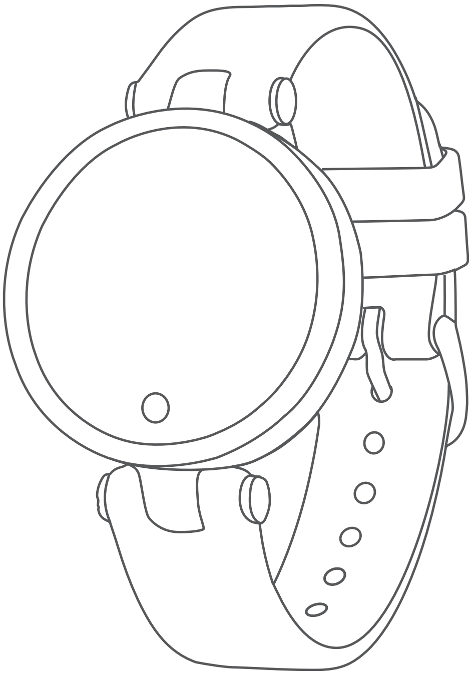
GARMIN®



LILY™

Owner's Manual

© 2021 Garmin Ltd. or its subsidiaries

All rights reserved. Under the copyright laws, this manual may not be copied, in whole or in part, without the written consent of Garmin. Garmin reserves the right to change or improve its products and to make changes in the content of this manual without obligation to notify any person or organization of such changes or improvements. Go to www.garmin.com for current updates and supplemental information concerning the use of this product.

Garmin®, the Garmin logo, and Auto Lap® are trademarks of Garmin Ltd. or its subsidiaries, registered in the USA and other countries. Body Battery™, Firstbeat Analytics™, Garmin Connect™, Garmin Express™, Garmin Move IQ™, and Lily™ are trademarks of Garmin Ltd. or its subsidiaries. These trademarks may not be used without the express permission of Garmin.

Android™ is a trademark of Google Inc. The BLUETOOTH® word mark and logos are owned by Bluetooth SIG, Inc. and any use of such marks by Garmin is under license. iOS® is a registered trademark of Cisco Systems, Inc. used under license by Apple Inc. iPhone® is a trademark of Apple Inc., registered in the U.S. and other countries. The Cooper Institute®, as well as any related trademarks, are the property of The Cooper Institute. Other trademarks and trade names are those of their respective owners.

M/N: A03927

Table of Contents

Introduction ... 1
- Setting Up the Watch ... 1
- Turning On and Off the Watch ... 2
- Viewing Widgets and Menus ... 3
- Menu Options ... 4
- Wearing the Watch ... 5

Widgets ... 6
- Step Goal ... 7
- Move Bar ... 7
- Intensity Minutes ... 7
  - Earning Intensity Minutes ... 8
- Improving Calorie Accuracy ... 8
- Health Stats Widget ... 8
- Body Battery ... 8
  - Viewing the Body Battery Widget ... 8
- Heart Rate Variability and Stress Level ... 8
  - Viewing the Stress Level Widget ... 8
  - Using the Relaxation Timer ... 9
- Viewing the Heart Rate Widget ... 9
- Using the Hydration Tracking Widget ... 9
- Menstrual Cycle Tracking ... 9
  - Logging Your Menstrual Cycle Information ... 10
- Pregnancy Tracking ... 10
  - Logging Your Pregnancy Information ... 10
- Controlling Music Playback ... 11
- Viewing Notifications ... 11
  - Replying to a Text Message ... 11

Training ... 11
- Recording a Timed Activity ... 11
- Recording an Activity with Connected GPS ... 12
- Recording a Strength Training Activity ... 12
  - Tips for Recording Strength Training Activities ... 13
- Recording a Swim Activity ... 13
  - Setting Swim Alerts ... 13
- Calibrating the Treadmill Distance ... 13

Heart Rate Features ... 14
- Wrist Heart Rate Monitor Settings ... 14
- Pulse Oximeter ... 14
  - Getting Pulse Oximeter Readings ... 14
  - Turning On Pulse Oximeter Sleep Tracking ... 15
- About VO2 Max. Estimates ... 15
  - Getting Your VO2 Max. Estimate ... 15
- Setting an Abnormal Heart Rate Alert ... 15

Clocks ... 16
- Using the Alarm Clock ... 16
- Using the Stopwatch ... 16
- Starting the Countdown Timer ... 16

Bluetooth Connected Features ... 16
- Managing Notifications ... 16
- Locating a Lost Smartphone ... 17
- Receiving an Incoming Phone Call ... 17
- Using Do Not Disturb Mode ... 17
- Morning Report ... 17

Garmin Connect ... 17
- Garmin Move IQ™ ... 18
- Connected GPS ... 18
- Safety and Tracking Features ... 19
- Sleep Tracking ... 19
- Syncing Your Data with the Garmin Connect App ... 19
- Syncing Your Data with Your Computer ... 19
  - Setting Up Garmin Express ... 19

Customizing Your Device ... 20
- Changing the Watch Face ... 20
- Customizing the Controls Menu ... 20
- Customizing the Data Screens ... 20
  - Setting a Hydration Alert ... 20
  - System Settings ... 21
- Watch Settings ... 21
- Bluetooth Settings ... 22
- Garmin Connect Settings ... 22
  - Appearance Settings ... 22
  - Alert Settings ... 22
  - Customizing Activity Options ... 22
  - Activity Tracking Settings ... 23
  - User Settings ... 23

General Settings................................ 23

Device Information......................... 24

Charging the Watch............................. 24

Tips for Charging Your Watch.......... 24

Device Care.. 25

Cleaning the Watch.......................... 25

Cleaning the Leather Bands............. 25

Changing the Bands............................. 26

Viewing Device Information................ 27

Specifications....................................... 27

Troubleshooting............................ 27

Is my phone compatible with my watch?.. 27

My phone will not connect to the watch.. 28

Activity Tracking.................................. 28

My step count does not seem accurate... 28

The step counts on my watch and my Garmin Connect account do not match.. 28

My stress level does not appear...... 28

My intensity minutes are flashing.... 28

Touchscreen Tips................................ 29

Tips for Erratic Heart Rate Data.......... 29

Tips for Improved Body Battery Data... 30

Tips for Erratic Pulse Oximeter Data... 30

Maximizing Battery Life....................... 30

My watch display is difficult to see outside.. 30

Restoring All Default Settings............. 30

Product Updates.................................. 31

Updating the Software Using the Garmin Connect App.. 31

Updating the Software Using Garmin Express.. 31

Getting More Information.................... 31

Device Repairs..................................... 31

Appendix....................................... 31

Fitness Goals.. 31

About Heart Rate Zones...................... 32

Heart Rate Zone Calculations............. 32

VO2 Max. Standard Ratings................ 32

Introduction

⚠ **WARNING**

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

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

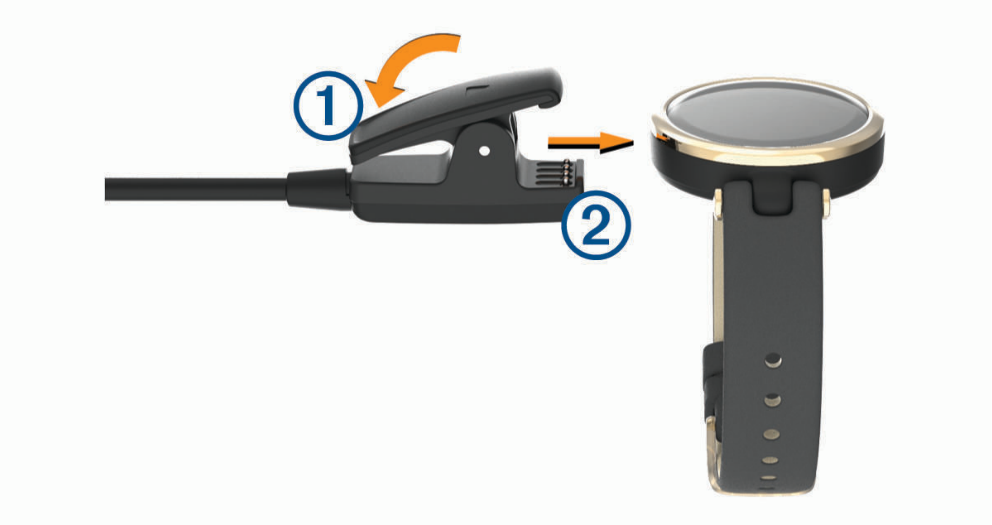
Setting Up the Watch

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

To use the Lily watch, you must set it up using a phone or computer. When using a phone, the watch must be paired directly through the Garmin Connect™ app, instead of from the Bluetooth® settings on your phone.

