APPROACH® S62

Owner's Manual

Table of Contents

Introduction

WARNING

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

Device Overview

① **Touchscreen**: Swipe or tap.
② **Action button**: Press to start a round of golf.
  Press to start an activity or app.
③ ☰ **Menu button**: Press to turn the device on.
  Press to view the controls menu and watch settings.
  Press and hold to turn the device off.
④ ⤺ **Back button**: Press to return to the previous screen.

Getting Started

When using your watch the first time, you should complete these tasks to set it up and get to know the basic features.

1 Press **Menu** to turn on the watch (*Device Overview*, page 1).
2 Answer the device prompts about your preferred language, units of measure, and driver distance.
3 Pair your smartphone (*Pairing Your Smartphone*, page 1).
  Pairing your smartphone gives you access to the virtual caddie, current wind data, scorecard syncing, and more.
4 Charge the device completely so that you have enough charge for a round of golf (*Charging the Device*, page 1).

Using the Watch Features

- From the watch face, swipe up to scroll through the widget loop.
  Your watch comes preloaded with widgets that provide at-a-glance information. More widgets are available when you pair your watch with a smartphone.
- From the watch face, press the action button, and select ⁘ to start an activity or open an app.
- Press **Menu**, and select **Settings** to adjust settings, customize the watch face, and pair wireless sensors.

Pairing Your Smartphone

To use the connected features of the Approach device, it must be paired directly through the Garmin Golf™ app, instead of from the Bluetooth® settings on your smartphone.

1 From the app store on your smartphone, install and open the Garmin Golf app.
2 Select an option to enable pairing mode on your device:
   - During the initial setup, select ✔ when you are prompted to pair with your smartphone.
   - If you previously skipped the pairing process, press **Menu**, and select **Settings** > **Pair Phone**.
3 From the ☰ or ••• menu in the app, select **Garmin Devices** > **Add Device**, and follow the instructions in the app to complete the pairing process.

Charging the Device

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 in the appendix.

1 Plug the small end of the USB cable into the charging port on your device.

2 Plug the large end of the USB cable into a USB charging port.
3 Charge the device completely.

Product Updates

On your computer, install Garmin Express™ (www.garmin.com /express). On your smartphone, install the Garmin Golf app.

This provides easy access to these services for Garmin® devices:

- Software updates
- Course updates
- Data uploads to Garmin Golf
- Product registration

Setting Up Garmin Express

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

Playing Golf

1 Press the action button.
2 Select **Play Golf**.
  The device locates satellites, calculates your location, and selects a course if there is only one course nearby.
3 If the course list appears, select a course from the list.
4 Select ✔ to keep score.
5 Select a tee box.

Hole View

The device shows the current hole you are playing, and automatically transitions when you move to a new hole. If you are not on a hole (for example, at the clubhouse), the device defaults to hole 1. You can manually change the hole (*Changing Holes*, page 3).
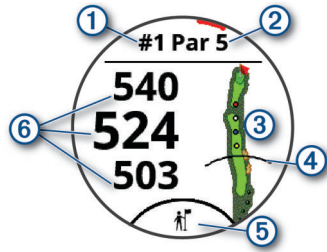
① : Current hole number.

② : Par for the hole.

③ : Map of the hole.

You can tap to view hazards and layups (*Hazards and Layups*, page 2).

④ : Driver distance from the tee box.

⑤ : Virtual caddie club recommendation (*Virtual Caddie*, page 3).

⑥ : Distances to the front, middle, and back of the green.

You can tap to view the PlaysLike distance (*PlaysLike Distance Icons*, page 2).

Big Numbers Mode

You can change the size of the numbers on the hole view screen.

Press **Menu**, and select **Settings** > **Golf Settings** > **Big Numbers**.
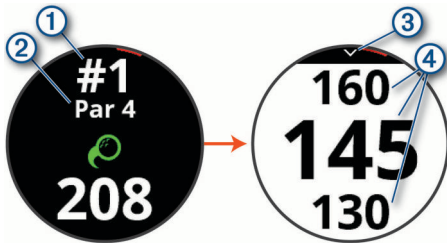
①	Current hole number. You can tap to view the distances to the green.
②	Par for the hole.
③	Arrow you can tap to return to the previous screen.
④	Distances to the front, middle, and back of the green. You can tap to view the PlaysLike distance (*PlaysLike Distance Icons*, page 2).

Golf Menu

During a round, you can press the action button to access additional features in the golf menu.

Move Flag: Allows you to move the pin location to get a more precise distance measurement (*Viewing the Green*, page 3).

Hazards and Layups: Shows the hazards and layups for the current hole (*Hazards and Layups*, page 2). Appears when big numbers mode is enabled.

Ask Caddie: Requests a club recommendation from the virtual caddie (*Virtual Caddie*, page 3). Appears when the virtual caddie setting is set to Manual.

Change Hole: Allows you to manually change the hole (*Changing Holes*, page 3).

Scorecard: Opens the scorecard for the round (*Keeping Score*, page 3).

PinPointer: Opens a compass that shows the direction to the green (*Viewing the Direction to the Pin*, page 3).

Wind: Opens a pointer that shows the wind direction and speed relative to the pin (*Viewing the Wind Speed and Direction*, page 4).

Round Info: Shows your score, statistics, and step information (*Viewing Round Information*, page 4).

Last Shot: Shows the distance of your previous shot recorded with the Garmin AutoShot™ feature (*Viewing Shot History*, page 4). You can also manually record a shot (*Adding a Shot Manually*, page 4).

Club Stats: Shows your statistics with each club (*Viewing Club Statistics*, page 4). Appears when you pair Approach CT10 sensors or enable the Club Prompt setting.

Save Location: Allows you to save a location, such as an object or obstacle, for the current hole (*Saving a Location*, page 4).

Sunrise & Sunset: Shows the sunrise, sunset, and twilight times for the current day.

End Round: Ends the current round (*Ending a Round*, page 4).

Hazards and Layups

You can tap the map to view the hazards and layups for the current hole.
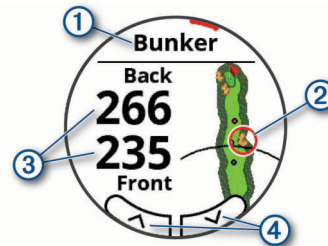
① : The type of hazard or the layup distance.

② : The highlighted location of the hazard or layup.

③ : The distance to the layup or to the front and back of the hazard.

④ : Arrows you can tap to view other hazards or layups for the hole.

Measuring Distance with Touch Targeting

While playing a game, you can use touch targeting to measure the distance to any point on the map.

1 From the hazards and layups screen, tap the map.

2 Tap or drag your finger to position the target circle ✛.
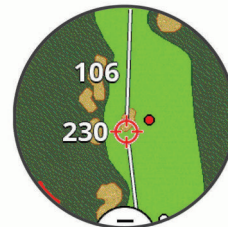
You can view the distance from your current position to the target circle, and from the target circle to the pin location.

3 If necessary, select ╋ or ━ to zoom in or out.

PlaysLike Distance Icons

The PlaysLike distance feature accounts for elevation changes on the course by showing the adjusted distance to the green. During a round, you can tap a distance to the green to view the PlaysLike distance.

▲ : Distance plays longer than expected due to a change in elevation.

■ : Distance plays as expected.

▼ : Distance plays shorter than expected due to a change in elevation.

Viewing the Green

While playing a round, you can take a closer look at the green and move the pin to get a more precise distance measurement.

1 Press the action button.
2 Select **Move Flag**.
3 Tap or drag 🚩 to move the pin location.

The distances on the hole view screen are updated to reflect the new pin location. The pin location is saved for only the current round.

Virtual Caddie

Before you can use the virtual caddie, you must play five rounds with Approach CT10 sensors or enable the Club Prompt setting (*Golf Settings*, page 11), and upload your scorecards. For each round, you must connect to a paired smartphone with the Garmin Golf app. The virtual caddie provides recommendations based on the hole, wind data, and your past performance with each club.
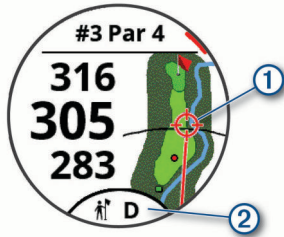
①: The recommended direction to aim.
②: The club recommendation for the shot. You can tap the icon to view more club options.

