



Model FB512



User Manual

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Get started

Elevate your day with Fitbit Model FB512, the premium health and fitness watch with Amazon Alexa Built-in, fitness features, apps, and more. Take a moment to review our complete safety information at fitbit.com/safety.

What's in the box

Your Model FB512 box includes:

Watch with small wristband
(color and material varies)

Charging cable

Additional large wristband

The detachable wristbands on Model FB512 come in a variety of colors and materials, sold separately.

Set up Model FB512

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

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

Charge your watch

A fully-charged Model FB512 has a battery life of 5+ days. Battery life and charge cycles vary with use and other factors; actual results will vary.

To charge Model FB512:


1. Plug the charging cable into the USB port on your computer, or a UL-certified USB wall charger, or another low-energy charging device.
2. Attach Model FB512 to the charging cradle. The cable comes out the opposite side of the button. The percent charged appears on screen.

While the watch charges, tap the screen twice to turn the screen on and check the battery level. Tap again to use Model FB512.

Set up with your phone or tablet

Set up Model FB512 with the Fitbit app for iPhones and iPads or Android phones. The Fitbit app is compatible with most popular phones and tablets. For more information, see [fitbit.com/devices](https://www.fitbit.com/devices).

To get started:

1. Download the Fitbit app:
 - Apple App Store for iPhones and iPads
 - Google Play Store for Android phones
2. Install the app, and open it.
 - If you already have a Fitbit account, log in to your account > tap the Today tab  > your profile picture > **Set Up a Device**.

- If you don't have a Fitbit account, tap **Join Fitbit** to be guided through a series of questions to create a Fitbit account.
3. Continue to follow the on-screen instructions to connect Model FB512 to your account.

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

Connect to Wi-Fi

During setup, you're prompted to connect Model FB512 to your Wi-Fi network. Model FB512 uses Wi-Fi to more quickly download playlists and apps from the Fitbit App Gallery, and for faster, more reliable OS updates.

Model FB512 can connect to open, WEP, WPA personal, and WPA2 personal Wi-Fi networks. Your watch won't connect to 5GHz, WPA enterprise, or public Wi-Fi networks that require more than a password to connect—for example, logins, subscriptions, or profiles. If you see fields for a username or domain when connecting to the Wi-Fi network on a computer, the network isn't supported.

For best results, connect Model FB512 to your home Wi-Fi network. Make sure you know the network password before connecting.

For more information, see help.fitbit.com.

See your data in the Fitbit app

Sync Model FB512 to transfer your data to the Fitbit app, where you can view your activity and sleep data, log food and water, participate in challenges, and more. For best results, keep all-day sync turned on, so that Model FB512 syncs periodically with the app. All-day sync is required for certain features on Model FB512, such as voice assistant support.

Unlock Fitbit Premium

Fitbit Premium helps you build healthy habits by offering tailored workouts, insights into how your behavior impacts your health, and personalized plans to help you reach your goals.

Fitbit Premium includes:

- Detailed programs tailored to your health and fitness goals
- Insights on your activity and progress throughout programs
- Step-by-step workouts with Fitbit Coach

For more information, see help.fitbit.com.

Wear Model FB512

Place Model FB512 around your wrist. If you need to attach a different size wristband, or if you purchased another wristband, see the instructions in "[Change the wristband](#)".

Placement for all-day wear vs. exercise


When you're not exercising, wear Model FB512 a finger's width above your wrist bone.

For optimized heart-rate tracking while exercising:

- During a workout, experiment with wearing the device higher on your wrist (2 finger widths) for an improved fit. Many exercises such as bike riding or weightlifting cause you to bend your wrist frequently, which could interfere with the heart-rate signal if the watch is lower on your wrist.
- Wear your Fitbit device on top of your wrist, and make sure the back of the device is in contact with your skin.
- Consider tightening your wristband before a workout and loosening it when you're done. The wristband should be snug but not constricting (a tight wristband restricts blood flow, potentially affecting the heart-rate signal).

Handedness

For greater accuracy, you must specify whether you wear Model FB512 on your dominant or non-dominant hand. Your dominant hand is the one you use for writing and eating. To start, the Wrist setting is set to non-dominant. If you wear Model FB512 on your dominant hand, change the Wrist setting in the Fitbit app:

From the Today tab  in the Fitbit app, tap your profile picture > Model FB512 tile > Wrist Placement > Dominant.

Change the wristband

Model FB512 comes with a small wristband attached and an additional large, bottom wristband in the box. Both the top and bottom wristbands can be swapped with accessory wristbands, sold separately on [fitbit.com](https://www.fitbit.com). For wristband measurements, see "[Wristband size](#)" on page . All Versa series wristbands are compatible with all devices in the Fitbit Versa series.

Remove a wristband

1. Turn over Model FB512 and find the quick-release button. While pressing the quick-release button inward, gently pull the wristband away from the watch to release it.
3. Repeat on the other side.

Attach a wristband

1. To attach a wristband, move the band into the notch on the watch.
3. Repeat on the other side.

Basics

Learn how to manage Model FB512's settings, set a personal PIN code, navigate the screen, and more.

Navigate Model FB512

Model FB512 has a color AMOLED touchscreen display and a force sensitive button.

Navigate Model FB512 by tapping the screen, swiping side to side and up and down, or pressing the button. To preserve battery, the watch's screen turns off when not in use, unless you turn on the always-on display setting. For more information, see "[Adjust Always-On Display](#)".

Basic Navigation


The home screen is a clockface. Here are the basic gestures for the watch:

- Swipe down from the top of the screen to see notifications.
- Swipe up to see widgets, including daily stats, weather and more. Widgets are configurable on the watch.
- Swipe left to see the apps on the watch. While inside an app, swipe from left to right to go back. More apps can be installed from the Fitbit mobile app.
- Swipe right to see your quick settings. Press the button to return to the clock face.


Button Shortcuts

There are two types of button shortcuts on the watch. These shortcuts are configurable, allowing you to reach your favorite apps faster.

