fitbit versa



BC

User Manual
Version 1.3

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Get Started

Welcome to Fitbit Versa, an all-day companion that lasts 4+ days and uses personalized insights, music, and more to help you reach your goals. Take a moment to review our complete safety information at http://www.fitbit.com/safety.

What's in the box

Your Versa box includes:



Watch with small wristband
(color and material varies)



Charging cradle



Additional large band
(color and material varies)

Versa's detachable wristbands come in a variety of colors and materials, sold separately.

What's in this manual

We'll explain how to create a Fitbit® account and make sure your watch can transfer the data it collects to your dashboard. The dashboard is where you'll set goals, analyze historical data, identify trends, log food and water, keep up with friends, and much more. As soon as you're done setting up Versa, you're ready to start moving.

Next, we'll explain how to find and use the features that interest you and how to adjust your preferences. For more information, tips, and troubleshooting, browse our comprehensive help content at help.fitbit.com.

Set up Fitbit Versa

For the best experience, use the Fitbit app for iOS, Android, or Windows 10. If you don't have a smartphone or tablet, you can also use a Bluetooth-enabled Windows 10 PC.

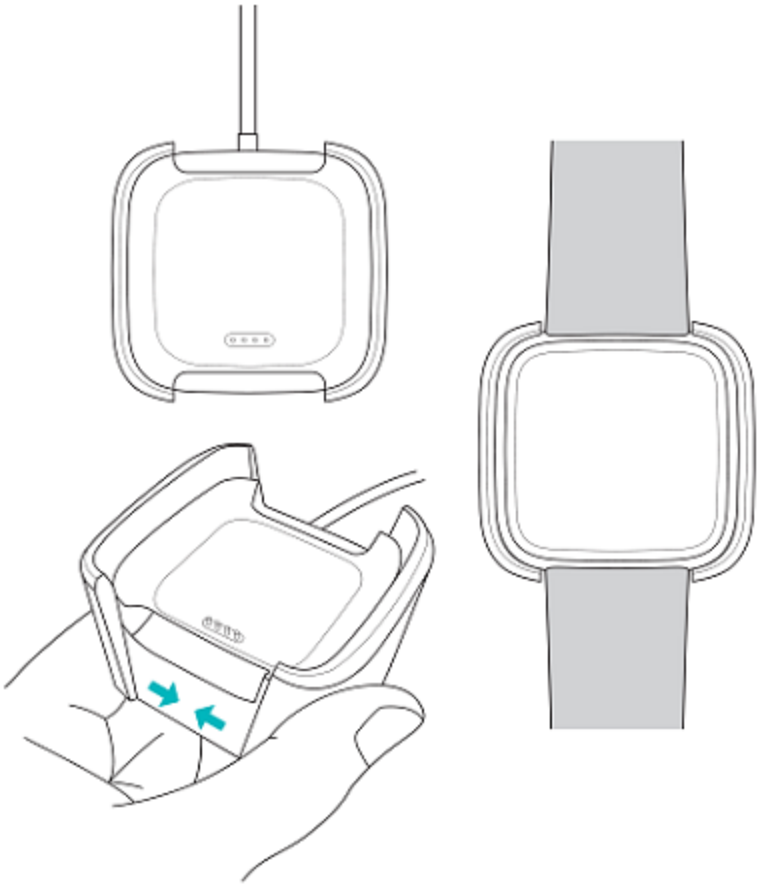
Your Fitbit account asks for information such as height, weight, and gender in order to calculate your stride length and to estimate distance, basal metabolic rate, and calorie burn. When you set up your account, your name and photos are visible to all other Fitbit users. You have the option to share other information, but most of the information you provide is private by default.

Charge Versa

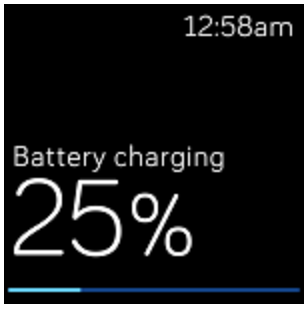
A fully charged Versa has a battery life of up to 4+ days. Battery life and charge cycles vary with use and other factors; actual results will vary.

To charge Versa:

1. Plug the charging cradle into the USB port on your computer or a UL-certified USB wall charger.
2. The charging cradle uses a spring clip to hold Versa in place while charging. Pinch the spring clip and place Versa in the charging cradle. The pins on the charging cradle must align with the gold contacts on the back of the watch. The connection is secure when the percent charged appears on screen.



While the watch charges, tap the screen to check the battery level. Tap the screen twice to use Versa while it charges.



Set up with your phone or tablet

The free Fitbit app is compatible with more than 200 devices that support iOS, Android, and Windows 10 operating systems.

To get started:

1. Find the Fitbit app in one of the locations below, depending on your device. If you're unsure if the Fitbit app is compatible with your phone or tablet, see http://www.fitbit.com/devices.
    - Apple App Store for iOS devices such as an iPhone or iPad.
    - Google Play Store for Android devices such as the Samsung Galaxy S6 and Motorola Droid Turbo 2.
    - Microsoft Store for Windows 10 devices such as the Lumia phone or Surface tablet.
2. Install the app. If you don't have an account with the store, you must create one before you can download the app.
3. When the app is installed, open it and tap **Join Fitbit** to be guided through a series of questions that help you create your Fitbit account, or log in to your existing account.
4. Continue following the on-screen instructions to connect, or "pair," Versa to your phone or tablet. Pairing makes sure the watch and phone or tablet can communicate with one another (sync data back and forth).

When you're done pairing, read through the guide to learn more about your new watch and then explore the Fitbit dashboard.

Set up with your Windows 10 PC

If you don't have a smartphone, you can set up and sync Versa using a Bluetooth-enabled Windows 10 PC and the Fitbit app.

To get the Fitbit app for your computer:

1. Click the Start button on your PC and open the Microsoft Store.
2. Search for "Fitbit app". After you find it, click **Free** to download the app to your computer.

3. If you've never downloaded an app to your computer, you'll be prompted to create an account with the Microsoft Store.
4. Click **Microsoft account** to sign in with your existing Microsoft account. If you don't already have an account with Microsoft, follow the on-screen instructions to create a new account.
5. When the app is installed, open it and tap **Join Fitbit** to be guided through a series of questions that help you create your Fitbit account, or log in to your existing account.
6. Continue following the on-screen instructions to connect, or "pair," Versa to your computer. Pairing makes sure the watch and computer can communicate with one another (sync data back and forth).

When you're done pairing, read through the guide to learn more about your new watch and then explore the Fitbit dashboard.

Connect to Wi-Fi

During setup, you're prompted to connect Versa to your Wi-Fi network. Versa uses Wi-Fi to more quickly download playlists and apps from the Fitbit App Gallery, and for faster OS updates.

Versa 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 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 to your home or work Wi-Fi network. Make sure you know the network password before connecting.

For more information about how to connect Versa to Wi-Fi, see help.fitbit.com.

Sync data to your Fitbit account

Regularly sync Versa with the Fitbit app to transfer data to your dashboard. The dashboard is where you'll track your progress, see exercise history, track your sleep

patterns, log food and water, identify trends, participate in challenges, and much more. We recommend syncing at least once a day.

The Fitbit app uses Bluetooth Low Energy technology to sync data with Versa and to update apps installed on your watch.

Each time you open the Fitbit app, Versa syncs automatically when it's nearby. Versa also syncs with the app periodically if All-Day Sync is on. To turn on this feature:

From the Fitbit app dashboard, tap or click the Account icon ( ) > Versa tile > **All-Day Sync**.

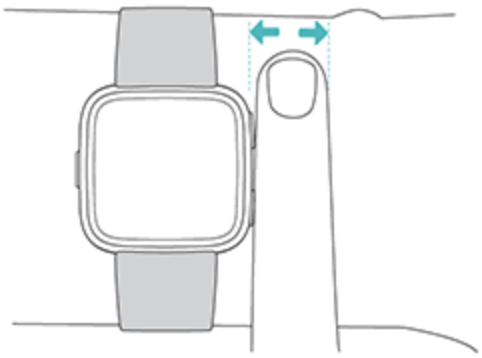
You can also use the **Sync Now** option in the app at any time.

Wear Versa

Place Versa around your wrist. The side of the watch marked with "fitbit" should be on the bottom of your wrist. If you need to attach a different size wristband, or if you purchased an accessory wristband, you'll find instructions in "Change the wristband" on page 15.

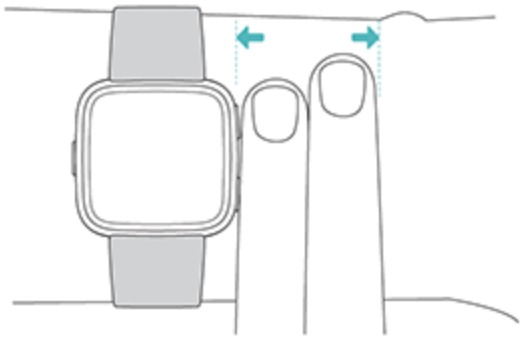
Placement for all-day wear vs exercise

When you're not exercising, wear Versa a finger's width below your wrist bone.



For optimized heart-rate tracking while exercising, keep these tips in mind:

- Try wearing Versa higher on your wrist during exercise for an improved fit and more accurate heart-rate reading. Many exercises, such as bike riding or weight lifting, cause you to bend your wrist frequently, which can interfere with the heart-rate signal if the watch is lower on your wrist.



