BILL'S HOME TECH
Home & Small Business Tech Solutions

BILL'S COMPLETE MANUALS

Google Pixel Watch

Setup, health features, safety features and fixes — explained in plain English, one step at a time

A plain-English guide for seniors and families

Take your time — you can't break it

Written for you by Bill — Bill's Home Tech

(330) 200-8042 · BillsHomeTech.com

For Pixel Watch 5, 4, 3 & earlier · facts current November 2026

What's Inside

This is your Google Pixel Watch manual. Read it in any order and at your own pace; there is no test, and you can't fall behind. It covers the Pixel Watch 5 (2026), the Pixel Watch 4 (2025), the Pixel Watch 3 (2024) and, where things are the same, the earlier models too. It also covers the two phone apps that go with the watch: the **Google Pixel Watch app** and the **Google Health app** (the app that used to be called Fitbit). Every feature comes with what it actually does *for you* and slow, step-by-step directions. One promise up front: this watch is a wellness helper, not a doctor, and this guide says so plainly wherever health comes up. Facts are current as of November 2026. Google updates the watch often, so if a screen on your watch looks slightly different, the idea is still the same.

Part 1 — Getting to Know Your Pixel Watch

1 A Note from Bill
2 Which Pixel Watch Is Which?
3 What It Costs (and What You Don't Need to Pay)
4 Android Only: The Phone You Need
5 What a Pixel Watch Can and Can't Tell You About Your Health

Part 2 — Setting It Up

6 Pairing with Your Android Phone
7 The Two Apps: Pixel Watch and Google Health
8 The Crown, the Button & Finding Your Way Around
9 Charging, Battery & Bands
10 Making It Easier to See & Hear

Part 3 — Using It Every Day

11 Notifications, Calls & Texts on Your Wrist
12 Gemini: Talking to Your Watch
13 Paying with Google Wallet
14 Finding Your Phone, Your Watch & Your Things
15 LTE: Leaving the Phone at Home

Part 4 — Health & Wellness

16 Steps, Walks & Daily Activity
17 Heart Rate
18 Sleep
19 The ECG App & Irregular Rhythm
20 Blood Pressure Trends & Google's Newer Health Features

Part 5 — Safety Features

21 Emergency Contacts & Medical Info: Set Them Up First
22 Fall Detection
23 Emergency SOS & Satellite SOS
24 Safety Check & Emergency Sharing
25 Loss of Pulse Detection

Part 6 — Keeping It Running

26 Google Health Premium: Do You Need It?
27 Fixes, Updates, Restarts & Resets
28 Pixel Watch Scams to Watch For

Part 7 — Help & Your Cheat-Sheet

29 When to Call Bill
30 Your Pixel Watch Cheat-Sheet

PART 1

Getting to Know Your Pixel Watch

Which Pixel Watch is which, what it costs, the phone you need, and an honest word about what a watch can and can't tell you about your health. Start here, before you buy or right after you open the box.

CHAPTER 1

A Note from Bill

Hello, and welcome. Maybe a Google Pixel Watch was a gift and it's still in its box on the counter. Maybe your family wants you to wear one because it can call for help after a hard fall. Or maybe you're shopping and wondering whether it will even work with your phone. Whoever you are, this guide is for **you**.

I'm Bill. Helping people feel at home with their technology is what I do every day, and I've written this guide the way I'd explain it sitting next to you at the kitchen table: plainly, patiently and without the jargon. When a word like "pairing" or "LTE" comes up, I'll stop and tell you what it means.

You can't break it by exploring

A Pixel Watch has a round screen, a dial on the side called the **crown**, one small button and a lot of screens you can swipe through. It's easy to feel you've pressed the wrong thing. You haven't done any harm. Swiping to the wrong screen, opening an app by accident or changing the watch face doesn't hurt anything. Every mistake can be undone, and Chapter 27 shows how to restart a watch that has stopped responding.

WHAT THIS DOES FOR YOU

Why this matters

A Pixel Watch can show who's calling before you dig out your phone, nudge you to keep moving, show how you slept, let you pay at the store with a tap of your wrist and, if you set it up, try to call for help after a hard fall. A little setup is all it takes to get there.

STAY SAFE

The most important thing in this guide

A Pixel Watch does **not diagnose anything**. Its heart rate, sleep, blood oxygen and other numbers are **estimates** to help you notice patterns, not medical results. Talk to your doctor about any reading that worries you, and before starting a new exercise program. In an emergency, **call 911** yourself if you can. Fall Detection and the other safety features are helpful backups, but they can miss a fall or an emergency. Chapter 5 explains all of this in plain English.

What's in this guide

- **Getting to know it**: the models, the prices, the Android phone you need and what a watch can and can't tell you (Part 1).
- **Setting it up**: pairing, the two phone apps, the buttons, charging, bands and making the screen easier to read (Part 2).
- **Everyday use**: notifications and calls, Gemini, Google Wallet, finding lost things and LTE (Part 3).
- **Health and wellness**: steps, heart rate, sleep, the ECG app and the newer health features (Part 4).
- **Safety**: Fall Detection, Emergency SOS, Safety Check and Loss of Pulse Detection (Part 5).
- **Keeping it running**: Google Health Premium, updates, restarts and scams (Part 6).

GOOD TO KNOW

Have a different watch or an iPhone?

The Pixel Watch works only with Android phones (Chapter 4). If you have an iPhone, an Apple Watch is the watch made for it. Bill's Home Tech also has separate manuals for **Garmin watches**, the **Samsung Galaxy Watch**, **Fitbit** and **Emergency SOS & Medical ID** on your phone.

And I'm only a phone call away

If you get stuck, you're never stuck alone. Call me at **(330) 200-8042**. No question is too small, and no one will make you feel silly for asking. Let's get that watch on your wrist.

— Bill

CHAPTER 2

Which Pixel Watch Is Which?

Google brings out a new Pixel Watch about once a year, usually in August alongside its new Pixel phones. They all look alike: a round, domed glass face with a crown on the side. The differences are mostly inside: battery life, brightness, speed and some newer health and safety features.

The models in plain English

Model	What to know
Pixel Watch 5 (2026)	The current model, announced in August 2026. Comes in two sizes, **41 mm** and **45 mm**, each with or without LTE. Runs Wear OS 7, can do some Gemini requests without an internet connection, and the LTE models have Satellite SOS.
Pixel Watch 4 (2025)	Last year's model. Also 41 mm and 45 mm. Introduced Satellite SOS on LTE models and a new charging dock. Still a very good watch.
Pixel Watch 3 (2024)	The first Pixel Watch with two sizes and the first with Loss of Pulse Detection (Chapter 25).
Pixel Watch and Pixel Watch 2 (2022, 2023)	The original, smaller 41 mm models. Many features in this guide work on them, but not the newest ones.

