APPROACH® S62

Owner's Manual

Table of Contents

Introduction

> ⚠ **WARNING**
>
> See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Device Overview

① **Touchscreen**: Swipe or tap.

② **Action button**: Press to start a round of golf.

Press to start an activity or app.

③ ☰ **Menu button**: Press to turn the device on.

Press to view the controls menu and watch settings.

Press and hold to turn the device off.

④ ↰ **Back button**: Press to return to the previous screen.

Getting Started

When using your watch the first time, you should complete these tasks to set it up and get to know the basic features.

1 Press **Menu** to turn on the watch (*Device Overview*, page 1).
2 Answer the device prompts about your preferred language, units of measure, and driver distance.
3 Pair your smartphone (*Pairing Your Smartphone*, page 1).

 Pairing your smartphone gives you access to the virtual caddie, current wind data, scorecard syncing, and more.
4 Charge the device completely so that you have enough charge for a round of golf (*Charging the Device*, page 1).

Using the Watch Features

- From the watch face, swipe up to scroll through the widget loop.

 Your watch comes preloaded with widgets that provide at-a-glance information. More widgets are available when you pair your watch with a smartphone.
- From the watch face, press the action button, and select 🔀 to start an activity or open an app.
- Press **Menu**, and select **Settings** to adjust settings, customize the watch face, and pair wireless sensors.

Pairing Your Smartphone

To use the connected features of the Approach S62 device, it must be paired directly through the Garmin Golf™ app, instead of from the Bluetooth® settings on your smartphone.

1 From the app store on your smartphone, install and open the Garmin Golf app.
2 Select an option to enable pairing mode on your device:
 - During the initial setup, select ✔ when you are prompted to pair with your smartphone.
 - If you previously skipped the pairing process or paired your device with a different smartphone, press **Menu**, and select **Settings** > **Pair Phone**.

3 From the ☰ or ••• menu in the app, select **Garmin Devices** > **Add Device**, and follow the instructions in the app to complete the pairing process.

Charging the Device

> ⚠ **WARNING**
>
> This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

> *NOTICE*
>
> To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions in the appendix.

1 Plug the small end of the USB cable into the charging port on your device.

2 Plug the large end of the USB cable into a USB charging port.
3 Charge the device completely.

Product Updates

On your computer, install Garmin Express™ (www.garmin.com/express). On your smartphone, install the Garmin Connect™ app.

This provides easy access to these services for Garmin® devices:

- Software updates
- Course updates
- Data uploads to Garmin Connect
- Product registration

Setting Up Garmin Express

1 Connect the device to your computer using a USB cable.
2 Go to garmin.com/express.
3 Follow the on-screen instructions.

Garmin Golf App

The Garmin Golf app allows you to upload scorecards from your compatible Garmin device to view detailed statistics and shot analyses. Golfers can compete with each other at different courses using the Garmin Golf app. More than 41,000 courses have leaderboards that anyone can join. You can set up a tournament event and invite players to compete.

The Garmin Golf app syncs your data with your Garmin Connect account. You can download the Garmin Golf app from the app store on your smartphone.

Playing Golf

1 Press the action button.
2 Select **Play Golf**.

The device locates satellites, calculates your location, and selects a course if there is only one course nearby.

3 If the course list appears, select a course from the list.

4 Select ✔ to keep score.

5 Select a tee box.

Hole View

The device shows the current hole you are playing, and automatically transitions when you move to a new hole. If you are not on a hole (for example, at the clubhouse), the device defaults to hole 1. You can manually change the hole.

①: Current hole number.

②: Par for the hole.

③: Map of the hole.

You can tap to view hazards and layups (*Hazards and Layups*, page 2).

④: Driver distance from the tee box.

⑤: Virtual caddie club recommendation (*Virtual Caddie*, page 2).

⑥: Distances to the front, middle, and back of the green.

You can tap to view the PlaysLike distance (*PlaysLike Distance Icons*, page 2).

Golf Menu

During a round, you can press the action button to access additional features in the golf menu.

Move Flag: Allows you to move the pin location to get a more precise distance measurement.

Ask Caddie: Requests a club recommendation from the virtual caddie.

Change Hole: Allows you to manually change the hole.

Scorecard: Opens the scorecard for the round.

PinPointer: Opens a compass that shows the direction to the green.

Wind: Opens a compass that shows the wind direction and speed.

Round Info: Shows your score, statistics, and step information.

Last Shot: Shows the distance of your previous shot recorded with Garmin AutoShot™. You can also manually record a shot.

Save Location: Allows you to save a location, such as an object or obstacle, for the current hole.

Sunrise & Sunset: Shows the sunrise, sunset, and twilight times for the current day.

End Round: Ends the current round.

Hazards and Layups

You can tap the map to view the hazards and layups for the current hole.
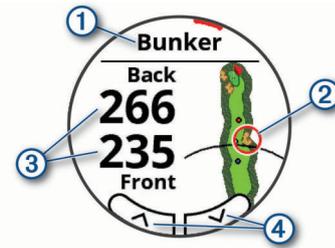
①: The type of hazard or the layup distance.

②: The highlighted location of the hazard or layup.

③: The distance to the layup or to the front and back of the hazard.

④: Arrows you can tap to view other hazards or layups for the hole.

PlaysLike Distance Icons

The PlaysLike distance feature accounts for elevation changes on the course by showing the adjusted distance to the green. During a round, you can tap a distance to the green to view the PlaysLike distance.

▲: Distance plays longer than expected due to a change in elevation.

■: Distance plays as expected.

▼: Distance plays shorter than expected due to a change in elevation.

Virtual Caddie

Before you can use the virtual caddie, you must play five rounds with club tracking enabled and pair your smartphone with the Garmin Golf app. The virtual caddie provides recommendations based on the hole, wind data, and your past performance with each club.

①: The recommended direction to aim.

②: The club recommendation for the shot. You can tap the icon to view more club options.

Viewing the Green

While playing a game, you can take a closer look at the green and move the pin to get a more precise distance measurement.

1 Press the action button.

2 Select **Move Flag**.

3 Tap or drag 🚩 to move the pin location.

The distances on the hole view screen are updated to reflect the new pin location. The pin location is saved for only the current round.

Viewing the Direction to the Pin

The PinPointer feature is a compass that provides directional assistance when you are unable to see the green. This feature can help you line up a shot even if you are in the woods or in a deep sand trap.

NOTE: Do not use the PinPointer feature while in a golf cart. Interference from the golf cart can affect the accuracy of the compass.

1. Press the action button.
2. Select **PinPointer**.

The arrow points to the pin location.

Saving a Location

While playing a round, you can save up to four locations on each hole. Saving a location is useful for recording objects or obstacles that are not shown on the map. You can view the distance to these locations from the hazards and layups screen (*Hazards and Layups*, page 2).

1. Stand in the location you want to save.

   NOTE: You cannot save a location that is far from the currently selected hole.
2. Press the action button.
3. Select **Save Location**.
4. Select a label for the location.

Measuring Distance with Touch Targeting

While playing a game, you can use touch targeting to measure the distance to any point on the map.

1. Double-tap the map.
2. Tap or drag your finger to position the target circle ⊕.

You can view the distance from your current position to the target circle, and from the target circle to the pin location.
3. If necessary, select ╋ or ━ to zoom in or out.

Measuring a Shot with Garmin AutoShot

Each time you take a shot along the fairway, the device records your shot distance so you can view it later (*Viewing Shot History*, page 3). Putts are not detected.

1. While playing golf, wear the device on your leading wrist for better shot detection.

   When the device detects a shot, your distance from the shot location appears in the banner ① at the top of the screen.

   TIP: You can tap the banner to hide it for 10 seconds.
2. Hit your next shot.

   The device records the distance of your last shot.

Keeping Score

1. Press the action button.
2. Select **Scorecard**.

   NOTE: If scoring is not enabled, you can select Start Scoring.
3. Select a hole.
4. Select ━ or ╋ to set the score.

Enabling Statistics Tracking

1. Press **Menu**.
2. Select **Settings** > **Golf Settings** > **Stat Tracking**.

Recording Statistics

Before you can record statistics, you must enable statistics tracking (*Enabling Statistics Tracking*, page 3).

