa 2™

User Manual
Version 1.2

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Get started

Elevate your day with Fitbit Versa 2, the premium health and fitness watch with Amazon Alexa Built-in, fitness features, apps, and more. Take a moment to review our complete safety information at fitbit.com/safety.

What's in the box

Your Versa 2 box includes:

Watch with small wristband
(color and material varies)

Charging cable

Additional large wristband

The detachable wristbands on Versa 2 come in a variety of colors and materials, sold separately.

Set up Versa 2

For the best experience, use the Fitbit app for iPhones and iPads or Android phones.

To create a Fitbit account, you're prompted to enter your birthdate, height, weight, and sex to calculate your stride length and to estimate distance, basal metabolic rate, and calorie burn. After you set up your account, your first name, last initial, and profile picture are visible to all other Fitbit users. You have the option to share other information, but most of the information you provide to create an account is private by default.

Charge your watch

A fully-charged Versa 2 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 2:

1. Plug the charging cable into the USB port on your computer, or a UL-certified USB wall charger, or another low-energy charging device.
2. Pinch the clip and place Versa 2 in the charging cradle. The pins on the charging cradle must align with the gold contacts on the back of the watch. The percent charged appears on screen.

While the watch charges, tap the screen twice to turn the screen on and check the battery level. Tap again to use Versa 2.

Set up with your phone or tablet

Set up Versa 2 with the Fitbit app for iPhones and iPads or Android phones. The Fitbit app is compatible with most popular phones and tablets. For more information, see fitbit.com/devices.

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 2 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 2 to your Wi-Fi network. Versa 2 uses Wi-Fi to more quickly download playlists and apps from the Fitbit App Gallery, and for faster, more reliable OS updates.

Versa 2 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 2 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

Sync Versa 2 to transfer your data to the Fitbit app, where you can view your activity and sleep data, log food and water, participate in challenges, and more. For best results, keep all-day sync turned on, so that Versa 2 syncs periodically with the app. All-day sync is required for certain features on Versa 2, such as Amazon Alexa.

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. The special edition of Versa 2 comes with a 3-month free trial of Fitbit Premium in certain countries.

Fitbit Premium includes:

- Detailed programs tailored to your health and fitness goals
- Insights on your activity and progress throughout programs
- Step-by-step workouts with Fitbit Coach

For more information, see help.fitbit.com.

Wear Versa 2

Place Versa 2 around your wrist. If you need to attach a different size wristband, or if you purchased another wristband, see the instructions in *"Change the wristband" on page 14*.

Placement for all-day wear vs. exercise

When you're not exercising, wear Versa 2 a finger's width above your wristbone.
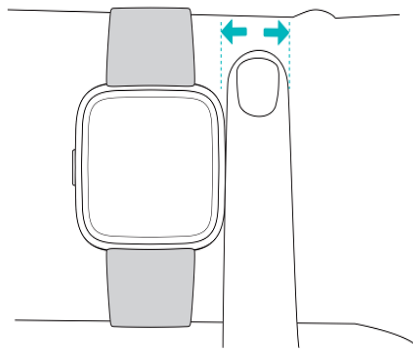
For optimized heart-rate tracking while exercising:

- During a workout, experiment with wearing the device higher on your wrist (2 finger widths) for an improved fit. Many exercises such as bike riding or weight lifting cause you to bend your wrist frequently, which could interfere with the heart-rate signal if the watch is lower on your wrist.
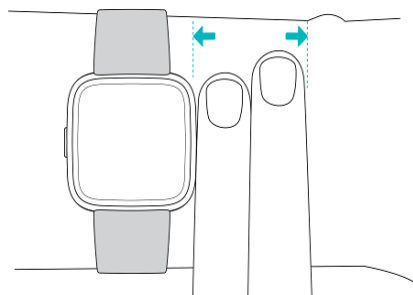
- Wear your Fitbit device on top of your wrist, and make sure the back of the device is in contact with your skin.
- Consider tightening your wristband before a workout and loosening it when you're done. The wristband should be snug but not constricting (a tight wristband restricts blood flow, potentially affecting the heart-rate signal).

Handedness

For greater accuracy, you must specify whether you wear Versa 2 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 2 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 2 tile > **Wrist > Dominant**.

Change the wristband

Versa 2 comes with a small wristband attached and an additional large, bottom wristband in the box. Both the top and bottom wristbands can be swapped with accessory wristbands, sold separately on fitbit.com. For wristband measurements, see "Wristband size" on page 65. All Versa series wristbands are compatible with all devices in the Fitbit Versa series.

Remove a wristband

1. Turn over Versa 2 and find the quick-release lever.
2. While pressing the quick-release lever inward, gently pull the wristband away from the watch to release it.
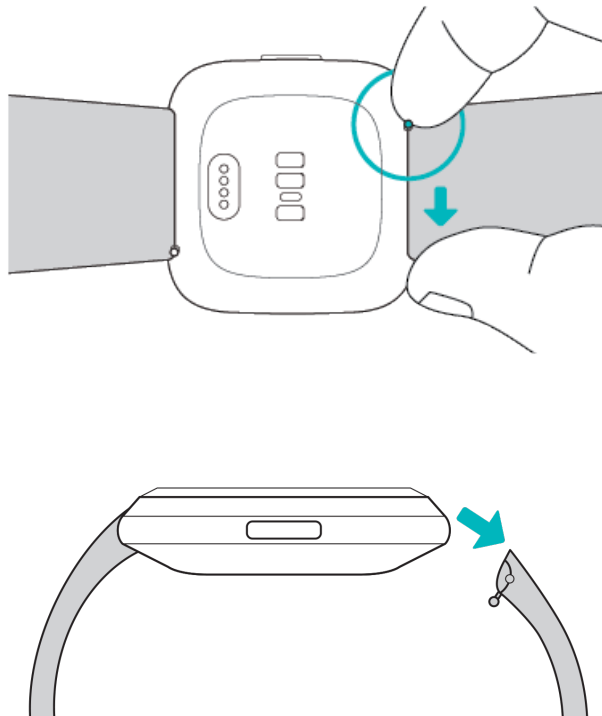
3. Repeat on the other side.

