



# fitbit versa 2™



User Manual  
Version 1.11

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## Get started

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Elevate your day with Fitbit Versa 2, the premium health and fitness watch with Amazon Alexa Built-in, fitness features, apps, and more.

Take a moment to review our complete safety information at [fitbit.com/safety](https://fitbit.com/safety). Versa 2 is not intended to provide medical or scientific data.

## What's in the box

Your Versa 2 box includes:



Watch with small band  
(color and material varies)



Charging cable



Additional large band

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

## Set up Versa 2

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

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

## Charge your watch

A fully-charged Versa 2 has a battery life of 6+ days. Battery life and charge cycles vary with use and other factors; actual results will vary.

To charge Versa 2:

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






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

## Set up with your phone

Set up Versa 2 with the Fitbit app for iPhones and iPads or Android phones. The Fitbit app is compatible with most popular phones. See [fitbit.com/devices](https://fitbit.com/devices) to check if your phone is compatible.



To get started:

1. Download the Fitbit app:
  - [Apple App Store](#) for iPhones
  - [Google Play Store](#) for Android phones
2. Install the app, and open it.
  - If you already have a Fitbit account, log in to your account > tap the Today tab  > your profile picture > **Set Up a Device**.
  - If you don't have a Fitbit account, tap **Join Fitbit** to be guided through a series of questions to create a Fitbit account.
3. Continue to follow the on-screen instructions to connect Versa 2 to your account.

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

For more information, see [the related help article](#).

## Connect to Wi-Fi

During setup, you're prompted to connect Versa 2 to your Wi-Fi network. Versa 2 uses Wi-Fi to more quickly transfer music from Pandora or Deezer, download apps from the Fitbit Gallery, and for faster, more reliable OS updates.

Versa 2 can connect to open, WEP, WPA personal, and WPA2 personal Wi-Fi networks. Your watch won't connect to 5GHz, WPA enterprise, or public Wi-Fi networks that require more than a password to connect—for example, logins, subscriptions, or profiles. If you see fields for a username or domain when connecting to the Wi-Fi network on a computer, the network isn't supported.

For best results, connect Versa 2 to your home Wi-Fi network. Make sure you know the network password before connecting.

For more information, see [the related help article](#).

## See your data in the Fitbit app

Open the Fitbit app on your phone to view your activity, health metrics, and sleep data; log food and water; participate in challenges; and more.

# Unlock Fitbit Premium

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Fitbit Premium is your personalized resource in the Fitbit app that helps you stay active, sleep well, and manage stress. A Premium subscription includes programs tailored to your health and fitness goals, personalized insights, hundreds of workouts from fitness brands, guided meditations, and more.

The special edition of Versa 2 includes a 3-month Fitbit Premium membership for eligible customers in certain countries.

For more information, see [the related help article](#).

## Wear Versa 2

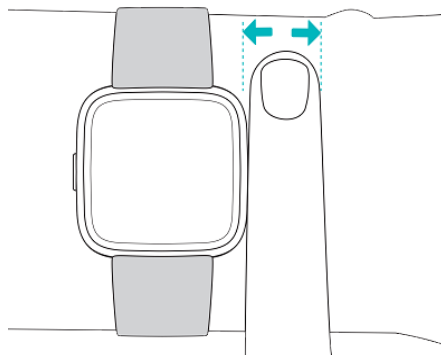
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Wear Versa 2 around your wrist. If you need to attach a different size band, or if you purchased another band, see the instructions in "[Change the band](#)" on page 14.

### Placement for all-day wear vs. exercise

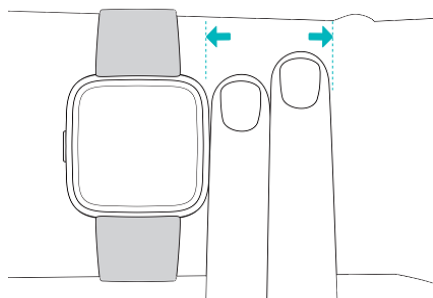
When you're not exercising, wear Versa 2 a finger's width above your wrist bone.

In general, it's always important to give your wrist a break on a regular basis by removing your watch for around an hour after extended wear. We recommend removing your watch while you shower. Although you can shower while wearing your watch, not doing so reduces the potential for exposure to soaps, shampoos, and conditioners, which can cause long-term damage to your watch and may cause skin irritation.



For optimized heart-rate tracking while exercising:


- During a workout, experiment with wearing your watch a bit higher on your wrist for an improved fit. Many exercises, such as bike riding or weight lifting, cause you to bend your wrist frequently, which could interfere with the heart-rate signal if the watch is lower on your wrist.



- Wear your watch on top of your wrist, and make sure the back of the device is in contact with your skin.
- Consider tightening your band before a workout and loosening it when you're done. The band should be snug but not constricting (a tight band restricts blood flow, potentially affecting the heart-rate signal).

## Handedness

For greater accuracy, you must specify whether you wear Versa 2 on your dominant or non-dominant hand. Your dominant hand is the one you use for writing and eating. To start, the Wrist setting is set to non-dominant. If you wear Versa 2 on your dominant hand, change the Wrist setting in the Fitbit app:

From the Today tab  in the Fitbit app, tap your profile picture > Versa 2 tile > **Wrist** > **Dominant**.

## Wear and care tips

- Clean your band and wrist regularly with a soap-free cleanser.
- If your watch gets wet, remove and dry it completely after your activity.
- Take your watch off from time to time.

## Change the band

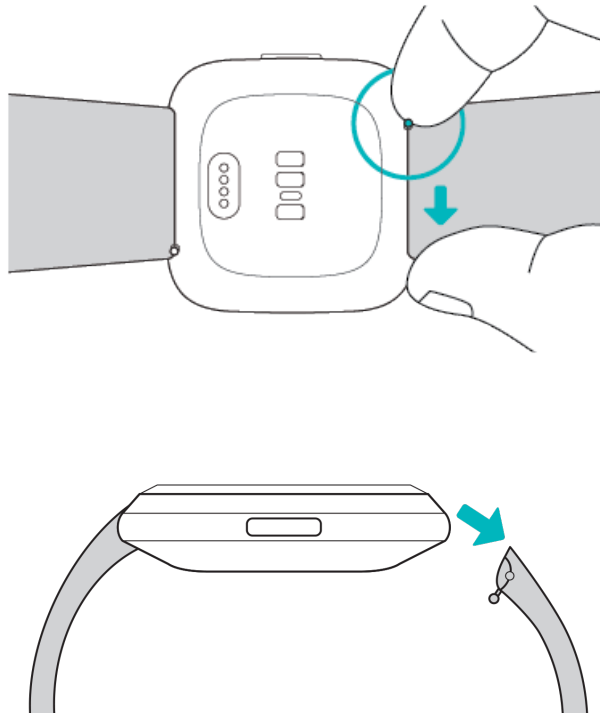
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Versa 2 comes with a small band attached and an additional large, bottom band in the box. Both the top and bottom bands can be swapped with accessory bands, sold separately on [fitbit.com](https://www.fitbit.com). For band measurements, see "[Band size](#)" on page 69.

Fitbit Versa and Fitbit Versa Lite Edition bands are compatible with Versa 2.

