

Galaxy Watch4

GALAXY WATCH4

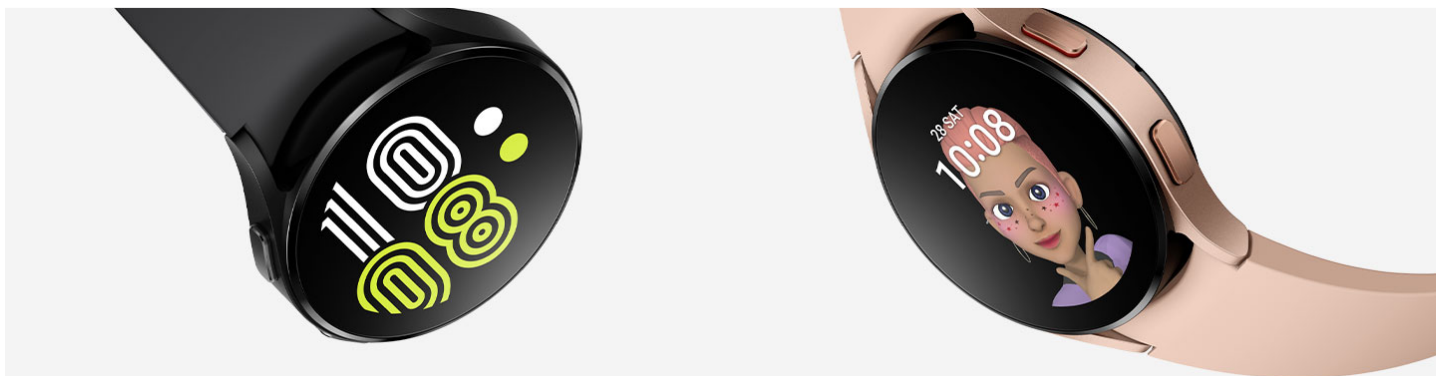
FITNESS

HEALTH

DESIGN

ECOSYSTEM

SPECS



Galaxy Watch4



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GALAXY WATCH4

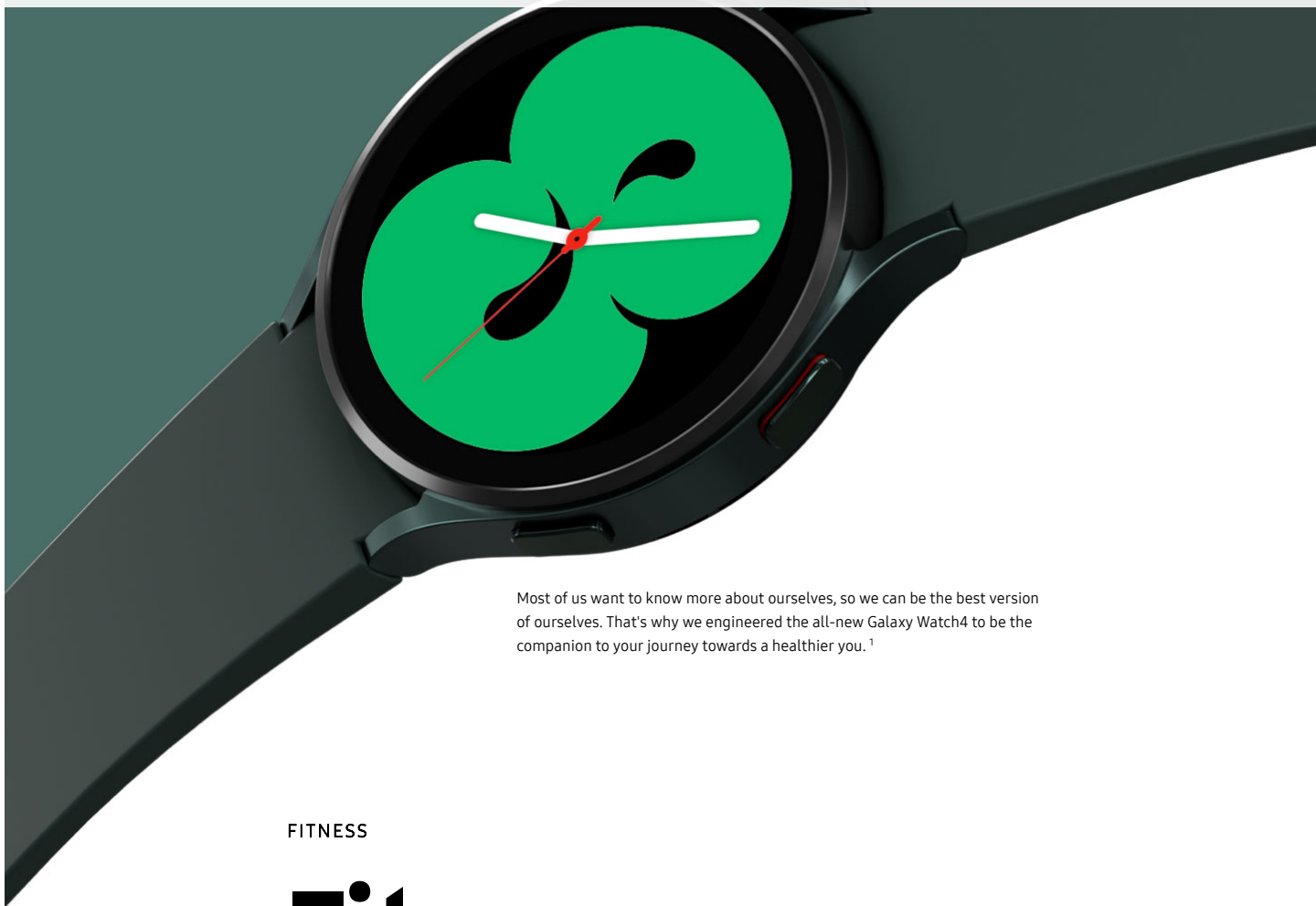
FITNESS

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Most of us want to know more about ourselves, so we can be the best version of ourselves. That's why we engineered the all-new Galaxy Watch4 to be the companion to your journey towards a healthier you. ¹

FITNESS

Fitness within arm's reach



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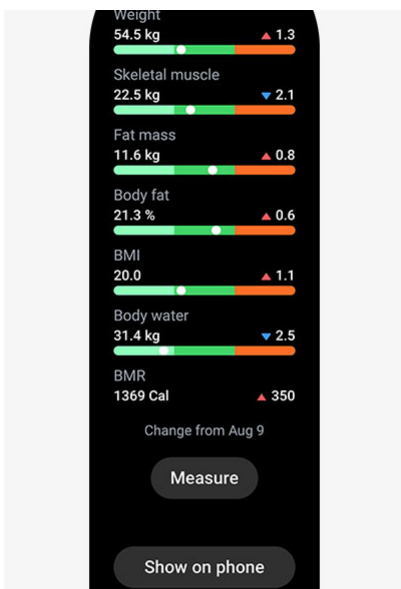
ECOSYSTEM

SPECS

BODY COMPOSITION

**Don't just listen
to your body.
Know it**

Track your fitness progress with our first smartwatch that conveniently measures body composition. Get to know your body fat percentage, skeletal muscle, body water and more to achieve your goals. The Samsung BioActive Sensor and our fastest chip brings the biggest innovation to Galaxy Watch yet. ^{2, 3, 4, 5, 6, 7}



Get a BIA measurement using just two fingers in 15 seconds. Anytime, anywhere.



How to measure

Note

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The new Samsung BioActive Sensor captures your body composition in real time to inform you as you manage your health goals.

GROUP CHALLENGE

Your workout buddies have your back



Enjoy every step you take with your friends and family with the Galaxy Watch4. Track your steps and compete with friends in a fun competition through a live message board. Challenges come with commemorative badges and a point system to make exercise fun, motivating and socially rewarding.

DAILY ACTIVITY & FITNESS TRACKING

Name a workout. It can track it



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Track your activities and fitness scores on your watch and phone. Count steps, check calories, and stay on the grid with GPS. Galaxy Watch4 detects physical activity to track your routines and supports more than 90 exercises for a more accurate report of your workouts.⁸

HEALTH

A watch that's



watching

watching out for you

Galaxy Watch4

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BLOOD PRESSURE & ECG

All the data your heart desires



Meet the Samsung BioActive Sensor that measures ECG and blood pressure in real time. After initial calibration, the sensors quickly check your blood pressure. You can also check abnormal heart rate and rhythm through ECG and send data straight to your phone to be easily shared.^{9,10,11,12}



Blood Pressure Measure Blood Pressure using an Optical Heart Rate Sensor known as the PPG Sensor.

ECG Measure ECG using an Electrical Heart Sensor.