1. From the scorecard, select a hole.
2. Enter the number of strokes taken, and select **Next**.
3. Set the number of putts taken, and select **Next**.
4. If necessary, select an option:

   NOTE: If you are on a par 3 hole or using Approach CT10 sensors, fairway information does not appear.
   - If your ball hit the fairway, select ⬆.
   - If your ball missed the fairway, select ⬅ or ➡.
5. If necessary, enter the number of penalty strokes.

Setting the Scoring Method

You can change the method the device uses to keep score.

1. Press **Menu**.
2. Select **Settings** > **Golf Settings** > **Scoring Method**.
3. Select a scoring method.

About Stableford Scoring

When you select the Stableford scoring method (*Setting the Scoring Method*, page 3), points are awarded based on the number of strokes taken relative to par. At the end of a round, the highest score wins. The device awards points as specified by the United States Golf Association.

The scorecard for a Stableford scored game shows points instead of strokes.

Points	Strokes Taken Relative to Par
0	2 or more over
1	1 over
2	Par
3	1 under
4	2 under
5	3 under

Enabling Handicap Scoring

1. Press **Menu**.
2. Select **Settings** > **Golf Settings** > **Handicap Scoring**.
3. Select an option:
   - Select **Local Handicap** to enter the number of strokes to be subtracted from the player's total score.
   - Select **Index/Slope** to enter the player's Handicap Index® and the course Slope Rating® to calculate a course handicap for the player.

   The number of handicap strokes appear as dots on the hole information screen. The scorecard displays your handicap-adjusted score for the round.

Viewing Shot History

1. After playing a hole, select the action key.
2. Select ⟳ to view information for your last shot.
3. Select ••• to view information about each shot for a hole.
4. Select a shot to view your swing tempo.

Viewing TruSwing™ Metrics During a Round

Before you can use the TruSwing feature on your Approach device, you must confirm your TruSwing device is securely mounted to your club. See the owner's manual for your TruSwing device for more information.

1. Turn on your TruSwing device.
2. Begin playing a round.
3. On your Approach S62 device, select the action key, and select 🏌.

   Your Approach S62 device pairs with the TruSwing device.
4. Select ≡ > **Change Club** to select a club.
5. Hit a shot.

   Swing measurements display on your Approach S62 device after each swing (*TruSwing Metrics*, page 4).
6. Tap the screen to scroll through the recorded swing metrics.

Viewing Your Round Summary

During a round, you can view your score, statistics, and step information.

1. Select the action key.
2. Select ⓘ.
3. Swipe up or down.

Ending a Round

1. Select the action key.
2. Select **End**.
3. Select an option:
   - To view your statistics and round information, tap your score.
   - To save the round and return to watch mode, select **Save**.
   - To edit your scorecard, select **Edit Score**.
   - To discard the round and return to watch mode, select **Discard**.
   - To pause the round and resume it at a later time, select **Pause**.

Swing Tempo

The swing tempo app helps you perform a more consistent swing. The device measures and displays your backswing time and downswing time. The device also displays your swing tempo. Swing tempo is the backswing time divided by the downswing time, expressed in a ratio. A 3 to 1 ratio, or 3.0, is the ideal swing tempo based on studies of professional golfers.

The Ideal Swing Tempo

You can achieve the ideal 3.0 tempo using different swing timings, for example, 0.7 sec./0.23 sec. or 1.2 sec./0.4 sec. Each golfer may have a unique swing tempo based on their ability and experience. Garmin provides six different timings.

The device displays a graph that indicates if your backswing or downswing times are too fast, too slow, or just right for the selected timing.
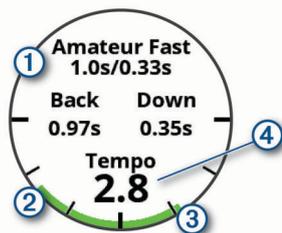
①	Timing choices (backswing to downswing time ratio)
②	Backswing time
③	Downswing time
④	Your tempo

🟩	Good timing
🟦	Too slow
🟥	Too fast

To find your ideal swing timing, you should start with the slowest timing and try it for a few swings. When the tempo graph is consistently green for both your backswing and downswing times, you can move up to the next timing. When you find a timing that is comfortable, you can use it to achieve more consistent swings and performance.

Analyzing Your Swing Tempo

You must hit a ball to view your swing tempo.

1. From the watch face, select the action key.
2. Select ⚃ > **Swing Tempo**.
3. Select ▲ or ▼ to set the tempo timing.
4. Select ≡ > **Club Type**, and select a club type.
5. Complete a full swing, and hit the ball.

   The device displays your swing analysis.

Viewing the Tip Sequence

The first time you use the swing tempo app, the device displays a tip sequence to explain how your swing is analyzed.

1. From the **Swing Tempo** app, select the action key.
2. Tap the screen to view the next tip.

TruSwing

The TruSwing feature allows you to view swing metrics recorded from your TruSwing device. Go to www.garmin.com/golf to purchase a TruSwing device.

TruSwing Metrics

You can view swing metrics on your Approach device, on Garmin Connect, or on the Garmin Connect Mobile app. See the owner's manual for your TruSwing device for more information.

Feature	Description	Requirements
Swing metrics on your Approach device only	The available metrics include your swing tempo, speed, club-path measurements, critical club angles, and more.	The TruSwing device must be paired with the Approach device.
Swing metrics on your Approach device and on the Garmin Connect Mobile app	The available metrics include your swing tempo, speed, club-path measurements, critical club angles, and more.	Both the TruSwing and Approach devices must be paired with the Garmin Connect Mobile app on your smartphone.
Advanced swing metrics with wrist animations	Additional wrist animations, including wrist path data recorded and displayed in 3-D animations on the Garmin Connect Mobile app. The animations illustrate how your wrist travels throughout the swing in relation to the club path.	Both the TruSwing and Approach S62 devices must be paired with the Garmin Connect Mobile app on your smartphone.

Recording and Viewing TruSwing Metrics on Your Device

Before you can use the TruSwing feature on your Approach S62 device, you must confirm your TruSwing device is securely mounted to your club. See the owner's manual for your TruSwing device for more information.

1. Turn on your TruSwing device.

2 On your Approach S62 device, select the action key, and select ⚫⚫ > **TruSwing**.

Your Approach S62 device pairs with the TruSwing device.

3 Select ▤ > **Change Club** to select a club.

4 Hit a shot.

Swing measurements display on your Approach S62 device after each swing.

5 Tap the screen to scroll through the recorded swing metrics.

Changing Handedness

1 From the TruSwing app, select ▤ > **Handedness**.

2 Select an option.

Widgets

Your device comes preloaded with widgets that provide at-a-glance information. Some widgets require a Bluetooth connection to a compatible smartphone.

Some widgets are not visible by default. You can add them to the widget loop manually.

Body Battery™: Displays your current Body Battery level and a graph of your Body Battery levels for the last several hours.

Calendar: Displays upcoming meetings from your smartphone calendar.

Calories: Displays your calorie information for the current day.

Golf: Displays golf information for your last round.

Heart rate: Displays your current heart rate in beats per minute (bpm) and a graph of your heart rate.

Intensity minutes: Tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.

Last sport: Displays a brief summary of your last recorded sport.

Music controls: Provides music player controls for your smartphone.

Notifications: Alerts you to incoming calls, texts, social network updates, and more, based on your smartphone notification settings.

Pulse oximeter: Displays your most recent blood oxygen saturation percentage and a graph of your readings.

Steps: Tracks your daily step count, step goal, and data for previous days.

Stress: Displays your current stress level and a graph of your stress level. You can do a breathing activity to help you relax.

Sunrise and sunset: Displays sunrise, sunset, and civil twilight times.

Weather: Displays the current temperature and weather forecast.

Viewing Widgets

Your device comes preloaded with several widgets, and more features are available when you pair your device with a smartphone.

- From the watch face, swipe up.
- Tap the touchscreen to view additional options and functions for a widget.

