vívokí™ Owner's Manual

⚠ 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

When using your device for the first time, you must complete these tasks to set up the device and learn about the basic features.

1. Go to www.garmin.com/wellness/start, and select your wellness program.
2. Locate the serial number ① on the back of the device.



3. Follow the on-screen instructions to register the device.
4. Go to www.garmin.com/apps, and download the Garmin Connect™ Mobile app (optional).
5. Go to www.garminconnect.com/start, and follow the on-screen instructions to register the device with Garmin Connect (optional).
6. Insert the device in the silicone clip, or carry the device in your pocket (*Wearing the Device*, page 1).
7. Go for a short walk (at least 1 minute).
8. Check your progress toward your daily goal (*Checking Your Activity Progress*, page 1).

Using Garmin Connect Mobile

Before your data can synchronize automatically using your compatible mobile device, you must pair your vívokí device directly through the Garmin Connect Mobile app.

NOTE: Your compatible Android™ or iOS® mobile device must support Bluetooth® 4.0 in order to pair with your vívokí device and synchronize data.

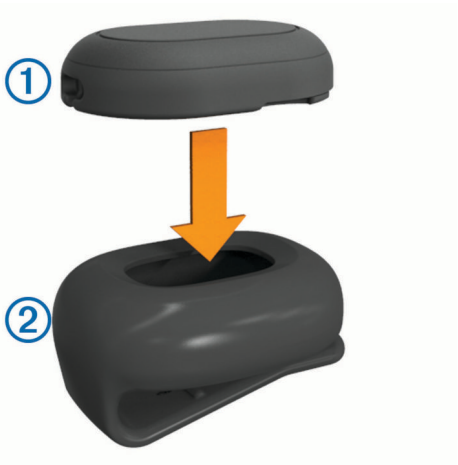
1. From your mobile device, go to the Garmin Connect Mobile app.
2. Follow the on-screen instructions to pair the device and update your preferences.

Software Update

Software updates for your vívokí device are made available through the Garmin Connect Mobile app. When a software update is available, your device automatically downloads and installs the update the next time you synchronize your device using the Garmin Connect Mobile app.

Wearing the Device

1. Insert the device ① into the flexible silicone clip ② by stretching the clip material around the device.



2. Attach the clip to your waistband, belt, or torso, or carry the device in your pocket.
3. Carry or wear the device all day.

Checking Your Activity Progress

While you are wearing the device, it is active and sending data, but no LEDs are showing.

- Tap the device two or three times in succession until the LEDs flash.

  NOTE: You should remain stationary when checking your activity progress.

  Up to five green LEDs appear to indicate your daily progress.

LED Pattern	Progress Toward Goal
○○○○●	0-10% Each flashing LED represents up to 10% of your progress toward the daily goal.
○○○○●	11-20% Each solid LED represents up to 20% of your progress toward the daily goal.
○○○●●	21-30%
○○○●●	31-40%
○○●●●	41-50%
○○●●●	51-60%
○●●●●	61-70%
○●●●●	71-80%
●●●●●	81-90%
●●●●●	91-100% When you are close to your daily goal, all five LEDs are solid.
●●●●●	>100% When you exceed your daily goal, all five LEDs flash.
●○○○○	Low battery

- Pair your device with the Garmin Connect Mobile app to view your activity progress in real time (*Using Garmin Connect Mobile*, page 1).

About the Step Goal

Your device has a default goal of 5,000 steps per day. As you begin your activity, the device records your progress toward the daily goal.

You can turn on the auto goal feature or set a personalized step goal using your Garmin Connect account. When you turn on the auto goal feature, the device creates a daily step goal automatically, based on your previous activity levels.

History

Your device keeps track of your daily steps, distance traveled, calories burned, and intensity. This history can be sent to the Garmin Connect Mobile app, the Garmin Connect site, or your wellness partner site.

Your device stores your activity data for up to 30 days. When the data storage is full, the device deletes the oldest files to make room for new data.

Sending Data to Your Garmin Connect Account and Your Wellness Partner Site

You can view and analyze data from your vívokí device on the Garmin Connect Mobile app, the Garmin Connect site, or your wellness partner site. You can use the vívohub™ receiver or the Garmin Connect Mobile app to send your data.

- Send data automatically by passing within range of a vívohub receiver.

  NOTE: For information about the vívohub receiver, contact your wellness program administrator.
- Send data by synchronizing the vívokí device with the Garmin Connect Mobile app (*Using Garmin Connect Mobile*, page 1).

If you received and registered your device with a wellness program, your data will be sent automatically to your wellness partner site.

NOTE: Garmin® recommends that you carefully read the terms and privacy policy of your wellness program.

Device Information

vívokí Specifications

Battery type	User-replaceable CR2032 (3 volts)
Battery life	Up to 6 months (typical use)
Operating temperature range	-10°C to 50°C (from 14°F to 122°F)
Radio frequency/ protocol	2.4 GHz ANT® wireless communications protocol Bluetooth Smart wireless technology
Water rating	1 ATM[1]

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.

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

Replacing the Battery

⚠ WARNING

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.

⚠ CAUTION

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

Before you can replace the battery, you must remove the silicone clip.

1. Locate the circular battery cover ① on the back of the sensor.



2. Twist the cover counter-clockwise until it is loose enough to remove.
3. Remove the cover and the battery ②.

   TIP: You can use a piece of tape ③ or a magnet to remove the battery from the cover.



4. Wait 30 seconds.
5. Insert the new battery into the cover, observing polarity.

   NOTE: Do not damage or lose the O-ring gasket.
6. Replace the cover by aligning the dots and rotating clockwise.

   TIP: To confirm proper battery replacement, tap the device until the LEDs flash.

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

Appendix

Software License Agreement

BY USING THE DEVICE, YOU AGREE TO BE BOUND BY THE TERMS AND CONDITIONS OF THE FOLLOWING SOFTWARE LICENSE AGREEMENT. PLEASE READ THIS AGREEMENT CAREFULLY.

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The FCC ID is located in the battery compartment. The FCC ID is IPH-A2442.

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