Attach a wristband

1. To attach a wristband, hold the band at a 45° angle and slide the pin (the side opposite the quick-release lever) into the notch on the watch.
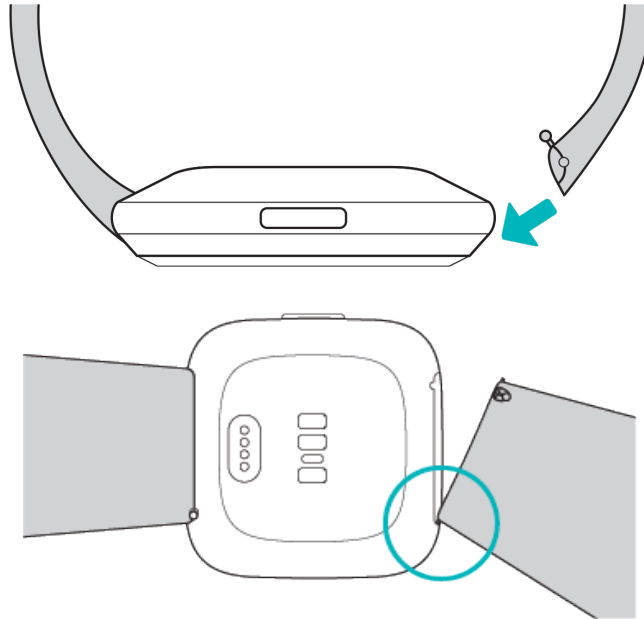
2. While pressing the quick-release lever inward, slide the other end of the wristband into place.
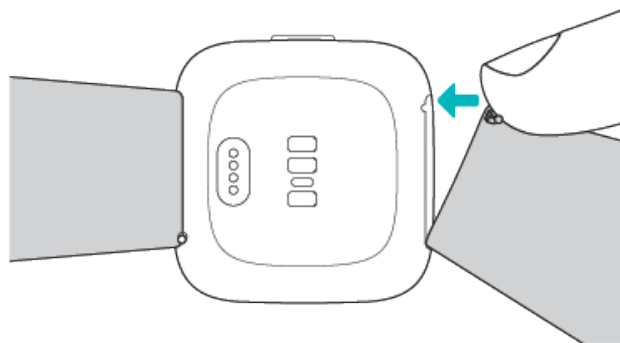
3. When both ends of the pin are inserted, release the quick-release lever.

Basics

Learn how to manage Versa 2's settings, set a personal PIN code, navigate the screen, and more.

Navigate Versa 2

Versa 2 has a color AMOLED touchscreen display and 1 button.

Navigate Versa 2 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 22.

Basic navigation

The home screen is the clock.

- Swipe down from the top of the screen to see notifications and access the shortcuts to music controls, Fitbit Pay, and quick settings. The shortcuts disappear after 2 seconds. Swipe down to see them again.
- Swipe up to see your daily stats.
- Swipe left to see the apps on your watch.
- Press the button to go back to a previous screen or return to the clock face.

**SWIPE DOWN TO
SEE NOTIFICATIONS
AND SHORTCUTS**

Dinner tonight @ 7pm?

Missed Call

Alex Yee

**SWIPE LEFT TO
SEE APPS**

Music   Weather

Exercise   Relax

14,291

79

1,603

12
58   WED 28

100%   Feb 1

7,514
steps

106 bpm
fat burn

6h 52m
82 Good
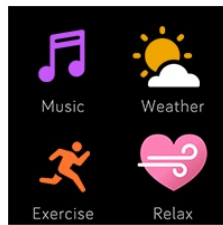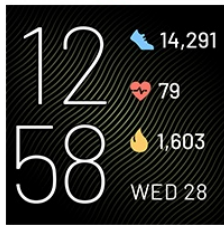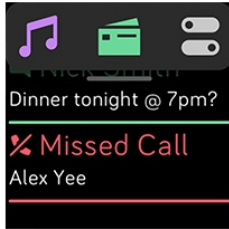
Settings
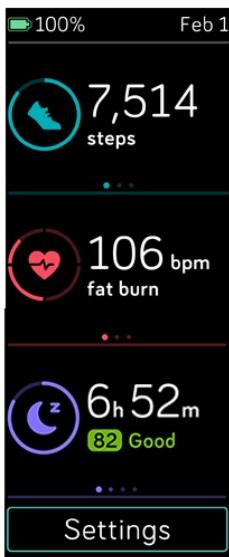
**SWIPE UP TO SEE
FITBIT TODAY**

Button shortcuts

Press and hold the button on Versa 2 for a faster way to access certain features.

Choose a shortcut

Hold the button for 2 seconds to activate Fitbit Pay, Alexa, music controls,
notifications, or certain apps.
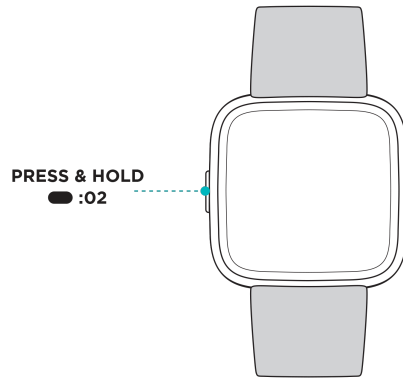
The first time you use the button shortcut, you select which feature it activates. To
later change which feature activates when you hold the button, open the Settings
app on your watch and tap the **Left Button** option.

Quick settings

Swipe down from the top of your watch screen, and tap the quick settings icon
to access certain settings.

Do Not Disturb ⊖	When the Do Not Disturb setting is on: • Notifications, goal celebrations, and reminders to move don't cause the watch to vibrate or the screen to turn on. • You see a Do Not Disturb icon ⊖ at the top of the screen when you swipe up to see your stats. 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 don't cause the watch to vibrate or the screen to turn on. • The screen's brightness is set to dim. • The Always-On Display clock face is turned off. • Turning your wrist won't cause the watch's screen to turn on. • You see a Sleep Mode icon 🌙 at the top of the screen when you swipe up to see your stats. Sleep Mode doesn't automatically turn off unless you set a Sleep Mode schedule. To schedule Sleep Mode to automatically turn on during certain hours, open the Settings app ⚙ and tap **Sleep Mode** > **Schedule**. 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 Auto (Motion), the screen turns on each time you turn your wrist. When you set Screen Wake Manual (Button), press the button to turn on the screen.
Brightness icon	Adjust the screen brightness.

| Always-On Display 🕐 | For more information, see "Adjust Always-On Display" on page 22. |

Adjust settings

Manage basic settings in the Settings app ⚙ :

Brightness	Change the screen's brightness.
Screen Timeout	Choose how long the screen stays on after you stop interacting with your watch.
Always-On Display	Adjust Always-On Display settings, including the information you see on the clock face.
Sleep Mode	Adjust Sleep Mode settings, including setting a schedule for the mode to automatically turn on and off.
Do Not Disturb	Adjust Do Not Disturb settings, including whether the mode should turn on automatically when you use the Exercise app.
Screen Wake	Change whether the screen turns on when you turn your wrist.
Vibrations	Adjust your watch's vibration strength.
Microphone	Choose whether your watch can access the microphone.
Left Button	Choose the feature the button activates.
Alexa	Turn Alexa notifications on or off.
Bluetooth	Manage connected Bluetooth devices.
Heart Rate	Turn heart rate tracking on or off.

Tap a setting to adjust it. Swipe up to see the full list of settings.

Check battery level

Swipe down from the top of the screen. Wait 2 seconds for the control center to disappear. The battery level icon is in the top left.