- Make sure the watch is in contact with your skin.
- Don't wear your watch too tight; a tight band restricts blood flow, potentially affecting the heart-rate signal. However, the watch should be slightly tighter (snug but not constricting) during exercise than during all-day wear.
- With high-intensity interval training or other activities where your wrist is moving vigorously and non-rhythmically, the movement may limit the sensor's ability to provide a heart-rate reading. If your watch doesn't show a heart-rate reading, try relaxing your wrist and staying still briefly (about 10 seconds). You should see a heart-rate reading.

Handedness

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

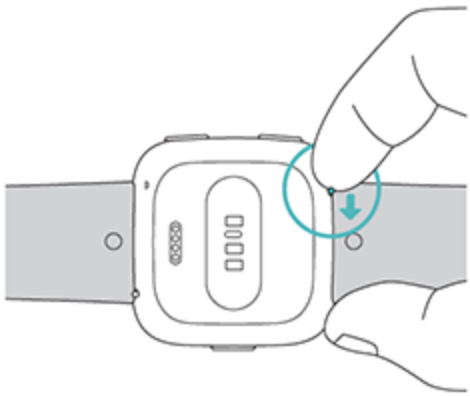
Change the wristband

Versa comes with a small wristband attached and an additional large bottom band in the box. Both the top and bottom bands can be swapped with accessory bands, sold separately. For wristband measurements, see "Wristband size" on page 74.

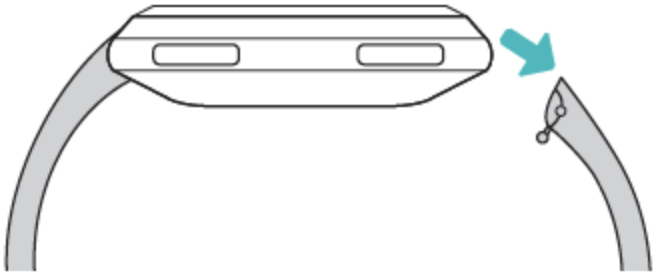
Remove a wristband

To remove the wristband:

1. Turn Versa over and find the quick-release lever—there's one on each end where the band meets the frame.
2. To release the band, push the quick-release lever inward.



3. Gently pull the band away from the watch to release it.

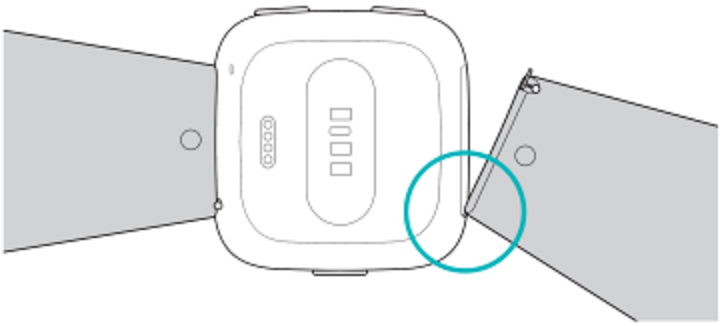


4. Repeat on the other side.

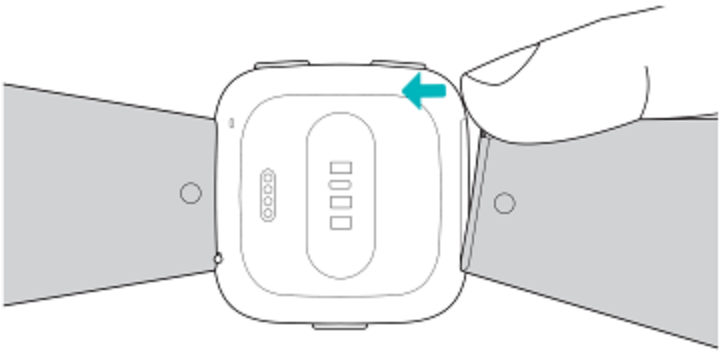
Attach a wristband

To attach a wristband:

1. Slide the pin (the side opposite the quick-release lever) into the notch on the watch. The band with the clasp attaches to the top of the watch.



2. While pressing the quick-release lever inward, slide the other end of the band into place.



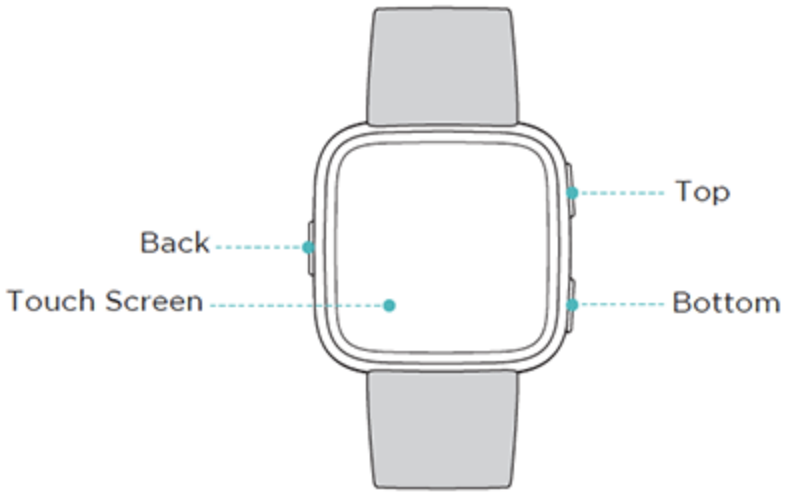
3. When both ends of the pin are inserted, release the quick-release lever.

Basics

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

Navigate Versa

Versa has a touch screen with a colored LCD and three buttons: back, top, and bottom.

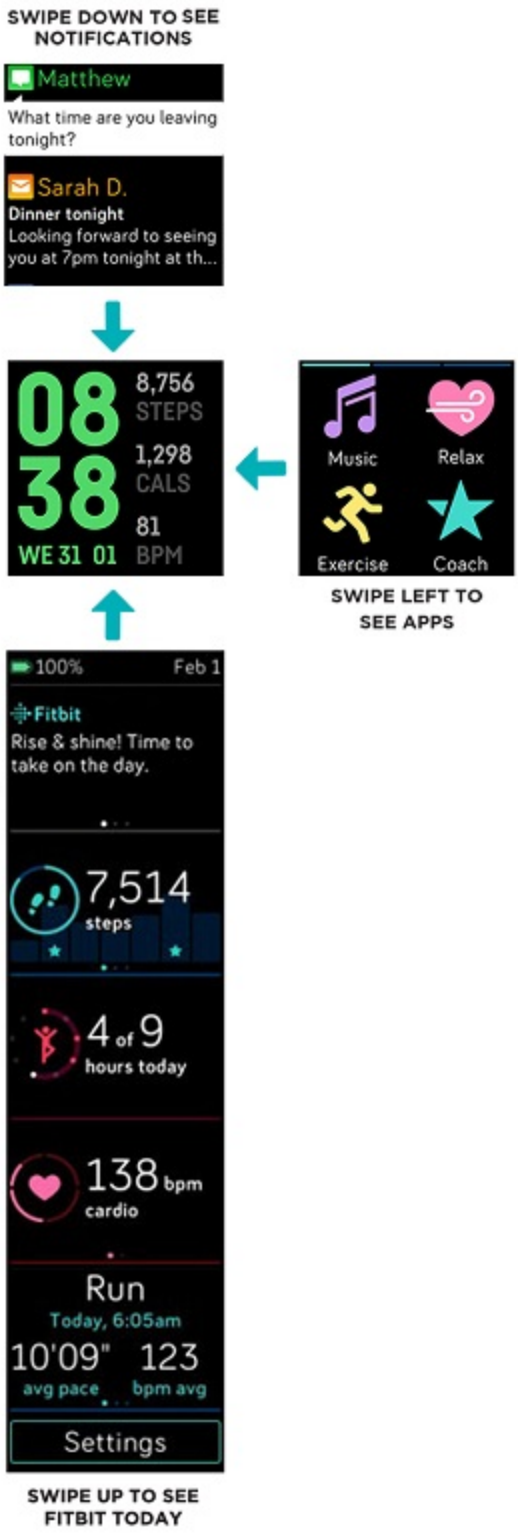


Navigate Versa by tapping the screen, swiping side to side and up and down, or by pressing the buttons. To preserve battery, Versa's screen turns off when not in use. To turn it on, double-tap the screen or press any button.

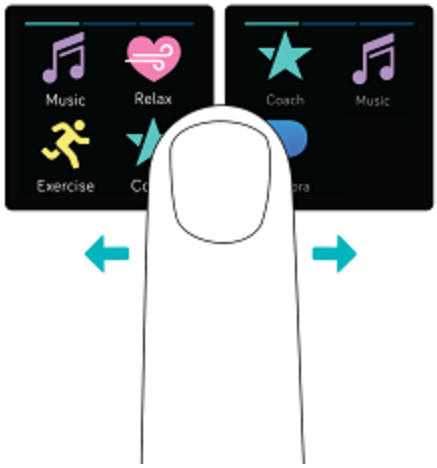
Basic navigation

The home screen is the clock. On the clock:

- Swipe down to see notifications.
- Swipe up to see your daily tips and stats.
- Swipe left to scroll through the apps installed on your watch.


