GARMIN®

LILY® 2 ACTIVE

Owner's Manual

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Table of Contents

Introduction 1
- Overview 1
  - Touchscreen Tips 2
  - Locking and Unlocking the Touchscreen 2
- Setting Up Your Watch 2

Activities 2
- Starting an Activity 2
  - Tips for Recording Activities 3
  - Stopping an Activity 3
  - Evaluating an Activity 3
- Indoor Activities 3
  - Recording a Dance Fitness Activity 3
  - Recording a Breathwork Activity 4
  - Recording a Strength Training Activity 4
    - Tips for Recording Strength Training Activities 4
  - Recording a HIIT Activity 5
  - Calibrating the Treadmill Distance 5
  - Going for a Pool Swim 5
    - Setting the Pool Size 5
    - Swim Terminology 6
- Outdoor Activities 6
  - Going for a Run 6
  - Going for a Ride 6
  - Recording a Skiing or Snowboarding Activity 6
  - Golfing 7
    - Garmin Golf™ App 7
    - Playing Golf 8
    - Golf Menu 9
    - Viewing Layup and Dogleg Distances 9
    - Viewing Hazards 9
    - Measuring a Shot with Garmin AutoShot 10
    - Adding a Shot Manually 10
    - Keeping Score 10
    - Viewing Your Shot History 10
    - Viewing Your Round Summary 10
    - Ending a Round 11
- Health Snapshot™ 11
- Customizing Activity Options 11
  - Marking Laps 11
- Customizing the Activities List 11

Appearance 11
- Changing the Watch Face 12
- Controls Menu 12
  - Garmin Pay 13
    - Setting Up Your Garmin Pay Wallet 13
    - Adding a Card to Your Garmin Pay Wallet 14
    - Paying for a Purchase Using Your Watch 14
    - Managing Your Garmin Pay Cards 14
    - Changing Your Garmin Pay Passcode 14
  - Customizing the Controls Menu 15
- Widgets 15
  - Viewing Widgets and Menus 17
    - Customizing the Widget Loop 17
  - Health Stats Widget 17
  - Body Battery 17
    - Viewing the Body Battery Widget 18
    - Tips for Improved Body Battery Data 18
  - Viewing the Stress Level Widget 18
  - Heart Rate Variability Status 18
  - Using the Hydration Tracking Widget 19
  - Women's Health 19
    - Menstrual Cycle Tracking 19
    - Pregnancy Tracking 20
  - Controlling Music Playback 20
- Morning Report 20
  - Customizing Your Morning Report 21
- Setting Up the Touch Button Shortcut 21

Training 21
- Unified Training Status 21
  - Syncing Activities and Performance Measurements 21
- Activity Tracking 21
  - Auto Goal 22
  - Using the Move Alert 22

Turning on the Move Alert 22
Sleep Tracking 22
Using Automated Sleep Tracking 22
Intensity Minutes 22
Earning Intensity Minutes 23
Move IQ® 23
Enabling Self Evaluation 23
Activity Tracking Settings 23
Turning Off Activity Tracking 23
Workouts 24
Starting a Workout 24
Following a Workout From Garmin Connect 24
Using Garmin Connect Training Plans 24
Adaptive Training Plans 25
Starting Today's Workout 25
Viewing Scheduled Workouts 25
Health and Wellness Settings and Alerts 25

Heart Rate Features 26

Wrist-based Heart Rate 26
Wearing the Watch 26
Tips for Erratic Heart Rate Data 27
Viewing the Heart Rate Widget 27
Setting an Abnormal Heart Rate Alert 27
Broadcasting Heart Rate Data to Garmin Devices 28
Wrist Heart Rate Monitor Settings 28
Turning Off the Wrist-based Heart Rate Monitor 28
About Heart Rate Zones 28
Setting Your Heart Rate Zones 29
Heart Rate Zone Calculations 29
Fitness Goals 29
Pulse Oximeter 30
Getting Pulse Oximeter Readings 30
Turning On Pulse Oximeter Sleep Tracking 30
Tips for Erratic Pulse Oximeter Data 30
About VO2 Max. Estimates 31
Getting Your VO2 Max. Estimate 31
Viewing Your Fitness Age 31

Connectivity 31

Garmin Connect 31
Syncing Your Data with the Garmin Connect App 32
Syncing Your Data with Your Computer 32
Setting Up Garmin Express 32
Pairing Your Phone 33
Viewing Notifications 33
Replying to a Text Message 33
Managing Notifications 33
Enabling Bluetooth Notifications 33
Turning Off the Bluetooth Phone Connection 34
Receiving an Incoming Phone Call 34
Finding Your Phone 34
Using Do Not Disturb Mode 34

Safety and Tracking Features 34

Adding Emergency Contacts 35
Requesting Assistance 35
Incident Detection 35
Turning Incident Detection On and Off 35
Turning On and Off LiveTrack 36
Adding Contacts 36

Clocks 36

Setting an Alarm 36
Deleting an Alarm 36
Using the Stopwatch 36
Starting the Countdown Timer 37
Syncing the Time with GPS 37
Setting the Time Manually 37

Wireless Sensors 37

Pairing Your Wireless Sensors 38
Heart Rate Accessory Running Pace and Distance 38
Tips for Recording Running Pace and Distance 38
Using an Optional Bike Speed or Cadence Sensor 39
Calibrating Your Speed Sensor 39

Customizing Your Watch 39

Watch Settings 39

Alert Settings 39
System Settings 40
Customizing the Display Settings 40
Changing the Units of Measure 40
Time Zones 40
User Profile 40
Setting Up Your User Profile 40
Gender Settings 41
Calibrating the Compass 41
Garmin Connect Settings 41
Garmin Connect User Profile Settings 41
Gender Settings 42

Device Information 42

Charging the Watch 42
Device Care 43
Cleaning the Watch 43
Cleaning the Leather Bands 43
Changing the Bands 44
Viewing Device Information 44
Viewing E-label Regulatory and Compliance Information 44
Product Updates 44
Updating the Software Using the Garmin Connect App 44
Updating the Software Using Garmin Express 45
Specifications 45

Troubleshooting 45

Is my phone compatible with my watch? 45
My phone will not connect to the watch 45
Activity Tracking 45
My step count does not seem accurate 46
The step counts on my watch and my Garmin Connect account do not match 46
My stress level does not appear 46
The heart rate on my watch is not accurate 46
Maximizing Battery Life 46
My watch display is difficult to see outside 46
My watch is in the wrong language 47
Restoring All Default Settings 47
Acquiring Satellite Signals 47
Improving GPS Satellite Reception .. 47
Getting More Information 47
Device Service 47

Appendix 48

Activities List 48
VO2 Max. Standard Ratings 50
Wheel Size and Circumference 50

Introduction

⚠ WARNING

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

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

Overview

① Touchscreen	• Tap to choose an option in a menu. • Tap to open the widget to view more data. • Double-tap to wake the watch. • Swipe right or left to scroll through widgets. • Swipe up or down to scroll through menus.
② Upper-right button	• Press to turn on the watch. • Press to wake the watch. • Press to open the activities and apps menu. • Press to start and stop the activity timer. • Hold for 2 seconds to view the controls menu, including power. • Hold until the watch vibrates to request assistance (*Requesting Assistance*, page 35).
③ Lower-right button	• Press to return to the previous screen, except during an activity. • During an activity, press to mark a new lap, start a new set or pose, or advance to the next stage of a workout. • Hold to view a menu of watch settings and options for the current screen.
④ Touch button	• Press to return to the previous screen, except during an activity. • Hold to view the shortcut feature (*Setting Up the Touch Button Shortcut*, page 21). • From the watch face, press to cycle through data, such as steps and heart rate.

Touchscreen Tips

- Drag up or down to scroll through lists and menus.
- Swipe up or down to scroll quickly.
- Tap to select an item.
- Double-tap to wake the watch.
- From the watch face, swipe right or left to scroll through the widgets on the watch.
- Tap a widget to view additional information, if available.
- During an activity, swipe left or right to view the next data screen.
- After selecting an activity, select ••• to view the settings and options for that activity.
- Perform each menu selection as a separate action.

Locking and Unlocking the Touchscreen

You can lock the touchscreen to prevent inadvertent screen touches.

NOTE: You can customize the controls menu (*Customizing the Controls Menu*, page 15).

1. Hold to view the controls menu.
2. Select .

   The touchscreen locks and does not respond to touches until you unlock it.
3. Hold any button to unlock the touchscreen.

Setting Up Your Watch

To take full advantage of the Lily 2 Active features, complete these tasks.

- Pair the watch with your phone using the Garmin Connect™ app (*Pairing Your Phone*, page 33).
- Set up your Garmin Pay™ wallet (*Setting Up Your Garmin Pay Wallet*, page 13).
- Set up safety features (*Safety and Tracking Features*, page 34).
- Set up your user profile (*Setting Up Your User Profile*, page 40).

Activities

Your watch comes preloaded with indoor and outdoor activities, including running, cycling, strength training, golfing, and more. When you start an activity, the watch displays and records sensor data, which you can save and share with the Garmin Connect community.

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. From the watch face, press .
2. If this is the first time you are starting an activity, select the checkbox next to each activity to add to your favorites, and select .
3. Select an option:
   - Select an activity from your favorites.
   - Select , and select an activity from the extended activity list.
4. If the activity requires GPS signals, go outside to an area with a clear view of the sky, and wait until the watch is ready.

   The watch is ready after it establishes your heart rate, acquires GPS signals (if required), and connects to your wireless sensors (if required).
5. Press to start the activity timer.

   The watch records activity data only while the activity timer is running.

Tips for Recording Activities

- Charge the watch before starting an activity (*Charging the Watch*, page 42).
- Press to record laps, start a new set or pose, or advance to the next workout step.
- Swipe left or right to view additional data screens (*Customizing Activity Options*, page 11).