### Remove a band

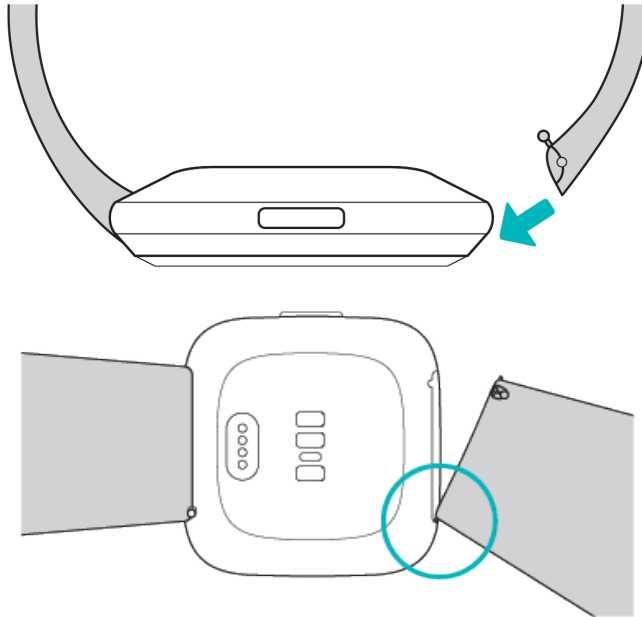
1. Turn over Versa 2 and find the quick-release lever.
2. While pressing the quick-release lever inward, gently pull the band away from the watch to release it.



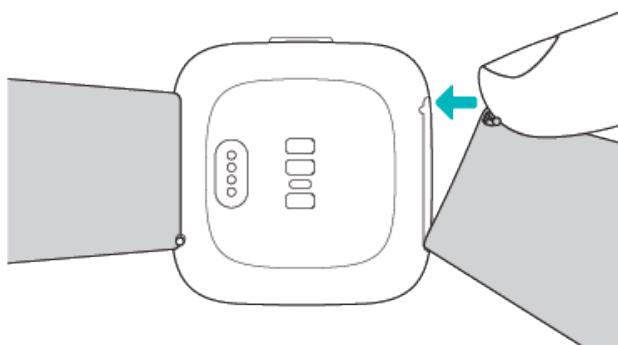
3. Repeat on the other side.

## Attach a band

1. To attach a band, hold the band at a 45° angle and slide the pin (the side opposite the quick-release lever) into the notch on the watch.



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



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

# Basics

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Learn how to manage settings, set a personal PIN code, navigate the screen, and check the battery level.

## Navigate Versa 2

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

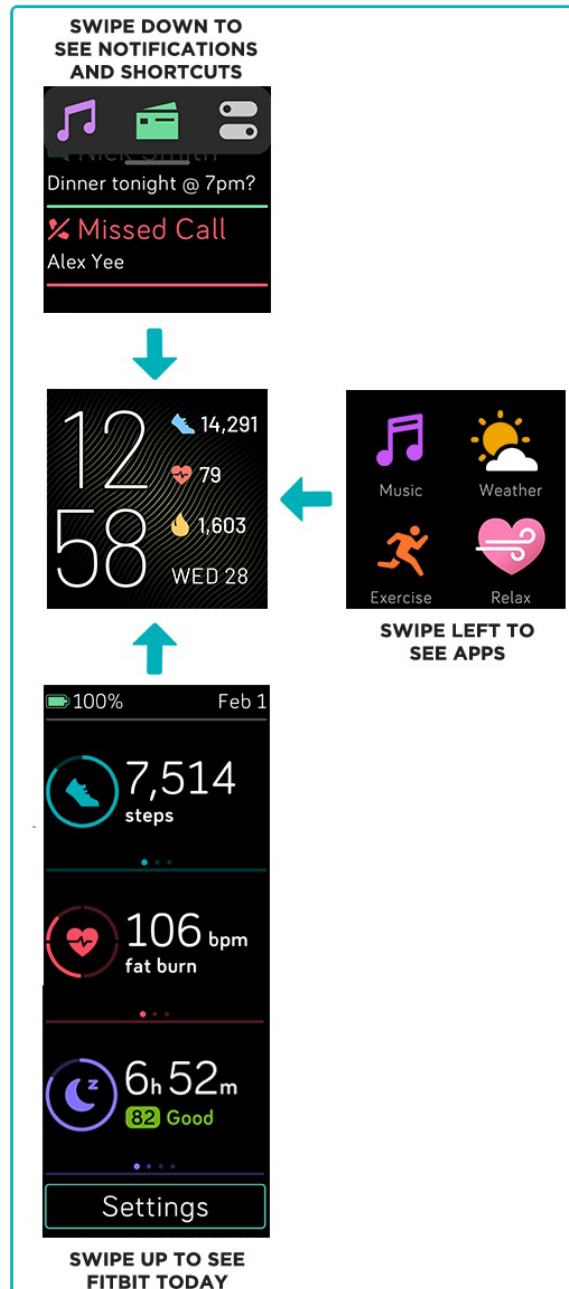
Navigate Versa 2 by tapping the screen, swiping side to side and up and down, or pressing the button. To preserve battery, the watch's screen turns off when not in use, unless you turn on the always-on display setting. For more information, see ["Adjust always-on display" on page 23](#).

### Basic navigation

The home screen is the clock.

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



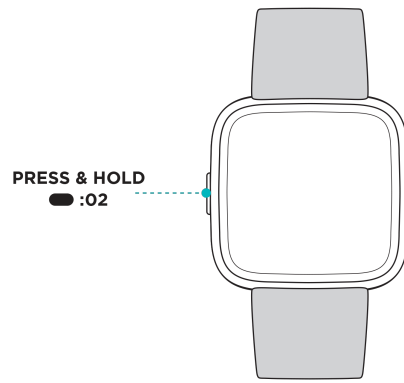



## Button shortcuts

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


## Choose a shortcut








Hold the button for 2 seconds to activate Fitbit Pay, Alexa, music controls, notifications, or certain apps.




The first time you use the button shortcut, you select which feature it activates. To later change which feature activates when you hold the button, open the Settings app  on your watch and tap the **Left Button** option.



## Quick settings

Swipe down from the top of your screen. After your notifications appear, swipe down again to open the control center. Tap the quick settings icon  to access certain settings.

Do Not Disturb 	<p>When the do not disturb setting is on:</p> <ul style="list-style-type: none"> <li>• Notifications, goal celebrations, and reminders are muted.</li> <li>• You see a do not disturb icon  at the top of the screen when you swipe up to see your stats.</li> </ul> <p>You can't turn on the do not disturb setting and sleep mode at the same time.</p>
Sleep Mode 	<p>When the sleep mode setting is on:</p> <ul style="list-style-type: none"> <li>• Notifications, goal celebrations, and reminders are muted.</li> <li>• The screen's brightness is set to dim.</li> <li>• The Always-On Display clock face is turned off.</li> <li>• The screen stays dark when you turn your wrist.</li> <li>• You see a Sleep Mode icon  at the top of the screen when you swipe up to see your stats.</li> </ul> <p>Sleep mode turns off automatically when you set a sleep schedule. For more information, see "<a href="#">Adjust settings</a>" on the next page.</p> <p>You can't turn on the do not disturb setting and sleep mode at the same time.</p>
Screen Wake 	<p>When you set screen wake to automatic, the screen turns on each time you turn your wrist.</p> <p>When you set screen wake to manual, press the button or tap the screen to turn on the display.</p>
Brightness 	Adjust the screen brightness.
Always-On Display 	Turn always-on display on or off. For more information, see " <a href="#">Adjust always-on display</a> " on page 23.

