# What is a geofence?

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

# What is a geofence?

### In short:

A geofence is a virtual area on the map that you can create yourself in the **Care Tracker app**. When the watch moves **outside this area**, you'll automatically receive a notification.

### How it works:

1. You select an area on the map – for example, around the home or another place the user frequently visits.
2. When the watch moves **outside the area**, all alert recipients receive a notification in the app.

### Benefits of a geofence:

- You'll be notified if the user leaves a safe zone.
- You can create multiple areas – for example, home, workplace, or summer house.
- It provides peace of mind without having to constantly monitor the map.

### Tip:

A geofence must have a radius of **at least 100 meters**. This ensures more accurate notifications and reduces the risk of unnecessary alerts.

### Note:

If the watch temporarily loses GPS signal, the notification may be delayed until the connection is restored.

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