Press and hold the side button: Press and hold the button for 2 seconds to activate Voice Assistant (default) or another app set as the shortcut. The first time you use this shortcut, you select which feature it activates. To edit this shortcut, follow these steps:

1. Opening the Settings app  on the watch.
2. Tap **Button Shortcuts**.
3. Find the **Press & hold** option. Toggle to turn the shortcut on or off. You can also select a new feature for this interaction.

Double press the side button: Bring up a menu of your four favorite apps an. To customize the menu:

1. Open the Settings app  on the watch.
2. Tap **Button Shortcuts**.
3. Find the **Double Press** option. Toggle to turn the shortcut on or off. You can also select four apps for the custom menu.

These are the available apps and features you can select for the button shortcuts:

Voice assistant: Choose from Amazon Alexa or Google Assistant. For more information on these features, see "[Voice Assistant](#)".

Fitbit Pay: For more information see "[Use credit and debit cards](#)" on page .


Exercise: Choose to open the App or an exercise (e.g. run, bike, swim) from the Exercise app.

Quick settings: Adjust common settings and modes for the watch.

Installed App: Set any installed app as a shortcut.

Music: Control the music playing from your phone or other Bluetooth device connected to your watch.

Settings App

The Settings app  contains all available settings and modes for the watch. Here's the full list of what's available:

Setting or Mode	Description
Display	Adjust brightness, always-on display mode and screen wake features.
Vibration and Audio	Adjust Vibration (haptic strength), microphone, Bluetooth devices and music controls
Goal Reminders	Control reminders to stay active.
Quiet Modes	Set up Do not disturb, Focus mode, Sleep mode and Alexa notifications.



Shortcuts	Set shortcuts to quickly reach favorite apps and features for Long and Double Press.
About device	Device info, regulatory info and factory reset options.
Shutdown	Turn off the device completely.






Quick Settings

Quick Settings only includes the most commonly used settings and modes on the watch.

To reach Quick Settings, swipe right on the clock face. If you configured Quick Settings as a button shortcut, you can also double press the side button and find it there.

Here are what you can adjust from Quick Settings:

Setting or Mode	Description
Do Not Disturb 	<p>Do Not Disturb lets you enjoy less disturbance from the watch haptics. When this is ON:</p> <ul style="list-style-type: none"> • Mutes vibrations from incoming notifications, goal celebrations, and reminders to move. These items will also not wake the screen. • The icon will be shown at the top of the screen when you swipe up to see your stats. <p>NOTE: Do Not Disturb and Sleep Mode may not be ON at the same time.</p>
Sleep Mode 	<p>Sleep Mode lets you sleep without being disturbed by the watch haptics and screen brightness. When this is ON:</p> <ul style="list-style-type: none"> • Mutes vibrations from incoming notifications, goal celebrations, and reminders to move. These items will also not wake the screen. • Reduces the screen Brightness setting to dim. • Automatically sets Screen Wake to Manual (Button), so raising your wrist will not wake the screen. • The icon will be shown at the top of the screen when you swipe up to see your stats. <p>NOTE: Do Not Disturb and Sleep Mode may not be ON at the same time.</p> <p>You can set a certain schedule for Sleep Mode to turn on automatically. To schedule Sleep Mode:</p>

	<ol style="list-style-type: none"> 1. Open the Settings app  on the watch. 2. Tap Sleep Mode > Schedule. 3. Select the time frame for Sleep Mode to be on. Sleep Mode will turn off outside of the time frame you set.
<p>Screen Wake</p> 	<p>You can select one of two options:</p> <p>Auto (Motion): The screen wakes up each time the motion sensor detects a wrist raise. Pressing the side button also wakes up the screen.</p> <p>Manual (Button): The screen wakes up only when you press the side button.</p>
<p>Brightness</p> 	<p>Allows you to adjust the brightness of your screen. Select between 3 options: DIM, NORMAL, MAX</p>
<p>Always-On Display</p> 	<p>A special mode that allows the screen to stay on to display the time and certain stats.</p> <p>For more information, see "Adjust Always-On Display" on page .</p>
<p>Volume Control</p> 	<p>Controls the volume levels for audio playing through the device's speaker or a connected bluetooth device.</p>

Screen shortcuts

A menu of the user's favorite apps. Any apps installed and/or Exercise activities can be set as one of the four shortcut slots available. When listening to music either from the Device or from Mobile (when the device is connected to it), a music player widget for basic controls (play/pause, next and volume) is also available.

Check battery level


Swipe down from the top of the screen. Wait 2 seconds for the shortcuts tray to disappear. The battery level icon is in the top left.

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

Set up device lock

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


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

From the Today tab  in the Fitbit app, tap your profile picture > Model FB512 tile > **Device Lock**.

For more information, see help.fitbit.com.

Adjust Always-On Display


Turn on Always-On Display to show the time on your watch, even when you're not interacting with the screen. Choose to also show the watch's battery level, and your progress toward 2 of your core stats.

To turn this feature on or off, swipe right from the clock or double press the button to pull up corner keys and tap quick settings > Always-On Display icon ,



or find **Always-On Display** in the Settings app

Note that turning on this feature impacts your watch's battery life. When Always-On Display is turned on, Model FB512 has a battery life of up to 2 days.

To adjust what's shown on the screen when Always-On Display is on, open the Settings app  > **Always-On Display** > **Customize**.

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

Always-On Display automatically turns off when your watch's battery is critically low.

For more information, see help.fitbit.com.

Turn off the screen

To turn off Model FB512's screen when not in use, briefly cover the watch face with your opposite hand, press the button, or turn your wrist away (when Screen Wake feature is on) from your body.

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


Care for Model FB512

It's important to clean and dry Model FB512 regularly. For more information, see fitbit.com/productcare.

Apps and Clock Faces

The Fitbit App Gallery and Clock Gallery offer apps and clock faces to personalize your watch and meet a variety of health, fitness, timekeeping, and everyday needs.