## Adjust settings

Manage basic settings in the Settings app  :

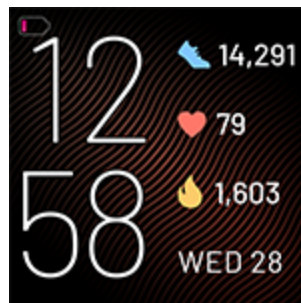
Active Zone Minutes	Turn Active Zone Minutes weekly goal notifications on or off.
Alexa	Turn Alexa notifications on or off.
Always-On Display	Adjust Always-On Display settings, including the information you see on the clock face.
Bluetooth	Manage connected Bluetooth devices.
Brightness	Change the screen's brightness.
Do Not Disturb	Turn off all notifications or choose to automatically turn on do not disturb while using the Exercise app  .
Heart Rate	Turn heart-rate tracking on or off.
Left Button	Choose the feature the button activates.
Microphone	Choose whether your watch can access the microphone.
Screen Timeout	Choose how long the screen stays on after you stop interacting with your watch.
Screen Wake	Change whether the screen turns on when you turn your wrist.
Sleep Mode	<p>Adjust sleep mode settings, including setting a schedule for the mode to automatically turn on and off.</p> <p>To set a schedule, open the Settings app  and tap <b>Sleep Mode</b> &gt; <b>Schedule</b>. Sleep mode automatically turns off at the time you schedule, even if you manually turned it on.</p>
Vibrations	Adjust your watch's vibration strength.
About Versa 2	<p>View your watch's regulatory information and activation date, which is the day your watch's warranty begins. The activation date is the day you set up your device.</p> <p>Tap <b>About Versa 2</b> &gt; <b>System Info</b> to see the activation date.</p> <p>For more information, see <a href="#">the related help article</a>.</p>

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

## Check battery level

Swipe down from the top of the screen. The battery level icon is in the top left.

If your watch's battery is low (fewer than 24 hours remaining), a red battery indicator appears on the clock face. If your watch's battery is critically low (fewer than 4 hours remaining), the battery indicator flashes.



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Wi-Fi won't work on Versa 2 when the battery is 25% or less, and you'll be unable to update your device.

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## Set up device lock

To help keep your watch secure, turn on device lock in the Fitbit app, which prompts you to enter a personal 4-digit PIN code to unlock your watch. If you set up Fitbit Pay to make contactless payments from your watch, device lock is turned on automatically and you're required to set a code. If you don't use Fitbit Pay, device lock is optional.

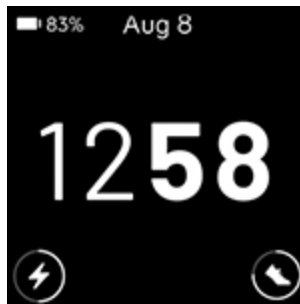
Turn on device lock or reset your PIN code in the Fitbit app:




From the Today tab  in the Fitbit app, tap your profile picture > Versa 2 tile > **Device Lock**.

For more information, see [the related help article](#).

## Adjust always-on display

Turn on always-on display to show the time on your watch, even when you're not interacting with the screen. Many clock faces have their own always-on display mode. If a clock face doesn't have this feature, you see the default always-on display clock face. On the default always-on display clock face, choose between an analog or digital clock face, whether to show the watch's battery level, and your progress toward 2 of your core stats.



To turn always-on display on or off, swipe down from the top of your screen. After your notifications appear, swipe down again to open the control center. Tap the quick settings icon  > Always-On Display icon , or find **Always-On Display** in the Settings app .



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Note that turning on this feature impacts your watch's battery life. When always-on display is turned on, Versa 2 requires more frequent charging.

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

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

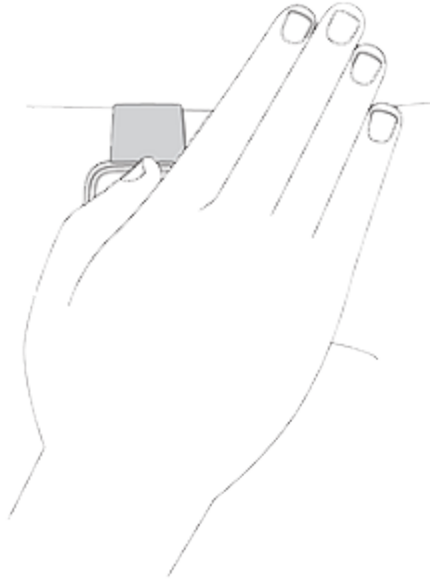
Always-on display automatically turns off when your watch’s battery is critically low.

For more information, see [the related help article](#).

## Turn off the screen

To turn off your watch’s screen when not in use, briefly cover the watch face with your opposite hand, press the button, or turn your wrist away from your body.

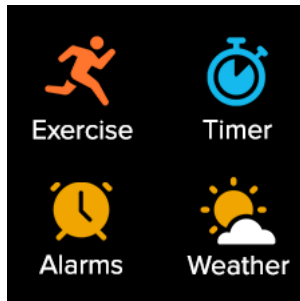




Note that if you turn on the always-on display setting, the screen won't turn off.




# Apps and Clock Faces

The [Fitbit Gallery](#) offers apps and clock faces to personalize your watch and meet a variety of health, fitness, timekeeping, and everyday needs.








## Change the clock face

The Fitbit Gallery offers a variety of clock faces to personalize your watch.

1. From the Today tab  in the Fitbit app, tap your profile picture  Versa 2 tile.
2. Tap **Gallery**  **Clocks** tab.
3. Browse the available clock faces. Tap a clock face to see a detailed view.
4. Tap **Install** to add the clock face to Versa 2.

Save up to 5 clock faces to switch between them:

- When you select a new clock face, it's automatically saved unless you already have 5 saved clock faces.
- To see your saved clock faces from your watch, open the Clocks app  and swipe to find the clock face you want to use. Tap to select it.
- To see your saved clock faces in the Fitbit app, tap the Today tab   your profile picture  your device image  **Gallery**. See your saved clock faces in My Clock Faces.

- To remove a clock face, tap the clock face ➤ **Remove clock face**.
- To switch to a saved clock face, tap the clock face ➤ **Select**.


## Open apps

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

## Organize apps

To change the placement of an app on Versa 2, press and hold an app until it's selected, and drag it to a new location. The app is selected when the icon increases slightly in size and the watch vibrates.


## Download additional apps

1. From the Today tab  in the Fitbit app, tap your profile picture ➤ Versa 2 tile.
2. Tap **Gallery** ➤ **Apps** tab.
3. Browse the available apps. When you find one you want to install, tap it.
4. Tap **Install** to add the app to Versa 2.

For more information, see [the related help article](#).

## Remove apps


You can remove most apps installed on Versa 2:

1. From the Today tab  in the Fitbit app, tap your profile picture ➤ Versa 2 tile.
2. Tap **Gallery**.
3. Tap the app you want to remove. You might need to swipe up to find it.
4. Tap **Uninstall**.

## Update apps

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

You can also manually update apps:


1. From the Today tab  in the Fitbit app, tap your profile picture > Versa 2 tile.
2. Tap **Gallery**. Find the app you want to update. You might need to swipe up to find it.
3. Tap the **Update** button next to the app.

# Voice Assistant


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


## Set up Amazon Alexa Built-in

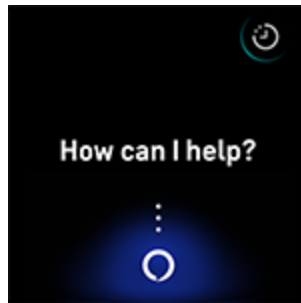
1. From the Today tab  in the Fitbit app, tap your profile picture ➤ Versa 2 tile.
2. Tap **Amazon Alexa** ➤ **Sign in with Amazon**.
3. Tap **Get Started**.
4. Log in to your Amazon account or create one if necessary.
5. Follow the on-screen instructions and read about what Alexa can do, and tap **Close** to return to your device settings in the Fitbit app.

To change the language Alexa recognizes:

1. From the Today tab  in the Fitbit app, tap your profile picture ➤ Versa 2 tile.
2. Tap **Amazon Alexa**.
3. Tap the current language to change it, or tap **Logout** to stop using Alexa on your watch.

## Interact with your voice assistant

1. Open the Alexa app  on your watch. Note that the Fitbit app must be running in the background on your phone.
2. Say your request.



