

vívosmart[®] Owner's Manual

Introduction

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Always consult your physician before you begin or modify any exercise program.

Getting Started

Before you can use the vivosmart device, you must set up the device on your compatible mobile device or computer.

Select an option:

- Set up the device on your mobile device (Mobile Setup).
- · Set up the device on your computer (Computer Setup).

Mobile Setup

Before you can pair your vívosmart device with your mobile device, your mobile device must support Bluetooth[®] Smart wireless technology. Go to www.Garmin.com/BLE for compatibility information.

You can use the Garmin Connect[™] Mobile app to pair your vívosmart device and complete the setup process. This allows you to share and analyze data and download software updates from your mobile device.

NOTE: Unlike other Bluetooth devices that are paired from the Bluetooth settings on your mobile device, your vívosmart device must be paired directly through the Garmin Connect Mobile app.

- 1 Connect the charging clip securely to the device (Charging the Device).
- 2 Plug the USB cable into a power source.

The device turns on and
pears.

- **3** Go to www.GarminConnect.com/vivosmart on your mobile browser.
- 4 Install and open the Garmin Connect Mobile app.
- **5** Follow the instructions on your mobile device to pair your vívosmart device and complete the setup process.

NOTE: You can pair your vívosmart device with a different mobile device after completing the initial setup (Pairing Your Mobile Device with Your vívosmart Device).

Computer Setup

- 1 Connect the charging clip securely to the device (Charging the Device).

- **4** Go to www.GarminConnect.com/vivosmart.
- 5 Download and install the Garmin Express[™] setup software:
 - If you are using a Windows[®] operating system, select Download for Windows.
 - If you are using a Mac[®] operating system, select Download for Mac.
- **6** Follow the instructions on your computer to pair your vívosmart device and complete the setup process.

Charging the Device

🛆 WARNING

This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

NOTICE

To prevent corrosion, thoroughly dry the contacts and the surrounding area before charging or connecting to a computer.

- 1 Plug the USB cable into a USB port on your computer.
- 2 Align the charger posts with the contacts on the back of the device, and connect the charging clip ① securely to the device.



- 3 Charge the device completely.
- **4** Press ② to remove the charger.

Using the Touchscreen

- Double tap the touchscreen to wake the device.
 NOTE: The screen turns off when not in use. When the screen is off, the device is still active and recording data.
- · Hold the touchscreen to view the menu.
- Swipe left or right to scroll through the device features and menu options.
- · Tap the touchscreen to make a selection.
- Select
 to dismiss a notification or return to the previous screen.
- Make each touchscreen selection a separate action.

Wearing the Device

The device can be worn on your left or right wrist. By default, the screen is oriented for your left wrist with the clasp toward the inside of your wrist. You can customize the screen and band orientation on your Garmin Connect account (Device Settings).

1 Make sure the pegs on the clasp are fully inserted into the band.

When both pegs are fully inserted, the device fits securely against your wrist.

2 Slide the keeper over the clasp (optional).

The keeper is a small loop designed to fit over both ends of the band and the clasp. It provides additional security and helps keep the band attached during rugged use.



3 Wear the device all day (Using Sleep Tracking).

Device Features

You can swipe left or right to scroll through the features on your device. Icons represent many of the features available. A flashing icon means the device is searching for a compatible sensor, such as a bike speed sensor or heart rate monitor. A solid icon means the sensor is paired.

NOTE: Some features may not be available. You can enable these features by customizing the screens your device displays (Device Settings).

Time and date	The current time of day and date based on your location. The device updates the time and date when you synchronize your device to a mobile device, or you can set the time manually.
!!	The total number of steps taken for the day.
GOAL	The number of remaining steps needed to reach your step goal for the day. The device learns and proposes a new goal for you at the beginning of each day.
Move bar	The amount of time you have been inactive.
6	The amount of total calories burned for the current day, including both active and resting calories.
KM or MI	The distance traveled in kilometers or miles for the current day.
MPH or MPH	Your current bike speed from a paired bike speed sensor.
♥ ZONE	Your current heart rate and heart rate zone from a paired heart rate monitor.
VIRB	Remote controls for a paired VIRB [™] action camera.
I►≫I	Music controls for a paired mobile device.
ça	The number of new notifications received from a paired mobile device.

Auto Goal

Your device creates a daily step goal automatically based on your previous activity levels. As you begin your walk or run, the device counts down the number of remaining steps in your daily goal. When you reach your step goal, the device displays GOAL!, and begins counting the number of steps taken that exceed your daily goal.

