

Set up Versa Lite Edition

For the best experience, use the Fitbit app for iPhones and iPads or Android phones. You can also set up Versa Lite Edition on Windows 10 devices. If you don't have a compatible phone or tablet, use a Bluetooth-enabled Windows 10 PC. Keep in mind that a phone is required for call, text, calendar, and smartphone app notifications.

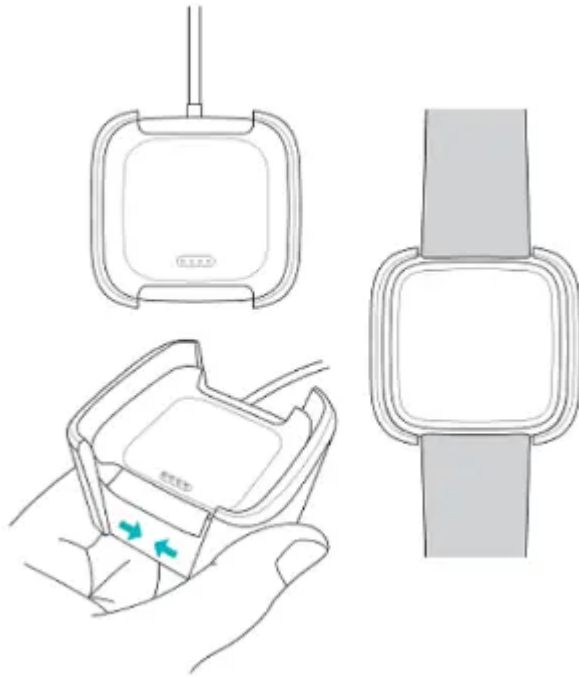
To create a Fitbit account, you're prompted to enter your birthdate, height, weight, and sex to calculate your stride length and to estimate distance, basal metabolic rate, and calorie burn. After you set up your account, your first name, last initial, and profile picture are visible to all other Fitbit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

Charge your watch

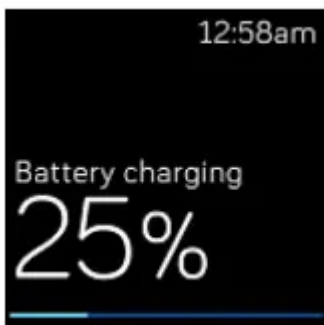
A fully-charged Versa Lite Edition has a battery life of 4+ days. Battery life and charge cycles vary with use and other factors; actual results will vary.

To charge Versa Lite Edition:

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. Pinch the clip and place Versa Lite Edition in the charging cradle. The pins on the charging cradle must align with the gold contacts on the back of the watch. The percent charged appears on screen.



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



Set up with your phone or tablet

Set up Versa Lite Edition with the Fitbit app. The Fitbit app is compatible with most popular phones and tablets. For more information, see fitbit.com/devices.

To get started:

1. Download the Fitbit app:

- Apple App Store for iPhones and iPads
- Google Play Store for Android phones
- Microsoft Store for Windows 10 devices

2. Install the app, and open it.

- If you already have a Fitbit account, log in to your account > tap the Today tab



> your profile picture > Set Up a Device.

- If you don't have a Fitbit account, tap Join Fitbit to be guided through a series of questions to create a Fitbit account.


3. Continue to follow the on-screen instructions to connect Versa Lite Edition 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.

Set up with your Windows 10 PC

If you don't have a compatible phone, you can set up and sync Versa Lite Edition with a Bluetooth-enabled Windows 10 PC and the Fitbit app.

To get the Fitbit app for your computer:

1. Click the Start button on your PC and open the Microsoft Store.
2. Search for "Fitbit app". After you find it, click Free to download the app to your computer.
3. Click Microsoft account to sign in with your existing Microsoft account. If you don't already have an account with Microsoft, follow the on-screen instructions to create a new account.
4. Open the app.
 - If you already have a Fitbit account, log in to your account, and tap the account icon  > 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.

5. Continue to follow the on-screen instructions to connect Versa Lite Edition 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.