Stopping an Activity

1. Press .
2. Select an option:
   - To save the activity, select ✔.
   - To discard the activity, select .
   - To resume the activity, press .

Evaluating an Activity

NOTE: This feature is not available for all activities.

You can customize the self-evaluation setting for certain activities (*Customizing Activity Options*, page 11).

1. After you complete an activity, select ✔ (*Stopping an Activity*, page 3).
2. Select how you felt during the activity.
3. Select a number that corresponds with your perceived effort.

   NOTE: You can select **Skip** to skip the self evaluation.

You can view evaluations in the Garmin Connect app.

Indoor Activities

The watch can be used for training indoors, such as running on an indoor track or using a stationary bike or indoor trainer. GPS is turned off for indoor activities (*Customizing Activity Options*, page 11).

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

TIP: Holding the handrails of the treadmill reduces accuracy.

Recording a Dance Fitness Activity

1. From the watch face, press .
2. Select .

   The first time you select the dance fitness activity, you must select your dance type.
3. Select ••• to set up alerts, dance type, and song count.
4. Select **Alerts** to set heart rate, time, and calorie alerts.
5. Select **Dance Type** to set the dance type.
6. Select **Song Count** to include rests between songs or turn song counting off.
7. Press to return to the activity timer screen.
8. Press to start the activity timer.
9. Start your first dance.
10. Swipe to view additional data screens (optional).
11. Press to finish a song.
12. If you include rests between songs, press to begin the next song.
13. Repeat steps 11 and 12 until your activity is complete.
14. After you complete your activity, press to stop the activity timer (*Stopping an Activity*, page 3).

Recording a Breathwork Activity

1. From the watch face, press .
2. Select .
3. Select an option:
   - Select **Coherence** to achieve a state of calm alertness.
   - Select **Relax and Focus** to relax your body and focus the mind.
   - Select **Relax and Focus (Short)** to relax your body and focus the mind in a shorter time frame.
   - Select **Tranquility** to lower your stress level and get ready for sleep.
4. Press to start the activity.
5. Follow the on-screen instructions as the watch guides you through the breathing exercises.
6. Press to skip to the next step in the breathwork phase.
7. Press to stop the activity (*Stopping an Activity*, page 3).

   Your stress level change and breaths per minute appear.

Recording a Strength Training Activity

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

1. Press .
2. Select **Strength**.
3. Press to start the activity timer.
4. Start your first set.

   By default, the watch counts your reps. Your rep count appears when you complete at least four reps. You can disable rep counting in the activity settings (*Customizing Activity Options*, page 11).

   TIP: The watch can only count reps of a single move for each set. When you want to change moves, you should finish the set and start a new one.
5. Press to finish the set.

   The watch displays the total reps for the set. After several seconds, the rest timer appears.
6. If necessary, edit the number of reps, and select to add the weight used for the set.
7. When you are done resting, press to start your next set.
8. Repeat for each strength training set until your activity is complete.
9. After you complete your activity, press , and select .

Tips for Recording Strength Training Activities

- Do not look at the watch while performing reps.

  You should interact with the watch at the beginning and end of each set, and during rests.
- Focus on your form while performing reps.
- Perform bodyweight or free weight exercises.
- Perform reps with a consistent, wide range of motion.

  Each rep is counted when the arm wearing the watch returns to the starting position.

  NOTE: Leg exercises may not be counted.
- Turn on automatic set detection to start and stop your sets.
- Save and send your strength training activity to your Garmin Connect account.

  You can use the tools in your Garmin Connect account to view and edit activity details.

Recording a HIIT Activity

You can use specialized timers to record a high-intensity interval training (HIIT) activity.

1. Press .
2. Select **HIIT**.
3. Select an option:
   - Select **Free** to record an open, unstructured HIIT activity.
   - Select **HIIT Timers** > **AMRAP** to record as many rounds as possible during a set time period.
   - Select **HIIT Timers** > **EMOM** to record a set number of moves every minute on the minute.
   - Select **HIIT Timers** > **Tabata** to alternate between 20-second intervals of maximum effort with 10 seconds of rest.
   - Select **HIIT Timers** > **Custom** to set your move time, rest time, number of moves, and number of rounds.
   - Select **Workouts** to follow a saved workout.
4. If necessary, follow the on-screen instructions.
5. Press to start your first round.

   The watch displays a countdown timer and your current heart rate.
6. If necessary, press to manually move to the next round or rest.
7. After you finish the activity, press to stop the activity timer.
8. Select .

Calibrating the Treadmill Distance

To record more accurate distances for your treadmill runs, you can calibrate the treadmill distance after you run at least 2.4 km (1.5 mi.) on a treadmill. If you use different treadmills, you can manually calibrate the treadmill distance on each treadmill or after each run.

1. Start a treadmill activity (*Starting an Activity*, page 2).
2. Run on the treadmill until your Lily 2 Active watch records at least 2.4 km (1.5 mi.).
3. After you complete your run, press .
4. Check the treadmill display for the distance traveled.
5. Select an option:
   - To calibrate the first time, enter the treadmill distance on your watch.
   - To manually calibrate after the first-time calibration, swipe up, select , and enter the treadmill distance on your watch.

Going for a Pool Swim

NOTE: The touchscreen is not available during swim activities.

1. Press .
2. Select **Pool Swim**.
3. Select your pool size, or enter a custom size.
4. Press to start the activity timer.
5. Start swimming.

   The watch automatically records swim intervals and lengths.
6. After you complete your activity, press to stop the activity timer (*Stopping an Activity*, page 3).

Setting the Pool Size

1. From the watch face, select > **Pool Swim** > ••• > **Pool Size**.
2. Select your pool size, or enter a custom size.

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 watch 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 Lily 2 Active watch comes preloaded with outdoor activities, such as running and biking. GPS is turned on for outdoor activities.

Going for a Run

Before you can use a wireless sensor for your run, you must pair the sensor with your watch (*Pairing Your Wireless Sensors*, page 38).

1. Put on your wireless sensors, such as a heart rate monitor (optional).
2. Press .
3. Select .
4. When using optional wireless sensors, wait while the watch connects to the sensors.
5. Go outside, and wait while the watch locates satellites.
6. Press to start the activity timer.

   The watch records activity data only while the activity timer is running.
7. Start your activity.
8. Press to record laps (optional) (*Marking Laps*, page 11).
9. Swipe left or right to scroll through data screens.
10. After you complete your activity, press , and select .

Going for a Ride

Before you can use a wireless sensor for your ride, you must pair the sensor with your watch (*Pairing Your Wireless Sensors*, page 38).

1. Pair your wireless sensors, such as a heart rate monitor, speed sensor, or cadence sensor (optional).
2. Press .
3. Select .
4. When using optional wireless sensors, wait while the watch connects to the sensors.
5. Go outside, and wait while the watch locates satellites.
6. Press to start the activity timer.

   The watch records activity data only while the activity timer is running.
7. Start your activity.
8. Swipe left or right to scroll through data screens.
9. After you complete your activity, press , and select .

Recording a Skiing or Snowboarding Activity

1. Start a skiing or snowboarding activity.
2. Swipe left or right to view details of your current run and your total number of runs.

   The run screens include time, distance traveled, maximum speed, average speed, and total descent.
3. After you complete your activity, press to stop the activity timer (*Stopping an Activity*, page 3).

Golfing

Garmin Golf™ App

The Garmin Golf app allows you to upload scorecards from your Lily 2 Active device to view detailed statistics and shot analyses. Golfers can compete with each other at different courses using the Garmin Golf app. More than 43,000 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 phone (garmin.com/golfapp).

Playing Golf

Before you play golf for the first time, you must download the Garmin Golf app from the app store on your phone (*Garmin Golf™ App*, page 7).

Before you play golf, you should charge the watch (*Charging the Watch*, page 42).

1. Press .
2. Select **Golf**.

   The watch 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.

   Courses are updated automatically.
4. Press .
5. Select ✓ to keep score.
6. Select a tee box.

   The hole information screen appears.

①	Current hole number
②	Distance to the back of the green
③	Distance to the middle of the green
④	Distance to the front of the green
⑤	Par for the hole
⑥	Garmin AutoShot™ distance

When you move to the next hole, the watch automatically transitions to display the new hole information.

Golf Menu

During a round, you can press to view additional features in the golf menu.

Hazards: Shows the bunkers and water hazards for the current hole.

Layups: Shows the layup and distance options for the current hole (par 4 and par 5 holes only).

Scorecard: Opens the scorecard for the round (*Keeping Score*, page 10).

Round Summary: During a round, view your score, statistics, and step information.

Last Shot: 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 10).

End Round: Ends the current round.

Viewing Layup and Dogleg Distances

You can view a list of layup and dogleg distances for par 4 and 5 holes.

1 Press .

2 Select **Layups**.

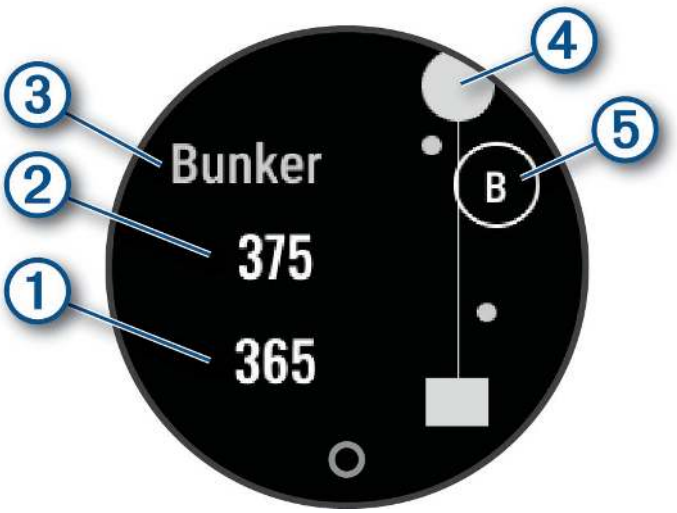
NOTE: Distances and locations are removed from the list as you pass them.