SWIPE DOWN TO SEE NOTIFICATIONS
Matthew
What time are you leaving tonight?
Sarah D.
Dinner tonight
Looking forward to seeing you at 7pm tonight at th...
08
38
WE 31 01
8,756 STEPS
1,298 CALS
81 BPM
Music
Relax
Exercise
Coach
SWIPE LEFT TO SEE APPS
100%
Feb 1
Fitbit
Rise & shine! Time to take on the day.
7,514 steps
4 of 9 hours today
138 bpm cardio
Run
Today, 6:05am
10'09" avg pace
123 bpm avg
Settings
SWIPE UP TO SEE FITBIT TODAY

To open an app, swipe to find the app and then tap it. For more information on how to manage apps, see help.fitbit.com.

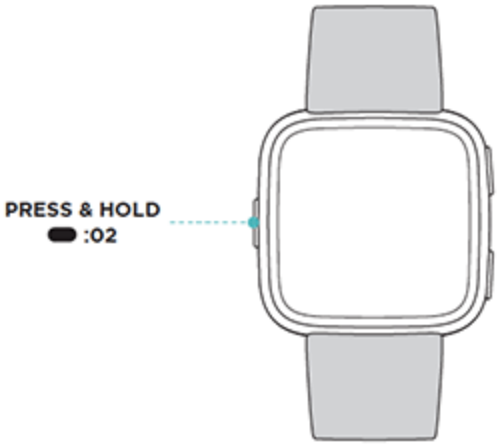


Button Shortcuts

Press and hold the buttons on Versa for a faster way to use Fitbit Pay (on Fitbit Pay-enabled watches), control music, see notifications, and open apps. Versa shows notifications as they come in and also saves them so you can check later.

Music Controls, Fitbit Pay, and Settings

To access music controls, use Fitbit Pay, turn on or turn off notifications, or change your screen wake setting, press and hold the back button:

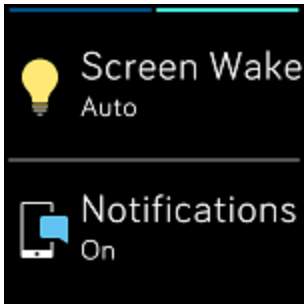


Swipe right to access music controls. For more information on music controls, see "Control music with Versa" on page 58.

On Fitbit Pay-enabled watches, the middle screen is used to make contactless payments. For more information on making payments, see "Use credit and debit cards" on page 63.

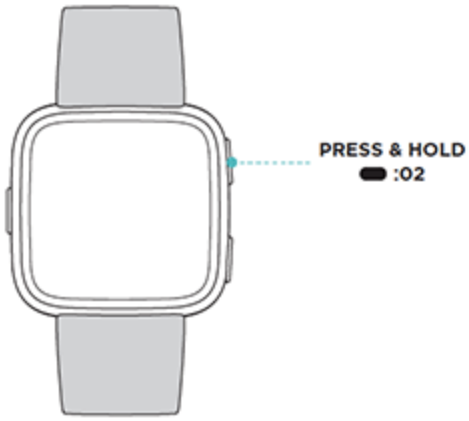
Swipe left to access the quick settings screen. On the quick settings screen:

- When Screen Wake is set to **Auto**, you can turn your wrist towards you to turn the screen on.
- When Notifications is set to **On**, Versa displays notifications from your phone. For more information on how to manage notifications, see "Notifications" on page 29.



Notifications

To see your notifications, press and hold the top button:



Swipe up or down to scroll through your notifications.

App shortcuts

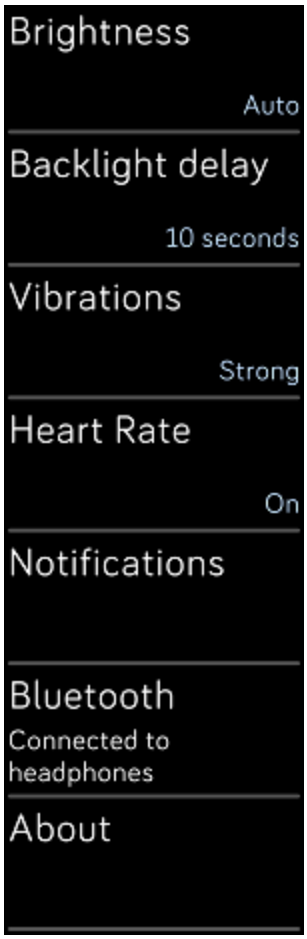
Press the buttons on Versa for quick access to your favorite apps. To access these shortcuts, navigate to the clock screen. The buttons are mapped as follows:

- Top button–opens the app located in the top left of the first app screen. If you haven't reordered your apps, the Music app ( ) opens.
- Bottom button–opens the app located in the bottom left of the first app screen. If you haven't reordered your apps, the Coach app ( ) opens.

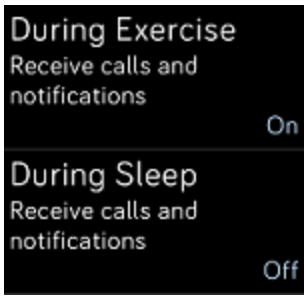
Customize Versa by reordering your apps. For more details, see "Organize apps" on page 26.

Adjust settings

Manage basic settings including brightness, heart rate, and paired Bluetooth devices directly on your watch. Open the Settings app ( ) and tap a setting to adjust it. Swipe up to see the full list of settings.



To turn notifications off so that you don't receive them during exercise and sleep, tap **Notifications** and then tap **During Exercise** or **During Sleep** to adjust the setting.

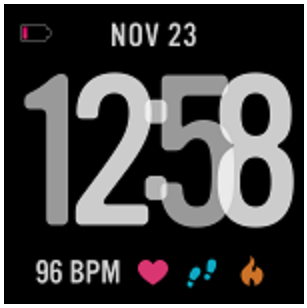


Check battery level

Check your battery level at any time: from the clock, swipe up. The battery level icon is in the top-left corner of the screen.



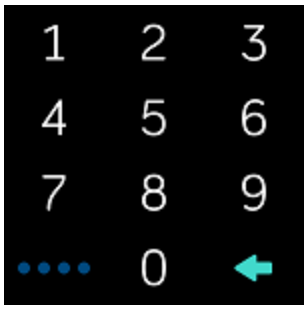
If your battery is low (less than 24 hours remaining), Versa alerts you with the red battery indicator. If your battery is critically low (less than 4 hours remaining), the red battery indicator flashes.



Wi-Fi won't work on Versa when the battery is 25% or less.

Set up device lock

Device lock is available on watches that support Fitbit Pay. 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. Device lock is turned on automatically when you set up Fitbit Pay to make contactless payments from your watch. If you choose not to use Fitbit Pay, device lock is optional.



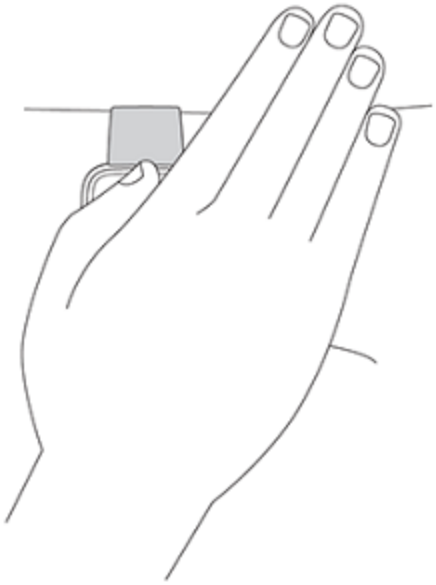
Turn on device lock or reset your PIN code in the Fitbit app:

From the Fitbit app dashboard, tap or click the Account icon ( ) > Versa tile > **Device Lock**.

For more information on how to use the device lock, see help.fitbit.com.

Turn off the screen

To turn off Versa's screen when not in use, briefly cover the watch face with your opposite hand.



Care for Versa

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

Use Versa without your phone

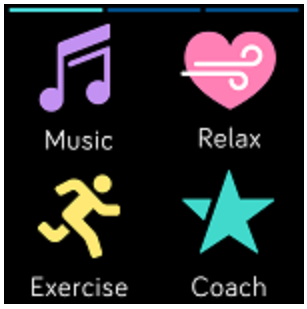
Key functions of the watch are designed to be used without needing your phone nearby:

- "Set a silent alarm" on page 34
- "See your stats" on page 37
- "Track your hourly activity" on page 39
- "See your heart rate" on page 41
- "Track and analyze exercise with the Exercise app" on page 45
- "Work out with Fitbit Coach" on page 51
- "Practice guided breathing" on page 42
- "Listen to personal music and podcasts" on page 54
- "Use credit and debit cards" on page 63 (Fitbit Pay-enabled watches only)

After completing an activity, remember to sync Versa with the Fitbit app to transfer your stats to your dashboard.

Apps and Clock Faces

The Fitbit App Gallery offers apps and clock faces to personalize your watch and meet a variety of health, fitness, timekeeping, and everyday needs. Apps are organized in groups of 4 per screen.



Some apps on Versa require your paired phone, while other apps for key functions are designed to be used without needing your phone nearby. For more details, see "Use Versa without your phone" on the previous page.

Open apps

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

Organize apps

To change the placement of an app, press and hold an app on Versa until it's selected, and then drag it to a new location. You know the app is selected when it increases slightly in size and the watch vibrates.

