Welcome to your new smartwatch

Let's get started

Wear OS by Google

Help & Support

Sometimes we need a little extra help. Luckily there's loads of resources out there to give you a helping hand when you need it.

Visit support.google.com/wearOS, type an issue into the search bar and explore Google™ support articles or user answers in our forums.

Getting set up

Let's start by linking your new smartwatch with your smartphone. Here's how:

Step 1:
Turn on your watch and phone. On your phone, download the Wear OS by Google™ app, open the app and tap **Set it up**.

Step 2:
On your phone, tap the name of your watch and compare the codes that appear on both screens.

Step 3:
If the codes that appear are the same, tap **Pair** on your phone. Pairing can take a few minutes.

If the two codes are not the same, restart your watch and try again. If the codes still don't match:

- Check your Bluetooth connection.
- Restart both devices.
- Unpair and try again.

Step 4:
To finish setting up, follow the onscreen instructions.

Having trouble? Head to **support.google.com/wearOS** for further troubleshooting.

Getting connected

Some things are better together. Your smartwatch can connect to Bluetooth devices or WIFi to do even more.

Connect to Bluetooth devices:

- Set the Bluetooth device to pairing mode.
- Swipe down on your watch to open settings.
- Tap the Settings icons and go to:
  Connectivity > Bluetooth > Available devices
- Tap the name of the Bluetooth device to connect to it.

Having trouble connecting?
Try these steps:

Bluetooth connection:
On your phone, go to Settings > Device connection > Bluetooth and check that it is toggled on.

Restart your watch:
Long hold the crown button and tap Restart to reboot your device.

Connect to WiFi:

On your watch, go to Settings > Connectivity > WiFi to add a network.

Getting around

Learn to navigate your new smartwatch.

Swipe up to browse your notifications

Swipe down to access frequently used settings

Swipe left to access Google Fit

Swipe right to get proactive help from your Google Assistant

Notifications

Scroll up and down to browse

Swipe left or right to dismiss

Tap to expand

Top tip: Long press the screen and swipe left or right to browse the watch face styles available.

See what you can do

These useful features will help you get the most out of your new smartwatch.

Proactive Help from your Google Assistant

Ask your Google Assistant to manage daily tasks, check the weather, get answers, and more, all while on the go. Just press and hold the power button or say 'Ok Google.'

Find my phone

Can't find your phone? No problem. Swipe down and tap the Find my phone icon to ring your phone. It will work even if your phone is on silent.

Control music

Control your music right from your wrist. Pause or skip tracks and control the volume all with a tap.

Google Fit

Google Fit™ gives you smarter health coaching with activity goals based on recommendations from the American Heart Association and World Health Organization.

Move Minutes
Tracks all activity, no matter what gets you moving.

Heart Points
Credit for activities that get your heart pumping harder.

Monitor progress
Track Move Minutes and Heart Points throughout the day.

Record reps
The strength training feature automatically counts reps while exercising.

Track stats
Smart sensors record the essentials, like heart rate, speed, pace, route and more.

Guided breathing
Follow calming, dynamic visuals that take you through breathing exercises.