You don't need to say "Alexa" before speaking your request. For example:

- Set a timer for 10 minutes.
- Set an alarm for 8:00 a.m.
- What's the temperature outside?
- Remind me to make dinner at 6:00 p.m.
- How much protein is in an egg?
- Ask Fitbit to start a run.\*
- Start a bike ride with Fitbit.\*

\*To ask Alexa to open the Exercise app on your watch, you must first set up the Fitbit skill for Alexa. For more information, see [the related help article](#). These commands are currently available in English, German, French, Italian, Spanish, and Japanese.




Amazon Alexa isn't available in all countries. For more information, see [fitbit.com/voice](https://fitbit.com/voice).



Note that saying "Alexa" doesn't activate the voice assistant on your watch—you must open the voice assistant app on your watch before the microphone turns on. The microphone turns off when you close your voice assistant, or when your watch's screen turns off.

For added functionality, install the Amazon Alexa app on your phone. With the app, your watch can access additional Alexa skills. Note that not all skills work with Versa 2, as they must be able to display feedback as text on the watch's screen. Versa 2 doesn't have a speaker, so you won't hear Alexa respond.

For more information, see [the related help article](#).

## Check Alexa alarms, reminders, and timers

1. Open the Alexa app  on your watch.
2. Tap the alerts icon  and swipe left or right to navigate between alarms, reminders, and timers.
3. Tap an alarm to turn it on or off. To adjust or cancel a reminder or timer, tap the Alexa icon  and say your request.

Note that Alexa's alarms and timers are separate from those you set in the Alarms app  or Timer app .

# Lifestyle

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Use apps to stay connected to what you care about most. See "[Apps and Clock Faces](#)" on [page 26](#) for instructions on how to add and delete apps.

For more information, see [the related help article](#).


## Starbucks

Add your Starbucks card or Starbucks Rewards program number in the Fitbit

Gallery in the Fitbit app, and then use the Starbucks app  to pay from your wrist.


For more information, see [the related help article](#).

## Agenda

Connect your phone's calendar in the Fitbit app to see upcoming calendar events for today and tomorrow in the Agenda app  on your watch.

For more information, see [the related help article](#).

## Weather

See the weather in your current location, as well as 2 additional locations you choose, in the Weather app  on your watch.

To check the weather, open the Weather app to see conditions in your current location. Swipe left to view the weather in other locations you added.


If the weather for your current location doesn't appear, check that you turned on location services for the Fitbit app. If you change locations or don't see updated



data for your current location, sync your watch to see your new location and latest data in the Weather app.

Choose your unit of temperature in the Fitbit app. For more information, see [the related help article](#).

To add or remove a city:

1. From the Today tab  in the Fitbit app, tap your profile picture > Versa 2 tile.
2. Tap **Gallery**.
3. Tap the **Weather** app. You might need to swipe up to find it.
4. Tap **Settings** > **Add city** to add up to 2 additional locations or tap **Edit** > the **X** icon to delete a location. Note that you can't delete your current location.


# Notifications from your phone

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Versa 2 can show call, text, calendar, and app notifications from your phone to keep you informed. Keep your watch within 30 feet of your phone to receive notifications.

## Set up notifications

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

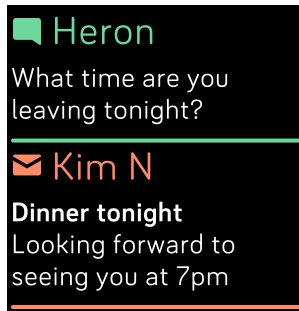
1. From the Today tab  in the Fitbit app, tap your profile picture > Versa 2 tile.
2. Tap **Notifications**.
3. Follow the on-screen instructions to pair your watch if you haven't already. Call, text, and calendar notifications are turned on automatically.
4. To turn on notifications from apps installed on your phone, including Fitbit and WhatsApp, tap **App Notifications** and turn on the notifications you want to see.

Note that if you have an iPhone, Versa 2 shows notifications from all calendars synced to the Calendar app. If you have an Android phone, Versa 2 shows calendar notifications from the calendar app you chose during setup.

For more information, see [the related help article](#).

## See incoming notifications

A notification causes your watch to vibrate. If you don't read the notification when it arrives, you can check it later by swiping down from the top of the screen.



---

If your watch's battery is critically low, notifications won't cause Versa 2 to vibrate or the screen to turn on.

---

## Manage notifications

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


To manage notifications:

- Swipe down from the top of the screen to see your notifications and tap any notification to expand it.
- To delete a notification, tap to expand it, then swipe to the bottom and tap **Clear**.
- To delete all notifications at once, swipe to the top of your notifications and tap **Clear All**.

## Turn off notifications



Turn off certain notifications in the Fitbit app, or turn off all notifications in quick settings on Versa 2. When you turn off all notifications, your watch won't vibrate and the screen won't turn on when your phone receives a notification.

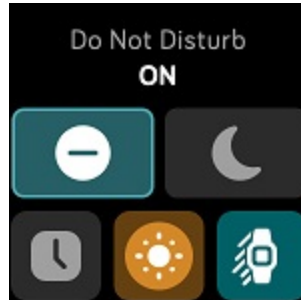
To turn off certain notifications:

1. From the Today tab  in the Fitbit app on your phone, tap your profile picture > Versa 2 tile > **Notifications**.

2. Turn off the notifications you no longer want to receive on your watch.

To turn off all notifications:

1. Swipe down from the top of your screen. After your notifications appear, swipe down again to open the control center. Tap the quick settings icon .
2. Tap the do not disturb icon . All notifications, including goal celebrations and reminders, are turned off.



Note that if you use the do not disturb setting on your phone, you don't receive notifications on your watch until you turn off this setting.

## Answer or reject phone calls

If paired to an iPhone or Android phone, Versa 2 lets you accept or reject incoming phone calls. If your phone is running an older version of the Android OS, you can reject, but not accept, calls on your watch.

To accept a call, tap the green phone icon on your watch's screen. Note that you can't speak into the watch—accepting a phone call answers the call on your nearby phone. 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 (Android phones)

Respond directly to text messages and notifications from certain apps on your watch with preset quick replies or by speaking your reply into Versa 2. Keep your phone nearby with the Fitbit app running in the background to respond to messages from your watch.

To respond to a message:

1. Open the notification you want to respond to.
2. Tap **Reply**. If you don't see an option to reply to the message, replies aren't available for the app that sent the notification.
3. Choose a text reply from the list of quick replies or tap the emoji icon 🗨️ to choose an emoji. Tap **More replies** or **More emojis** to see additional options.
4. To reply to a message with your voice, tap the microphone icon 🎤 and say your message. If the message is correct, tap **Send**, or tap **Retry** to try again. If you notice a mistake after you send the message, tap **Undo** within 3 seconds to cancel the message.
  - To change the language recognized by the microphone, tap the 3 dots icon ⋮ next to Languages and select a different language.

For more information, including how to customize quick replies, see [the related help article](#).

# Timekeeping

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Alarms vibrate to wake or alert you at a time you set. Set up to 8 alarms to occur once or on multiple days of the week. You can also time events with the stopwatch or set a countdown timer.

Note that alarms and timers you set with a voice assistant are separate from the ones you set in the Alarms app and Timer app. For more information, see "[Voice Assistant](#)" on page 29.

## Use the Alarms app

Set one-time or recurring alarms with the Alarms app . When an alarm goes off, your watch vibrates.