Remove apps

You can remove most apps installed on Versa.

To remove an app:

1. With your watch nearby, from the Fitbit app dashboard, tap or click the Account icon ( ) > Versa tile.
2. Tap or click **Apps**.
3. In the My Apps tab, find the app you want to remove. You may have to scroll down to find it.
4. Tap or click the app > **Remove**.

Update apps

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

For information about manually updating apps, see help.fitbit.com.

Download additional apps

Add new apps to Versa from the Fitbit App Gallery.

To add an app:

1. With your watch nearby, from the Fitbit app dashboard, tap or click the Account icon ( ) > Versa tile.
2. Tap or click **Apps** > **All Apps**.
3. Browse the available apps. When you find one you want to install, tap or click it.
4. Tap or click **Install** to add the app to Versa.

For more information about setting up and troubleshooting apps on your watch, see help.fitbit.com.

Change the clock face

A variety of clock faces are available in the Fitbit App Gallery.

To change your clock face:

1. With your watch nearby, from the Fitbit app dashboard, tap or click the Account icon ( ) > Versa tile.
2. Tap or click **Clock Faces** > **Pick a New Clock**.
3. Browse the available clock faces. When you find one you want to install, tap or click it.
4. Tap or click **Select** to add the clock face to Versa.

All apps and clock faces in the Fitbit App Gallery are free to download. However, some apps and clock faces require a paid subscription service or a one-time activation fee to a developer. If a developer requires an activation fee, the developer will process and provide instructions for payment.

For information about paying for apps or clock faces, see help.fitbit.com.

Notifications

Over 200 different iOS, Android, and Windows phones can send call, text, calendar, and other types of notifications to your watch. Keep in mind the phone and watch must be within 30 feet of each other to receive notifications. To check whether your phone is compatible with this feature, go to https://www.fitbit.com/devices.

Set up notifications

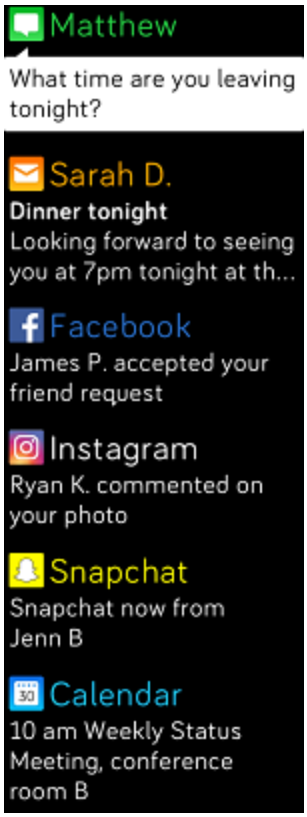
Check that Bluetooth on your phone is on and that your phone can receive notifications (often under Settings > Notifications). Then follow the steps below to set up notifications:

1. With your watch nearby, from the Fitbit app dashboard, tap the Account icon () > Versa tile.
2. Tap **Notifications**. When you're prompted to pair Versa, follow the on-screen instructions. After you've paired your watch, "Versa" will appear in the list of Bluetooth devices connected to your phone. Call, text, and calendar notifications are turned on automatically.
3. To turn on notifications from apps installed on your phone, including Fitbit and WhatsApp, tap **App Notifications** and turn on the specific notifications you want to see.
4. Tap **Notifications** > **Versa** in the top left corner to return to device settings. Your watch syncs to complete the setup.

For detailed instructions on how to set up notifications, see help.fitbit.com.

See incoming notifications

When your phone and Versa are within range, a notification causes the watch to vibrate. If you don't read the notification when it arrives, you can check it later (swipe down on the clock screen or press and hold the top button).



Manage notifications

Versa stores up to 30 notifications, after which the oldest are replaced as you receive new ones. Notifications delete automatically after 24 hours.

To manage notifications:

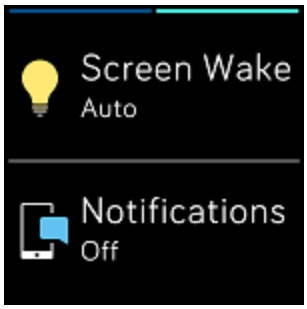
- From the clock, swipe down to see your notifications and tap any notification to expand it.
- To delete a notification, tap it and then swipe right.
- To delete all notifications at once, scroll to the top of your notifications and tap **Clear All**.

Turn off notifications

You can turn off all notifications on Versa or turn off certain notifications using the Fitbit app.

To turn off all notifications:

1. Press and hold the back button on your watch and swipe left until you reach the quick settings screen.
2. Tap **Notifications** to change the setting to Off.



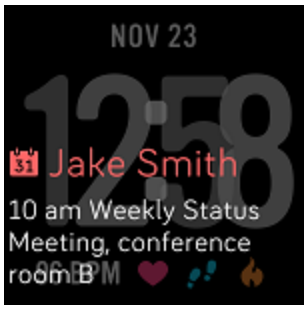
To turn off certain notifications:

1. With your watch nearby, from the Fitbit app dashboard, tap the Account icon ( ) > Versa tile > **Notifications.**
2. Turn off the notifications you no longer want to receive on your watch.
3. Tap **Notifications** > **Versa** in the top left corner to return to device settings. Sync your watch to save your changes.

Note that if you use the Do Not Disturb setting on your phone, notifications are disabled until you turn off this setting.

Receive calendar notifications

For calendar events, Versa shows the title, location, and time of the event in addition to any details you've entered. To receive calendar alerts on your watch, make sure you allow the calendar app on your phone to send notifications.



For iPhones and Windows 10 phones, Versa shows notifications from all calendars synced to the default Calendar app.

For Android phones, Versa shows calendar notifications from the calendar app you chose during setup. Choose from the default Calendar app on your phone or several third-party calendar apps.

To turn on notifications from third-party calendar apps, tap or click your Account icon ( ) > Versa tile > **Notifications** > **App Notifications**. Tap or click the app and sync your watch to begin receiving notifications.

Answer or reject phone calls

If paired to an iPhone, Versa lets you accept or reject incoming phone calls. To accept a call, tap the green phone icon on your watch's screen. Note that you can't speak into the watch—accepting a phone call answers the call on your nearby phone. To reject a call, tap the red phone icon to send the caller to voicemail.

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



Respond to messages

Respond directly to text messages and notifications from select apps on your watch with preset quick replies. This feature is currently only available on watches paired to an Android phone.

To use quick replies:

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, quick 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.

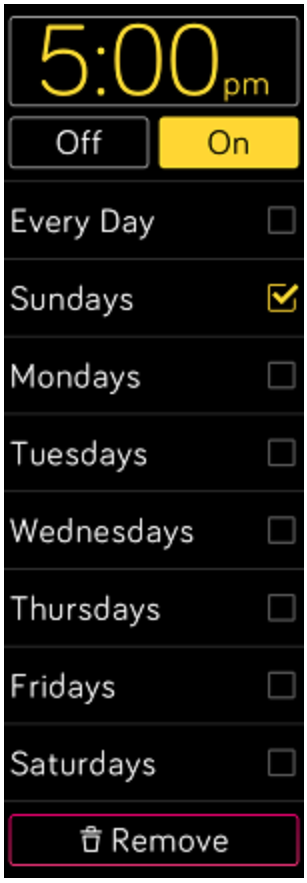
For more information on responding to messages from your watch, including how to customize the quick replies, see help.fitbit.com.

Timekeeping

To wake you up in the morning or alert you at a certain time of day, set up to 8 silent alarms that gently vibrate at the time chosen. Set an alarm to go off every day or on particular days. You can also time events with the stopwatch or set a countdown timer.

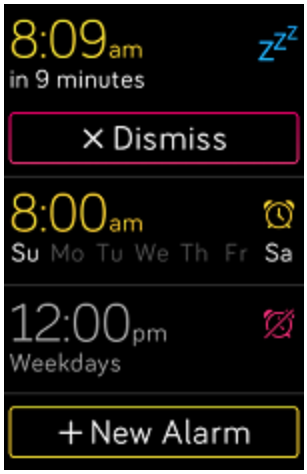
Set a silent alarm

Set, manage, and delete silent alarms directly on your watch's screen in the Alarms app ( ) For instructions on how to set an alarm, see help.fitbit.com.



Dismiss or snooze a silent alarm

When your silent alarm goes off, the watch flashes and vibrates. To dismiss the alarm, tap the check mark or press the bottom button. To snooze the alarm for 9 minutes, tap the ZZZ icon or press the top button. Tap snooze as many times as you like. Versa automatically goes into snooze mode if you ignore the alarm for more than 1 minute.



Time events with the stopwatch

To use the stopwatch:

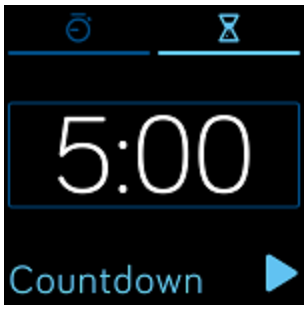
1. On Versa, open the Timer app ( ).
2. If the watch shows the countdown timer, tap the stopwatch icon at the top.
3. Tap the play icon or press the bottom button to start the stopwatch.
4. Tap the pause icon or press the bottom button to stop the stopwatch.
5. Tap the reset icon or press the top button to reset the stopwatch.