Changing the Club Recommendation

1 Select 🏌️.

The device displays the calculated average number of strokes ① for the recommended clubs ②.
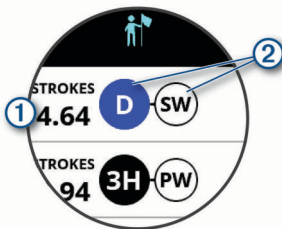
2 Select a different club recommendation.

The map updates to show the new shot direction target.

NOTE: The device automatically recalculates the club recommendation as you progress through the course. You can select **Recalculate** to manually update the club recommendation.

Changing Holes

You can change holes manually from the hole view screen.

1 Press the action button.
2 Select **Change Hole**.
3 Select ➕ or ➖.

Keeping Score

1 Press the action button.
2 Select **Scorecard**.

NOTE: If scoring is not enabled, you can select Start Scoring.

3 Select a hole.
4 Select ➖ or ➕ to set the score.

Enabling Statistics Tracking

When you enable statistics tracking on the device, you can view your statistics for the current round (*Viewing Round Information*, page 4). You can compare rounds and track improvements using the Garmin Golf app.

1 Press **Menu**.
2 Select **Settings** > **Golf Settings** > **Stat Tracking**.

Recording Statistics

Before you can record statistics, you must enable statistics tracking (*Enabling Statistics Tracking*, page 3).

1 From the scorecard, select a hole.
2 Enter the number of strokes taken, and select **Next**.
3 Set the number of putts taken, and select **Next**.
4 If necessary, select an option:

NOTE: If you are on a par 3 hole or using Approach CT10 sensors, fairway information does not appear.

- If your ball hit the fairway, select ⬆.
- If your ball missed the fairway, select ↩ or ↪.

5 If necessary, enter the number of penalty strokes.

Setting the Scoring Method

You can change the method the device uses to keep score.

1 Press **Menu**.
2 Select **Settings** > **Golf Settings** > **Scoring Method**.
3 Select a scoring method.

About Stableford Scoring

When you select the Stableford scoring method (*Setting the Scoring Method*, page 3), points are awarded based on the number of strokes taken relative to par. At the end of a round, the highest score wins. The device awards points as specified by the United States Golf Association.

The scorecard for a Stableford scored game shows points instead of strokes.

Points	Strokes Taken Relative to Par
0	2 or more over
1	1 over
2	Par
3	1 under
4	2 under
5	3 under

Enabling Handicap Scoring

1 Press **Menu**.
2 Select **Settings** > **Golf Settings** > **Handicap Scoring**.
3 Select an option:

- Select **Local Handicap** to enter the number of strokes to be subtracted from the player's total score.
- Select **Index/Slope** to enter the player's Handicap Index® to calculate a course handicap for the player.

  NOTE: The Slope Rating® is automatically calculated based on your tee box selection.

The number of handicap strokes appear as dots on the hole information screen. The scorecard displays your handicap-adjusted score for the round.

Viewing the Direction to the Pin

The PinPointer feature is a compass that provides directional assistance when you are unable to see the green. This feature can help you line up a shot even if you are in the woods or in a deep sand trap.

NOTE: Do not use the PinPointer feature while in a golf cart. Interference from the golf cart can affect the accuracy of the compass.

1 Press the action button.
2 Select **PinPointer**.

The arrow points to the pin location.

Viewing the Wind Speed and Direction

The wind feature is a pointer that shows the wind speed and direction relative to the pin. The wind feature requires a connection with the Garmin Golf app.

1 Press the action button.
2 Select **Wind**.

The arrow points to the wind direction relative to the pin.

Viewing Round Information

During a round, you can view your score, statistics, and step information.

1 Press the action button.
2 Select **Round Info**.
3 Swipe up.

Measuring a Shot with Garmin AutoShot

Each time you take a shot along the fairway, the device records your shot distance so you can view it later (*Viewing Shot History*, page 4). Putts are not detected.

1 While playing golf, wear the device on your leading wrist for better shot detection.

When the device detects a shot, your distance from the shot location appears in the banner ① at the top of the screen.

TIP: You can tap the banner to hide it for 10 seconds.

2 Hit your next shot.

The device records the distance of your last shot.

Adding a Shot Manually

You can manually add a shot if the device doesn't detect it. You must add the shot from the location of the missed shot.

1 Press the action button.
2 Select **Last Shot** > **Add Shot**.
3 Select ✔ to start a new shot from your current location.

Viewing Shot History

1 After playing a hole, press the action button.
2 Select **Last Shot** to view information for your last shot.

NOTE: You can view distances for all shots detected during the current round. If needed, you can manually add a shot (*Adding a Shot Manually*, page 4).

3 Select **View More** to view information about each shot for a hole.

Viewing Club Statistics

During a round, you can view your club statistics, such as distance and accuracy information.

1 Press the action button.
2 Select **Club Stats**.
3 Select a club.
4 Swipe up.

Saving a Location

While playing a round, you can save up to four locations on each hole. Saving a location is useful for recording objects or obstacles that are not shown on the map. You can view the distance to these locations from the hazards and layups screen (*Hazards and Layups*, page 2).

1 Stand in the location you want to save.

NOTE: You cannot save a location that is far from the currently selected hole.

2 Press the action button.
3 Select **Save Location**.
4 Select a label for the location.

Ending a Round

1 Press the action button.
2 Select **End Round**.
3 Select an option:
   • To view your statistics and round information, tap your score.
   • To save the round and return to watch mode, select **Save**.
   • To edit your scorecard, select **Edit Score**.
   • To discard the round and return to watch mode, select **Discard**.
   • To pause the round and resume it at a later time, select **Pause**.

Swing Tempo

The swing tempo app helps you perform a more consistent swing. The device measures and displays your backswing time and downswing time. The device also displays your swing tempo. Swing tempo is the backswing time divided by the downswing time, expressed in a ratio. A 3 to 1 ratio, or 3.0, is the ideal swing tempo based on studies of professional golfers.

The Ideal Swing Tempo

You can achieve the ideal 3.0 tempo using different swing timings, for example, 0.7 sec./0.23 sec. or 1.2 sec./0.4 sec. Each golfer may have a unique swing tempo based on their ability and experience. Garmin provides six different timings.

The device displays a graph that indicates if your backswing or downswing times are too fast, too slow, or just right for the selected timing.
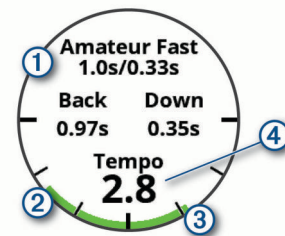
①	Timing choices (backswing to downswing time ratio)
②	Backswing time
③	Downswing time
④	Your tempo
🟩	Good timing

▆	Too slow
▆	Too fast

To find your ideal swing timing, you should start with the slowest timing and try it for a few swings. When the tempo graph is consistently green for both your backswing and downswing times, you can move up to the next timing. When you find a timing that is comfortable, you can use it to achieve more consistent swings and performance.

Analyzing Your Swing Tempo

You must hit a ball to view your swing tempo.

1 Press the action button.
2 Select ▦ > **Swing Tempo**.
3 Press the action button to view the menu.
4 Select **Swing Speed**, and select an option.
5 Complete a full swing, and hit the ball.
   The device displays your swing analysis.

Viewing the Tip Sequence

The first time you use the swing tempo app, the device displays a tip sequence to explain how your swing is analyzed.

1 From the **Swing Tempo** app, press the action button.
2 Select **Tips**.
3 Tap the screen to view the next tip.

Connected Features

Connected features are available for your Approach device when you connect the device to a compatible smartphone using Bluetooth technology. Some features require you to install the Garmin Connect™ app on the connected smartphone. Go to www.garmin.com/apps for more information.

Phone notifications: Displays phone notifications and messages on your Approach device.

Activity uploads to Garmin Connect: Automatically sends your activity to your Garmin Connect account as soon as you finish recording the activity.

Connect IQ™: Allows you to extend your device features with new watch faces, widgets, apps, and data fields.

Find my phone: Locates your lost smartphone that is paired with your Approach device and currently within range.

Find my device: Locates your lost Approach device that is paired with your smarphone and currently within range.

Enabling Bluetooth Notifications

Before you can enable notifications, you must pair the Approach device with a compatible mobile device (*Pairing Your Smartphone*, page 1).