Two choices when you buy

1. **Size.** The 45 mm watch has a bigger screen and a bigger battery. The 41 mm watch is lighter and fits smaller wrists. If reading small text is hard, the 45 mm screen is worth a look.
2. **Wi-Fi or LTE.** The ordinary model (sometimes labeled Bluetooth / Wi-Fi) needs your phone nearby for calls, texts and emergency calls. The **LTE** model has its own cellular connection, like a tiny phone, so it can call and text with your phone left at home. LTE costs more to buy and needs a monthly plan from your carrier (Chapter 15).

TIP

Bill's short list

If you'll mostly wear the watch at home and around town with your phone in your pocket, the Wi-Fi model is fine. If you walk alone without your phone, or want the watch to call for help even when your phone is in another room, the **LTE** model is the safer choice.

WHAT THIS DOES FOR YOU

What this does for you

Knowing the difference between sizes and between Wi-Fi and LTE means you buy the watch that fits how you actually live, instead of paying for features you won't use or missing the one you need.

GOOD TO KNOW

Which one do I have?

Look on the box or your receipt, or open the Google Pixel Watch app on your phone: the watch's name is shown at the top. On the watch itself, the model is listed in **Settings** under **System**.

CHAPTER 3

What It Costs (and What You Don't Need to Pay)

The watch is a one-time purchase. After that, the everyday features are included. There are two optional monthly costs you may hear about: an LTE plan from your phone carrier, and Google Health Premium.

Model	Price, as of November 2026
Pixel Watch 5	From **$399.99** on the Google Store (41 mm, Wi-Fi), as of November 2026. The 45 mm and LTE models cost more. Sales are common, especially around the holidays.
Pixel Watch 4	Started $50 lower when it was new. Often still sold, sometimes at a discount, after the new model arrives.

Optional monthly costs

- **An LTE plan**, only if you buy an LTE watch and want it to work away from your phone. Carriers usually charge a monthly fee to add a watch to your phone plan; ask your carrier for the exact price (Chapter 15).
- **Google Health Premium** (the new name for Fitbit Premium) is **$9.99 a month** in the U.S., as of November 2026. It adds extras such as a Gemini-powered coach and deeper reports. You don't need it for anything in this guide except where Chapter 26 says so. New watches often come with a free trial.

HEADS UP

Trials turn into charges

If your watch came with a free trial of Google Health Premium, write down the date it ends. If you don't want to pay, cancel before then. Chapter 26 shows how.

SCAM ALERT

A price that looks too good usually is

A "Pixel Watch" for $39 in a social media ad or on an unfamiliar website is almost certainly a fake or a scam. Buy from the Google Store, your phone carrier or a well-known store, and keep the receipt for the warranty. Chapter 28 covers Pixel Watch scams.

CHAPTER 4

Android Only: The Phone You Need

This is the question to settle before anything else: a Pixel Watch needs an **Android phone**. It does not work with an iPhone. Google's own help page says iPhones are not supported.

What you need

- **An Android phone**, such as a Google Pixel, Samsung Galaxy or Motorola. It doesn't have to be a Pixel phone.
- **A recent version of Android.** Google lists Android 11 or newer for the Pixel Watch 4 (older watches need less). Newer watches may need a newer version, so check Google's compatibility page before you buy if your phone is several years old.
- **A Google Account**, the same email and password you use for Gmail or the Play Store on your phone.
- **The Google Pixel Watch app**, free from the Play Store. Setup starts there (Chapter 6).

How to check your Android version

1. On your phone, open **Settings** (the gear icon).
2. Scroll to the bottom and tap **About phone**.
3. Look for **Android version**. On some phones it's under **Software information**.

HEADS UP

Got an iPhone?

You may see apps or videos claiming to make a Pixel Watch work with an iPhone. Google doesn't support that, and important features may not work properly, including safety features. If you have an iPhone, choose a watch made for it.

WHAT THIS DOES FOR YOU

What this does for you

A two-minute check now saves the disappointment of opening a gift that can't connect, and the bother of a return.

CHAPTER 5

What a Pixel Watch Can and Can't Tell You About Your Health

Before we look at a single health feature, I want to set the ground rules honestly, the way I'd want them set for my own family. A Pixel Watch can be a genuinely helpful companion for staying active and paying attention to your sleep. It is **not a doctor**, and nothing it shows you is a diagnosis.

What the numbers are

- Heart rate, sleep, blood oxygen, stress and readiness numbers are **estimates** made from light sensors on the back of the watch and its motion sensors.
- Readings can be thrown off by a loose band, tattoos, cold hands, an unusual sleeping position or simply moving around.
- A trend over weeks tells you more than any single number. A reading is a **starting point for a conversation** with your doctor, never the final word.

The features with medical clearance

A few Pixel Watch features have been reviewed by the U.S. Food and Drug Administration (FDA), such as the ECG app (Chapter 19) and Loss of Pulse Detection (Chapter 25). Even these have limits. Google says only a doctor can diagnose atrial fibrillation (AFib), and that Loss of Pulse Detection won't catch every event. Neither is meant for people under 22.

STAY SAFE

If something feels wrong, don't look at your watch: get help

If you have chest pain, trouble breathing, sudden weakness, numbness, confusion or you simply feel that something is seriously wrong, **call 911**, no matter what your watch says. A normal reading has *not* ruled anything out. Your body and your doctor outrank any gadget, every time.

Talk to your doctor

- **Before starting a new exercise program**, especially if you have a heart condition, take medicines that affect your heart rate, or haven't been active for a while.
- **About any reading that worries you**, or a pattern that keeps repeating. The Google Health app keeps a history you can show them on your phone.

- **Before changing any medicine or treatment** because of something your watch said. Never do that on the watch's say-so.

HEADS UP

Safety features are a backup, not a medical alert service

Fall Detection, Emergency SOS and Loss of Pulse Detection (Part 5) can call emergency services, but only if they're turned on, the watch is on your wrist and charged, and it has a connection through your phone or its own LTE. Google says Fall Detection may not detect all falls. If you live alone or have had falls, talk with your doctor and family about a dedicated medical alert service as well.

WHAT THIS DOES FOR YOU

What this does for you

Knowing what the watch can and can't do lets you enjoy the useful nudges without either ignoring real symptoms or worrying over a number that doesn't mean what it seems to.

PART 2

Setting It Up

Pairing the watch with your phone, the two apps that go with it, the crown and the screen, charging, bands, and making everything easier to read.

CHAPTER 6

Pairing with Your Android Phone

Pairing means introducing the watch and your phone to each other so they can talk over Bluetooth, the short-range wireless link they use. You do it once, from the Google Pixel Watch app. Set aside about half an hour, sit near your Wi-Fi router, and have your Google Account password handy.