Customizing the Widget Loop

1 Select **Menu** > **Settings** > **Widgets**.

2 Select a widget.

3 Select the **Enabled** toggle switch to remove the widget from the widget loop.

4 Select **Add Widgets**.

5 Select a widget.

The widget is added to the widget loop.

Activity Tracking

Auto Goal

Your device creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the device shows your progress toward your daily goal ①.

If you choose not to use the auto goal feature, you can set a personalized step goal on your Garmin Connect account.

Using the Move Alert

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move alert reminds you to keep moving. After one hour of inactivity, Move! and the red bar appear. Additional segments appear after every 15 minutes of inactivity. The device also vibrates if vibration is turned on (*System Settings*, page 12).

Go for a short walk (at least a couple of minutes) to reset the move alert.

Sleep Tracking

While you are sleeping, the device automatically detects your sleep and monitors your movement during your normal sleep hours. You can set your normal sleep hours in the user settings on your Garmin Connect account. Sleep statistics include total hours of sleep, sleep levels, and sleep movement. You can view your sleep statistics on your Garmin Connect account.

NOTE: Naps are not added to your sleep statistics. You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms.

Using Automated Sleep Tracking

1 Wear your device while sleeping.

2 Upload your sleep tracking data to the Garmin Connect site (*Manually Syncing Data with Garmin Connect*, page 8).

You can view your sleep statistics on your Garmin Connect account.

Heart Rate Variability and Stress Level

Your device analyzes your heart rate variability while you are inactive to determine your overall stress. Training, physical activity, sleep, nutrition, and general life stress all impact your stress level. The stress level range is from 0 to 100, where 0 to 25 is a resting state, 26 to 50 is low stress, 51 to 75 is medium stress, and 76 to 100 is a high stress state. Knowing your stress level can help you identify stressful moments throughout your day. For best results, you should wear the device while sleeping.

You can sync your device with your Garmin Connect account to view your all-day stress level, long-term trends, and additional details.

Using the Stress Level Widget

The stress level widget displays your current stress level and a graph of your stress level for the last several hours. It can also guide you through a breathing activity to help you relax.

1 While you are sitting or inactive, swipe up or down to view the stress level widget.

TIP: If you are too active for the watch to determine your stress level, a message appears instead of a stress level number. You can check your stress level again after several minutes of inactivity.

2 Tap the touchscreen to view a graph of your stress level for the last several hours.

Blue bars indicate periods of rest. Yellow bars indicate periods of stress. Gray bars indicate times that you were too active to determine your stress level.

3 To start a breathing activity, swipe up, and select **Yes**.

Body Battery

Your device analyzes your heart rate variability, stress level, sleep quality, and activity data to determine your overall Body Battery level. Like a gas gauge on a car, it indicates your amount of available reserve energy. The Body Battery level range is from 0 to 100, where 0 to 25 is low reserve energy, 26 to 50 is medium reserve energy, 51 to 75 is high reserve energy, and 76 to 100 is very high reserve energy.

You can sync your device with your Garmin Connect account to view your most up-to-date Body Battery level, long-term trends, and additional details (*Tips for Improved Body Battery Data*, page 6).

Viewing the Body Battery Widget

The Body Battery widget displays your current Body Battery level and a graph of your Body Battery level for the last several hours.

1 Swipe up or down to view the Body Battery widget.

NOTE: You may need to add the widget to your widget loop.
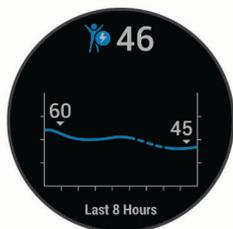
2 Tap the touchscreen to view a combined graph of your Body Battery and stress level.

3 Swipe up to view your Body Battery data since midnight.

Tips for Improved Body Battery Data

- Your Body Battery level updates when you sync your device with your Garmin Connect account.
- For more accurate results, wear the device while sleeping.
- Rest and good sleep charge your Body Battery.
- Strenuous activity, high stress, and poor sleep can cause your Body Battery to drain.
- Food intake, as well as stimulants like caffeine, has no impact on your Body Battery.

Activities and Apps

Your device can be used for indoor, outdoor, athletic, and fitness activities. When you start an activity, the device displays and records sensor data. You can save activities and share them with the Garmin Connect community.

You can also add Connect IQ™ activities and apps to your device using the Connect IQ app (*Connect IQ Features*, page 8).

For more information about activity tracking and fitness metric accuracy, go to garmin.com/ataccuracy.

Starting an Activity

When you start an activity, GPS turns on automatically (if required).

1 Press the action button.
2 Select ⚫⚫.
3 Select an activity.
4 If the activity requires GPS signals, go outside to an area with a clear view of the sky, and wait until the device is ready.

The device is ready after it establishes your heart rate, acquires GPS signals (if required), and connects to your wireless sensors (if required).

5 Press the action button to start the activity timer.

The device records activity data only while the activity timer is running.

Tips for Recording Activities

- Charge the device before starting an activity (*Charging the Device*, page 1).
- Swipe up or down to view additional data pages.

Stopping an Activity

1 Press the action button.
2 Select an option:
   - To resume your activity, press the action button.
   - To save the activity and return to watch mode, select **Done** > **Save**.
   - To discard the activity and return to watch mode, select **Done** > 🗑 > **Discard**.

Indoor Activities

The Approach S62 device can be used for training indoors, such as running on an indoor track or using a stationary bike. GPS is turned off for indoor activities.

When running or walking with GPS turned off, speed, distance, and cadence are calculated using the accelerometer in the device. The accelerometer is self-calibrating. The accuracy of the speed, distance, and cadence data improves after a few outdoor runs or walks using GPS.

TIP: Holding the handrails of the treadmill reduces accuracy. You can use an optional foot pod to record pace, distance, and cadence.

When cycling with GPS turned off, speed and distance are not available unless you have an optional sensor that sends speed and distance data to the device (such as a speed or cadence sensor).

Outdoor Activities

The Approach S62 device comes preloaded with apps for outdoor activities, such as running and biking. GPS is turned on for outdoor activities. You can add apps using default activities, such as cardio or rowing.

Clock

Setting an Alarm

You can set up to eight separate alarms. You can set each alarm to occur once or to repeat regularly.

1 From the watch face, select **Menu** > **Clocks** > **Alarms** > **Add New** > **Time**.
2 Select ✚ and ➖ to set the time.
3 Select ✔.
4 Select **Repeat**, and select when the alarm should repeat (optional).

5 Select **Label**, and select a name for the alarm (optional).

Using the Countdown Timer

1 From the watch face, select **Menu** > **Clocks** > **Timer** > **Edit**.

2 Select ✚ and ➖ to set the timer.

3 Select ✔.

4 Select the action key to start the timer.

5 Select the action key to stop the timer.

6 Select **Reset** to reset the timer.

Using the Stopwatch

1 From the watch face, select **Menu** > **Clocks** > **Stopwatch**.

2 Select the action key to start the timer.

3 Select **Lap** to restart the lap timer.

The total stopwatch time continues running.

4 Select the action key to stop both timers.

5 Select **Reset** to reset both timers.

Connected Features

Connected features are available for your Approach S62 device when you connect the device to a compatible smartphone using Bluetooth technology. Some features require you to install the Garmin Connect app on the connected smartphone. Go to www.garmin.com/apps for more information.

Phone notifications: Displays phone notifications and messages on your Approach S62 device.

Activity uploads to Garmin Connect: Automatically sends your activity to your Garmin Connect account as soon as you finish recording the activity.

Connect IQ: Allows you to extend your device features with new watch faces, widgets, apps, and data fields.

Find my phone: Locates your lost smartphone that is paired with your Approach S62 device and currently within range.

Find my device: Locates your lost Approach S62 device that is paired with your smarphone and currently within range.

Enabling Bluetooth Notifications

Before you can enable notifications, you must pair the Approach S62 device with a compatible mobile device (*Pairing Your Smartphone*, page 1).