See your data in the Fitbit app

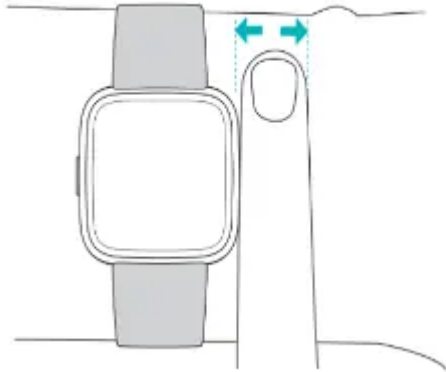
Sync Versa Lite Edition to transfer your data to the Fitbit app, where you can view your activity and sleep data, log food and water, participate in challenges, and more. For best results, keep all-day sync turned on, so that Versa Lite Edition syncs periodically with the app.

Wear Versa Lite Edition

Place Versa Lite Edition 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" on page 13.

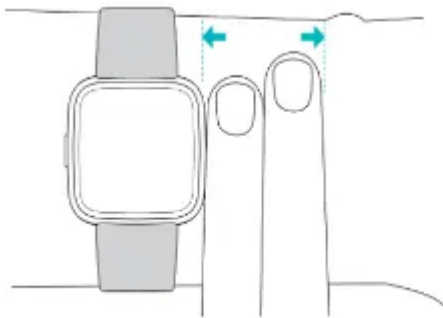
Placement for all-day wear vs. exercise

When you're not exercising, wear Versa Lite Edition a finger's width above your wristbone.



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 weight lifting cause you to bend your wrist frequently, which could interfere with the heart-rate signal if the watch is lower on your wrist.



- Wear your 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 Versa Lite Edition on your dominant or non-dominant hand. Your dominant hand is the one you use for writing and eating. To start, the Wrist setting is set to non-dominant. If you wear Versa Lite Edition on your dominant hand, change the Wrist setting in the Fitbit app:

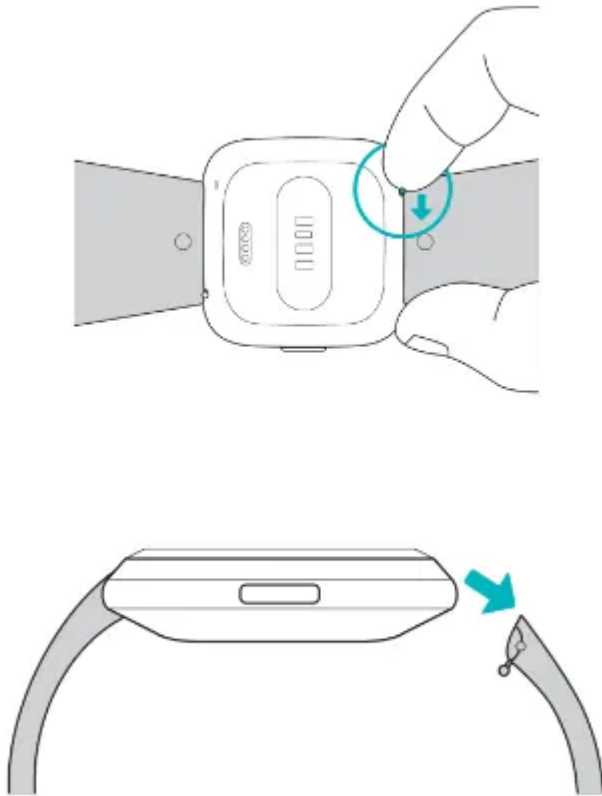
From the Today tab  in the Fitbit app, tap your profile picture > Versa Lite Edition tile > Wrist > Dominant.

Change the wristband

Versa Lite Edition 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. For wristband measurements, see "Wristband size" on page 48. All Versa series wristbands are compatible with all devices in the Fitbit Versa series.

