

User Manual

1. HOW TO OPERATE

1.1 Charging

Put the watch onto the charging base, align the metal contacts on the back of the watch with the gold pins on the charging base while placing, then tightly press the watch to make sure it does not fall off the base. Insert one end of the USB into the charging base, and the other end into a computer, charging dock or power bank for charging.

Input voltage: 5V DC.

Charging time: about 2 hours.

1.2 Power On

Press and hold on the right button to power on.

1.3 APP Download

Download the VYVO Smart App from the App Store, Google Play Store or VYVOAppSTORE.

Note: To use "VYVO Smart App" on an iPad, you need to select "iPhone only" when downloading it from the App Store.

1.4 Compatibility & Support

Support Android 4.4 or above, iOS 9.0 or above.

1.5 Connection

After finishing the download, open the App and register an account, then complete the connection process according to the operating instructions on the App.

NOTE:

a. In order to successfully connect a phone to the smartwatch, you need to turn on the Bluetooth on the phone and connect to your device through the App.

b. The first time you connect to the App, the time on the watch will not be consistent with your actual local time. Once the connection has been completed the time along with all the data for steps, calories & distance on the smartwatch will be reset.

1.6 Device Overview

1.7 Replace the wristband

1. Slide the spring lock on the waters strap, and proceed to remove the strap from the

watch;

2. Buckle the new watch strap into the smartwatch making sure its properly aligned;
3. Gently pull the strap to assure it is buckled correctly.

2. INTRODUCTION FOR IMPORTANT FEATURE

2.1 Heart rate monitoring

Life Watch contains PPG heart rate sensor and combines it with HR algorithms, which accurately monitors your heart rate during exercise.

in order to monitor heart rate more accurately, please wear the watch approximately one finger away from the wrist bone.

When exercising, please wear tight or as comfortably close to your skin as possible, and make sure that the watch does not slide or move along with the movement.

2.2 ECG

The Life Watch intended to record and transmit single-channel electrocardiogram (ECG). The device does not perform any automatic beat or rhythm classification on the acquired ECG data.

1. For more accurately, please sit and rest while measuring.
2. According to the picture shows the right hand touching the pole above the watch.
3. Do not move or speak during the measurement.

2.3 Oxygen saturation

This Life Watch is intended for measuring and recording the functional oxygen saturation (SpO₂). It is applicable for detecting SpO₂ of adult in homes.

1. To more accurately measure oxygen saturation, sit and rest.
2. According to the picture, the right hand finger touches the sensor on the side of the watch.
3. The sensor will emit red light, and the light source is safe and reliable.
4. Do not move or speak during the measurement.

2.4 Illumi-Run

1 Enter the Running interface; You can turn on or off the Illumi-Run. 2. Color display of the screen will change with your heart rate.

Red: Extreme Pink:

Anaerobic Orange:

Aerobic Green:

Fat-burning Blue:

Warm-up

1.The definition of heart rate zone is individualized. Please set the personal information in App accurately;

2.The screen will flash with the pace of the steps taken;

3.In the Illumi-Run mode, the screen backlight keeps on, and the screen will stop flashing after turning over the wrist or pressing any key.

2.5 Swimming

Life Watch has two swimming modes: free mode and pool mode.

It can record movement distance, SWOLF, stroke data, 100-meter speed, and other data.

Note :

1.Life Watch is only for swimming. If you wear WATCH 2 for diving, it may cause damage to the device. Such damage is not within the scope of the warranty.

2.Life Watch cannot obtain heart rate data when swimming.

3.Under the swimming mode, the touch function is automatically disabled. If you want to operate the watch, please use the key.

4.In pool mode, please set the distance of the swimming pool correctly so as to calculate the distance and other data accurately. If the swimming distance is less than one lap, then the distance cannot be calculated.

5. The average number of SWOLF = strokes in a single lap+ seconds in a single lap.

3.MORE INFORMATION

3.1. Waterproofing instructions

The waterproof level of Life Watch is IP68 .

Note:

1. Swim, shower and washing hands only under cold water.
2. Life Watch does not have a waterproofing effect on seawater, acid and alkaline solution, chemical reagents and other corrosive liquids. If inadvertently encounter or contact with corrosive liquid, please clean with clear water and dry the device. The damage caused due to improper use or abuse of the device is not within the scope of the warranty.