1 Select **Menu** > **Settings** > **Phone**.

2 Select the **Notifications** toggle switch to enable notifications.

3 Select **Notifications** > **During Activity**.

4 Select your notification preferences.

5 Select **Back** > **Not During Activity**.

6 Select your notification preferences.

7 Select **Back** > **Timeout**.

8 Select the amount of time the alert for a new notification appears on the screen.

Viewing Notifications

1 From the watch face, swipe up or down to view the notifications widget.

2 Select a notification.

You can tap the touchscreen to view the full notification.

3 Select ↰ to return to the previous screen.

Managing Notifications

You can use your compatible smartphone to manage notifications that appear on your Approach S62 device.

Select an option:

- If you are using an iPhone® device, go to the iOS® notifications settings to select the items to show on the device.
- If you are using an Android™ smartphone, from the Garmin Connect app, select **Settings** > **Smart Notifications**.

Turning Off the Bluetooth Smartphone Connection

1 Hold ☰ to view the controls menu.

2 Select 📶 to turn off the Bluetooth smartphone connection on your Approach S62 device.

Refer to the owner's manual for your mobile device to turn off Bluetooth wireless technology on your mobile device.

Turning On the Smartphone Connection Alert

You can set the Approach device to alert you when your paired smartphone connects and disconnects using Bluetooth wireless technology.

Select ☰ > **Settings** > **Phone** > **Connected Alerts**.

Locating a Lost Mobile Device

You can use this feature to help locate a lost mobile device that is paired using Bluetooth wireless technology and currently within range.

1 Hold ☰ to view the controls menu.

2 Select 📞.

The Approach S62 device begins searching for your paired mobile device. An audible alert sounds on your mobile device, and the Bluetooth signal strength displays on the Approach S62 device screen. The Bluetooth signal strength increases as you move closer to your mobile device.

3 Select **Back** to stop searching.

Garmin Connect

Your Garmin Connect account allows you to track your performance and connect with your friends. It gives you the tools to track, analyze, share, and encourage each other. You can record the events of your active lifestyle, including runs, walks, rides, swims, hikes, golf games, and more.

You can create your free Garmin Connect account when you pair your device with your phone using the Garmin Connect app. You can also create an account when you set up the Garmin Express application (garmin.com/express).

Store your activities: After you complete and save a timed activity with your device, you can upload that activity to your Garmin Connect account and keep it as long as you want.

Analyze your data: You can view more detailed information about your fitness and outdoor activities, including time, distance, heart rate, calories burned, cadence, an overhead map view, and pace and speed charts. You can view more detailed information about your golf games, including scorecards, statistics, and course information. You can also view customizable reports.

NOTE: To view some data, you must pair an optional wireless sensor with your device (*Wireless Sensors*, page 12).

Track your progress: You can track your daily steps, join a friendly competition with your connections, and meet your goals.

Share your activities: You can connect with friends to follow each other's activities or post links to your activities on your favorite social networking sites.

Manage your settings: You can customize your device and user settings on your Garmin Connect account.

Updating the Software Using the Garmin Connect App

Before you can update your device software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the device with a compatible smartphone (*Pairing Your Smartphone*, page 1).

Sync your device with the Garmin Connect app (*Manually Syncing Data with Garmin Connect*, page 8).

When new software is available, the Garmin Connect app automatically sends the update to your device.

Updating the Software Using Garmin Express

Before you can update your device software, you must have a Garmin Connect account, and you must download and install the Garmin Express application.

1 Connect the device to your computer using the USB cable.

When new software is available, Garmin Express sends it to your device.

2 Disconnect the device from your computer.

Your device alerts you to update the software.

3 Select an option.

Using Garmin Connect on Your Computer

The Garmin Express application connects your device to your Garmin Connect account using a computer. You can use the Garmin Express application to upload your activity data to your Garmin Connect account and to send data, such as workouts or training plans, from the Garmin Connect website to your device. You can also install device software updates and manage your Connect IQ apps.

1 Connect the device to your computer using the USB cable.

2 Go to garmin.com/express.

3 Download and install the Garmin Express application.

4 Open the Garmin Express application, and select **Add Device**.

5 Follow the on-screen instructions.

Manually Syncing Data with Garmin Connect

1 Hold ≡ to view the controls menu.

2 Select ↻.

Connect IQ Features

You can add Connect IQ features to your watch from Garmin and other providers using the Connect IQ app. You can customize your device with watch faces, data fields, widgets, and apps.

Watch Faces: Allow you to customize the appearance of the clock.

Data Fields: Allow you to download new data fields that present sensor, activity, and history data in new ways. You can add Connect IQ data fields to built-in features and pages.

Widgets: Provide information at a glance, including sensor data and notifications.

Apps: Add interactive features to your watch, such as new outdoor and fitness activity types.

Downloading Connect IQ Features

Before you can download features from the Connect IQ app, you must pair your Approach S62 device with your smartphone (*Pairing Your Smartphone*, page 1).

1 From the app store on your smartphone, install and open the Connect IQ app.

2 If necessary, select your device.

3 Select a Connect IQ feature.

4 Follow the on-screen instructions.

Downloading Connect IQ Features Using Your Computer

1 Connect the device to your computer using a USB cable.

2 Go to apps.garmin.com, and sign in.

3 Select a Connect IQ feature, and download it.

4 Follow the on-screen instructions.

Garmin Pay™

The Garmin Pay feature allows you to use your watch to pay for purchases in participating stores using credit or debit cards from a participating financial institution.

Setting Up Your Garmin Pay Wallet

You can add one or more participating credit or debit cards to your Garmin Pay wallet. Go to garmin.com/garminpay/banks to find participating financial institutions.

1 From the Garmin Connect app, select ≡ or •••.

2 Select **Garmin Pay** > **Get Started**.

3 Follow the on-screen instructions.

Paying for a Purchase Using Your Watch

Before you can use your watch to pay for purchases, you must set up at least one payment card.

You can use your watch to pay for purchases in a participating store.

1 Hold .

2 Select ⬛.

3 Enter your four-digit passcode.

NOTE: If you enter your passcode incorrectly three times, your wallet locks, and you must reset your passcode in the Garmin Connect app.

Your most recently used payment card appears.

4 If you have added multiple cards to your Garmin Pay wallet, swipe to change to another card (optional).

5 Within 60 seconds, hold your watch near the payment reader, with the watch facing the reader.

The watch vibrates and displays a check mark when it is finished communicating with the reader.

6 If necessary, follow the instructions on the card reader to complete the transaction.

TIP: After you successfully enter your passcode, you can make payments without a passcode for 24 hours while you continue to wear your watch. If you remove the watch from your wrist or disable heart rate monitoring, you must enter the passcode again before making a payment.

Adding a Card to Your Garmin Pay Wallet

You can add up to 10 credit or debit cards to your Garmin Pay wallet.

1 From the Garmin Connect app, select ≡ or •••.

2 Select **Garmin Pay** > ⋮ > **Add Card**.

3 Follow the on-screen instructions.

After the card is added, you can select the card on your watch when you make a payment.

Managing Your Garmin Pay Cards

You can temporarily suspend or delete a card.

NOTE: In some countries, participating financial institutions may restrict the Garmin Pay features.

1 From the Garmin Connect app, select ≡ or •••.

2 Select **Garmin Pay**.

3 Select a card.

4 Select an option:

- To temporarily suspend or unsuspend the card, select **Suspend Card**.

  The card must be active to make purchases using your Approach S62 device.

- To delete the card, select 🗑.

Changing Your Garmin Pay Passcode

You must know your current passcode to change it. If you forget your passcode, you must reset the Garmin Pay feature for your Approach S62 device, create a new passcode, and reenter your card information.

1 From the Approach S62 device page in the Garmin Connect app, select **Garmin Pay** > **Change Passcode**.

2 Follow the on-screen instructions.

The next time you pay using your Approach S62 device, you must enter the new passcode.

Heart Rate Features

The Approach S62 device has a wrist-based heart rate monitor and is also compatible with chest heart rate monitors (sold separately). You can view heart rate data on the heart rate widget. If both wrist-based heart rate and chest heart rate data

are available when you start an activity, your device uses the chest heart rate data.

Wrist-based Heart Rate

Wearing the Device

- Wear the device above your wrist bone.

  NOTE: The device should be snug but comfortable. For more accurate heart rate readings, the device should not move while running or exercising. For pulse oximeter readings, you should remain motionless.