Change the clock face

1. From the Today tab  in the Fitbit app, tap your profile picture > Model FB512 tile.
2. Tap **Clock Faces** > **All Clocks**.
3. Browse the available clock faces. Tap a clock face to see a detailed view.
4. Tap **Select** to add the clock face to Model FB512.

Open apps


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

Organize apps

To change the placement of an app on Model FB512, press and hold an app until it's selected, and drag it to a new location. The app is selected when its icon increases slightly in size and the watch vibrates.

Download additional apps


Add new apps to Model FB512 from the Fitbit App Gallery:

1. From the Today tab  in the Fitbit app, tap your profile picture > Model FB512 tile.
2. Tap **Apps** > **All Apps**.
3. Browse the available apps. When you find one you want to install, tap it.
4. Tap **Install** to add the app to Model FB512.

For more information, see help.fitbit.com.

Remove apps

You can remove most apps installed on Model FB512:

1. From the Today tab  in the Fitbit app, tap your profile picture > Model FB512 tile.

2. Tap **Apps**.
3. In the My Apps tab, find the app you want to remove. You may have to swipe up to find it.
4. Tap the app > **Remove**.



Update apps

Apps update over Wi-Fi as needed. Model FB512 searches for updates when plugged into the charger and in range of your Wi-Fi network.

You can also manually update apps. For more information, see help.fitbit.com.

Voice Assistant

Check the weather, set timers, alarms, and reminders, control your smart home devices, and more by speaking to your watch. Note that you can set reminders on Amazon Alexa but not Google Assistant.

These alarms are timers are separate from those you set in the Alarms app  or Timer app .

To set up a Voice Assistant for the watch, go to the Fitbit app. From there, choose between **Amazon Alexa** or **Google Assistant**. Only one voice assistant may be activated at a time.

Interacting with the Voice Assistant

Once setup is complete, use your watch to interact with **Amazon Alexa** or **Google Assistant**. Depending on how you configure you watch, you can activate the voice assistant in three ways:

- Swipe left to find the **Amazon Alexa** or **Google Assistant** app on your watch. Only the voice assistant you set up within the Fitbit mobile app will show up on the watch.
- If you chose the voice assistant as your button shortcut, hold the button on your watch for 2 seconds.
- If you added the voice assistant to your menu of shortcuts, double press the side button.

Once activated, say your request.

- Set a timer for 10 minutes.
- Set an alarm for 8:00 a.m.
- What's the temperature outside?
- Remind me to make dinner at 6:00 p.m.
- How much protein is in an egg?

Note that saying “Alexa” or “Google” doesn’t activate the voice assistant on your watch. The microphone in your watch turns off when you close the voice assistant or when the watch’s screen turns off.

For Alexa only: You can install the Amazon Alexa app on your phone for more functionality. With the app, your watch can access additional Alexa skills. Note that not all skills work with Model FB512, as they must be able to display feedback as text on the watch’s screen. Model FB512 has a speaker. For more information, see help.fitbit.com.

Lifestyle

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


For more information, see help.fitbit.com.

Notifications

Model FB512 can show call, text, calendar, and app notifications from your phone to keep you informed. Keep your watch within 30 feet of your phone to receive notifications.

Set up notifications

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

1. From the Today tab  in the Fitbit app, tap your profile picture > Model FB512 tile.
2. Tap **Notifications**.
3. Follow the on-screen instructions to pair your watch if you haven't already. Call, text, and calendar notifications are turned on automatically.
4. To turn on notifications from apps installed on your phone, including Fitbit and WhatsApp, tap **App Notifications** and turn on the notifications you want to see.

Note that if you have an iPhone or iPad, Model FB512 shows notifications from all calendars synced to the Calendar app. If you have an Android phone, Model FB512 shows calendar notifications from the calendar app you choose during setup.

For more information, see help.fitbit.com.

See incoming notifications

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

If your watch's battery level is critically low, notifications won't cause Model FB512 to vibrate or the screen to turn on.

Manage notifications

Model FB512 stores up to 30 notifications, after which the oldest are replaced as you receive new ones.

To manage notifications:


- Swipe down from the top of the screen to see your notifications and tap any notification to expand it.

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



Turn off notifications

Turn off certain notifications in the Fitbit app, or turn off all notifications in the quick settings on Model FB512. When all notifications are turned off, your watch won't vibrate and the screen won't turn on when your phone receives a notification.

To turn off certain notifications:

1. From the Today tab  in the Fitbit app on your phone, tap your profile picture > Model FB512 tile > **Notifications**.
2. Turn off the notifications you no longer want to receive on your watch.
3. Sync your watch to save your changes.

To turn off all notifications:

1. Swipe down from the top of the screen and tap the quick settings icon .
2. Tap the Do Not Disturb icon . All notifications, including goal celebrations and reminders to move, are turned off.




Note that if you use the Do Not Disturb setting on your phone, you don't receive notifications on your watch until you turn off this setting.

Respond to messages

Respond directly to text messages and notifications from select apps on your watch with preset quick replies or by speaking your reply into Model FB512. This feature is currently available on watches paired to an Android phone. Keep your phone nearby with the Fitbit app running in the background to respond to messages from your watch.

To respond to a message:

1. Tap the notification on your watch. To see recent messages, swipe down from the clock face.
2. Tap **Reply**. If you don't see an option to reply to the message, replies aren't available for the app that sent the notification.


3. Choose a text reply from the list of quick replies or tap the emoji icon  to choose an emoji. Tap **More replies** or **More emojis** to see additional options.
4. To reply to a message with your voice, tap the microphone icon  and say your message. If the message is correct, tap **Send**, or tap **Retry** to try again. If you notice a mistake after you send the message, tap **Undo** within 3 seconds to cancel the message.
 - To change the language recognized by the microphone, tap the 3 dots icon  next to Languages and select a different language.

For more information, including how to customize quick replies, see help.fitbit.com.