If your watch's battery is low (less than 24 hours remaining), a red battery indicator appears on the clock face. If your watch's battery is critically low (less than 4 hours remaining), the battery indicator flashes.
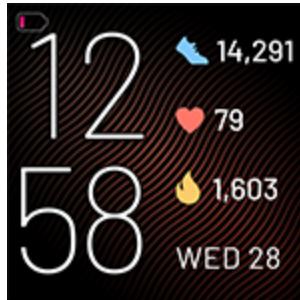
Wi-Fi won't work on Versa 2 when the battery is 25% or less, and you'll be unable to update your device.

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 2 tile > **Device Lock**.

For more information, see 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 have their own Always-On Display mode. If a clock face doesn't have this feature, you see the default Always-On Display clock face. On the default Always-On Display clock face, choose between an analog or digital clock face, whether to show the watch's battery level, and your progress toward 2 of your core stats.
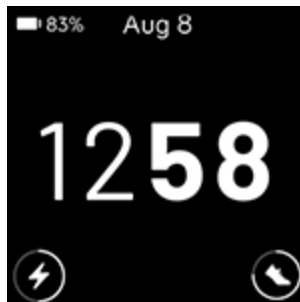
To turn Always-On Display on or off, swipe down from the top of your watch and tap the quick settings icon ▭ > Always-On Display icon 🕐, or find **Always-On Display** in the Settings app ⚙ .

Note that turning on this feature impacts your watch's battery life. When Always-On Display is turned on, Versa 2 has a battery life of up to 3 days.

To adjust what's shown on the screen when using the default Always-On Display clock face, or to set off-hours when Always-On Display automatically turns off, open the Settings app ⚙ > **Always-On Display** > **Customize**.

Clock Style	Choose between a digital or analog clock face when using the default Always-On Display clock face.
Status bar	Turn on a remaining battery indicator when using the default Always-On Display clock face.
Core Stats	Show your progress toward 2 core stats of your choice when using the default Always-On Display clock face.
Off-hours	Set the display to automatically turn off during certain hours.

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 Versa 2's screen when not in use, briefly cover the watch face with your opposite hand, press the button, or turn your wrist away from your body.
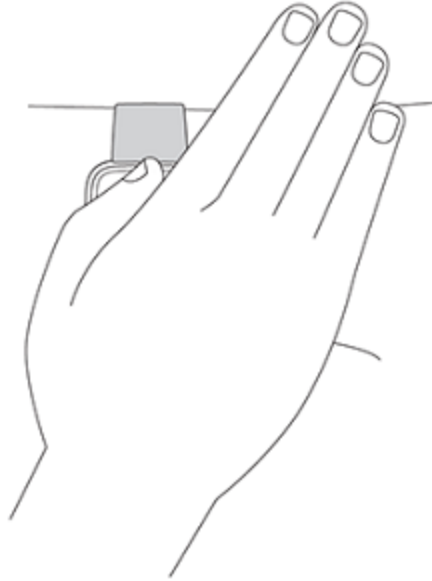
Note that if you turn on the always-on display setting, the screen won't turn off.

Care for Versa 2

It's important to clean and dry Versa 2 regularly. For more information, see
fitbit.com/productcare.

Apps and Clock Faces

The Fitbit App Gallery and Clock Gallery offer apps and clock faces to personalize your watch and meet a variety of health, fitness, timekeeping, and everyday needs.
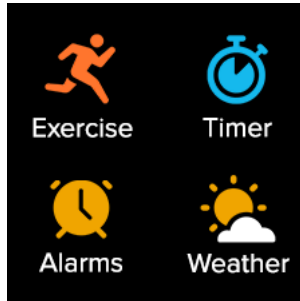
Change the clock face

1. From the Today tab in the Fitbit app, tap your profile picture > Versa 2 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 2.

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 faces.

- 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**. You 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 2, press and hold an app until it's selected, and drag it to a new location. The app is selected when its icon increases slightly in size and the watch vibrates.

Download additional apps

Add new apps to Versa 2 from the Fitbit App Gallery:

1. From the Today tab ⬩ in the Fitbit app, tap your profile picture > Versa 2 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 2.

For more information, see help.fitbit.com.

Remove apps

You can remove most apps installed on Versa 2:

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

Update apps

Apps update over Wi-Fi as needed. Versa 2 searches for updates when plugged into the charger and in range of your Wi-Fi network.

You can also manually update apps. For more information, see help.fitbit.com.

Voice Controls

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

Set up Alexa

1. From the Today tab ![icon] in the Fitbit app, tap your profile picture > Versa 2 tile.
2. Tap **Amazon Alexa** > **Login with Amazon**.
3. Tap **Get Started**.
4. Log in to your Amazon account or create one if necessary.
5. 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, tap the **Amazon Alexa** tile in the device settings page, and adjust your settings.

Interact with Alexa

1. Open the Alexa app ![icon] on your watch. Note that the Fitbit app must be running in the background on your phone.
2. Say your request.
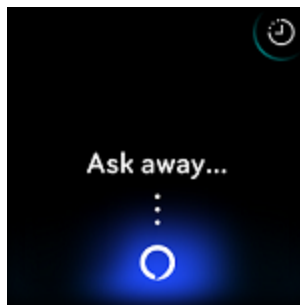
You don't need to say "Alexa" before speaking your request. For example:

- 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. These commands are currently available in English and German.

Note that saying "Alexa" doesn't activate Alexa on your watch—you must open Alexa using the button shortcut or Alexa app before the microphone in your watch 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. Note that not all skills work with Versa 2, as they must be able to display feedback as text on the watch's screen. Versa 2 doesn't have a speaker, so you won't hear Alexa respond.

For more information, see help.fitbit.com.

Check your Alexa alarms, reminders, and timers

1. Open the Alexa app on your watch.
2. Tap the alerts icon and swipe left or right to navigate between 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 like Starbucks ![icon], Strava ![icon], Agenda , and Weather ![icon] to stay connected to what you care about most. See _"Apps and Clock Faces" on page 25_ 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 sync your watch. Then use the Starbucks app ![icon] to pay from your wrist.

For more information, see help.fitbit.com.

Strava

Connect your Strava and Fitbit accounts in the Fitbit app to see your run and bike data in the Strava app ![icon] on your watch.

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 .

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 left to view the weather in other locations you added.

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, sync your watch to see your new location in the Weather app.

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 2 tile.
2. Tap **Apps**.
3. 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.
5. Sync your watch with the Fitbit app to see the updated locations on your watch.

Notifications

Versa 2 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 2 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 2 shows notifications from all calendars synced to the Calendar app. If you have an Android phone, Versa 2 shows calendar notifications from the calendar app you choose 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.
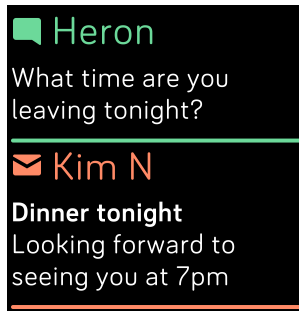
If your watch's battery level is critically low, notifications won't cause Versa 2 to vibrate or the screen to turn on.