Before you start

- Charge the watch for a while first. Setup and the first update can take a good part of the battery.
- Make sure your phone is connected to Wi-Fi and that **Bluetooth** and **Location** are turned on.
- Install the free **Google Pixel Watch** app from the Play Store. On many newer phones a pop-up appears offering to set up the watch as soon as it's nearby; you can tap that instead.

Step by step

1. Turn the watch on by pressing and holding the **crown** (the dial on the side) until the Google "G" appears.
2. Put the watch on its charger if the battery is low, and keep it close to your phone.
3. Open the **Google Pixel Watch** app on your phone and tap to set up a new watch.
4. Follow the screens. When asked, confirm that the code on the watch matches the code on your phone.
5. Sign in with your Google Account and agree to the terms. Choose which permissions to allow; notifications, contacts and location are needed for the most useful features.
6. When offered, add the watch to **Find Hub**, Google's service for finding lost devices (Chapter 14).
7. Set a **screen lock** (a PIN or pattern) when asked. Google Wallet needs one (Chapter 13).
8. Let the watch install its updates. Keep it on the charger and near the phone until it's done; this can take a while.
9. When setup asks about the **Google Health** app, install it and sign in with the same Google Account.

TIP

Take your time on the permissions screens

It's fine to say yes to notifications, contacts and location for the watch; they're what make calls, texts, Find Hub and the safety features work. You can change any of these later in your phone's settings.

HEADS UP

Pair from the app, not from Bluetooth settings

Don't try to connect the watch from your phone's Bluetooth menu. Always set it up from the Google Pixel Watch app. If you got a used watch, it must be reset and you must become its owner before it will pair with your phone and Find Hub.

WHAT THIS DOES FOR YOU

What this does for you

One careful setup session is all it takes. After that, the watch reconnects to your phone by itself every time they're near each other.

CHAPTER 7

The Two Apps: Pixel Watch and Google Health

Two free apps on your phone work with the watch. It helps to know which does what, so you know where to look.

App	What it's for
Google Pixel Watch app	The watch's control room: watch faces, notifications, safety settings, apps, updates, and resetting or unpairing the watch.
Google Health app	Your health and fitness history: steps, heart rate, sleep, workouts, the ECG app and other health reports. This is the app that used to be called **Fitbit**.

Fitbit is now Google Health

In May 2026 Google renamed the Fitbit app **Google Health** and redesigned it. The same app serves Pixel Watch and Fitbit owners. If you have a Pixel Watch or Fitbit, the app is arranged in four tabs along the bottom: **Today**, **Fitness**, **Sleep** and **Health**. One small rename to know: what used to be called "Cardio Fitness Score" is now shown as **VO2 max**, a measure of how well your body uses oxygen during exercise.

GOOD TO KNOW

Old Fitbit login?

Google required people who still signed in with an old Fitbit email and password to move to a Google Account by July 2026. If you never did and your history seems to be missing, call Google support through support.google.com, or give me a call and we'll look together.

Finding things in the Google Health app

- **Today**: a summary of the day so far: steps, activity and how you slept.
- **Fitness**: your workouts, walks and exercise trends.
- **Sleep**: your nights, in detail.
- **Health**: heart rate, the ECG app and other health readings and reports.

WHAT THIS DOES FOR YOU

What this does for you

Knowing that settings live in the Pixel Watch app and numbers live in Google Health saves you a lot of hunting. When a family member asks "where do I see that?", you'll know.

CHAPTER 8

The Crown, the Button & Finding Your Way Around

Everything on a Pixel Watch is done with the touchscreen, the **crown** (the round dial on the side) and the small flat **side button** next to it. Here's the map.

Do this	What happens
Press the crown	From the watch face, opens the list of apps. Press again to go back to the watch face.
Turn the crown	Scrolls up and down through lists, without covering the screen with your finger.
Press the crown 5 times quickly	Starts Emergency SOS (Chapter 23).
Press and hold the side button	Talks to Gemini, Google's assistant (Chapter 12).
Swipe down from the top	Quick settings: brightness, Do Not Disturb, Find my phone, the Settings gear.
Swipe up from the bottom	Your notifications.
Swipe left or right	Tiles: small screens showing weather, heart rate, steps, timers and more.

Changing the watch face

1. Touch and hold the middle of the watch face until it shrinks.
2. Swipe left or right to see other faces. Tap one to choose it.
3. To change what a face shows, tap **Customize** (or the pencil) and pick colors and the small extras called complications.
4. For easy reading, choose a face with large, plain numbers and high contrast. You can also do all of this from the Google Pixel Watch app, on your phone's bigger screen.

TIP

Wrist up, screen on

The screen wakes when you raise your wrist or tap it. If it keeps turning off before you've finished reading, look under **Settings** > **Display** on the watch for the screen timeout and the always-on display.

WHAT THIS DOES FOR YOU

What this does for you

Once you know the four swipes and the crown, the watch stops feeling like a puzzle. Everything else in this guide starts from one of these moves.

CHAPTER 9

Charging, Battery & Bands

Most people charge a Pixel Watch once a day or so. A simple routine, such as charging it while you shower and dress, keeps it ready, including for the safety features that only work while it's on your wrist.

How long it lasts

Google rates the **45 mm Pixel Watch 5** at up to **40 hours** with the always-on display, and up to **72 hours** in Battery Saver mode. The 41 mm watch lasts somewhat less, and older models less again. Real life varies: LTE, GPS walks, a bright screen and lots of notifications use more.

Charging

1. Plug the charger that came with your watch into a USB wall adapter.
2. Set the watch on its charger. Magnets line it up; the screen shows a charging symbol.
3. On the Pixel Watch 5 45 mm, Google says about **15 minutes** on its quick-charge dock reaches about **50%**, so a short top-up in the morning goes a long way.

TIP

Keep each charger with its watch

Each Pixel Watch generation's charger is made for that watch. If the family has more than one Pixel Watch, keep each charger with its own watch so nobody grabs the wrong one.

HEADS UP

Water and the charger

The Pixel Watch 5 is water resistant (5 ATM and IP68), fine for hand-washing, rain and swimming in a pool. Dry the watch before you charge it, and rinse it with fresh water after salt water or soap.

Bands

Pixel Watch bands click into the sides of the watch. On the back of the watch, near each end of the band, there's a small release button.

1. Turn the watch over on a soft cloth.

2. Press and hold the band release button on the back of the watch.
3. Slide the band out sideways while holding the button.
4. Slide the new band in until it clicks. Tug gently to make sure it's locked.

