GARMIN®

HRM 200

Owner's Manual

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Heart Rate Monitor Instructions

⚠ WARNING

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

Pairing and Setup

Connection Types and LED Behavior

The HRM 200 supports both secure and open connections types.

Secure: The secure Bluetooth® connection type is encrypted and authenticated. For a list of Garmin® devices that support forming secure connections, go to www.garmin.com/hrm_connection_types. Some Garmin devices may require a software update.

When the HRM 200 is active and using a secure connection, the LED flashes (2 times) every 5 seconds.

Open: The open connection type supports all Garmin devices that are compatible with heart rate monitors. ANT+® connections and some Bluetooth connections are open. The open connection type is also recommended for Bluetooth pairing with third-party smartwatches, tablets, or fitness equipment.

When the HRM 200 is active and using an open connection, the LED flashes (3 times) every 5 seconds.

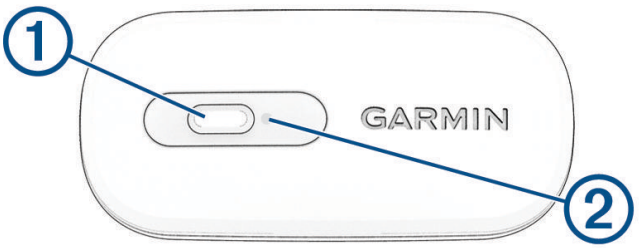
TIP: Stay 10 m (33 ft.) away from other heart rate monitors while pairing.

Pairing the HRM 200 with Your Garmin Device

You should pair the HRM 200 with your compatible Garmin device before you put it on. This allows you to easily see the LED and press the button.

You can pair the HRM 200 to your compatible Garmin device, smartwatch, tablet, or fitness equipment (*Connection Types and LED Behavior*, page 1).

1 On the HRM 200 module, press the button ① to wake it up.



The LED ② flashes when it is active and using a secure connection.

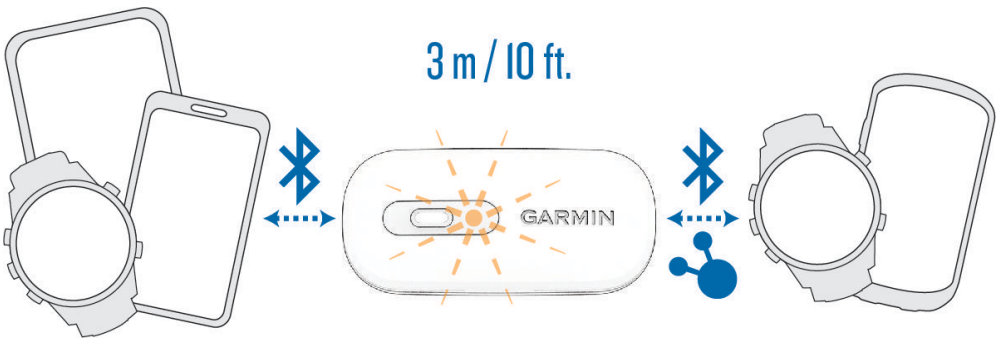
NOTE: The LED stops flashing after 2 minutes. You can press the button to restart the LED (*Customizing the HRM 200 Settings in the Garmin Connect App*, page 8).

2 Check that your Garmin device supports the connection type indicated by the LED.

You can press the button twice quickly to toggle between connection types (*Connection Types and LED Behavior*, page 1). The LED flashes when it is active and using an open connection.

TIP: Many compatible devices and apps use the open connection.

3 Hold the button for 4 seconds to enter pairing mode.



The LED flashes continuously.

The HRM 200 is in pairing mode for 5 minutes.

To end pairing mode, you can press the button.

4 Select an option:

- From your Garmin device, open the sensors menu to add the external heart rate sensor.

  NOTE: The pairing instructions differ for each Garmin compatible device. See your owner's manual.
- From your third-party device, open the Bluetooth settings.

  The HRM 200 should appear in the list of available devices.

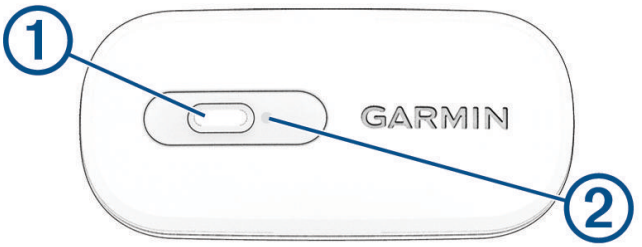
5 Select the HRM 200.

After you pair the first time, your device automatically recognizes the HRM 200 each time it is active and in range.

Pairing the HRM 200 with the Garmin Connect™ App

The Garmin Connect app allows you to customize settings and receive software updates.