1 From the app store on your phone, install the Garmin Connect app.

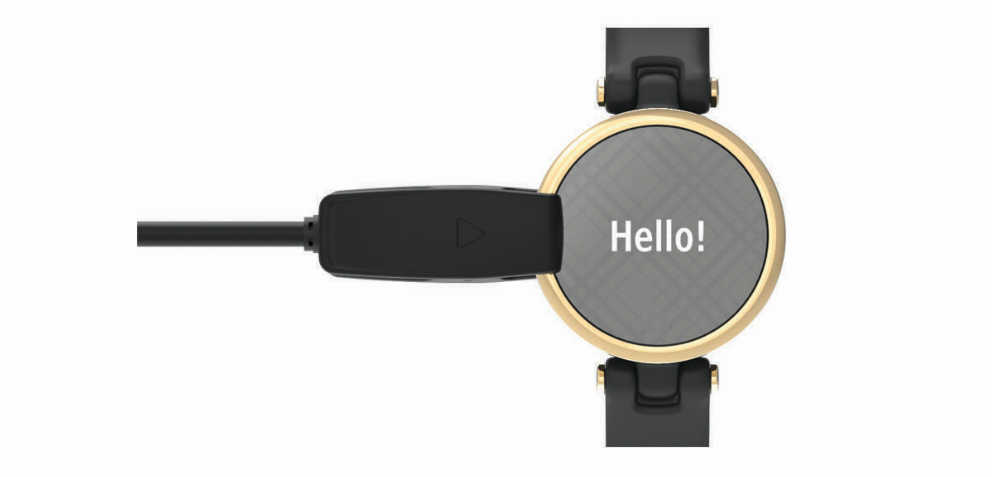
2 Pinch the charging clip ①.



3 Align the clip with the contacts on the back of the watch ②.

4 Plug the USB cable into a power source to turn on the watch (*Charging the Watch*, page 24).

Hello! appears when the watch turns on.



5 Select an option to add your watch to your Garmin Connect account:

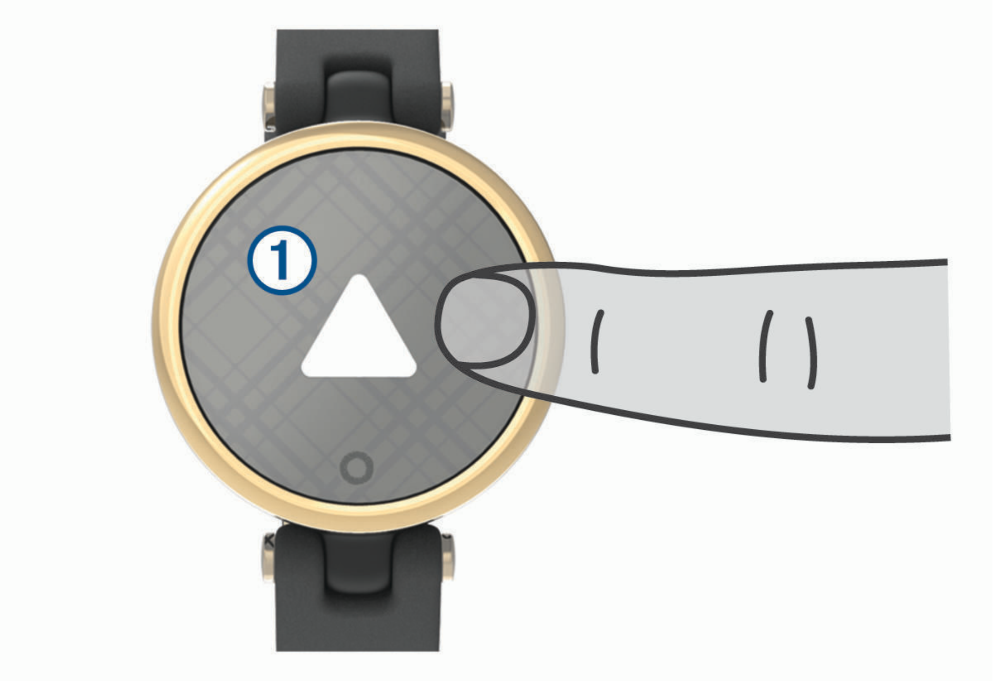
- If this is the first device you have paired with the Garmin Connect app, follow the on-screen instructions.
- If you have already paired another device with the Garmin Connect app, from the ☰ or ••• menu, select **Garmin Devices** > **Add Device**, and follow the on-screen instructions.

After you pair successfully, a message appears, and your watch syncs automatically with your phone.

Turning On and Off the Watch

The Lily watch automatically wakes when you interact with it.

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

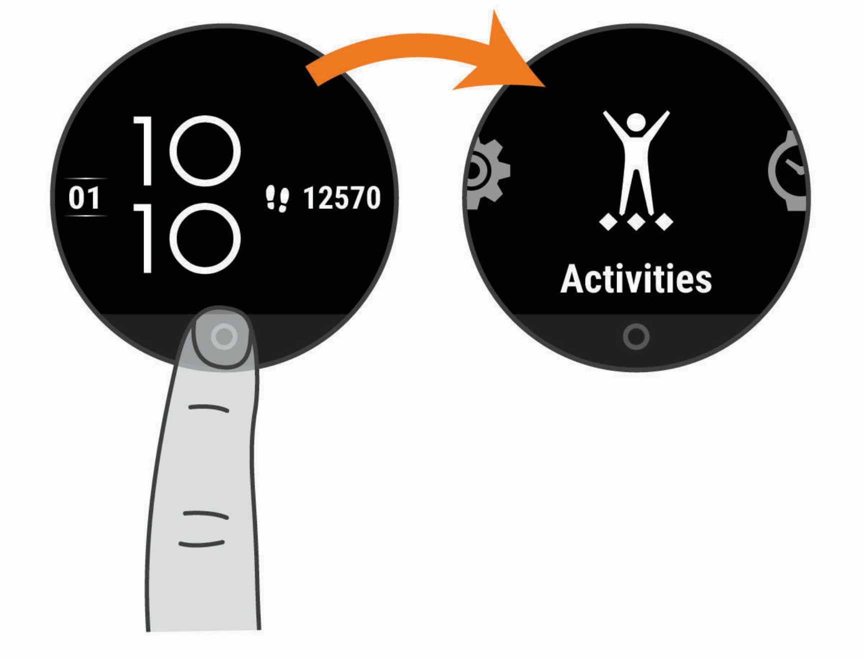


2 To turn the screen off, rotate your wrist away from your body.

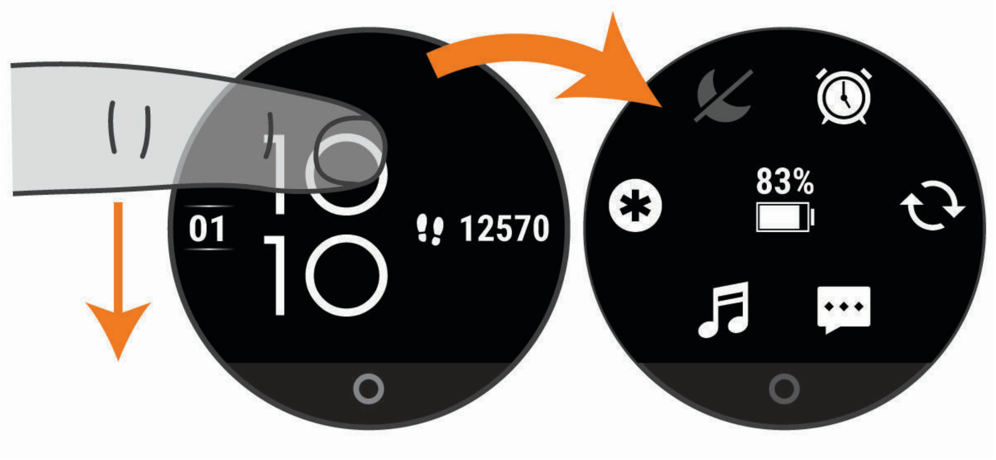
  NOTE: The screen turns off when not in use. When the screen is off, the watch is still active and recording data.

Viewing Widgets and Menus

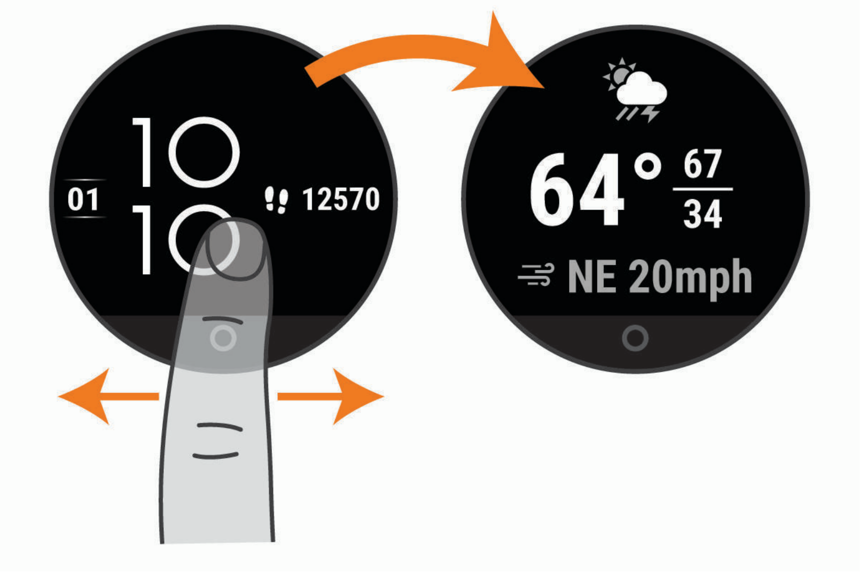
- From the watch face, press ○ to view the main menu.


10
10
01
12570
Activities

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


10
01
10
12570
83%

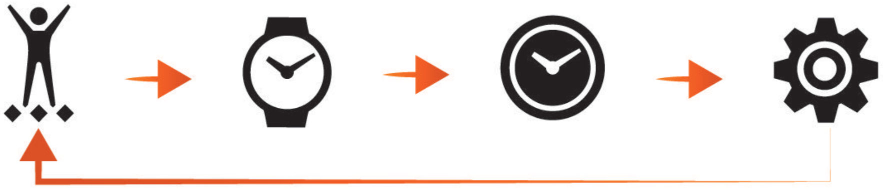
- From the watch face, swipe left or right to view the widgets.