TIP

Snug for health readings, loose for comfort

For heart rate and sleep readings, wear the watch about a finger's width above your wrist bone, snug but comfortable. Bands come in sizes; a stretchy or hook-and-loop band is easiest for stiff fingers. Check that a band fits your model and size before buying.

WHAT THIS DOES FOR YOU

What this does for you

A charged watch on a comfortable band is a watch you'll actually wear, and the safety features can only help when it's on your wrist.

CHAPTER 10

Making It Easier to See & Hear

A watch screen is small. Google has built in several settings that make it easier to use. Most are in **Settings** > **Accessibility** on the watch, and many can also be changed in the Google Pixel Watch app.

Bigger text

1. On the watch, swipe down from the top and tap the **Settings** gear.
2. Tap **Accessibility** > **Font size**.
3. Use the plus button or the slider to make text larger.

Zoom in on anything

1. Go to **Settings** > **Accessibility** > **Magnification** and turn it on.
2. When zoomed in, drag with two fingers to move around, and pinch to zoom in or out.

Have the watch read the screen aloud

TalkBack is a screen reader for people with low vision: it speaks what's on the screen. Turn it on in **Settings** > **Accessibility** > **TalkBack**, or in the Google Pixel Watch app. You can adjust how fast it speaks and how much it says. TalkBack changes how touch works (you tap once to hear an item and double-tap to choose it), so practice with someone nearby the first time.

TIP

Two more helpers

A watch face with big, plain numbers (Chapter 8) and a higher screen brightness under **Settings** > **Display** make a big difference for many people. Vibration strength for notifications can help if you don't always feel the buzz.

WHAT THIS DOES FOR YOU

What this does for you

These settings turn a watch you squint at into one you can read at a glance, without reading glasses.

PART 3

Using It Every Day

Notifications, calls and texts on your wrist, talking to Gemini, paying with Google Wallet, finding lost things, and what LTE means.

CHAPTER 11

Notifications, Calls & Texts on Your Wrist

A **notification** is the little alert your phone shows when a text, email or reminder arrives. Once paired, the Pixel Watch shows those same alerts on your wrist with a gentle buzz, so you can glance at your wrist instead of hunting for your phone.

Reading and clearing notifications

1. When the watch buzzes, raise your wrist. The notification appears on the screen.
2. To see all your notifications later, swipe up from the bottom of the watch face.
3. Tap a notification to read all of it. Swipe it away to clear it.
4. Clearing it on the watch usually clears it on the phone too.

Choosing which apps can buzz you

Too many buzzes and you'll start ignoring them. Open the **Google Pixel Watch** app on your phone, tap **Notifications**, and turn off the apps you don't need on your wrist. Many people keep calls, texts, calendar and their family's messaging app, and turn off shopping and news.

Answering a call

- When a call comes in, the caller's name appears. Tap the green button to answer and talk through the watch's speaker and microphone, or the red button to decline.
- On a Wi-Fi model, calls come through your phone, so the phone needs to be nearby.
- To make a call, open the **Phone** app on the watch, or ask Gemini: "Call my daughter" (Chapter 12).

Replying to a text

- Tap the text, then tap reply. Choose a ready-made quick reply, speak your answer, or tap the keyboard.
- Speaking is usually easiest: talk normally, then check the words before you send.

TIP

Quiet time

Swipe down from the top and tap the **Do Not Disturb** icon (a crescent moon) to silence the buzzes during a nap or at church. Tap it again to turn buzzes back on. Bedtime mode silences the watch and dims the screen overnight.

HEADS UP

Don't trust a link just because it's on your wrist

Scam texts look exactly the same on a watch as on a phone. Never act on a text claiming a package problem, a bank lock or an unpaid toll from your wrist. Look at it on your phone, and when in doubt, don't tap.

WHAT THIS DOES FOR YOU

What this does for you

You see who's calling or texting with a glance, so you don't miss the grandkids because the phone was in the other room, and you don't have to keep checking it either.

CHAPTER 12

Gemini: Talking to Your Watch

Gemini is Google's assistant. You talk to it like a person, and it answers or does things for you: sets a timer, starts a walk, sends a text, reminds you to take your pills at 8 tonight, or tells you the weather. On a small screen, speaking is often the easiest way to get things done.

Three ways to start Gemini

1. **Press and hold the side button** (the small flat button beside the crown), then speak.
2. Say **"Hey Google"** while the watch screen is on.
3. On the **Pixel Watch 4 and 5**: just raise your wrist close to your mouth and speak. A small glow at the bottom of the screen shows it's listening. Turn this on in **Settings** > **Gestures** > **Raise to talk**.

Things to try

- "Set a timer for 20 minutes."
- "Remind me to take my evening pills at 8 PM."
- "Text my son: I'm home."
- "Start a walk."
- "What's the weather tomorrow?"

GOOD TO KNOW

Without an internet connection

Gemini usually needs your phone or Wi-Fi to answer. On the Pixel Watch 5, Google says core actions such as timers, alarms and starting workouts work even when the watch is completely offline.

HEADS UP

Gemini can be wrong

Gemini is helpful, but it can misunderstand or give a confident wrong answer. Don't rely on it for medical, medicine or money decisions. For a medicine question, ask your pharmacist or doctor.

WHAT THIS DOES FOR YOU

What this does for you

Instead of poking at tiny buttons, you just say what you want. That's especially handy with your hands full, or when small text is hard to read.

CHAPTER 13

Paying with Google Wallet

Google Wallet lets you pay at the checkout by holding your watch near the card reader, the same way you'd tap a contactless card. It works wherever you see the contactless symbol (four curved lines), if your bank supports Google Wallet.

Setting it up

1. Make sure the watch has a **screen lock** (a PIN or pattern). Google requires one before you can add a card. You set it during setup or in **Settings** > **Security** > **Screen lock**.
2. On the watch, open the **Google Wallet** app and tap **Get started**.
3. Follow the steps on your phone to add a card. Your bank may send a code to confirm it's really you.

Paying

1. **Double-press the crown.** Your default card appears.
2. Hold the watch face near the card reader until you feel a buzz or hear a beep.
3. With a debit card, the store's machine may ask for your bank PIN, as it would with the card.

GOOD TO KNOW

Pay without unlocking

On the Pixel Watch 2 and newer, you can turn on **express pay** in the Google Pixel Watch app so the watch pays without asking for its PIN first, while it's on your wrist.

HEADS UP

Removing the screen lock deletes your cards

For your security, if you ever turn off the watch's screen lock, Google removes the cards from Wallet on the watch. You'd need to set a lock again and add them again. Write your watch PIN down somewhere safe at home (the cheat-sheet in Chapter 30 has a spot for a hint).

SCAM ALERT

Nobody needs your Wallet code

A bank, Google or "the Wallet team" will never call or text asking for the verification code they just sent you. If someone asks for it, hang up. That code lets a scammer add your card to *their* phone.