Viewing Hazards

You can view distances to hazards along the fairway for par 4 and 5 holes. Hazards that affect shot selection are displayed individually or in groups to help you determine the distance to layup or carry.

1 Press .

2 Select **Hazards**.



- The distances to the front ① and back ② of the nearest hazard appear on the screen.
- The hazard type ③ is listed at the top of the screen.
- The green is represented as a half circle ④ at the top of the screen. The line below the green represents the center of the fairway.
- Hazards ⑤ are indicated by a letter signifying the order of the hazards on the hole, and are shown below the green in approximate locations relative to the fairway.

Measuring a Shot with Garmin AutoShot

Each time you take a shot along the fairway, the watch records your shot distance so you can view it later (*Viewing Your Shot History*, page 10). Putts are not detected.

1 While playing golf, wear the watch on your leading wrist for better shot detection.
When the watch detects a shot, your distance from the shot location appears ① below the par.

2 Hit your next shot.
The watch 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 .
2 Select **Last Shot** > • • • > **Add Shot**.
3 Select ✓ to start a new shot from your current location.

Keeping Score

1 While playing golf, press .
2 Select **Scorecard**.
3 Select a hole.
4 Select — or + to set the score.
5 Select ✓.

Viewing Your Shot History

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

Viewing Your Round Summary

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

1 Press .
2 Select **Round Summary**.
3 Swipe left or right to view more information.

Ending a Round

1 Press .
2 Select **End Round**.
3 Select an option:
- To save the round and return to watch mode, select ✓.
- To discard the round and return to watch mode, select .
- To resume the round, select ▶.

Health Snapshot™

The Health Snapshot feature records several key health metrics while you hold still for two minutes. It provides a glimpse of your overall cardiovascular status. The watch records metrics such as your average heart rate, stress level, and respiration rate. You can add the Health Snapshot feature to the list of your favorite apps (*Customizing Activity Options*, page 11).

Customizing Activity Options

You can select activities to display on your watch.

1 From your Garmin Connect device menu, select **Activity Options** > **Edit**.
2 Select the activities to display on your watch.
3 If necessary, select an activity to customize its settings, such as alerts and data fields.

Marking Laps

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

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

1 From your Garmin Connect device menu, select **Activity Options**.
2 Select an activity.
3 Select **Auto Lap**.

Customizing the Activities List

1 Press .
2 Select **Edit**.
3 Select an option:
- To add an activity or app, select **Add**.
- To remove an activity or app, select the activity or app, and select **Remove**.
-

NOTE: To reorder the list, select an activity or app, select Reorder, and complete the on-screen instructions in the Garmin Connect app (*Garmin Connect Settings*, page 41).

Appearance

You can customize the appearance of the watch face and the quick access features in the glance loop and controls menu.

Changing the Watch Face

You can choose from several preloaded watch faces.

1. From the watch face, hold .
2. Select **Watch Face**.
3. Swipe right or left to scroll through the available watch faces.
4. Select gear icon to change the data on the watch face (optional).
5. Select ✔.
6. Tap the touchscreen to select the watch face.

Controls Menu

The controls menu lets you quickly access watch features and options. You can add, reorder, and remove the options in the controls menu (*Customizing the Controls Menu*, page 15).

From the watch face, hold .

Icon	Name	Description
	Alarms	Adds or edits an alarm (*Setting an Alarm*, page 36).
	Assistance	Sends an assistance request (*Requesting Assistance*, page 35).
	Brightness	Select to adjust the screen brightness (*Customizing the Display Settings*, page 40).
	Broadcast Heart Rate	Select to turn on heart rate broadcasting to a paired device (*Broadcasting Heart Rate Data to Garmin Devices*, page 28).
	Do Not Disturb	Enables or disables do not disturb mode to dim the screen and disable alerts and notifications. For example, you can use this mode while watching a movie (*Using Do Not Disturb Mode*, page 34).
	Garmin Pay	Select to open your Garmin Pay wallet and pay for purchases with your watch (*Garmin Pay*, page 13).
	Lock Device	Select to lock the buttons and the touchscreen to prevent inadvertent presses and swipes.
	Music	Controls music playback on your phone.
	Notifications	Displays notifications from your phone.
	Phone	Enables or disables Bluetooth® technology and your connection to your paired phone.
	Power Off	Select to turn off the watch.
	Sleep Mode	Select to enable or disable Sleep Mode.
	Stopwatch	Starts the stopwatch (*Using the Stopwatch*, page 36).
	Sync	Syncs your watch with your paired phone.
	Time Sync	Select to sync your watch with the time on your phone or using satellites.
	Timer	Sets a countdown timer (*Starting the Countdown Timer*, page 37).

Garmin Pay

The Garmin Pay feature allows you to use your watch to pay for purchases in participating locations 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 •••.
2. Select **Garmin Pay** > **Get Started**.
3. Follow the on-screen instructions.

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 •••.
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.

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 location.

NOTE: You can customize the controls menu (*Customizing the Controls Menu*, page 15).

1. From the watch face, hold ⌚ to view the controls menu.
2. Select 💳.
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.

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 •••.
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 Lily 2 Active watch.
   - 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 Lily 2 Active watch, create a new passcode, and reenter your card information.

1. From the Garmin Connect app, select •••.
2. Select **Garmin Pay** > **Change Passcode**.
3. Follow the on-screen instructions.

The next time you pay using your Lily 2 Active watch, you must enter the new passcode.

Customizing the Controls Menu

You can add, remove, and change the order of the menu options in the controls menu.

1. From the watch face, hold to view the controls menu.
   The controls menu appears.
2. Hold .
   The controls menu switches to edit mode.
3. Select an option:
   - To change the location of a menu option in the controls menu, drag the option to a new location.
   - To remove a menu option from the controls menu, drag the option to .
4. If necessary, select to add a menu option to the controls menu.
   NOTE: This option is available only after you remove at least one menu option from the controls menu.

Widgets

Your watch comes preloaded with widgets that provide at-a-glance information. You can swipe the touchscreen to scroll through the widgets. Some widgets require a Bluetooth connection to a compatible phone.

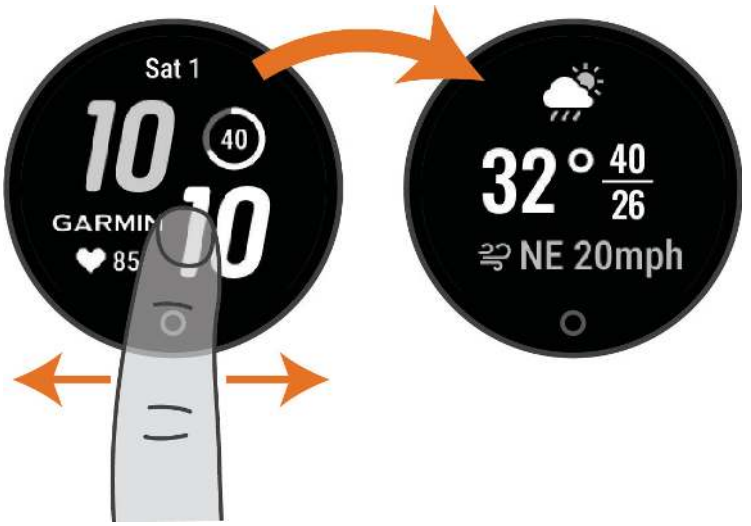
NOTE: You can customize the widget loop (*Customizing the Widget Loop*, page 17).

Watch face	The watch face includes the current time and date. The time and date are set automatically when the watch syncs with your Garmin Connect account.
Body Battery	Your current Body Battery™ energy level. The watch calculates your current energy reserves based on sleep, stress, and activity data. A higher number indicates a higher energy reserve.
Calendar	Upcoming appointments from your phone calendar.
Calories	The amount of total calories burned for the day, including both active and resting calories.
Distance	The distance traveled in kilometers or miles for the day.
Garmin Coach	Displays scheduled workouts when you select a Garmin® coach adaptive training plan in your Garmin Connect account. The plan adjusts to your current level of fitness, coaching and schedule preferences, and race date.
Health Snapshot	Starts a Health Snapshot session on your watch that records several key health metrics while you hold still for two minutes. It provides a glimpse of your overall cardiovascular status. The watch records metrics such as your average heart rate, stress level, and respiration rate. Displays summaries of your saved Health Snapshot sessions (*Health Snapshot™*, page 11).
Health Stats	A dynamic summary of your current health statistics. The measurements include heart rate, stress, and Body Battery level.
Heart Rate	Your current heart rate in beats per minute (bpm) and seven-day average resting heart rate.
HRV Status	Displays your seven-day average of your overnight heart rate variability (*Heart Rate Variability Status*, page 18).
Hydration	The total amount of water consumed and your goal for the day.
Intensity Minutes	Your intensity minutes total and goal for the week.
Last Activity	Displays a brief summary of your last recorded activity.
Last Golf Last Ride Last Run Last Strength Last Swim	Displays a brief summary of your last recorded activity and history of the specified sport.
Music Controls	Controls for the music player on your phone.
My Day	A dynamic summary of your activity today. The metrics include steps, intensity minutes, and calories burned.
Naps	Displays total nap time and Body Battery level gains. You can start the nap timer and set an alarm to wake you up.
Notifications	Notifications from your phone, including calls, texts, social network updates, and more, based on your phone notification settings.
Pulse Ox	Allows you to take a manual pulse oximeter reading.
Sleep	Your sleep data for the previous night, including total sleep time.
Steps	The total number of steps taken and your goal for the day. The watch learns and proposes a new step goal for you each day.
Stress	Your current stress level. The watch measures your heart rate variability while you are inactive to estimate your stress level. A lower number indicates a lower stress level.

Weather	The current temperature and weather forecast from a paired phone.
Women's Health	Status of your current monthly menstrual cycle. You can view and log your daily symptoms. You can also track your pregnancy with weekly updates and health information.