Manage notifications

Versa 2 stores up to 30 notifications, after which the oldest are replaced as you receive new ones.

To manage notifications:

- Swipe down from the top of the screen to see your notifications and tap any notification to expand it.
- To delete a notification, tap to expand it, then swipe to the bottom and tap **Clear**.
- 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 the quick settings on Versa 2. When all notifications are turned off, 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 2 tile > **Notifications.**

2. Turn off the notifications you no longer want to receive on your watch.
3. Sync your watch to save your changes.

To turn off all notifications:

1. Swipe down from the top of the screen and tap the quick settings icon ⬤ .
2. Tap the Do Not Disturb icon ⊖ . All notifications, including goal celebrations and reminders to move, are turned off.
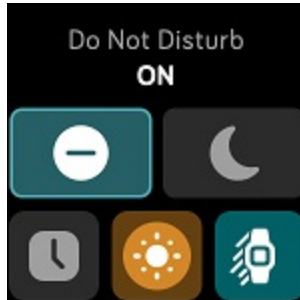
Note that if you use the Do Not Disturb setting on your phone, you don't receive notifications on your watch until you turn off this setting.

Answer or reject phone calls

If paired to an iPhone or Android (8.0+) phone, Versa 2 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.

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

Respond to messages

Respond directly to text messages and notifications from select apps on your watch with preset quick replies or by speaking your reply into Versa 2. This feature is currently available on watches paired to an Android phone. 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. Tap the notification on your watch. To see recent messages, swipe down from the clock face.
2. Tap **Reply**. If you don't see an option to reply to the message, replies aren't available for the app that sent the notification.
3. Choose a text reply from the list of quick replies or tap the emoji icon 😇 to choose an emoji. Tap **More replies** or **More emojis** to see additional options.
4. To reply to a message with your voice, tap the microphone icon 🎤 and say your message. If the message is correct, 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.

   - To change the language recognized by the microphone, tap the 3 dots icon • • • next to Languages and select a different language.

For more information, including how to customize quick replies, see help.fitbit.com.

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.

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

To dismiss the alarm, tap the check mark. To snooze the alarm for 9 minutes, tap the ZZZ icon.

Snooze the alarm as many times as you want. Versa 2 automatically goes into snooze mode if you ignore the alarm for more than 1 minute.
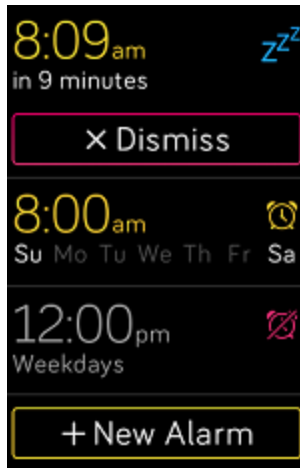
Use the Timer app

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

If Always-On Display is on, the screen continues to display the stopwatch or
countdown timer until it ends or you exit the app.

Note that alarms and timers you set with Alexa are separate from the ones you set
in the Alarms app and Timer apps. For more information, see _"Voice Controls" on_
page 28.

For more information, see help.fitbit.com.

Activity and Sleep

Versa 2 continuously tracks a variety of stats whenever you wear it, including hourly activity, heart rate, and sleep. Data automatically syncs when in range of the Fitbit app throughout the day.

See your stats

Swipe up from the clock face on your watch to access Fitbit Today, which shows up to 7 of these stats:

Core stats	Steps taken today, distance covered, floors climbed, calories burned, active minutes, and goal history over the past 7 days
Hourly steps	Steps taken this hour, and the number of hours you met your hourly activity goal
Heart rate	Current heart rate and either your heart-rate zone or resting heart rate (if not in a zone), time spent in each heart-rate zone, and your cardio fitness score
Exercise	Number of days you met your exercise goal this week and up to 5 of your most recently tracked exercises
Cycle track	Information on the current stage of your menstrual cycle, if applicable
Sleep	Duration and quality of your sleep, and your sleep history over the past 7 days
Water	Water intake logged today and history over the past 7 days
Food	Calories eaten, calories remaining, and your macronutrient breakdown by percentage
Weight	Remaining weight left to lose or gain to reach your goal, your current weight, and your progress since you last set your goal
Badges	The next daily and lifetime badges you'll unlock

Swipe left or right on each tile to view the complete set of stats. Tap the **+** icon on the water tile or weight tile to log an entry.

To reorder the tiles, press and hold a row, then drag it up or down to change its position. Tap **Settings** at the bottom of the screen to choose which stats you see.

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

Track a daily activity goal

Versa 2 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 10,000 steps per day. Choose to increase or decrease the number of steps, or to change your goal to active minutes, distance traveled, or calories burned.

For more information, see help.fitbit.com.

Track progress toward your goal on Versa 2. For more information, see "See your stats" on the previous page.

Track your hourly activity

Versa 2 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.
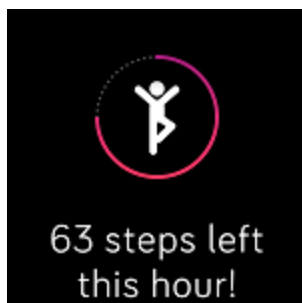
For more information, see help.fitbit.com.

Track your sleep

Wear Versa 2 to bed to automatically track your time asleep, sleep stages (time spent in REM, light sleep, and deep sleep), and Sleep Score (the quality of your sleep). 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 check the sleep tile in Fitbit Today.

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.

Set a bedtime reminder

The Fitbit app can recommend consistent bedtimes and wake times to help you improve the consistency of your sleep cycle. Turn on bedtime reminders to be reminded nightly when it's time to start getting ready for bed.

For more information, see help.fitbit.com.

Learn about your sleep habits

Versa 2 tracks several sleep metrics including when you go to bed, how long you're asleep, your time spent in each sleep stage, and the overall quality of your sleep. Track your sleep with Versa 2 and check the Fitbit app to understand how your sleep patterns compare to your peers. With a Fitbit Premium subscription, see more details about your sleep score to help you build a better sleep routine and wake up feeling refreshed.

For more information, see help.fitbit.com.

See your heart rate

Versa 2 tracks your heart rate throughout the day. Swipe up from the clock face to see your real-time heart rate and your resting heart rate. For more information, see "See your stats" on page 38. Certain clock faces show your real-time heart rate on the clock screen.

During a workout, Versa 2 shows your heart-rate zone to help you target the training intensity of your choice.

For more information, see "Check your heart rate" on page 47.

Practice guided breathing

The Relax app 💗 on Versa 2 provides personalized guided breathing sessions to help you find moments of calm throughout the day. You can choose between 2-minute and 5-minute sessions.