WHAT THIS DOES FOR YOU

What this does for you

On a walk or at the coffee shop, you can leave your wallet at home and still pay, with your card number kept hidden from the store.

CHAPTER 14

Finding Your Phone, Your Watch & Your Things

Misplacing things happens to all of us. Your Pixel Watch can ring a lost phone, and Google's **Find Hub** (the service that used to be called Find My Device) can help you find a lost watch and other belongings.

Ring your phone from your watch

1. Make sure your phone is turned on and connected to the watch.
2. On the watch, swipe down from the top of the watch face.
3. Tap **Find my phone** (the phone icon with sound waves).
4. Your phone rings, even if it's set to silent or vibrate. Follow the sound.

Find Hub on your wrist

Since an update in March 2026, the Pixel Watch has a **Find Hub** app. Open it from the app list (press the crown). It lists your Google devices, earbuds that support it, and tracker tags. Tap one to **Play sound**, see it on a map or **Mark as lost**.

If you lose the watch

1. On your phone, open the **Find Hub** app.
2. Choose your watch. You'll see its last known location on a map.
3. If it's nearby and connected to your phone, tap **Play sound**. The sound starts quietly and gets louder over about 20 seconds.

> **TIP**
>
> **Set it up before you need it**
>
> Finding a lost watch works best if you added it to Find Hub during setup and left location turned on. If you're not sure, open Find Hub on your phone now and check that the watch is listed.

WHAT THIS DOES FOR YOU

What this does for you

No more patting every pocket and lifting every cushion. A tap on your wrist makes the phone call out to you.

CHAPTER 15

LTE: Leaving the Phone at Home

LTE is the kind of cellular connection phones use. An LTE Pixel Watch has its own connection, so it can make calls, send texts and call for help when your phone is at home or out of range. A Wi-Fi model relies on your phone being nearby, or on Wi-Fi.

Getting LTE working

1. Buy the **LTE** version of the watch. The Wi-Fi version can't be upgraded later.
2. Contact your phone carrier and ask to add the watch to your plan. Most carriers charge a monthly fee for a watch line; ask for the exact price before you agree.
3. Follow the carrier's steps in the Google Pixel Watch app to activate the watch's service.
4. Test it: leave your phone in another room, turn off its Bluetooth for a minute, and send a text from the watch.

GOOD TO KNOW

Satellite SOS on LTE models

The LTE **Pixel Watch 4 and 5** can reach emergency services by satellite when there's no cell signal, for example on a country road or a hiking trail, in the contiguous United States. Google says you don't need an active cellular plan for Satellite SOS, and it was free at launch. It's for emergencies only, not for everyday texts. Chapter 23 explains it.

TIP

Is LTE worth it for you?

For many people, yes, as a safety feature: Fall Detection and Emergency SOS can place a call even if you fall in the garden while your phone is in the kitchen. If you're never more than a room away from your phone, the Wi-Fi model may be enough.

HEADS UP

LTE uses more battery

When the watch is away from your phone and using LTE, the battery runs down faster. On a long day out, start with a full charge.

WHAT THIS DOES FOR YOU

What this does for you

LTE lets you walk the dog, garden or go to the pool with just the watch, and still be reachable, and able to reach help.

PART 4

Health & Wellness

Steps, heart rate, sleep, the ECG app and Google's newer health features, explained honestly. Remember: these are estimates to talk over with your doctor, not a diagnosis.

CHAPTER 16

Steps, Walks & Daily Activity

The simplest health feature is often the most useful: the watch counts your steps and active minutes, and gently reminds you to get up and move.

Seeing today's steps

- On the watch: swipe left or right from the watch face to the steps or activity tile, or pick a watch face that shows steps.
- On your phone: open the **Google Health** app and look at the **Today** tab.

Recording a walk

1. Press the crown and open the **Exercise** app, or say to Gemini, "Start a walk."
2. Choose **Walk** (or another activity) and tap start. Outdoors, give the watch a moment to find its GPS location if it asks.
3. Walk as usual. Glance at the watch for time, distance and heart rate.
4. When you're done, pause, then end the workout. It's saved to the **Fitness** tab in Google Health.

TIP

Set a goal that suits you

You don't have to aim for 10,000 steps. In the Google Health app you can change your daily goal to something that fits your life and your doctor's advice, then raise it slowly.

STAY SAFE

Talk to your doctor first

Before starting a new exercise routine, especially if you have a heart condition, joint problems or balance concerns, talk to your doctor. Step counts and active minutes are estimates, and a watch can't tell you what's safe for your body.

WHAT THIS DOES FOR YOU

What this does for you

Seeing your steps add up is a gentle, encouraging reason to take the long way round the block, and a simple record to share at your next checkup.

CHAPTER 17

Heart Rate

The green lights on the back of the watch measure your pulse through your skin, all day and night. You see your current heart rate, your resting heart rate (your pulse when you're calm and still, usually measured overnight) and how it changes during exercise.

Where to look

- On the watch: swipe to the **heart rate** tile, or open the Fitbit or heart rate app from the app list.
- On your phone: the **Health** tab of the Google Health app shows your history over days and weeks.

High and low heart rate notifications

The watch can notify you if your heart rate stays unusually high or low while you seem to be resting. Look for heart rate notifications in the Google Health app's settings for your watch. Ask your doctor what numbers make sense for you, especially if you take medicines such as beta blockers that change your heart rate.

STAY SAFE

A notification is not a diagnosis

A high or low heart rate notification is a reason to pay attention and, if it keeps happening, to call your doctor. It doesn't mean something is definitely wrong, and no notification doesn't mean everything is fine. If you feel unwell, faint, short of breath or have chest pain, call 911.

TIP

Getting a better reading

Wear the watch snug, a finger's width above your wrist bone. Cold hands, a loose band and lots of arm movement can throw readings off.

WHAT THIS DOES FOR YOU

What this does for you

A record of your resting heart rate over months gives you and your doctor something concrete to look at, instead of trying to remember how you've felt.

CHAPTER 18

Sleep

Wear the watch to bed and it estimates how long you slept, how often you woke, and how much time you spent in the different stages of sleep (light, deep and REM, the dreaming stage).

Seeing how you slept

1. Wear the watch overnight with enough charge (charging it in the evening while you read works well).
2. In the morning, open the **Google Health** app and tap the **Sleep** tab.
3. Look at the total time and the pattern over the week, rather than worrying about one night.

TIP

Bedtime mode

Turning on Bedtime mode (from the quick settings when you swipe down) keeps the screen dark and the watch quiet overnight, so it doesn't light up when you roll over.