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.

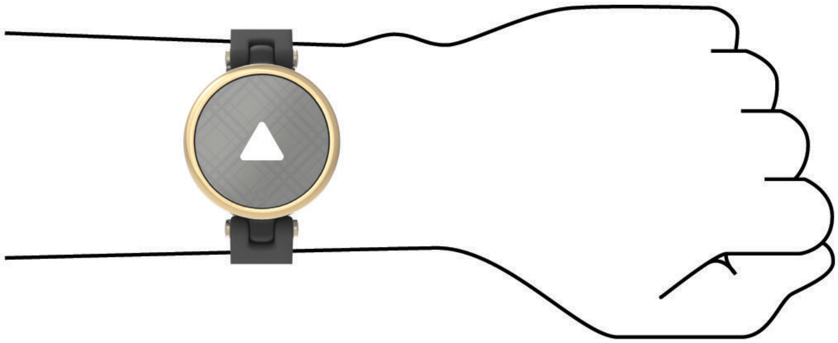
Wearing the Watch

⚠ CAUTION

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist. For more information, go to garmin.com/fitandcare.

- Wear the watch above your wrist bone.

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

  NOTE: The optical sensor is located on the back of the watch.
- See *Troubleshooting*, page 27 for more information about wrist-based heart rate.
- See *Tips for Erratic Pulse Oximeter Data*, page 30 for more information about the pulse oximeter sensor.
- For more information about accuracy, go to garmin.com/ataccuracy.
- For more information about watch wear and care, go to www.garmin.com/fitandcare.

Widgets

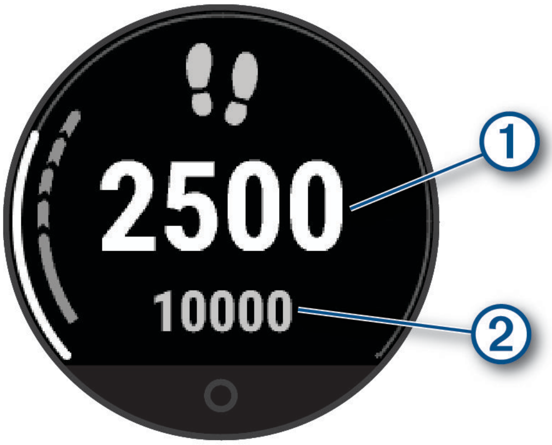
Your device comes preloaded with widgets that provide at-a-glance information. You can swipe the touchscreen to scroll through the widgets. Some widgets require a paired smartphone.

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

Time and date	The current time and date. The time and date are set automatically when the device syncs with your Garmin Connect account.
👣	The total number of steps taken and your goal for the day. The device learns and proposes a new step goal for you each day.
⏱	Your intensity minutes total and goal for the week.
📍	The distance traveled in kilometers or miles for the day.
🔥	The amount of total calories burned for the day, including both active and resting calories.
❤	Your current heart rate in beats per minute (bpm) and seven-day average resting heart rate.
👤	Your current stress level. The device measures your heart rate variability while you are inactive to estimate your stress level. A lower number indicates a lower stress level.
⚡	Your current Body Battery™ energy level. The device calculates your current energy reserves based on sleep, stress, and activity data. A higher number indicates a higher energy reserve.
⊗	Allows you to take a manual pulse oximeter reading.
🌧	The current temperature and weather forecast from a paired smartphone.
1	Upcoming appointments from your smartphone calendar.
💬	Notifications from your smartphone, including calls, texts, social network updates, and more, based on your smartphone notification settings.
💧	The total amount of water consumed and your goal for the day.
♫	Controls for the music player on your smartphone.
≋	Your current respiration rate in breaths per minute and seven-day average. The device measures your breathing rate while you are inactive to detect any unusual breathing activity, as well as how it changes in relation to stress.
Women's Health	Status of your current monthly menstrual cycle. You can view and log your daily symptoms. You can also track your pregnancy with weekly updates and health information.
Health Stats	A dynamic summary of your current health statistics. The measurements include heart rate, stress, and Body Battery level.
My Day	A dynamic summary of your activity today. The metrics include steps, intensity minutes, and calories burned.

Step Goal

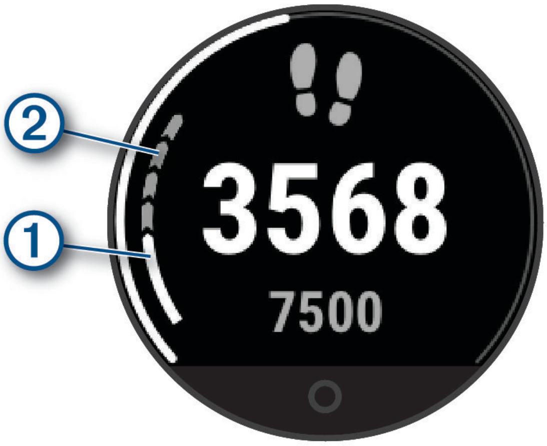
Your watch creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the watch records your progress ① toward your daily goal ②. Your watch begins with a default goal of 7,500 steps per day.



If you choose not to use the auto goal feature, you can disable it and set a personalized step goal on your Garmin Connect account (*Activity Tracking Settings*, page 23).

Move Bar

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move bar reminds you to keep moving. After one hour of inactivity, the move bar ① appears. Additional segments ② appear after every 15 minutes of inactivity.



You can reset the move bar by walking a short distance.

Intensity Minutes

To improve your health, organizations such as the World Health Organization recommend at least 150 minutes per week of moderate intensity activity, such as brisk walking, or 75 minutes per week of vigorous intensity activity, such as running.

The device monitors your activity intensity and tracks your time spent participating in moderate to vigorous intensity activities (heart rate data is required to quantify vigorous intensity). You can work toward achieving your weekly intensity minutes goal by participating in at least 10 consecutive minutes of moderate to vigorous intensity activities. The device adds the amount of moderate activity minutes with the amount of vigorous activity minutes. Your total vigorous intensity minutes are doubled when added.

Earning Intensity Minutes

Your Lily device calculates intensity minutes by comparing your heart rate data to your average resting heart rate. If heart rate is turned off, the device calculates moderate intensity minutes by analyzing your steps per minute.

- Start a timed activity for the most accurate calculation of intensity minutes.
- Exercise for at least 10 consecutive minutes at a moderate or vigorous intensity level.
- Wear your device all day and night for the most accurate resting heart rate.

Improving Calorie Accuracy

The watch displays an estimate of your total calories burned for the current day. You can improve the accuracy of this estimate by walking briskly or running outside for 15 minutes.

1. Swipe to view the calories widget.
2. Select ❗.

   NOTE: ❗ appears when calories need to be calibrated. This calibration process only needs to be completed one time. If you have already recorded a timed walk or run, ❗ may not appear.
3. Follow the on-screen instructions.

Health Stats Widget

The Health Stats widget provides an at-a-glance view of your health data. This is a dynamic summary that updates throughout the day. The metrics include your heart rate, stress level, and Body Battery level.

NOTE: You can select each metric to view additional information.

Body Battery

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

You can sync your watch with your Garmin Connect account to view your most up-to-date Body Battery level, long-term trends, and additional details (*Tips for Improved Body Battery Data*, page 30).

Viewing the Body Battery Widget

The Body Battery widget displays your current Body Battery level.

1. Swipe to view the Body Battery widget.
2. Tap the touchscreen to view the Body Battery graph.

   The graph displays your recent Body Battery activity, and high and low levels for the last eight hours.

Heart Rate Variability and Stress Level

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

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

Viewing the Stress Level Widget

The stress level widget displays your current stress level.

1. Swipe to view the stress level widget.
2. Tap the touchscreen to begin a guided breathing exercise (*Using the Relaxation Timer*, page 9).

Using the Relaxation Timer

You can use the relaxation timer to perform a guided breathing exercise.

1. Swipe to view the stress level widget.
2. Tap the touchscreen.
3. Select → to start the relaxation timer.
4. Follow the on-screen instructions.

   The device vibrates, signaling you to breathe in or out (*Setting the Vibration Level*, page 21).

Viewing the Heart Rate Widget

The heart rate widget displays your current heart rate in beats per minute (bpm). For more information on heart rate accuracy, go to garmin.com/ataccuracy.

1. Swipe to view the heart rate widget.

   The widget displays your current heart rate and your average resting heart rate (RHR) value for the last 7 days.
2. Tap the touchscreen to view the heart rate graph.

   The graph displays your recent heart rate activity, and high and low heart rate for the last four hours.

Using the Hydration Tracking Widget

The hydration tracking widget displays your fluid intake and your daily hydration goal.

1. Swipe to view the hydration widget.
2. Select + for each serving of fluid you consume (1 cup, 8 oz., or 250 mL).

   TIP: You can customize your hydration settings, such as units used and daily goal, on your Garmin Connect account.

   TIP: You can set a hydration reminder (*Setting a Hydration Alert*, page 20).

Menstrual Cycle Tracking

Your menstrual cycle is an important part of your health. You can use your watch to log physical symptoms, sex drive, sexual activity, ovulation days, and more (*Logging Your Menstrual Cycle Information*, page 10). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.

- Menstrual cycle tracking and details
- Physical and emotional symptoms
- Period and fertility predictions
- Health and nutrition information

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

Logging Your Menstrual Cycle Information

Before you can log your menstrual cycle information from your Lily watch, you must set up menstrual cycle tracking in the Garmin Connect app.