1 Press **Menu**.
2 Select **Settings** > **Notifications and Alerts** > **Smart Notifications**.
3 Select an option:
   • To set preferences for notifications that appear during an activity, select **During Activity**.
   • To set preferences for notifications that appear when in watch mode, select **Not During Act.**.
   • To set the amount of time the alert for a new notification appears on the screen, select **Timeout**.

Viewing Notifications

1 From the watch face, swipe up to view the notifications widget.
2 Tap the widget to view more details.

3 Select a notification.
   You can tap the screen to view the full notification.
4 Swipe up to view the notification options.
5 Select an option:
   • To act on the notification, select an action, such as **Dismiss** or **Reply**.
     The available actions depend on the type of notification and your phone operating system. When you dismiss a notification on your phone or the Approach device, it no longer appears in the widget.
   • To return to the notification list, press **Back**.

Receiving an Incoming Phone Call

When you receive a phone call on your connected smartphone, the Approach device displays the name or phone number of the caller.

• To accept the call, select ☎.
  NOTE: To talk to the caller, you must use your connected smartphone.
• 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: This feature is available only if your device is connected to an Android™ smartphone.

Managing Notifications

You can use your compatible smartphone to manage notifications that appear on your Approach S62 device.

   Select an option:
   • If you are using an iPhone® device, go to the iOS® notifications settings to select the items to show on the device.
   • If you are using an Android smartphone, from the Garmin Connect app, select **Settings** > **Smart Notifications**.

Using Do Not Disturb Mode

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

NOTE: You can set your normal sleep hours in the user settings on your Garmin Connect account.

1 Press **Menu**.
2 Select **Do Not Disturb**.

Turning Off the Bluetooth Smartphone Connection

1 Press **Menu**.
2 Select **Settings**.
3 Select the **Phone** toggle switch to turn off the Bluetooth smartphone connection on your Approach device.
   Refer to the owner's manual for your mobile device to turn off Bluetooth wireless technology on your mobile device.

Turning On and Off Smartphone Connection Alerts

You can set the Approach S62 device to alert you when your paired smartphone connects and disconnects using Bluetooth technology.

NOTE: Smartphone connection alerts are turned off by default.

1 Press **Menu**.
2 Select **Settings** > **Notifications and Alerts** > **Phone Connection**.
3 Select your notification preferences.

Locating a Lost Mobile Device

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

1 Press the action button.
2 Select ⚇ > **Find Phone**.

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

3 Press **Back** to stop searching.

Garmin Golf App

The Garmin Golf app allows you to upload scorecards from your compatible Garmin device to view detailed statistics and shot analyses. Golfers can compete with each other at different courses using the Garmin Golf app. More than 41,000 courses have leaderboards that anyone can join. You can set up a tournament event and invite players to compete.

The Garmin Golf app syncs your data with your Garmin Connect account. You can download the Garmin Golf app from the app store on your smartphone.

Automatic Course Updates

Your Approach device features automatic course updates with the Garmin Golf app. When you connect your device to your smartphone, the golf courses you use most frequently are updated automatically.

Garmin Connect

When you pair your device with your smartphone using the Garmin Golf app, a Garmin Connect account is automatically created. The Garmin Golf app syncs your data with your Garmin Connect account. You can download the Garmin Connect app from the app store on your smartphone.

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

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 fitness and outdoor activities, including time, distance, heart rate, calories burned, an overhead map view, and pace and speed charts. You can also view customizable reports.

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

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.

Using the Smartphone Apps

After you pair your device with your smartphone (*Pairing Your Smartphone*, page 1), you can use the Garmin Golf and Garmin Connect apps to upload all of your data to your Garmin account.

1 Open the Garmin Golf or Garmin Connect app on your smartphone.

TIP: The app can be open or running in the background.

2 Bring your device within 10 m (30 ft.) of your smartphone.

Your device automatically syncs your data with your account.

Updating the Software Using the Smartphone Apps

After you pair your device with your smartphone (*Pairing Your Smartphone*, page 1), you can use the Garmin Golf and Garmin Connect apps to update your device software.

Sync your device with one of the apps (*Using the Smartphone Apps*, page 6).

When new software is available, the app automatically sends the update to your device.

Using Garmin Connect on Your Computer

The Garmin Express application connects your compatible Garmin golf watch to your Garmin Connect account using a computer. You can use the Garmin Express application to upload your scorecards and club data to Garmin Connect for comprehensive analysis, and you can share your scorecards with friends.

1 Connect your Garmin golf watch to your computer using the USB cable.
2 Go to garmin.com/express.
3 Download and install the Garmin Express application.
4 Open the Garmin Express application, and select **Add Device**.
5 Follow the on-screen instructions.

Updating the Software Using Garmin Express

Before you can update your device software, you must have a Garmin Connect account, and you must download and install the Garmin Express application.

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

When new software is available, Garmin Express sends it to your device.

2 Disconnect the device from your computer.

Your device alerts you to update the software.

3 Select an option.

Connect IQ Features

You can add Connect IQ features to your watch from Garmin and other providers using the Connect IQ app. You can customize your device with watch faces, data fields, widgets, and apps.

Watch Faces: Allow you to customize the appearance of the clock.

Data Fields: Allow you to download new data fields that present sensor, activity, and history data in new ways. You can add Connect IQ data fields to built-in features and pages.

Widgets: Provide information at a glance, including sensor data and notifications.

Apps: Add interactive features to your watch, such as new outdoor and fitness activity types.

Downloading Connect IQ Features

Before you can download features from the Connect IQ app, you must pair your Approach S62 device with your smartphone (*Pairing Your Smartphone*, page 1).

1 From the app store on your smartphone, install and open the Connect IQ app.
2 If necessary, select your device.
3 Select a Connect IQ feature.
4 Follow the on-screen instructions.

Downloading Connect IQ Features Using Your Computer

1 Connect the device to your computer using a USB cable.
2 Go to apps.garmin.com, and sign in.
3 Select a Connect IQ feature, and download it.

4 Follow the on-screen instructions.

Garmin Pay™

The Garmin Pay feature allows you to use your watch to pay for purchases in participating stores using credit or debit cards from a participating financial institution.

Setting Up Your Garmin Pay Wallet

You can add one or more participating credit or debit cards to your Garmin Pay wallet. Go to garmin.com/garminpay/banks to find participating financial institutions.

1 From the Garmin Connect app, select ≡ or •••.

2 Select **Garmin Pay** > **Get Started**.

3 Follow the on-screen instructions.

Paying for a Purchase Using Your Watch

Before you can use your watch to pay for purchases, you must set up at least one payment card.

You can use your watch to pay for purchases in a participating store.

1 Press **Menu**.

2 Select **Wallet**.

3 Enter your four-digit passcode.

> **NOTE:** If you enter your passcode incorrectly three times, your wallet locks, and you must reset your passcode in the Garmin Connect app.

> Your most recently used payment card appears.

4 If you have added multiple cards to your Garmin Pay wallet, swipe to change to another card (optional).

5 Within 60 seconds, hold your watch near the payment reader, with the watch facing the reader.

> The watch vibrates and displays a check mark when it is finished communicating with the reader.

6 If necessary, follow the instructions on the card reader to complete the transaction.

TIP: After you successfully enter your passcode, you can make payments without a passcode for 24 hours while you continue to wear your watch. If you remove the watch from your wrist or disable heart rate monitoring, you must enter the passcode again before making a payment.

Adding a Card to Your Garmin Pay Wallet

You can add up to 10 credit or debit cards to your Garmin Pay wallet.

1 From the Garmin Connect app, select ≡ or •••.

2 Select **Garmin Pay** > ⋮ > **Add Card**.

3 Follow the on-screen instructions.

After the card is added, you can select the card on your watch when you make a payment.

Managing Your Garmin Pay Cards

You can temporarily suspend or delete a card.

> **NOTE:** In some countries, participating financial institutions may restrict the Garmin Pay features.

1 From the Garmin Connect app, select ≡ or •••.

2 Select **Garmin Pay**.

3 Select a card.

4 Select an option:
- To temporarily suspend or unsuspend the card, select **Suspend Card**.

  The card must be active to make purchases using your Approach S62 device.
- To delete the card, select 🗑.

Changing Your Garmin Pay Passcode

You must know your current passcode to change it. If you forget your passcode, you must reset the Garmin Pay feature for your Approach S62 device, create a new passcode, and reenter your card information.

1 From the Approach S62 device page in the Garmin Connect app, select **Garmin Pay** > **Change Passcode**.

2 Follow the on-screen instructions.

The next time you pay using your Approach S62 device, you must enter the new passcode.