Viewing Widgets and Menus

- From the watch face, hold to view the main menu.
- From the watch face, hold to view the controls menu.
- From the watch face, swipe left or right to view the widgets.



- Tap each widget and swipe left or right to view additional data.

Customizing the Widget Loop

1. Swipe to view any widget.
2. Hold .
3. Select **Manage Widget**.
4. Select an option:
   - Select **Add** to add a widget to the widget loop.
   - Select **Remove** to remove a widget from the widget loop.

Health Stats Widget

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

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

Body Battery

Your watch analyzes your heart rate variability, stress level, sleep quality, and activity data to determine your overall Body Battery level. Like a gas gauge on a car, it indicates your amount of available reserve energy. The Body Battery level range is from 5 to 100, where 5 to 25 is very low reserve energy, 26 to 50 is low reserve energy, 51 to 75 is medium reserve energy, and 76 to 100 is high reserve energy.

You can sync your watch with your Garmin Connect account to view your most up-to-date Body Battery level, long-term trends, and additional details (*Tips for Improved Body Battery Data*, page 18).

Viewing the Body Battery Widget

The Body Battery widget displays your current Body Battery level.

1. Swipe to view the Body Battery widget.
   NOTE: You may need to add the widget to your widget loop (*Customizing the Widget Loop*, page 17).
2. Tap the touchscreen to view the Body Battery graph.
   The graph displays your recent Body Battery activity, and high and low levels for the last three hours.
3. Tap the touchscreen to view your high and low levels since midnight.
4. Swipe left or right to view your Body Battery level with stress and your Body Battery factors.

Tips for Improved Body Battery Data

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

Viewing the Stress Level Widget

The stress level widget displays your current stress level.

1. Swipe to view the stress level widget.
   NOTE: You may need to add the widget to your widget loop (*Customizing the Widget Loop*, page 17).
2. Tap the touchscreen to view the stress level graph.
   The stress level graph displays your stress readings, and high and low levels for the last three hours.
3. Tap the touchscreen to view your high and low levels since midnight.
4. Swipe to view your overall stress level for the past seven days and the amount of time spent at rest or at each stress level.

Heart Rate Variability Status

Your watch analyzes your wrist heart rate readings while you are sleeping to determine your heart rate variability (HRV). Training, physical activity, sleep, nutrition, and healthy habits all impact your heart rate variability. HRV values can vary widely based on gender, age, and fitness level. A balanced HRV status may indicate positive signs of health such as good training and recovery balance, greater cardiovascular fitness, and resilience to stress. An unbalanced or poor status may be a sign of fatigue, greater recovery needs, or increased stress. For best results, you should wear the watch while sleeping. The watch requires three weeks of consistent sleep data to display your heart rate variability status.

Status	Description
Balanced	Your seven-day average HRV is within your baseline range.
Unbalanced	Your seven-day average HRV is above or below your baseline range.
Low	Your seven-day average HRV is well below your baseline range.
Poor No status	Your HRV values are averaging well below the normal range for your age. No status means that there is insufficient data to generate a seven-day average.

You can sync your watch with your Garmin Connect account to view your current heart rate variability status, trends, and educational feedback.

Using the Hydration Tracking Widget

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

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

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

   TIP: You can set a hydration reminder (*Health and Wellness Settings and Alerts*, page 25).

Women's Health

Menstrual Cycle Tracking

Your menstrual cycle is an important part of your health. You can use your watch to log physical symptoms, sex drive, sexual activity, ovulation days, and more (*Logging Your Menstrual Cycle Information*, page 19). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.

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

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

Logging Your Menstrual Cycle Information

Before you can log your menstrual cycle information from your Lily 2 Active watch, you must set up menstrual cycle tracking in the Garmin Connect app.

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

Pregnancy Tracking

The pregnancy tracking feature displays weekly updates on your pregnancy and provides health and nutrition information. You can use your watch to log physical and emotional symptoms, blood glucose readings, and baby movement (*Logging Your Pregnancy Information*, page 20). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.

Logging Your Pregnancy Information

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

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

2 Tap the touchscreen.

3 Select an option:

- Select **Symptoms** to log your physical symptoms, mood, and more.
- Select **Blood Glucose** to log your glucose levels before and after meals and before bed.
- Select **Movement** to use a stopwatch or timer to log the baby's movements.

4 Follow the on-screen instructions.

Controlling Music Playback

The music control widget allows you to control music on your phone using your Lily 2 Active watch. The widget controls the currently active or most recently active media player app on your phone. If no media player is active, the widget does not display track information, and you must start playback from your phone.

1 On your phone, start playing a song or playlist.

2 On your Lily 2 Active watch, swipe to view the music control widget.

Morning Report

Your watch displays a morning report based on your normal wake time. Tap the touchscreen to view the report, which can include weather, Body Battery, steps, women's health information, calendar events, and sleep information.

NOTE: You can customize the information in your morning report (*Customizing Your Morning Report*, page 21).

You can customize your display name in your Garmin Connect account (*Garmin Connect User Profile Settings*, page 41).

Customizing Your Morning Report

NOTE: You can customize these settings on your watch or in your Garmin Connect account.

1. Hold .
2. Select **Settings** > **Notifications & Alerts** > **Morning Report**.
3. Select **Status** to turn the morning report on or off.
4. Select **Options**.
5. Select an option to include or exclude it from your morning report.

Setting Up the Touch Button Shortcut

You can set up a shortcut to your favorite app, glance, or control, such as your Garmin Pay wallet or the music controls.

1. Hold .
2. Select **Settings** > **Shortcut** > **Hold Touch Button**.
3. Select an option:
   - Select a shortcut.
   - Select **Disable** to turn off the touch button shortcut function.

Training

Unified Training Status

When you use more than one Garmin device with your Garmin Connect account, you can choose which device is the primary data source for everyday use and for training purposes.

From the Garmin Connect app, select ••• > **Settings**.

Primary Training Device: Sets the priority data source for training metrics like your training status and load focus.

NOTE: Garmin devices that do not have the training status feature cannot be set as the Primary Training Device, but can still be used to record your training data.

Primary Wearable: Sets the priority data source for daily health metrics like steps and sleep. This should be the watch you wear most often.

TIP: For the most accurate results, Garmin recommends that you sync often with your Garmin Connect account.

Syncing Activities and Performance Measurements

You can sync activities and performance measurements from other Garmin devices to your Lily 2 Active watch using your Garmin Connect account. This allows your watch to more accurately reflect your training and fitness. For example, you can record a ride with an Edge® bike computer, and view your activity details and recovery time on your Lily 2 Active watch.

Sync your Lily 2 Active watch and other Garmin devices to your Garmin Connect account.

TIP: You can set a primary training device and primary wearable in the Garmin Connect app (*Unified Training Status*, page 21).

Recent activities and performance measurements from your other Garmin devices appear on your Lily 2 Active watch.

Activity Tracking

The activity tracking feature records your daily step count, distance traveled, intensity minutes, floors climbed, calories burned, and sleep statistics for each recorded day. Your calories burned includes your base metabolism plus activity calories.

The number of steps taken during the day appears on the steps glance. The step count is updated periodically.

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

Auto Goal

Your watch creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the watch records your progress ① toward your daily goal ②.

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

Using the Move Alert

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move alert reminds you to keep moving. After one hour of inactivity, a message appears. The watch also vibrates, if vibration is turned on (*System Settings*, page 40).

Go for a short walk (at least a couple of minutes), or complete the suggested on-screen movements to reset the move alert.

Turning on the Move Alert

1. Hold .
2. Select **Notifications & Alerts** > **Health & Wellness** > **Move Alert** > **On**.

Sleep Tracking

While you are sleeping, the watch automatically detects your sleep and monitors your movement during your normal sleep hours. You can set your normal sleep hours in the Garmin Connect app. Sleep statistics include total hours of sleep, sleep stages, sleep movement, and sleep score. Naps are added to your sleep statistics, and can also impact your recovery. You can view detailed sleep statistics in your Garmin Connect account.

NOTE: You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms (*Using Do Not Disturb Mode*, page 34).

Using Automated Sleep Tracking

1. Wear your watch while sleeping.
2. Upload your sleep tracking data to your Garmin Connect account.

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

   You can view sleep information, including naps, on your Lily 2 Active watch (*Widgets*, page 15).

Intensity Minutes

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

The watch monitors your activity intensity and tracks your time spent participating in moderate to vigorous intensity activities (heart rate data is required to quantify vigorous intensity). The watch adds the amount of moderate activity minutes with the amount of vigorous activity minutes. Your total vigorous intensity minutes are doubled when added.

Earning Intensity Minutes

Your Lily 2 Active watch calculates intensity minutes by comparing your heart rate data to your average resting heart rate. If heart rate is turned off, the watch calculates moderate intensity minutes by analyzing your steps per minute.

- Start a timed activity for the most accurate calculation of intensity minutes.
- Wear your watch all day and night for the most accurate resting heart rate.

Move IQ

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

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

Enabling Self Evaluation

When you save an activity, you can evaluate your perceived effort and how you felt during the activity. Your self evaluation information can be viewed in your Garmin Connect account.

1. From your Garmin Connect device menu, select **Activity Options**.
2. Select an activity.

   NOTE: This feature is not available for all activities.
3. Select **Self Evaluation**.
4. Select an option:
   - To complete self evaluation only after workouts, select **Workouts Only**.
   - To complete self evaluation after every activity, select **Always**.

Activity Tracking Settings

You can update some activity tracking settings on the watch. You must update your weekly intensity minutes and step goal in the Garmin Connect app.

Hold , and select **Settings** > **Activity Tracking**.

Status: Turns off the activity tracking features.

Move IQ: Allows you to turn on and off Move IQ events.