Timekeeping

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

Use the Alarms app


Set one-time or recurring alarms with the Alarms app . When an alarm goes off, your watch vibrates. For more information, see help.fitbit.com.

Dismiss or snooze an alarm

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

Snooze the alarm as many times as you want. Model FB512 automatically goes into snooze mode if you ignore the alarm for more than 1 minute.

Use the Timer app

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

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

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

Activity, Sleep & Other Stats

Model FB512 continuously tracks a variety of stats whenever you wear it, including hourly activity, heart rate, and sleep. Data automatically syncs when in range of the Fitbit app throughout the day.

See your stats

See a summary of your stats as a Widget or go to the Today app for more details on your stats.

See stats in a widget

Swipe up from the clock face to see all your widgets. Select the “Today” widget. Within this widget, your stats are organized into three categories. Within each category, the widget can display up to five core stats in any order you’d like:

1. **Core Stats:** These include the activity stats such as steps, floors, distance, calories burned, and Active Zone Minutes.
2. **Advanced stats:** These include water, exercise, sleep, heart rate, resting heart rate, food, weight, female health, hourly activity and more.
3. **Fitbit Logging:** This area shows water and weight which are the two stats you can log directly from the watch. You must go to the Fitbit mobile app to log or edit the other stats.

If you tap on a stat within a widget, it will automatically open the Today app.

See stats in the Today app

To find the Today app, swipe left on the screen. Once you select the app, you will see a list of stats. Tap on a stat to access more details. You can reorder the stats however you’d like.

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

Stat	Description
Core stats	Shows the activity stats such as steps, distance, floors, calories burned and Active Zone Minutes.
Hourly activity	Shows the steps taken this hour and the number of hours you met your hourly activity goal. Note that you can set Reminders to Move for this stat. For more information see “Track your hourly activity.”

Heart rate	Shows the current heart rate, resting heart rate and relevant heart rate zone (e.g., fat burn, cardio, peak).
Exercise	Shows the number of days you met your exercise goal this week.
Female health	Shows the current phase in your menstrual cycle, if applicable.
Sleep	Shows sleep duration, sleep stages (e.g., light, deep, REM sleep) and Sleep Score.
Water	Shows how much water you logged for that day. Note that you can log water intake from the watch or in the Fitbit mobile app.
Food	Shows calories logged and calories remaining for that day. Note that you can log calories for food and beverages in the Fitbit mobile app.
Weight	Shows current weight and progress toward your goal weight (e.g. how much weight left to lose or gain), if applicable. Note that you can log a new weight entry from the watch or Fitbit mobile app.
Mindfulness	Shows the number of days you met your mindfulness goal this week.

Track a daily activity goal

Model FB512 tracks your progress toward a daily activity goal of your choice. When you reach your goal, your watch vibrates and shows a celebration.

Each stat will get subtle goal celebrations within its daily progress stat tiles. A person can tap on a Widget or daily progress stat tile to get a full celebration on the detail page.

Choose a goal

Set a goal to help you get started on your health and fitness journey. To begin, your goal is 10,000 steps per day. Choose to increase or decrease the number of steps, or to change your primary goal to Active Zone Minutes, distance traveled, floors climbed, or calories burned.

For more information, see help.fitbit.com.

Track progress toward your goal on Model FB512. For more information, see "[See your stats](#)" on page .

Track your hourly activity

Model FB512 helps you stay active throughout the day by keeping track of when you're stationary and reminding you to move.

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

For more information, see help.fitbit.com.

Track your sleep

Wear Model FB512 to bed to automatically track your time asleep, sleep stages (time spent in REM, light sleep, and deep sleep), and Sleep Score (the quality of your sleep). To see your sleep stats, sync your watch when you wake up and check the app. You may need to wait a few moments to see your sleep stats while the Fitbit app analyzes your sleep data.

For more information, see help.fitbit.com.

Set a sleep goal

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

For more information, see help.fitbit.com.

Set a bedtime reminder

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

For more information, see help.fitbit.com.

Learn about your sleep habits

Model FB512 tracks several sleep metrics including when you go to bed, how long you're asleep, your time spent in each sleep stage, and the overall quality of your sleep. Track your sleep with Model FB512 and check the Fitbit app to understand how your sleep patterns compare to your peers. With a Fitbit Premium subscription, see more details about your sleep score to help you build a better sleep routine and wake up feeling refreshed.

For more information, see help.fitbit.com.


See your heart rate



Model FB512 tracks your heart rate throughout the day. Swipe up from the clock face to see your real-time heart rate and your resting heart rate in a Widget. You can also view heart rate stats from the Today app on this watch. For more information, see "See your stats" on page . Certain clock faces show your real-time heart rate on the clock screen.

During a workout, Model FB512 shows your heart-rate zone to help you target the training intensity of your choice.

For more information, see "Check your heart rate" on page .

Practice guided breathing

The Relax app  on Model FB512 provides personalized guided breathing sessions to help you find moments of calm throughout the day. You can choose between 2-minute and 5-minute sessions.



1. On Model FB512, open the Relax app .
2. The 2-minute session is the first option. Tap the gear icon  to choose the 5-minute session or turn off the optional vibration. Press the button on your watch to return to the Relax screen.
3. Tap the play icon to start the session and follow the on-screen instructions.

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



All notifications are automatically disabled during the session.



For more information, see help.fitbit.com.

Fitness and Exercise

Track activity with the Exercise app  and complete guided workouts with the Fitbit Coach app  right on your wrist.

Sync Model FB512 with the Fitbit app and share your activity with friends and family, see how your overall fitness level compares to your peers, and more.

During a workout, you can play music through the Music app , Pandora app , or Deezer app

 on your watch, or control music playing on your phone. To play music stored on your watch, open the app and choose the music you want to listen to. Then go back to the Exercise or Fitbit Coach app and start a workout. To control music playing while you exercise, swipe down from the top of the screen and tap the music controls icon . Note that you need to pair a Bluetooth audio device, such as headphones or a speaker, to Model FB512 to hear music stored on your watch.

