

**GARMIN.**



# Lily 2

Quick Start Manual

M/N: A04630



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# Quick Start Manual

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## IMPORTANT SAFETY AND PRODUCT INFORMATION

### WARNING

Failure to heed the following warnings could result in an accident or medical event resulting in death or serious injury.

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#### **Battery Warnings**

A lithium-ion battery can be used in this device. Coin cell batteries can be used in the accessory.

If these guidelines are not followed, batteries may experience a shortened life span or may present a risk of damage to the device, fire, chemical burn, electrolyte leak, and/or injury.

- Do not disassemble, modify, remanufacture, puncture or damage the device or batteries.
  - Do not remove or attempt to remove the non-user-replaceable battery.
  - Do not expose the device or batteries to fire, explosion, or other hazard.
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#### **Health Warnings**

- If you have a pacemaker or other internal electronic device, consult your physician before using a heart rate monitor.
- The Garmin optical wrist heart rate monitor emits green light and flashes occasionally. Consult your physician if you have epilepsy or are sensitive to flashing lights.
- Always consult your physician before beginning or modifying any exercise program.
- The Garmin device, accessories, heart rate monitor, pulse oximeter sensor, and related data are intended to be used only for recreational purposes and not for medical purposes, and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.
- The heart rate and blood oxygen saturation readings

are for reference only, and no responsibility is accepted for the consequences of any erroneous readings.

- While the Garmin optical wrist heart rate monitor technology typically provides an accurate estimate of a user's heart rate, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, and type and intensity of activity.
- While the Garmin pulse oximeter sensor technology typically provides an accurate estimate of a user's blood oxygen saturation, there are inherent limitations with the technology that may cause some of the oxygen saturation readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, position of the device, and movement.
- Garmin activity trackers rely on sensors that track your movement and other metrics. The data and information provided by these devices is intended to be a close estimation of your activity and metrics tracked, but may not be completely accurate, including step, sleep, distance, heart rate, oxygen saturation, and calorie data.

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### Device Warnings

- Do not leave the device exposed to a heat source or in a high-temperature location, such as in the sun in an unattended vehicle. To prevent the possibility of damage, remove the device from the vehicle or store it out of direct sunlight, such as in the glove box.
  - Do not operate the device outside of the temperature ranges specified in the printed manual in the product packaging.
  - When storing the device for an extended time period, store within the temperature ranges specified in the printed manual in the product packaging.
  - Do not use a power cable, data cable and/or power adapter that is not approved or supplied by Garmin.
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## Bicycle Warnings

- The device allows you to send your location to an emergency contact. This is a supplemental feature and should not be relied upon as a primary method to obtain emergency assistance. The Garmin Connect™ Mobile app does not contact emergency services on your behalf.
  - Always use your best judgement, and operate the bicycle in a safe manner.
  - Make sure your bicycle and hardware are properly maintained and that all parts are correctly installed.
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## Navigation Warnings

If your Garmin device uses or accepts map data, follow these guidelines to ensure safe navigating.

- Always carefully compare information displayed on the device to all available navigation sources, including information from visual sightings, local waterway rules and restrictions, and maps. For safety, always resolve any discrepancies or questions before continuing navigation, and defer to posted signs and conditions.
  - Use this device only as a navigational aid. Do not attempt to use the device for any purpose requiring precise measurement of direction, distance, location, or topography.
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## Off-Road Navigation Warnings

If your Garmin device is able to suggest off-road routes for various outdoor activities, such as biking, hiking, and all-terrain vehicles, follow these guidelines to ensure safe off-road navigation.

- Always use your best judgment and exercise common sense when making off-road navigational decisions. The Garmin device is designed to provide route suggestions only. It is not a replacement for attentiveness and proper preparation for outdoor activities. Do not follow the route suggestions if they suggest an illegal course or would put you in an unsafe situation.
- Always carefully compare information displayed on the device to all available navigation sources, including trail signs, trail conditions, weather

conditions, and other factors that may affect safety while navigating. For safety, always resolve any discrepancies before continuing navigation, and defer to posted signs and conditions.

- Always be mindful of the effects of the environment and the inherent risks of the activity before embarking on off-road activities, especially the impact that weather and weather-related trail conditions can have on the safety of your activity. Ensure that you have the proper gear and supplies for your activity before navigating along unfamiliar paths and trails.

