



[Knowledgebase](#) > [Support and service](#) > [How do I restore the connection after a lost signal?](#)

How do I restore the connection after a lost signal?

Mari Opstad - 2025-11-26 - [Comments \(0\)](#) - [Support and service](#)

How do I restore the connection after a lost signal?

In short:

If the watch appears as offline in the app, it means it has temporarily lost connection. This can happen due to poor network coverage or a low battery. In most cases, you can restore the connection in just a few steps.

Here's how:

1. Check the battery.

1. Place the watch in the charger and let it charge for at least 10 minutes.

2. Move the watch to an area with better coverage.

1. The watch needs both a GPS and a mobile network signal to send location data.
2. Try going outside to an open area.

3. Open the Care Tracker app and wait a moment to see if the status changes from *offline* to *online*.

4. If the watch still shows as *offline*:

1. Make sure the subscription is active in **Subscription Management** - [here](#).

Tip:

- It may take a few minutes for the connection to be restored once the watch regains signal.
- You can confirm that the connection has been re-established when the watch's status appears as Online in the app.

Note:

If the watch still doesn't reconnect after following these steps, contact [Care Tracker Support](#) for further assistance.