Remove a wristband

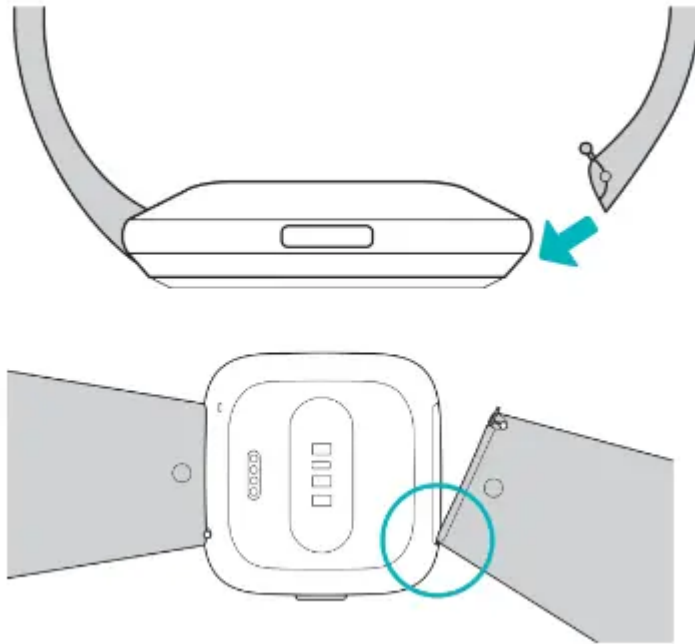
1. Turn over Versa Lite Edition and find the quick-release lever.
2. While pressing the quick-release lever inward, gently pull the wristband away from the watch to release it.



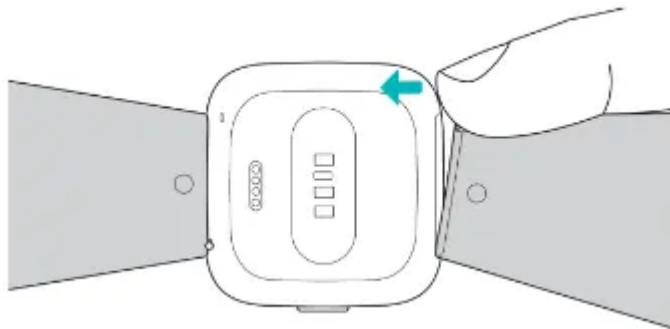
3.Repeat on the other side.

Attach a wristband

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



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



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

Basics

Learn how best to navigate, check the battery level, and care for your watch.

Navigate Versa Lite Edition

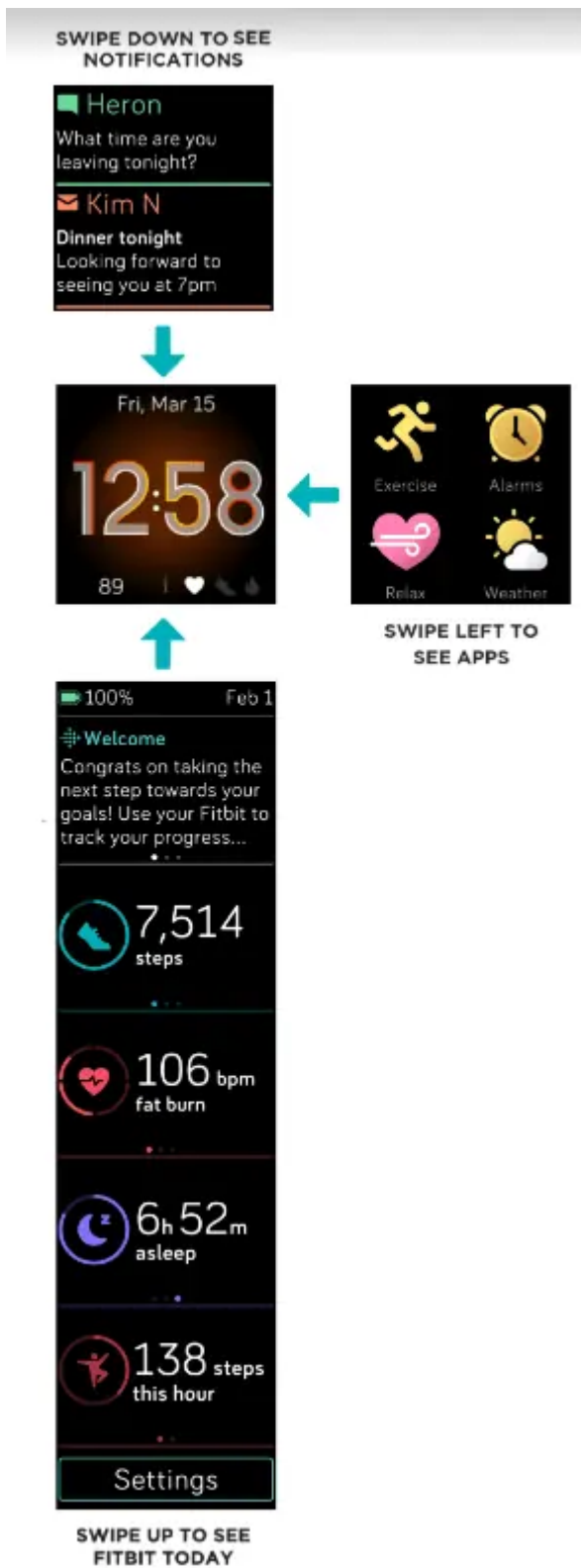
Versa Lite Edition has a touch screen with a color LCD and 1 back button.