1. On Versa 2, open the Relax app 💗.
2. The 2-minute session is the first option. Tap the gear icon ⚙ to choose the 5-minute session or turn off the optional vibration. Press the button on your watch to return to the Relax screen.
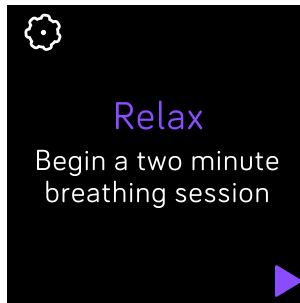
3. Tap the play icon to start the session and follow the on-screen instructions.

After the exercise, a summary appears that shows your alignment (how closely you followed the breathing prompt), your heart rate at the start and end of the session, and how many days you completed a guided breathing session this week.

All notifications are automatically disabled during the session.

For more information, see help.fitbit.com.

Fitness and Exercise

Track activity with the Exercise app and complete guided workouts with the

Fitbit Coach app right on your wrist.

Sync Versa 2 with the Fitbit app and 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 Music app , Pandora app ,

or Deezer app on your watch, or control music playing on your phone. To play music stored on your watch, open the app and choose the music you want to listen to. Then go back to the Exercise or Fitbit Coach app and start a workout. To control music playing while you exercise, swipe down from the top of the screen and tap

the music controls icon . Note that you need to pair a Bluetooth audio device, such as headphones or a speaker, to Versa 2 to hear music stored on your watch.

For more information, see .

Track your exercise automatically

Versa 2 automatically recognizes and records many high-movement activities which are at least 15 minutes long. Sync your device to see basic stats about your activity in your exercise history.

For more information, including how to change the minimum duration before an activity is tracked, see help.fitbit.com.

Track and analyze exercise with the Exercise app

Track specific exercises with the Exercise app on Versa 2 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 route and pace information if you used GPS, review your exercise history in the Fitbit app.

Note: Versa 2 uses the GPS sensors on your nearby phone to capture GPS data.

GPS requirements

Connected GPS is available for all supported phones with GPS sensors.

1. Turn on Bluetooth and GPS on your phone.
2. Make sure Versa 2 is paired to your phone.
3. Make sure the Fitbit app has permission to use GPS or location services.
4. Check that connected GPS is turned on for the exercise.
   a. Open the Exercise app and swipe to find the exercise you want to track.
   b. Tap the gear icon ⚙ and make sure connected GPS is set to **On**. You may have to swipe up to find this option.
5. Keep your phone with you while you exercise.

Track an exercise

1. On Versa 2, open the Exercise app 🏃. You can also ask Alexa to open the Exercise app or start tracking a workout. For more information, see *"Interact with Alexa"* on page 28.
2. Swipe to find an exercise, and tap to choose it. To see additional exercise types, tap **More** at the bottom.
3. Tap the play icon ▶ to begin the exercise, or tap the flag icon 🚩 to choose a time, distance, or calorie goal depending on the activity.

4. When you're done with your workout or want to pause, tap the pause icon ▯▯.

5. Tap the play icon to resume your workout, or tap the flag icon ▦ to finish.

6. When prompted, confirm you want to end the workout. Your workout summary appears.

7. Tap **Done** to close the summary screen.

Notes:

- Versa 2 shows 3 real-time stats of your choice. Swipe or tap the middle stat to see all of your real-time stats. You can adjust the stats you see in the settings for each exercise.
- If you set an exercise goal, your watch vibrates when you're halfway to your goal and when you reach the goal.
- If the exercise uses GPS, an icon appears in the top left as your watch connects to your phone's GPS sensors. When the screen says "connected" and Versa 2 vibrates, GPS is connected.
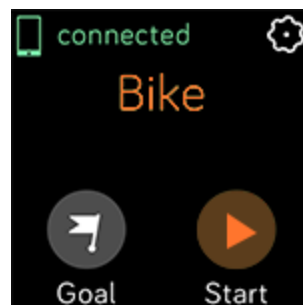
Customize your exercise settings and shortcuts

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

Show Laps	Receive alerts when you reach certain milestones during your workout
Automatic Lap Settings	When Show Laps is set to **Automatic**, customize how laps are counted
Customize Stats	Choose what stats you want to see when tracking an exercise
Connected GPS	Track your route using GPS
Auto-Pause	Automatically pause an activity when you stop moving
Run Detect	Track runs automatically without opening the Exercise app
Always-on Screen	Keep the screen on during exercise

1. On Versa 2, open the Exercise app .
2. Swipe through the exercises until you find the one you want to customize.
3. Tap the gear icon and swipe through the list of settings.
4. Tap a setting to adjust it.
5. When you're done, press the button to return to the exercise screen, and tap the play icon to start the workout.

To change or reorder the exercise shortcuts in the Exercise app:

1. From the Today tab in the Fitbit app, tap your profile picture > Versa 2 tile.
2. Tap **Exercise Shortcuts**.
   - To add a new exercise shortcut, tap the **+** icon and select an exercise.
   - To remove an exercise shortcut, swipe left on a shortcut.
   - To reorder an exercise shortcut, tap **Edit**, and press and hold the hamburger icon , then drag it up or down.

Check your workout summary

After you complete a workout, Versa 2 shows a summary of your stats.

Sync your watch to save the workout in your exercise history, where you can find additional stats and see your route and pace if you used connected GPS.

Check your heart rate

Heart-rate zones help you target the training intensity of your choice. Versa 2 shows your current zone and progress toward your maximum heart rate next to your heart-rate reading. In the Fitbit app, you can see your time spent in zones during a particular day or exercise. Three zones based on American Heart Association recommendations are available, or you can create a custom zone if you have a specific heart rate you're targeting.

Default heart-rate zones

Default heart-rate zones are calculated using your estimated maximum heart rate. Fitbit calculates your maximum heart rate with the common formula of 220 minus your age.

Icon	Zone	Calculation	Description
273 cal 68 heart rate 30:01.4	Out of Zone	Below 50% of your maximum heart rate	Your heart rate may be elevated, but not enough to be considered exercise.
303 cal 110 fat burn 27:31.9	Fat Burn	Between 50% and 69% of your maximum heart rate	This is a low-to-medium intensity exercise zone. This zone may be a good place to start for those new to exercise. It's called the Fat Burn zone because a higher percentage of calories are burned from fat, but the total calorie burn rate is lower.
346 cal 135 cardio 32:18.4	Cardio	Between 70% and 84% of your maximum heart rate	This is a medium-to-high intensity exercise zone. In this zone you're pushing yourself but not straining. For most people this is the exercise zone to target.
556 cal 162 peak 35:19.7	Peak	Greater than 85% of your maximum heart rate	This is a high-intensity exercise zone. This zone is for short intense sessions that improve performance and speed.

Note that the heart-rate value appears gray if your watch is searching for a stronger reading.
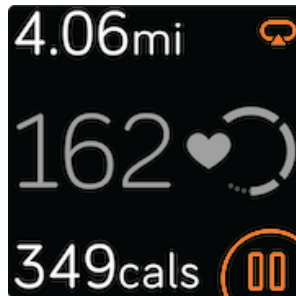
Custom heart-rate zones

Set a custom heart-rate zone or a custom max heart rate in the Fitbit app if you have a specific target in mind. For example, elite athletes might have a target that differs from the American Heart Association's recommendations for most people.