### CAUTION

Failure to heed the following cautions could result in minor or moderate injury.

#### **Skin Irritation**

Some users may experience skin irritation after prolonged use of the device, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the device and give your skin time to heal. To help prevent skin irritation, ensure the device is clean and dry, and do not overtighten the device on your wrist. For more information, go to [Garmin.com.sg/legal/fit-and-care](https://Garmin.com.sg/legal/fit-and-care).

### NOTICE

Failure to heed the following notice could result in personal or property damage, or negatively impact the device functionality.

#### **Battery Notices**

Contact your local waste disposal department to dispose of the device/batteries in accordance with applicable local laws and regulations.

#### **GPS Notice**

The navigation device may experience degraded performance if you use it in proximity to any device that uses a terrestrial broadband network operating close to the frequencies used by any Global Navigation Satellite System (GNSS), such as the Global Positioning Service (GPS). Use of such devices may impair reception of GNSS signals.

## Product Environmental Programs

Information about the Garmin product recycling program and WEEE, RoHS, REACH, and other compliance programs can be found at [www.garmin.com/aboutGarmin/environment](http://www.garmin.com/aboutGarmin/environment).

## Software License Agreement

BY USING THE DEVICE, YOU AGREE TO BE BOUND BY THE TERMS AND CONDITIONS OF THE FOLLOWING SOFTWARE LICENSE AGREEMENT. PLEASE READ THIS AGREEMENT CAREFULLY.

Garmin Ltd. and its subsidiaries ("Garmin") grant you a limited license to use the software embedded in this device (the "Software") in binary executable form in the normal operation of the product. Title, ownership rights, and intellectual property rights in and to the Software remain in Garmin and/or its third-party providers.

You acknowledge that the Software is the property of Garmin and/or its third-party providers and is protected under the United States of America copyright laws and international copyright treaties. You further acknowledge that the structure, organization, and code of the Software, for which source code is not provided, are valuable trade secrets of Garmin and/or its third-party providers and that the Software in source code form remains a valuable trade secret of Garmin and/or its third-party providers. You agree not to decompile, disassemble, modify, reverse assemble, reverse engineer, or reduce to human readable form the Software or any part thereof or create any derivative works based on the Software. You agree not to export or re-export the Software to any country in violation of the export control laws of the United States of America or the export control laws of any other applicable country.

## Map Data Information

Garmin uses a combination of governmental and private data sources. Virtually all data sources contain some inaccurate or incomplete data. In some countries, complete and accurate map information is either not available or is prohibitively expensive.

## Limited Warranty

The Garmin standard limited warranty. For more information, go to [Garmin.com.sg/support/warranty](http://Garmin.com.sg/support/warranty).

## Introduction

### WARNING

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

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Always consult your physician before you begin or modify any exercise program.

### Setting Up the Device

Before you can use your device, you must plug it into a power source to turn it on.

To use the Lily 2 device, you must set it up using a smartphone or computer.

When using a smartphone, the device must be paired directly through the Garmin Connect app, instead of from the Bluetooth® settings on your smartphone.

- 1 From the app store on your smartphone, install the Garmin Connect app.
- 2 Pinch the charging clip ①.



- 3 Align the clip with the contacts on the back of the device ②.

- 4 Plug the USB cable into a power source to turn on the device (page 15).

Hello! appears when the device turns on.

- 5 Open the Garmin Connect app, and follow the instructions to complete the pairing and setup process.

After you pair successfully, a message appears, and your device syncs automatically with your smartphone.

### Tips for Existing Garmin Connect Users

- 1 From the Garmin Connect app, select  or .
- 2 Select **Garmin Devices** > **Add Device**.

### Changing the Device Language

The default device language is English. To change the device language, you must first pair the device with the Garmin Connect app (page 7), and follow the instructions below:

- 1 From the Garmin Connect app, select  or .
- 2 Select **Garmin Devices**, and select your Lily 2 device.
- 3 Select **General** > **Language**, and select your language.

### Turning On and Off the Device

- 1 To turn on the screen, select an option:
  - Rotate and lift your wrist toward your body.
  - Double-tap the touchscreen .