STAY SAFE

The watch doesn't diagnose sleep problems

If you snore loudly, wake up gasping, feel exhausted during the day or have trouble sleeping most nights, talk to your doctor. Only a doctor, often with a proper sleep study, can diagnose conditions like sleep apnea. The watch's sleep numbers are estimates.

WHAT THIS DOES FOR YOU

What this does for you

Seeing your sleep over a few weeks can show what helps, like an earlier bedtime or less late coffee, and gives you something specific to tell your doctor.

CHAPTER 19

The ECG App & Irregular Rhythm

An **ECG** (electrocardiogram, sometimes called an EKG) records the electrical signals of your heartbeat. The **ECG app** on the Pixel Watch (it used to be called the Fitbit ECG app) takes a short reading when you ask it to and checks for signs of **atrial fibrillation** (AFib), a common type of irregular heartbeat.

Taking a reading

1. The first time, set up the ECG app from the **Health** tab in the Google Health app on your phone, and read the instructions it shows.
2. Sit down and rest your arm on a table. Stay still and relaxed.
3. On the watch, open the **ECG** app from the app list.
4. Hold your fingertip on the crown, as the screen shows, until the reading finishes. Don't talk or move.
5. Read the result on the watch. The full reading is saved in Google Health, where you can share it as a file with your doctor.

What the results mean

- The app looks for **signs of AFib** or a normal rhythm. Sometimes it can't tell and says so; try again, sitting still.
- Google says only a doctor can diagnose AFib. A result is information to share with your doctor.
- The app is intended for adults **22 and older**.

Irregular rhythm notifications

Separately from the ECG app, Google offers **Irregular Rhythm Notifications**, which watch for signs of an irregular rhythm in the background and alert you. Google lists them as a separate feature from Loss of Pulse Detection. If your watch and country offer them, you'll find them in the Health tab of the Google Health app.

STAY SAFE

What the ECG app can't do

The ECG app **cannot detect a heart attack**, a stroke, blood clots or other heart conditions. If you have chest pain, pressure, shortness of breath, sudden weakness or think you're having a heart attack or stroke, **call 911**. Don't stop to take an ECG first.

WHAT THIS DOES FOR YOU

What this does for you

If you sometimes feel your heart flutter, you can record what's happening at that moment and show your doctor the actual reading, instead of trying to describe it later.

CHAPTER 20

Blood Pressure Trends & Google's Newer Health Features

Google keeps adding health features through updates. Here's an honest summary of the newer ones, as of November 2026. Some are only in certain countries, and some are reports rather than readings.

Blood pressure trends

In September 2026 Google began rolling out **blood pressure trends** for the Pixel Watch 3, 4 and 5, set up in the Google Health app, as part of features Google calls Health Guardian. As reported at launch, these are **monthly trend reports**, not blood pressure readings, and the watch does **not** replace a blood pressure cuff. Google has not announced FDA clearance for this feature.

STAY SAFE

Keep using your cuff

If your doctor has asked you to check your blood pressure, keep using your home blood pressure monitor and write down the numbers. Don't change any medicine based on a watch report. Bill's Home Tech has a separate manual for Omron blood pressure monitors.

Breathing Emergency Detection

With the Pixel Watch 5, Google announced **Breathing Emergency Detection**, which is meant to call emergency services if it detects a breathing emergency and you don't respond. Google said it would launch first in Europe and that it has not been cleared by the FDA. As far as Google has announced, it isn't available in the U.S. as of November 2026.

GOOD TO KNOW

Features change by update

Google often adds health features in software updates, and many arrive in some countries first. If a family member reads about a new feature, look in the Google Health app (or ask me) rather than assuming your watch has it yet.

WHAT THIS DOES FOR YOU

What this does for you

Knowing what the newest features really do keeps you from relying on something that isn't there yet, and lets you use the parts that are, as conversation starters with your doctor.

PART 5

Safety Features

Emergency contacts, Fall Detection, Emergency SOS, Safety Check and Loss of Pulse Detection: what they do, how to turn them on, and their honest limits.

CHAPTER 21

Emergency Contacts & Medical Info: Set Them Up First

Several safety features share your location with, or call, the people you choose. They can only do that if you've told the watch who those people are. This takes ten minutes and is the single most useful thing you can set up.

Adding emergency contacts

1. On your phone, open the **Google Pixel Watch** app and tap **Safety & emergency**.
2. Follow the link to the **Personal Safety** settings, where emergency contacts are kept.
3. Tap to add an emergency contact and choose someone from your contacts.
4. Add two or three people who usually answer their phone, and let them know you've added them.

Medical information

In the same Personal Safety settings, you can add medical information such as allergies, medicines, blood type and conditions. Keep it short and current. Bill's Home Tech's **Emergency SOS & Medical ID** manual covers this on your phone in more detail.

TIP

Tell your contacts what to expect

Let your emergency contacts know they might get a text with your location from your watch, and what you'd like them to do: call you first, call a neighbor, or call 911.

WHAT THIS DOES FOR YOU

What this does for you

With contacts set up, the watch can share your live location with family if something goes wrong. Without them, several of the safety features in this part simply can't help.

CHAPTER 22

Fall Detection

Fall Detection uses the watch's motion sensors to recognize a hard fall. If it thinks you've fallen and you don't respond, it tries to call emergency services for you.

What happens after a hard fall

1. The watch vibrates, sounds an alarm and asks whether you're OK.
2. Tap **I'm OK** if you're fine. Tap **I fell & need help** to call emergency services right away.
3. If you don't respond, the watch tries to call emergency services and plays an automated message asking for help at your location. If you can, speak to the operator yourself.

Turning it on

1. On your phone, open the **Google Pixel Watch** app and tap **Safety & emergency**.
2. Tap **Fall detection** and turn it on. Allow location access so responders can be told where you are.
3. Or, on the watch: **Settings** > **Safety & emergency** > **Fall detection**.

STAY SAFE

Fall Detection can miss a fall

Google says Fall Detection **may not detect all falls**. A slow slide to the floor, or a fall while the watch isn't on your wrist or is out of battery, may not set it off. It also needs a connection: on a Wi-Fi model, your phone must be nearby to place the call. If you've fallen and can, call 911 yourself or use Emergency SOS (Chapter 23). If you live alone or have had falls, talk with your doctor and family about a medical alert service too.

TIP

Wear it around the house

Many falls happen at home: in the bathroom, on the stairs, getting out of bed. The watch can only help if it's on your wrist, so charge it at a time you're up and about, not overnight if you get up in the night.

GOOD TO KNOW

False alarms happen

A hard clap, a slip that you catch or dropping onto the sofa can occasionally set it off. Just tap **I'm OK**. It's better than turning the feature off.

