How does real-time GPS tracking work?

Mari Opstad - 2026-02-11 - Comments (0) - Using the Care Tracker

How does real-time GPS tracking work?

In short:

The watch uses GPS to show the user's location. You can view the position directly in the Care Tracker app either as a regular update or as active tracking when you need a precise location.

Here's how it works:

- **Automatic position updates:**
  The watch automatically sends its location **every 10 minutes**, so you can always see the most recent known position in the Care Tracker app.

- **Active tracking:**
  When you open the **Find GPS** feature in the app, the watch starts sending its location every **15 seconds.**

    - Use active tracking when you want to follow movement in real time – for example, if you're looking for a person.

    - On the map, you can see how the watch moves while Find GPS is active.

- **Automatic switch back:**
  When you close Find GPS, the watch automatically returns to sending updates every 10 minutes to save battery.

Accuracy:

- The GPS works best outdoors, where the signal has clear access to satellites.

- Indoors, accuracy may be lower since buildings can weaken the signal.

- In the app, you can always see the timestamp of the latest location, so you know how recent the information is.

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