ADVANCED SLEEP

The most holistic sleep analysis on Galaxy watch

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The sleep tracker detects and holistically analyzes your sleep stages while you rest. Improved measuring options let you check your blood oxygen levels and snoring patterns (not saying you do). Plus, get advanced insights from the National Sleep Foundation for better sleep quality and duration.^{13, 14, 15, 16, 17, 18}



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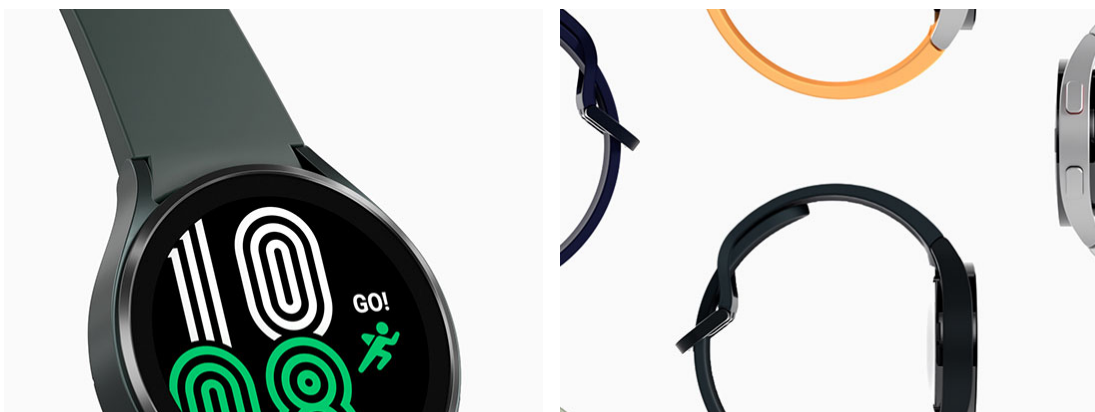
Design comes full circle

DESIGN

Sleek, Seamless, Iconic

Galaxy Watch4 features a simple design with a streamlined Armor Aluminum metal frame. It offers high-end looks and functionality for your workouts and day-to-day tasks.

Choose from a selection of bands, including the Hybrid Leather Band and the Sport Band, to fashion your own band style. Treat your wrist with high-quality materials, comfort fit, and sweat-resistant surfaces.



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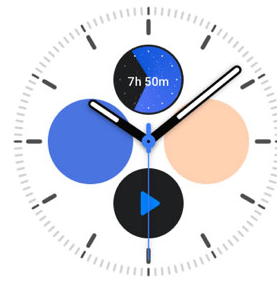
ECOSYSTEM

SPECS

[GO TO GALAXY WATCH4 CLASSIC](#)

WATCH FACE

A new day. A new watch face



Choose between analog or digital watch faces with a variety of backgrounds, fonts, and colors to match your tastes, the weather, or occasion. Spice up your character watch faces with AR Emojis to express your style, while animated graphics show what you're up to, like running or listening to music.

NEW OPERATING SYSTEM

It's a real team player

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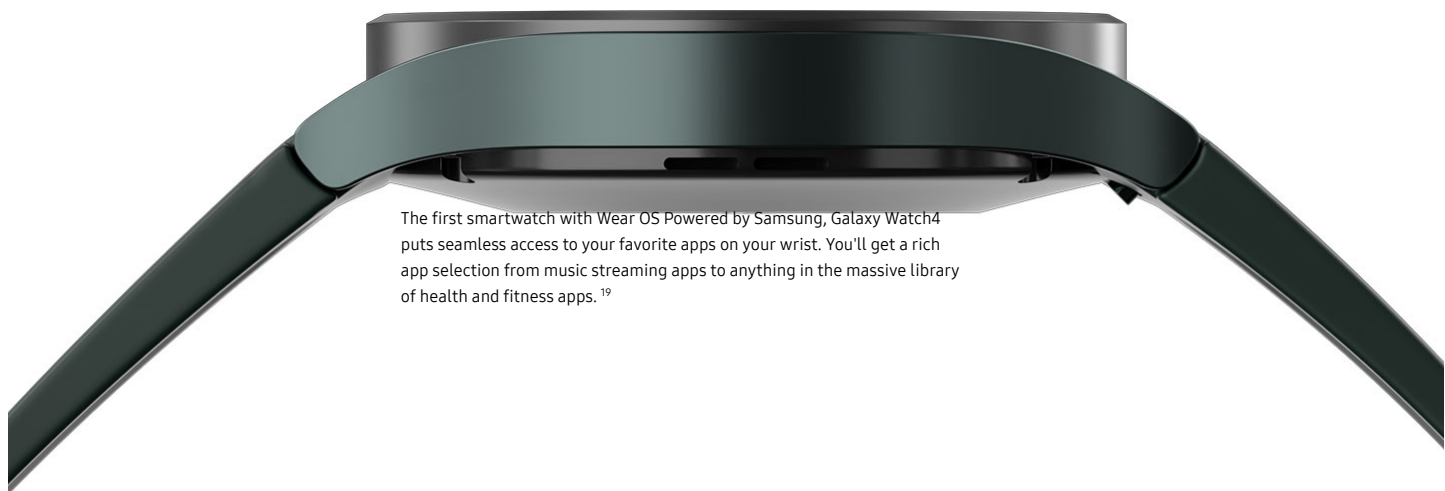
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The first smartwatch with Wear OS Powered by Samsung, Galaxy Watch4 puts seamless access to your favorite apps on your wrist. You'll get a rich app selection from music streaming apps to anything in the massive library of health and fitness apps.¹⁹



