

# vivosmart® HR Sizing Guide



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

**Regular Band** for a wrist circumference between 5.4–7.4" / 137–188 mm

**X-Large Band** for a wrist circumference between 7.1–8.8" / 180–221 mm



## Step 1

Print out the guide at **100 percent**. You will know it printed correctly if you measure the 1" or 10mm lines above and they measure correctly.

## Step 2

Cut along the dotted line under the band.

## Step 3

Wrap the paper band around the wrist you would like to wear the product on. Be sure to keep the arrow on top.

## Step 4

Choose the size that fits your wrist snugly. If you are close to the line between sizes, consider choosing the larger size.