Set a timer

To use the countdown timer:

1. On Versa, open the Timer app ( ).
2. If the watch shows the stopwatch, tap the hourglass icon at the top.
3. Tap the numbers and swipe up and down to set the timer.
4. Press the back button to return to the countdown screen.
5. Tap the play icon or press the bottom button to start the timer. Versa flashes and vibrates when the time allotted is done.
6. Tap the check mark icon or press the bottom button to stop the alert.



Note that the stopwatch and countdown timer can run at the same time.

For more information on how to use the timer, see help.fitbit.com.

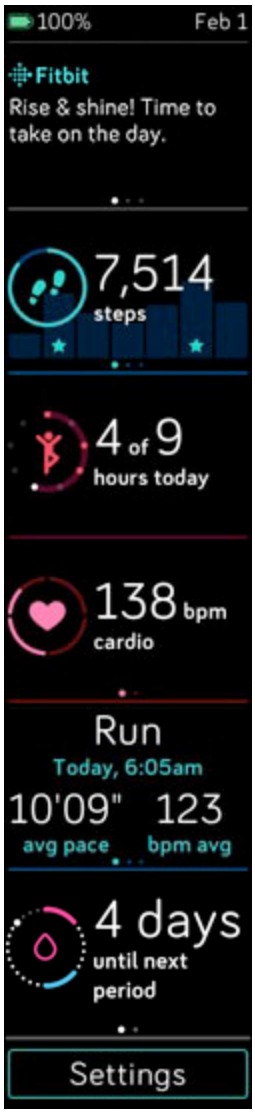
Activity and Sleep

Versa continuously tracks a variety of stats whenever you wear it, including hourly activity, heart rate, and sleep. The information is transferred to your dashboard every time you sync your watch.

See your stats

From the clock face, swipe up to see Fitbit Today, which shows your daily tips and tracks these stats:

- Core stats: steps taken today, calories burned, distance covered, floors climbed, and active minutes
- Hourly activity: steps taken this hour and the number of hours you met your hourly activity goal
- Heart rate: current heart rate and average resting heart rate over the past 7 days
- Exercise: up to 3 of your most recently tracked exercises over the past 7 days (if you have no tracked exercises over the past 7 days, this tile won't appear)
- Female health tracking: information on the current stage of your menstrual cycle (if you don't use the female health tile in the Fitbit app, this tile won't appear)



Each tile can be swiped left or right to view the complete set of stats.

To reorder the tiles, press and hold a row, then drag it up or down to change its position.

Find your complete history and other information automatically detected by your watch, such as sleep stages, on your Fitbit dashboard.

All Versa stats except sleep reset at midnight to begin a new day.

Track a daily activity goal

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

Choose a goal

By default, your goal is 10,000 steps per day, but you may have changed this goal during setup. You can change the goal to distance traveled, calories burned, or active minutes and select a corresponding value. For example, you may want to keep steps as your goal but change the target from 10,000 to 20,000 steps.

For instructions on how to change your goal, see help.fitbit.com.

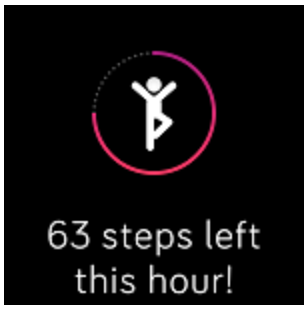
See goal progress

For information on how to see detailed progress toward your goal, see "See your stats" on page 37

Track your hourly activity

Versa helps you stay active throughout the day by keeping track of when you're stationary and reminding you to move.

If you haven't walked at least 250 steps in a given hour, at 10 minutes before the hour you'll feel a vibration reminding you to walk. When you meet the 250-step goal after receiving the reminder, you'll feel a second vibration and see a congratulatory message.



For more information on hourly activity, including how to customize the hours you receive reminders, see help.fitbit.com.

Track your sleep

Wear Versa to bed to automatically track your time asleep and sleep stages. To see your sleep stats, sync your watch when you wake up and check your dashboard.

For more information about sleep tracking, see help.fitbit.com.

Set a sleep goal

By default, you have a sleep goal of 8 hours of sleep per night. Customize this goal to meet your needs.

For more information about your sleep goal, including how to change it, see help.fitbit.com.

Set a bedtime reminder

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

For more information about how to set bedtime reminders, see help.fitbit.com.

Learn about your sleep habits

Versa tracks several sleep metrics including when you go to bed, how long you're asleep, and your time spent in each sleep stage. When you use Versa with the Fitbit dashboard, your watch can help you understand how your sleep patterns compare to others who share your age range and gender.

For more information about sleep stages, see help.fitbit.com.

See your heart rate

Versa uses PurePulse technology to track your heart rate automatically and continuously. View your real-time heart rate and your resting heart rate on your watch by swiping up from the clock screen to access your stats. For more information on the stats on your watch, see "See your stats" on page 37. Certain clock faces show your real-time heart rate on the clock screen.

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

For more information about heart-rate zones on Versa, see "Check your heart rate" on page 49.

Adjust your heart rate setting

The Heart Rate setting on Versa has two options:

- Off—Heart rate tracking is off.
- On—Heart rate tracking is on when the watch is on your wrist.

To adjust the Heart Rate setting, on Versa, tap the Settings app ( ) > **Heart Rate**.

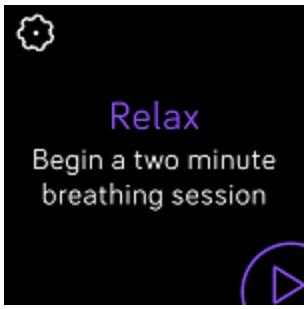
Note that the green LED on the back of Versa continues to flash even if you turn off heart rate tracking.

Practice guided breathing

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

To begin a session:

1. On Versa, tap 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. Then press the back button on your watch to return to the Relax screen.



3. Tap the play symbol to start the session and follow the on-screen instructions.



After the exercise, you'll see a summary 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.

For more information about guided breathing sessions, including the benefits of practicing deep breathing and safety information, see help.fitbit.com.

Fitness and Exercise

Track activity through the Exercise app ( ) and complete guided workouts with the Fitbit Coach app ( ) right on your wrist. When you use Versa with the Fitbit app, you can also share your activity with friends and family to help you stay on track, see how your overall fitness level compares to your peers, and more.

Track your exercise automatically

Versa automatically detects several exercises and records them in your exercise history using the SmartTrack feature. For greater precision or to see real-time stats and a workout summary on your watch, manually start and stop an exercise with the Exercise app ( ).

For more information on how to use the Exercise app, see "Track and analyze exercise with the Exercise app" on the facing page.

SmartTrack ensures you get credit for your most active moments of the day. When you sync your watch after a SmartTrack-detected exercise, you'll find several stats in your exercise history including duration, calories burned, impact on your day, and more.

By default, SmartTrack detects continuous movement of at least 15 minutes in length. You can increase or decrease the minimum duration or disable SmartTrack for 1 or more exercise types.

For more information about how to customize and use SmartTrack, see help.fitbit.com.

Track and analyze exercise with the Exercise app

The Exercise app ( ) on Versa tracks specific activities to capture more precise heart-rate data and stats. Choose from over a dozen exercise types to customize the app with your favorites. For example, if you attend a spin class, make sure to choose the spinning activity on Versa. Some exercises, like running, biking, and hiking, have a GPS option.

Note: Versa doesn't have built-in GPS. Its *connected GPS* feature works with the GPS sensors on your nearby phone to give you real-time pace and distance information, as well as a map of your route. Turning on connected GPS enables more precise tracking of your exercise stats.

GPS requirements

Connected GPS is available for all supported phones with GPS sensors. For more information about setting up connected GPS, see help.fitbit.com.

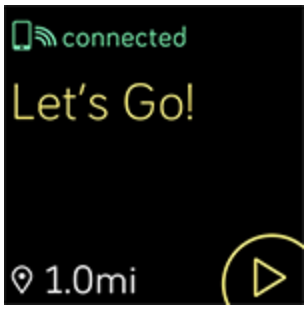
1. To use connected GPS, turn on Bluetooth and GPS on your phone.
2. Make sure the Fitbit app has permission to use GPS or location services.
3. Check that connected GPS is turned on for the exercise.
    a. Open the Exercise app ( ) and swipe left to find the exercise you want to track.
    b. Tap the gear icon ( ) and make sure **GPS** is set to **On**. You may have to scroll down to find this option.
4. Keep your phone with you while you exercise.

Track an exercise

To track an exercise:

1. On your watch, open the Exercise app ( ).
2. Swipe left to find the exercise of your choice.

3. Tap the exercise to select it. You'll see the Let's Go! screen. If you chose an exercise with GPS, you'll see a phone icon in the top left as your watch connects to your phone's GPS. When your watch says "connected" and the watch vibrates, GPS is connected.



4. Tap the play icon or press the bottom button to begin tracking your exercise. Versa shows several real-time stats of your choice. Swipe the middle stat to scroll through additional stats. You can adjust the stats you see in the settings for each exercise. For more details, see "Customize your exercise settings" on the facing page.



5. When you're done with your workout or want to pause, press the bottom button.
6. When prompted, confirm you want to end the workout.
7. Press the top button to see your workout summary.
8. Tap **Done** to close the summary screen.