1. Swipe to view the women's health tracking widget.
2. Tap the touchscreen.
3. Select +.
4. If today is a period day, select **Period Day** > ✓.
5. Select an option:
   - To rate your flow from light to heavy, select **Flow**.
   - To log your physical symptoms, such as acne, backache, and fatigue, select **Symptoms**.
   - To log your mood, select **Mood**.
   - To log your discharge, select **Discharge**.
   - To designate the current date as an ovulation day, select **Ovulation Day**.
   - To log your sexual activity, select **Sexual Activity**.
   - To rate your sex drive from low to high, select **Sex Drive**.
   - To designate the current date as a period day, select **Period Day**.

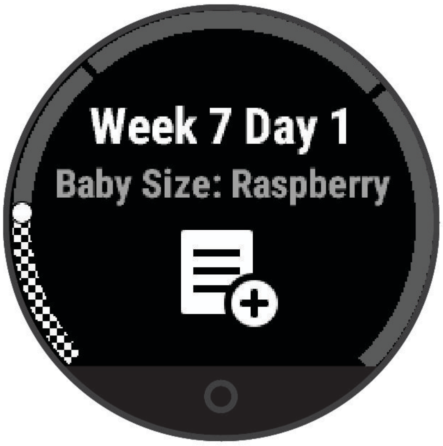
Pregnancy Tracking

The pregnancy tracking feature displays weekly updates on your pregnancy and provides health and nutrition information. You can use your watch to log physical and emotional symptoms, blood glucose readings, and baby movement (*Logging Your Pregnancy Information*, page 10). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.

Logging Your Pregnancy Information

Before you can log your information, you must set up pregnancy tracking in the Garmin Connect app.

1. Swipe to view the women's health tracking widget.



2. Tap the touchscreen.
3. Select an option:
   - Select **Symptoms** to log your physical symptoms, mood, and more.
   - Select **Blood Glucose** to log your glucose levels before and after meals and before bed.
   - Select **Movement** to use a stopwatch or timer to log the baby's movements.
4. Follow the on-screen instructions.

Controlling Music Playback

The music control widget allows you to control music on your phone using your Lily watch. The widget controls the currently active or most recently active media player app on your phone. If no media player is active, the widget does not display track information, and you must start playback from your phone.

1. On your phone, start playing a song or playlist.
2. On your Lily watch, swipe to view the music control widget.

Viewing Notifications

When your watch is paired with the Garmin Connect app, you can view notifications from your phone on your watch, such as text messages and emails.

1. Swipe to view the notifications widget.
2. Select a notification.

   TIP: Swipe to view older notifications.
3. Tap the touchscreen, and select 🗑 to dismiss the notification.

Replying to a Text Message

NOTE: This feature is available only for Android™ phones.

When you receive a text message notification on your Lily watch, you can send a quick reply by selecting from a list of messages.

NOTE: This feature sends text messages using your phone. Regular text message limits and charges may apply. Contact your mobile carrier for more information.

1. Swipe to view the notifications widget.
2. Select a text message notification.
3. Tap the touchscreen to view the notification options.
4. Select 💬.
5. Select a message from the list.

   Your phone sends the selected message as a text message.

Training

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 (*Customizing Activity Options, page 22*).
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.

   TIP: You can double-tap the touchscreen to stop and resume the activity timer.
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.

Recording an Activity with Connected GPS

You can connect the device to your smartphone to record GPS data for your walk, run, or bike activity.

1. Press ○ to view the menu.
2. Select 🤸.
3. Select 🚶, 🏃, or 🚲.
4. Open the Garmin Connect app.

   NOTE: If you cannot connect the device to your smartphone, you can select ✖ to continue the activity. GPS data will not be recorded.
5. Double-tap the touchscreen to start the activity timer.
6. Start your activity.

   Your phone must be in range during the activity.
7. After you complete your activity, double-tap the touchscreen to stop the activity timer.
8. Select an option:
   - Select ✓ to save the activity.
   - Select 🗑 > ✓ to delete the activity.
   - Select ▶ to resume the activity.

Recording a Strength Training Activity

You can record sets during a strength training activity. A set is multiple repetitions (reps) of a single move.

1. Press ○ to view the menu.
2. Select 🤸 > 🏋.
3. Select ⚙ to set up rep counting and automatic set detection.
4. Select the toggle switch to enable **Rep Counting** and **Auto Set**.
5. Press ○ to return to the activity timer screen.
6. Double-tap the touchscreen to start the activity timer.
7. Start your first set.

   The watch counts your reps.
8. Swipe to view additional data screens (optional).
9. Press → to finish a set.

   NOTE: If necessary, swipe up or down to edit your rep count.
10. Select ✓ to start the rest timer.

    A rest timer appears.
11. Press → to begin the next set.
12. Repeat steps 9 through 11 until your activity is complete.
13. After you complete your activity, double-tap the touchscreen to stop the activity timer.
14. Select an option:
    - Select ✓ to save the activity.
    - Select 🗑 > ✓ to delete the activity.
    - Select ▶ to resume the activity.

Tips for Recording Strength Training Activities

- Do not look at the watch while performing reps.
  You should interact with the watch at the beginning and end of each set, and during rests.
- Focus on your form while performing reps.
- Perform bodyweight or free weight exercises.
- Perform reps with a consistent, wide range of motion.
  Each rep is counted when the arm wearing the watch returns to the starting position.
  NOTE: Leg exercises may not be counted.
- Turn on automatic set detection to start and stop your sets.
- Save and send your strength training activity to your Garmin Connect account.
  You can use the tools in your Garmin Connect account to view and edit activity details.

Recording a Swim Activity

NOTE: Heart rate data is not displayed while swimming. You can view heart rate data in the saved activity in the Garmin Connect app.

1. Press ○ to view the menu.
2. Select 🏃 > 🏊.
3. Select a pool size.
4. Select ✓.
5. Double-tap the touchscreen to start the activity timer.
   The device records activity data only while the activity timer is running.
6. Start your activity.
   The device displays your distance and swim intervals, or pool lengths.
7. After you complete your activity, double-tap the touchscreen to stop the activity timer.
8. Select an option:
   - Select ✓ to save the activity.
   - Select 🗑 > ✓ to delete the activity.
   - Select ▶ to resume the activity.

Setting Swim Alerts

1. Press ○ to view the menu.
2. Select 🏃 > 🏊 > ⚙ > **Alerts**.
3. Select **Time**, **Distance**, or **Calories** to customize each alert.
4. Select the toggle switch to enable each alert.

Calibrating the Treadmill Distance

To record more accurate distances for your treadmill runs, you can calibrate the treadmill distance after you run at least 1.5 km (1 mi.) on a treadmill. If you use different treadmills, you can manually calibrate the treadmill distance on each treadmill or after each run.

1. Start a treadmill activity (*Recording a Timed Activity*, page 11).
2. Run on the treadmill until your Lily watch records at least 1.5 km (1 mi.).
3. After you complete your run, select ✓.
4. Check the treadmill display for the distance traveled.
5. Select an option:
   - To calibrate the first time, tap the touchscreen and enter the treadmill distance on your watch.
   - To manually calibrate after the first-time calibration, select ✓, and enter the treadmill distance on your watch.

Heart Rate Features

The Lily device enables you to view wrist-based heart rate data.

	Monitors the saturation of oxygen in your blood. Knowing your oxygen saturation can help you determine how your body is adapting to exercise and stress. **NOTE:** The pulse oximeter sensor is located on the back of the device.
VO2	Displays your current VO2 max., which is an indication of athletic performance and should increase as your level of fitness improves.
!	Alerts you when your heart rate exceeds or drops below a certain number of beats per minute after a period of inactivity.

Wrist Heart Rate Monitor Settings

Press ○ to view the menu, and select ⚙ > ♥.

Status: Allows you to turn the wrist heart rate monitor on or off.

HR Alerts: Allows you to set the device to alert you when your heart rate exceeds or drops below a set threshold after a period of inactivity (*Setting an Abnormal Heart Rate Alert*, page 15).

Sleep Pulse Ox: Allows you to set your device to record pulse oximeter readings while you are inactive during the day or continuously while you sleep. (*Turning On Pulse Oximeter Sleep Tracking*, page 15)

Pulse Oximeter

The Lily watch has a wrist-based pulse oximeter to gauge the saturation of oxygen in your blood. Knowing your oxygen saturation can be valuable in understanding your overall health and help you determine how your body is adapting to altitude. Your watch gauges your blood oxygen level by shining light into the skin and checking how much light is absorbed. This is referred to as SpO_2.

On the watch, your pulse oximeter readings appear as an SpO_2 percentage. On your Garmin Connect account, you can view additional details about your pulse oximeter readings, including trends over multiple days (*Turning On Pulse Oximeter Sleep Tracking*, page 15). For more information on pulse oximeter accuracy, go to garmin.com/ataccuracy.

Getting Pulse Oximeter Readings

You can manually begin a pulse oximeter reading on your device at any time. The accuracy of these readings can vary based on your blood flow, the device placement on your wrist, and your stillness (*Tips for Erratic Pulse Oximeter Data*, page 30).

1. Wear the device above your wrist bone.

   The device should be snug but comfortable.
2. Swipe to view the pulse oximeter widget.
3. Hold the arm wearing the device at heart level while the device reads your blood oxygen saturation.
4. Keep still.

The device displays your oxygen saturation as a percentage.