  NOTE: The optical sensor is located on the back of the device.

- See *Tips for Erratic Heart Rate Data*, page 9 for more information about wrist-based heart rate.
- See *Tips for Erratic Pulse Oximeter Data*, page 10 for more information about the pulse oximeter sensor.
- For more information about accuracy, go to garmin.com /ataccuracy.

Tips for Erratic Heart Rate Data

If the heart rate data is erratic or does not appear, you can try these tips.

- Clean and dry your arm before putting on the device.
- Avoid wearing sunscreen, lotion, and insect repellent under the device.
- Avoid scratching the heart rate sensor on the back of the device.
- Wear the device above your wrist bone. The device should be snug but comfortable.
- Wait until the ♥ icon is solid before starting your activity.
- Warm up for 5 to 10 minutes and get a heart rate reading before starting your activity.

  NOTE: In cold environments, warm up indoors.

- Rinse the device with fresh water after each workout.

Viewing the Heart Rate Widget

The heart rate widget displays your current heart rate in beats per minute (bpm) and a graph of your heart rate. The graph shows your recent heart rate activity, high and low heart rate, and color-coded bars to indicate the time spent in each heart rate zone.

1 From the watch face, swipe to view the heart rate widget.
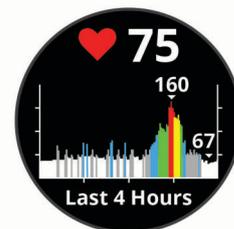
2 Tap the touchscreen to view your average resting heart rate (RHR) values for the last 7 days.

Setting an Abnormal Heart Rate Alert

You can set the device to alert you when your heart rate exceeds a certain number of beats per minute (bpm) after a period of inactivity.

1 Hold **Menu**.

2 Select **Settings** > **Wrist Heart Rate** > **Abnormal HR Alert** > **Threshold**.

3 Select a heart rate threshold value.

Each time you exceed the custom value, a message appears and the device vibrates.

Broadcasting Heart Rate to Garmin Devices

You can broadcast your heart rate data from your Approach device and view it on paired Garmin devices. For example, you can broadcast your heart rate data to an Edge® device while cycling.

NOTE: Broadcasting heart rate data decreases battery life.

1 Hold **Menu**.

2 Select **Settings** > **Wrist Heart Rate**.

3 Select an option:
- Select **Broadcast In Activity** to broadcast heart rate data during timed activities (*Starting an Activity*, page 6).
- Select **Broadcast** to start broadcasting heart rate data now.

4 Pair your Approach device with your Garmin ANT+® compatible device.

NOTE: The pairing instructions differ for each Garmin compatible device. See your owner's manual.

Turning Off the Wrist-based Heart Rate Monitor

The default value for the Wrist Heart Rate setting is Auto. The device automatically uses the wrist-based heart rate monitor unless you pair a chest heart rate monitor to the device. Chest heart rate data is only available during an activity.

NOTE: Disabling the wrist-based heart rate monitor also disables your VO2 max. estimate, intensity minutes, the all-day stress feature, and the wrist-based pulse oximeter sensor.

1 Hold **Menu**.

2 Select **Settings** > **Wrist Heart Rate** > **Status** > **Off**.

Pulse Oximeter

The Approach S62 device has a wrist-based pulse oximeter to gauge the saturation of oxygen in your blood. Knowing your oxygen saturation can help you determine how your body is adapting to exercise and stress. Your device gauges your blood oxygen level by shining light into the skin and checking how much light is absorbed. This is referred to as SpO_2.

On the device, your pulse oximeter readings appear as an SpO_2 percentage. On your Garmin Connect account, you can view additional details about your pulse oximeter readings, including trends over multiple days (*Changing the Pulse Oximeter Tracking Mode*, page 10). For more information on pulse oximeter accuracy, go to garmin.com/ataccuracy.

Getting Pulse Oximeter Readings

You can manually begin a pulse oximeter reading by viewing the pulse oximeter widget. The accuracy of the pulse oximeter reading can vary based on your blood flow, the device placement on your wrist, and your stillness.

NOTE: You may need to add the pulse oximeter widget to the widget loop.

1 While you are sitting or inactive, swipe up or down to view the pulse oximeter widget.

2 Hold the arm wearing the device at heart level while the device reads your blood oxygen saturation.

3 Keep still.

The device displays your oxygen saturation as a percentage, and a graph of your pulse oximeter readings and heart rate values for the last four hours.

Changing the Pulse Oximeter Tracking Mode

You can manually begin a pulse oximeter reading by viewing the pulse oximeter widget.

1 Hold **Menu**.

2 Select **Settings** > **Wrist Heart Rate** > **Pulse Ox** > **Tracking Mode**.

3 Select an option:
- To turn on measurements while you are inactive during the day, select **All Day**.

  NOTE: Turning on all-day tracking mode decreases battery life.
- To turn on continuous measurements while you sleep, select **During Sleep**.

  NOTE: Unusual sleep positions can cause abnormally low sleep-time SpO2 readings.
- To turn off automatic measurements, select **Off**.

Tips for Erratic Pulse Oximeter Data

If the pulse oximeter data is erratic or does not appear, you can try these tips.

- Remain motionless while the device reads your blood oxygen saturation.
- Wear the device above your wrist bone. The device should be snug but comfortable.
- Hold the arm wearing the device at heart level while the device reads your blood oxygen saturation.
- Use a silicone band.
- Clean and dry your arm before putting on the device.
- Avoid wearing sunscreen, lotion, and insect repellent under the device.
- Avoid scratching the optical sensor on the back of the device.
- Rinse the device with fresh water after each workout.

Customizing Your Device

Changing the Watch Face

Before you can activate a Connect IQ watch face, you must install a watch face from the Connect IQ store (*Connect IQ Features*, page 8).

1 From the watch face, select **Menu** > **Watch Face**.

2 Swipe up or down to view the watch faces.

3 Tap the screen to select a watch face.

Customizing the Controls Menu

You can add, remove, and change the order of the shortcut menu options in the controls menu.

1 Hold **Menu**.

The controls menu appears.

2 Select **Menu** > **Controls Settings**.

3 Tap the shortcut you want to customize.

4 Select an option:
- To change the location of the shortcut in the controls menu, tap the location where you want it to appear.
- To remove the shortcut from the controls menu, tap 🗑.

5 If necessary, select ✚ to add a shortcut to the controls menu.

Golf Settings

From the watch face, select **Menu** > **Settings** > **Apps & Activities** > **Play Golf** > **Golf Settings**.

Scoring: Allows you to set the scoring options (*Scoring Settings*, page 11).

Driver Distance: Sets the average distance the ball travels on your drive.

Tournament Mode: Disables the PinPointer and PlaysLike distance features. These features are not allowed during sanctioned tournaments or handicap calculation rounds.

Big Numbers: Changes the size of the numbers on the hole view screen.

Scoring Settings

From the watch face, select **Menu** > **Settings** > **Apps & Activities** > **Play Golf** > **Golf Settings** > **Scoring**.

Status: Sets score keeping to on or off automatically when you start a round. The Always Ask option prompts you when you begin a round.

Stat Tracking: Enables statistics tracking for the number of putts, greens in regulation, and fairways hit while playing golf.

Club Tracking: Enables you to track the clubs used.

2 Players: Sets the scorecard to keep score for two players.

> **NOTE:** This setting is only available during a round. You must enable this setting each time you begin a round.

Scoring Method: Changes the method the device uses to keep score.

Handicap Scoring: Sets your player handicap.

Activities and App Settings

These settings allow you to customize each preloaded activity app based on your needs. For example, you can customize data pages and enable alerts and training features. Not all settings are available for all activity types.

From the watch face, select **Menu** > **Settings** > **Apps & Activities**, select an activity, and select the activity settings.

Data Screens: Enables you to customize data screens and add new data screens for the activity (*Customizing the Data Screens*, page 11).

Alerts: Sets the training or navigation alerts for the activity (*Alerts*, page 11).