Check your stats during exercise

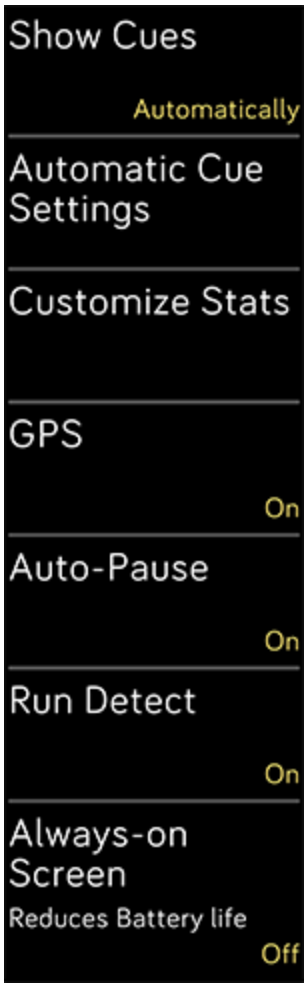
During exercise, Versa shows several real-time stats about your activity. Customize which stats you see on the screen to help you meet your goals. The top and bottom stats show a stat of your choice; swipe the middle stat to scroll through the other available stats or see the time of day.



For more information about how to customize exercise stats on Versa, see help.fitbit.com.

Customize your exercise settings

Customize various settings for each exercise type right on your watch. For example, you can turn connected GPS on or off, automatically pause an activity when you stop moving (known as Auto-Pause), receive alerts when you reach certain milestones during your workout (known as Cues), and track runs automatically without opening the Exercise app (known as Run Detect). To track runs with GPS, your phone must be nearby. You can also choose to keep the screen on during exercise (known as Always-on Screen).

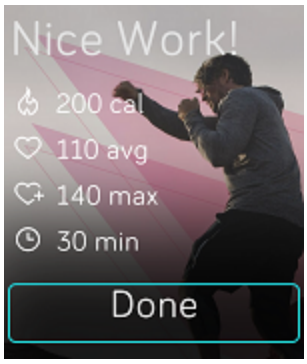


To customize an exercise setting:

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

Check your workout summary

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



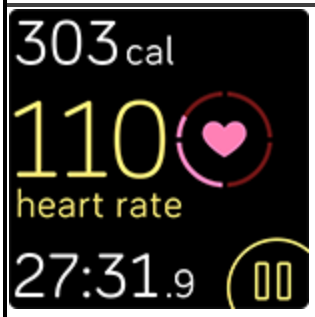
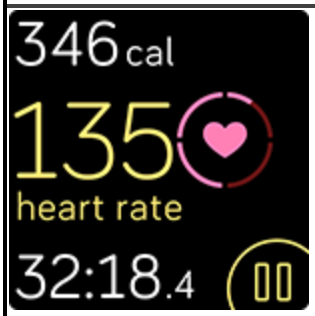
Sync your watch to save the workout in your exercise history. There you can find additional stats and see your route and elevation climbed if you used connected GPS.

Check your heart rate

Heart-rate zones help you target the training intensity of your choice. Versa shows your current zone and progress toward your maximum heart rate next to your heart-rate reading. On your Fitbit dashboard, you can see your time spent in zones during a particular day or exercise. Three zones based on American Heart Association recommendations are available by default, 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
	Out of Zone	Below 50% of your maximum heart rate	Your heart rate may be elevated, but not enough to be considered exercise.
	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.
	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.
	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

Instead of using the default heart-rate zones, you can set a custom zone or a custom max heart rate 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 the average person. When you're in your custom zone, you'll see a solid heart on your watch. When you're not in the zone, you'll see an outline of a heart.

For more details about heart rate tracking, including links to relevant American Heart Association 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.

To start a workout:

1. On Versa, tap the Fitbit Coach app ( ).
2. Scroll through the list of workouts.
3. Tap a workout and then press the play button to start. To preview the workout first, tap the menu icon in the top right.

For more information on the Fitbit Coach app, see help.fitbit.com.

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, first open the Music, Pandora, or Deezer app and choose a playlist. Then go back to the Fitbit Coach app and start a workout. Note that you need to pair a Bluetooth audio device, such as headphones or a speaker, to Versa to hear music stored on your watch.

For details on how to play music with Versa, see "Music and Podcasts" on the facing page.

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 on how to share your activity, see help.fitbit.com.

Track your cardio fitness score

When used with the Fitbit app, Versa helps you track your overall cardiovascular fitness. From the Fitbit app dashboard, tap the heart rate tile and then swipe left to see your cardio fitness score (also known as VO2 Max) and cardio fitness level, which shows how you compare to your peers.

For more information about cardio fitness, including tips for improving your score, see help.fitbit.com.

Music and Podcasts

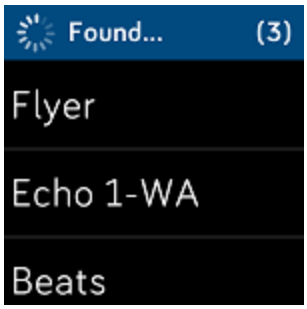
Store your favorite playlists on Versa and then listen to music and podcasts with Bluetooth headphones or another audio device without needing your phone. For instructions on how to pair a Bluetooth audio device to Versa, see "Connect Bluetooth headphones or speakers" below.

Connect Bluetooth headphones or speakers

Connect up to 8 Bluetooth audio devices, including Fitbit Flyer headphones, to listen to playlists on your watch. When you add a new Bluetooth audio device for the first time, make sure both the device and Versa are in pairing mode.

To pair a new Bluetooth audio device:

1. Start by activating pairing mode on your Bluetooth headphones, speaker, or other audio device.
2. On Versa, open the **Settings** app ( ) and then scroll down and tap **Bluetooth**.
3. Tap **+ Audio Device**. Versa searches for nearby devices.



4. When Versa 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 audio device:

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

For more information on how to manage Bluetooth audio devices, including instructions for removing a device, see help.fitbit.com.

Listen to personal music and podcasts

With the Music app ( ) on Versa, 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 with a Wi-Fi connection and the free Fitbit desktop 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" on page 61 and "Use Pandora on Versa (United States only)" on page 59.

See below for instructions on how to download playlists with a Windows 10 PC or Mac. For Windows 7/8 PC instructions, see help.fitbit.com.

Add music and podcasts with your Windows 10 PC

Download playlists of your personal music and podcasts from your iTunes Library or Windows Media Player to Versa. Note that you can also create playlists in the Fitbit desktop app using the drag-and-drop feature to add your tracks.

Create a playlist

Create at least 1 playlist of songs or podcasts to download to your watch.

If you use iTunes, make sure you approve the app to share your playlists with your watch:

Open iTunes on your computer > **Edit** > **Preferences** > **Advanced** > **Share iTunes Library XML with other applications** > **OK**.

Install the Fitbit app

If you haven't already done so, install the Fitbit app on your computer:

1. Tap or click the Start button on your PC and open the Microsoft Store.
2. Search for "Fitbit app." When you find it, tap or click **Free** to download the app.
3. Tap or click **Microsoft account** to sign in with your existing Microsoft account. If you don't already have an account with Microsoft, follow the on-screen instructions to create a new account.
4. When the app is installed, open it and log in to your Fitbit account.

Connect to Wi-Fi

Make sure Versa and your PC are able to connect to the same Wi-Fi network:

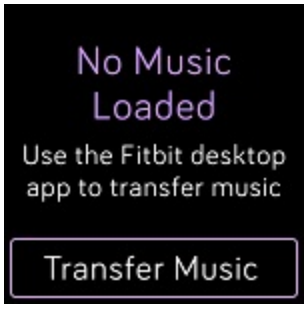
1. From the Fitbit app dashboard, tap or click the Account icon ( ) > Versa tile.
2. Tap or click **Wi-Fi Settings**.
3. Tap or click **Add Network** and follow the on-screen instructions to add your Wi-Fi network or check the Network list to make sure it's already listed.
4. Tap the network name > **Connect**.
5. To see which network your computer is connected to, tap or click the Wi-Fi symbol ( ) on your screen. Connect to the same Wi-Fi network as your watch.

Note that if your Wi-Fi network requires you to log on through a browser, it's not supported on Versa. See help.fitbit.com for more info.

Download your playlists

1. For best results, sync your watch in the Fitbit app, and then disable Bluetooth temporarily on your phone and computer.
2. Plug your watch into the charger.
3. On your PC, open the Fitbit app and tap or click the Music icon ( ).
4. Tap or click **Personal Music**.

5. On Versa, open the Music app ( ) and then tap **Transfer Music**. Note that you may need to scroll down to see the transfer button.



6. Wait a few moments for Versa to connect. Note it can sometimes take a minute or two to connect.
7. When prompted, follow the on-screen instructions on your computer to choose the playlists you want to download to your watch. After you choose a playlist, the download starts automatically.
8. Note that if you take several minutes to pick your first playlist, Wi-Fi may disconnect to preserve your battery. Tap the **Transfer Music** button again to reconnect and continue choosing your playlists.
9. After the download is complete, pair Bluetooth headphones or a speaker to Versa and open the Music app ( ) to listen to your playlists. Your phone and computer don't need to be nearby in order to listen to music from the Music app.

For more information and troubleshooting steps, see help.fitbit.com.

Add music and podcasts with your Mac

Download playlists of your personal music and podcasts from your iTunes Library to Versa.

Create a playlist

Within iTunes, create at least 1 playlist of songs or podcasts to download to your watch.