Widgets

Your device comes preloaded with widgets that provide at-a-glance information. Some widgets require a Bluetooth connection to a compatible smartphone.

Some widgets are not visible by default. You can add them to the widget loop manually (*Customizing the Widget Loop*, page 8).

Body Battery™: With all day wear, displays your current Body Battery level and a graph of your level for the last several hours.

Calendar: Displays upcoming meetings from your smartphone calendar.

Calories: Displays your calorie information for the current day.

Golf: Displays golf scores and statistics for your last round.

Golf performance: Displays golf performance statistics that help you track and understand improvements to your golf game.

Heart rate: Displays your current heart rate in beats per minute (bpm) and a graph of your average resting heart rate (RHR).

Intensity minutes: Tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.

Last sport: Displays a brief summary of your last recorded sport.

Music controls: Provides music player controls for your smartphone.

Notifications: Alerts you to incoming calls, texts, social network updates, and more, based on your smartphone notification settings.

Pulse oximeter: Allows you to take a manual pulse oximeter reading.

Steps: Tracks your daily step count, step goal, and data for previous days.

Stress: Displays your current stress level and a graph of your stress level. You can do a breathing activity to help you relax.

Sunrise and sunset: Displays sunrise, sunset, and civil twilight times.

Weather: Displays the current temperature and weather forecast.

Viewing Widgets

Your device comes preloaded with several widgets, and more features are available when you pair your device with a smartphone.

- From the watch face, swipe up.
- Tap the touchscreen to view additional options and functions for a widget.

Customizing the Widget Loop

1 From the watch face, swipe up.

2 Select **Edit**.

Enabled widgets appear in the list with a ━, and disabled widgets appear in the list with a ＋.

3 Select an option:

- To add a widget, select ＋.
- To remove a widget, select ━.
- To reorder the loop, tap an enabled widget name, scroll to the desired location, and select ✔.

Heart Rate Variability and Stress Level

Your device 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 device while sleeping.

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

Using the Stress Level Widget

The stress level widget displays your current stress level and a graph of your stress level for the last several hours. It can also guide you through a breathing activity to help you relax.

NOTE: You may need to add the widget to your widget loop (*Customizing the Widget Loop*, page 8).

1 While you are sitting or inactive, swipe up to view the stress level widget.

2 Tap the widget to begin measuring.

TIP: If you are too active for the watch to determine your stress level, a message appears instead of a stress level number. You can check your stress level again after several minutes of inactivity.

3 Swipe up to view a graph of your stress level for the last several hours.

Blue bars indicate periods of rest. Yellow bars indicate periods of stress. Gray bars indicate times that you were too active to determine your stress level.

4 To start a breathing activity, swipe up, and select **Yes**.

Body Battery

Your device 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 device 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 8).

Viewing the Body Battery Widget

The Body Battery widget displays your current Body Battery level and a graph of your Body Battery level for the last several hours.

NOTE: You may need to add the widget to your widget loop (*Customizing the Widget Loop*, page 8).

1 Swipe up to view the Body Battery widget.

2 Tap the widget to view a graph of your body battery level for the last several hours.

3 Swipe up to view a combined graph of your Body Battery and stress level.

4 Swipe up to view your Body Battery data since midnight.

Tips for Improved Body Battery Data

- Your Body Battery level updates when you sync your device with your Garmin Connect account.
- For more accurate results, wear the device while sleeping.
- Rest and good sleep charge your Body Battery.
- Strenuous activity, high stress, and poor sleep can cause your Body Battery to drain.
- Food intake, as well as stimulants like caffeine, has no impact on your Body Battery.

Heart Rate Features

The Approach S62 device has a wrist-based heart rate monitor and is also compatible with chest heart rate monitors (sold separately). You can view heart rate data on the heart rate widget. If both wrist-based heart rate and chest heart rate data are available when you start an activity, your device uses the chest heart rate data.

Wrist-based Heart Rate

Wearing the Device

- Wear the device above your wrist bone.

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

  NOTE: The optical sensor is located on the back of the device.

- See *Tips for Erratic Heart Rate Data*, page 9 for more information about wrist-based heart rate.
- See *Tips for Erratic Pulse Oximeter Data*, page 10 for more information about the pulse oximeter sensor.
- For more information about accuracy, go to garmin.com /ataccuracy.

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 device.
- Avoid wearing sunscreen, lotion, and insect repellent under the device.
- Avoid scratching the heart rate sensor on the back of the device.
- Wear the device above your wrist bone. The device should be snug but comfortable.
- Wait until the ♥ icon is solid before starting your activity.
- 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 device with fresh water after each workout.

Viewing the Heart Rate Widget

The heart rate widget displays your current heart rate in beats per minute (bpm) and a graph of your heart rate. The graph shows your recent heart rate activity, high and low heart rate, and color-coded bars to indicate the time spent in each heart rate zone (*Setting Your Heart Rate Zones*, page 9).

1. From the watch face, swipe to view the heart rate widget.
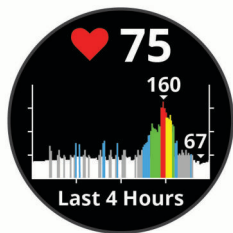
2. Tap the touchscreen to view your average resting heart rate (RHR) values for the last 7 days.

Setting an Abnormal Heart Rate Alert

You can set the device to alert you when your heart rate exceeds a certain number of beats per minute (bpm) after a period of inactivity.

1. Press **Menu**.
2. Select **Settings** > **Notifications and Alerts**.
3. Select the **Abnormal HR Alert** toggle switch to enable the alert.
4. Select **Abnormal HR Alert** > **Alert Threshold**.
5. Select a heart rate threshold value.

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

Broadcasting Heart Rate to Garmin Devices

You can broadcast your heart rate data from your Approach device and view it on paired Garmin devices. For example, you can broadcast your heart rate data to an Edge® device while cycling.

NOTE: Broadcasting heart rate data decreases battery life.

1. Press **Menu**.
2. Select **Settings** > **Sensors & Accessories** > **Heart Rate**.
3. Select an option:
   - Select **Broadcast In Activity** to broadcast heart rate data during timed activities (*Starting an Activity*, page 10).
   - Select **Broadcast** to start broadcasting heart rate data now.
4. Pair your Approach device with your Garmin ANT+® compatible device.

NOTE: The pairing instructions differ for each Garmin compatible device. See your owner's manual.

Turning Off the Wrist-based Heart Rate Monitor

The wrist-based heart rate monitor is enabled by default. The device automatically uses the wrist-based heart rate monitor unless you pair a chest heart rate monitor to the device. Chest heart rate data is only available during an activity.

NOTE: Disabling the wrist-based heart rate monitor also disables the all-day stress feature, intensity minutes, and the wrist-based pulse oximeter sensor.

1. Press **Menu**.
2. Select **Settings** > **Sensors & Accessories**.
3. Select the **Heart Rate** toggle switch.

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.

Setting Your Heart Rate Zones

The device uses your user profile information from the initial setup to determine your default heart rate zones. The device has separate heart rate zones for running and cycling. For the most accurate calorie data during your activity, you should set your maximum heart rate. You can also set each heart rate zone. You can manually adjust your zones on the device or using your Garmin Connect account.

1. Press **Menu**.
2. Select **Settings** > **User Profile** > **Heart Rate Zones**.
3. Select **Default** to view the default values (optional).

   The default values can be applied to running and cycling.
4. Select **Running** or **Cycling**.
5. Select **Preference** > **Set Custom**.
6. Select **Max. HR**, and enter your maximum heart rate.
7. Select a zone, and enter a value for each zone.

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

Pulse Oximeter

The Approach S62 device has a wrist-based pulse oximeter to gauge the saturation of oxygen in your blood. Knowing your oxygen saturation can help you determine how your body is adapting to exercise and stress. Your device 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 device, 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. For more information on pulse oximeter accuracy, go to garmin.com/ataccuracy.

Getting Pulse Oximeter Readings

You can manually begin a pulse oximeter reading by viewing the pulse oximeter widget. The accuracy of the pulse oximeter reading can vary based on your blood flow, the device placement on your wrist, and your stillness.

NOTE: You may need to add the pulse oximeter widget to the widget loop.

1 While you are sitting or inactive, swipe up to view the pulse oximeter widget.
2 Tap the widget to view more details and begin a pulse oximeter reading.
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, and a graph of your pulse oximeter readings and heart rate values for the last four hours.

