

**GARMIN**<sup>®</sup>

**vivosmart<sup>®</sup> HR**



Quick Start Manual

## Introduction

### WARNING

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.

## Device Overview



①	Touchscreen	Swipe left or right to scroll through features, data screens, and menus. Tap to select.
②	Device key	Hold to turn on and off the device. Press to open and close the menu. Press to start and stop the timer.

## Activity Tracking and Features

Some features require a paired smartphone.

**Time and date:** Displays the current time and date. The device updates the time and date when you synchronize your device with a smartphone.

**Activity tracking:** Tracks your daily step count, floors climbed, distance traveled, calories,

and intensity minutes. The move bar displays the amount of time you are inactive.

**Goals:** Displays your progress toward your activity goals. The device learns and proposes a new step goal for you each day. You can customize goals for daily steps, daily floors climbed, and weekly intensity minutes using your Garmin Connect™ account.

**Heart rate:** Displays your current heart rate and seven-day average resting heart rate in beats per minute (bpm).

**Notifications:** Alerts you to notifications from your smartphone, including calls, texts, social network updates, and more, based on your smartphone notification settings.

**Music controls:** Provides controls for the music player on your smartphone.

**VIRB® remote:** Provides remote controls for a paired VIRB action camera.

## Pairing Your Smartphone

You should connect your vivosmart HR device to a smartphone to access the full features of the device.

**TIP:** You can also set up the device on your computer using the Garmin Express™ application.

**NOTE:** Unlike other Bluetooth® devices that are paired from the Bluetooth settings on your smartphone, your vivosmart HR device must be paired directly through the Garmin Connect Mobile app.

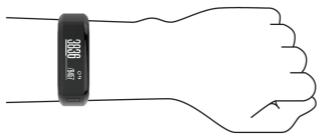
- 1 Go to [www.garminconnect.com/vivosmartHR](http://www.garminconnect.com/vivosmartHR), and follow the on-screen instructions to download the Garmin Connect Mobile app.
- 2 Select an option:
  - During the initial setup, follow the on-screen instructions to pair your device with your smartphone.
  - If you did not pair your device during the initial setup, press the device key to view the menu, and select **Pair Smartphone**.
- 3 Open the Garmin Connect Mobile app, and follow the on-screen instructions.

Your device automatically synchronizes with the Garmin Connect Mobile app periodically.

### **Wearing the Device and Heart Rate**

- Wear the vívosmart HR device above your wrist bone.

**NOTE:** The device should be snug but comfortable, and it should not move while running.



- Do not damage the heart rate sensor on the back of the device.
- See the owner's manual for more information about wrist-based heart rate.

## 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 clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions in the owner's manual.

- 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 press the charger ① until it clicks.



- 3 Charge the device completely.

## Device Information

### Temperature Specifications

Operating temperature range: From -10° to 60°C (from 14° to 140°F)

**Charging temperature range:** From 0° to 40°C  
(from 32° to 104°F)

### **Getting the Owner's Manual**

The owner's manual includes instructions for using device features and accessing regulatory information.

Go to [www.garmin.com/manuals/vivosmartHR](http://www.garmin.com/manuals/vivosmartHR).



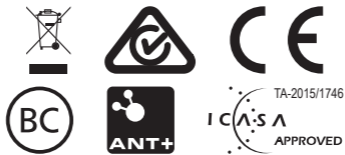
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