WHAT THIS DOES FOR YOU

What this does for you

If you take a hard fall and can't get to a phone, the watch can try to call for help on its own. For many families, that's the main reason to have one.

CHAPTER 23

Emergency SOS & Satellite SOS

Emergency SOS lets you call for help by pressing the crown quickly five times, useful when you can't find your phone or can't use the touchscreen easily.

Calling for help

1. Press the crown **5 times quickly**.
2. The Emergency SOS screen appears. Touch and hold the screen for **3 seconds** to start the call. (If you don't, the screen closes by itself after about 20 seconds, so accidental presses don't call anyone.)
3. Speak to the operator. Tell them where you are and what's wrong.

Setting it up

1. On the watch, open **Settings** > **Safety & emergency** > **Emergency SOS** and make sure it's on. You can also do this in the Google Pixel Watch app.
2. Under **Ways to start SOS**, you can choose whether it waits for the touch and hold, or calls automatically after a 5-second countdown.
3. You can also choose whether SOS calls emergency services or one of your emergency contacts.

> **TIP**
>
> **Practice the gesture, not the call**
>
> Try pressing the crown five times so you know how it feels, then simply let the screen close without touching and holding. If you ever call 911 by accident, stay on the line and tell them it was a mistake.

Satellite SOS

On the **LTE** Pixel Watch 4 and Pixel Watch 5, if there's no cell signal at all, the watch can connect to emergency services through a satellite. It works in the contiguous United States, outdoors with a clear view of the sky, and Google says no active cellular plan is needed. It's for emergencies only, not everyday messages. It was free at launch; Google hasn't said what it will cost later.

WHAT THIS DOES FOR YOU

What this does for you

Five quick presses work even if your hands are shaky or your glasses are across the room, and the extra touch-and-hold step keeps it from calling by accident.

CHAPTER 24

Safety Check & Emergency Sharing

Two related features keep family in the loop. **Safety Check** is a check-in timer: you tell the watch how long you'll be out, and if you don't check in when the time's up, it shares your location with your emergency contacts. **Emergency Sharing** sends your live location to your emergency contacts.

Using Safety Check

1. Make sure you've added emergency contacts (Chapter 21).
2. On the watch, open the **Personal Safety** app (or **Safety Check**) and start a Safety Check. Choose how long you'll be out.
3. When the time is up, the watch asks if you're OK. You get **60 seconds** to respond before Emergency Sharing begins.
4. Back safely? Tap to end the Safety Check. If you need help while it's running, you can start Emergency Sharing or call 911 from the same screen.

TIP

Good times to use it

A walk on your own, a first date, a drive on an unfamiliar road, or a trip to the store when nobody knows you've gone out. When you get back, end the check so nobody gets a needless alert.

WHAT THIS DOES FOR YOU

What this does for you

You can go out on your own and still know that, if something keeps you from checking in, the people you trust will be told where you are, without anyone having to track you all day.

CHAPTER 25

Loss of Pulse Detection

Loss of Pulse Detection is a newer safety feature on the Pixel Watch 3 and later. It watches for a sudden loss of pulse, which can happen in a cardiac arrest or similar emergency. If it detects one and you don't respond, it calls emergency services. It received FDA clearance in the U.S. in 2025.

How it works

1. The watch combines its heart rate sensor with its motion sensors to look for a loss of pulse.
2. If it finds none, it checks for other signs and asks whether you're OK.
3. If you don't respond, it sounds an alarm and starts a short countdown.
4. If the countdown isn't stopped, the LTE watch or your nearby phone calls emergency services with an automated message saying no pulse was detected, and shares your location.

Turning it on

1. Open the **Google Pixel Watch** app on your phone and tap **Safety & emergency**.
2. Tap **Loss of Pulse Detection** and follow the setup, including the short tutorial.
3. Keep the watch and the Pixel Watch app updated.

STAY SAFE

Important limits

Google says Loss of Pulse Detection **won't catch every event**, and it isn't meant for people with known heart conditions who need cardiac monitoring, or for anyone under 22. It isn't a substitute for your doctor's care. If you feel unwell, call 911.

WHAT THIS DOES FOR YOU

What this does for you

In the rare, frightening moment when someone can't call for themselves, the watch can try to call for them.

PART 6

Keeping It Running

Whether you need Google Health Premium, fixing a watch that won't connect, updates, restarts and resets, and the scams to watch for.

CHAPTER 26

Google Health Premium: Do You Need It?

Google Health Premium is Google's optional health subscription. It used to be called Fitbit Premium. Your watch's everyday features, including steps, heart rate, sleep, the ECG app and all the safety features in Part 5, work without it.

	Google Health Premium
Price	**$9.99 a month** in the U.S., as of November 2026. An annual option is also offered.
What it adds	A Gemini-powered personal health coach, more detailed sleep and fitness insights, and workout plans that adjust as you go.
Also included with	Google's AI Pro and AI Ultra subscriptions in many countries, so check before paying twice.

Checking or canceling a subscription

1. On your Android phone, open the **Play Store** app.
2. Tap your profile picture (top right), then **Payments & subscriptions** > **Subscriptions**.
3. Tap **Google Health Premium** to see when it renews, and tap **Cancel subscription** if you don't want it.
4. If you signed up some other way, look in the Google Health app's settings under your profile.

TIP

Try it, then decide

If your new watch came with a free trial, use it for a few weeks. If you find you never open the coach or the extra reports, cancel before the trial ends. You'll keep all your history.

WHAT THIS DOES FOR YOU

What this does for you

Knowing exactly what the subscription adds lets you decide with a clear head, instead of paying about $10 a month for something you don't use.

CHAPTER 27

Fixes, Updates, Restarts & Resets

Most problems with a Pixel Watch, such as notifications stopping, the watch not connecting to the phone or an app freezing, are fixed by the same few steps. Try them in order and stop when it's fixed.

When the watch won't connect or notifications stop

1. Check the watch has charge, and that the phone's **Bluetooth** is on and the phone is nearby.
2. Open the **Google Pixel Watch** app on the phone; it often reconnects by itself.
3. Update the Google Pixel Watch app and the Google Health app in the Play Store.
4. Restart the phone, then restart the watch (below).
5. If your phone has battery-saving settings for apps, make sure the Pixel Watch app isn't restricted.

Restarting the watch

- **Normal restart:** swipe down, tap the **Settings** gear, then **System**, and choose to restart or power off.
- **Frozen watch:** press and hold the **crown and the side button together** until the Google "G" logo appears, then let go. This can take up to about 35 seconds, so keep holding.

HEADS UP

There is no reset hole

The Pixel Watch has no reset button. Don't push a pin or paperclip into the microphone hole or the charging contacts; you could damage the watch.