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 2, open the Fitbit Coach app .
2. Swipe to find a workout.
3. Tap the workout you want, and tap the play icon to start. To preview the workout, tap the menu icon in the top right.

For more information, see help.fitbit.com.

Share your activity

After you complete a workout, sync your watch with the Fitbit app to share your stats with friends and family.

For more information, see help.fitbit.com.

View your cardio fitness score

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

On your watch, swipe up to Fitbit Today and find the heart-rate tile. Swipe left to see your time spent in each heart-rate zone for the day. Swipe left again to see your cardio fitness score and cardio fitness level.

For more information, see help.fitbit.com.

Music and Podcasts

Store your favorite playlists on Versa 2, and listen to music and podcasts with
Bluetooth headphones or speakers without needing your phone.

Connect Bluetooth headphones or speakers

Connect up to 8 Bluetooth audio devices to listen to playlists on your watch. When
you add a new Bluetooth device, make sure both the device and Versa 2 are in
pairing mode.

To pair a new Bluetooth audio device:

1. Start by activating pairing mode on your Bluetooth headphones or speaker.

2. On Versa 2, open the **Settings** app   > **Bluetooth**.
3. Tap **+ Audio Device**. Versa 2 searches for nearby devices.
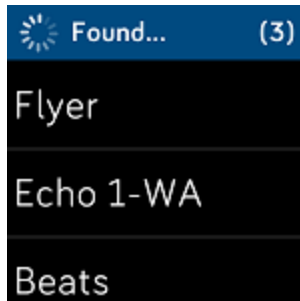
4. When Versa 2 finds nearby Bluetooth audio devices, it shows a list on the
   screen. Tap the name of the device you want to pair.

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

To listen to music with a different Bluetooth device:

1. On Versa 2, open the **Settings** app 🔘 > **Bluetooth**.
2. Tap the device you want to use, or pair a new device. Then wait a moment for the device to connect.

For more information, see help.fitbit.com.

Listen to personal music and podcasts

With the Music app 🎵 on Versa 2, you can store several hours worth of your favorite songs and podcasts to play right from your wrist. To download playlists to your watch, you need a computer that can connect to the same Wi-Fi connection as your watch, and the free Fitbit Connect app. Keep in mind you can only transfer files that you own or that don't require a license. Songs from music subscription services are not supported for download to the Music app. For information on supported subscription services, see "Use Deezer on Versa 2" on page 54 and "Use Pandora on Versa 2 (United States only)" on page 54.

For instructions, see help.fitbit.com.

Control music with Versa 2

Control music and podcasts playing on Versa 2 or on your phone.

Choose the music source

1. Swipe down from the top of your screen, and tap the music controls icon 🎵.
2. Tap the 3 dots ••• icon.
3. Tap the phone or watch icon to switch the source.

If you have an Android phone, turn on Bluetooth Classic to control music on your phone:

1. Open the Settings app ![settings icon] on Versa 2 > **Bluetooth** > **Restore Music Controls**.
2. On your phone, navigate to the Bluetooth settings where paired devices are listed. Your phone will scan for available devices.
3. Tap **Versa 2 (Classic)**.

Control music

1. While music is playing, swipe down from the top of your screen and tap the music controls icon ![music note icon] .
2. Play, pause, or tap the arrow icons to skip to the next track or previous track. Tap the + and - icons to control the volume.
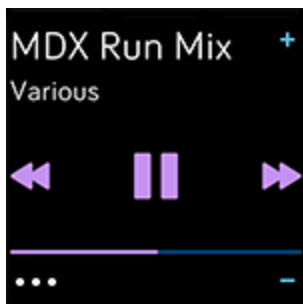
Control music with the Spotify app

Use the Spotify app ![spotify icon] on Versa 2 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 the app doesn't support offline music playback, so your paired phone 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 support.spotify.com.

For instructions, see help.fitbit.com.

Use Pandora on Versa 2 (United States only)

With the Pandora app ![icon] for Versa 2, 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.

For instructions, see help.fitbit.com.

Use Deezer on Versa 2

With the Deezer app ![icon] for Versa 2, 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 2 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 2 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 setup.

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

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:

All customers except those in Australia:

1. Activate Fitbit Pay.
   - If you chose Fitbit Pay as your button shortcut, hold the button on your watch for 2 seconds.
   - Swipe down from the top of the screen and tap the Fitbit Pay icon if you chose a different button shortcut.
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.
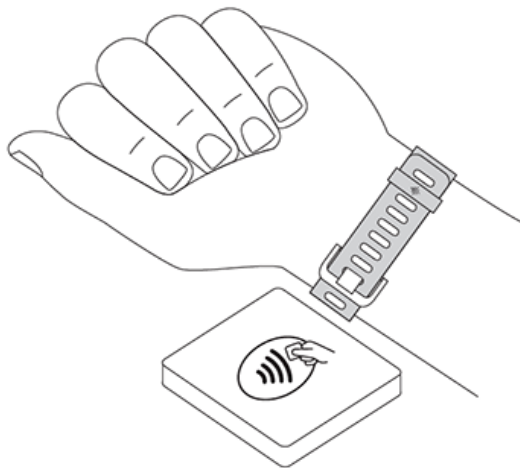
Customers in Australia:

1. If you have a credit or debit card from an Australian bank, hold your watch near the payment terminal to pay. If your card is from a bank outside of Australia, or if you wish to pay with a card that is not your default card, complete steps 1-3 in the section above.
2. If prompted, enter your 4-digit watch PIN code.
3. If the purchase amount exceeds $100 AU, follow the instructions on the payment terminal. If prompted for a PIN code, enter the PIN code for your card (not your watch).

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 2 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 2 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 2**.

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 55*.

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 2 to another person. Update your watch to receive new Fitbit OS updates.

Update Versa 2

Update your watch to get the latest feature enhancements and product updates.

When an update is ready to install, a notification appears in the Fitbit app. After you start the update, a progress bar appears on Versa 2 and in the Fitbit app as the update downloads, and then installs. Keep your watch and phone close to each other during the update.

Note: Updating Versa 2 may be demanding on the battery. We recommend plugging your watch into the charger before starting an update.

For more information, see help.fitbit.com.

Restart Versa 2

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

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

Versa 2 has small holes on the device for the altimeter 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 2.

Shutdown Versa 2

To turn off your watch, open the Settings app > **About** > **Shutdown**.

To turn on your watch, press the button.

For information about how to store Versa 2 long term, see help.fitbit.com.

Erase Versa 2

If you want to give Versa 2 to another person or wish to return it, first clear your personal data:

On Versa 2, open the Settings app > **About** > **Factory Reset**.

