



# Galaxy Fit3

Quick Start Guide  
SM-R390

SAMSUNG

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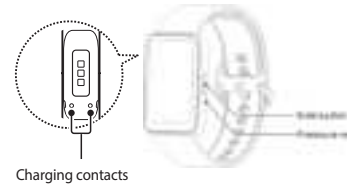
## Package contents

- Galaxy Fit3
- Quick start guide

- USB cable charging dock

The items supplied with the Galaxy Fit3 and their images may vary by region.

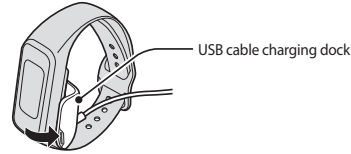
## Device layout



- Do not insert sharp objects into the pressure vent. Inner components of the Galaxy Fit3 may be damaged along with the water-resistance feature.

## Charging the battery

After purchasing the Galaxy Fit3, connect the charger to turn on the power. You must first charge the battery sufficiently. After fully charging your Galaxy Fit3, pull on the handle of the charger to disconnect it.



- Use only Samsung-approved chargers.
- The Galaxy Fit3 has no separate power key and is powered on when the battery is charged.
- The charger should remain close to the electric socket and be easily accessible while charging.

## Accessing more information

To view the full user manual and the full safety information, including device and battery disposal instructions, launch the Galaxy Wearable app on your mobile device and tap  → User manual. Or, visit [www.samsung.com/ca](http://www.samsung.com/ca).

- The method for accessing the user manual from the Galaxy Wearable app may vary depending on your mobile device.
- The user manual may not be available depending on the web browser or service provider.

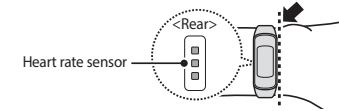
## Connecting the Galaxy Fit3 to a mobile device

On your mobile device, launch **Galaxy Store** or **Play** and download the Galaxy Wearable app, launch it, and then follow the on-screen instructions to complete the connection.

- Connection methods and screen may vary depending on your mobile device and software version.
- Supported mobile devices and features may vary depending on your region, service provider, and device manufacturer.

## Notice for measuring the heart rate

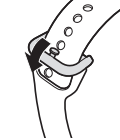
When measuring your heart rate, wear the Galaxy Fit3 snugly on your arm above your wrist as shown in the figure below. Do not fasten the Galaxy Fit3 too tightly.



- The accuracy of the heart rate sensor can be affected depending on the user's movements, personal physiology, and the measurement conditions and surroundings. Take heart rate measurements when you are seated and relaxed.
- Do not look directly at the heart rate sensor's lights. Doing so may impair your vision.
- If your device becomes hot to the touch, please remove it until it cools. Exposing skin to a hot surface of the device for a long time may cause skin burn.

## Taking off the Galaxy Fit3

When taking off the Galaxy Fit3, pull down on the buckle and pull it out as shown in the figure below.



- THIS DEVICE AND ANY SOFTWARE, SERVICE, FUNCTION PROVIDED THEREIN IS SOLELY INTENDED FOR FITNESS AND WELLNESS PURPOSES ONLY AND IS NOT INTENDED FOR USE IN THE DIAGNOSIS OF DISEASE OR OTHER CONDITIONS, OR IN THE CURE, MITIGATION, TREATMENT OR PREVENTION OF DISEASE.
- Any information that is obtained from use of the Galaxy Fit3 or the Fit Software or any application preloaded within may not be suitable, accurate, complete or reliable.



If the Galaxy Fit3 is frozen and unresponsive, connect the charger for more than 3 seconds to restart it.

#### FCC Part 15.19

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 received, including interference that may cause undesired operation.

#### FCC RF Radiation Exposure Statement

This equipment complies with FCC RF Radiation exposure limits set forth for an uncontrolled environment. This device and its antenna must not be co-located or operating in conjunction with any other antenna or transmitter.

- Some content may differ from your device depending on the region, service provider, or software version, and is subject to change without prior notice.
- This product includes certain free/open source software. To see the instructions for viewing the open source licence, go to the Samsung website ([opensource.samsung.com](https://www.samsung.com/opensource)).

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## Correct disposal

This device contains a Li-Ion battery. For safe disposal options, contact your nearest service centre. For information on battery replacement, please contact your service provider. Do not disassemble, crush, or puncture the device. Do not dispose of it in a fire.



- Be sure to dispose of your device properly. In some areas, the disposal of batteries in household or business trash may be prohibited.
- For safety, do not handle the device if the Li-Ion battery is damaged or leaking.

For information on Samsung's environmental commitments and product regulatory obligations, visit our sustainability page available via [www.samsung.com/ca](https://www.samsung.com/ca).

## Safety information

Read all safety information before using the device to ensure safe and proper use.