1 On the HRM 200 module, press the button ① to wake it up.

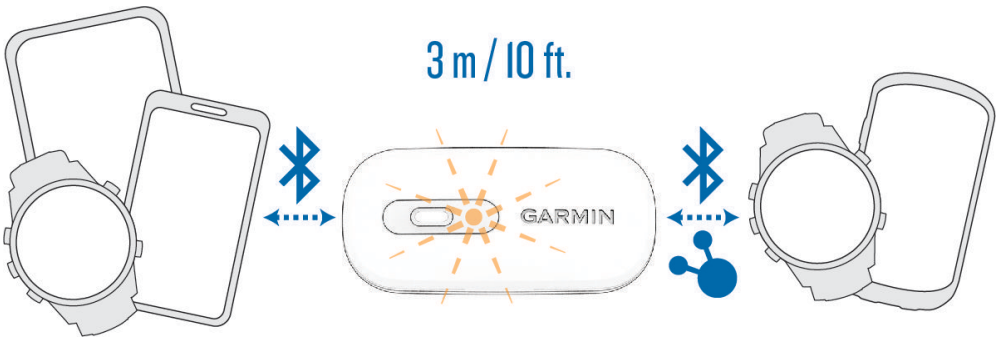


The LED ② flashes when it is active and transmitting.

NOTE: The LED stops flashing after 2 minutes. You can press the button to restart the LED (*Customizing the HRM 200 Settings in the Garmin Connect App*, page 8).

2 From the app store on your phone, install and open the Garmin Connect app.

3 Hold the button for 4 seconds to enter pairing mode.



The LED flashes continuously.

The HRM 200 is in pairing mode for 5 minutes.

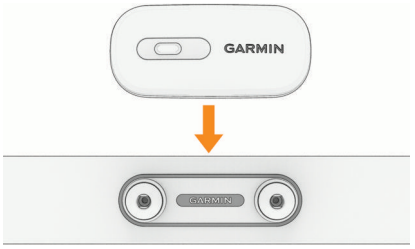
To end pairing mode, you can press the button.

4 Select an option to add your HRM 200 to your Garmin Connect account:

- If this is the first time you are pairing a device with the Garmin Connect app, follow the on-screen instructions.
- If you have already paired another device with the Garmin Connect app, select ••• > **Garmin Devices** > **Add Device**, and follow the on-screen instructions.

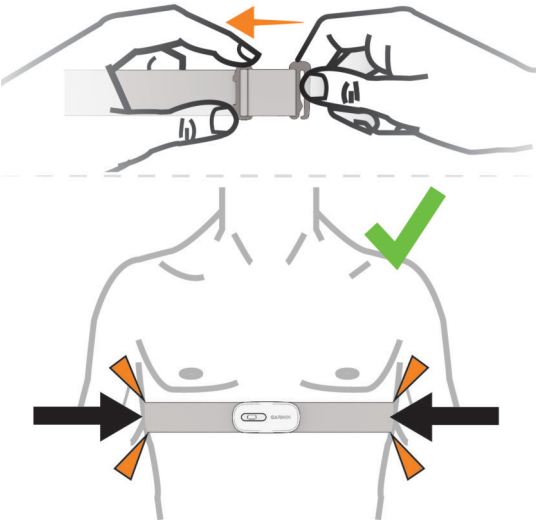
Putting On the HRM 200

1 Snap the module into the strap.

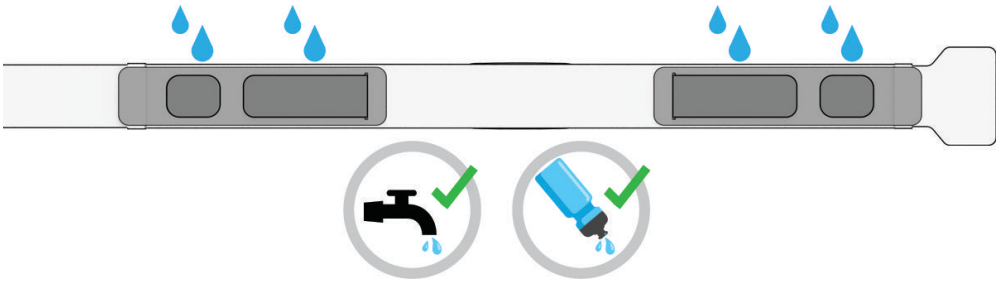


NOTE: Both of the Garmin logos should be facing up.

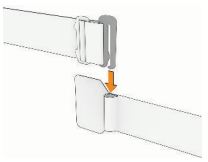
2 Adjust the strap.



3 Wet the sensors.



4 Connect the strap hook on the right side of your body.



Device Information

Caring for the Strap

Before you can wash the strap, you must unsnap and remove the module.