Laps: Sets the Auto Lap® feature to mark a lap at a specific distance automatically. This feature is helpful for comparing your performance over different parts of an activity (for example, every 1 mile or 5 kilometers).

Auto Pause: Sets the device to stop recording data when you stop moving or when you drop below a specified speed. This feature is helpful if your activity includes stop lights or other places where you must stop.

Auto Scroll: Enables you to move through all of the activity data screens automatically while the timer is running.

GPS: Sets the mode for the GPS antenna. Using GLONASS provides increased performance in challenging environments and faster position acquisition. Using the GLONASS option can reduce battery life more than using the GPS option only.

Pool Size: Sets the pool length for pool swimming.

Background: Sets the background color of each activity to black or white.

Accent Color: Sets the accent color of each activity to help identify which activity is active.

Customizing the Data Screens

You can show, hide, and change the layout and content of data screens for each activity.

1 Select **Menu** > **Settings** > **Apps & Activities**.
2 Select the activity to customize.
3 Select the activity settings.
4 Select **Data Fields**.

5 If necessary, select the toggle switch to enable a data screen.
6 Select a data screen to customize.
7 Select an option:
   • Select **Layout** to adjust the number of data fields on the data screen.
   • Select **Edit Data Fields**, and select a field to change the data that appears in the field.

Alerts

You can set alerts for each activity, which can help you to train toward specific goals. Some alerts are available only for specific activities. Some alerts require optional accessories, such as a heart rate monitor or cadence sensor. There are three types of alerts: event alerts, range alerts, and recurring alerts.

Event alert: An event alert notifies you once. The event is a specific value. For example, you can set the device to alert you when you burn a specified number of calories.

Range alert: A range alert notifies you each time the device is above or below a specified range of values. For example, you can set the device to alert you when your heart rate is below 60 beats per minute (bpm) and over 210 bpm.

Recurring alert: A recurring alert notifies you each time the device records a specified value or interval. For example, you can set the device to alert you every 30 minutes.

Alert Name	Alert Type	Description
Cadence	Range	You can set minimum and maximum cadence values.
Calories	Event, recurring	You can set the number of calories.
Custom	Recurring	You can select an existing message or create a custom message and select an alert type.
Distance	Recurring	You can set a distance interval.
Heart Rate	Range	You can set minimum and maximum heart rate values or select zone changes.
Pace	Range	You can set minimum and maximum pace values.
Run/Walk	Recurring	You can set timed walking breaks at regular intervals.
Speed	Range	You can set minimum and maximum speed values.
Stroke Rate	Range	You can set high or low strokes per minute.
Time	Event, recurring	You can set a time interval.

Setting an Alert

1 From the watch face, select **Menu** > **Settings** > **Apps & Activities**.
2 Select an activity.
3 Select the activity settings.
4 Select **Alerts**.
5 Select an option:
   • Select **Add New** to add a new alert for the activity.
   • Select the alert name to edit an existing alert.
6 If necessary, select the type of alert.
7 Select a zone, enter the minimum and maximum values, or enter a custom value for the alert.
8 If necessary, turn on the alert.

For event and recurring alerts, a message appears each time you reach the alert value. For range alerts, a message appears each time you exceed or drop below the specified range (minimum and maximum values).

Adding an Activity or App

1 Select **Menu** > **Settings** > **Apps & Activities**.
2 Select an option:
   - To add an activity to your favorites, select the activity, and select **Add Favorite**.
   - To add an activity to the activity list, select **Add**, and select the activity.

Removing an Activity or App

1 Select **Menu** > **Settings** > **Apps & Activities**.
2 Select an activity.
3 Select an option:
   - To remove the activity from the activity list, select the **Enabled** toggle switch.
   - To remove the activity from your list of favorites, select **Remove Favorite**.
   - To remove the activity from the device, select the activity settings, and select **Remove**.

Setting Up Your User Profile

You can update your gender, birth year, height, weight, and wrist settings. The device uses this information to calculate accurate training data.

1 Select ☰ > **Settings** > **User Profile**.
2 Select an option.

Activity Tracking Settings

Select ☰ > **Settings** > **Activity Tracking**.

Move Alert: Displays a message and the move bar on the digital watch face and steps screen. The device also vibrates if vibrations are turned on (*System Settings*, page 12).

Goal Alerts: Allows you to turn on and off goal alerts. Goal alerts appear for your daily steps goal and weekly intensity minutes goal.

System Settings

Select **Menu** > **Settings** > **System**.

Auto Lock: Allows you to lock the touchscreen automatically to prevent accidental touches. Use the During Activity option to lock the touchscreen during a timed activity. Use the Watch Mode option to lock the touchscreen when you are not recording a timed activity.

Language: Sets the language displayed on the device.

Time: Adjusts the time settings (*Time Settings*, page 12).

Backlight: Adjusts the backlight settings (*Backlight Settings*, page 12).

Vibration: Sets the device vibration level. The toggle switch allows you to turn vibrations on or off.

Do Not Disturb: Turns on or off do not disturb mode.

Controls Settings: Allows you to add, reorder, and remove the shortcut menu options in the controls menu (*Customizing the Controls Menu*, page 10).

Units: Sets the units of measure used on the device (*Changing the Units of Measure*, page 12).

USB Mode: Sets the device to use mass storage mode or Garmin mode when connected to a computer.

Restore Defaults: Allows you to reset user data and settings (*Restoring All Default Settings*, page 14).

Software Update: Allows you to install software updates downloaded using Garmin Express.

Time Settings

Select **Menu** > **Settings** > **System** > **Time**.

Time Format: Sets the device to show time in a 12-hour or 24-hour format.

Time Source: Sets the time source for the device. The Auto option sets the time automatically based on your GPS position. The Manual option allows you to adjust the time.

Backlight Settings

Select **Menu** > **Settings** > **System** > **Backlight**.

Mode: Sets the backlight to turn on for interactions. Interactions include the keys, touchscreen, and notifications.

Gesture: Sets the backlight to turn on for wrist gestures. Gestures include rotating your wrist toward your body to view the device. You can use the Only During Activity option to use gestures only during timed activities.

Timeout: Sets the length of time before the backlight turns off.

Brightness: Sets the brightness level of the backlight.

Changing the Units of Measure

You can customize units of measure for distance, pace and speed, elevation, weight, height, and temperature.

1 Select **Menu** > **Settings** > **System** > **Units**.
2 Select a measurement type.
3 Select a unit of measure.

Wireless Sensors

Your device can be used with wireless ANT+ or Bluetooth sensors. For more information about compatibility and purchasing optional sensors, go to buy.garmin.com.

Pairing Your Wireless Sensors

The first time you connect a wireless ANT+ or Bluetooth sensor to your Garmin device, you must pair the device and sensor. After they are paired, the device connects to the sensor automatically when you start an activity and the sensor is active and within range.

TIP: Some ANT+ sensors pair with your device automatically when you start an activity with the sensor turned on and near the device.

1 Move at least 10 m (33 ft.) away from other wireless sensors.
2 If you are pairing a heart rate monitor, put on the heart rate monitor.

   The heart rate monitor does not send or receive data until you put it on.
3 Press **Menu**.
4 Select **Settings** > **Sensors & Accessories**.
5 Select an option:
   - To pair a club sensor, select **Club Sensors** > **Add New**.
   - To pair a different sensor, select **Add New**, and select the sensor type.
6 Bring the device within 3 m (10 ft.) of the sensor, and wait while the device pairs with the sensor.

   After the device connects to the sensor, an icon appears at the top of the screen.

Club Sensors

Your device is compatible with Approach CT10 golf club sensors. You can use paired club sensors to automatically track your golf shots, including location, distance, and club type. See the owner's manual for your club sensors for more information (garmin.com/manuals/ApproachCT10).

Using an Optional Bike Speed or Cadence Sensor

You can use a compatible bike speed or cadence sensor to send data to your device.

* Pair the sensor with your device (*Wireless Sensors*, page 12).
* Set your wheel size (*Wheel Size and Circumference*, page 16).
* Go for a ride (*Starting an Activity*, page 6).

Foot Pod

Your device is compatible with the foot pod. You can use the foot pod to record pace and distance instead of using GPS when you are training indoors or when your GPS signal is weak. The foot pod is on standby and ready to send data (like the heart rate monitor).