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

Turning Off Activity Tracking

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

1. Hold .
2. Select **Settings** > **Activity Tracking** > **Status** > **Off**.

Workouts

Your watch can guide you through multiple-step workouts that include goals for each workout step, such as distance, time, reps, or other metrics. Your watch includes several preloaded workouts for multiple activities, including strength, cardio, running, and biking. You can create and find more workouts and training plans using the Garmin Connect app and transfer them to your watch.

On your watch: You can open the workouts app from the activity list to show all workouts currently loaded on your watch (*Customizing Activity Options*, page 11).

You can also view your workout history.

On the app: You can create and find more workouts, or select a training plan that has built-in workouts and transfer them to your watch (*Following a Workout From Garmin Connect*, page 24).

You can schedule workouts.

You can update and edit your current workouts.

Starting a Workout

Your watch can guide you through multiple steps in a workout.

1. Press .
2. Select an activity.
3. Select ••• > **Workouts**.
4. Select a workout.

   NOTE: Only workouts that are compatible with the selected activity appear in the list.
5. Swipe up to view the workout steps (optional).
6. Press to start the activity timer.

After you begin a workout, the watch displays each step of the workout, step notes (optional), and the target (optional). You can swipe right or left to view the current workout data.

Following a Workout From Garmin Connect

Before you can download a workout from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect*, page 31).

1. Select an option:
   - Open the Garmin Connect app, and select •••.
   - Go to www.garminconnect.com.
2. Select **Training & Planning** > **Workouts**.
3. Find a workout, or create and save a new workout.
4. Select or **Send to Device**.
5. Follow the on-screen instructions.

Using Garmin Connect Training Plans

Before you can download and use a training plan, you must have a Garmin Connect account (*Garmin Connect*, page 31), and you must pair the Lily 2 Active watch with a compatible phone.

1. From the Garmin Connect app, select •••.
2. Select **Training & Planning** > **Training Plans**.
3. Select and schedule a training plan.
4. Follow the on-screen instructions.
5. Review the training plan in your calendar.

Adaptive Training Plans

Your Garmin Connect account has an adaptive training plan and Garmin coach to fit your training goals. For example, you can answer a few questions and find a plan to help you complete a 5 km race. The plan adjusts to your current level of fitness, coaching and schedule preferences, and race date. When you start a plan, the Garmin coach glance is added to the glances list on your Lily 2 Active watch.

Starting Today's Workout

After you send a training plan to your watch, the Garmin coach glance appears in your glance loop.

1. From the watch face, swipe to view the Garmin coach glance.
2. Select the glance.

   If a workout for this activity is scheduled for today, the watch shows the workout name and prompts you to start it.
3. Select a workout.
4. Select **View** to view the workout steps, and swipe right when you are finished viewing the steps (optional).
5. Select **Do Workout**.
6. Follow the on-screen instructions.

Viewing Scheduled Workouts

You can view workouts scheduled in your training calendar and start a workout.

1. Press .
2. Select an activity.
3. Swipe up.
4. Select **Training Calendar**.

   Your scheduled workouts appear, sorted by date.
5. Select a workout.
6. Scroll to view the steps for the workout.
7. Press to start the workout.

Health and Wellness Settings and Alerts

Hold , and select **Settings** > **Notifications & Alerts** > **Health & Wellness**.

Wrist HR: See *Setting an Abnormal Heart Rate Alert*, page 27.

Move Alert: Enables the Move Alert feature (*Using the Move Alert*, page 22).

Stress Alerts: Notifies you when periods of stress have drained your Body Battery (*Viewing the Stress Level Widget*, page 18).

Rest Alerts: Notifies you after you have a restful period and its impact on your Body Battery (*Body Battery*, page 17).

Daily Summary: Enables the Body Battery daily summary that appears a few hours before the start of your sleep window. The daily summary provides insight on how your daily stress and activity history impacted your Body Battery (*Viewing the Body Battery Widget*, page 18).

Goals: Allows you to turn on and off goal alerts, or turn them on during general use while not in an activity. Goal alerts appear for your daily steps goal, daily floors climbed goal, and weekly intensity minutes goal.

Hydration Alerts: Allows you to turn on and off hydration alerts.

Heart Rate Features

The Lily 2 Active watch enables you to view wrist-based heart rate data.

	Your current Body Battery energy level. The watch calculates your current energy reserves based on sleep, stress, and activity data. A higher number indicates a higher energy reserve.
	Alerts you when your heart rate exceeds or drops below a certain number of beats per minute after a period of inactivity.
	Monitors the saturation of oxygen in your blood. Knowing your oxygen saturation can help you determine how your body is adapting to exercise and stress. **NOTE:** The pulse oximeter sensor is located on the back of the watch.
	Your current stress level. The watch measures your heart rate variability while you are inactive to estimate your stress level. A lower number indicates a lower stress level.
VO_2	Displays your current VO2 max., which is an indication of athletic performance and should increase as your level of fitness improves.

Wrist-based Heart Rate

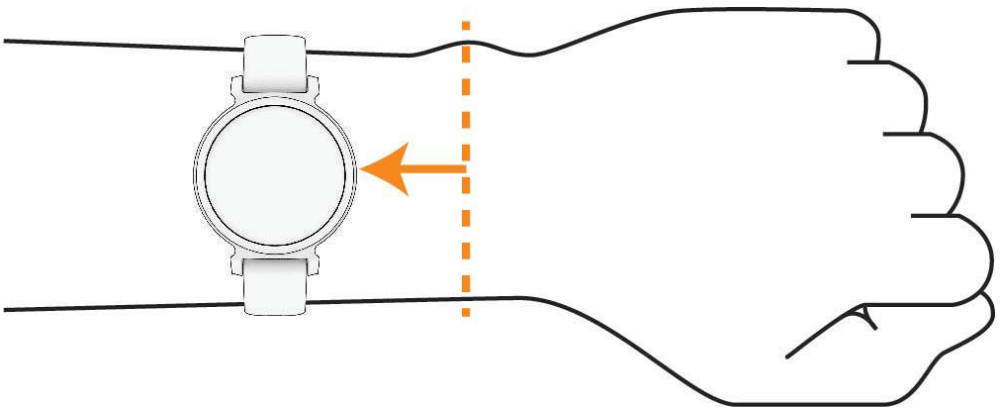
Wearing the Watch

⚠ CAUTION

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

- Wear the watch above your wrist bone.

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



  NOTE: The optical sensor is located on the back of the watch.
- See *Troubleshooting*, page 45 for more information about wrist-based heart rate.
- See *Tips for Erratic Pulse Oximeter Data*, page 30 for more information about the pulse oximeter sensor.
- For more information about accuracy, go to garmin.com/ataccuracy.
- For more information about watch wear and care, go to www.garmin.com/fitandcare.

Tips for Erratic Heart Rate Data

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

- Clean and dry your arm before putting on the watch.
- Avoid wearing sunscreen, lotion, and insect repellent under the watch.
- Avoid scratching the heart rate sensor on the back of the watch.
- Wear the watch above your wrist bone. The watch should be snug but comfortable.
- 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 watch 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). For more information on heart rate accuracy, go to garmin.com/ataccuracy.

1. From the watch face, swipe left or right to view the heart rate widget.

   NOTE: You may need to add the widget to your widget loop (*Customizing the Widget Loop*, page 17).
2. Select the widget to view your current heart rate in beats per minute (bpm) and a graph of your heart rate for the last three hours.
3. Select an option:
   - Tap the graph, and swipe left or right to pan the graph.
   - Swipe left or right to view your average resting heart rate values for the last seven days.

Setting an Abnormal Heart Rate Alert

⚠ CAUTION

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

1. Hold ⌚.
2. Select **Settings** > **Notifications & Alerts** > **Health & Wellness** > **Heart Rate**.
3. Select **High Alert** or **Low Alert** to turn on the alert.
4. Select a heart rate threshold value.

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

Broadcasting Heart Rate Data to Garmin Devices

You can broadcast your heart rate data from your Lily 2 Active watch and view it on paired Garmin devices. For example, you can broadcast your heart rate data to an Edge bike computer while cycling or to a VIRB® action camera during an activity.

NOTE: Broadcasting heart rate data decreases battery life.

1. Hold to view the controls menu.

   NOTE: You can customize the controls menu (*Customizing the Controls Menu*, page 15).
2. Select .
3. Press .

   The Lily 2 Active watch starts broadcasting your heart rate data.

   NOTE: The time appears on the screen while broadcasting heart rate data.
4. Pair your Lily 2 Active watch with your Garmin ANT+® compatible device.

   NOTE: The pairing instructions differ for each Garmin compatible device. See your owner's manual.
5. Repeat steps 1 through 3 to stop broadcasting your heart rate data.

Wrist Heart Rate Monitor Settings

Hold , and select **Settings** > **Watch Sensors** > **Wrist Heart Rate**.

Status: Enables or disables the wrist heart rate monitor. The default value is Auto, which automatically uses the wrist heart rate monitor unless you pair an external heart rate monitor.

NOTE: Disabling the wrist heart rate monitor also disables the wrist-based pulse oximeter sensor. You can perform a manual reading from the pulse oximeter glance.

During Swim: Enables or disables the wrist heart rate monitor during swimming activities.

Turning Off the Wrist-based Heart Rate Monitor

The default value for the Wrist Heart Rate setting is Auto. The watch automatically uses the wrist-based heart rate monitor unless you pair a chest heart rate monitor to the watch. Chest heart rate data is only available during an activity.

NOTE: Disabling the wrist-based heart rate monitor also disables features such as your VO2 max. estimate, sleep tracking, intensity minutes, the all-day stress feature, and the wrist-based pulse oximeter sensor.

NOTE: Disabling the wrist-based heart rate monitor also disables the on-wrist detection feature for Garmin Pay payments, and you must enter a passcode before making each payment (*Garmin Pay*, page 13).

1. Hold .
2. Select **Settings** > **Watch Sensors** > **Wrist Heart Rate** > **Status** > **Off**.

   Some sensor lights may flash after the wrist-based heart rate monitor is turned off.