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

Track your exercise automatically

Model FB512 automatically recognizes and records many high-movement activities which are at least 15 minutes long. Sync your device to see basic stats about your activity in your exercise history.

For more information, including how to change the minimum duration before an activity is tracked, see help.fitbit.com.

Track and analyze exercise with the Exercise app

Track specific exercises with the Exercise app on Model FB512 to see real-time stats, including heart-rate data, calories burned, elapsed time, and a post-workout summary on your wrist. For complete workout stats, and route and pace information if you used GPS, review your exercise history in the Fitbit app.








Note: Model FB512 uses the GPS sensors on your nearby phone to capture GPS data.

GPS requirements

Vulcan uses a built-in GPS sensor to track the user's location while in-activity. To use it, make sure:

1. GPS is turned on for the exercise.
 - a. Open the Exercise and tap on the activity to start. On the Start screen, if GPS is On, a status at the top indicates the connection status.
 - b. If no status is displayed at the top and it is a GPS enabled activity (i.e. Running, Walking, etc.), swipe up to access the Action Menu, and on the GPS section make sure it is set to **On**. You may have to swipe up to find this option.

Track an exercise

1. On Model FB512, open the Exercise app .
2. Find the exercise on the list of activities, and tap to choose it.
3. On the Start screen, tap the play icon  to begin the exercise, or swipe up to access the Action Menu and set a Goal  of either time, distance, or calories depending on the activity.
4. When you're done with your workout or want to pause, press the device button or swipe up to access the Action Menu. The activity is paused automatically if you press the device's button, but you can also press the pause button  when swiping up from an on-going activity.
5. Once paused you can Resume the workout by tapping the play icon , or tap the flag icon  to finish.
6. Your workout summary appears. If you want to return to the Exercise, you can resume it from the summary as well .
7. Tap **Done** to close the summary screen.


Notes:

- Model FB512 shows 3 real-time stats of your choice on the main activity screen. To cycle through all of your real-time stats, tap the screen. To see all of your real-time stats at once, swipe up to the Action Menu screen and scroll up. You can adjust the stats you see in the settings for each exercise.
- If you set an exercise goal, your watch vibrates when you're halfway to your goal and when you reach the goal.
- If the exercise uses GPS, an icon appears briefly at the top once it connects to the GPS sensors. When the screen says "connected", GPS is connected.

Customize your exercise settings and shortcuts

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

Zone Notifications	Alert with buzzes when entering new heart rate zones in Exercise.
Show Laps	Displays visual cues when reaching laps milestones, either automatically or manually.
Customize Stats	Customize the stats displayed on the main activity window at the top and bottom, as well as the stats cycled on the middle or at the Live View on the Action Menu.
Pool Length	Select the pool's length for tracking.
Run Detect	Track runs automatically without opening the Exercise app
Auto Pause	Pauses activity automatically when not in movement.
Always-on Screen	Keep the screen on during exercise

1. On Model FB512, open the Exercise app .
2. Scroll through the exercises until you find the one you want to customize and tap to open it.
3. On the Start screen, swipe up to access the Action Menu and scroll up through the list of available settings.
4. Tap a setting to adjust it.
5. When you're done, press the button to return to the exercise Start screen, and tap the play icon to start the workout.

Check your workout summary

After you complete a workout, Model FB512 shows a summary of your stats.

Sync your watch to save the workout in your exercise history, where you can find additional stats and see your route and pace if you used GPS.

Check your heart rate

Heart-rate zones help you target the training intensity of your choice. Model FB512 shows your current zone and progress toward your maximum heart rate next to your heart-rate reading. In the Fitbit app, you can see your time spent in zones during a particular day or exercise. Three zones based on American Heart Association recommendations are available, or you can create a custom zone if you have a specific heart rate you're targeting.

Default heart-rate zones

Default heart-rate zones are calculated using your estimated maximum heart rate. Fitbit calculates your maximum heart rate with the common formula of 220 minus your age.

Zone	Calculation	Description
Out of Zone	Below 50% of your maximum heart rate	Your heart rate may be elevated, but not enough to be considered exercise.
Fat Burn	Between 50% and 69% of your maximum heart rate	This is a low-to-medium intensity exercise zone. This zone may be a good place to start for those new to exercise. It's called the Fat Burn zone because a higher percentage of calories are burned from fat, but the total calorie burn rate is lower.
Cardio	Between 70% and 84% of your maximum heart rate	This is a medium-to-high intensity exercise zone. In this zone you're pushing yourself but not straining. For most people this is the exercise zone to target.
Peak	Greater than 85% of your maximum heart rate	This is a high-intensity exercise zone. This zone is for short intense sessions that improve performance and speed.


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


Custom heart-rate zones

Set a custom heart-rate zone or a custom max heart rate in the Fitbit app if you have a specific target in mind. For example, elite athletes might have a target that differs from the American Heart Association's recommendations for most people.

For more information, see help.fitbit.com.

Work out with Fitbit Coach

The Fitbit Coach app  provides guided bodyweight workouts on your wrist to help you stay fit anywhere.

1. On Model FB512, open the Fitbit Coach app .
2. Swipe to find a workout.
3. Tap the workout you want, and tap the play icon to start. To preview the workout, tap the menu icon in the top right.

For more information, see help.fitbit.com.

Share your activity

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

For more information, see help.fitbit.com.

View your cardio fitness score

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

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

For more information, see help.fitbit.com.


Music and Podcasts

Store your favorite playlists on Model FB512, and listen to music and podcasts with Bluetooth headphones or speakers without needing your phone.

Connect Bluetooth headphones or speakers



Connect up to 8 Bluetooth audio devices to listen to playlists on your watch. When you add a new Bluetooth device, make sure both the device and Model FB512 are in pairing mode.

