

**GARMIN**<sup>®</sup>

**vívomove**<sup>™</sup>



## Owner's Manual

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# 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.

## Getting Started

To get the most out of your activity tracker, you should pair it with your smartphone or computer and complete the setup process with your free Garmin Connect™ account.

- 1 Select an option:
  - Pair the device with your smartphone ([Smartphone Setup, page 1](#)).
  - Pair the device with your computer ([Computer Setup, page 1](#)).
- 2 Set the time on your device ([Setting the Time, page 1](#)).
- 3 Wear the device all day and night.
- 4 Sync your step count and sleep statistics with your Garmin Connect account ([Syncing Your Data with the Garmin Connect Mobile App, page 1](#), [Syncing Your Data with Your Computer, page 2](#)).

## Device Overview



①	Step bar	Tracks your step count and displays your progress as a percentage of your daily goal.
②	Move bar	Displays the amount of time you are inactive.
③	Crown	Hold to enter pairing mode. Press to sync data. Pull and turn to set the time of day.

## Turning On the Device

Your device ships in low power mode.

- 1 Push in the crown.
- 2 Press the crown until the step bar is in motion.

## Auto Goal

Your device creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the device shows your progress toward your daily goal. Each segment on the step bar represents five percent of your daily goal. You can sync your data with the Garmin Connect Mobile app to view your current step count.

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 move bar appears. Additional segments appear after every 15 minutes of inactivity. After two hours of inactivity, the move bar appears solid.

You can reset the move bar by walking a short distance.

## Sleep Tracking

While you are sleeping, the device monitors your movement. Sleep statistics include total hours of sleep, sleep levels, and sleep movement. You can view your sleep statistics on your Garmin Connect account.

## Setting the Time

You must manually set the time on your device. The time on your device operates independently from the time on your smartphone. Your auto goal and step bar are automatically reset at midnight, based on the time of day on your paired smartphone.

- 1 Pull and turn the crown to set the time on your device.
- 2 Push in the crown.

# Smartphone Setup

## Pairing Your Smartphone

Pairing is the process of connecting your Bluetooth® enabled smartphone to your device. You should connect your vivomove device to a smartphone to access the full features of the device.

- 1 Go to [www.garminconnect.com/vivomove](http://www.garminconnect.com/vivomove), and download the Garmin Connect Mobile app to your smartphone.
- 2 Bring your smartphone within 3 m (10 ft.) of your device.
- 3 Open the Garmin Connect Mobile app.
- 4 Select an option to add your device to your Garmin Connect account:
  - If this is the first device you have paired with the Garmin Connect Mobile app, follow the on-screen instructions.
  - If you have already paired another device with the Garmin Connect Mobile app, from the settings menu, select **Garmin Devices** > **+**, and follow the on-screen instructions.
- 5 On the vivomove device, hold the crown for 3 seconds to enter pairing mode.  
The step bar flashes while the device is searching for your smartphone.

## Syncing Your Data with the Garmin Connect Mobile App

Your device periodically syncs activity tracking data with the Garmin Connect Mobile app automatically. You can also manually sync your data at any time.

- 1 Bring your smartphone within 3 m (10 ft.) of your device.
- 2 Press the crown for 1 second.  
The step bar is in motion while the data is syncing.
- 3 Wait while your data syncs.
- 4 View your current data in the Garmin Connect Mobile app.

# Computer Setup

## Pairing Your Computer

You can use an optional USB ANT Stick™ to pair your device with your computer. Go to [buy.garmin.com](http://buy.garmin.com), or contact your Garmin® dealer for information about optional accessories.

- 1 Go to [www.garminconnect.com/vivomove](http://www.garminconnect.com/vivomove), and follow the on-screen instructions to download and install the Garmin Express™ application.
- 2 Plug the wireless USB ANT Stick into a USB port.
- 3 Bring the device within 3 m (10 ft.) of your computer.

## Customizing Your Device

### Garmin Connect Settings

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

- From the settings menu in the Garmin Connect Mobile app, select **Garmin Devices**, and select your device.
- From the devices widget in the Garmin Connect application, select **Device Settings**.

After customizing settings, sync your data to apply the changes to your device ([Syncing Your Data with the Garmin Connect Mobile App, page 1](#), [Syncing Your Data with Your Computer, page 2](#)).

### Device Settings

From your Garmin Connect account, select **Device Settings**.

**Auto-Activity Detection:** Allows your device to create and save an activity automatically when you move for at least 15 consecutive minutes. You can sync your device to view activity details on your Garmin Connect account.

**Auto-Sync:** Allows you to customize how frequently your device automatically syncs data with your Garmin Connect account.

### User Settings

From your Garmin Connect account, select **User Settings**.

**Personal Information:** Allows you to enter your user profile information, including gender, birth date, height, weight, and activity class. The device uses this information to improve activity tracking accuracy.

**Daily Steps:** Allows you to enter your daily step goal. You can use the Auto Goal option to allow your device to set your step goal automatically.

**Custom Step Length:** Allows your device to more accurately calculate the distance traveled using your custom step length. You can enter a known distance and the number of steps it takes to cover the distance, and the Garmin Connect application can calculate your step length.

## Device Information

### Specifications

Battery type	User-replaceable CR2025
Battery life	Up to 1 yr.
Operating 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* <b>NOTICE</b> Do not pull the crown while the device is wet. Using the crown in a wet environment can damage the device.

