I do not know what is hidden behind the Settings button, but I'd like to recommend to take a look at vim-plug - Minimalist Vim Plugin Manager. It is extremely popular (21K stars).
It allows to use settings below with each module.
Option Description
branch/tag/commit Branch/tag/commit of the repository to use
rtp Subdirectory that contains Vim plugin
dir Custom directory for the plugin
as Use different name for the plugin
do Post-update hook (string or funcref)
on On-demand loading: Commands or <Plug>-mappings
for On-demand loading: File types
frozen Do not update unless explicitly specified

Besides of that it has a lot of optimizations, like it doesn't fetch whole history from git, just the last revision.
There is much more than just that.

IMHO, it makes sense to adapt this workflow.