MARKETING MEMO

DECEMBER 2023 SMARTWATCH AND CYCLING COMPUTER FEATURE UPDATE

In an ongoing effort to improve our products and provide enhanced features to existing users, we are excited to announce our next feature update for smartwatches and Edge® cycling computers. The update provides improved functionality and new features for a variety of our fitness and outdoor products.

The free software updates have begun rolling out and will continue to do so over the coming weeks. Customers can update their smartwatch or cycling computer by enabling automatic updates from their devices or by using Garmin Express™ software.

Please see below for a few featured highlights found in the update as well as a detailed reference table at the end of the document.

NEW FEATURES:

New notable features in this software release include:

NAP DETECTION:
This feature helps you get the most out of your naps — letting you automatically track or log your nap times to see how they benefit your body[1]. Check recommended times and duration for insight into how your napping habits fit into a healthy lifestyle.

SKI ACTIVITY ENHANCEMENTS:
When the auto-tracking of ski runs is enabled, you'll get a recording of metrics — such as heart rate, time, elevation and more — during your skiing. Now the activity will no longer pause when on a chairlift so you get a more accurate picture of your entire day on the slopes.

BODY BATTERY™ ENERGY ENHANCEMENTS:
Get even more details and personal insights on how sleep, naps, daily activities and high stress specifically impact your energy[1]. You'll also get an evening daily summary recapping your energy used throughout the day.

NEW ACTIVITY PROFILES:
Get better at whatever with new preloaded activity profiles for team sports ranging from football, baseball and basketball to soccer, rugby, hockey, lacrosse and more — plus racket sports, boxing and others.

WRIST-BASED RUNNING POWER:
See how much power you're applying during your run so you can manage effort and fine-tune your training.

WORKOUTS APP:
Easily find and organize workouts across all your athletic pursuits — including preloaded workouts plus those downloaded or created in the Garmin Connect™ app. You can even review your workout history directly on your device.

Please reference the matrix on page 2 to find out which features are coming to each Garmin device.

GARMIN®

DECEMBER 2023 SMARTWATCH AND CYCLING COMPUTER FEATURE UPDATE

SMART NOTIFICATION IMAGE SUPPORT:
If you're connected to an Android phone, you can now view photos directly from your smartwatch and Edge® cycling computer screen.

RED SHIFT MODE:
Change display colors to shades of red to better acclimate to darker conditions and reduce sleep cycle disturbance.

DEXCOM WATCH FACE INTEGRATION:
People with all types of diabetes (Type 1, Type 2 or gestational diabetes) who use a Dexcom G6 or Dexcom G7 Continuous Glucose Monitoring (CGM) System[3] and a compatible Garmin smartwatch can view their glucose levels and trends on their watch face[4,5].

SKIN TEMPERATURE:
When wearing your watch to sleep, see how your average skin temperature changes, which can be related to your recent activity, sleep environment, potential illness and more.
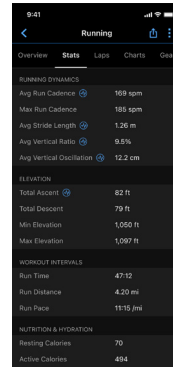
WRIST-BASED RUNNING DYNAMICS:
Measures crucial running metrics such as cadence, stride length, ground contact time and more to help improve your running form.

COMPARISON:

	Nap Detection	Body Battery Enhancements	Skin Temperature	Ski Activity Enhancements	New Activity Profiles	Workouts App	Wrist-Based Running Dynamics	Wrist-Based Running Power	Smart Notification Image Support	Red Shift Mode	Multi-Location Weather or Weather Improvements[6]	Moon Phases	Dexcom Watch Face Integration	Inline Skating Activity
fēnix® 7, epix™ (Gen 2), Enduro™ 2, tactix® 7, MARQ® (Gen 2), quatix® 7	🔵	🔵	🔵[5]	🔵	⚫	⚫	⚫	⚫	🔵	⚫	⚫	🔵	🔵	🔵
Forerunner® 255/M, 955	🔵	🔵		🔵	⚫	⚫	⚫	⚫	🔵		🔵		🔵	🔵
Forerunner® 265, 965	🔵	🔵		🔵	⚫	⚫	⚫	⚫	🔵	🔵	🔵		🔵	🔵
Venu® 3	⚫	⚫	🔵		🔵	🔵	🔵	🔵	⚫	🔵	🔵		🔵	
vivoactive® 5	⚫	⚫			🔵	🔵			⚫		🔵		🔵	
Edge® 540, 840, 1040, Explore 2									🔵					

KEY

🔵 New feature with the December 2023 software release
⚫ Product already has this feature

[1] Activity tracking accuracy
[2] Sold separately.
[3] The Dexcom Connect IQ app must be installed on your smartwatch. Compatible smartphone must have a data connection and be in BLE range of both the Dexcom CGM and Garmin smartwatch.
[4] The Dexcom Connect IQ apps are only for secondary display of data from the Dexcom CGM system and are for passive monitoring purposes only. The Dexcom apps on Connect IQ are not intended to replace the Dexcom CGM System, nor replace self-monitoring practices as advised by a physician. All therapeutic decisions, including those regarding calculating insulin or other drug dosages, should not be based on data displayed in the Dexcom apps on Connect IQ.
[5] fēnix 7 Pro, epix Pro, tactix 7 AMOLED Edition only
[6] Exact weather feature updates are dependent upon smartwatch

GARMIN®