

# vivosmart™ Sizing Guide

Use this guide to make sure you select the right-sized band for your wrist when purchasing your new device.

**Small Band** for a wrist circumference between 5.0–6.8" / 127–172 mm

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**Large Band** for a wrist circumference between 6.1–8.7" / 155–221 mm

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## Step 1

Print out the guide at **100 percent**.

## Step 2

Cut along the dotted lines below the bands.

## Step 3

Wrap the paper bands around your wrist.

## Step 4

Choose the size that fits your wrist securely.