When you set up your device for the first time you must designate an activity level. This level determines your initial step goal.

If you choose not to use the auto goal feature, you can set a personalized step goal on your Garmin Connect account.

Move Bar

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move bar reminds you to keep moving. After one hour of inactivity, the device vibrates, MOVE! appears, and the first segment ① is filled in. Additional segments ② are filled in after every 15 minutes of inactivity.



The inactivity time ③ continues to increase until the move bar is reset. You can reset the move bar by walking a short distance.

Starting a Fitness Activity

You can start a timed activity, such as a walk or run, which can be saved and sent to your Garmin Connect account.

- 1 Hold the touchscreen to view the menu.
- 2 Select 🕉.

- 3 If necessary, wait while your device pairs with a compatible heart rate monitor or bike speed sensor (Pairing Your ANT+ Sensors).
- 4 Select ► to start the timer.

NOTE: The device does not record your fitness activity until you start the timer.

- **5** Start your activity.
- 6 After you complete your activity, select b to stop the timer.
- 7 Select an option:
 - Select b to restart the timer.
 - Select I to save the activity.
 - Select **X** > **OK** to delete the activity.

Sleep Tracking

During sleep mode, the device monitors your rest. Sleep statistics include total hours of sleep, periods of movement, and periods of restful sleep.

Using Sleep Tracking

Before you can use sleep tracking, you must be wearing the device.

- 1 Hold the touchscreen to view the menu.
- 2 Select C > OK.
- **3** When you wake, double tap the touchscreen to wake the device, and hold the touchscreen to exit sleep mode.

NOTE: If you forget to put the device into sleep mode, you can enter your sleep and wake times manually into your Garmin Connect account to recover your sleep statistics.

Bluetooth Connected Features

The vívosmart device has several Bluetooth connected features for your compatible mobile device using the Garmin Connect Mobile app.

- Notifications: Vibrates and displays notifications of incoming texts, email messages, calls, calendar reminders, and more.
- Find my phone: Helps locate a lost mobile device that is paired using Bluetooth wireless technology.
- Abandoned phone alert: Vibrates and alerts you when your paired mobile device is no longer within Bluetooth wireless technology range.
- Music controls: Music player controls for your paired mobile device.
- Activity uploads to your Garmin Connect account: Allows you to send activity data to your paired mobile device. You can view your data in the Garmin Connect Mobile app.

Pairing Your Mobile Device with Your vivosmart Device

You can pair your vivosmart device with a different mobile device after completing the initial setup (Mobile Setup).

NOTE: You can pair your vivosmart device with only one mobile device at a time.

- 1 Go to www.GarminConnect.com/vivosmart on your mobile browser, and download the Garmin Connect Mobile app.
- **2** Bring your mobile device within 3 m (10 ft.) of your vivosmart device.
- 3 Hold the vivosmart device touchscreen to view the menu.
- 4 Select \$ > Pair > OK.
- **5** Open the Garmin Connect Mobile app, and follow the onscreen instructions.

The instructions are provided during the initial setup, or can be found in the Garmin Connect Mobile app help.

Viewing Notifications

Before you can view notifications, you must pair the vivosmart device with a compatible mobile device.

- 1 Select
- 2 Swipe left or right to scroll through the notifications.
- 3 Select a notification.
- 4 If necessary, select ▼ to scroll through the contents of the notification.
- 5 Select **5** to return to the previous screen.

NOTE: The notification remains on your vívosmart device until you view it on your mobile device.

Managing Notifications

You can use your compatible mobile device to manage notifications displayed on your vivosmart device.

Select an option:

- If you are using an iOS[®] device, use the notification center settings on your mobile device to select the items to show on the device.
- If you are using an Android[™] device, use the app settings in the Garmin Connect Mobile app to select the items to show on the device.

Locating a Lost Mobile Device

You can use this feature to help locate a lost mobile device that is paired using Bluetooth wireless technology and currently within range.

- 1 Hold the touchscreen to view the menu.
- 2 Select C.

The vívosmart device begins searching for your paired mobile device. Bars appear on the vívosmart device screen corresponding to Bluetooth signal strength, and an audible alert sounds on your mobile device.

3 Select 5 to stop searching.

Turning Off Bluetooth Wireless Technology

- **1** Hold the touchscreen to view the menu.
- 2 Select \$ > Turn Off to turn off Bluetooth wireless technology on your vivosmart device.

TIP: Refer to the owner's manual for your mobile device to turn off Bluetooth wireless technology on your mobile device.