To pair a new Bluetooth audio device:

1. Start by activating pairing mode on your Bluetooth headphones or speaker.
2. On Model FB512, open the **Settings** app  > **Vibration and Audio**.
3. Scroll down to the **Bluetooth** section. Tap the **Manage Devices** button to open the Manage Devices screen. FB512 shows the previously paired devices as well as the **Pair New Devices** section that searches for nearby devices.
4. When Model FB512 finds nearby Bluetooth audio devices, it shows a list on the **Pair New Devices** section. Tap the name of the device you want to pair.

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

To listen to music with a different Bluetooth device:




1. On Model FB512, open the **Settings** app  > **Vibration and Audio**.
2. Scroll down to the **Bluetooth** section. If the device you want to connect to was previously paired, it is available on the list to toggle for connection.
3. Toggle On the device you want to connect to. Then wait a moment for the device to connect.
4. You can also access a list of **Bluetooth devices** to connect to on the **Music Control screen**.
5. To access Music Control, **swipe left from the Clock** or **Double press the device button** to bring up the shortcuts.
6. Tap on the Music shortcut (if set).
7. On the Music Control screen, tap the **Headphone icon** .

For more information, see help.fitbit.com.


Control music with Model FB512

Control music and podcasts playing on Model FB512 or on your phone.


Choose the music source

1. Swipe left from the Clock or Double press the device button to bring up the Shortcuts screen.
2. Tap the music controls icon .
3. Tap the watch or mobile icon.
4. Tap the phone  or watch  icon to switch the source.


If you have an Android phone, turn on Vulcan Music for Improved Music Controls on your phone:

1. Open the Settings app  on Model FB512 > **Bluetooth** > **Vibration and Audio**.
2. Scroll down to the **Improve Music Controls** section. Toggle the **Vulcan Music** option On to start pairing mode.
3. Then tap the **Open Phone Settings** button to get a notification on your phone that will lead you to the Settings app on your phone to pair with your device.
4. On your phone, where paired devices are listed. Your phone will scan for available devices.
5. Tap **Vulcan Music**.

Control music


1. While music is playing, Double press the device button and tap the music controls icon .
2. Play, pause, or tap the arrow icons to skip to the next track or previous track. Tap the volume button to bring up the Volume controls.

Control music with the Spotify app

Use the Spotify app  on Model FB512 to control Spotify on your phone, computer, or other Spotify Connect device. Navigate between playlists, like songs, and switch between devices from your watch. Note that the app doesn't support offline music playback, so your paired phone must remain nearby and connected to the internet. You need a Spotify Premium subscription to use this app. For more information about Spotify Premium, see support.spotify.com.


For instructions, see help.fitbit.com.

Use Pandora on Model FB512 (United States only)

With the Pandora app  for Model FB512, download up to 3 of your most-played Pandora stations or popular curated Workout stations directly to your watch. Note that you need a paid subscription to Pandora and a Wi-Fi connection to download stations. For more information about Pandora subscriptions, see help.pandora.com.

For instructions, see help.fitbit.com.

Use Deezer on Model FB512

With the Deezer app  for Model FB512, download your Deezer playlists and Flow directly to your watch. Note that you need a paid subscription to Deezer and a Wi-Fi connection to download music. For more information about Deezer subscriptions, see support.deezer.com.

For instructions, see help.fitbit.com.

Fitbit Pay

Model FB512 includes a built-in NFC chip, which lets you use your credit and debit cards on your watch.


Use credit and debit cards

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

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

Set up Fitbit Pay

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

1. From the Today tab  in the Fitbit app, tap your profile picture > Model FB512 tile.
2. Tap the **Wallet** tile.
3. Follow the on-screen instructions to add a payment card. In some cases, your bank might require additional verification. If you're adding a card for the first time, you might be prompted to set a 4-digit PIN code for your watch. Note that you also need passcode protection enabled for your phone.
4. After you add a card, follow the on-screen instructions to turn on notifications for your phone (if you haven't already done so) to complete the setup.



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

Make purchases

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



All customers except those in Australia:

1. Activate Fitbit Pay.
 - If you chose Fitbit Pay as your button shortcut, you can reach it either by pressing and holding the side button OR by double pressing the side button. Tap this icon  to open Fitbit Pay. For more information, see [“Button Shortcuts”](#).
 - If you didn't choose Fitbit Pay as a shortcut, swipe left until you find the Wallet app  and tap to open Fitbit Pay.
2. If prompted, enter your 4-digit watch PIN code. Your default card appears on the screen.
3. To pay with your default card, hold your wrist near the payment terminal. To pay with a different card, swipe to find the card you want to use, and hold your wrist near the payment terminal.

Customers in Australia:

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


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

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

For added security, you must wear Model FB512 on your wrist to use Fitbit Pay.

For more information, see help.fitbit.com.

Change your default card

1. From the Today tab  in the Fitbit app, tap your profile picture > Model FB512 tile.
2. Tap the **Wallet** tile.
3. Find the card you want to set as the default option.
4. Tap **Set as Default on Model FB512**.

Pay for transit

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

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

Update, Restart, and Erase

Some troubleshooting steps may require you to restart your watch, while erasing it is useful if you want to give Model FB512 to another person. Update your watch to receive new Fitbit OS updates.

Update Model FB512

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

When an update is ready to install, a notification appears in the Fitbit app. After you start the update, a progress bar appears on Model FB512 and in the Fitbit app as the update downloads, and then installs. Keep your watch and phone close to each other during the update.

Note: Updating Model FB512 may be demanding on the battery. We recommend plugging your watch into the charger before starting an update.

For more information, see help.fitbit.com.


Restart Model FB512

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

Restarting your watch reboots the device but doesn't delete any data.

Model FB512 has small holes on the device for the altimeter and microphone. Don't attempt to restart your device by inserting any items, such as paper clips, into these holes as you can damage Model FB512.

Shutdown Model FB512


To turn off your watch, open the Settings app  and tap the **Shutdown** option.

To turn on your watch, press the button.

For information about how to store Model FB512 long term, see help.fitbit.com.