Updates

Google sends free updates to the watch with new features and security fixes. They usually install overnight while the watch is charging. To check, go to **Settings** > **System** on the watch and look for system updates. Keep the watch on the charger and near the phone until an update finishes.

Factory reset: the last resort

A **factory reset** erases all apps, settings and data on the watch and returns it to how it came out of the box. Your health history stays in your Google Health account, but you'll have to set the watch up again and add your Wallet cards again. Do it before you sell or give away a watch.

1. On the watch: **Settings** > **System** > **Disconnect & reset**, then confirm.
2. Or on the phone: open the Google Pixel Watch app, then **System** > **Reset and unpair watch**.

TIP

Passing a watch on

Before giving a watch to a family member, reset it from the Pixel Watch app so it's removed from your account. The new owner then sets it up as their own, and can take ownership for Find Hub.

WHAT THIS DOES FOR YOU

What this does for you

Knowing these steps in order means most hiccups take five minutes to fix, not a trip to the store.

CHAPTER 28

Pixel Watch Scams to Watch For

Scammers like popular gadgets. None of these scams is special to the Pixel Watch, but they come up often with watches and Google accounts. The good news: a few simple habits stop almost all of them.

SCAM ALERT

Fake "Google support" phone numbers

If you search for "Pixel Watch support phone number", ads can lead to scammers posing as Google. They ask to connect to your phone or computer, or want payment by gift card. Real Google help starts at **support.google.com** or the Google Store, which you type yourself. Google will never ask you to pay with gift cards.

SCAM ALERT

"Your Google account is locked" texts and emails

A message says your Google Account, Fitbit or Google Health account will be deleted unless you sign in through a link. Don't tap the link. Open the Google Health or Gmail app yourself, or go to myaccount.google.com, and check there.

SCAM ALERT

Too-cheap watches and fake stores

Social media ads for "Pixel Watch 5, 80% off, clearance" often come from fake shops that send a knock-off or nothing at all. Buy from the Google Store, your carrier or a store you know.

SCAM ALERT

Fake health-plan and subscription calls

Someone calls saying your watch's health subscription or warranty needs renewing, and asks for a card number. Hang up. Check your real subscriptions in the Play Store (Chapter 26).

SCAM ALERT

"I need the code"

No one from Google, your bank or Google Wallet will ask you for a verification code they sent you. Sharing it can let a stranger into your account or add your card to their phone.

If you think you've been scammed

1. Stop talking to the person. Hang up or stop replying.
2. If you gave a card number or tapped a payment, call the number on the back of your card.
3. If you gave your Google password or a code, change your password at myaccount.google.com and check **Security** for devices you don't recognize.
4. If someone connected to your phone or computer, turn it off and call me.

WHAT THIS DOES FOR YOU

What this does for you

A few habits, like typing addresses yourself and never sharing codes, protect your watch, your Google account and your bank card all at once.

PART 7

Help & Your Cheat-Sheet

When a hand from Bill is worth it, and a one-page summary of everything that matters.

CHAPTER 29

When to Call Bill

Most of what's in this guide you can do yourself, and I hope you will. But some days it's nicer to have someone sit beside you and just get it done. Here's when a call is worth it.

Good reasons to call

- You'd like help **choosing** a watch: which size, Wi-Fi or LTE, and whether your phone will work with it, without a sales pitch.
- You want everything **set up at once**: pairing, the Google Health app, a readable watch face, notifications and a simple charging routine.
- You'd like the **safety features** set up properly: emergency contacts, Fall Detection, Emergency SOS, Safety Check and Loss of Pulse Detection, with a walk-through so the family knows what to expect.
- You want **Google Wallet** added and want to know how to keep it secure.
- The watch **won't connect** or notifications have stopped, and Chapter 27 didn't fix it.
- You're moving an **old Fitbit** account or history and something seems to be missing.
- You're not sure whether a **call, text or website** claiming to be Google is genuine.

What working with me is like

I'm Bill, and I serve Portage County, Ohio and the surrounding area. I bring more than 30 years of professional experience, and I work at your pace, explaining as I go so you can do it yourself next time. No jargon, no rushing and no selling you things you don't need. I can't give medical advice, but I can make sure your watch is set up so its information is there to show your doctor.

FROM BILL

How to reach me

Help is **$49 remote · $99 in your home**. Call **(330) 200-8042** or book a time at **billshometech.com/book**. Have your watch, its charger and your phone handy.

GOOD TO KNOW

Meet Sophie

When you call or visit the website, you may be greeted by **Sophie**, my AI receptionist. She can answer simple questions and book a time for you. If you'd rather talk to me, just tell her.

WHAT THIS DOES FOR YOU

What this does for you

An hour together can turn a confusing box into a watch you enjoy wearing, with the safety features ready and the confidence to handle the next hiccup yourself.

CHAPTER 30

Your Pixel Watch Cheat-Sheet

Everything that matters, in one place. Keep this handy.

The essentials

What	How
Works with	Android phones only. Not iPhone.
The apps	Google Pixel Watch app (settings) and Google Health app (your numbers; formerly Fitbit).
App list	Press the crown.
Quick settings	Swipe down from the top. Find my phone is here.
Gemini	Press and hold the side button, or say "Hey Google".
Pay	Double-press the crown, hold near the reader.
Emergency SOS	Press the crown 5 times quickly, then touch and hold the screen for 3 seconds.
Safety settings	Pixel Watch app > **Safety & emergency**.
In an emergency	**Call 911.** The watch's safety features are a backup and can miss a fall.
Frozen watch	Hold the crown and side button together until the "G" logo appears.
Real support	Type support.google.com yourself. Never call a number from an ad.
Google Health Premium	Optional: $9.99 a month (as of November 2026). Everyday features are included without it.

Write it down once

Item	Yours
Watch model and size	_____
Wi-Fi or LTE	_____
Bought from / date	_____
Google Account email	_____
Watch PIN hint	_____
Carrier for the watch (LTE)	_____
Emergency contact 1	_____
Emergency contact 2	_____
Premium trial ends	_____

When something's wrong, in order

1. Charge the watch for 15 minutes.
2. Check Bluetooth is on and the phone is close.
3. Open the Google Pixel Watch app and let it reconnect.
4. Update the Pixel Watch and Google Health apps in the Play Store.
5. Restart the phone, then restart the watch.
6. If it's frozen, hold the crown and side button together until the "G" appears.
7. Contact Google through support.google.com, or call Bill at (330) 200-8042.

STAY SAFE

Remember

Your Pixel Watch's health numbers are estimates, not a diagnosis. Talk to your doctor about anything that worries you, and call 911 in an emergency.

FROM BILL

I'm here when you need me

$49 remote · $99 in your home. (330) 200-8042 · billshometech.com/book. Enjoy your new watch.