### Warning

Follow the warning information provided below to prevent incidents such as fire or explosion

- Do not expose the device to physical impact or damage.
- Use manufacturer-approved chargers, accessories, and supplies.
- Prevent the battery terminals from contacting conductive elements, such as metal or liquids.
- If any part of the device, such as the glass or acrylic body, is broken, smokes, or emits a burning odour, stop using the device immediately. Use the device again only after it has been repaired at a Samsung Service Centre.

Follow the warnings below to prevent injury to people or damage to the device

- Do not allow children or animals to chew or suck the device.
- The device can be used in locations with an ambient temperature of 0 °C to 35 °C. You can store the device at an ambient temperature of -20 °C to 50 °C. Using or storing the device outside of the recommended temperature ranges may damage the device or reduce the battery's lifespan.
- Do not use your device in a hot environment or near fire.
- Comply with all safety warnings and regulations regarding mobile device usage while operating a vehicle.
- Do not wear the device too tightly. Make sure to keep the device clean and dry. Though this device has met international safety standards, some people may experience skin irritation if they are allergic to certain substances.
- It is recommended not to use fixed graphics on part or all of the screen for extended periods. Doing so may result in afterimages (screen burn-in) or ghosting.

## Maintaining water and dust resistance

Your device supports water- and dust-resistance. Follow these tips carefully to maintain the water- and dust-resistance of your device. Failure to do so may result in damage to your device.

- Do not expose the device to water moving with force
- Do not use your device when you dive into the water, snorkel or try any water sports in fast-flowing water.
- If the device or your hands are wet, dry them thoroughly before handling the device.
- If the device is exposed to fresh water, dry it thoroughly with a clean, soft cloth. If the device is exposed to other liquids, such as salt water, swimming pool water, soapy water, oil, perfume, sunscreen, hand cleaner, or chemical products such as cosmetics, rinse it with fresh water and dry it thoroughly with a clean, soft cloth. If you do not follow these instructions, the device's performance and appearance may be affected.

- If the device is dropped or receives an impact, the water- and dust-resistant features of the device may be damaged.
- Some features may not work properly if the device is used in water.

Your device has been tested in a controlled environment and certified to be water- and dust-resistant in specific situations and conditions. (Meets the requirements of the water-resistance standard ISO 22810:2010 and your device is certified to be dust-resistant as described by class IEC 60529 IP6X.)

## Removing the battery

- To remove the battery, contact an authorized service centre.
- For your safety, you must not attempt to remove the battery. If the battery is not properly removed, it may lead to damage to the battery and device, cause personal injury, and/or result in the device being unsafe.
- Samsung does not accept liability for any damage or loss (whether in contract or tort, including negligence) which may arise from failure to precisely follow these warnings and instructions, other than death or personal injury caused by Samsung's negligence.

## Acknowledging Special Precautions and ISED (Innovation, Science and Economic Development Canada) Notice

### Cautions

Any changes or modifications to your device not expressly approved by Samsung could void your warranty for this equipment, and void your authority to operate this equipment. Only use approved batteries, antennas, and chargers. The use of any unauthorized accessories may be dangerous and void the device warranty if said accessories cause damage or a defect to the phone.

Although your device is quite sturdy, it is a complex piece of equipment and can be broken. Avoid dropping, hitting, bending, or sitting on it.

### Information to User

This equipment has been tested and found to comply with the limits of a Class B digital device. 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/relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment to 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.

## Specific Absorption Rate (SAR) certification information

Your device conforms to ISED (Innovation, Science and Economic Development Canada) standards that limit human exposure to RF (radio frequency) energy emitted by radio and telecommunications equipment. These standards prevent the sale of mobile devices that exceed a maximum exposure level (known as the Specific Absorption Rate, or SAR) of 1.6 W/kg (head and trunk) and 4.0 W/kg (limbs). More SAR information can be accessed online on ISED's website [ic.gc.ca/eic/site/ceb-bhst.nsf/eng/h\\_tt00084.html](https://www.ic.gc.ca/eic/site/ceb-bhst.nsf/eng/h_tt00084.html).

In normal use, the actual SAR is likely to be much lower, as the device has been designed to emit only the RF energy necessary to transmit a signal to the nearest base station. By automatically emitting lower levels when possible, your device reduces your overall exposure to RF energy.

Depending on the region or model, some devices are required to receive approval from Innovation, Science and Economic Development Canada (ISED)/the Federal Communications Commission (FCC). If your device is approved by the ISED/FCC, you can view the ISED/FCC ID of the device and the specific SAR levels at the following ISED website: [sms-sgs.ic.gc.ca/equipmentSearch/searchRadioEquipments](https://www.sms-sgs.ic.gc.ca/equipmentSearch/searchRadioEquipments).

## ISED Notice

This device complies with ISED (Innovation, Science and Economic Development Canada) licence exempt RSS standard(s). Operation is subject to the following two conditions:

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