Erase Model FB512

If you want to give Model FB512 to another person or wish to return it, first clear your personal data:

On Model FB512, open the Settings app  > Device Info > Factory Reset.

Troubleshooting

If Model FB512 isn't working properly, see our troubleshooting steps below. Visit help.fitbit.com for more information.

Heart-rate signal missing

Model FB512 continuously tracks your heart rate while you're exercising and throughout the day. If the heart-rate sensor on your watch has difficulty detecting a signal, dashed lines appear.

If your device doesn't detect a heart-rate signal, first make sure heart-rate tracking is turned on in the Settings app on your device. Next, make sure you're wearing your watch correctly, either by moving it higher or lower on your wrist or by tightening or loosening the wristband. Model FB512 should be in contact with your skin. After holding your arm still and straight for a short time, you should see your heart rate again.

For more information, see help.fitbit.com.


GPS signal missing

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

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

Can't connect to Wi-Fi

If Model FB512 can't connect to Wi-Fi, you might have entered an incorrect password, or the password might have changed:

1. From the Today tab  in the Fitbit app on your phone, tap your profile picture > Model FB512 tile.
2. Tap **Wi-Fi Settings** > **Next**.
3. Tap the network you want to use > **Remove**.
4. Tap **Add Network** and follow the on-screen instructions to reconnect the Wi-Fi network.

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

If Model FB512 still won't connect to Wi-Fi, make sure that you're attempting to connect your watch to a compatible network. For best results, use your home Wi-Fi network. Model FB512 can't connect to 5GHz Wi-Fi, WPA enterprise, or public networks that require logins, subscriptions, or profiles. For a list of compatible network types, see "[Connect to Wi-Fi](#)" on page .

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

If you're trying to download personal music or podcasts, make sure Model FB512 and your computer are connected to the same Wi-Fi network. For a stronger Wi-Fi connection, keep your watch close to your router.

For more information, see help.fitbit.com.

Other issues

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

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

See "[Restart Model FB512](#)" on page for instructions on how to restart your watch.

For more information or to contact Customer Support, see help.fitbit.com.

General Info and Specifications

Sensors

Fitbit Model FB512 contains the following sensors and motors:

- A MEMS 3-axis accelerometer, which tracks motion patterns
- A 6-axis accelerometer and gyro combo
- An altimeter, which tracks altitude changes
- An optical heart-rate tracker
- An ambient light sensor
- A microphone
- A speaker
- A vibration motor

Materials

The housing and buckle on Model FB512 are made of anodized aluminum. While anodized aluminum can contain traces of nickel, which can cause an allergic reaction in someone with nickel sensitivity, the amount of nickel in all Fitbit products meets the European Union's stringent Nickel Directive.

The Model FB512 classic wristband is made of a premium, comfortable silicone similar to that used in many sport watches.

Wireless technology

Model FB512 contains a Bluetooth 4.0 radio receiver, Wi-Fi chip, and NFC chip.

Haptic feedback

Model FB512 contains a vibration motor for alarms, goals, notifications, reminders, and apps.

Battery

Model FB512 contains a rechargeable lithium-polymer battery.

Memory

Model FB512 stores your data, including daily stats, sleep information, and exercise history, for 7 days. Sync your watch with the Fitbit app to access your historical data. Make sure the all-day sync option is turned on.

Display

Model FB512 has a color AMOLED display.

Wristband size

Wristband sizes are shown below. Note that accessory wristbands sold separately may vary slightly.

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

Environmental conditions

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

Learn more

To learn more about your watch, how to track your progress in the Fitbit app, and how to build healthy habits with Fitbit Premium, visit help.fitbit.com.

Return policy and warranty

Find warranty information and the fitbit.com return policy at fitbit.com/legal/returns-and-warranty.

Regulatory & Safety Notices

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

Settings > About > Regulatory Info

USA: Federal Communications Commission (FCC) statement

Model FB512:

FCC ID: XRAFB512

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

Settings > About > Regulatory Info

Supplier's Declaration of Conformity

Unique Identifier: FB512

Responsible Party – U.S. Contact Information

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

FCC Compliance Statement (for products subject to Part 15)

This device complies with Part 15 of the FCC Rules.

Operation is subject to the following two conditions:

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

FCC Warning

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

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

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

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

Canada: Industry Canada (IC) statement

Model/Modèle FB512

IC: 8542A-FB512

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

Settings > About > Regulatory Info

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

Paramètres > À propos > Informations réglementaires

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

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

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

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

Operation is subject to the following two conditions:

1. this device may not cause interference, and

2. this device must accept any interference, including interference that may cause undesired operation of the device.

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

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

European Union (EU)

Simplified EU Declaration of Conformity

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB512 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: www.fitbit.com/safety

Vereinfachte EU-Konformitätserklärung

Fitbit, Inc. erklärt hiermit, dass die Funkgerätypen Modell FB512 die Richtlinie 2014/53/EU erfüllen. Der vollständige Wortlaut der EU-Konformitätserklärungen kann unter folgender Internetadresse abgerufen werden: www.fitbit.com/safety

Declaración UE de Conformidad simplificada

Por la presente, Fitbit, Inc. declara que el tipo de dispositivo de radio Modelo FB512 cumple con la Directiva 2014/53/UE. El texto completo de la declaración de conformidad de la UE está disponible en la siguiente dirección de Internet: www.fitbit.com/safety

Déclaration UE de conformité simplifiée

Fitbit, Inc. déclare par la présente que les modèles d'appareils radio FB512 sont conformes à la Directive 2014/53/UE. Les déclarations UE de conformité sont disponibles dans leur intégralité sur le site suivant : www.fitbit.com/safety

Dichiarazione di conformità UE semplificata

Fitbit, Inc. dichiara che il tipo di apparecchiatura radio Modello FB512 è conforme alla Direttiva 2014/53/UE. Il testo completo della dichiarazione di conformità UE è disponibile al seguente indirizzo Internet: www.fitbit.com/safety



IP Rating

Model FB512 has a water resistance rating of IP8 under IEC standard 60529, up to a depth of 50 meters.

