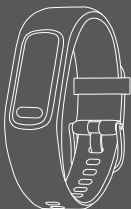


GARMIN®



VIVOSMART® 5

Quick Start Manual

M/N: A04352

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.




Setting Up Your Watch

To take full advantage of the vívosmart 5 features, complete these tasks.

- Pair the watch with your phone using the Garmin Connect™ app (page 2).
- Set up safety features (page 5).

Pairing Your Phone

To set up the vívosmart 5 watch, it must be paired directly through the Garmin Connect app, instead of from the Bluetooth® settings on your phone.

- 1 From the app store on your phone, install and open the Garmin Connect app.
- 2 Press  to turn on the watch.
- 3 Select an option to add your watch to your Garmin Connect account:
 - If this is the first watch or device you have paired with the Garmin Connect app, follow the on-screen instructions.
 - If you have already paired another watch or device with the Garmin Connect app, from the  or  menu, select **Garmin Devices > Add Device**, and follow the on-screen instructions.

Using the Watch





Double-tap: Double-tap the touchscreen ① to wake the watch.

NOTE: The screen turns off when not in use. When the screen is off, the watch is still active and recording data.

Wrist gesture: Rotate and lift your wrist toward your body to turn the screen on. Rotate your wrist away from your body to turn the screen off.

Press: Press  ② to open and close the menu from the main watch face.

Press  to return to the previous screen.

Hold: From the watch face, hold  to view the controls menu.

Swipe: Swipe the touchscreen up or down to scroll through widgets and menu options.

Tap: Tap the touchscreen to make a selection.





Menu Options

You can press  to view the menu.

TIP: Swipe to scroll through the menu options.



Displays the timed activity options.

	Displays the heart rate features.
	Displays the watch face options.
	Displays the timer, stopwatch, and alarm options.
	Displays the watch settings.

Widgets

Your watch comes preloaded with widgets that provide at-a-glance information. You can swipe the touchscreen to scroll through the widgets. Some widgets require a paired phone.

For a description of each widget, see the owner's manual (page 9).




NOTE: You can use the Garmin Connect app to add or remove widgets.







Watch Face Data Field

Some vívosmart 5 watch faces display a data field. You can tap the watch face to scroll through steps, heart rate, battery level, date, weather, calories burned, and intensity minutes. The last data field you select appears when the display turns off and turns back on.







Recording a Timed Activity

You can record a timed activity, which can be saved and sent to your Garmin Connect account.

- 1 Press  to view the menu.
- 2 Select .
- 3 Swipe to scroll through the activity list, and select an option:
 - Select  for walking.

- Select  for running.
- Select  for a cardio activity.
- Select  for strength training.
- Select  for a bike activity.
- Select  for an elliptical trainer activity.
- Select  for a breathwork activity.

NOTE: You can use the Garmin Connect app to add or remove timed activities.

- 4 Select  to start the timer.
- 5 Start your activity.
- 6 Swipe up and down to view additional data screens.
- 7 After you complete your activity, hold  until  appears and the circle closes.
- 8 Select an option:
 - Select  to save the activity.
 - Select  to delete the activity.
 - Select  to resume the activity.

Safety and Tracking Features

CAUTION

The safety and tracking features are supplemental features and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

The vivosmart 5 watch has safety and tracking features that must be set up with the Garmin Connect app.

NOTICE

To use these features, the vívosmart 5 watch must be connected to the Garmin Connect app using Bluetooth technology. You can enter emergency contacts in your Garmin Connect account.


Assistance: Allows you to send a message with your name, LiveTrack link, and GPS location (if available) to your emergency contacts.


Incident detection: When the vívosmart 5 watch detects an incident during certain outdoor activities, the watch sends an automated message, LiveTrack link, and GPS location (if available) to your emergency contacts.

LiveTrack: Allows friends and family to follow your races and training activities in real time. You can invite followers using email or social media, allowing them to view your live data on a web page.

Requesting Assistance

Before you can request assistance, you must set up the safety and tracking features in the Garmin Connect app (page 5).

- 1 Hold .
- 2 When you feel three vibrations, release the button to activate the assistance feature. The countdown screen appears.

TIP: Before the countdown is complete, you can select  to cancel the message.

Connected GPS

With the connected GPS feature, your watch uses the GPS antenna in your phone to record GPS data for walk, run, or bike activities. The

GPS data, including location, distance, and speed, appears in the activity details in your Garmin Connect account.

Connected GPS is also used for the assistance and LiveTrack features.

NOTE: To use the connected GPS feature, enable phone app permissions to always share location to the Garmin Connect app.

Heart Rate Features

Your watch has a heart rate menu, enabling you to view wrist-based heart rate data.



Monitors the saturation of oxygen in your blood. Knowing your oxygen saturation can help you determine how your body is adapting to exercise and stress.

NOTE: The pulse oximeter sensor is located on the back of the watch.

VO₂

Displays your current VO₂ max., which is an indication of athletic performance and should increase as your level of fitness improves.



Displays your current fitness age, which is based on your VO₂ max., resting heart rate, and body mass index (BMI).



Broadcasts your current heart rate to a paired Garmin® device.

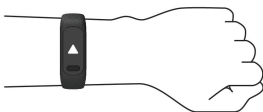
Morning Report

Your watch displays a morning report based on your normal wake time. Tap the touchscreen to view the report, which includes weather, sleep,

steps, menstrual cycle tracking or pregnancy information, and calendar events.

Wearing the Watch

- Wear the watch above your wrist bone.
NOTE: The watch should be snug but comfortable. For more accurate heart rate readings, the watch should not move while running or exercising. For pulse oximeter readings, you should remain motionless.



NOTE: The optical sensor is located on the back of the watch.

- See the owner's manual for more information.

Device Information

Charging the Watch

WARNING

This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions in the owner's manual.

- 1 Plug the small end of the USB cable into the charging port on your watch.
- 2 Plug the large end of the USB cable into a USB charging port.
- 3 Charge the watch completely.

Specifications

Operating temperature range

From -20° to 45°C (from -4° to 113°F)

Charging temperature range: From 0° to 45°C
(from 32° to 113°F)

Wireless frequency: 2.4 GHz @ -4.69 dBm
maximum

Getting the Owner's Manual

The owner's manual includes instructions for using watch features and accessing regulatory information.

Go to **www.garmin.com/manuals/vivosmart5**.

support.garmin.com

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