Product model	Life Watch	Weight	About 40g
Size	49 x 37 x 137 mm	Bluetooth	Bluetooth 4.2
Adjustable range of	155 mm -211 mm	Working condition	0-40 °C
Battery life	About 5-7 days (Run once a week for an hour : 200	Screen resolution	320*360 px

4. DEVICE MAINTENANCE

4.1 Device care

Notice:

- 1 Do not use any sharp objects to clean the device.
2. Avoid using chemical cleaners, solvent solutions or insect repellents that might damage plastic components of the device.
3. Thoroughly rinse the device with clean water after exposure to chlorine, salt water, sunscreen, alcohol, cosmetics or any other harsh chemicals. Prolonged exposure to these substances may damage the device.
4. Avoid pressing the keys while under water.
5. Avoid extreme shock and harsh treatment of the device, as it may reduce device product life.
6. Do not expose the device to extreme temperatures that are either too cold or too hot, for an extended period of time, which may cause permanent damage.
7. After each training session, please rinse the smartwatch with clean water.

4.2 Cleaning the Device

Note:

Even the faintest prolonged exposure to sweat or moisture may cause corrosion of the

charging terminal when charging the device, which will also hinder the transmission of data and affect the charging.

1. Gently wipe the device by using a cotton cloth with a mild neutral detergent;
2. Please allow the device to dry completely after cleaning.

Contact information

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Type BF Applied Part

Environmental protection



Read this manual before use.

IP68

Degree of protection against dust and water



WEEE (2002/96/EC)

GPS

Global Positioning System inside

5. IMPORTANT SAFETY AND PRODUCT INFORMATION

•If you have a pacemaker or other internal electronic device, consult with your physician before using a heart rate monitor.

•The WATCH 2 optical wrist heart rate monitor will occasionally emit green light and flashes. Consult with your physician if you have epilepsy or are sensitive to flashes of light.

•Always consult your physician before beginning or modifying any routine or exercise program.

•The device, accessories, heart rate monitor and related data are intended to be used only for recreational purposes, not medical purposes, and not intended to diagnose, monitor, treat, cure or prevent disease.

•The heart rate readings are for reference only, and no liability is accepted for the consequences of any wrong interpretation.

Although the optical wrist heart rate monitor technology typically provides an accurate data for user's heart rate, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances, including the user's physical characteristics, installation of the device and type & intensity of activity.

•The activity trackers rely on sensors to track your movement and other metrics. The data and information provided by the device are intended to assess your activity and metrics closely, but may not be completely accurate, including the data for steps, sleep, distance, heart rate, and calories.

- Do not immerse or expose batteries to water or other liquids.

- The product is suitable for adults (weight should be between 40 kg to 110 kg).
- The oximeter may not work for all users. If you are unable to achieve stable readings, discontinue use.
- Do not expose the device to a heat source or in a high-temperature location, for example, in an unattended vehicle in the sun. To avoid the possibility of damage, remove the device from the vehicle or store it out of direct sunlight, such as the glove box.
- Do not operate the device outside of the temperature ranges specified in the printed manual, which are included in the products packaging.
- When storing the device for an extended time period, please store within the temperature ranges specified in the printed manual which included within the product's packaging.
- Do not use a power and/or USB cable that is not Approved or supplied by the manufacturer. Please use within the temperature ranges specified in the printed manual which included in the product packaging.

Legal Disclaimer

Some measurements require the installation of VYVO Smart App available for Android OS 4.3 or later and for Apple OS ver. 10.0 or later.

VYVO Life Watch has a water resistance rating of 50 meters according to ISO standard 22810:2010. The device can be used for shallow-water activities like swimming in a pool or ocean. However, VYVO Life Watch should not be used for scuba diving, waterskiing, or other activities involving high-velocity water or submersion below shallow depth.

Unless otherwise specified, VYVO Life Watch and related services are not medical devices and are not intended to diagnose, treat, cure, or prevent any disease. With regard to accuracy, VYVO has developed products and services to track certain wellness information as accurately as reasonably possible. The accuracy of VYVO's products and services is not intended to be equivalent to medical devices or scientific measurement devices.

Consult your doctor before use if you have any pre-existing conditions that might be affected by your use of any VYVO product or service.

Certain functions may be limited in some countries.

User Responsibility

This product is designed to perform in conformity with the description thereof contained in this manual and accompanying documentation, when operated and maintained in compliance with the instructions provided. A defective product should not be used. The user of the product shall have the sole responsibility for any malfunction, which results from improper use, faulty maintenance, damage or alteration.

Contraindications

Do not use in case of known skin allergies to any of the materials indicated in the "List of Patient-Contacting Materials" .

Storage conditions

Life Watch is best preserved in a ventilated and clean environment without corrosive objects, warehouse management temperature and humidity, the best control in 5-28 C°, relative humidity :20%-75%.

FCC Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.