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 watch uses your user profile information from the initial setup to determine your default heart rate zones. For the most accurate calorie data during your activity, set your maximum heart rate. You can also enter your resting heart rate manually. You can manually adjust your zones on the watch or using your Garmin Connect account.

1. Hold .
2. Select **Settings** > **User Profile** > **Heart Rate Zones**.
3. Select **Max. HR**, and enter your maximum heart rate.
4. Select ✔.
5. Select **Resting HR**.
6. Select an option:
   - Select **Use Average** to use your average resting heart rate from the watch.
   - Select **Set Custom** to set a custom resting heart rate.
7. Select **Zones** > **Based On**.
8. Select an option:
   - Select **BPM** to view and edit the zones in beats per minute.
   - Select **%Max. HR** to view and edit the zones as a percentage of your maximum heart rate.
9. 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

Fitness Goals

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

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

If you know your maximum heart rate, you can use the table (*Heart Rate Zone Calculations*, page 29) to determine the best heart rate zone for your fitness objectives.

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

Pulse Oximeter

The Lily 2 Active watch has a wrist-based pulse oximeter to gauge the saturation of oxygen in your blood. Knowing your oxygen saturation can be valuable in understanding your overall health and help you determine how your body is adapting to altitude. Your watch gauges your blood oxygen level by shining light into the skin and checking how much light is absorbed. This is referred to as SpO_2.

On the watch, your pulse oximeter readings appear as an SpO_2 percentage. On your Garmin Connect account, you can view additional details about your pulse oximeter readings, including trends over multiple days (*Turning On Pulse Oximeter Sleep Tracking*, page 30). For more information on pulse oximeter accuracy, go to garmin.com/ataccuracy.

Getting Pulse Oximeter Readings

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

1. Wear the watch above your wrist bone.

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

The watch displays your oxygen saturation as a percentage.

NOTE: You can turn on and view pulse oximeter sleep data in your Garmin Connect account (*Turning On Pulse Oximeter Sleep Tracking*, page 30).

Turning On Pulse Oximeter Sleep Tracking

Before you can use pulse oximeter sleep tracking, you must set your Lily 2 Active watch as your primary wearable in your Garmin Connect account (*Unified Training Status*, page 21).

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

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

1. Hold to view the menu.
2. Select **Settings** > **Watch Sensors** > **Sleep Pulse Ox**.
3. Select the toggle switch to turn on tracking.

Tips for Erratic Pulse Oximeter Data

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

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

About VO2 Max. Estimates

VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. In simple terms, VO2 max. is an indication of cardiovascular strength and should increase as your level of fitness improves. The Lily 2 Active watch requires wrist-based heart rate or a compatible chest heart rate monitor to display your VO2 max. estimate.

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

VO2 max. data is provided by Firstbeat Analytics™. VO2 max. analysis is provided with permission from The Cooper Institute®. For more information, see the appendix (*VO2 Max. Standard Ratings*, page 50), and go to www.CooperInstitute.org.

Getting Your VO2 Max. Estimate

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

1. Hold to view the menu.
2. Select **Settings** > **User Profile** > **VO2 Max**.

   If you have already recorded a 15 minute brisk walk or run, your VO2 max. estimate may appear. The watch updates your VO2 max. estimate each time you complete a timed walk or run.
3. Follow the on-screen instructions to get your VO2 max. estimate.

   A message appears when the test is complete.
4. To manually start a VO2 max. test to get an updated estimate, tap your current reading and follow the instructions.

   The watch will update with your new VO2 max. estimate.

Viewing Your Fitness Age

Before the watch can calculate an accurate fitness age, you must complete the user profile setup in the Garmin Connect app.

Your fitness age gives you an idea of how your fitness compares with a person of the same sex. Your watch uses information, such as your age, body mass index (BMI), resting heart rate data, and vigorous activity history to provide a fitness age. If you have an Index™ scale, your watch uses the body fat percentage metric instead of BMI to determine your fitness age. Exercise and lifestyle changes can impact your fitness age.

1. Hold to view the menu.
2. Select **Settings** > **User Profile** > **Fitness Age**.

Connectivity

Connectivity features are available for your watch when you pair with your compatible phone (*Pairing Your Phone*, page 33).

Garmin Connect

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

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

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

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

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

Share your activities: You can connect with friends to follow each other's activities or share links to your activities.

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

Syncing Your Data with the Garmin Connect App

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

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

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

Syncing Your Data with Your Computer

Before you can sync your data with the Garmin Connect application on your computer, you must install the Garmin Express™ application (*Setting Up Garmin Express*, page 32).

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

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

Setting Up Garmin Express

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

Pairing Your Phone

To set up the Lily 2 Active watch, it must be paired directly through the Garmin Connect app, instead of from the Bluetooth settings on your phone.

1. During the initial setup on your watch, select ✔ when you are prompted to pair with your phone.

   NOTE: If you previously skipped the pairing process, you can hold , and select **System** > **Phone** > **Pair Phone** to manually enter pairing mode.
2. Scan the QR code with your phone, and follow the on-screen instructions to complete the pairing and setup process.

Viewing Notifications

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

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

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

Replying to a Text Message

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

When you receive a text message notification on your Lily 2 Active watch, you can send a quick reply by selecting from a list of messages.

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

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

   Your phone sends the selected message as a text message.

Managing Notifications

You can use your compatible phone to manage notifications that appear on your Lily 2 Active watch.

Select an option:

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

Enabling Bluetooth Notifications

Before you can enable notifications, you must pair the Lily 2 Active watch with a compatible phone (*Pairing Your Phone*, page 33).

1. Hold .
2. Select **Settings** > **Notifications & Alerts** > **Smart Notifications**.
3. Select an option:
   - Select **General Use** to set preferences for notifications that appear when in watch mode.
   - Select **During Activity** to set preferences for notifications that appear when recording an activity.
   - Select **During Sleep** to turn **Do Not Disturb** on or off.
   - Select **Privacy** to set a privacy preference.

Turning Off the Bluetooth Phone Connection

You can turn off the Bluetooth phone connection from the controls menu.

NOTE: You can add options to the controls menu (*Customizing the Controls Menu*, page 15).

1 Hold to view the controls menu.

2 Select to turn off the Bluetooth phone connection on your Lily 2 Active watch.

Refer to the owner's manual for your phone to turn off Bluetooth technology on your phone.

Receiving an Incoming Phone Call

When you receive a phone call on your connected phone, the Lily 2 Active watch 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 phone.
- To decline the call, select .

Finding Your Phone

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

1 Hold .

2 Select .

Signal strength bars appear on the Lily 2 Active screen, and an audible alert sounds on your phone. The bars increase as you move closer to your phone.

3 Press to stop searching.

Using Do Not Disturb Mode

You can use do not disturb mode to turn off vibrations and the display for alerts and notifications (*Customizing the Display Settings*, page 40). For example, you can use this mode while sleeping or watching a movie.

- To manually turn on or off do not disturb mode, hold , and select .
- To automatically turn on do not disturb mode during your sleep hours, open the device settings in the Garmin Connect app, and select **Notifications and Alerts** > **Smart Notifications** > **During Sleep**.

Safety and Tracking Features

⚠ CAUTION

The safety and tracking features are supplemental features and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

NOTICE

To use the safety and tracking features, the Lily 2 Active watch must be connected to the Garmin Connect app using Bluetooth technology. Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. You can enter emergency contacts in your Garmin Connect account.

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

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

Adding Emergency Contacts

Emergency contact phone numbers are used for the safety and tracking features.

1. From the Garmin Connect app, select •••.
2. Select **Safety & Tracking** > **Safety Features** > **Emergency Contacts** > **Add Emergency Contacts**.
3. Follow the on-screen instructions.

Your emergency contacts receive a notification when you add them as an emergency contact, and can accept or decline your request. If a contact declines, you must choose another emergency contact.

Requesting Assistance

⚠ CAUTION

Assistance is a supplemental feature and should not be relied upon as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

NOTICE

Before you can request assistance, you must set up emergency contacts in the Garmin Connect app (*Adding Emergency Contacts*, page 35). Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

1. Hold .
2. When you feel three vibrations, release the button to activate the assistance feature.

   The countdown screen appears.
3. If necessary, select an option before the countdown is complete:
   - To send a customized message with your request, select .
   - To cancel the message, select ✕.

Incident Detection

⚠ CAUTION

Incident detection is a supplemental feature available only for certain outdoor activities. Incident detection should not be relied on as a primary method to obtain emergency assistance.

NOTICE

Before you can enable incident detection on your watch, you must set up emergency contacts in the Garmin Connect app (*Adding Emergency Contacts*, page 35). Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

Turning Incident Detection On and Off

1. Hold to view the menu.
2. Select **Settings** > **Safety & Tracking** > **Incident Detection**.
3. Select an activity.

   NOTE: Incident detection is available only for certain outdoor activities.

When an incident is detected by your Lily 2 Active watch and your phone is connected, the Garmin Connect app can send an automated text message and email with your name and GPS location (if available) to your emergency contacts. A message appears on your watch and paired phone indicating your contacts will be informed after 15 seconds have elapsed. If assistance is not needed, you can cancel the automated emergency message.

Turning On and Off LiveTrack

Before you can start your first LiveTrack session, you must set up contacts in the Garmin Connect app (*Adding Contacts*, page 36).

NOTE: You must turn LiveTrack on in the Garmin Connect app.

1. From the Garmin Connect app, select ••• > **Safety & Tracking** > **LiveTrack**.
2. Select **Auto Start** > **On** for your watch.
3. Hold to view the menu.
4. Select **Settings** > **Safety & Tracking** > **LiveTrack**.
5. Select **Off** to turn off LiveTrack.

Adding Contacts

1. From the Garmin Connect app, select ••• > **Contacts**.
2. Follow the on-screen instructions.

After you add contacts, you must sync your data to apply the changes to your Lily 2 Active watch (*Syncing Your Data with the Garmin Connect App*, page 32).