Model FB512 has a dust ingress rating of IP6X under IEC standard 60529 which indicates the device is dust-tight.

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

Argentina



Australia and New Zealand



Belarus



Customs Union



China

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

Settings > About > Regulatory Info

China RoHS

部件名称 Part Name	有毒和危险品 Toxic and Hazardous Substances or Elements					
Model FB512	铅 (Pb)	水银 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴化苯 (PBB)	多溴化二 苯醚 (PBDE)
表带和表扣 (Strap and Buckle)	0	0	0	0	0	0
电子 (Electronics)	--	0	0	0	0	0
电池 (Battery)	0	0	0	0	0	0
充电线 (Charging Cable)	0	0	0	0	0	0

本表格依据 SJ/T 11364 的规定编制

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

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



CMIIT ID xxxxxxxxxx

Frequency band: 2400-2483.5 MHz NFC: 13.56MHz

Transmitted power: Max EIRP, xxxdBm

Occupied bandwidth: BLE: xMHz, BT: xMHz, NFC: xxx kHz, WiFi: xxMHz

Modulation system: BLE: xxxx, BT: xxxx, NFC: xxxx, WiFi: xxxx

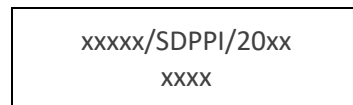
CMIIT ID displayed: On packaging

India

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

Settings > About > Regulatory Info

Indonesia



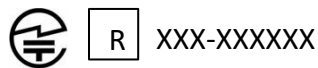
Israel

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

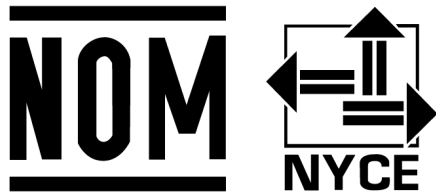
Japan

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

Settings > About > Regulatory Info



Mexico



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

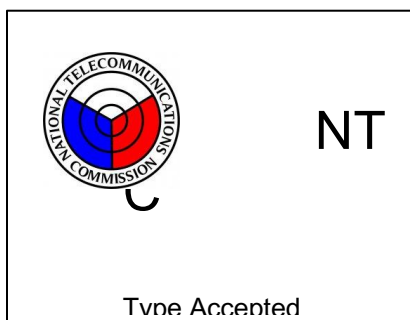
1. Es posible que este equipo o dispositivo no cause interferencia perjudicial y
2. Este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo la que pueda causar su operación no deseada

Oman

TRA/TA-R/XXXX/XX

D090258

Philippines



South Korea



본 제품의 전자파흡수율은 과학기술정보통신부의 「전자파 인체보호기준」을 만족합니다.
 본 제품은 국립전파연구원의 「전자파흡수율 측정기준」에 따라 최대출력 조건에서 머리에 근접하여 시험되었으며, 최대 전자파흡수율 측정값은 다음과 같습니다.

모델명 (Model)	머리 전자파흡수율 (Head SAR)
FB512	0.127 W/kg

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

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

Translation:

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

Taiwan

用戶注意：某些地區的法規內容也可以在您的設備上查看。要查看內容：

設置 > 關於 > 法規信息

Translation:

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

Settings > About > Regulatory Info

低功率警語:

- 經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。
- 低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。前項合法通信，指依電信法規定作業之無線電通信。低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

Translation:

Warning Statement for Low Power Radios:

- Without permission granted by the NCC, no company, enterprise, or user is allowed to change the frequency of an approved low power radio-frequency device, enhance its transmitting power or alter original characteristics or performance.
- The use of low power RF devices must not affect flight safety or interfere with legal communications: when interference is found, it should be immediately stopped and ameliorated not to interfere before continuing to use it. The legal communications mentioned here refer to radio communications operating in accordance with the provisions of the Telecommunication Law. Low power RF devices need to bear with interference from legal communications or industrial, scientific and medical radio wave radiating equipment

電池警語：

此裝置使用鋰電池。

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

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

Translation:

Battery warning:

This device uses a lithium-ion battery.

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

- Do not disassemble, puncture or damage the device or battery.
- Do not remove or try to remove the battery that the user cannot replace.
- Do not expose the battery to flames, explosions or other hazards.
- Do not use sharp objects to remove the battery.

Vision Warning

使用過度恐傷害視力

警語

- 使用過度恐傷害視力

注意事項

- 使用30分鐘請休息10分鐘。未滿2歲幼兒不看屏幕，2歲以上每天看屏幕不要超過1小時

Translation:

Excessive use may damage vision

Warning:

- Excessive use may damage vision

Attention:

- Rest for 10 minutes after every 30 minutes.
- Children under 2 years old should stay away from this product. Children 2 years old or more should not see the screen for more than 1 hour a day.

Taiwan RoHS

設備名稱: 智慧型手錶 Part Name: Smartwatch		限用物質及其化學符號 Restricted Substances and its chemical symbols				
Model FB512	鉛 (Pb)	汞 (Hg)	鎘 (Cd)	六價鉻 (Cr ⁺⁶)	多溴聯苯 (PBB)	多溴二苯 醚 (PBDE)
錶帶和錶扣 (Strap and Buckle)	○	○	○	○	○	○
電子 (Electronics)	--	○	○	○	○	○
外殼 (Housing)	○	○	○	○	○	○
充電線 (Charging Cable)	○	○	○	○	○	○
備考1. “超出0.1 wt %” 及 “超出0.01 wt %” 係指限用物質之百分比含量超出百分比含量基準值。 備考2. “○” 係指該項限用物質之百分比含量未超出百分比含量基準值。 備考3. “--” 係指該項限用物質為排除項目。						

United Arab Emirates

TRA Registered No: ERxxxxx/xx

Dealer No: DA35294/14

Model: FB512

Type: Smartwatch

Safety Statement

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