NOTE: You can turn on and view pulse oximeter sleep data in your Garmin Connect account (*Turning On Pulse Oximeter Sleep Tracking*, page 15).

Turning On Pulse Oximeter Sleep Tracking

Before you can use pulse oximeter sleep tracking, you must set your Lily device as your primary activity tracking device in your Garmin Connect account (*Activity Tracking Settings*, page 23).

You can set your device to continuously measure your blood oxygen level, or SpO2, for up to 4 hours during your defined sleep window*Tips for Erratic Pulse Oximeter Data*, page 30.

NOTE: Unusual sleep positions can cause abnormally low sleep-time SpO2 readings.

1 Press ○ to view the menu.
2 Select ⚙ > ❤ > **Sleep Pulse Ox**.
3 Select the toggle switch to turn on tracking.

About VO2 Max. Estimates

VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. In simple terms, VO2 max. is an indication of cardiovascular strength and should increase as your level of fitness improves.

On the watch, your VO2 max. estimate appears as a number and description. On your Garmin Connect account, you can view additional details about your VO2 max. estimate.

VO2 max. data is provided by Firstbeat Analytics. VO2 max. analysis is provided with permission from The Cooper Institute®. For more information, see the appendix (*VO2 Max. Standard Ratings*, page 32), and go to www.CooperInstitute.org.

Getting Your VO2 Max. Estimate

The watch requires wrist-based heart rate data and a timed 15 minute brisk walk or run to display your VO2 max. estimate.

1 Press ○ to view the menu.
2 Select ⚙ > VO2.
   If you have already recorded a 15 minute brisk walk or run, your VO2 max. estimate may appear. The watch updates your VO2 max. estimate each time you complete a timed walk or run.
3 Follow the on-screen instructions to get your VO2 max. estimate.
   A message appears when the test is complete.
4 To manually start a VO2 max. test to get an updated estimate, tap your current reading and follow the instructions.
   The watch will update with your new VO2 max. estimate.

Setting an Abnormal Heart Rate Alert

⚠ CAUTION

This feature only alerts you when your heart rate exceeds or drops below a certain number of beats per minute, as selected by the user, after a period of inactivity. This feature does not notify you of any potential heart condition and is not intended to treat or diagnose any medical condition or disease. Always defer to your health care provider for any heart-related issues.

1 Press ○ to view the menu.
2 Select ⚙ > ❤ > **HR Alerts**.
3 Select **High Alert** or **Low Alert**.
4 Select a heart rate threshold value.
5 Select ✓.

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

Clocks

Using the Alarm Clock

1. Set alarm clock times and frequencies on your Garmin Connect account (*Alert Settings*, page 22).
2. Press ○ to view the menu.
3. Select 🕒 > ⏰.
4. Swipe to scroll through the alarms.
5. Select an alarm to turn it on or off.

Using the Stopwatch

1. Press ○ to view the menu.
2. Select 🕒 > ⏱.
3. Double-tap the touchscreen to start the timer.
4. Double-tap the touchscreen to stop the timer.
5. If necessary, select ↺ to reset the timer.

Starting the Countdown Timer

1. Press ○ to view the menu.
2. Select 🕒 > ◔.
3. If necessary, select ⚙ to set the time.
4. Double-tap the touchscreen to start the timer.
5. If necessary, double-tap the touchscreen to pause and resume the timer.
6. If necessary, select ↺ to reset the timer.

Bluetooth Connected Features

The Lily watch has several Bluetooth connected features for your compatible phone using the Garmin Connect app.

Activity uploads: Automatically sends your activity to the Garmin Connect app as soon as you open the app.

Assistance: Allows you to send an automated text message with your name and GPS location to your emergency contacts using the Garmin Connect app.

Find my watch: Locates your lost Lily watch that is paired with your phone and currently within range.

Find my phone: Locates your lost phone that is paired with your Lily watch and currently within range.

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.

Music controls: Allows you to control the music player on your phone.

Notifications: Alerts you to view notifications from your phone, including calls, texts, social network updates, calendar appointments, and more, based on your phone notification settings.

Software updates: Your watch wirelessly downloads and installs the latest software update.

Weather updates: Displays the current temperature and weather forecast from your phone.

Managing Notifications

You can use your compatible phone to manage notifications that appear on your Lily watch.

Select an option:

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

Locating a Lost Smartphone

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

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

2 Select 📞?.

   The Lily device begins searching for your paired smartphone. An audible alert sounds on your smartphone, and the Bluetooth signal strength appears on the Lily device screen. The Bluetooth signal strength increases as you move closer to your smartphone.

Receiving an Incoming Phone Call

When you receive a phone call on your connected phone, the Lily watch displays the name or phone number of the caller.

- To accept the call, select 📞.
- To decline the call, select ☎.
- To decline the call and immediately send a text message reply, select 💬, and select a message from the list.

  NOTE: To send a text message reply, you must be connected to a compatible Android phone using Bluetooth technology.

Using Do Not Disturb Mode

You can use do not disturb mode to turn off notifications, gestures, and alerts. For example, you can use this mode while sleeping or watching a movie.

NOTE: In your Garmin Connect account, you can set the device to automatically enter do not disturb mode during your normal sleep hours. You can set your normal sleep hours in the user settings on your Garmin Connect account (*User Settings*, page 23).

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

   NOTE: You can add options to the controls menu (*Customizing the Controls Menu*, page 20).

2 Select 🌙.

Morning Report

Your watch displays a morning report based on your normal wake time. Tap the touchscreen to view the report, which includes weather, sleep, steps, menstrual cycle tracking or pregnancy information, and calendar events.

NOTE: You can customize your display name in your Garmin Connect account (*General Settings*, page 23).

Garmin Connect

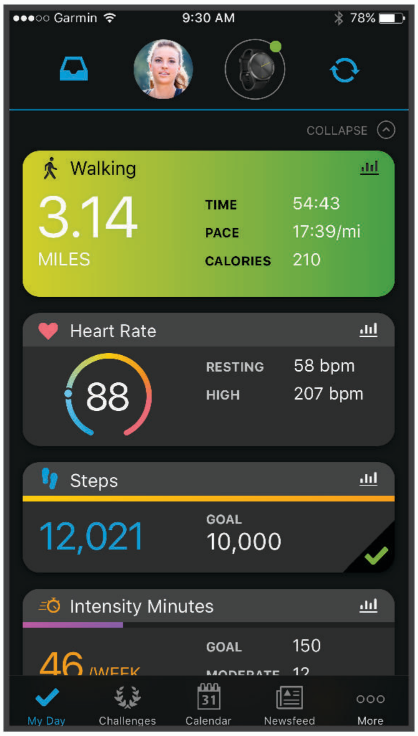
You can connect with your friends on your Garmin Connect account. Your Garmin Connect account gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, swims, hikes, and more.

You can create your free Garmin Connect account when you pair your device with your phone using the Garmin Connect app, or you can go to www.garminconnect.com.

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

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

Analyze your data: You can view more detailed information about your activity, including time, distance, heart rate, calories burned, and customizable reports.



Walking
3.14
MILES
TIME 54:43
PACE 17:39/mi
CALORIES 210

Heart Rate
88
RESTING 58 bpm
HIGH 207 bpm

Steps
12,021
GOAL 10,000

Intensity Minutes
46 /WEEK
GOAL 150
MODERATE 12

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

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

Garmin Move IQ™

When your movements match familiar exercise patterns, the Move IQ feature automatically detects the event and displays it in your timeline. The Move IQ events show activity type and duration, but they do not appear in your activities list or newsfeed.

The Move IQ feature can automatically start a timed activity for walking and running using time thresholds you set in the Garmin Connect app. These activities are added to your activities list.

Connected GPS

With the connected GPS feature, your watch uses the GPS antenna in your phone to record GPS data for walk, run, or bike activities (*Recording an Activity with Connected GPS*, page 12). 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 phone app permissions to always share location to the Garmin Connect app.

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.

NOTICE

To use the safety and tracking features, the Lily watch must be connected to the Garmin Connect app using Bluetooth technology. Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. You can enter emergency contacts in your Garmin Connect account.

For more information about safety and tracking features, go to www.garmin.com/safety.

Assistance: Allows you to send a message with your name, LiveTrack link, and GPS location (if available) 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 web page.

Sleep Tracking

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

NOTE: Naps are not added to your sleep statistics. You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms (*Using Do Not Disturb Mode*, page 17).

Syncing Your Data with the Garmin Connect App

Your watch automatically syncs data with the Garmin Connect app each time you open the app. Your watch periodically syncs data with the Garmin Connect app automatically. You can also manually sync your data at any time.

1. Bring the watch near your phone.
2. Open the Garmin Connect app.

   TIP: The app can be open or running in the background.
3. Press ○ to view the menu.
4. Select ⚙ > 📞 > **Sync**.
5. Wait while your data syncs.
6. View your current data in the Garmin Connect app.

Syncing Your Data with Your Computer

Before you can sync your data with the Garmin Connect application on your computer, you must install the Garmin Express™ application (*Setting Up Garmin Express*, page 19).

1. Connect the watch to your computer using the USB cable.
2. Open the Garmin Express application.

   The watch enters mass storage mode.
3. Follow the on-screen instructions.
4. View your data on your Garmin Connect account.

Setting Up Garmin Express

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

Customizing Your Device

Changing the Watch Face

Your device comes preloaded with several watch faces.

1. Press ○ to view the menu.
2. Select ⌚.
3. Swipe right or left to scroll through the available watch faces.
4. Tap the touchscreen to select the watch face.