Troubleshooting

If Versa 2 isn't working properly, see our troubleshooting steps below. Visit help.fitbit.com for more information.

Heart-rate signal missing

Versa 2 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 device doesn't detect a heart-rate signal, first make sure heart-rate tracking is turned on in the Settings app on your device. Next, make sure you're wearing your watch correctly, either by moving it higher or lower on your wrist or by tightening or loosening the wristband. Versa 2 should be in contact with your skin. After holding your arm still and straight for a short time, you should see your heart rate again.

For more information, see help.fitbit.com.

GPS signal missing

Environmental factors, including tall buildings, dense forest, steep hills, and even thick cloud cover, can interfere with your phone's ability to connect to

GPS satellites. If your phone is searching for a GPS signal during an exercise, "connecting" appears at the top of the screen.
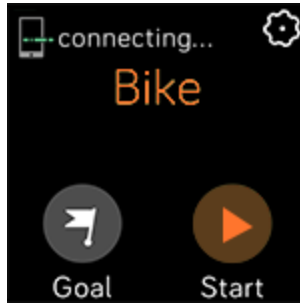
For best results, wait for your phone to find the signal before you start your workout.

Can't connect to Wi-Fi

If Versa 2 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 2 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 2 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 2 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.

If you're trying to download personal music or podcasts, make sure Versa 2 and your computer are connected to the same Wi-Fi network. For a stronger Wi-Fi connection, keep your watch close to your router.

For more information, see help.fitbit.com.

Other issues

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

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

See "Restart Versa 2" on page 59 for instructions on how to restart your watch.

For more information or to contact Customer Support, see help.fitbit.com.

General Info and Specifications

Sensors

Fitbit Versa 2 contains the following sensors and motors:

- A MEMS 3-axis accelerometer, which tracks motion patterns
- An altimeter, which tracks altitude changes
- An optical heart-rate tracker
- An ambient light sensor
- A microphone
- A vibration motor

Materials

The housing and buckle on Versa 2 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.

The Versa 2 classic wristband is made of a premium, comfortable silicone similar to that used in many sport watches.

Wireless technology

Versa 2 contains a Bluetooth 4.0 radio receiver, Wi-Fi chip, and NFC chip.

Haptic feedback

Versa 2 contains a vibration motor for alarms, goals, notifications, reminders, and apps.

Battery

Versa 2 contains a rechargeable lithium-polymer battery.

Memory

Versa 2 stores your data, including daily stats, sleep information, and exercise history, for 7 days. Sync your watch with the Fitbit app to access your historical data. Make sure the all-day sync option is turned on.

Display

Versa 2 has a color AMOLED display.

Wristband size

Wristband sizes are shown below. Note that accessory wristbands sold separately may vary slightly.

| Small wristband | Fits a wrist between 5.5 - 7.1 inches (140 mm - 180 mm) in circumference |
| Large wristband | Fits a wrist between 7.1 - 8.7 inches (180 mm - 220 mm) in circumference |

Environmental conditions

Operating Temperature	14° to 113° F (-10° to 45° C)
Non-operating Temperature	-4° to 14° F (-20° to -10° C) 113° to 140°F (45° to 60° C)
Water Resistance	Water resistant up to 50 meters
Maximum Operating Altitude	28,000 feet (8,534 m)

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 at fitbit.com/legal/returns-and-warranty.

Regulatory & Safety Notices

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

> Settings > About > Regulatory Info

USA: Federal Communications Commission (FCC) statement

Model FB507:

> FCC ID: XRAFB507

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

> Settings > About > Regulatory Info

> **Supplier's Declaration of Conformity**

Unique Identifier: FB507

Responsible Party – U.S. Contact Information

199 Fremont Street, 14th Floor
San Francisco, CA
94105
United States
877-623-4997

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 equipment 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 FB507

IC: 8542A-FB507

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

Settings > About > Regulatory Info

Avis à l'utilisateur: L'ID de l'IC peut également être consulté sur votre appareil.
Pour voir le contenu:

Paramètres> À propos> Informations réglementaires

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

Cet appareil est conforme aux conditions de la IC en matière de RF dans des environnements publics ou incontrôlée

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.

Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence (s). Son utilisation est soumise à Les deux conditions suivantes:

1. cet appareil ne peut pas provoquer d'interférences et
2. cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositif

European Union (EU)

Simplified EU Declaration of Conformity

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB507 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

Vereinfachte EU-Konformitätserklärung

Fitbit, Inc. erklärt hiermit, dass die Funkgerättypen Modell FB507 die Richtlinie 2014/53/EU erfüllen. Der vollständige Wortlaut der EU-Konformitätserklärungen kann unter folgender Internetadresse abgerufen werden: www.fitbit.com/safety

Declaración UE de Conformidad simplificada

Por la presente, Fitbit, Inc. declara que el tipo de dispositivo de radio Modelo FB507 cumple con la Directiva 2014/53/UE. El texto completo de la declaración de conformidad de la UE está disponible en la siguiente dirección de Internet: www.fitbit.com/safety

Déclaration UE de conformité simplifiée

Fitbit, Inc. déclare par la présente que les modèles d'appareils radio FB507 sont conformes à la Directive 2014/53/UE. Les déclarations UE de conformité sont disponibles dans leur intégralité sur le site suivant : www.fitbit.com/safety

Dichiarazione di conformità UE semplificata

Fitbit, Inc. dichiara che il tipo di apparecchiatura radio Modello FB507 è conforme alla Direttiva 2014/53/UE. Il testo completo della dichiarazione di conformità UE è disponibile al seguente indirizzo Internet: www.fitbit.com/safety

$C \epsilon$

IP Rating

Model FB507 has a water resistance rating of IP X8 under IEC standard 60529, up to a depth of 50 meters.

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

Argentina

C-23275

Australia and New Zealand

Belarus

Customs Union

China

Notice to the User: Regulatory content can also be viewed on your device. Instructions to view content from your menu:

Settings > About > Regulatory Info

China RoHS

部件名称 Part Name	有毒和危险品 Toxic and Hazardous Substances or Elements					
Model FB507	铅 (Pb)	水银 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴化苯 (PBB)	多溴化二苯 醚 (PBDE)
表带和表扣 (Strap and Buckle)	O	O	O	O	O	O
电子 (Electronics)	--	O	O	O	O	O
电池 (Battery)	O	O	O	O	O	O
充电线 (Charging Cable)	O	O	O	O	O	O

本表格依据 SJ/T 11364 的规定编制

O = 表示该有害物质在该部件所有均质材料中的含量均在 GB/T 26572规定的限量要求以下 (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 = 表示该有害物质至少在该部件的某一均质材料中的含量超出 GB/T 26572规定的限量要求 (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 2019DJ7444

