



Smartwatch Buying Guide Quick Reference Handout

Table of Contents

1. Benefits of wearing a smartwatch
2. Special features
3. Latest and greatest smartwatches
4. New technology in smartwatches
5. How to make the most of your smartwatch in the app

Benefits of wearing a smartwatch

Like any watch, a smartwatch will tell you the time, but the "smart" in smartwatch comes in all the other features you get with it.

Special features

1. **Display features** – Smartwatch screens continue to improve by getting brighter, sharper and tougher.
 - **Water-resistant/waterproof** – Some smartwatches are built tough to withstand water, be it the pool or the ocean.
 - **Watch bands** – It's very easy to swap out bands and straps to personalize a smartwatch.

Latest and greatest smartwatches

There are various brands that make smartwatches. Some are exclusive, like how the Apple Watch only works with iOS devices, or how the Samsung Galaxy Watch doesn't work with iOS devices. For the most part, other brands support both iOS and Android.

1. **Fitbit Sense and Versa series**
2. **Garmin Fenix, Vivoactive, Forerunner, Venu, Instinct and Lily series**
3. **Samsung Galaxy Watch series (Android only, including non-Samsung phones)**
4. **Citizen CZ, CZ Smart and Smart Hybrid series, plus the CZ Smart PQ2 Casual and CZ Smart PQ2 Sport models.**

New technology in smartwatches

Smartwatches track general activity, as well as more rigorous activity, like exercises and workouts to help users get into better shape.

- Built-in pedometers and accelerometers enable smartwatches to track all types of movement.
- Altimeters are another standard feature to track elevation, also telling you how many flights of stairs you climb every day.
- Exercise tracking can include running, hiking, cycling, HIIT training, weight training,



cross training, aerobics, yoga and many more.

- The embedded heart monitor tracks heart rate throughout any activity or workout, including peak heart rate.

Health and wellness tracking

1. **SpO2** – These are pulse oximeters that can read blood oxygen levels.
2. **ECG** – An electrocardiogram measures a heart's rhythm and electrical activity to look for signs of atrial fibrillation (Afib) or irregular heartbeat. It's best used by anyone who is at least 22 years old.
3. **Daily Readiness/Circadian Rhythm** – Some smartwatches will utilize data from multiple sensors to gauge daily readiness based on circadian rhythm readings.
4. **Sleep tracking** – Sleep tracking will include a breakdown of time spent in each sleep cycle (light, deep, REM).

How to make the most of your smartwatch in the app

1. **Phone connection** – Apps can help tie the watch to your phone in helpful ways, like using a locator feature in case you can't find your phone.
2. **Watch face** – Customize your watch how you want by changing the watch face and choosing the style you want.

Apps that work with a smartwatch

1. **Garmin Connect and Connect IQ** – Weekly, monthly and yearly stats indicating progress. Training and Planning is a deep dive into exercise and training routines that tie into Garmin Coach.
2. **Apple Fitness+** – Fitness+ is Apple's subscription-based exercise platform featuring guided workouts and routines that can work with the Apple Watch.
3. **Fitbit Premium** – Fitbit Premium is a subscription-based service found within the Fitbit app with detailed information about health and wellness, along with exercises, meditation and how-to nutritional recipes.
4. **Samsung Health** – This is the primary app that works with Samsung Galaxy Watch models to track all activity and health and wellness metrics.
5. **Citizen Connect** – Designed for Citizen CZ Smart hybrid and touchscreen smartwatches to track all metrics and apply settings.