NOTICE
A buildup of sweat and salt on the strap can permanently damage the strap and decrease the device's ability to report accurate data.
Using too much detergent may damage the strap.
Putting the strap in a dryer may permanently damage the strap.
Washing the strap in hot water above 40°C (104°F) may permanently damage the strap.
Wash the strap after exposure to chlorine or other pool chemicals. Prolonged exposure to these substances can damage the heart rate monitor.

- Rinse the strap after every use.
- Wash the strap after every seven uses.
- Do not put the strap in the dryer.

Tips for Storage and Protection

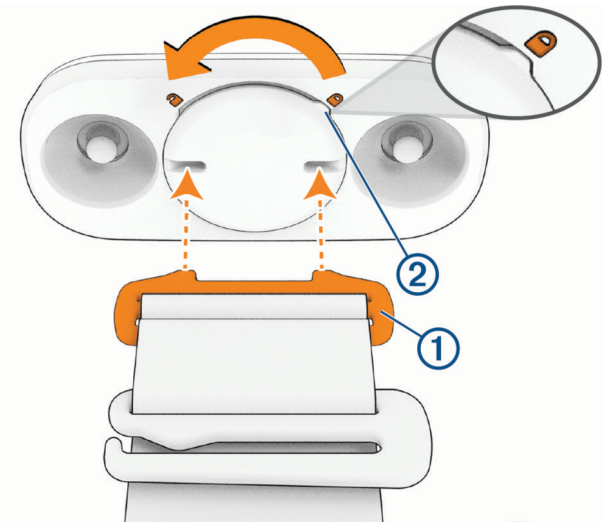
NOTICE
Minimize exposure to sunscreen, bleach, mosquito repellant, and chemicals found in certain deodorants, body washes, hand soaps, and first aid ointments. Specifically, propylene glycol, dipropylene glycol, and ethylenediaminetetraacetic acid (EDTA) can damage the strap.

- When storing the heart rate monitor, lay it flat.
- Avoid bending or tightly rolling the heart rate monitor.
- Do not store the heart rate monitor in direct sunlight or extreme temperatures.

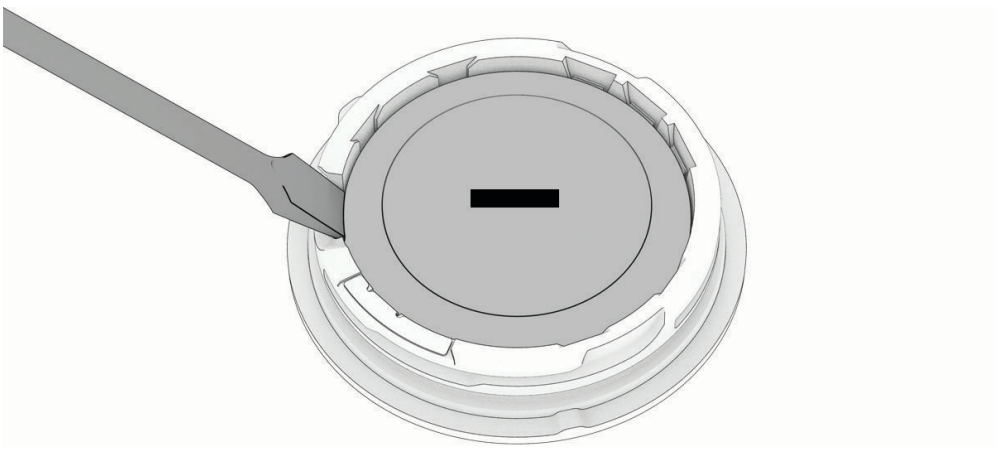
Replacing the Battery

The HRM 200 strap has a tool for opening the battery cover.

1. Unsnap and remove the module.
2. Locate the size-adjustment slider ① on the HRM 200 strap.
   The slider is also the battery cover tool.

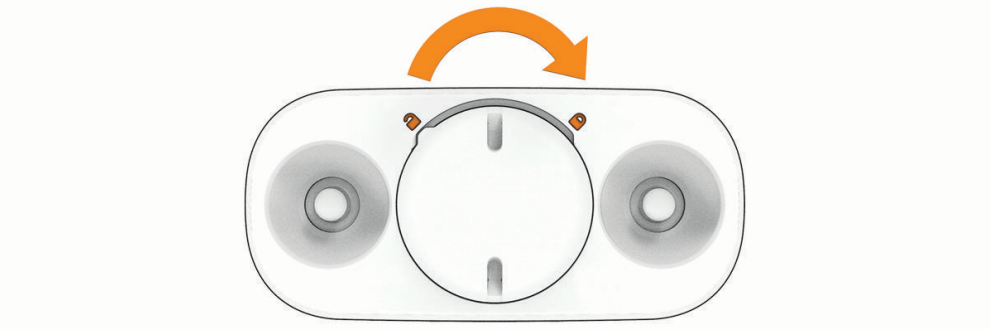


3. Insert the tool into the notches on the cover, press firmly, and turn the cover counterclockwise.
   The tab ② points to unlocked.
4. Remove the cover and the battery.
5. Gently lift the battery out of the cover at the pry point.