After 30 minutes of inactivity, the foot pod powers off to conserve the battery. When the battery is low, a message appears on your device. Approximately five hours of battery life remain.

Improving Foot Pod Calibration

Before you can calibrate your device, you must acquire GPS signals and pair your device with the foot pod (*Wireless Sensors*, page 12).

The foot pod is self-calibrating, but you can improve the accuracy of the speed and distance data with a few outdoor runs using GPS.

1 Stand outside for 5 minutes with a clear view of the sky.
2 Start a running activity.
3 Run on a track without stopping for 10 minutes.
4 Stop your activity, and save it.

   Based on the recorded data, the foot pod calibration value changes, if necessary. You should not need to calibrate the foot pod again unless your running style changes.

tempe™

The tempe is an ANT+ wireless temperature sensor. You can attach the sensor to a secure strap or loop where it is exposed to ambient air, and therefore, provides a consistent source of accurate temperature data. You must pair the tempe with your device to display temperature data from the tempe.

Device Information

Changing the QuickFit® Bands

1 Slide the latch on the QuickFit band, and remove the band from the watch.

2 Align the new band with the watch.
3 Press the band into place.

   NOTE: Make sure the band is secure. The latch should close over the watch pin.
4 Repeat steps 1 through 3 to change the other band.

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to XX days in watch mode Up to XX hours in GPS mode
Water rating	5 ATM[1]
Operating temperature range	From -20° to 55°C (from -4° to 131°F)
Charging temperature range	From 0° to 45°C (from 32° to 113°F)
Wireless frequencies/protocols	2.4 GHz @ 3.2 dBm nominal 13.56 MHz @ -40 dBm nominal

Device Care

NOTICE

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Avoid pressing the keys under water.

Do not use a sharp object to clean the device.

Never use a hard or sharp object to operate the touchscreen, or damage may result.

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

Cleaning the Device

NOTICE

Even small amounts of sweat or moisture can cause corrosion of the electrical contacts when connected to a charger. Corrosion can prevent charging and data transfer.

1 Wipe the device using a cloth dampened with a mild detergent solution.
2 Wipe it dry.

After cleaning, allow the device to dry completely.

TIP: For more information, go to garmin.com/fitandcare.

Long-Term Storage

When you do not plan to use the device for several months, you should charge the battery to at least 50% before you store the device. You should store the device in a cool, dry place with temperatures around the typical household level. After storage, you should fully recharge the device before using it.

Viewing Device Information

You can view device information, such as the unit ID, software version, regulatory information, and license agreement.

1 Press **Menu**.
2 Select **Settings** > **System** > **About**.

Viewing E-label Regulatory and Compliance Information

The label for this device is provided electronically. The e-label may provide regulatory information, such as identification numbers provided by the FCC or regional compliance markings, as well as applicable product and licensing information.

1 Press **Menu**.
2 From the settings menu, select **System** > **About**.

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[1] The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.

Data Management

NOTE: The device is not compatible with Windows® 95, 98, Me, Windows NT®, and Mac® OS 10.3 and earlier.

Deleting Files

> **NOTICE**
>
> If you do not know the purpose of a file, do not delete it. Your device memory contains important system files that should not be deleted.

1 Open the **Garmin** drive or volume.
2 If necessary, open a folder or volume.
3 Select a file.
4 Press the **Delete** key on your keyboard.

   NOTE: If you are using an Apple® computer, you must empty the Trash folder to completely remove the files.

Troubleshooting

Maximizing Battery Life

You can do several things to extend the life of the battery.

- Reduce the backlight timeout (*Backlight Settings*, page 12).
- Reduce the backlight brightness (*Backlight Settings*, page 12).
- Turn off wrist gestures (*Backlight Settings*, page 12).
- Turn off Bluetooth wireless technology when you are not using connected features (*Turning Off the Bluetooth Smartphone Connection*, page 7).
- Use a Connect IQ watch face that is not updated every second.

  For example, use a watch face without a second hand (*Changing the Watch Face*, page 10).
- Limit the smartphone notifications the device displays (*Managing Notifications*, page 7).

My device cannot find nearby golf courses

If a course update is interrupted or canceled before it completes, your device may be missing course data. To repair missing course data, you must update the courses again.

1 Download and install course updates from the Garmin Express application (*Updating the Software Using Garmin Express*, page 8).
2 Safely disconnect your device.
3 Go outside, and start a test round of golf to verify the device finds nearby courses.

Is my smartphone compatible with my device?

The Approach S62 device is compatible with smartphones using Bluetooth wireless technology.

   Go to garmin.com/ble for compatibility information.

My phone will not connect to the device

If your phone will not connect to the device, you can try these tips.

- Turn off your smartphone and your device, and turn them back on again.
- Enable Bluetooth technology on your smartphone.
- Update the Garmin Connect app to the latest version.
- Remove your device from the Garmin Connect app and the Bluetooth settings on your smartphone to retry the pairing process.

- If you bought a new smartphone, remove your device from the Garmin Connect app on the smartphone you intend to stop using.
- Bring your smartphone within 10 m (33 ft.) of the device.
- On your smartphone, open the Garmin Connect app, select ☰ or •••, and select **Garmin Devices** > **Add Device** to enter pairing mode.
- Press **Menu**, and select **Settings** > **Phone** > **Pair Phone**.

My device is in the wrong language

1 Press **Menu**.
2 Select ⚙.
3 Scroll down to the last item in the list, and select it.
4 Scroll down to the third item in the list, and select it.
5 Select your language.

My device displays the wrong units of measure

- Verify you selected the correct units of measure setting on the device (*Changing the Units of Measure*, page 12).
- Verify you selected the correct units of measure setting on your Garmin Connect account.

  If the units of measure on the device do not match your Garmin Connect account, your device settings may be overwritten when you sync your device.

Restarting Your Watch

1 Press and hold **Menu** until the device turns off.
2 Press **Menu** to turn on the device.

Restoring All Default Settings

NOTE: This deletes all user-entered information and activity history.

You can reset all settings back to the factory default values.

   Select ☰ > **Settings** > **System** > **Restore Defaults** > **Yes**.

Acquiring Satellite Signals

The device may need a clear view of the sky to acquire satellite signals. The time and date are set automatically based on the GPS position.

1 Go outdoors to an open area.

   The front of the device should be oriented toward the sky.
2 Wait while the device locates satellites.

   It may take 30–60 seconds to locate satellite signals.

Improving GPS Satellite Reception

- Frequently sync the device to your Garmin Connect account:
  ◦ Connect your device to a computer using the USB cable and the Garmin Express application.
  ◦ Sync your device to the Garmin Connect Mobile app using your Bluetooth enabled smartphone.

  While connected to your Garmin Connect account, the device downloads several days of satellite data, allowing it to quickly locate satellite signals.
- Take your device outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.

Activity Tracking

For more information about activity tracking accuracy, go to garmin.com/ataccuracy.

My daily step count does not appear

The daily step count is reset every night at midnight.

If dashes appear instead of your step count, allow the device to acquire satellite signals and set the time automatically.

My step count does not seem accurate

If your step count does not seem accurate, you can try these tips.

- Wear the device on your non-dominant wrist.
- Carry the device in your pocket when pushing a stroller or lawn mower.
- Carry the device in your pocket when actively using your hands or arms only.

   NOTE: The device may interpret some repetitive motions, such as washing dishes, folding laundry, or clapping your hands, as steps.

The step counts on my device and my Garmin Connect account don't match

The step count on your Garmin Connect account updates when you sync your device.

1 Select an option:
   - Sync your step count with the Garmin Connect application (*Using Garmin Connect on Your Computer*, page 8).
   - Sync your step count with the Garmin Connect app (*Manually Syncing Data with Garmin Connect*, page 8).

2 Wait while the device syncs your data.

   Syncing can take several minutes.

   NOTE: Refreshing the Garmin Connect app or the Garmin Connect application does not sync your data or update your step count.

My intensity minutes are flashing

When you exercise at an intensity level that qualifies toward your intensity minutes goal, the intensity minutes flash.