History

Your device keeps track of your daily steps, calories burned, sleep statistics, and optional ANT+[®] sensor information. You can send your history to your Garmin Connect account. Your data storage depends on how you use your device.

Data Storage	Mode
Up to 1 month	Activity tracking only.
Up to 3 weeks	Activity tracking plus extensive fitness activity use. (For example, using a paired heart rate monitor for 1 hour per day.)

When the data storage is full, the device deletes the oldest files to make room for new data.

Sending Data to Your Mobile Device

Before you can send data to your mobile device, you must pair the vívosmart device with a compatible mobile device (Mobile Setup).

Your device synchronizes with the Garmin Connect Mobile app periodically. You can also send data to your mobile device at any time.

- **1** Bring the device within 3 m (10 ft.) of your mobile device.
- 2 Hold the touchscreen to view the menu.
- 3 Select LT.

4 View your data in the Garmin Connect Mobile app.

Sending Data to Your Computer

Before you can send data to your computer, you must download the Garmin Express setup software (Computer Setup).

- 1 Connect the device to your computer using the USB cable.
- The device enters mass storage mode.
- **3** Follow the on-screen instructions.
- 4 View your data on your Garmin Connect account.

Garmin Connect

You can connect with your friends on your Garmin Connect account. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, swims, hikes, triathlons, and more. To sign up for a free account, go to www.garminconnect.com/start.

- **Track your progress**: You can track your daily steps, join a friendly competition with your connections, and meet your goals.
- **Store your activities**: After you complete and save an activity with your device, you can upload that activity to your Garmin Connect account and keep it as long as you want.
- **Analyze your data**: You can view more detailed information about your activity, including time, distance, heart rate, calories burned, and customizable reports.

NOTE: Some data requires an optional accessory such as a heart rate monitor.



- **Share your activities**: You can connect with friends to follow each other's activities or post links to your activities on your favorite social networking sites.
- Manage your settings: You can customize your device and user settings on your Garmin Connect account.

ANT+ Sensors

Your device can be used with wireless ANT+ sensors. For more information about compatibility and purchasing optional sensors, go to http://buy.garmin.com.

Putting On the Heart Rate Monitor

NOTE: If you do not have a heart rate monitor, you can skip this task.

NOTE: The device may cause chafing when used for long periods of time. To alleviate this issue, apply an anti-friction lubricant or gel to the center of the module where it contacts your skin.

NOTICE

Do not apply anti-friction gel or lubricant on the electrodes. Do not use gels or lubricants that contain sunscreen.

You should wear the heart rate monitor directly on your skin, just below your sternum. It should be snug enough to stay in place during your activity. 1 Push one tab ① of the strap through the slot ② in the heart rate monitor module.



- 2 Press the tab down.
- **3** Wet the electrodes ③ on the back of the module to create a strong connection between your chest and the heart rate monitor module.



4 Wrap the strap around your chest and attach it to the other side of the heart rate monitor module.



The Garmin[®] logo should be right-side up.

5 Bring the device within 3 m (10 ft.) of the heart rate monitor. After you put on the heart rate monitor, it is active and sending data.

Pairing Your ANT+ Sensors

Before you can pair your ANT+ sensors, you must enable the sensor screens on your vívosmart device. For more information about customizing the device screens, see Device Settings.

NOTE: If your device was packaged with a heart rate monitor, the heart rate screen is already enabled and the heart rate monitor is paired.

- 1 Put on the heart rate monitor or install the sensor.
- 2 Bring the device within 3 m (10 ft.) of the sensor.

NOTE: Stay 10 m (33 ft.) away from other ANT+ sensors while pairing.

- 3 Swipe left or right to view the sensor screen.
- 4 Wait while the device connects to your ANT+ sensor.
- **5** If necessary, follow the on-screen instructions to complete pairing.

When the sensor is paired with your device, the icon is solid and sensor data appears.

About Heart Rate Zones

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

Fitness Goals

Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles.

· Your heart rate is a good measure of exercise intensity.

- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.
- Knowing your heart rate zones can prevent you from overtraining and can decrease your risk of injury.

If you know your maximum heart rate, you can use the table (Heart Rate Zone Calculations) to determine the best heart rate zone for your fitness objectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default maximum heart rate is 220 minus your age.

VIRB Remote

The VIRB remote function allows you to control your VIRB action camera from a distance. Go to www.garmin.com/VIRB to purchase a VIRB action camera.