Navigate Versa Lite Edition by tapping the screen, swiping side to side and up and down, or pressing the back button. To preserve battery, the watch's screen turns off when not in use.

Basic navigation

The home screen is the clock.

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



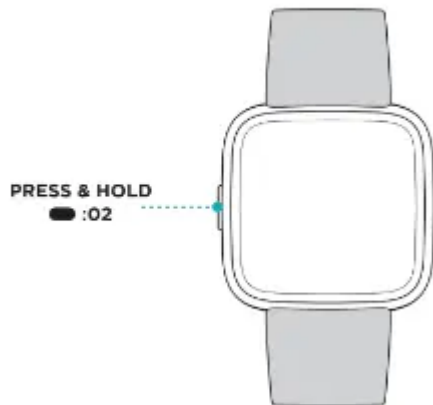
Button shortcuts


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

Choose a shortcut


Hold the button for 2 seconds to activate quick settings, music controls, or notifications. For more information on these features, see "Quick settings" below,

To control music and podcasts:" on page 42, and "Notifications" on page 25.










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


Quick settings

Swipe down from the top of your watch screen, and tap the quick settings icon  to access certain settings.



| | |
|--|--|
| <p>Do Not Disturb</p>  | <p>When the do not disturb setting is on:</p> <ul style="list-style-type: none"> • Notifications, goal celebrations, and reminders to move don't cause the watch to vibrate or the screen to turn on. • You see a Do Not Disturb icon  at the top of the screen when you swipe up to see your stats. You can't turn on Do Not Disturb and Sleep Mode at the same time. |
| <p>Sleep Mode</p>  | <p>When the sleep mode setting is on:</p> <ul style="list-style-type: none"> • Notifications don't cause the watch to vibrate or the screen to turn on. • The screen's brightness is set to dim. • The Always-On Display clock face is turned off. • Turning your wrist won't cause the watch's screen to turn on. • You see a Sleep Mode icon  at the top of the screen when you swipe up to see your stats. <p>Sleep Mode doesn't automatically turn off unless you set a Sleep Mode schedule. To schedule Sleep Mode to automatically turn on during certain hours, open the Settings app  and tap Sleep Mode > Schedule. Sleep Mode automatically turns off at the time you schedule, even if you manually turned it on.</p> <p>You can't turn on Do Not Disturb and Sleep Mode at the same time.</p> |
| <p>Screen Wake</p>  | <p>When you set Screen Wake to Auto (Motion), the screen turns on each time you turn your wrist.</p> <p>When you set Screen Wake Manual (Button), press the button to turn on the screen.</p> |
| <p>Brightness icon</p>  | <p>Adjust the screen brightness.</p> |

Adjust settings

Manage basic settings in the Settings app 

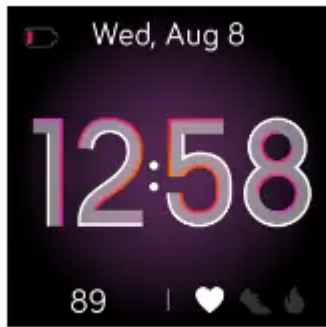
| | |
|----------------|--|
| Brightness | Change the screen's brightness. |
| Screen Timeout | Choose how long the screen stays on after you stop interacting with your watch. |
| Sleep Mode | Adjust Sleep Mode settings, including setting a schedule for the mode to automatically turn on and off. |
| Do Not Disturb | Adjust Do Not Disturb settings, including whether the mode should turn on automatically when you use the Exercise app. |
| Screen Wake | Change whether the screen turns on when you turn your wrist. |
| Vibrations | Adjust your watch's vibration strength. |
| Left Button | Choose the feature the button activates. |
| Heart Rate | Turn heart rate tracking on or off. |