Make sure you approve the iTunes app to share your playlists with your watch:

Open iTunes on your computer > **Edit** > **Preferences** > **Advanced** > **Share iTunes Library XML with other applications** > **OK**.

Connect to Wi-Fi

Make sure Versa and your Mac are able to connect to the same Wi-Fi network:

1. From the Fitbit app dashboard, tap or click the Account icon ( ) > Versa tile.
2. Tap or click **Wi-Fi Settings**.
3. Tap or click **Add Network** and follow the on-screen instructions to add your Wi-Fi network or check the Network list to make sure it's already listed.
4. Tap the network name > **Connect**.
5. To see which network your computer is connected to, tap or click the Wi-Fi symbol ( ) on your screen. Connect to the same Wi-Fi network as your watch.

Note that if your Wi-Fi network requires you to log on through a browser, it's not supported on Versa. See help.fitbit.com for more info.

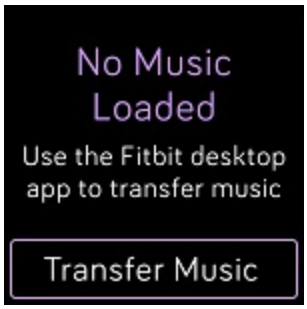
Install Fitbit Connect

Install a free software application called Fitbit Connect that lets you download music from your iTunes Library to Versa.

1. On your Mac, go to https://www.fitbit.com/setup.
2. Scroll down and click the option to **Download for Mac**.
3. Double-click **Install Fitbit Connect.pkg**. The Fitbit Connect installer opens.
4. Click **Continue** to move through the installer.

Download your playlists

1. For best results, sync your watch in the Fitbit app, and then disable Bluetooth temporarily on your phone and computer.
2. Plug your watch into the charger.
3. In the Fitbit Connect window on your computer, click **Manage My Music**.
4. Log in to your Fitbit account.
5. On Versa, open the Music app ( ) and then tap **Transfer Music**. Note that you may need to scroll down to see the transfer button.



6. Wait a few moments for Versa to connect via Wi-Fi. Note this can sometimes take a minute or two.
7. When prompted, follow the on-screen instructions to choose the playlists you want to download to Versa. After you choose a playlist, the download starts automatically.
8. Note that if you take several minutes to pick your first playlist, Wi-Fi may disconnect to preserve your battery. Tap the **Transfer Music** button again to reconnect and continue choosing your playlists.
9. After the download is complete, pair Bluetooth headphones or a speaker to Versa and open the Music app ( ) to listen to your playlists. Your phone and computer don't need to be nearby in order to listen to music from the Music app.

For more information and troubleshooting steps, see help.fitbit.com.

Control music with Versa

Control music and podcasts playing on Versa or on your phone, or change the Bluetooth audio output device.

Choose the music source

To choose whether Versa controls music playing on your watch or phone:

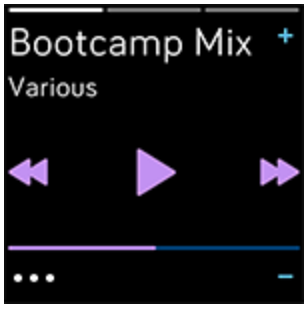
1. Press and hold the back button and swipe to the Music Controls screen.
2. Tap the 3 dots (...) icon.
3. Tap the phone or watch icon to switch the source.

If you have an Android or Windows 10 phone, turn on Bluetooth Classic to control music on your phone:

1. Open the Settings app ( ) on your watch > **Bluetooth** > **Pair**.
2. On your phone, navigate to the Bluetooth settings where paired devices are listed. Your phone will scan for available devices.
3. When you see **Versa (Classic)** listed, tap it.

Control music

1. While music is playing, press and hold the back button and swipe to the Music Controls screen.
2. Play or pause the track or tap the arrow icons to skip to the next track or previous track (if the audio source permits it). Press the + and - icons to control the volume.



3. To open additional controls, tap the 3 dots (...) icon. Here, you can change the Bluetooth audio output device.

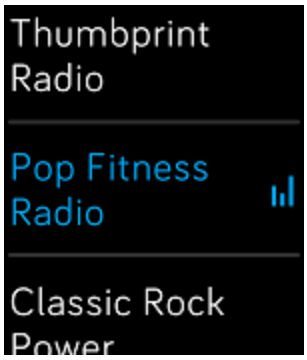
Use Pandora on Versa (United States only)

With the Pandora app ( ) for Versa, you can 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.

To download Pandora stations:

1. If you haven't already done so, make sure Versa can connect to your Wi-Fi network:
    a. From the Fitbit app dashboard, tap or click the Account icon ( ) > Versa tile.
    b. Tap or click **Wi-Fi Settings**.
    c. Tap or click **Add Network** and follow the on-screen instructions to connect to your Wi-Fi network. For more information on supported networks, see help.fitbit.com.
2. Go back to the dashboard and tap or click **Media**.
3. Tap or click **Pandora**.
4. Follow the on-screen instructions to log in to your Pandora account. If you don't have a paid Pandora subscription, upgrade your existing account or create a new account and then return to the Fitbit app to complete setup.
5. In the Fitbit app, choose to auto-sync up to 3 of your most-played Pandora stations or manually select up to 3 Workout stations. If you have Thumbprint Radio on your Pandora account, it also downloads to your watch regardless of which option you choose.
6. Plug your watch into the charger. Stations download automatically when the watch is charging and in range of your Wi-Fi network, or tap the three dots icon (∘∘∘) > **Force Sync Now** in the Pandora section of the Fitbit app to start a download without your charger. Depending on the amount of music being downloaded, this process can take at least 15 minutes per station. Check the progress of the download on the watch's screen or in the Fitbit app.

After the stations download, connect Bluetooth headphones or a Bluetooth speaker to Versa and open the Pandora app ( ) on your watch to listen to music. Note that you don't need to be connected to Wi-Fi or have your phone or computer nearby.



For more information about how to manage your Pandora stations, including instructions for removing stations, see help.fitbit.com.

Use Deezer on Versa

With the Deezer app ( ) for Versa, you can 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.

To download your Deezer playlists or Flow:

1. If you haven't already done so, make sure Versa can connect to your Wi-Fi network:
    a. From the Fitbit app dashboard, tap or click the Account icon ( ) > Versa tile.
    b. Tap or click **Wi-Fi Settings**.
    c. Tap or click **Add Network** and follow the on-screen instructions to connect to your Wi-Fi network. For more information on supported networks, see help.fitbit.com.
2. On your Fitbit watch, open the Deezer app ( ). If you don't have the Deezer app, download it from the Fitbit App Gallery.
3. Using a web browser on your phone, tablet, or computer, open https://www.fitbit.com/deezer.
4. Enter the activation code shown on your watch.

5. If requested, follow the on-screen instructions to log in to your Fitbit account. If you don't see this step, skip to step 6.
6. Follow the on-screen instructions to log in to your Deezer account or create a new account. You will need to subscribe to Deezer if you haven't done so already.
7. Once your activation succeeds, return to the Fitbit app and tap or click the Account icon ( ) > Versa tile > **Media** > **Deezer**.
8. Tap or click **Add Music** to see your Flow, featured playlists, and any personal playlists you've created in Deezer. If you haven't favorited or created any playlists, visit the Deezer mobile app or website to do so.
9. Tap or click playlists or the Flow header to queue for download.
10. Plug your watch into the charger. Music downloads automatically when the watch is charging and in range of your Wi-Fi network, or tap the three dots icon ( ) > **Force Sync Now** in the Deezer section of the Fitbit app to start a download without your charger. Depending on the amount of music being downloaded, this process can take several minutes or more. Check the progress of the download on the watch's screen or in the Fitbit app (if your phone is within Bluetooth range).

After the music downloads, connect Bluetooth headphones or a Bluetooth speaker to Versa and open the Deezer app ( ) on your watch to listen to your playlists. Note that you don't need to be connected to Wi-Fi or have your phone or computer nearby.

For more information about how to manage your Deezer playlists, including instructions for removing playlists and troubleshooting tips, see help.fitbit.com.

Fitbit Pay

Some versions of Versa include a built-in NFC chip, which lets you use the Fitbit Pay feature to make contactless payments by tapping your watch. To find out if your watch supports this feature, check the back of your watch. If Fitbit Pay is listed in the text surrounding the heart rate sensor, your watch has an NFC chip.



Use credit and debit cards

Start by setting up Fitbit Pay in the Wallet section of the Fitbit app. Then make purchases in stores that accept contactless payments from your watch—even when you're traveling internationally.

Currently, customers who use the Fitbit app for Windows 10 can choose 1 card to add to Versa.

We're constantly 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.

Add credit and debit cards

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.

To set up Fitbit Pay:

1. With your watch nearby, from the Fitbit app dashboard, tap or click the Account icon ( ) > Versa tile.
2. Tap or click the **Wallet** tile.
3. Follow the on-screen instructions to add a payment card. In some cases, your bank may require additional verification. If you're adding a card for the first time, you'll be prompted to set a 4-digit PIN code for your watch (if you haven't already done so). Note that you also need to have Touch ID or a PIN code turned on for your phone.
4. After you add a card, follow the on-screen instructions to turn on notifications for your phone (if you haven't already done so) to complete the setup.

