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## Galaxy AI is Coming to New Galaxy Watch for More Motivational Health

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**Doha Qatar 2 June 2024** Earlier this year, Samsung established the era of mobile AI with the launch of the Galaxy S24 series, and by committing to introduce Galaxy AI<sup>[1]</sup> on a wider range of devices. True to this promise, Samsung is now bringing Galaxy AI to Galaxy Watch, enhancing its popular health features. By combining powerful on-device large language model (LLM) with the extensive Samsung Health app, Samsung is on the path to building some of the most personalized and secure health experiences yet.

### Advanced intelligence for more holistic insights and motivation

Samsung has been on a mission to deliver an advanced health and wellness experience, starting by utilizing meaningful and actionable insights to help you gain a better understanding of your

health patterns. Now, by combining Galaxy AI with Samsung Health, new health features will provide you with more comprehensive health insights, along with motivational encouragement, to help you improve your daily wellness. With **Energy Score** [\[2\]](#), you can receive a better understanding of your daily condition through a combined analysis of personal health metrics including sleep, activity and heart rate [\[3\]](#) to help you take on your day. Plus, with on-device LLM integration [\[4\]](#), you will receive more personalized insight messages that shed light on your score. **Wellness Guide (TBD)** [\[5\]](#) helps you reach your personal health goals by offering insights, motivational tips and guidance based on the specific goal you're looking to achieve.

### **Greater precision and accuracy**

Accurate and comprehensive health metrics are foundational to the best intelligent health experiences. Newly enhanced health algorithms and advanced tracking tools will provide more holistic, personalized and actionable insights when combined with AI. Since good health starts with a good night's rest, Samsung is enhancing our **sleep AI algorithm** to provide additional in-depth sleep insights. Newly added sleep indicators for **Sleep Score** offer you a more detailed and accurate analysis of your sleep quality so you can better understand your sleep patterns and build better habits. These added metrics include **movement during sleep, time spent in bed, heart rate during sleep, heart rate variability during sleep, respiratory rate during sleep** in

addition to previously supported metrics like sleep time, sleep cycle and awake time.

All-new fitness features offer intelligent and effortless physical capacity measurements for more tailored training, which are traditionally provided by highly advanced equipment. In addition to the five running intensity levels of the Personalized Health Rate Zone's five running intensity, new detailed **Aerobic Threshold (AT) / Anaerobic Threshold (AnT) Heart Rate Zone** [\[6\]](#) metrics support efficient running while also quickly analysing performance. Moreover, cyclists can easily calculate **Functional Threshold Power (FTP)** metrics in just 10 minutes [\[7\]](#) and train like a pro by using a personalized power index based on AI data analysis to maximize performance. Plus, fitness tracking tools help you track workouts and progress with greater convenience. With the new **Workout Routine**, combine various exercises for a personalized workout and seamlessly transition to the next exercise without stopping. Stay motivated and track your progress when running or cycling using **Race** [\[8\]](#), which compares current and past performance on the same routes.

“By expanding the power of Galaxy AI across our ecosystem, we’re looking to open up all new possibilities with optimized and connected experiences that offer users greater personalization and intelligence,” said Junho Park, VP and Head of the Galaxy Ecosystem Product Planning Team, MX Business at Samsung Electronics. “The introduction of Galaxy AI to Galaxy Watch is just the

beginning of this process and we're excited to showcase even more integrations across our Galaxy portfolio very soon."

These new features will be available on the next Galaxy Watch line-up via One UI 6 Watch, available later this year. A limited number of Galaxy Watch users will have early access to One UI 6 Watch Beta [\[9\]](#) starting in June. This is only a small taste of what we have in store for our users, and we can't wait to show the full power of Galaxy AI when integrated with the advanced hardware upgrades coming to the new Galaxy Watch series. Stay tuned for more.

[\[1\]](#) Samsung account login may be required for certain Samsung AI features. Samsung does not make any promises, assurances or guarantees as to the accuracy, completeness or reliability of the output provided by AI features. Availability of Galaxy AI features may vary by device model. Galaxy AI features will be provided for free until the end of 2025 on supported Samsung Galaxy devices. Different terms may apply for AI features provided by third parties.

[\[2\]](#) Energy Score is intended for general wellness and fitness purposes only. Energy Score is available on Android phones (OS Android 10 or above) and requires Samsung Health app (v6.27 or above). Samsung account log-in is required. Service only available when user registers Galaxy Watch (Galaxy Watch4 or later released Galaxy Watch series). To check the Energy Score, the health data tracked from Galaxy Watch must be synchronized with the Samsung Health app.

Needs at least the previous day's activity data and sleep, and heart rate data during sleep. Service availability may vary by market.

[\[3\]](#) It is not intended to replace traditional methods of diagnosis or treatment.

[\[4\]](#) It is available for Galaxy S24 series. Supported languages include Chinese, English, French, German, Italian, Japanese, Korean, Portuguese (Brazil), Spanish (Mexico).

[\[5\]](#) Wellness Guide is available on Android phones (OS Android 10 or above) and requires Samsung Health app (v6.27 or above). Samsung account log-in is required. Service availability may vary by market. Not intended for use in detection, diagnosis, treatment of any medical condition. The result is for your personal reference only. Please consult a medical professional for advice.

[\[6\]](#) Personalization of Heart Rate Zone enabled when selecting outdoor run activity. It is required to run consistently for more than 10 minutes with speeds of 4km/h or faster.

[\[7\]](#) To measure personalized FTP, Galaxy smartphone must be connected to a power meter. In order to calculate a more accurate FTP, it is necessary to connect the Galaxy Watch to a smartphone. The FTP is calculated automatically when cycling occurs at a mid to high intensity level for more than 4 minutes with the cycling power meter attached to your bicycle. Using

machine learning, the more users ride repeatedly, the more accurate and personalized FTP values will be calculated. The cycling power meter is sold separately. Traditional FTP analysis duration on professional equipment is up to 1 hour.

[\[8\]](#) Race is available for outdoor running and outdoor cycling only. For comparative measurements, it is required to run on the same path as the pre-generated path. Users can compare by selecting one of the records from a timeframe of up to 14 days ago. Comparing records through the Race is only available when starting at the same location as the previous record's start point. It will be converted to the running mode automatically, if the starting points are different.

[\[9\]](#) One UI 6 Watch beta program will be available to Galaxy Watch4, Galaxy Watch4 Classic, Galaxy Watch5, Galaxy Watch5 Pro, Galaxy Watch6 and Galaxy Watch6 Classic users in the United States and Korea via the Samsung Members app.