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

Activities and Apps

Your device can be used for indoor, outdoor, athletic, and fitness activities. When you start an activity, the device displays and records sensor data. You can save activities and share them with the Garmin Connect community.

You can also add Connect IQ activities and apps to your device using the Connect IQ app (*Connect IQ Features*, page 6).

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

Starting an Activity

When you start an activity, GPS turns on automatically (if required).

1 Press the action button.
2 Select 🔵.
3 Select an activity.
4 If the activity requires GPS signals, go outside to an area with a clear view of the sky, and wait until the device is ready.
   The device is ready after it establishes your heart rate, acquires GPS signals (if required), and connects to your wireless sensors (if required).

5 Press the action button to start the activity timer.
   The device records activity data only while the activity timer is running.

Tips for Recording Activities

- Charge the device before starting an activity (*Charging the Device*, page 1).
- Swipe up or down to view additional data pages.

Stopping an Activity

1 Press the action button.
2 Select an option:
   - To resume your activity, press the action button.
   - To save the activity and return to watch mode, select **Done** > **Save**.
   - To discard the activity and return to watch mode, select **Done** > 🗑 > **Discard**.

Indoor Activities

The Approach device can be used for training indoors, such as running on an indoor track or using a stationary bike. GPS is turned off for indoor activities.

When running or walking with GPS turned off, speed, distance, and cadence are calculated using the accelerometer in the device. The accelerometer is self-calibrating. The accuracy of the speed, distance, and cadence data improves after a few outdoor runs or walks using GPS.

TIP: Holding the handrails of the treadmill reduces accuracy. You can use an optional foot pod to record pace, distance, and cadence.

When cycling with GPS turned off, speed and distance are not available unless you have an optional sensor that sends speed and distance data to the device (such as a speed or cadence sensor).

Calibrating the Treadmill Distance

To record more accurate distances for your treadmill activities, you can calibrate the treadmill distance after you travel 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 activity.

1 Start a treadmill activity (*Starting an Activity*, page 10), and travel at least 1.5 km (1 mi.) on the treadmill.
2 After you complete your activity, press the action button, and select **Done**.
3 Check the treadmill display for the distance traveled.
4 Select an option:
   - To calibrate the first time, select **Save**, and enter the treadmill distance on your device.
   - To manually calibrate after the first-time calibration, select ••• > **Calibrate**, and enter the treadmill distance on your device.

Going for a Pool Swim

1 Press the action button.
2 Select 🔵 > **Pool Swim**.
3 Select an option:
   - To set the pool size for your first activity, select the size.
   - To change the pool size, select **Pool Size**, and select the size.
4 Press the action button to start the activity timer.
5 Start your activity.
   The device automatically records swim intervals and lengths.
6 Press **Back** when you rest.

The display inverts color, and the rest screen appears.

7. Press **Back** to restart the interval timer.
8. After you complete your activity, press the action button to stop the activity timer.
9. Select **Done** > **Save** to save your activity.

Swim Terminology

Length: One trip down the pool.

Interval: One or more consecutive lengths. A new interval starts after a rest.

Stroke: A stroke is counted every time your arm wearing the device completes a full cycle.

Swolf: Your swolf score is the sum of the time for one pool length and the number of strokes for that length. For example, 30 seconds plus 15 strokes equals a swolf score of 45. Swolf is a measurement of swimming efficiency and, like golf, a lower score is better.

Outdoor Activities

The Approach device comes preloaded with apps for outdoor activities, such as running and biking. GPS is turned on for outdoor activities. You can add apps using default activities, such as cardio or rowing.

Viewing Your Ski Runs

Your device records the details of each downhill skiing or snowboarding run using the auto run feature. This feature is turned on by default for downhill skiing and snowboarding. It automatically records new ski runs based on your movement. The timer pauses when you stop moving downhill and when you are on a chairlift. The timer remains paused during the chairlift ride. You can start moving downhill to restart the timer. You can view run details from the paused screen or while the timer is running.

1. Start a skiing or snowboarding activity.
2. Swipe up or down to view details of your last run, your current run, and your total runs.

   The run screens include time, distance traveled, maximum speed, average speed, and total descent.

Clock Apps

Using the Stopwatch

1. Press the action button.
2. Select ⚏ > **Stopwatch**.
3. Press the action button to start the timer.
4. Select **Lap** to restart the lap timer.

   The total stopwatch time continues running.
5. Press the action button to stop both timers.
6. Select **Reset** to reset both timers.

Using the Countdown Timer

1. Press the action button.
2. Select ⚏ > **Timer** > **Edit**.
3. Select ➕ and ➖ to set the timer.
4. Select ✔.
5. Select ↻ to automatically restart the timer after it expires (optional).
6. Press the action button to start the timer.
7. Press the action button to stop the timer.
8. Select **Reset** to reset the timer.

Setting an Alarm

You can set multiple alarms. You can set each alarm to occur once or to repeat regularly.

1. Press the action button.
2. Select ⚏ > **Alarms** > **Add New** > **Time**.
3. Select ➕ and ➖ to set the time.
4. Select ✔.
5. Select **Repeat**, and select when the alarm should repeat (optional).
6. Select **Label**, and select a name for the alarm (optional).

Activity Tracking

Auto Goal

Your device creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the device shows your progress toward your daily goal.

If you choose not to use the auto goal feature, you can set a personalized step goal on your Garmin Connect account.

Sleep Tracking

While you are sleeping, the device 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 levels, and sleep movement. 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 5).

Using Automated Sleep Tracking

1. Wear your device while sleeping.
2. Upload your sleep tracking data to the Garmin Connect site (*Using the Smartphone Apps*, page 6).

   You can view your sleep statistics on your Garmin Connect account.

Customizing Your Device

Changing the Watch Face

Your device comes preloaded with several watch faces. You can also install and activate a Connect IQ watch face from the Connect IQ store (*Connect IQ Features*, page 6).

1. Press **Menu**.
2. Select **Settings** > **Watch Face**.
3. Swipe up or down to view the watch faces.
4. Tap the screen to select a watch face.

Golf Settings

Press **Menu**, and select **Settings** > **Golf Settings** to customize golf settings and features.

Scoring: Enables scoring.

Stat Tracking: Enables detailed statistics tracking while playing golf. You can also enable penalty stroke tracking.

Club Prompt: Displays a prompt that enables you to enter which club you used after each detected shot.

Scoring Method: Sets the scoring method to stroke play or Stableford scoring.

Virtual Caddie: Allows you to select automatic or manual virtual caddie club recommendations. Appears after you play five rounds of golf, track your clubs, and upload your scorecards to the Garmin Golf app.

Handicap Scoring: Enables handicap scoring. The Local Handicap option allows you to enter the number of strokes to be subtracted from your total score. The Index/Slope option allows you to enter your handicap index so that the device can calculate your course handicap.

Driver Distance: Sets the average distance the ball travels from the tee box on your drive. The driver distance appears as an arc on the map.

Tournament Mode: Disables the PinPointer and PlaysLike distance features. These features are not allowed during sanctioned tournaments or handicap calculation rounds.

Big Numbers: Changes the size of the numbers on the hole view screen.

Record Activity: Enables activity FIT file recording for golf activities. FIT files record fitness information that is tailored for Garmin Connect.

Club Sensors: Allows you to set up your Approach CT10 club sensors.

Customizing the Activities and Apps List

1 Press the action button.
2 Select ⠐⠶ > **Edit**.

Enabled activities and apps appear in the list with a ▬, and disabled activities and apps appear in the list with a ╋.

3 Select an option:
- To add an activity or app, select ╋.
- To remove an activity or app, select ▬.
- To reorder the list, tap an enabled activity or app name, scroll to the desired location, and select ✔.

Activities and App Settings

These settings allow you to customize each preloaded activity app based on your needs. For example, you can customize data pages and enable alerts and training features. Not all settings are available for all activity types.

From the watch face, press the action button, select ⠐⠶, select an activity, and select **Settings**.

TIP: You can also edit the activity settings while you are exercising. During an activity, press **Menu**, select **Settings**, and select the activity settings.

Data Screens: Enables you to customize data screens and add new data screens for the activity (*Customizing the Data Screens*, page 12).

Alerts: Sets the training or navigation alerts for the activity (*Alerts*, page 12).