Exercise for at least 10 consecutive minutes at a moderate or vigorous intensity level.

Getting More Information

You can find more information about this product on the Garmin website.

- Go to support.garmin.com for additional manuals, articles, and software updates.
- Go to buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.
- Go to www.garmin.com/ataccuracy for information about feature accuracy.

   This is not a medical device.

Appendix

Data Fields

Some data fields require ANT+ accessories to display data.

%HRR: The percentage of heart rate reserve (maximum heart rate minus resting heart rate).

24-Hour Max.: The maximum temperature recorded in the last 24 hours.

24-Hour Min.: The minimum temperature recorded in the last 24 hours.

30s Avg. Vertical Speed: The 30-second moving average of vertical speed.

500m Pace: The current swimming pace per 500 meters.

Average Cadence: Cycling. The average cadence for the current activity.

Average Cadence: Running. The average cadence for the current activity.

Average HR: The average heart rate for the current activity.

Average HR %Max.: The average percentage of maximum heart rate for the current activity.

Average Lap Time: The average lap time for the current activity.

Average Speed: The average speed for the current activity.

Average SWOLF: The average swolf score for the current activity. Your swolf score is the sum of the time for one length plus the number of strokes for that length.

Avg. %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current activity.

Avg. 500m Pace: The average swimming pace per 500 meters for the current activity.

Avg. Dist./Stk.: Paddle sports. The average distance traveled per stroke during the current activity.

Avg. Pace: The average pace for the current activity.

Avg. Stks./Len.: The average number of strokes per length during the current activity.

Avg. Stroke Rate: Swimming. The average number of strokes per minute (spm) during the current activity.

Avg. Stroke Rate: Paddle sports. The average number of strokes per minute (spm) during the current activity.

Cadence: Cycling. The number of revolutions of the crank arm. Your device must be connected to a cadence accessory for this data to appear.

Cadence: Running. The steps per minute (right and left).

Calories: The amount of total calories burned.

Dist. Per Stroke: The distance traveled per stroke.

Distance: The distance traveled for the current track or activity.

Elapsed Time: The total time recorded. For example, if you start the timer and run for 10 minutes, then stop the timer for 5 minutes, then start the timer and run for 20 minutes, your elapsed time is 35 minutes.

Elevation: The altitude of your current location above or below sea level.

Heading: The direction you are moving.

Heart Rate: Your heart rate in beats per minute (bpm). Your device must be connected to a compatible heart rate monitor.

HR %Max.: The percentage of maximum heart rate.

HR Zone: The current range of your heart rate (1 to 5). The default zones are based on your user profile and maximum heart rate (220 minus your age).

Int. Dist./Stk.: The average distance traveled per stroke during the current interval.

Int. Pace: The average pace for the current interval.

Int. Stks./Len.: The average number of strokes per length during the current interval.

Int. Stroke Rate: The average number of strokes per minute (spm) during the current interval.

Int. Strokes: The total number of strokes for the current interval.

Interval Distance: The distance traveled for the current interval.

Interval Lengths: The number of pool lengths completed during the current interval.

Interval SWOLF: The average swolf score for the current interval.

Interval Time: The stopwatch time for the current interval.

Int Strk Type: The current stroke type for the interval.

L. Int. Dist./Stk.: The average distance traveled per stroke during the last completed interval.

L. Int. Stk. Rate: The average number of strokes per minute (spm) during the last completed interval.

L. Int. Strokes: The total number of strokes for the last completed interval.

L. Len. Stk. Rate: The average number strokes per minute (spm) during the last completed pool length.

L. Len. Stk. Type: The stroke type used during the last completed pool length.

L. Len. Strokes: The total number of strokes for the last completed pool length.

Lap %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current lap.

Lap 500m Pace: The average swimming pace per 500 meters for the current lap.

Lap Cadence: Cycling. The average cadence for the current lap.

Lap Cadence: Running. The average cadence for the current lap.

Lap Distance: The distance traveled for the current lap.

Lap HR: The average heart rate for the current lap.

Lap HR %Max.: The average percentage of maximum heart rate for the current lap.

Lap Pace: The average pace for the current lap.

Laps: The number of laps completed for the current activity.

Lap Speed: The average speed for the current lap.

Lap Steps: The number of steps during the current lap.

Lap Time: The stopwatch time for the current lap.

Last Lap 500m Pace: The average swimming pace per 500 meters for the last lap.

Last Lap Cadence: Cycling. The average cadence for the last completed lap.

Last Lap Cadence: Running. The average cadence for the last completed lap.

Last Lap Dist.: The distance traveled for the last completed lap.

Last Lap Pace: The average pace for the last completed lap.

Last Lap Speed: The average speed for the last completed lap.

Last Lap Time: The stopwatch time for the last completed lap.

Last Len. SWOLF: The swolf score for the last completed pool length.

Last Length Pace: The average pace for your last completed pool length.

Lengths: The number of pool lengths completed during the current activity.

Maximum Speed: The top speed for the current activity.

Nautical Distance: The distance traveled in nautical meters or nautical feet.

Nautical Speed: The current speed in knots.

Pace: The current pace.

Speed: The current rate of travel.

Steps: The number of steps during the current activity.

Stroke Rate: Swimming. The number of strokes per minute (spm).

Stroke Rate: Paddle sports. The number of strokes per minute (spm).

Strokes: Swimming. The total number of strokes for the current activity.

Strokes: Paddle sports. The total number of strokes for the current activity.

Sunrise: The time of sunrise based on your GPS position.

Sunset: The time of sunset based on your GPS position.

Temperature: The temperature of the air. Your body temperature affects the temperature sensor.

Time in Zone: The time elapsed in each heart rate or power zone.

Time of Day: The time of day based on your current location and time settings (format, time zone, daylight saving time).

Timer: The stopwatch time for the current activity.

Total Ascent: The total elevation distance ascended during the activity or since the last reset.

Total Descent: The total elevation distance descended during the activity or since the last reset.

Vertical Speed: The rate of ascent or descent over time.

Wheel Size and Circumference

Your speed sensor automatically detects your wheel size. If necessary, you can manually enter your wheel circumference in the speed sensor settings.

The tire size is marked on both sides of the tire. This is not a comprehensive list. You can also measure the circumference of your wheel or use one of the calculators available on the internet.

Tire Size	Wheel Circumference (mm)
20 × 1.75	1515
20 × 1-3/8	1615
22 × 1-3/8	1770
22 × 1-1/2	1785
24 × 1	1753
24 × 3/4 Tubular	1785
24 × 1-1/8	1795
24 × 1.75	1890
24 × 1-1/4	1905
24 × 2.00	1925
24 × 2.125	1965
26 × 7/8	1920
26 × 1-1.0	1913
26 × 1	1952
26 × 1.25	1953
26 × 1-1/8	1970
26 × 1.40	2005
26 × 1.50	2010
26 × 1.75	2023
26 × 1.95	2050
26 × 2.00	2055
26 × 1-3/8	2068
26 × 2.10	2068
26 × 2.125	2070
26 × 2.35	2083
26 × 1-1/2	2100
26 × 3.00	2170
27 × 1	2145
27 × 1-1/8	2155
27 × 1-1/4	2161
27 × 1-3/8	2169
29 x 2.1	2288
29 x 2.2	2298
29 x 2.3	2326
650 x 20C	1938
650 x 23C	1944

Tire Size	Wheel Circumference (mm)
650 × 35A	2090
650 × 38B	2105
650 × 38A	2125
700 × 18C	2070
700 × 19C	2080
700 × 20C	2086
700 × 23C	2096
700 × 25C	2105
700C Tubular	2130
700 × 28C	2136
700 × 30C	2146
700 × 32C	2155
700 × 35C	2168
700 × 38C	2180
700 × 40C	2200
700 × 44C	2235
700 × 45C	2242
700 × 47C	2268

Symbol Definitions

These symbols may appear on the device or accessory labels.

☒	WEEE disposal and recycling symbol. The WEEE symbol is attached to the product in compliance with the EU directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE). It is intended to deter the improper disposal of this product and to promote reuse and recycling.

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