Customizing the Controls Menu

You can add, remove, and change the order of the shortcut menu options in the controls menu (*Viewing Widgets and Menus*, page 3).

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

   The controls menu appears.
2. Hold the touchscreen.

   The controls menu switches to edit mode.
3. Select an option:
   - To change the location of a shortcut in the controls menu, drag the shortcut to a new location.
   - To remove a shortcut from the controls menu, drag the shortcut to 🗑.
4. If necessary, select + to add a shortcut to the controls menu.

   NOTE: This option is available only after you remove at least one shortcut from the menu.

Customizing the Data Screens

You can customize data screens for your activity settings.

1. Press ○ to view the menu.
2. Select 🏃.
3. Select an activity.
4. Select ⚙ > **Data Screens** > **Primary**.
5. Select a data field to customize.

   NOTE: Not all options are available for all activities.
6. Select ✓ to save each data field.

Setting a Hydration Alert

You can create an alert to remind you to increase your fluid intake.

1. Press ○ to view the menu.
2. Select ⚙ > 🥛.
3. Select **Alert**.
4. Select the alert frequency.
5. Select ✓.

System Settings

Press ○ to view the menu, and select ⚙ > ⚙.

Brightness: Sets the brightness level of the display. You can use the Auto option to automatically adjust the brightness based on the ambient light, or manually adjust the brightness level (*Setting the Brightness Level*, page 21).

NOTE: A higher brightness level decreases battery life.

Alert Vibration: Sets the vibration level (*Setting the Vibration Level*, page 21).

NOTE: A higher vibration level decreases battery life.

Timeout: Sets the length of time before the display turns off. This option impacts the battery and display life.

Gesture Mode: Sets the display to turn on when you rotate your wrist toward your body to view the device. You can use the Only During Activity option to use this feature only during timed activities.

Gesture Sensitivity: Adjusts the gesture sensitivity to turn on the display more or less often.

NOTE: A higher gesture sensitivity level decreases battery life.

Controls Menu: Allows you to edit the controls menu (*Customizing the Controls Menu*, page 20).

Reset: Allows you to delete user data and reset settings (*Restoring All Default Settings*, page 30).

Setting the Brightness Level

1. Press ○ to view the menu.
2. Select ⚙ > ⚙ > **Brightness**.
3. Select the brightness level.

   NOTE: The Auto option automatically adjusts the brightness based on the ambient light.

Setting the Vibration Level

1. Press ○ to view the menu.
2. Select ⚙ > ⚙ > **Alert Vibration**.
3. Select the vibration level.

   NOTE: A higher vibration level decreases battery life.

Watch Settings

You can customize some settings on your Lily watch. Additional settings can be customized on your Garmin Connect account.

Press ○ to view the menu, and select ⚙.

💧: Sets a hydration alert (*Setting a Hydration Alert*, page 20).

VO2: Displays your VO2 max. estimate (*Getting Your VO2 Max. Estimate*, page 15).

♥: Allows you to adjust heart rate settings (*Wrist Heart Rate Monitor Settings*, page 14).

☀: Allows you to select the options that appear in the morning report.

☎: Allows you to pair your phone, sync with the Garmin Connect app, and adjust Bluetooth settings (*Bluetooth Settings*, page 22).

⚙: Allows you to adjust the system settings (*System Settings*, page 21).

ⓘ: Displays the unit ID, software version, regulatory information, license agreement, and more (*Viewing Device Information*, page 27).

Bluetooth Settings

Press ○ to view the menu, and select ⚙ > 📞.

Status: Turns Bluetooth technology on and off.

NOTE: Some Bluetooth settings appear only when Bluetooth technology is enabled.

Pair Phone: Allows you to pair your watch with a compatible Bluetooth enabled phone. This setting allows you to use Bluetooth connected features using the Garmin Connect app, including notifications and activity uploads.

Sync: Allows you to sync your watch with a compatible Bluetooth enabled phone.

Garmin Connect Settings

You can customize your watch settings, activity options, and user settings on your Garmin Connect account. Some settings can also be customized on your Lily watch.

- From the Garmin Connect app, select ☰ or •••, select **Garmin Devices**, and select your watch.
- From the devices widget in the Garmin Connect application, select your watch.

After customizing settings, you must sync your data to apply the changes to your watch (*Syncing Your Data with the Garmin Connect App*, page 19) (*Syncing Your Data with Your Computer*, page 19).

Appearance Settings

From your Garmin Connect watch menu, select Appearance.

Widgets: Allows you to customize the widgets that appear on your watch and reorder the widgets in the loop.

Display Options: Allows you to customize your display.

Alert Settings

From your Garmin Connect device menu, select Alerts.

Alarms: Allows you to set alarm clock times and frequencies for your device.

Smart Notifications: Allows you to enable and configure phone notifications from your compatible smartphone. You can select to receive notifications During an Activity.

Abnormal Heart Rate Alerts: Allows you to set the device to alert you when your heart rate exceeds or drops below a set threshold after a period of inactivity. You can set the alert threshold.

Move Alert: Allows your device to display a message and the move bar on the time of day screen when you have been inactive for too long.

Relax Reminders: Allows you to set the device to alert you when your stress level is unusually high. The alert encourages you to take a moment to relax, and the device prompts you to begin a guided breathing exercise.

Bluetooth Connection Alert: Allows you to enable an alert informing you when your paired smartphone is no longer connected using Bluetoothtechnology.

Do Not Disturb During Sleep: Sets the device to turn on do not disturb mode automatically during your sleep hours (*User Settings*, page 23).

Customizing Activity Options

You can select activities to display on your device.

1. From your Garmin Connect device menu, select **Activity Options**.
2. Select **Edit**.
3. Select the activities to display on your device.

   NOTE: The walking and running activities cannot be removed.
4. If necessary, select an activity to customize its settings, such as alerts and data fields.

Marking Laps

You can set your device to use the Auto Lap® feature, which marks a lap automatically at every kilometer or mile. This feature is helpful for comparing your performance over different parts of an activity.

NOTE: The Auto Lap feature is not available for all activities.

1. From the settings menu in the Garmin Connect app, select **Garmin Devices**.
2. Select your device.
3. Select **Activity Options**.
4. Select an activity.
5. Select **Auto Lap**.

Activity Tracking Settings

From your Garmin Connect device menu, select Activity Tracking.

NOTE: Some settings appear in a subcategory in the settings menu. App or website updates may change these settings menus.

Pulse Ox: Allows your device to record up to four hours of pulse oximeter readings while you sleep.

Move IQ: Allows you to turn on and off Move IQ events. The Move IQ feature automatically detects activity patterns, such as walking and running.

Auto Activity Start: Allows your device to create and save timed activities automatically when the Move IQ feature detects you have been walking or running for a minimum time threshold. You can set the minimum time threshold for running and walking.

Daily Steps: Allows you to enter your daily step goal. You can use the Auto Goal option to allow your device to determine your step goal automatically.

Weekly Intensity Minutes: Allows you to enter a weekly goal for the number of minutes to participate in moderate to vigorous intensity activities. The device also allows you to set a heart rate zone for moderate intensity minutes and a higher heart rate zone for vigorous intensity minutes. You can also use the default algorithm.

Custom Stride Length: Allows your device to more accurately calculate the distance traveled using your custom stride length. You can enter a known distance and the number of steps it takes to cover the distance, and Garmin Connect can calculate your step length.

Set as Preferred Activity Tracker: Sets this device to be your primary activity tracking device when more than one device is connected to the app.

User Settings

From your Garmin Connect device menu, select User Settings.

Personal Information: Allows you to enter your personal details, such as birth date, gender, height, and weight.

Sleep: Allows you to enter your normal sleep hours.

Heart Rate Zones: Allows you to estimate your maximum heart rate and determine custom heart rate zones.

General Settings

From your Garmin Connect device menu, select General.

Device Name: Allows you to set a name for the device.

Wrist Worn On: Allows you to select which wrist the device is worn on.

NOTE: This setting is used for strength training and gestures.

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

Date Format: Sets the device to display the date in a month/day or day/month format.

Language: Sets the device language.

Measurement Units: Sets the device to display the distance traveled and temperature in statute or metric units.

Physio TrueUp: Allows your device to sync activities, history, and data from other Garmin® devices.

Device Information

Charging the Watch

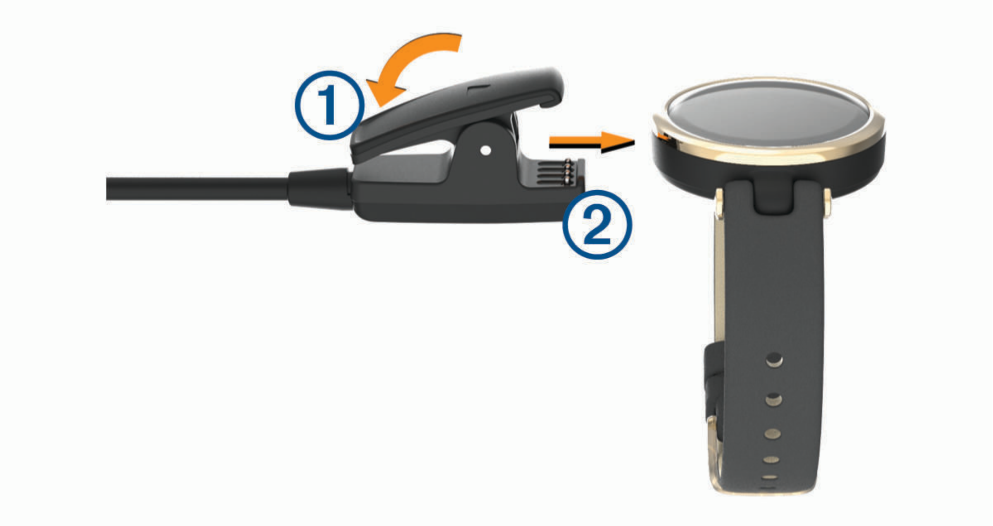
⚠ WARNING

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

NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions (*Cleaning the Watch*, page 25).