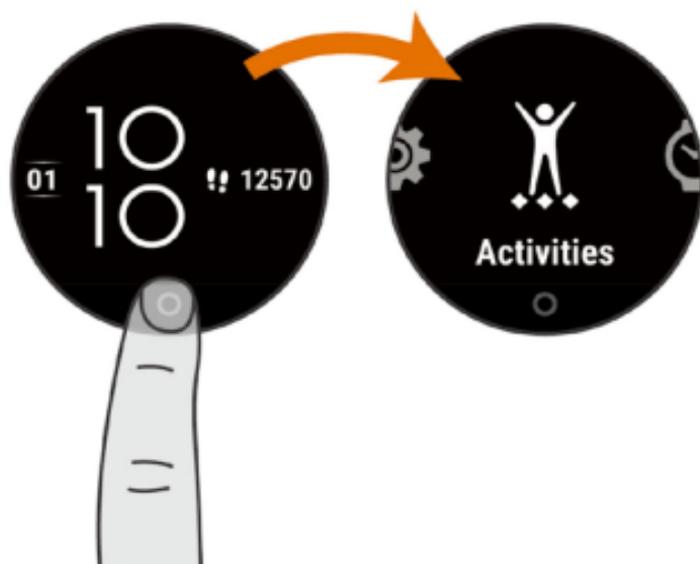


- 2 To turn the screen off, rotate your wrist away from your body.

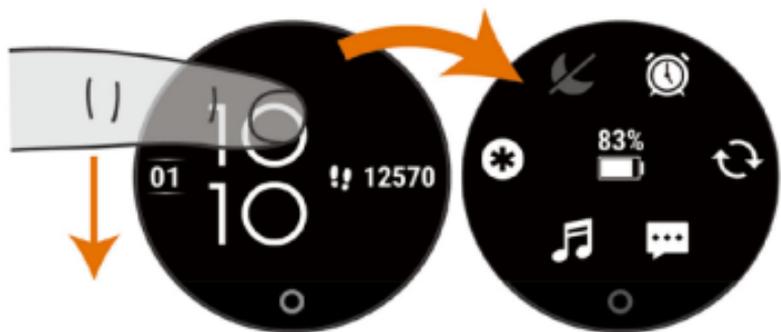
**NOTE:** The screen turns off when not in use. When the screen is off, the device is still active and recording data.

## Viewing Widgets and Menus

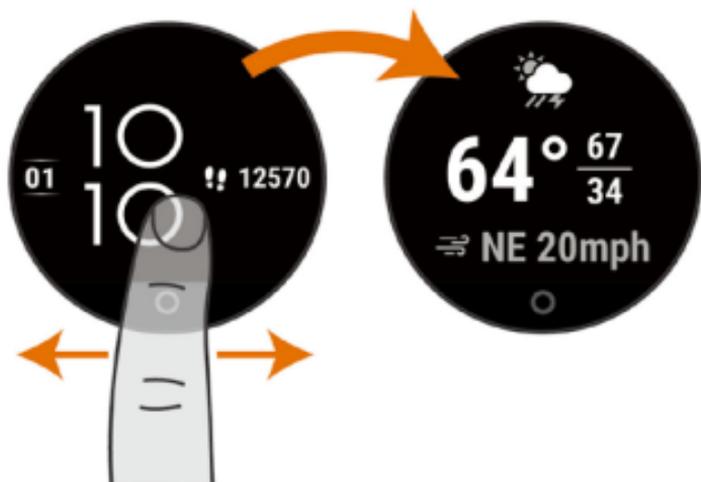
- From the watch face, press  to view the main menu.



- From the watch face, swipe down to view the controls menu.



- From the watch face, swipe left or right to view the widgets.



## Menu Options

You can press  to view the menu.

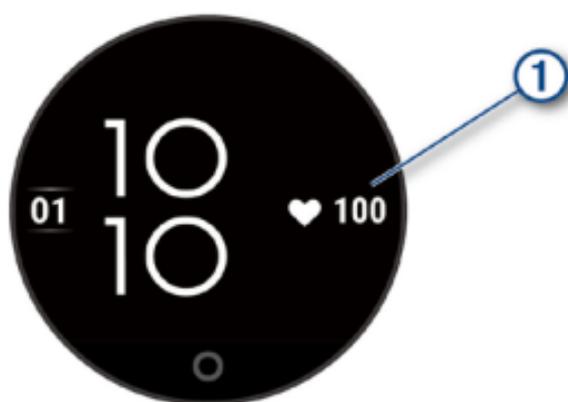
**TIP:** Swipe to scroll through the menu options.