Clocks

Setting an Alarm

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

1. Hold .
2. Select **Clocks** > **Alarm** > +.
3. Enter a time.
4. Select the alarm.
5. Select **Repeat**, and select an option.

Deleting an Alarm

1. Hold .
2. Select **Clocks** > **Alarm**.
3. Select an alarm, and select **Delete**.

Using the Stopwatch

1. Hold .
2. Select **Clocks** > **Stopwatch**.
3. Press to start the timer.
4. Press to restart the lap timer.
   The total stopwatch time continues running.
5. Press to stop the timer.
6. Select an option:
   - To resume the timer, press .
   - To reset the timer, select ↺.
   - To save the stopwatch time as an activity, select •••, and select **Save Activity**.
   - To review the lap timers, select •••, and select **Review Laps**.
   - To exit the stopwatch, select •••, and select **Done**.

Starting the Countdown Timer

1 Hold .
2 Select **Clocks** > .
3 Enter the time, and select ✓.
4 Press .

Syncing the Time with GPS

Each time you turn on the watch and acquire satellites, the watch automatically detects your time zones and the current time of day. You can also manually sync the time with GPS when you change time zones and to update for daylight saving time.

1 Hold .
2 Select **Clocks** > **Time** > **Time Sync**.
3 Wait while the watch locates satellites (*Acquiring Satellite Signals*, page 47).

Setting the Time Manually

By default, the time is set automatically when the Lily 2 Active watch is paired with a phone.

1 Hold .
2 Select **Clocks** > **Time** > **Time Source** > **Manual**.
3 Select **Time**, and enter the time of day.

Wireless Sensors

Your watch can be paired and used with wireless sensors using ANT+ or Bluetooth technology (*Pairing Your Wireless Sensors*, page 38). After the devices are paired, you can customize the optional data fields (*Customizing Activity Options*, page 11). If your watch was packaged with a sensor, they are already paired.

For information about specific Garmin sensor compatibility, purchasing, or to view the owner's manual, go to buy.garmin.com for that sensor.

Sensor Type	Description
Heart Rate	You can use an external sensor, such as the HRM-Pro™ series or HRM-Fit™ heart rate monitor, to view heart rate data during your activities.
Speed/Cadence	You can attach speed or cadence sensors to your bike and view the data during your ride. If necessary, you can manually enter your wheel circumference (*Calibrating Your Speed Sensor*, page 39).

Pairing Your Wireless Sensors

Before you can pair, you must put on the heart rate monitor or install the sensor.

The first time you connect a wireless sensor using ANT+ or Bluetooth technology, you must pair the watch and sensor. If the sensor has both ANT+ and Bluetooth technology, Garmin recommends that you pair using ANT+ technology. After they are paired, the watch 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 watch automatically when you start an activity with the sensor turned on and near the watch.

1. Bring the watch within 3 m (10 ft.) of the sensor.

   NOTE: Stay 10 m (33 ft.) away from other wireless sensors while pairing.
2. Hold .
3. Select **Settings** > **Accessories** > **Add New**.
4. Select an option:
   - Select **Search All**.
   - Select your sensor type.

   After the sensor is paired with your watch, the sensor status changes from Searching to Connected. Sensor data appears in the data screen loop or a custom data field. You can customize the optional data fields (*Customizing Activity Options*, page 11).

Heart Rate Accessory Running Pace and Distance

The HRM-Fit and HRM-Pro series accessories calculate your running pace and distance based on your user profile and the motion measured by the sensor on every stride. The heart rate monitor provides running pace and distance when GPS is not available, such as during treadmill running. You can view your running pace and distance on your compatible Lily 2 Active watch when connected using ANT+ technology. You can also view it on compatible third-party training apps when connected using Bluetooth technology.

The pace and distance accuracy improves with calibration.

Automatic calibration: The default setting for your watch is **Auto Calibrate**. The heart rate accessory calibrates each time you run outside with it connected to your compatible Lily 2 Active watch.

NOTE: Automatic calibration does not work for indoor, trail, or ultra run activity profiles (*Tips for Recording Running Pace and Distance*, page 38).

Manual calibration: You can select **Calibrate & Save** after a treadmill run with your connected heart rate accessory (*Calibrating the Treadmill Distance*, page 5).

Tips for Recording Running Pace and Distance

- Update your Lily 2 Active watch software (*Product Updates*, page 44).
- Complete several outdoor runs with GPS and your connected HRM-Fit or HRM-Pro series accessory. It's important that your outdoor range of paces matches your range of paces on the treadmill.
- If your run includes sand or deep snow, go to the sensor settings, and turn off **Auto Calibrate**.
- If you previously connected a compatible foot pod using ANT+ technology, set the foot pod status to **Off**, or remove it from the list of connected sensors.
- Complete a treadmill run with manual calibration (*Calibrating the Treadmill Distance*, page 5).
- If automatic and manual calibrations don't seem accurate, go to the sensor settings, and select **HRM Pace & Distance** > **Reset Calibration Data**.

  NOTE: You can try turning off **Auto Calibrate**, and then manually calibrate again (*Calibrating the Treadmill Distance*, page 5).

Using an Optional Bike Speed or Cadence Sensor

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

- Pair the sensor with your watch (*Pairing Your Wireless Sensors*, page 38).
- Set your wheel size (*Calibrating Your Speed Sensor*, page 39).
- Go for a ride (*Going for a Ride*, page 6).

Calibrating Your Speed Sensor

Before you can calibrate your speed sensor, you must pair your watch with a compatible speed sensor (*Pairing Your Wireless Sensors*, page 38).

Manual calibration is optional and can improve accuracy.

1 Hold .
2 Select **Settings** > **Accessories** > **Speed/Cadence** > **Wheel Size**.
3 Select an option:
   - Select **Auto** to automatically calculate your wheel size and calibrate your speed sensor.
   - Select **Manual**, and enter your wheel size to manually calibrate your speed sensor (*Wheel Size and Circumference*, page 50).

Customizing Your Watch

Watch Settings

You can customize some settings on your Lily 2 Active watch. Additional settings can be customized in the Garmin Connect app.

Hold to view the menu, and select **Settings**.

Shortcut: Allows you to set up a shortcut (*Setting Up the Touch Button Shortcut*, page 21).

Notifications & Alerts: Allows you to adjust the alert settings (*Alert Settings*, page 39).

Watch Sensors: Allows you to adjust the wrist heart rate sensor settings (*Wrist Heart Rate Monitor Settings*, page 28), sleep pulse ox settings (*Turning On Pulse Oximeter Sleep Tracking*, page 30), and calibrate the compass (*Calibrating the Compass*, page 41).

Accessories: Allows you to pair your Lily 2 Active watch with wireless sensors (*Wireless Sensors*, page 37).

User Profile: Allows you to adjust the user profile settings (*Setting Up Your User Profile*, page 40).

Safety & Tracking: Allows you to adjust the safety and tracking settings (*Safety and Tracking Features*, page 34).

Activity Tracking: Allows you to adjust the activity tracking settings (*Activity Tracking*, page 21).

System: Allows you to adjust the system settings (*System Settings*, page 40).

Alert Settings

Hold to view the menu, and select **Settings** > **Notifications & Alerts**.

Smart Notifications: Allows you to adjust settings for the Bluetooth notifications from your phone (*Enabling Bluetooth Notifications*, page 33).

Morning Report: Allows you to adjust the morning report settings (*Morning Report*, page 20).

Health & Wellness: Allows you to adjust the health and wellness alerts settings (*Health and Wellness Settings and Alerts*, page 25).

System Settings

Hold , and select **Settings** > **System**.

Display: Sets the display timeout and brightness (*Customizing the Display Settings*, page 40).

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

Phone: Allows you to pair and sync your phone (*Pairing Your Phone*, page 33).

Format: Sets the measurement units used to display data (*Changing the Units of Measure*, page 40).

Language: Sets the language displayed on the watch.

Reset: Allows you to reset the default settings or delete personal data and reset the settings (*Restoring All Default Settings*, page 47).

NOTE: If you have set up a Garmin Pay wallet, restoring default settings also deletes the wallet from your device.

About: Displays the unit ID, software version, regulatory information, and license agreement.

Customizing the Display Settings

1. Hold .
2. Select **Settings** > **System** > **Display**.
3. Select **Brightness** to set the brightness level of the screen.
4. Select **General Use** or **During Activity**.
5. Select an option:
   - Select **Gesture** to turn on the screen by raising and turning your arm to look at your wrist.
   - Select **Gesture Sensitivity** to adjust the gesture sensitivity to turn on the display more or less often.
   - Select **Timeout** to set the length of time before the screen turns off.
6. Select **During Sleep**.
7. Select an option:
   - Select **Watch Face** to set the watch face to dim during your defined sleep window.
   - Select **Brightness** to set the brightness level of the screen during your defined sleep window.
   - Select **Timeout** to set the length of time before the screen turns off during your defined sleep window.

Changing the Units of Measure

You can customize units of measure for distance, pace and speed, elevation, and more.

1. Hold .
2. Select **Settings** > **System** > **Format**.
3. Select an option.
   - Select **Units** to set the primary units of measure for the watch.
   - Select **Pace/Speed** to display your pace or speed in miles or kilometers during a timed activity.

Time Zones

Each time you turn on the device and acquire satellites or sync with your phone, the device automatically detects your time zone and the current time of day.

User Profile

You can update your user profile on your watch or on the Garmin Connect app.

Setting Up Your User Profile

You can update your sex, birth year, height, weight, wrist, and heart rate zones (*Setting Your Heart Rate Zones*, page 29) settings. The watch uses this information to calculate accurate training data.

1. Hold .
2. Select **Settings** > **User Profile**.
3. Select an option.

Gender Settings

When you first set up the watch, you must choose a sex. Most fitness and training algorithms are binary. For the most accurate results, Garmin recommends selecting your sex assigned at birth. After the initial setup, you can customize the profile settings in your Garmin Connect account.