Laps: Sets the device to mark laps automatically with the Auto Lap® feature or manually when you press the Back button. The Auto Lap feature marks laps at a specific distance automatically. This feature is helpful for comparing your performance over different parts of an activity (for example, every 1 mile or 5 kilometers).

Auto Pause: Sets the device to stop recording data when you stop moving or when you drop below a specified speed. This feature is helpful if your activity includes stop lights or other places where you must stop.

Auto Run: Enables the device to detect ski runs automatically using the built-in accelerometer.

Auto Scroll: Enables you to move through all of the activity data screens automatically while the timer is running.

GPS: Sets the activity to use GPS satellite signals. You can turn off GPS when you are training indoors or to save battery life. By default, GPS is turned off for indoor activities.

Pool Size: Sets the pool length for pool swimming.

Background: Sets the background color of each activity to black or white.

Accent Color: Sets the accent color of each activity to help identify which activity is active.

Customizing the Data Screens

You can show, hide, and change the layout and content of the data screens for each activity.

1 Press the action button.
2 Select ⠐⠶.
3 Select an activity.
4 Select **Settings** > **Data Screens**.
5 Select **Layout** to adjust the number of data fields on the data screens.
6 If necessary, select the toggle switch to enable a data screen.
7 Select a data screen to customize.
8 Select **Edit Data Fields**, and select a field to change the data that appears in the field.

Alerts

You can set alerts for each activity, which can help you to train toward specific goals. Some alerts are available only for specific activities. Some alerts require optional accessories, such as a heart rate monitor or cadence sensor. There are three types of alerts: event alerts, range alerts, and recurring alerts.

Event alert: An event alert notifies you once. The event is a specific value. For example, you can set the device to alert you when you burn a specified number of calories.

Range alert: A range alert notifies you each time the device is above or below a specified range of values. For example, you can set the device to alert you when your heart rate is below 60 beats per minute (bpm) and over 210 bpm.

Recurring alert: A recurring alert notifies you each time the device records a specified value or interval. For example, you can set the device to alert you every 30 minutes.

Alert Name	Alert Type	Description
Cadence	Range	You can set minimum and maximum cadence values.
Calories	Event, recurring	You can set the number of calories.
Custom	Recurring	You can select an existing message or create a custom message and select an alert type.
Distance	Recurring	You can set a distance interval.
Heart Rate	Range	You can set minimum and maximum heart rate values or select zone changes.
Pace	Range	You can set minimum and maximum pace values.
Run/Walk	Recurring	You can set timed walking breaks at regular intervals.
Speed	Range	You can set minimum and maximum speed values.
Stroke Rate	Range	You can set high or low strokes per minute.
Time	Event, recurring	You can set a time interval.

Setting an Alert

1 Press the action button.
2 Select ⠐⠶.

3 Select an activity.

4 Select the **Settings** > **Alerts**.

5 Select an option:
- Select **Add New** to add a new alert for the activity.
- Select the alert name to edit an existing alert.

6 If necessary, select the type of alert.

7 Select a zone, enter the minimum and maximum values, or enter a custom value for the alert.

8 If necessary, turn on the alert.

For event and recurring alerts, a message appears each time you reach the alert value. For range alerts, a message appears each time you exceed or drop below the specified range (minimum and maximum values).

Setting Up Your User Profile

You can update your gender, birth year, height, weight, wrist, and heart rate zone (*Setting Your Heart Rate Zones*, page 9) settings. The device uses this information to calculate accurate training data.

1 Press **Menu**.

2 Select **Settings** > **User Profile**.

3 Select an option.

Notifications and Alerts Settings

Press **Menu**, and select **Settings** > **Notifications and Alerts**.

Smart Notifications: Allows you to set preferences for notifications from your paired smartphone (*Enabling Bluetooth Notifications*, page 5).

Phone Connection: Displays a message when your paired smartphone connects and disconnects using Bluetooth technology (*Turning On and Off Smartphone Connection Alerts*, page 5).

Move Alert: Displays reminders to move throughout the day. After one hour of inactivity, a Move! message appears, and the red bar move bar appears on the steps widget. Additional segments appear after every 15 minutes of inactivity. The device also vibrates if vibration is turned on.

Goal Alerts: Displays a message when you reach your daily steps goal or weekly intensity minutes goal.

Sunrise Alert: Displays a message a specific number of minutes or hours before the actual sunrise occurs.

Sunset Alert: Displays a message a specific number of minutes or hours before the actual sunset occurs.

Relax Reminder: Displays a message when your stress level is elevated.

Abnormal HR Alert: Displays a message you when your heart rate exceeds a certain number of beats per minute (bpm) after a period of inactivity (*Setting an Abnormal Heart Rate Alert*, page 9).

Vibration: Turns vibration on or off and sets the vibration intensity.

Reset Notification Settings: Allows you to reset all notifications and alerts settings back to the default values.

Turning Off Activity Tracking

When you turn off activity tracking, your steps, intensity minutes, and sleep tracking are not recorded.

1 Press **Menu**.

2 Select **Settings** > **Activity Tracking**.

System Settings

Press **Menu**, and select **Settings** > **System**.

Auto Lock: Allows you to lock the touchscreen automatically to prevent accidental touches. Use the During Activity option to lock the touchscreen during a timed activity. Use the Watch Mode option to lock the touchscreen when you are not recording a timed activity.

Backlight: Adjusts the backlight settings (*Backlight Settings*, page 13).

Language: Sets the language displayed on the device.

Time: Adjusts the time settings (*Time Settings*, page 13).

Units: Sets the units of measure used on the device (*Changing the Units of Measure*, page 13).

Reset: Allows you to reset user data and settings (*Restoring All Default Settings*, page 16).

Software Update: Allows you to install software updates downloaded using Garmin Express.

About: Displays device, software, license, and regulatory information.

Advanced: Sets advanced system settings (*Advanced Settings*, page 13).

Backlight Settings

Press **Menu**, and select **Settings** > **System** > **Backlight**.

Mode: Sets the backlight to turn on for interactions. Interactions include the buttons, touchscreen, and notifications.

Gesture: Sets the backlight to turn on for wrist gestures. Gestures include rotating your wrist toward your body to view the device. You can use the Only During Activity option to use gestures only during timed activities.

Timeout: Sets the length of time before the backlight turns off.

Brightness: Sets the brightness level of the backlight.

Time Settings

Press **Menu**, and select **Settings** > **System** > **Time**.

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

Time Source: Sets the time source for the device. The Auto option sets the time automatically based on your GPS position. The Manual option allows you to adjust the time (*Setting the Time Manually*, page 13).

Set Time with GPS: Allows the device to set the time of day automatically based on your GPS position.

Setting the Time Manually

By default, the time is set automatically when the device acquires satellite signals.

1 Press **Menu**.

2 Select **Settings** > **System** > **Time** > **Time Source** > **Manual** > **Time**.

3 Select ✛ and ━ to set the hour, minutes, and AM or PM.

4 Select ✔.

Changing the Units of Measure

You can customize units of measure for distance, pace and speed, elevation, weight, height, and temperature.

1 Press **Menu**.

2 Select **Settings** > **System** > **Units**.

3 Select a measurement type.

4 Select a unit of measure.

Advanced Settings

Press **Menu**, and select **Settings** > **System** > **Advanced**.

Data Recording: Sets how the device records activity data. The Smart recording option (default) allows for longer activity recordings. The Every Second recording option provides more detailed activity recordings, but may not record entire activities that last for longer periods of time.

USB Mode: Sets the device to use MTP (media transfer protocol) or Garmin mode when connected to a computer. Garmin mode allows you to continue using the device while it is plugged in to a power source.

Wireless Sensors

Your device can be used with wireless ANT+ or Bluetooth sensors. For more information about compatibility and purchasing optional sensors, go to buy.garmin.com.

Pairing Your Wireless Sensors

The first time you connect a wireless ANT+ or Bluetooth sensor to your Garmin device, you must pair the device and sensor. After they are paired, the device connects to the sensor automatically when you start an activity and the sensor is active and within range.

TIP: Some ANT+ sensors pair with your device automatically when you start an activity with the sensor turned on and near the device.

1 Move at least 10 m (33 ft.) away from other wireless sensors.
2 If you are pairing a heart rate monitor, put on the heart rate monitor.

   The heart rate monitor does not send or receive data until you put it on.
3 Press **Menu**.
4 Select **Settings** > **Sensors & Accessories**.
5 Select an option:
   • To pair a club sensor, select **Club Sensors** > **Add New**.
   • To pair a different sensor, select **Add New**, and select the sensor type.
6 Bring the device within 3 m (10 ft.) of the sensor, and wait while the device pairs with the sensor.