	Displays the timed activity options.
	Displays the watch face options.
	Displays the alarm, stopwatch, and timer options.
	Displays the device settings.

## Touchscreen Tips

- Tap the touchscreen to make a selection.
- From the watch face, tap the touchscreen to cycle through data, such as steps and heart rate ①.



- From any screen, press  to return to the previous screen.
- Tap the widget screen to view additional details for the widget.
- To send an assistance alert, tap the touchscreen firmly and rapidly until the device vibrates.



## Widgets

Your device comes preloaded with widgets that provide at a glance information. You can swipe the touchscreen to scroll through

the widgets. Some widgets require a paired smartphone.

**NOTE:** You can use the Garmin Connect app to add or remove widgets.

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	The current time and date. The time and date are set automatically when the device syncs with your Garmin Connect account.
	Displays a dynamic summary of your activity today. The metrics include steps, intensity minutes, and calories burned.
	Displays a dynamic summary of your current health statistics. The measurements include heart rate, stress, and Body Battery™ level.
	Upcoming appointments from your smartphone calendar.
	The current temperature and weather forecast from a paired smartphone.
	The total amount of water consumed and your goal for the day.

## Recording a Timed Activity

You can record a timed activity, which can be saved and sent to your Garmin Connect account.

- 1 Press  to view the menu.
- 2 Select .
- 3 Select an activity.

**NOTE:** You can use the Garmin Connect app to add or remove timed activities.

- 4 If necessary, select  to customize the data screens or activity options.

- 5 Double-tap the touchscreen to start the activity timer.
- 6 Start your activity.
- 7 After you complete your activity, double-tap the touchscreen to stop the timer.
- 8 Select an option:
  - Select ✓ to save the activity.
  - Select ☒ > ✓ to delete the activity.
  - Select ▶ to resume the activity.

## Safety and Tracking Features

### CAUTION

The safety and tracking features are supplemental features and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

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The Lily 2 device has safety and tracking features that must be set up with the Garmin Connect app.

### NOTICE

To use these features, you must be connected to the Garmin Connect app using Bluetooth technology. You can enter emergency contacts in your Garmin Connect account.

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**Assistance:** Allows you to send an automated message with your name, LiveTrack link, and GPS location to your

emergency contacts.

**LiveTrack:** Allows friends and family to follow your races and training activities in real time. You can invite followers using email or social media, allowing them to view your live data on a Garmin Connect tracking page.

## Connected GPS

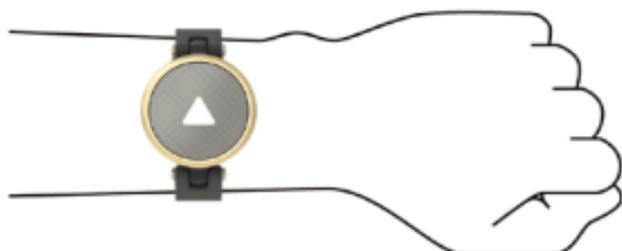
With the connected GPS feature, your device uses the GPS antenna in your smartphone to record GPS data for walk, run, or bike activities. The GPS data, including location, distance, and speed, appears in the activity details in your Garmin Connect account. Connected GPS is also used for the assistance and LiveTrack features.

**NOTE:** To use the connected GPS feature, enable smartphone app permissions to always share location to the Garmin Connect app.

## 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.



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

- See the owner's manual for more information.

## Device Information

### Charging the Device

#### WARNING

This device contains a lithiumion 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 owner's manual.

- 1 Pinch the charging clip.
- 2 Align the clip with the contacts on the back of the device.
- 3 Plug the USB cable into a power source.
- 4 Charge the device completely.

### Viewing Device Information

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

- 1 Press .

2 Select **Settings > About**.

## Specifications

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**NOTE:** Visit the product page for full specifications.

**Operating temperature range:** From -20° to 60°C (from -4° to 140°F)

**Charging temperature range:** From 0° to 45°C (from 32° to 113°F)

## Getting the Owner's Manual

The owner's manual includes instructions for using device features and accessing regulatory information.

Go to [Garmin.com.sg/products/wearables/Lily 2-creamgold-white](https://Garmin.com.sg/products/wearables/Lily-2-creamgold-white) or scan the QR code to download the manual.



[support.Garmin.com/en-SG](https://support.Garmin.com/en-SG)



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