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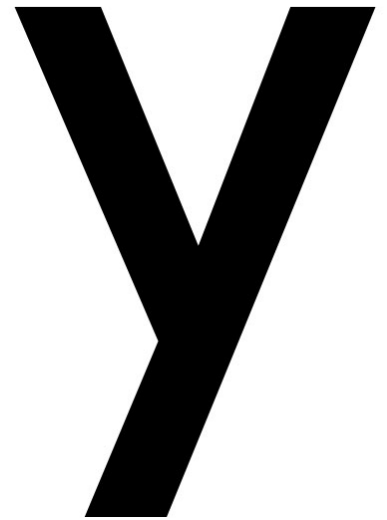
ECOSYSTEM

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COMPATIBILITY

Plays well with others

The Galaxy Watch4 comes with Wear OS Powered by Samsung, giving you seamless connection with Samsung Galaxy devices. Control ANC on Galaxy Buds2 or enable apps on your phone straight from your watch. Additional features like the compass makes the Galaxy Watch4 even more resourceful.²⁰



Life opens up with Galaxy

EXPLORE MORE

Specifications

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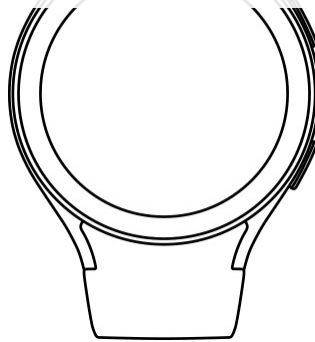
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OS

Wear OS
Powered by Samsung

Battery Capacity

361mAh/247mAh

Sensor

Samsung
BioActive Sensor

Durability

5ATM+IP68/MIL-STD-810G

[LEARN MORE](#)

1. Availability of colors, sizes, models, and bands may vary by country or region.
 - * UI subject to change.
 - * Available features and apps may vary by region, connected device, OS, or carrier.
 - * All images on this page are simulated for illustrative purposes.
2. DO NOT measure your body composition if you have an implanted pacemaker or other implanted medical devices.
3. DO NOT measure your body composition if you are pregnant.
4. Measurement results may not be accurate if you are under 20 years old.
5. Intended for general wellness and fitness purposes only. Not intended for use in detection, diagnosis, treatment of any medical condition or disease. The measurements are for your personal reference only. Please consult a medical professional for advice.
6. Availability of BIA may vary by country or region.
7. All features and UI are subject to change.
8. Galaxy Watch4 is rated as IP68. Based on test conditions for submersion in up to 1.5 metres of freshwater for up to 30 minutes.
9. ECG and BP feature only to be used by 22 years+. For accurate BP readings, a calibration is required every 4 weeks by BP monitor & arm cuff. Requires a Galaxy smartphone running Android 7.0 or above.
10. Users should measure their blood pressure when at rest, as they would do with a traditional cuff, and refrain from measuring when they are working out, smoking, or drinking.
11. Availability of feature and app may vary by region, connected device, SW version and carrier.
12. Measured blood pressure history can be reviewed within the Samsung Health Monitor app on a paired smartphone.
13. The Advanced Sleep feature is for fitness and wellness purposes only and not intended for use in detection, diagnosis, treatment of any medical condition or

disease.

measurements are for informational purposes only. Please consult a medical professional for advice.

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Availability may vary by country or region.

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15. The Galaxy Watch4 must be paired with a smartphone to use the sleep

management function.

16. For best results in detecting and recording snoring, place your smartphone on a stable surface near your head with the bottom of the smartphone pointed to your head.

17. The default setting for snoring detection is off. Users can turn the setting on with their smartphone at anytime using the Samsung Health App 6.18 version or above.

18. Advanced insights from the National Sleep Foundation is only available on a smartphone paired with the Galaxy Watch4.

19. Available apps may vary by country or region.

20. Buds Controller is compatible with Galaxy Buds+, Galaxy Watch4, and their respective following models.

Site

MY NETWORK SPEED (HIGH)

SITE MAP

GLOBAL SAMSUNG

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