   After the device connects to the sensor, an icon appears at the top of the screen.

Club Sensors

Your device is compatible with Approach CT10 golf club sensors. You can use paired club sensors to automatically track your golf shots, including location, distance, and club type. See the owner's manual for your club sensors for more information (garmin.com/manuals/ApproachCT10).

Using an Optional Bike Speed or Cadence Sensor

You can use a compatible bike speed or cadence sensor to send data to your device.

• Pair the sensor with your device (*Wireless Sensors*, page 14).
• Set your wheel size (*Wheel Size and Circumference*, page 18).
• Go for a ride (*Starting an Activity*, page 10).

Foot Pod

Your device is compatible with the foot pod. You can use the foot pod to record pace and distance instead of using GPS when you are training indoors or when your GPS signal is weak. The foot pod is on standby and ready to send data (like the heart rate monitor).

After 30 minutes of inactivity, the foot pod powers off to conserve the battery. When the battery is low, a message appears on your device. Approximately five hours of battery life remain.

Improving Foot Pod Calibration

Before you can calibrate your device, you must acquire GPS signals and pair your device with the foot pod (*Wireless Sensors*, page 14).

The foot pod is self-calibrating, but you can improve the accuracy of the speed and distance data with a few outdoor runs using GPS.

1 Stand outside for 5 minutes with a clear view of the sky.
2 Start a running activity.
3 Run on a track without stopping for 10 minutes.
4 Stop your activity, and save it.

   Based on the recorded data, the foot pod calibration value changes, if necessary. You should not need to calibrate the foot pod again unless your running style changes.

tempe™

The tempe is an ANT+ wireless temperature sensor. You can attach the sensor to a secure strap or loop where it is exposed to ambient air, and therefore, provides a consistent source of accurate temperature data. You must pair the tempe with your device to display temperature data from the tempe.

Device Information

Changing the QuickFit® Bands

1 Slide the latch on the QuickFit band, and remove the band from the watch.

2 Align the new band with the watch.
3 Press the band into place.
   NOTE: Make sure the band is secure. The latch should close over the watch pin.
4 Repeat steps 1 through 3 to change the other band.

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 14 days in smartwatch mode Up to 20 hours in GPS mode
Water rating	5 ATM[1]
Operating temperature range	From -20° to 55°C (from -4° to 131°F)
Charging temperature range	From 0° to 45°C (from 32° to 113°F)
Wireless frequencies/ protocols	2.4 GHz @ 3.2 dBm nominal 13.56 MHz @ -40 dBm nominal

Device Care

NOTICE
Avoid extreme shock and harsh treatment, because it can degrade the life of the product.
Avoid pressing the keys under water.
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.

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

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.

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

Cleaning the Device

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 device using a cloth dampened with a mild detergent solution.
2 Wipe it dry.

After cleaning, allow the device to dry completely.

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

Long-Term Storage

When you do not plan to use the device for several months, you should charge the battery to at least 50% before you store the device. You should store the device in a cool, dry place with temperatures around the typical household level. After storage, you should fully recharge the device before using it.

Viewing Device Information

You can view device information, such as the unit ID, software version, regulatory information, and license agreement.

1 Press **Menu**.
2 Select **Settings** > **System** > **About**.

Viewing E-label Regulatory and Compliance Information

The label for this device is provided electronically. The e-label may provide regulatory information, such as identification numbers provided by the FCC or regional compliance markings, as well as applicable product and licensing information.

1 Press **Menu**.
2 From the settings menu, select **System** > **About**.

Data Management

NOTE: The device is not compatible with Windows® 95, 98, Me, Windows NT®, and Mac® OS 10.3 and earlier.

Deleting Files

NOTICE

If you do not know the purpose of a file, do not delete it. Your device memory contains important system files that should not be deleted.

1 Open the **Garmin** drive or volume.
2 If necessary, open a folder or volume.
3 Select a file.
4 Press the **Delete** key on your keyboard.

   NOTE: Mac operating systems provide limited support for MTP file transfer mode. You must open the Garmin drive on a Windows operating system.

Troubleshooting

Maximizing Battery Life

You can do several things to extend the life of the battery.

- Reduce the backlight timeout (*Backlight Settings*, page 13).
- Reduce the backlight brightness (*Backlight Settings*, page 13).
- Turn off wrist gestures (*Backlight Settings*, page 13).
- Turn off Bluetooth wireless technology when you are not using connected features (*Turning Off the Bluetooth Smartphone Connection*, page 5).
- Use a Connect IQ watch face that is not updated every second.

   For example, use a watch face without a second hand (*Changing the Watch Face*, page 11).
- Limit the smartphone notifications the device displays (*Managing Notifications*, page 5).
- Stop broadcasting heart rate data to paired Garmin devices (*Broadcasting Heart Rate to Garmin Devices*, page 9).
- Turn off wrist-based heart rate monitoring (*Turning Off the Wrist-based Heart Rate Monitor*, page 9).

My device cannot find nearby golf courses

If a course update is interrupted or canceled before it completes, your device may be missing course data. To repair missing course data, you must update the courses again.

1 Download and install course updates from the Garmin Express application (*Updating the Software Using Garmin Express*, page 6).
2 Safely disconnect your device.
3 Go outside, and start a test round of golf to verify the device finds nearby courses.

Is my smartphone compatible with my device?

The Approach S62 device is compatible with smartphones using Bluetooth wireless technology.

   Go to garmin.com/ble for compatibility information.

My phone will not connect to the device

If your phone will not connect to the device, you can try these tips.

- Turn off your smartphone and your device, and turn them back on again.
- Enable Bluetooth technology on your smartphone.
- Update the Garmin Connect app to the latest version.
- Remove your device from the Garmin Connect app and the Bluetooth settings on your smartphone to retry the pairing process.
- If you bought a new smartphone, remove your device from the Garmin Connect app on the smartphone you intend to stop using.
- Bring your smartphone within 10 m (33 ft.) of the device.
- On your smartphone, open the Garmin Connect app, select ☰ or •••, and select **Garmin Devices** > **Add Device** to enter pairing mode.
- Press **Menu**, and select **Settings** > **Phone** > **Pair Phone**.

My device is in the wrong language

1 Press **Menu**.
2 Select ⚙.
3 Scroll down to the last item in the list, and select it.

4 Scroll down to the third item in the list, and select it.

5 Select your language.

My device displays the wrong units of measure

- Verify you selected the correct units of measure setting on the device (*Changing the Units of Measure*, page 13).

- Verify you selected the correct units of measure setting on your Garmin Connect account.

  If the units of measure on the device do not match your Garmin Connect account, your device settings may be overwritten when you sync your device.

Restarting Your Watch

1 Press and hold **Menu** until the device turns off.

2 Press **Menu** to turn on the device.

Restoring All Default Settings

You can reset all of the device settings to the factory default values. You should sync your device with the Garmin Connect app to upload your activity data before you reset the device.

1 Press **Menu**.

2 Select **Settings** > **System** > **Reset**.

3 Select an option:

- To reset all of the device settings to the factory default values and delete all user-entered information and activity history, select **Delete Data and Reset Settings**.

  NOTE: If you have set up a Garmin Pay wallet, this option deletes the wallet from your device.

- To reset all of the device settings to the factory default values and save all user-entered information and activity history, select **Reset Default Settings**.

Acquiring Satellite Signals

The device may need a clear view of the sky to acquire satellite signals. The time and date are set automatically based on the GPS position.

1 Go outdoors to an open area.

  The front of the device should be oriented toward the sky.

2 Wait while the device locates satellites.

  It may take 30–60 seconds to locate satellite signals.

Improving GPS Satellite Reception

- Frequently sync the device to your Garmin Connect account:
  - Connect your device to a computer using the USB cable and the Garmin Express application.
  - Sync your device to the Garmin Connect Mobile app using your Bluetooth enabled smartphone.

  While connected to your Garmin Connect account, the device downloads several days of satellite data, allowing it to quickly locate satellite signals.

- Take your device outside to an open area away from tall buildings and trees.

- Remain stationary for a few minutes.

Activity Tracking

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

My daily step count does not appear

The daily step count is reset every night at midnight.

  If dashes appear instead of your step count, allow the device to acquire satellite signals and set the time automatically.