Frequency band: 2400-2483.5 MHz NFC: 13.56MHz

Transmitted power: Max EIRP, 15.4dBm
Occupied bandwidth: BLE: 2MHz, BT: 1MHz, NFC: 2.3 kHz, WiFi: 20MHz
Modulation system: BLE: GFSK, BT: GSFK/QPSK/8PSK, NFC: ASK, WiFi: DSSS/OFDM
CMIIT ID displayed: On packaging

India

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

Settings > **About** > **Regulatory Info**

Indonesia

62652/SDPPI/2019 3788

Israel

מספר אישור אלחוטי של משרד התקשורת הוא 02932-55.
אסור להחליף את האנטנה המקורית של המכשיר ולא לעשות בו כל שינוי טכני אחר

Japan

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

Settings > About > Regulatory Info

R 201-190454

Mexico

NOM

La operación de este equipo está sujeta a las siguientes dos condiciones:

1. Es posible que este equipo o dispositivo no cause interferencia perjudicial y
2. Este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo la que pueda causar su operación no deseada

Morocco

AGREE PAR L'ANRT MAROC

Numéro d'agrément: MR 20768 ANRT 2019
Date d'agrément: 29/08/2019

Nigeria

Connection and use of this communications equipment is permitted by the Nigerian Communications Commission.

Oman

OMAN - TRA
TRA/TA-
R/7991/19
D090258

Pakistan

TAC No: 9.9585/2019

Model: FB507
Serial No: Refer to retail box
Year of Manufacture: 2019

Philippines
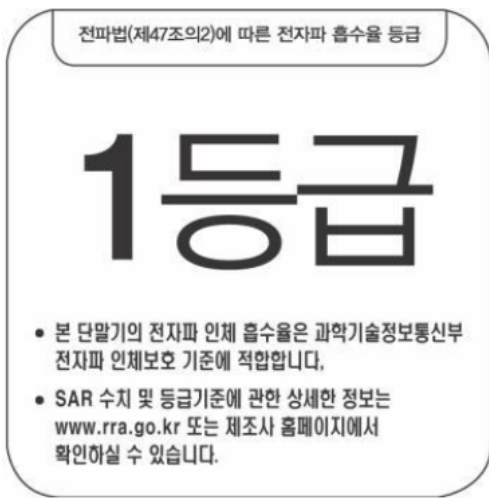
Serbia

И005 19

South Korea

본 제품의 전자파흡수율은 과학기술정보통신부의「전자파 인체보호기준」을 만족합니다.

본 제품은 국립전파연구원의「전자파흡수율 측정기준」에 따라 최대출력 조건에서 머리에 근접하여 시험되었으며, 최대 전자파흡수율 측정값은 다음과 같습니다.

모델명 (Model)	머리 전자파흡수율 (Head SAR)
FB507	0.127 W/kg

클래스 B 장치 (가정 사용을위한 방송 통신 기기) : EMC 등록 주로 가정용 (B 급)으로하고, 모든 지역에서 사용할 수 있습니다 얻을이 장치.

" 해당 무선설비는 전파혼신 가능성이 있으므로 인명안전과 관련된 서비스는 할 수 없습니다. "

Translation:
Class B devices (broadcast communications equipment for home use): EMC registration is mainly for household use (B class) and can be used in all areas get this device.

Taiwan

注意！

依據 低功率電波輻射性電機管理辦法

第十二條 經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能

第十四條

低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。

前項合法通信，指依電信法規定作業之無線電通信。

低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

Translation:

Article 12

Without permission, any company, firm or user shall not alter the frequency, increase the power, or change the characteristics and functions of the original design of the certified lower power frequency electric machinery.

Article 14

The application of low power frequency electric machineries shall not affect the navigation safety nor interfere a legal communication, if an interference is found, the service will be suspended until improvement is made and the interference no longer exists. The foregoing legal communication refers to the wireless telecommunication operated according to the telecommunications laws and regulations. The low power frequency electric machinery should be able to tolerate the interference of the electric wave radiation electric machineries and equipment for legal communications or industrial and scientific applications.

使用過度恐傷害視力」

使用30分鐘請休息10分鐘。　2歲以下幼兒不看螢幕，2歲以上每天看螢幕不要超過1小時。

Translation:

"Excessive use may cause damage to vision"

Rest for 10 minutes after every 30 minutes.

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.

電池警語：

此裝置使用鋰電池。

若未遵照下列準則，則裝置內的鋰離子電池壽命可能會縮短或有損壞裝置、發生火災、化學品灼傷、電解液洩漏及／或受傷的風險。

- 請勿拆解、鑿孔或損壞裝置或電池。
- 請勿取出或嘗試取出使用者不可自行更換的電池。
- 請勿將電池曝露於火焰、爆炸或其他危險中。
- 請勿使用尖銳物品取出電池。

Translation:

Battery warning:

This device uses a lithium-ion battery.

If the following guidelines are not followed, the life of the lithium-ion battery in the device may be shortened or there is a risk of damage to the device, fire, chemical burn, electrolyte leakage and / or injury.

- Do not disassemble, puncture or damage the device or battery.
- Do not remove or try to remove the battery that the user can not replace.
- Do not expose the battery to flames, explosions or other hazards.
- Do not use sharp objects to remove the battery.

Taiwan RoHS

設備名稱：智慧型手錶 ， Equipment name	型號（型式）： FB507 Type designation (Type)					
單元 Unit	限用物質及其化學符號 Restricted substances and its chemical symbols					
	鉛Lead (Pb)	汞Mercury (Hg)	鎘Cadmium (Cd)	六價鉻 Hexavalent chromium (Cr⁺⁶)	多溴聯苯 Polybrominated biphenyls (PBB)	多溴二苯醚 Polybrominated diphenyl ethers (PBDE)
錶帶和錶扣	O	O	O	O	O	O
電子	-	O	O	O	O	O
電池	O	O	O	O	O	O
充電線	O	O	O	O	O	O

備考1. ˇ超出0.1 wt %ˇ 及 ˇ超出0.01 wt %ˇ 係指限用物質之百分比含量超出百分比含量基準值。

Note 1："Exceeding 0.1 wt %" and "exceeding 0.01 wt %" indicate that the percentage content of the restricted substance exceeds the reference percentage value of presence condition.

備考2. ˇ○ˇ 係指該項限用物質之百分比含量未超出百分比含量基準值。

Note 2："○" indicates that the percentage content of the restricted substance does not exceed the percentage of reference value of presence.

備考3. ˇ－ˇ 係指該項限用物質為排除項目。

Note 3：The "－" indicates that the restricted substance corresponds to the exemption.

United Arab Emirates

TRA Registered No: ER73716/19
Dealer No: DA35294/14
Model: FB507
Type: Smartwatch

Vietnam

Zambia

ZMB / ZICTA / TA / 2019 / 8 / 21

Safety Statement

This equipment has been tested to comply with safety certification in accordance with the specifications of EN Standard: EN60950-1: 2006 + A11: 2009 + A1: 2010 + A12: 2011 + A2: 2013.