

Wearable Assistive Technology – Smart Watch Comparison Handout

Characteristics	Apple	Samsung	Garmin	Fitbit
Fall Detection (select models)	Yes, vibrates, sounds alarm, & displays alert, after 60 seconds of no response emergency contacts get alert	Yes, vibrates, sounds alarm, & displays alert, after 60 seconds of no response emergency contacts get alert	Incident detection will notify emergency contacts with exact location	Incident detection will notify emergency contacts with exact location
Phone Compatibility	Apple Only	Android and Apple Phones	Android and Apple Phones	Android and Apple Phones
GPS Capability	GPS Location & Maps	GPS Location	GPS Location, Maps & TracBack	GPS on select models
Can contact emergency contacts	Yes, press and hold side button to call 911 or emergency contacts	Yes, quickly pressing the home button alerts and calls emergency contacts	Yes, when incident detection is activated	Yes, press and hold side button to call 911 or emergency contacts, loud noise option to scare others away
Call/Texting Capability (select models)	Call and text from watch when phone has service	Call and text from watch when phone has service	All models receive notifications, newest release allows calls	All models receive notifications, newest release allows calls
Battery Life	~18 Hours	~ 3 Days	7-14 Days, Solar Models ~24 days	7-14 days
Waterproof/Dust Proof	Water Resistant up to 1 meter	Water Resistant up to 1 meter	Water Proof up to 50 meters	Water resistant up to 50 meters

Characteristics	Apple	Samsung	Garmin	Fitbit
Price Ranges	\$399+	\$250+	\$150+	\$70+
Reminders/Goals/Alarm	All	All	All	All
HR, Activity Track, Steps, Calories, Temperature, Pulse Ox	All	All	All	All
Sleep Tracking	Yes	Yes	Yes	Yes
Navigation	Has maps app, ability to get directions	Able to match phone with watch and alert when to make a turn	Can return to set points, maps on display	Basic navigation
Size/Shape	Rectangle display 40 or 44mm options	Circular display 42 or 46mm options	Circular display 42, 47, 52mm options	Rectangle display S, M, L, XL options
Durability	New versions have proven to be more durable	New versions have proven to be more durable	Very durable, made for active and outdoors	Durability not guaranteed after 15 months
Screen Options	Backlight, can change font size, voice over options	Backlight, can change fonts and sizing	Backlight, limited font options	Backlight, screen can be narrow, limited font options
Weather	Has weather widget to display	Has weather widget matched with Weather Channel	Has weather widget that updates frequently	Has basic weather widget that updates frequently

Characteristics	Apple	Samsung	Garmin	Fitbit
Safety Release (Bands)	Different band options, easy access and release	Different band options, easy access and release	Silicone bands, will release if needed	Different band options, easy access and release
Range of Compatibility from Phone	33 Feet	25 Feet	33 Feet	75-100 Feet
Activities	Walk, run, cycling, elliptical, rowing, stair stepper, HIIT, hiking, yoga, dance, cooldown, pilates, swimming, wheelchair	Walk, run, cycling, elliptical, rowing, stair stepper, yoga, swimming, strength, exercise bike, weight machine, stretching	Walk, run, cycling, elliptical, stair stepper, HIIT, hiking, yoga, golf, treadmill, strength, snowboarding, triathlon, stretching	Walk, run, cycling, elliptical, rowing, stair stepper, weights, hiking, interval, golf, pilates, swimming, spinning, kickboxing
Others	Has flashlight capability, able to control brightness of screen, find my phone, camera control, walky talky with other apple watch, frequent updates, personalized backgrounds, Apple Pay	Can create shortcuts for the display and widgets, able to change the background, automatic workout detection	Varying activity tracking types, frequent updates, TracBack capabilities, solar options for improved battery life, can add gear, VO2 Max data	Able to track activities without the phone “step outside and go”, frequent updates, sensing capabilities, saves motion data

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