My step count does not seem accurate

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

- Wear the device on your non-dominant wrist.

- Carry the device in your pocket when pushing a stroller or lawn mower.

- Carry the device in your pocket when actively using your hands or arms only.

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

The step counts on my device and my Garmin Connect account don't match

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

1 Select an option:

- Sync your step count with the Garmin Connect application (*Using Garmin Connect on Your Computer*, page 6).

- Sync your step count with the Garmin Connect app (*Using the Smartphone Apps*, page 6).

2 Wait while the device syncs your data.

  Syncing can take several minutes.

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

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.

Getting More Information

You can find more information about this product on the Garmin website.

- 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 for information about feature accuracy.

  This is not a medical device.

Appendix

Data Fields

Some data fields require ANT+ accessories to display data.

24-Hour Max.: The maximum temperature recorded in the last 24 hours from a compatible temperature sensor.

24-Hour Min.: The minimum temperature recorded in the last 24 hours from a compatible temperature sensor.

30s Avg. Vertical Speed: The 30-second moving average of vertical speed.

500m Pace: The current swimming pace per 500 meters.

Average Cadence: Cycling. The average cadence for the current activity.

Average Cadence: Running. The average cadence for the current activity.

Average HR: The average heart rate for the current activity.

Average HR %Max.: The average percentage of maximum heart rate for the current activity.

Average Lap Time: The average lap time for the current activity.

Average Speed: The average speed for the current activity.

Average Swolf: The average swolf score for the current activity. Your swolf score is the sum of the time for one length plus the number of strokes for that length (*Swim Terminology*, page 11).

Avg. 500m Pace: The average swimming pace per 500 meters for the current activity.

Avg. Dist./Stk.: Paddle sports. The average distance traveled per stroke during the current activity.

Avg. Pace: The average pace for the current activity.

Avg. Stks./Len.: The average number of strokes per length during the current activity.

Avg. Stroke Rate: Swimming. The average number of strokes per minute (spm) during the current activity.

Avg. Stroke Rate: Paddle sports. The average number of strokes per minute (spm) during the current activity.

Cadence: Cycling. The number of revolutions of the crank arm. Your device must be connected to a cadence accessory for this data to appear.

Cadence: Running. The steps per minute (right and left).

Calories: The amount of total calories burned.

Dist. Per Stroke: The distance traveled per stroke.

Distance: The distance traveled for the current track or activity.

Elapsed Time: The total time recorded. For example, if you start the timer and run for 10 minutes, then stop the timer for 5 minutes, then start the timer and run for 20 minutes, your elapsed time is 35 minutes.

Elevation: The altitude of your current location above or below sea level.

Heading: The direction you are moving.

Heart Rate: Your heart rate in beats per minute (bpm). Your device must be connected to a compatible heart rate monitor.

HR %Max.: The percentage of maximum heart rate.

HR Zone: The current range of your heart rate (1 to 5). The default zones are based on your user profile and maximum heart rate (220 minus your age).

Int. Dist./Stk.: The average distance traveled per stroke during the current interval.

Int. Stks./Len.: The average number of strokes per length during the current interval.

Int. Stroke Rate: The average number of strokes per minute (spm) during the current interval.

Int. Strokes: The total number of strokes for the current interval.

Interval Distance: The distance traveled for the current interval.

Interval Lengths: The number of pool lengths completed during the current interval.

Interval Pace: The average pace for the current interval.

Interval Swolf: The average swolf score for the current interval.

Interval Time: The stopwatch time for the current interval.

Int Strk Type: The current stroke type for the interval.

L. Int. Dist./Stk.: The average distance traveled per stroke during the last completed interval.

L. Int. Stk. Rate: The average number of strokes per minute (spm) during the last completed interval.

L. Int. Stk. Type: The stroke type used during the last completed interval.

L. Int. Strokes: The total number of strokes for the last completed interval.

L. Len. Stk. Rate: The average number strokes per minute (spm) during the last completed pool length.

L. Len. Stk. Type: The stroke type used during the last completed pool length.

L. Len. Strokes: The total number of strokes for the last completed pool length.

Lap 500m Pace: The average swimming pace per 500 meters for the current lap.

Lap Cadence: Cycling. The average cadence for the current lap.

Lap Cadence: Running. The average cadence for the current lap.

Lap Distance: The distance traveled for the current lap.

Lap HR: The average heart rate for the current lap.

Lap HR %Max.: The average percentage of maximum heart rate for the current lap.

Lap Pace: The average pace for the current lap.

Laps: The number of laps completed for the current activity.

Lap Speed: The average speed for the current lap.

Lap Steps: The number of steps during the current lap.

Lap Time: The stopwatch time for the current lap.

Last Lap 500m Pace: The average swimming pace per 500 meters for the last lap.

Last Lap Cadence: Cycling. The average cadence for the last completed lap.

Last Lap Cadence: Running. The average cadence for the last completed lap.

Last Lap Dist.: The distance traveled for the last completed lap.

Last Lap Pace: The average pace for the last completed lap.

Last Lap Speed: The average speed for the last completed lap.

Last Lap Time: The stopwatch time for the last completed lap.

Last Len. Swolf: The swolf score for the last completed pool length.

Last Length Pace: The average pace for your last completed pool length.

Lengths: The number of pool lengths completed during the current activity.

Maximum Speed: The top speed for the current activity.

Nautical Distance: The distance traveled in nautical meters or nautical feet.

Nautical Speed: The current speed in knots.

Pace: The current pace.

Speed: The current rate of travel.

Steps: The number of steps during the current activity.

Stroke Rate: Swimming. The number of strokes per minute (spm).

Stroke Rate: Paddle sports. The number of strokes per minute (spm).

Strokes: Paddle sports. The total number of strokes for the current activity.

Sunrise: The time of sunrise based on your GPS position.

Sunset: The time of sunset based on your GPS position.

Temperature: The temperature of the air. Your body temperature affects the temperature sensor. Your device must be connected to a tempe sensor for this data to appear.

Time in Zone: The time elapsed in each heart rate zone.

Time of Day: The time of day based on your current location and time settings (format, time zone, daylight saving time).

Timer: The stopwatch time for the current activity.

Total Ascent: The total elevation distance ascended during the activity or since the last reset.

Total Descent: The total elevation distance descended during the activity or since the last reset.

Vertical Speed: The rate of ascent or descent over time.

Wheel Size and Circumference

Your speed sensor automatically detects your wheel size. If necessary, you can manually enter your wheel circumference in the speed sensor settings.

The tire size is marked on both sides of the tire. This is not a comprehensive list. You can also measure the circumference of your wheel or use one of the calculators available on the internet.

Tire Size	Wheel Circumference (mm)
20 × 1.75	1515
20 × 1-3/8	1615
22 × 1-3/8	1770
22 × 1-1/2	1785
24 × 1	1753
24 × 3/4 Tubular	1785
24 × 1-1/8	1795
24 × 1.75	1890
24 × 1-1/4	1905
24 × 2.00	1925
24 × 2.125	1965
26 × 7/8	1920
26 × 1-1.0	1913
26 × 1	1952
26 × 1.25	1953
26 × 1-1/8	1970
26 × 1.40	2005
26 × 1.50	2010
26 × 1.75	2023
26 × 1.95	2050
26 × 2.00	2055
26 × 1-3/8	2068
26 × 2.10	2068
26 × 2.125	2070
26 × 2.35	2083
26 × 1-1/2	2100
26 × 3.00	2170
27 × 1	2145
27 × 1-1/8	2155
27 × 1-1/4	2161
27 × 1-3/8	2169
29 x 2.1	2288
29 x 2.2	2298
29 x 2.3	2326
650 x 20C	1938
650 x 23C	1944
650 × 35A	2090
650 × 38B	2105
650 × 38A	2125
700 × 18C	2070
700 × 19C	2080
700 × 20C	2086
700 × 23C	2096
700 × 25C	2105
700C Tubular	2130
700 × 28C	2136

Tire Size	Wheel Circumference (mm)
700 × 30C	2146
700 × 32C	2155
700 × 35C	2168
700 × 38C	2180
700 × 40C	2200
700 × 44C	2235
700 × 45C	2242
700 × 47C	2268

Symbol Definitions

These symbols may appear on the device or accessory labels.

🗑	WEEE disposal and recycling symbol. The WEEE symbol is attached to the product in compliance with the EU directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE). It is intended to deter the improper disposal of this product and to promote reuse and recycling.

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