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

Check battery level

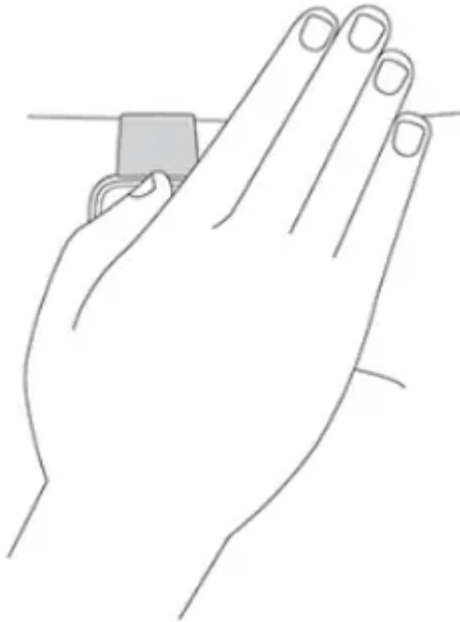
Swipe down from the top of the screen. Wait 2 seconds for the shortcuts tray to disappear. The battery level icon is in the top left.

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.



Turn off the screen

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

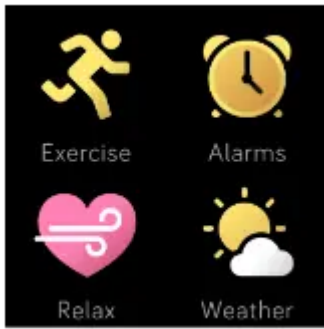


Care for Versa Lite Edition


It's important to clean and dry Versa Lite Edition regularly. For more information, see [fitbit.com/productcare](https://www.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 > Versa Lite Edition 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 Versa Lite Edition.

Open apps


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

Organize apps

To change the placement of an app on Versa Lite Edition, 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 Versa Lite Edition from the Fitbit App Gallery:

1. From the Today tab  in the Fitbit app, tap your profile picture > Versa Lite Edition 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 Versa Lite Edition.

For more information, see help.fitbit.com.

Remove apps


You can remove most apps installed on Versa Lite Edition:

1. From the Today tab in  the Fitbit app, tap your profile picture > Versa Lite Edition 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

Occasionally, you need to update apps installed on Versa Lite Edition.

To update an app:

1. With your watch nearby, from the Fitbit app dashboard, tap the account icon  >Versa Lite Edition tile.
2. Tap Apps.
3. In the My Apps tab, find the app you want to update. You may have to swipe up to find it.
4. Tap the pink Update button next to the app.

Update, Restart, and Erase

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

Update Versa Lite Edition

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

For Versa Lite Edition, leave on all-day sync and let the Fitbit app run in the background, which allows a small portion of the firmware update to download to your Fitbit device each time you sync. You may need to adjust your phone's settings to allow the Fitbit app to run in the background.

When an update is ready to install, a notification appears in the Fitbit app. After you start the update, a progress bar appears on Versa Lite Edition 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 Versa Lite Edition 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 Versa Lite Edition

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.

Shutdown Versa Lite Edition

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

To turn on your watch, press the button.

For information about how to store Versa Lite Edition long term, see help.fitbit.com.

Erase Versa Lite Edition

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

On Versa Lite Edition, open the Settings app  > About > Factory Reset.

Troubleshooting

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

Visit help.fitbit.com for more information.

Heart-rate signal missing

Versa Lite Edition 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.

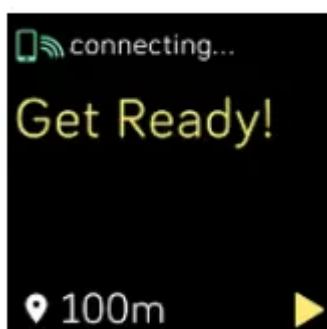


If your device doesn't detect a heart-rate signal, first make sure heart-rate tracking is turned on in the Settings app on your device. Next, make sure you're wearing your watch correctly, either by moving it higher or lower on your wrist or by tightening or loosening the wristband. Versa Lite Edition 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, "connecting" appears at the top of the screen.



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

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 Versa Lite Edition" on page 43 for instructions on how to restart your watch.

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

Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.