6. Wait 30 seconds.
7. Insert the positive side of a new battery into the cover.

8 Replace the cover.
NOTE: The tab must point to unlocked.



9 Insert the tool into the notches on the cover, and turn the cover clockwise.
The tab points to locked.
10 Turn over the module, and press the button to wake it up.
The LED flashes when it is active and transmitting.

Specifications

Battery type: User-replaceable CR2032, 3 V
Battery life: Up to 1 yr. at 1 hr./day
Water resistance: 3 ATM[1]
Operating temperature range: From 0° to 40°C (from 32° to 104°F)
EU wireless frequency (power): 2.4 GHz @ 8 dBm maximum

Troubleshooting

Tips for Erratic Heart Rate Data

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

- Press the button to make sure the heart rate monitor is awake.
- Reapply water to the electrodes and contact patches (if applicable).
- Check that both snaps are fully connected to the strap.
- Warm up for 5 to 10 minutes.
- Check that the strap is snug enough to ensure minimal movement during the activity.
- Follow the care instructions (*Caring for the Strap*, page 5).
- Move away from sources that can interfere with your heart rate monitor.
  Sources of interference may include strong electromagnetic fields, some 2.4 GHz wireless sensors, high-voltage power lines, electric motors, ovens, microwave ovens, 2.4 GHz cordless phones, and wireless LAN access points.

[1] The device withstands pressure equivalent to a depth of 30 m. For more information, go to www.garmin.com/waterrating.

How do I check the battery level?

There are three different ways to check the battery level.

- On the HRM 200 module, press the button to wake it up.
  - The battery level is OK .
  - The battery level is low .
  - The battery level is critically low .
- On your connected Garmin device, open the sensors menu, and select the HRM 200.
- In the Garmin Connect app, select ••• > **Garmin Devices**, and select the HRM 200.

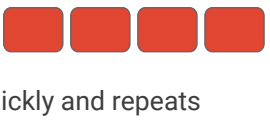
Customizing the HRM 200 Settings in the Garmin Connect App

You can customize the LED behavior so that it flashes whenever the HRM 200 is active. The LED default setting is to time out after 2 minutes in order to maximize battery life.

From the Garmin Connect app, select **Garmin Devices**, select the HRM 200, and select **LED Indications** > **Battery Saver**.

Status LED

The LED can help you troubleshoot issues with the HRM 200.

LED State	Description	Action
Flashes every 5 seconds	Active and secure connection	You can press the button twice quickly to change to change the connection type to open. The LED color reflects the battery life (*How do I check the battery level?*, page 8).
Flashes every 5 seconds	Active and open connection	You can press the button twice quickly to change to change the connection type to secure. The LED color reflects the battery life (*How do I check the battery level?*, page 8).
Flashes continuously	Pairing mode	You can press the button to exit pairing mode (*Pairing and Setup*, page 1).
Flashes  quickly and repeats	Connection error	Remove the HRM 200 from the paired sensors list on your Garmin device or phone, switch the HRM 200 to open connection, and pair again (*Pairing and Setup*, page 1).
Flashes	Updating the software	Wait for the update to complete (*Updating the HRM 200 Software*, page 9).
Flashes continuously	Resetting the device	Wait for the reset to complete (*Resetting the Device Using the Garmin Connect App*, page 10).
Slow flashes	Error state	Remove the battery for 30 seconds, and replace it (*Replacing the Battery*, page 6). If the LED behavior continues, contact Garmin Support.

Updating the HRM 200 Software

The HRM 200 can receive a software update from a connected Garmin device or directly from the Garmin Connect app.

1. On the HRM 200 module, press the button to wake it up.
2. Bring the devices within 3 m (10 ft.).
3. Select an option:
   - Sync your compatible Garmin device with the Garmin Connect app.

     If an update is available, the connected device will prompt you to apply the update for your HRM 200 after your next activity.
   - Sync your HRM 200 with the Garmin Connect app.
4. Follow the on-screen instructions.

The HRM 200 LED flashes and while updating. When the update is complete, the HRM 200 turns on and the LED flashes 20 times. If the update fails, the LED flashes 20 times.

Resetting the Device Using the Garmin Connect App

You can reset the HRM 200 to the factory default values.

NOTE: Resetting the device clears all data and pairing.

1. From the Garmin Connect app, select **Garmin Devices**, select the HRM 200, and select **System** > **Factory Reset**.

   The LED flashes continuously, until the reset is complete.
2. Pair again (*Pairing and Setup*, page 1).