Controlling a VIRB Action Camera

Before you can use the VIRB remote function, you must enable the remote setting on your VIRB camera. See the *VIRB Series Owner's Manual* for more information. You must also enable the VIRB screen on your vivosmart device (Device Settings).

- **1** Turn on your VIRB camera.
- 2 On your vivosmart device, swipe left or right to view the **VIRB** screen.
- **3** Wait while the device pairs with your VIRB camera (Pairing Your ANT+ Sensors).
- 4 Select an option:
 - To record video, select 📼.
 - The video counter appears on the vivosmart device.
 - To stop recording video, select .
 - To take a photo, select

Customizing Your Device

Device Settings

You can customize your device settings and user settings on your Garmin Connect account.

From your devices widget, select Device Settings.

Alarm: Sets an alarm clock time and frequency for your device.

Visible Screens: Allows you to customize the screens your device displays.

NOTE: You must enable the heart rate, bike speed, or VIRB remote screens to use your device with ANT+ sensors. You must enable the notifications screen to view notifications from your mobile device.

- **Bike Wheel Size**: If you are using a bike speed sensor, you can enter your wheel circumference in millimeters.
- **Default Screen**: Sets the screen that appears when you wake your device.
- Auto-On Display: Allows your device to turn on the screen automatically when you rotate your wrist toward your body. You can customize your device to use this feature at any time, or only during a timed activity.
- Auto-Bright Display: Allows your device to maximize the screen brightness automatically during a timed activity for better outdoor visibility.

NOTE: This setting decreases battery life.

Band Orientation: Allows you to customize the direction of the clasp on the band.

NOTE: Wearing the clasp toward the inside of your wrist provides the best viewing angle for the screen.

Screen Orientation: Sets the device to display data in landscape or portrait format.

NOTE: Notifications are always displayed in landscape format.

Time Format: Sets the device to display time in a 12-hour or 24-hour format.

Language: Sets the language the device displays.

- Units: Sets the device to display the distance traveled in kilometers or miles.
- Custom Step Length: Allows your device to more accurately calculate the distance traveled using your custom step length.
- Heart Rate: Allows you to estimate your maximum heart rate and determine custom heart rate zones.

Alert Settings

Hold the touchscreen to view the menu, and select A.

- On: Enables vibration alerts.
- **Privacy**: Enables vibration alerts and displays notifications in privacy mode.

NOTE: In privacy mode, the sender's name and notification contents do not appear in the notification alert.

Off: Disables vibration alerts.

NOTE: Alert settings do not affect the alarm clock settings on your Garmin Connect account.

Adjusting the Screen Brightness

- 1 Hold the touchscreen to view the menu.
- 2 Select .
- - NOTE: The screen brightness affects battery life.

Device Information

vívosmart Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 7 days
Operating temperature range	From -10° to 60°C (from 14° to 140°F)
Charging temperature range	From 0° to 45°C (from 32° to 113°F)
Radio frequency/ protocol	2.4 GHz ANT+ wireless communications protocol Bluetooth Smart wireless technology
Water rating	5 ATM*

*The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.

Heart Rate Monitor Specifications

Battery type	User-replaceable CR2032, 3 volts
Battery life	Approximately 3 years (1 hour per day)
Operating temperature range	From -10° to 50°C (from 14° to 122°F)
Radio frequency/ protocol	2.4 GHz ANT+ wireless communications protocol
Water rating	1 ATM*
	NOTE: This product does not transmit heart rate data while swimming.

*The device withstands pressure equivalent to a depth of 10 m. For more information, go to www.garmin.com/waterrating.

User Replaceable Batteries

Do not use a sharp object to remove batteries.

Keep the battery away from children.

Never put batteries in mouth. If swallowed, contact your physician or local poison control center.

Replaceable coin cell batteries may contain perchlorate material. Special handling may apply. See www.dtsc.ca.gov /hazardouswaste/perchlorate.

Contact your local waste disposal department to properly recycle the batteries.

Replacing the Heart Rate Monitor Battery

1 Locate the circular battery cover on the back of the heart rate monitor.



- 2 Use a coin to twist the cover counter-clockwise until it is loose enough to remove (the arrow points to **OPEN**).
- 3 Remove the cover and the battery.
- 4 Wait 30 seconds.
- 5 Insert the new battery with the positive side facing up. NOTE: Do not damage or lose the O-ring gasket.
- 6 Use a coin to twist the cover clockwise back into place (the arrow points to **CLOSE**).

After you replace the heart rate monitor battery, you may need to pair the heart rate monitor with the device again.