1. Pinch the sides of the charging clip ① to open the arms on the clip.



2. Align the clip with the contacts ②, and release the arms of the clip.
3. Plug the USB cable into a power source.
4. Charge the watch completely.

Tips for Charging Your Watch

- Connect the charger securely to the watch to charge it using the USB cable (*Charging the Watch*, page 24).

  You can charge the watch by plugging the USB cable into a Garmin approved AC adapter with a standard wall outlet or a USB port on your computer.
- View the remaining battery graphic on the watch information screen (*Viewing Device Information*, page 27).

Device Care

NOTICE

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

Do not use a sharp object to clean the device.

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

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

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

Keep the leather band clean and dry. Avoid swimming or showering with the leather band. Exposure to water or sweat can damage or discolor the leather band. Use silicone bands as an alternative.

Do not place in high temperature environments, such as a clothes dryer.

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

Cleaning the Watch

⚠ CAUTION

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist.

NOTICE

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

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

After cleaning, allow the watch to dry completely.

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

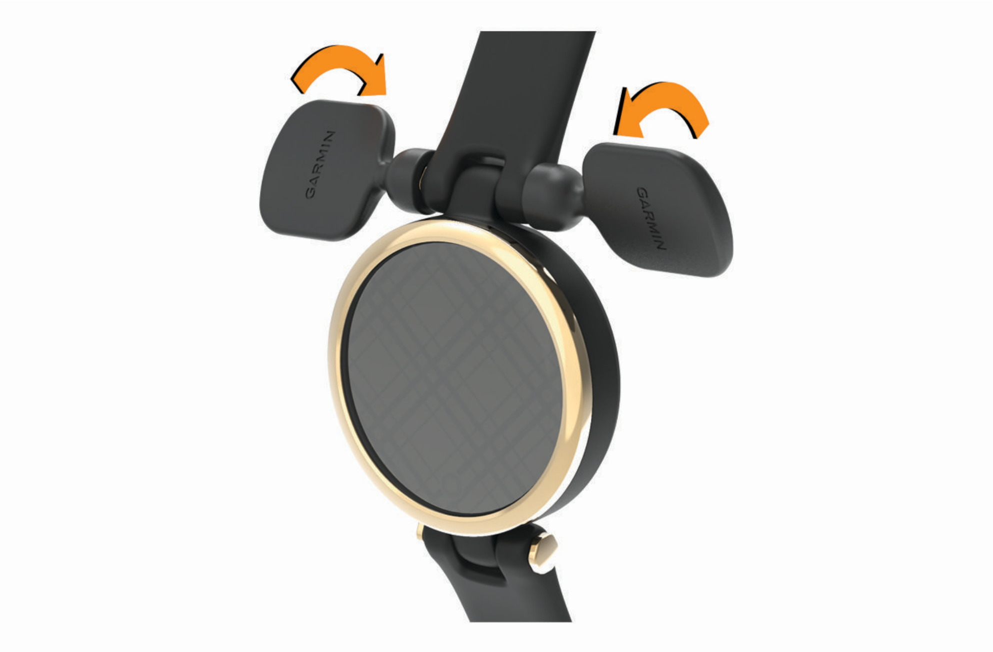
Cleaning the Leather Bands

1. Wipe the leather bands with a dry cloth.
2. Use a leather conditioner to clean the leather bands.

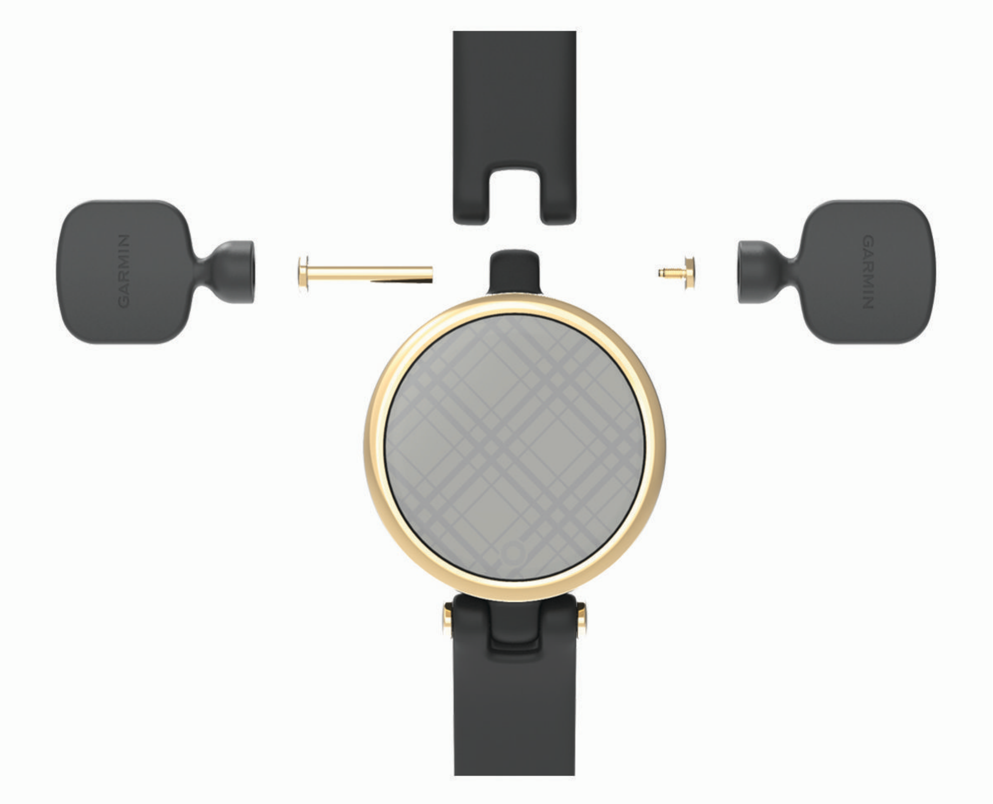
Changing the Bands

You can replace the bands with new Lily bands.

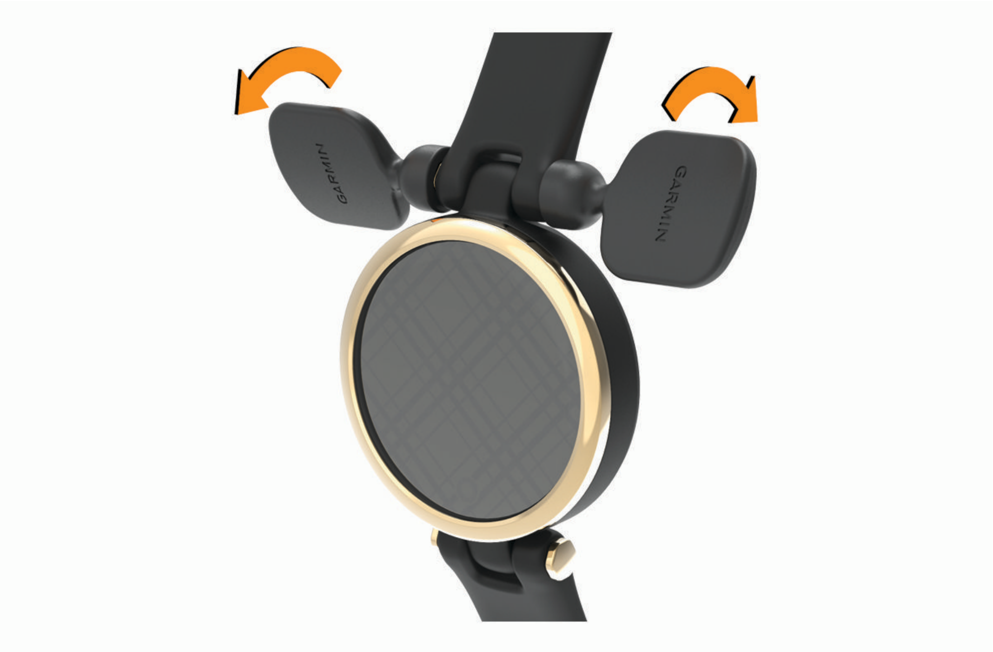
1 Use the band replacement tool to loosen the screws.


GARMIN
GARMIN

2 Remove the screws.


GARMIN
GARMIN

3. Align the new band with the device.
4. Replace the screws using the tool.



NOTE: Make sure the band is secure.

5. Repeat steps 1 through 4 to change the other band.

Viewing Device Information

You can view the unit ID, software version, and regulatory information.

1. Press ○ to view the menu.
2. Select ⚙ > ⓘ.
3. Swipe to view the information.

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 5 days
Operating temperature range	From -20º to 60ºC (from -4º to 140ºF)
Charging temperature range	From 0º to 45ºC (from 32º to 113ºF)
Wireless frequency	2.4 GHz @ -6.3 dBm maximum
Water rating	5 ATM[1]

Troubleshooting

Is my phone compatible with my watch?

The Lily watch is compatible with phones using Bluetooth technology.