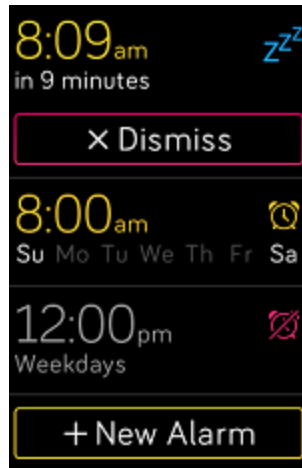
When setting an alarm, turn on Smart Wake to allow your watch to find the best time to wake you starting 30 minutes before the alarm time you set. It avoids waking you during deep sleep so you're more likely to wake up feeling refreshed. If Smart Wake can't find the best time to wake you, your alarm alerts you at the set time.

For more information, see [the related help article](#).


## Dismiss or snooze an alarm

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

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



## Use the Timer app

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

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

For more information, see [the related help article](#).

## Activity and Wellness

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

### See your stats

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

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



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

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

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

## Track a daily activity goal

Versa 2 tracks your progress toward a daily activity goal of your choice. When you reach your goal, your watch vibrates and shows a celebration.

### Choose a goal

Set a goal to help you get started on your health and fitness journey. To begin, your goal is to take 10,000 steps per day. Choose to change the number of steps, or pick a different activity goal depending on your device.

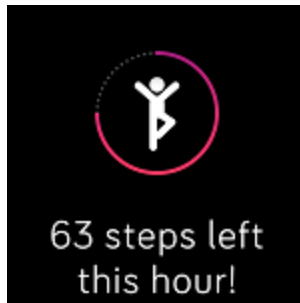
For more information, see [the related help article](#).

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

## Track your hourly activity

Versa 2 helps you stay active throughout the day by keeping track of when you're stationary and reminding you to move.

Reminders nudge you to walk at least 250 steps each hour. You feel a vibration and see a reminder on your screen at 10 minutes before the hour if you haven't walked 250 steps. When you meet the 250-step goal after receiving the reminder, you feel a second vibration and see a congratulatory message.



For more information, see [the related help article](#).

## Track your sleep

Wear Versa 2 to bed to automatically track basic stats about your sleep, including your time asleep, sleep stages (time spent in REM, light sleep, and deep sleep), and sleep score (the quality of your sleep).

Versa 2 also tracks your estimated oxygen variation throughout the night to help you uncover potential breathing disturbances.

To see your sleep stats, sync your watch when you wake up and check the Fitbit app, or swipe up from the clock face on your watch.

For more information, see [the related help article](#).

## Set a sleep goal

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

For more information, see [the related help article](#).

## Learn about your sleep habits

With a Fitbit Premium subscription, see more details about your sleep score and how you compare to your peers, which can help you build a better sleep routine and wake up feeling refreshed.

For more information, see [the related help article](#).


## See your heart rate



Versa 2 tracks your heart rate throughout the day. Swipe up from the clock face to see your real-time heart rate and your resting heart rate. For more information, see ["See your stats" on page 40](#). Certain clock faces show your real-time heart rate on the clock screen.

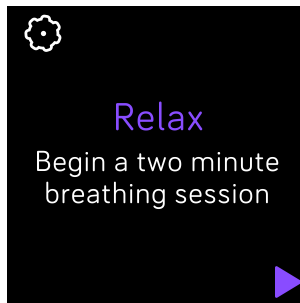
During a workout, Versa 2 shows your heart-rate zone to help you target the training intensity of your choice.

For more information, see ["Check your heart rate" on page 50](#).

## Practice guided breathing

The Relax app  on Versa 2 provides personalized guided breathing sessions to help you find moments of calm throughout the day. All notifications are automatically disabled during the session.

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



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

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

For more information, see [the related help article](#).

## Check your stress management score

Based on your heart rate, exercise, and sleep data, your stress management score helps you see if your body is showing signs of stress on a daily basis. The score ranges from 1 to 100, where a higher number means your body is showing fewer signs of physical stress. To see your daily stress management score, wear your watch to sleep, and open the Fitbit app on your phone the next morning. From the

Today tab , tap the Stress Management tile.

Log how you feel throughout the day to get a clearer picture of how your mind and body respond to stress. With a Fitbit Premium subscription, see details about your score breakdown.

For more information, see [the related help article](#).

## Advanced health metrics

Know your body better with health metrics in the Fitbit app. This feature helps you view key metrics tracked by your Fitbit device over time so that you can see trends and assess what's changed.

Metrics include:

- Oxygen saturation (SpO2)
- Skin temperature variation
- Heart-rate variability
- Resting heart rate
- Breathing rate

Note: This feature is not intended to diagnose or treat any medical condition and should not be relied on for any medical purposes. It is intended to provide information that can help you manage your well-being. If you have any concerns about your health, please talk to a healthcare provider. If you believe you are experiencing a medical emergency, call emergency services.




For more information, see [the related help article](#).



## Exercise and Heart Health

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Automatically track exercise or track activity with the Exercise app to see real-time stats and a post-workout summary.

Check the Fitbit app to share your activity with friends and family, see how your overall fitness level compares to your peers, and more.



During a workout, you can play music through the Music app , Pandora app , or Deezer app  on your watch, control music playing in Spotify using the Spotify

- Connect & Control app , or control music playing on your phone. To play music stored on your watch, open the app and choose the music you want to listen to. Then go back to the Exercise app and start a workout. To control music playing while you exercise, swipe down from the top of your screen. After your notifications appear, swipe down again to open the control center. Tap the music controls icon . Note that you need to pair a Bluetooth audio device, such as headphones or a speaker, to Versa 2 to hear music stored on your watch.

For more information, see ["Music and Podcasts" on page 55](#).


## Track your exercise automatically

Versa 2 automatically recognizes and records many high-movement activities which are at least 15 minutes long. See basic stats about your activity in the Fitbit

app on your phone. From the Today tab , tap the Exercise tile .

For more information, see [the related help article](#).

## Track and analyze exercise with the Exercise app

Track specific exercises with the Exercise app  on Versa 2 to see real-time stats, including heart-rate data, calories burned, elapsed time, and a post-workout summary on your wrist. For complete workout stats, and a workout intensity map if you used GPS, tap the Exercise tile in the Fitbit app.



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




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### GPS requirements

Connected GPS is available for all supported phones with GPS sensors. For more information, see [the related help article](#).

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

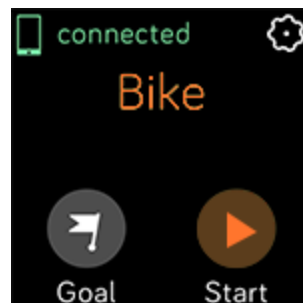
To track an exercise:

1. On Versa 2, open the Exercise app  and swipe to find an exercise. You can also ask Alexa to open the Exercise app or start tracking a workout. For more information, see ["Interact with your voice assistant" on page 29](#).
2. Tap the exercise to choose it. To see additional exercise types, tap **More** at the bottom.
3. Tap the play icon  to begin the exercise, or tap the flag icon  to choose a time, distance, or calorie goal depending on the activity.

4. When you're done with your workout or want to pause, tap the pause icon .
5. Tap the play icon to resume your workout, or tap the flag icon  to finish.
6. When prompted, confirm you want to end the workout. Your workout summary appears.
7. Tap **Done** to close the summary screen.

Notes:

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






## Customize your exercise settings and shortcuts




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



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

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

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

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


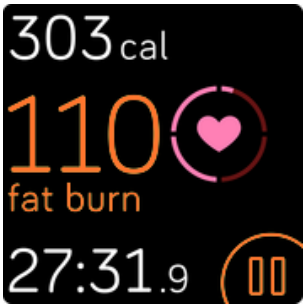
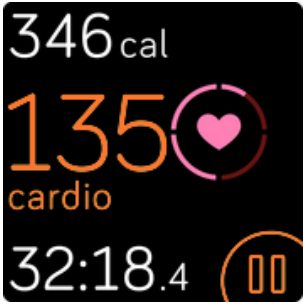

## Check your workout summary

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

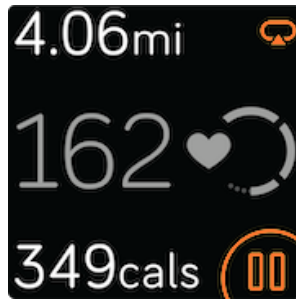
Check the Exercise tile in the Fitbit app to see additional stats and a workout intensity map if you used GPS.