Device Care

NOTICE

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Do not use a sharp object to clean the device.

Never use a hard or sharp object to operate the touchscreen, or damage may result.

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

Avoiding Device Damage from Harsh Chemicals

NOTICE

Do not spray the device with harsh chemicals including but not limited to insect repellent containing DEET. Even small amounts of harsh chemicals can damage the plastic components and compromise the screen readability.

Cleaning the Device

- 1 Wipe the device using a cloth dampened with a mild detergent solution.
- **2** Wipe it dry.

Caring for the Heart Rate Monitor

NOTICE

A build up of sweat and salt on the strap can decrease the ability of the heart rate monitor to report accurate data.

· Rinse the strap after every use.

• Hand wash the strap occasionally, using a tiny amount of mild detergent, such as dishwashing liquid.

NOTE: Using too much detergent may damage the strap.

- Do not put the strap in a dryer.
- When drying the strap, hang it up or lay it flat.

Troubleshooting

My device does not display the correct time

The device updates the time and date when you synchronize your device to a mobile device. When you change time zones, you should synchronize your device to receive the correct time.

Synchronize your device to a mobile device (Sending Data to Your Mobile Device).

The time and date are updated automatically.

Setting the Time Manually

1 Hold the touchscreen to view the menu.

- 2 Select ⊙ > Manual.
- 4 Select ✓ to confirm each setting.

Viewing Device Information

You can view the software version and remaining battery power. When the battery is low, rappears on the time and date screen on your device.

- 1 Hold the touchscreen to view the menu.
- 2 Select 1.

Maximizing the Battery Life

You can do several things to extend the life of the battery.

- Reduce the screen brightness (Adjusting the Screen Brightness).
- Turn off Bluetooth wireless technology when you are not using connected features (Turning Off Bluetooth Wireless Technology).
- Disable vibration alerts (Alert Settings).

Software Update

Your device automatically downloads available software updates as part of normal use. When you synchronize your device with Garmin Express, the update is applied immediately (Sending Data to Your Computer). When you synchronize your device with the Garmin Connect Mobile app, the update is applied the next time you charge your device (Sending Data to Your Mobile Device).

Appendix

Heart Rate Zone Calculations

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
1	50–60%	Relaxed, easy pace, rhythmic breathing	Beginning-level aerobic training, reduces stress
2	60–70%	Comfortable pace, slightly deeper breathing, conversation possible	Basic cardiovascular training, good recovery pace
3	70–80%	Moderate pace, more difficult to hold conversation	Improved aerobic capacity, optimal cardiovascular training

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
4	80–90%	Fast pace and a bit uncomfortable, breathing forceful	Improved anaerobic capacity and threshold, improved speed
5	90–100%	Sprinting pace, unsustainable for long period of time, labored breathing	Anaerobic and muscular endurance, increased power

Wheel Size and Circumference

The wheel size is marked on both sides of the tire. This is not a comprehensive list. You can also use one of the calculators available on the Internet.

Wheel Size	L (mm)
12 × 1.75	935
14 × 1.5	1020
14 × 1.75	1055
16 × 1.5	1185
16 × 1.75	1195
18 × 1.5	1340
18 × 1.75	1350
20 × 1.75	1515
20 × 1-3/8	1615
22 × 1-3/8	1770
22 × 1-1/2	1785
24 × 1	1753
24 × 3/4 Tubular	1785
24 × 1-1/8	1795
24 × 1-1/4	1905
24 × 1.75	1890
24 × 2.00	1925
24 × 2.125	1965
26 × 7/8	1920
26 × 1(59)	1913
26 × 1(65)	1952
26 × 1.25	1953
26 × 1-1/8	1970
26 × 1-3/8	2068
26 × 1-1/2	2100
26 × 1.40	2005
26 × 1.50	2010
26 × 1.75	2023
26 × 1.95	2050
26 × 2.00	2055
26 × 2.10	2068
26 × 2.125	2070
26 × 2.35	2083
26 × 3.00	2170
27 × 1	2145
27 × 1-1/8	2155
27 × 1-1/4	2161
27 × 1-3/8	2169
650 × 35A	2090
650 × 38A	2125
650 × 38B	2105
700 × 18C	2070
700 × 19C	2080
700 × 20C	2086

Wheel Size	L (mm)
700 × 23C	2096
700 × 25C	2105
700 × 28C	2136
700 × 30C	2170
700 × 32C	2155
700C Tubular	2130
700 × 35C	2168
700 × 38C	2180
700 × 40C	2200

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