Go to www.garmin.com/ble for Bluetooth compatibility information.

---

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

My phone will not connect to the watch

- Bring the watch within range of your phone.
- If your watch and phone are already paired, turn Bluetooth off on both devices, and turn it back on.
- If your watch and phone are not paired, enable Bluetooth technology on your phone.
- On your phone, open the Garmin Connect app, select ☰ or •••, and select **Garmin Devices** > **Add Device** to enter pairing mode.
- On your watch, press ○ to view the menu, and select ⚙ > ☎ > **Pair Phone** to enter pairing mode.

Activity Tracking

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

My step count does not seem accurate

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

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

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

The step counts on my watch and my Garmin Connect account do not match

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

1. Sync your step count with the Garmin Connect app (*Syncing Your Data with the Garmin Connect App*, page 19).
2. Wait while the watch syncs your data.

   Syncing can take several minutes.

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

My stress level does not appear

Before the watch can detect your stress level, wrist-based heart rate monitoring must be turned on.

The watch samples your heart rate variability throughout the day during periods of inactivity to determine your stress level. The watch does not determine your stress level during timed activities.

If dashes appear instead of your stress level, be still, and wait while the watch measures your heart rate variability.

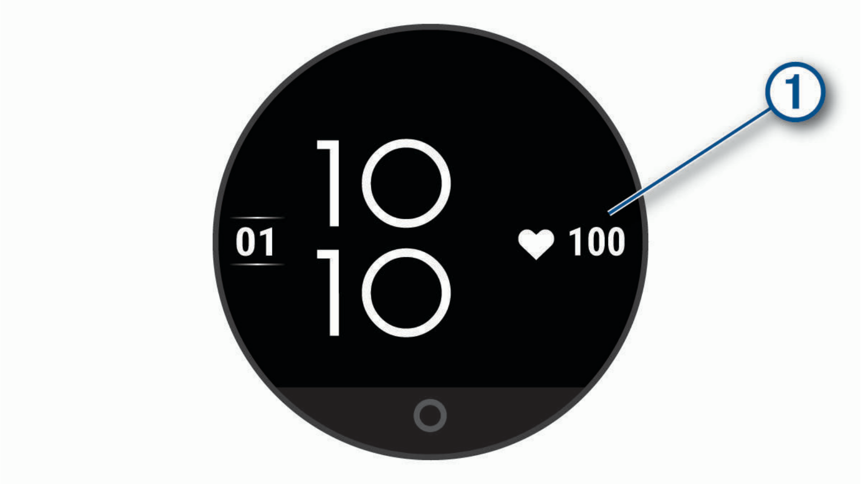
My intensity minutes are flashing

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

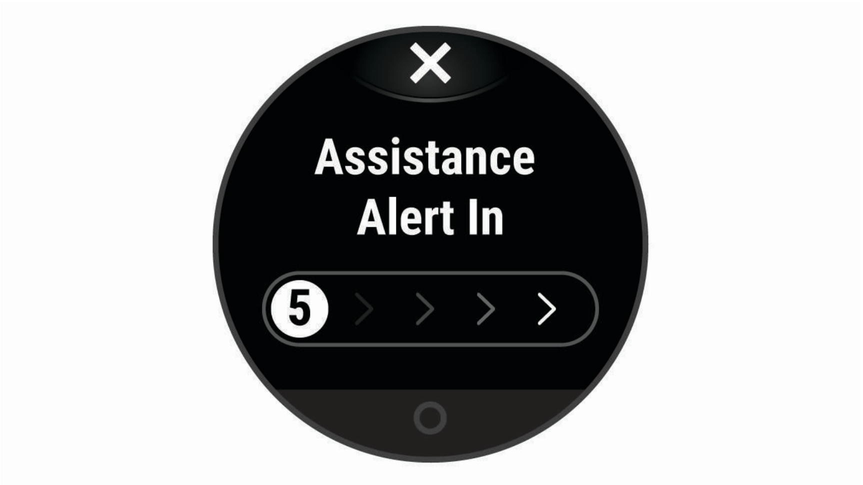
Exercise for at least 10 consecutive minutes at a moderate or vigorous intensity level.

Touchscreen Tips

- Tap the touchscreen to make a selection.
- During a timed activity, double-tap the touchscreen to start and stop the timer.
- From the watch face, tap the touchscreen to cycle through data, such as steps and heart rate ①.



- From the controls menu, hold the touchscreen to add, remove, and reorder the controls.
- 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.



Tips for Erratic Heart Rate Data

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

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

  NOTE: In cold environments, warm up indoors.
- Rinse the watch with fresh water after each workout.
- While exercising, use a silicone band.

Tips for Improved Body Battery Data

- For more accurate results, wear the watch while sleeping.
- Good sleep charges your Body Battery.
- Strenuous activity and high stress can cause your Body Battery to drain more quickly.
- Food intake, as well as stimulants like caffeine, has no impact on your Body Battery.

Tips for Erratic Pulse Oximeter Data

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

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

Maximizing Battery Life

- Decrease the screen brightness and timeout (*System Settings*, page 21).
- Reduce the vibration level (*Setting the Vibration Level*, page 21).
- Turn off wrist gestures (*System Settings*, page 21).
- In your phone notification center settings, limit the notifications that appear on your Lily watch (*Managing Notifications*, page 16).
- Turn off smart notifications (*Alert Settings*, page 22).
- Turn off Bluetooth wireless technology when you are not using connected features (*Bluetooth Settings*, page 22).
- Turn off pulse oximeter sleep tracking (*Turning On Pulse Oximeter Sleep Tracking*, page 15).
- Turn off wrist-based heart rate monitoring (*Wrist Heart Rate Monitor Settings*, page 14).

  NOTE: Wrist-based heart rate monitoring is used to calculate vigorous intensity minutes, VO2 max., body battery, stress level, and calories burned.

My watch display is difficult to see outside

The watch detects ambient light and automatically adjusts the backlight brightness to maximize battery life. In direct sunlight, the screen gets brighter, but it may still be difficult to read. The automatic activity detection feature can be helpful when starting outdoor activities (*Activity Tracking Settings*, page 23).

Restoring All Default Settings

You can restore all of the watch settings back to the factory default values.

1. Press ○ to view the menu.
2. Select ⚙ > ⚙ > **Reset**.
3. Select an option:
   - To reset all of the watch settings to the factory default values and save all user-entered information and activity history, select **Reset Default Settings**.
   - To reset all of the watch settings to the factory default values and delete all user-entered information and activity history, select **Delete Data and Reset Settings**.
4. Follow the on-screen instructions.

Product Updates

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

This provides easy access to these services for Garmin devices:

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

Updating the Software Using the Garmin Connect App

Before you can update your watch software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the watch with a compatible phone (*Setting Up the Watch*, page 1).

Sync your watch with the Garmin Connect app (*Syncing Your Data with the Garmin Connect App*, page 19).

When new software is available, the Garmin Connect app automatically sends the update to your watch. The update is applied when you are not actively using the watch. When the update is complete, your watch restarts.

Updating the Software Using Garmin Express

Before you can update your watch software, you must download and install the Garmin Express application and add your watch (*Syncing Your Data with Your Computer*, page 19).

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

   When new software is available, the Garmin Express application sends it to your watch.
2. After the Garmin Express application finishes sending the update, disconnect the watch from your computer.

   Your watch installs the update.

Getting More Information

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

  This is not a medical device. The pulse oximeter feature is not available in all countries.

Device Repairs

If your device needs to be repaired, go to support.garmin.com for information about submitting a service request with Garmin Product Support.

Appendix

Fitness Goals

Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles.

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.

If you know your maximum heart rate, you can use the table (*Heart Rate Zone Calculations*, page 32) to determine the best heart rate zone for your fitness objectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default maximum heart rate is 220 minus your age.

About Heart Rate Zones

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

Heart Rate Zone Calculations

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
1	50–60%	Relaxed, easy pace, rhythmic breathing	Beginning-level aerobic training, reduces stress
2	60–70%	Comfortable pace, slightly deeper breathing, conversation possible	Basic cardiovascular training, good recovery pace
3	70–80%	Moderate pace, more difficult to hold conversation	Improved aerobic capacity, optimal cardiovascular training
4	80–90%	Fast pace and a bit uncomfortable, breathing forceful	Improved anaerobic capacity and threshold, improved speed
5	90–100%	Sprinting pace, unsustainable for long period of time, labored breathing	Anaerobic and muscular endurance, increased power

VO2 Max. Standard Ratings

These tables include standardized classifications for VO2 max. estimates by age and gender.

Males	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	55.4	54	52.5	48.9	45.7	42.1
Excellent	80	51.1	48.3	46.4	43.4	39.5	36.7
Good	60	45.4	44	42.4	39.2	35.5	32.3
Fair	40	41.7	40.5	38.5	35.6	32.3	29.4
Poor	0–40	<41.7	<40.5	<38.5	<35.6	<32.3	<29.4

Females	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	49.6	47.4	45.3	41.1	37.8	36.7
Excellent	80	43.9	42.4	39.7	36.7	33	30.9
Good	60	39.5	37.8	36.3	33	30	28.1
Fair	40	36.1	34.4	33	30.1	27.5	25.9
Poor	0–40	<36.1	<34.4	<33	<30.1	<27.5	<25.9

Data reprinted with permission from The Cooper Institute. For more information, go to www.CooperInstitute.org.

support.garmin.com

August 2022

GUID-4205DB9F-0ACD-4AC2-86A8-957F27150AE4 v3