Profile & Privacy: Enables you to customize the data on your public profile.

User Settings: Sets your sex. If you select Not Specified, the algorithms that require a binary input will use the sex you specified when you first set up the watch.

Calibrating the Compass

NOTICE

Calibrate the electronic compass outdoors. To improve heading accuracy, do not stand near objects that influence magnetic fields, such as vehicles, buildings, and overhead power lines.

Your device was already calibrated at the factory, and the device uses automatic calibration by default. If you experience irregular compass behavior, for example, after moving long distances or after extreme temperature changes, you can manually calibrate the compass.

1. Hold .
2. Select **Settings** > **Watch Sensors** > **Compass** > **Start Calibration**.
3. Follow the on-screen instructions.

Garmin Connect Settings

You can customize your watch settings, activity options, and user settings on your Garmin Connect account, using either the Garmin Connect app or the Garmin Connect website. Some settings can also be customized on your Lily 2 Active watch.

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

After customizing settings, you must sync your data to apply the changes to your watch (*Syncing Your Data with the Garmin Connect App*, page 32) (*Syncing Your Data with Your Computer*, page 32).

Garmin Connect User Profile Settings

From your Garmin Connect device menu, select User Profile.

VO2 Max: Allows you to see your current VO2 max. and when it was last updated (*Getting Your VO2 Max. Estimate*, page 31).

Fitness Age: Allows you to see your current fitness age (*Viewing Your Fitness Age*, page 31).

Display Name: Sets the display name used in your morning report and alerts (*Morning Report*, page 20).

Gender: Sets your sex (*Gender Settings*, page 42).

Birth Date: Set your birth date.

Height: Sets your height.

Weight: Sets your weight.

Wrist: Allows you to select which wrist you wear your watch on.

Sleep Schedule: Allows you to set your sleep schedule (*Sleep Tracking*, page 22).

Heart Rate Zones: Allows you to estimate your maximum heart rate and determine custom heart rate zones (*About Heart Rate Zones*, page 28).

Gender Settings

When you first set up the watch, you must choose a sex. Most fitness and training algorithms are binary. For the most accurate results, Garmin recommends selecting your sex assigned at birth. After the initial setup, you can customize the profile settings in your Garmin Connect account.

Profile & Privacy: Enables you to customize the data on your public profile.

User Settings: Sets your sex. If you select Not Specified, the algorithms that require a binary input will use the sex you specified when you first set up the watch.

Device Information

Charging the Watch

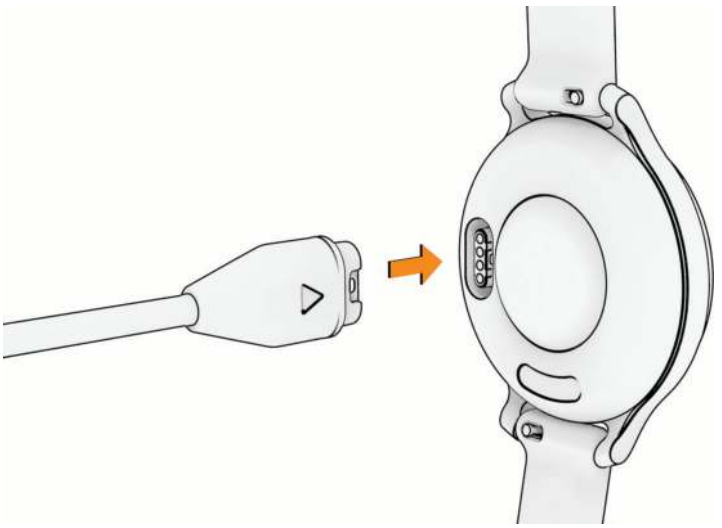
⚠ WARNING

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

NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions (*Cleaning the Watch*, page 43).

1 Plug the cable (▲ end) into the charging port on your watch.



2 Plug the other end of the cable into a USB-C® computer port or AC adapter (5 V minimum output power).
The watch displays the current battery charge level.

3 If necessary, go to buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.

4 Disconnect the watch after the battery charge level reaches 100%.

Device Care

NOTICE

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

Avoid pressing the buttons 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.

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 place in high temperature environments, such as a clothes dryer.

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

Cleaning the Watch

⚠ CAUTION

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

NOTICE

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

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

1. Rinse with water, or use a damp lint-free cloth.
2. Allow the watch to dry completely.

Cleaning the Leather Bands

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

Changing the Bands

The watch is compatible with 14 mm wide, standard, quick-release bands.

1 Slide the quick-release pin on the spring bar to remove the band.

2 Insert one side of the spring bar for the new band into the watch.

3 Slide the quick-release pin, and align the spring bar with the opposite side of the watch.

4 Repeat steps 1 through 3 to change the other band.

Viewing Device Information

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

1 Hold .

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 Hold .

2 Select **Settings** > **System** > **About**.

Product Updates

Your watch automatically checks for updates when connected using Bluetooth technology. On your computer, you can install Garmin Express (**garmin.com/express**). On your phone, you can install the Garmin Connect app.

This provides easy access to these services for Garmin devices:

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

Updating the Software Using the Garmin Connect App

Before you can update your watch software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the watch with a compatible phone (*Pairing Your Phone*, page 33).

Sync your watch with the Garmin Connect app (*Syncing Your Data with the Garmin Connect App*, page 32).

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

Updating the Software Using Garmin Express

Before you can update your watch software, you must download and install the Garmin Express application and add your watch (*Syncing Your Data with Your Computer*, page 32).

1. Connect the watch to your computer using the USB cable.
   When new software is available, the Garmin Express application sends it to your watch.
2. After the Garmin Express application finishes sending the update, disconnect the watch from your computer.
   Your watch installs the update.

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 9 days [1]
Operating temperature range	From -20º to 60ºC (from -4º to 140ºF)
Charging temperature range	From 0º to 45ºC (from 32º to 113ºF)
Wireless frequencies	2.4 GHz @ -1.3 dBm maximum 13.56 MHz @ -40 dBm maximum
Water rating	5 ATM[2]

Troubleshooting

Is my phone compatible with my watch?

The Lily 2 Active watch is compatible with phones using Bluetooth technology.

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

My phone will not connect to the watch

- Bring the watch within range of your phone.
- If your watch and phone are already paired, turn Bluetooth technology off on both devices, and turn it back on.
- If your watch and phone are not paired, enable Bluetooth technology on your phone.
- On your phone, open the Garmin Connect app, and select ••• > **Garmin Devices** > **Add Device** to enter pairing mode.
- On your watch, hold to view the menu, and select **Settings** > **System** > **Phone** > **Pair Phone** to enter pairing mode.
- Go to www.garmin.com/bluetoothtroubleshooting for additional troubleshooting steps.

Activity Tracking

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

[1] The battery life estimate is based on certain usage assumptions. For more information, go to www.garmin.com/lily2activebatterylifeassumptions.
[2] The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.

My step count does not seem accurate

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

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

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

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

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

1. Sync your step count with the Garmin Connect app (*Syncing Your Data with the Garmin Connect App*, page 32).
2. Wait while the watch syncs your data.

   Syncing can take several minutes.

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

My stress level does not appear

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

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

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

The heart rate on my watch is not accurate

For more information on your heart rate sensor, go to www.garmin.com/heartrate.

Maximizing Battery Life

- Decrease the screen brightness and timeout (*Customizing the Display Settings*, page 40).
- Reduce the vibration level (*System Settings*, page 40).
- Turn off wrist gestures (*Customizing the Display Settings*, page 40).
- In your phone notification center settings, limit the notifications that appear on your Lily 2 Active watch (*Managing Notifications*, page 33).
- Turn off smart notifications (*Enabling Bluetooth Notifications*, page 33).
- Turn off Bluetooth wireless technology when you are not using connected features (*Turning Off the Bluetooth Phone Connection*, page 34).
- Turn off pulse oximeter sleep tracking (*Turning On Pulse Oximeter Sleep Tracking*, page 30).
- Turn off wrist-based heart rate monitoring (*Wrist Heart Rate Monitor Settings*, page 28).

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

My watch display is difficult to see outside

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

My watch is in the wrong language

You can change the language selection if you have accidently selected the wrong language on the watch.

1. Hold to view the menu.
2. Scroll down to the last item in the list, and select it.
3. Scroll down to the last item in the list, and select it.
4. Scroll down to the fifth item in the list, and select it.
5. Select your language.

Restoring All Default Settings

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

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

Acquiring Satellite Signals

The watch may need a clear view of the sky to acquire satellite signals.

1. Go outdoors to an open area.

   The front of the watch should be oriented toward the sky.
2. Wait while the watch locates satellites.

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

Improving GPS Satellite Reception

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

  While connected to your Garmin 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.

Getting More Information

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

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

Device Service

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

Appendix

Activities List

The activities below are available on your Lily 2 Active watch.

NOTE: Make sure to update your watch software to get the latest activities (*Updating the Software Using the Garmin Connect App*, page 44, *Updating the Software Using Garmin Express*, page 45).

- *Customizing Activity Options*, page 11
- *Starting an Activity*, page 2

	Bike
	Bike Indoor
	Breathwork
	Cardio
	Dance Fitness
	Disc Golf
	Elliptical
	Golf
	HIIT
	Indoor Track
	Jump Rope
	Meditation
	Other
	Padel
	Pickleball
	Pilates
	Pool Swim
	Row
	Row Indoor
	Run
	Ski
	Snowboard
	Snowshoe

	Stair Stepper
	Strength
	SUP
	Tennis
	Treadmill
	Walk
	Walk Indoor
	XC Classic Ski
	Yoga

VO2 Max. Standard Ratings

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

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

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

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Wheel Size and Circumference

When used for cycling, 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 for cycling is marked on both sides of the tire. You can measure the circumference of your wheel or use one of the calculators available on the internet.