## Check your heart rate

Versa 2 personalizes your heart-rate zones using your heart rate reserve, which is the difference between your maximum heart rate and your resting heart rate. To help you target the training intensity of your choice, check your heart rate and heart-rate zone on your watch during exercise. Versa 2 notifies you when you enter a heart-rate zone.

Icon	Zone	Calculation	Description
	Below Zone	Below 40% of your heart rate reserve	Below the fat burn zone, your heart beats at a slower pace.
	Fat Burn Zone	Between 40% and 59% of your heart rate reserve	In the fat burn zone, you're likely in a moderate activity such as a brisk walk. Your heart rate and breathing might be elevated, but you can still carry on a conversation.
	Cardio Zone	Between 60% and 84% of your heart rate reserve	In the cardio zone, you're likely doing a vigorous activity such as running or spinning.
	Peak Zone	Greater than 85% of your heart rate reserve	In the peak zone, you're likely doing a short, intense activity that improves performance and speed, such as sprinting or high-intensity interval training.

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



## Custom heart-rate zones


Instead of using these heart-rate zones, you can create a custom zone in the Fitbit app to target a specific heart-rate range.



For more information, see [the related help article](#).

## Earn Active Zone Minutes

Earn Active Zone Minutes for time spent in the fat burn, cardio, or peak heart-rate zones. To help you maximize your time, you earn 2 Active Zone Minutes for each minute you're in the cardio or peak zones.

1 minute in the fat burn zone = 1 Active Zone Minute  
1 minute in the cardio or peak zones = 2 Active Zone Minutes

To receive a notification when you enter a heart-rate zone when using the Exercise app  :

1. On your watch, open the Exercise app .
2. Tap the exercise you want to track.
3. Tap the gear icon  in the top right.
4. Turn **Zone Notifications** on.

A few moments after you enter a different heart-rate zone during your exercise, your watch buzzes so that you know how hard you're working. The number of times your watch vibrates indicates which zone you're in:



Light buzz = below zone  
1 buzz = fat burn zone  
2 buzzes = cardio zone  
3 buzzes = peak zone

To start, your weekly goal is set to 150 Active Zone Minutes. You'll receive notifications as you reach your goal.

## Check your daily readiness score

Understand what's best for your body with the daily readiness score, available with a Fitbit Premium subscription. Check the Fitbit app each morning to see your score, ranging from 1 to 100, based on your activity, sleep, and heart rate variability. A high score means you're ready to exercise, while a low score suggests you should focus on recovery.

When you check your score, you also see a breakdown of what impacted your score, a personalized activity goal for the day, and recommended workouts or recovery sessions.

To see your daily readiness score, wear your tracker to sleep, and open the Fitbit app on your phone the next morning. From the Today tab , tap the Readiness tile .

For more information, see the [related help article](#).

## Share your activity

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

For more information, see [the related help article](#).

## View your cardio fitness score

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

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

For more information, see [the related help article](#).

# Music and Podcasts


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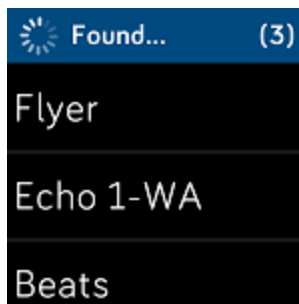
Store your favorite playlists on Versa 2, and listen to music and podcasts with Bluetooth headphones or speakers without needing your phone.

## Connect Bluetooth headphones or speakers

Connect up to 8 Bluetooth audio devices to listen to music from your watch.


To pair a new Bluetooth audio device:

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




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

To listen to music with a different Bluetooth device:

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

For more information, see [the related help article](#).

## Listen to personal music and podcasts



With the Music app  on Versa 2, you can store several hours worth of your favorite songs and podcasts to play right from your wrist. To download playlists to your watch, you need a computer that can connect to the same Wi-Fi connection as your watch, and the free Fitbit Connect app. Keep in mind you can only transfer files that you own or that don't require a license. Songs from music subscription services are not supported for download to the Music app. For information on supported subscription services, see "[Listen to music with the Deezer app](#)" on page 58 and "[Listen to music with the Pandora app \(United States only\)](#)" on the facing page.

For instructions, see [the related help article](#).


## Control music with Versa 2

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

To choose the music source:


1. Swipe down from the top of your screen. After your notifications appear, swipe down again to open the control center. Tap the music controls icon .
2. Tap the 3 dots  icon.
3. Tap the phone or watch icon to switch the source.

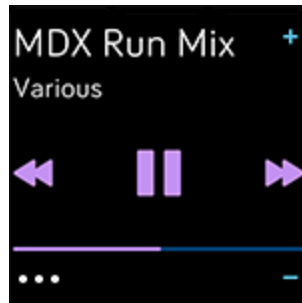
If you have an Android phone, turn on Bluetooth Classic to control music on your phone:

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


To control music:



1. While music is playing, swipe down from the top of your screen. After your notifications appear, swipe down again to open the control center. Tap the music controls icon  .
2. Play, pause, or tap the arrow icons to skip to the next track or previous track. Tap the + and - icons to control the volume.




## Control music with the Spotify - Connect & Control app

Use the Spotify app  on Versa 2 to control Spotify on your phone, computer, or other Spotify Connect device. Navigate between playlists, like songs, and switch between devices from your watch. Note that at this time, the Spotify app only controls music playing on your paired device, so your device must remain nearby and connected to the internet. You need a Spotify Premium subscription to use this app. For more information about Spotify Premium, see [spotify.com](https://spotify.com).


For instructions, see [the related help article](#).

## Listen to music with the Pandora app (United States only)

With the Pandora app  on Versa 2, download up to 3 of your most-played Pandora stations or popular curated Workout stations directly to your watch. Note that you need a paid subscription to Pandora and a Wi-Fi connection to download stations. For more information about Pandora subscriptions, see [help.pandora.com](https://help.pandora.com).

For instructions, see [the related help article](#).

## Listen to music with the Deezer app

With the Deezer app  on Versa 2, download your Deezer playlists and Flow directly to your watch. Note that you need a paid subscription to Deezer and a Wi-Fi connection to download music. For more information about Deezer subscriptions, see [support.deezer.com](https://support.deezer.com).

For instructions, see [the related help article](#).

# Fitbit Pay

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Versa 2 includes a built-in NFC chip, which lets you use your credit and debit cards on your watch.


## Use credit and debit cards

Set up Fitbit Pay in the Wallet section of the Fitbit app, and use your watch to make purchases in stores that accept contactless payments.

We're always adding new locations and card issuers to our list of partners. To see if your payment card works with Fitbit Pay, see [fitbit.com/fitbit-pay/banks](https://fitbit.com/fitbit-pay/banks).

## Set up Fitbit Pay

To use Fitbit Pay, add at least 1 credit or debit card from a participating bank to the Wallet section of the Fitbit app. The Wallet is where you add and remove payment cards, set a default card for your watch, edit a payment method, and review recent purchases.

1. From the Today tab  in the Fitbit app, tap your profile picture ➤ Versa 2 tile.
2. Tap the **Wallet** tile.
3. Follow the on-screen instructions to add a payment card. In some cases, your bank might require additional verification. If you're adding a card for the first time, you might be prompted to set a 4-digit PIN code for your watch. Note that you also need passcode protection enabled for your phone.
4. After you add a card, follow the on-screen instructions to turn on notifications for your phone (if you haven't already done so) to complete the setup.