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



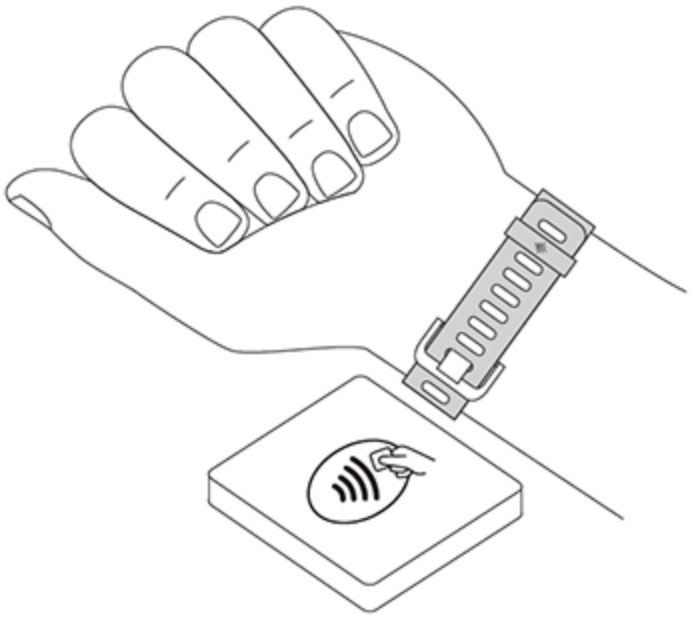
To pay with Versa:

All customers except those in Australia:

1. When you're ready to pay, press and hold the back button on your watch for 2 seconds. Swipe to the Payments screen if it's not shown.
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 then hold your wrist near the payment terminal.



When the payment succeeds, your watch vibrates and you'll 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.

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, 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).

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 on your wrist to use Fitbit Pay.

For more information about Fitbit Pay, including how to see transactions made with your watch, see help.fitbit.com.

Change your default card

When you're ready to pay, your default card appears first on your watch's screen. To change your default card:

1. From the Fitbit app dashboard, tap or click the Account icon ( ) > Versa tile.
2. Tap or click the **Wallet** tile.
3. Find the card you want to set as the default option.
4. Tap or click **Set as Default**.

Weather

The Weather app ( ) on Versa displays the weather in your current location, as well as 2 additional locations you choose.

Check the weather

To check the current weather, open the Weather app ( ) on your watch. By default, the Weather app shows your current location. Swipe left to view the weather in any additional locations you've 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.

Add or remove a city

To add or remove a city:

1. Open the Weather app ( ) on your watch.
2. Open the Fitbit app and tap or click the Account icon ( ) > Versa tile.
3. Tap or click **Apps**.
4. Tap or click the gear icon ( ) next to **Weather**. You may need to scroll down to find the app.
5. Tap or click **Add City** to add up to 2 additional locations or tap or click **Edit** > the **X** icon to delete a location. Note that you can't delete your Current Location.
6. Sync your watch with the Fitbit app to see the updated list of locations on your watch.

For more information about setting up the Weather app, see help.fitbit.com.

Restart, Erase, and Update

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

Restart Versa

To restart your watch, press and hold the back and bottom buttons for a few seconds until you see the Fitbit logo on the screen.

Restarting your watch reboots the device but does not delete any data.

Erase Versa

A factory reset erases all apps and personal data from Versa, including cards you added in your Wallet. If you want to give Versa to another person or wish to return it for a refund, first complete a factory reset:

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

Update Versa

We make free feature enhancements and product improvements available through OS updates. We recommend keeping Versa up to date.

Updating Versa can take an hour or longer and may be demanding on the battery. For this reason, we recommend plugging your watch into the charger before starting an update.

When an update is available you'll see a notification in the Fitbit app prompting you to update. When the update starts, a progress bar appears on Versa and in the

Fitbit app until the update is complete. For best results, make sure your watch is charged and can connect to your Wi-Fi network.

Keep your watch and phone or computer close to each other during the update process.

If you have trouble updating your watch, see help.fitbit.com.

Troubleshooting

If your watch is not working properly, review our troubleshooting guidance below. Visit help.fitbit.com for more information.

Heart-rate signal missing

Versa continuously tracks your heart rate while you're exercising and throughout the day. Occasionally, the heart-rate sensor on your watch may have difficulty finding a good signal. When this happens, you'll see dashed lines where your current heart rate usually appears.



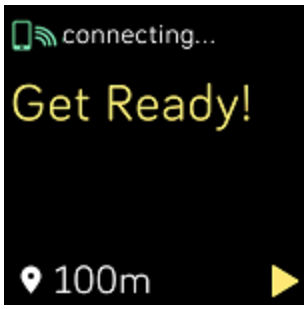
If you're not getting a heart-rate signal, first make sure you're wearing your watch correctly, either by moving it higher or lower on your wrist or by tightening or loosening the band. Versa should be in contact with your skin. After holding your arm still and straight for a short time, you should see your heart rate again.

If the heart rate signal is still missing, open the Settings app ( ) on your watch and make sure Heart Rate is set to On.

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, you'll see "connecting" appear 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 can't connect to Wi-Fi, first make sure that you're attempting to connect your watch to a compatible network. For best results, use your home or work Wi-Fi network. Versa 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 12.

After verifying 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 and your computer are connected to the same Wi-Fi network. To do so, review the steps in "Music and Podcasts" on page 53. For a stronger Wi-Fi connection, keep your watch close to your router.

If you're trying to download Pandora stations or Deezer playlists, first make sure your Wi-Fi network is working correctly. Connect another device to your network; if it connects successfully, try again to download your station or playlist. Note that stations and playlists download automatically when the watch is charging and in range of your Wi-Fi network, or tap **Force Sync Now** in the Fitbit app to add the stations to your watch.

For more information about how to troubleshoot Wi-Fi, see help.fitbit.com.

Unexpected behavior

If you experience one of the following problems, it may be fixed by restarting your watch:

- Not syncing despite successful setup
- Not responding to taps despite being charged
- Not tracking your steps or other data

For instructions on how to restart your watch, see "Restart Versa" on page 68.

For additional troubleshooting or to contact Customer Support, see help.fitbit.com.

General Info and Specifications

Sensors

Fitbit Versa contains the following sensors and motors:

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

Materials

The housing and buckle on Versa 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 Fitbit Versa classic band is made of a flexible, durable elastomer material similar to that used in many sports watches.

Wireless Technology

Versa contains a Bluetooth 4.0 radio receiver and Fitbit Pay-enabled watches contain an NFC chip.

Haptic feedback

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

Battery

Versa contains a rechargeable lithium-polymer battery.

Memory

Versa stores your stats and data for 7 days in between the times you sync your watch. Stored data consists of All-Day stats (including steps, distance, calories burned, active minutes, heart rate, and stationary vs. active hours) as well as sleep stages, SmartTrack activity, and exercise data.

We recommend syncing your watch at least once a day.

Display

Versa has a color LCD 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 - 180 mm) in circumference
Large wristband	Fits a wrist between 7.1 - 8.7 inches (180 - 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 and dashboard, visit help.fitbit.com.

Return policy and warranty

Warranty information and the fitbit.com return policy can be found at fitbit.com/legal/returns-and-warranty.

Regulatory and Safety Notices

Regulatory content for select regions can also be viewed on your device. To view the content:

Settings > About > Regulatory Info

USA: Federal Communications Commission (FCC) statement

Model Names: FB504 and FB505

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

Settings > About > Regulatory Info

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.

Model FB504:

FCC ID: XRAFB504

Model FB505

FCC ID: XRAFB505

Canada: Industry Canada (IC) statement

Model Names FB504 and FB505

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

Settings > About > Regulatory Info

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

Model FB504:

IC: 8542A-FB504

Model FB505:

IC: 8542A-FB505

European Union (EU)

Model Name FB505

Simplified EU Declaration of Conformity

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB505 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 FB505 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 FB505 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 FB505 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 FB505 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

Australia/New Zealand

Model Name FB505

China

Model Name FB505

China RoHS

部件名称 Part Name	有毒和危险品 Toxic and Hazardous Substances or Elements					
Model FB505	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	O	O	O	O	O	O

部件名称 Part Name	有毒和危险品 Toxic and Hazardous Substances or Elements					
Model FB505	铅 (Pb)	水银 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴化苯 (PBB)	多溴化二苯醚 (PBDE)
(Strap and Buckle)						
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).



Indonesia

Model Name FB505

55114/SDPPI/2018
3788

Israel

Model Name FB505

התאמה אישור 51-63726

המוצר של המודולארי בחלק טכני שינוי כל לבצע אין.

Mexico

Model Names FB504 and FB505



“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

Model Name FB505

AGREE PAR L’ANRT MAROC

Numéro d’agrément: 15884 ANRT 2018
Date d’agrément: 22/02/2018

Nigeria

Model Name FB505

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

Philippines

Model Name FB505



Serbia

Model Name FB505



South Korea

Model Name FB505

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. "

Taiwan

Model Name FB505

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. 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 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 ， 型號（型式）：FB505
Equipment name 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	O	O	O	O	O	O
電子	—	O	O	O	O	O
錶扣	O	O	O	O	O	O
充電線	O	O	O	O	O	O

備考1. 〝超出0.1 wt %〞及〝超出0.01 wt %〞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. 〝○〞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. 〝—〞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

Model Name FB505

TRA Registered No: ER/61589/18
Dealer No: 35294/14

Zambia

Model Name FB505

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