\*The device withstands pressure equivalent to a depth of 50 m. For more information, go to [www.garmin.com/waterrating](http://www.garmin.com/waterrating).

### Battery Replacement

Your Garmin Connect account indicates when the battery level is low on your device. Garmin recommends that you take your device to a professional watch repair person to replace the battery. The device uses one CR2025 battery.

**NOTE:** Activity tracking features use more battery power than the watch hands. The device may continue to keep time after activity tracking features stop functioning.

- 4 On the vívomove device, hold the crown for 3 seconds to enter pairing mode.

The step bar flashes while the device is searching for your computer.

- 5 Follow the instructions on your computer to add your device to your Garmin Connect account and complete the setup process.

### Syncing Your Data with Your Computer

You should sync your data regularly to track your progress in the Garmin Connect application.

- 1 Bring the device within 3 m (10 ft.) of your computer.

- 2 Press the crown for 1 second.

The step bar is in motion while the data is syncing.

- 3 Wait while your data syncs.

- 4 View your current data in the Garmin Connect application.

## History

Your device keeps track of your daily steps, sleep statistics, and activities. This history can be sent to your Garmin Connect account.

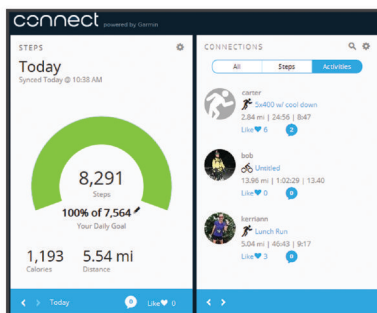
Your device stores your activity data for up to 3 weeks. When the data storage is full, the device deletes the oldest files to make room for new data.

### 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, hikes, and more. To sign up for a free account, go to [www.garminconnect.com/start](http://www.garminconnect.com/start).

**Track your progress:** You can track your daily steps, join a friendly competition with your connections, and meet your goals.

**Analyze your data:** You can view more detailed information about your activity, including time, distance, calories burned, and customizable reports.



**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.

### Viewing Activities on Your Garmin Connect Account

Your device creates running activities automatically when the Auto-Activity Detection setting is enabled ([Device Settings, page 2](#)). Activities can be sent to your Garmin Connect account.

- 1 Run for at least 15 consecutive minutes.

- 2 Sync your device with your Garmin Connect account ([Syncing Your Data with the Garmin Connect Mobile App, page 1](#), [Syncing Your Data with Your Computer, page 2](#)).

## 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.

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.

Keep the leather band dry. Avoid swimming or showering with the leather band. Exposure to water can damage the leather band.

Do not place in high temperature environments, such as a clothes dryer.

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

### Cleaning the Device

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

After cleaning, allow the device to dry completely.

**TIP:** For more information, go to [www.garmin.com/fitandcare](http://www.garmin.com/fitandcare).

### Cleaning the Leather Bands

- 1 Wipe the leather bands with a dry cloth.
- 2 Use a leather conditioner to clean the leather bands.

## Replacing the Bands

The device is compatible with 20 mm wide bands. Go to [buy.garmin.com](http://buy.garmin.com), or contact your Garmin dealer for information about optional accessories.

- 1 Slide the quick-release pin ① on the spring bar to remove the band.



- 2 Insert one side of the spring bar for the new band into the device.
- 3 Slide the quick-release pin, and align the spring bar with the opposite side of the device.
- 4 Repeat steps 1 through 3 to replace the other band.

## Troubleshooting

### Resetting the Device

If the device stops responding, you may need to reset it. This does not erase any of your data.

Hold the crown for 15 seconds.

### My step count does not seem accurate

If your step count does not seem accurate, you can try these tips.

- Wear the device on your non-dominant wrist.
- Carry the device in your pocket when pushing a stroller or lawn mower.
- Carry the device in your pocket when actively using your hands or arms only.

**NOTE:** The device may interpret some repetitive motions, such as washing dishes, folding laundry, or clapping your hands, as steps.

### My phone will not connect to the device

- Enable Bluetooth wireless technology on your smartphone.
- On your smartphone, open the Garmin Connect Mobile app and enter pairing mode.
- On your device, hold the crown for 3 seconds to enter pairing mode.

### Pairing Multiple Mobile Devices or Computers with Your Device

You can pair your vívomove device with multiple mobile devices and multiple computers. For example, you can pair your device with a smartphone and a tablet, and your home and work computers. You can repeat the pairing process for each additional mobile device or computer (*Pairing Your Smartphone, page 1, Pairing Your Computer, page 1*).

### Software Update

When a software update is available, your device automatically downloads the update when you synchronize your device to your Garmin Connect account.

### Support and Updates

Garmin Express ([www.garmin.com/express](http://www.garmin.com/express)) provides easy access to these services for Garmin devices.

- Product registration
- Product manuals
- Software updates
- Data uploads to Garmin Connect

## Appendix

### Getting More Information

- Go to [www.garmin.com/intosports](http://www.garmin.com/intosports).
- Go to [www.garmin.com/learningcenter](http://www.garmin.com/learningcenter).
- Go to <http://buy.garmin.com>, or contact your Garmin dealer for information about optional accessories and replacement parts.

### Software License Agreement

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# [www.garmin.com/support](http://www.garmin.com/support)



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