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

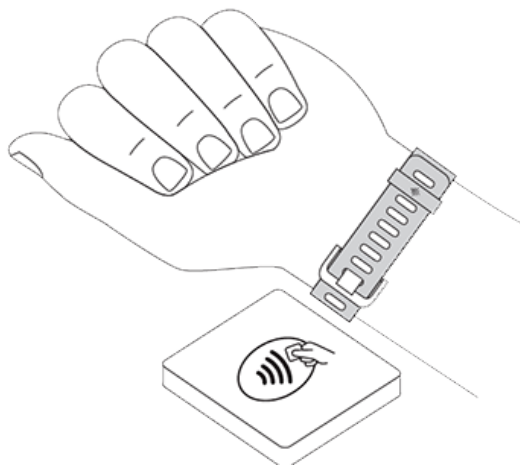
## Make purchases

Make purchases using Fitbit Pay at any store that accepts contactless payments. To determine if the store accepts Fitbit Pay, look for the symbol below on the payment terminal:



*All customers except those in Australia:*

1. Activate Fitbit Pay.
  - If you chose Fitbit Pay as your button shortcut, hold the button on your watch for 2 seconds.
  - If you chose a different button shortcut, swipe down from the top of your screen. After your notifications appear, swipe down again to open the control center. Tap the Fitbit Pay icon  if you chose a different button shortcut.
2. If prompted, enter your 4-digit watch PIN code. Your default card appears on the screen.
3. To pay with your default card, hold your wrist near the payment terminal. To pay with a different card, swipe to find the card you want to use, and hold your wrist near the payment terminal.



#### *Customers in Australia:*

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

When the payment succeeds, your watch vibrates and you see a confirmation on the screen.

If the payment terminal doesn't recognize Fitbit Pay, make sure the watch face is near the reader and that the cashier knows you're using a contactless payment.



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For added security, you must wear Versa 2 on your wrist to use Fitbit Pay.

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For more information, see [the related help article](#).

### Change your default card

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

2. Tap the **Wallet** tile.
3. Find the card you want to set as the default option.
4. Tap **Set as Default on Versa 2**.

## Pay for transit

Use Fitbit Pay to tap on and off at transit readers that accept contactless credit or debit card payments. To pay with your watch, follow the steps listed in ["Use credit and debit cards" on page 59](#).

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Pay with the same card on your Fitbit watch when you tap the transit reader at the start and end of your trip. Make sure your device is charged before beginning your trip.

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# Update, Restart, and Erase

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Some troubleshooting steps may require you to restart your watch, while erasing it is useful if you want to give Versa 2 to another person. Update your watch to receive new Fitbit OS updates.

## Update Versa 2

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

When an update is available, a notification appears in the Fitbit app. After you start the update, follow the progress bars on Versa 2 and in the Fitbit app until the update is complete. Keep your watch and phone close to each other during the update.

---

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

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For more information, see [the related help article](#).

## Restart Versa 2

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

Restarting your watch doesn't delete any data.

---

Versa 2 has small holes on the device for the altimeter and microphone. Don't attempt to restart your device by inserting any items, such as paper clips, into these holes as you can damage Versa 2.

---

## Shutdown Versa 2

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

To turn on your watch, press the button.

For information about how to store Versa 2 long term, see [the related help article](#).

## Erase Versa 2

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

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



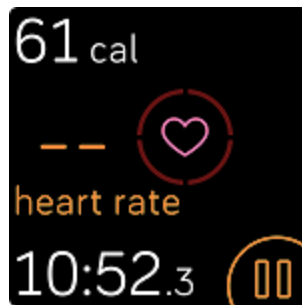
# Troubleshooting


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If Versa 2 isn't working properly, see our troubleshooting steps below.

## Heart-rate signal missing

Versa 2 continuously tracks your heart rate while you're exercising and throughout the day. If the heart-rate sensor on your watch has difficulty detecting a signal, dashed lines appear.

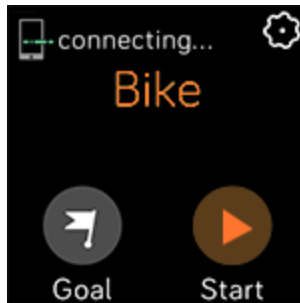


If your watch doesn't detect a heart-rate signal, first make sure heart-rate tracking is turned on in the Settings app  on your watch. Next, make sure you're wearing your watch correctly, either by moving it higher or lower on your wrist or by tightening or loosening the band. Versa 2 should be in contact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

For more information, see [the related help article](#).

## GPS signal missing





Environmental factors, including tall buildings, dense forest, steep hills, and thick cloud cover, can interfere with your phone's ability to connect to GPS satellites. If your phone is searching for a GPS signal during an exercise, **connecting** appears at the top of the screen.



For best results, wait for your phone to find the signal before you start your workout.

## Can't connect to Wi-Fi

If Versa 2 can't connect to Wi-Fi, you might have entered an incorrect password, or the password might have changed:

1. From the Today tab  in the Fitbit app, tap your profile picture  Versa 2 tile.
2. Tap **Wi-Fi Settings**  **Next**.
3. Tap the network you want to use  **Remove**.
4. Tap **Add Network** and follow the on-screen instructions to reconnect the Wi-Fi network.

To check if your Wi-Fi network is working correctly, connect another device to your network; if it connects successfully, try again to connect your watch.

If Versa 2 still won't connect to Wi-Fi, make sure that you're attempting to connect your watch to a compatible network. For best results, use your home Wi-Fi network. Versa 2 can't connect to 5GHz Wi-Fi, WPA enterprise, or public networks that require logins, subscriptions, or profiles. For a list of compatible network types, see ["Connect to Wi-Fi" on page 10](#).

After you verify the network is compatible, restart your watch and try connecting to Wi-Fi again. If you see other networks appear in the list of available networks, but not your preferred network, move your watch closer to your router.

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

For more information, see [the related help article](#).

## Other issues

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

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

For instructions, see ["Restart Versa 2" on page 63](#).

# General Info and Specifications

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## Sensors and Components

Fitbit Versa 2 contains the following sensors and motors:

- 3-axis accelerometer, which tracks motion patterns
- Altimeter, which tracks altitude changes
- Optical heart-rate tracker
- Ambient light sensor
- Microphone
- Vibration motor

## Materials

The housing and buckle on Versa 2 are made of anodized aluminum. While anodized aluminum can contain traces of nickel, which can cause an allergic reaction in someone with nickel sensitivity, the amount of nickel in all Fitbit products meets the European Union's stringent Nickel Directive.

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

## Wireless technology

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

## Haptic feedback

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

## Battery

Versa 2 contains a rechargeable lithium-polymer battery.

## Memory

Versa 2 stores your data, including daily stats, sleep information, and exercise history, for 7 days. See your historical data in the Fitbit app.

## Display

Versa 2 has a color AMOLED display.

## Band size

Band sizes are shown below. Note that accessory bands sold separately may vary slightly.

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

## Environmental conditions

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

## Learn more

To learn more about your watch, how to track your progress in the Fitbit app, and how to build healthy habits with Fitbit Premium, visit [help.fitbit.com](https://help.fitbit.com).

## Return policy and warranty

Find warranty information and the fitbit.com return policy on [our website](#).

# Regulatory and Safety Notices

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

**Settings > About > Regulatory Info**

## USA: Federal Communications Commission (FCC) statement

Model FB507:

FCC ID: XRAFB507

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

**Settings > About > Regulatory Info**

### Supplier's Declaration of Conformity

**Unique Identifier:** FB507

#### Responsible Party – U.S. Contact Information

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

#### FCC Compliance Statement (for products subject to Part 15)

This device complies with Part 15 of the FCC Rules.

Operation is subject to the following two conditions:

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

#### FCC Warning

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

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

## Canada: Industry Canada (IC) statement

Model/Modèle FB507

IC: 8542A-FB507

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

**Settings > About > Regulatory Info**



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

**Paramètres > À propos > Informations réglementaires**

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

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

IC Notice to Users English/French in accordance with current issue of RSS GEN:

This device complies with Industry Canada license exempt RSS standard(s).

Operation is subject to the following two conditions:

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

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

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

## European Union (EU)

### Frequency Bands and Power

Data given here is the maximum radio-frequency power transmitted in the frequency band(s) in which the radio equipment operates.

WiFi 2400-2483.5 MHz < 20 dBm EIRP

Bluetooth 2400-2483.5 MHz < 20 dBm EIRP

NFC 13.56 MHz < 42 dBuA/m at 10m

Specific Absorption Rate (SAR) value for FB507: direct contact with limb, 0.1 W/kg;

direct contact with torso, 0.1 W/kg; center-to-head at 10mm separation, 0.385 W/kg

### **Simplified EU Declaration of Conformity**

Hereby, Fitbit LLC declares that the radio equipment type Model FB507 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: [www.fitbit.com/safety](http://www.fitbit.com/safety)

### **Vereinfachte EU-Konformitätserklärung**

Fitbit LLC erklärt hiermit, dass die Funkgerätypen Modell FB507 die Richtlinie 2014/53/EU erfüllen. Der vollständige Wortlaut der EU-Konformitätserklärungen kann unter folgender Internetadresse abgerufen werden: [www.fitbit.com/safety](http://www.fitbit.com/safety)

### **Declaración UE de Conformidad simplificada**

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

### **Déclaration UE de conformité simplifiée**

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

### **Dichiarazione di conformità UE semplificata**

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



## IP Rating

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

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

## Argentina



## Australia and New Zealand



## Belarus



Customs Union



China

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

Settings > About > Regulatory Info

## China RoHS

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

本表格依据 SJ/T 11364 的规定编制

○ = 表示该有害物质在该部件所有均质材料中的含量均在 GB/T 26572规定的限量要求以下 (indicates that the content of the toxic and hazardous substance in all the Homogeneous Materials of the part is below the concentration limit requirement as described in GB/T 26572).

X = 表示该有害物质至少在该部件的某一均质材料中的含量超出 GB/T 26572规定的限量要求 (indicates that the content of the toxic and hazardous substance in at least one Homogeneous Material of the part exceeds the concentration limit requirement as described in GB/T 26572).



CMIIT ID 2019DJ7444

Frequency band: 2400-2483.5 MHz NFC: 13.56MHz  
Transmitted power: Max EIRP, 15.4dBm  
Occupied bandwidth: BLE: 2MHz, BT: 1MHz, NFC: 2.3 kHz, WiFi: 20MHz  
Modulation system: BLE: GFSK, BT: GFSK/QPSK/8PSK, NFC: ASK, WiFi:  
DSSS/OFDM  
CMIIT ID displayed: On packaging

## India

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

Settings > About > Regulatory Info

## Indonesia

62652/SDPPI/2019  
3788

## Israel

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

## Japan

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

Settings > About > Regulatory Info



® 201-190454

## Mexico



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

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

## Morocco



AGREE PAR L'ANRT MAROC

Numéro d'agrément: MR 20768 ANRT 2019

Date d'agrément: 29/08/2019

## Nigeria

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

Oman

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

Pakistan

TAC No: 9.9585/2019



Model: FB507

Serial No: Refer to retail box

Year of Manufacture: 2019

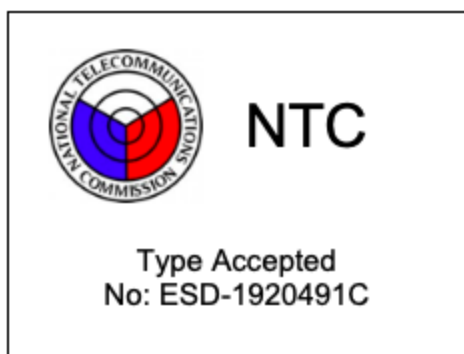
Paraguay



NR: 2022-01-I-0058



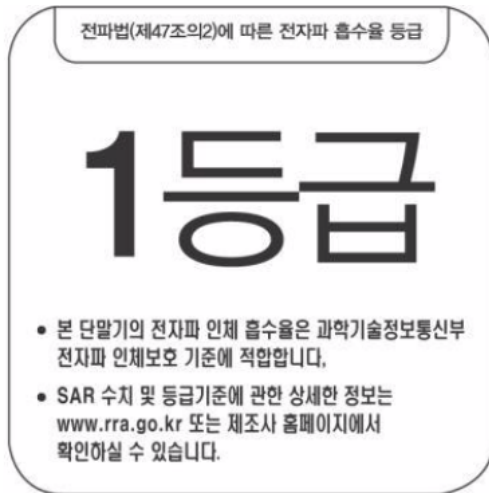
Philippines



Serbia



## South Korea



본 제품의 전자파흡수율은 과학기술정보통신부의「전자파 인체보호기준」을 만족합니다.

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

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

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

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

Translation:

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

# Taiwan

注意！

依據 低功率電波輻射性電機管理辦法

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

第十四條

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

前項合法通信，指依電信法規定作業之無線電通信。

低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

Translation:

Article 12

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

Article 14

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

使用過度恐傷害視力」

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

Translation:

“Excessive use may cause damage to vision”

Rest for 10 minutes after every 30 minutes.

Children under 2 years old should stay away from this product. Children 2 years old or more should not see the screen for more than 1 hour.

電池警語：

此裝置使用鋰電池。

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

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

Translation:

Battery warning:

This device uses a lithium-ion battery.

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

- Do not disassemble, puncture or damage the device or battery.
- Do not remove or try to remove the battery that the user cannot 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）：FB507 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 <sup>+6</sup> )	多溴聯苯Polybrominated biphenyls (PBB)	多溴二苯醚Polybrominated diphenyl ethers (PBDE)
錶帶和錶扣	○	○	○	○	○	○
電子	-	○	○	○	○	○
電池	○	○	○	○	○	○
充電線	○	○	○	○	○	○
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.						

設備名稱：無線活動追蹤器 Part Name: Wireless Activity Tracker		限用物質及其化學符號 Restricted Substances and its chemical symbols				
Model FB421	鉛 (Pb)	汞 (Hg)	鎘 (Cd)	六價鉻 (Cr <sup>+6</sup> )	多溴聯苯 (PBB)	多溴二苯醚 (PBDE)
錶帶和錶扣 (Strap and Buckle)	○	○	○	○	○	○
電子 (Electronics)	--	○	○	○	○	○
外殼 (Housing)	○	○	○	○	○	○
充電線 (Charging Cable)	○	○	○	○	○	○
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 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。 備考3. “—” 係指該項限用物質為排除項目。						

## United Arab Emirates

TRA Registered No: ER73716/19

Dealer No: DA35294/14

Model: FB507

Type: Smartwatch

## United Kingdom

### Simplified UK Declaration of Conformity

Hereby, Fitbit LLC declares that the radio equipment type Model FB507 is in compliance with Radio Equipment Regulations 2017. The full text of the UK

declaration of conformity is available at the following internet address:  
[www.fitbit.com/legal/safety-instructions](http://www.fitbit.com/legal/safety-instructions)



Vietnam



Zambia



ZMB / ZICTA / TA / 2019 / 8 / 21

## Safety Statement

This equipment has been tested to comply with safety certification in accordance with the specifications of EN Standard: EN60950-1:2006 + A11:2009 + A1:2010 + A12:2011 + A2:2013 & EN62368-1:2014 + A11:2017.

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