VIVE®
FITNESS TRACKER

OVERVIEW
We are constantly answering questions and recording helpful videos to make using your Vive Fitness Tracker as easy as possible. Check out the included QR code and link to help you through the process.

To see all FAQ's in one place visit **vhealth.link/frn**

WHAT'S INCLUDED
• Wrist-based Fitness Tracker device
• Easy start guide

INTRODUCTION
Congratulations on your purchase of the Vive Fitness Tracker. Your heart is a major indicator of your body condition. With 24-hour heart rate monitoring, the Vive Fitness Tracker allows you to see your heart rate stats and adjust your lifestyle for better heart health. The Vive Fitness Tracker not only monitors your heart rate but helps you keep track of your health by tracking your fitness goals and other items such as temperature, blood oxygen, blood pressure, steps and calories.

VIVE FIT APP
The Vive Fit app is where you will leverage all of the data that's recorded by the Fitness Tracker device. In the app, the user can view heart rate statistics, steps taken, distance traveled, and much more!

Download the Vive Fit App
1. Download the Vive Fitness Tracker App in the App Store or Google Play. You can also scan the QR code below to download the app.
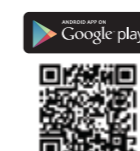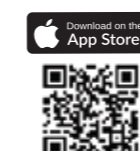
Requires iOS 9.0 Android 4.4 and newer version.

2. When installing the app, agree to all app permissions with your mobile phone. Without agreeing to the permissions on your mobile, the app may not perform as intended.

   NOTE: For proper functionality, the app requires that your phone is running iOS 9.0 or Android 4.4 or later.

Pair the Fitness Tracker Device with the App
Pairing must be performed in the App.
1. Enable Bluetooth on your mobile device. Bluetooth must be enabled for pairing.
2. Place the Fitness Tracker near your phone.
3. In the app, find the button that says, "Pair Device," and press it to initiate the device search.
4. The Fitness Tracker name will appear, tap the name then select "Pair." Once pairing is complete choose a name for the fitness tracker or just choose the default name. You can unpair the Device from the App if needed.

There may be cases where you wish to unpair the device from the app.
1. In the app, click on the name of your device.
2. Click "Unbind."
3. Go to the Bluetooth settings in your mobile device settings.
4. Find the name of your device and click "Forget this device."

for more information visit **vhealth.link/g75**

USING THE VIVE FITNESS TRACKER
### Charging the Fitness Tracker
No specific USB charger is required. The user may use any phone or tablet USB charger, the USB port on a PC or power bank, or any wall charger or power strip with a USB port.

1. Locate the seam where the wristband meets the watchface and pull each end gently at a 45 degree angle to reveal the USB charging input.
2. Plug the tracker into a USB port and charge until the battery symbol is full, a full charge will take several hours to complete.

3. The device face will show the battery charging icon to confirm that the device is plugged in correctly and is receiving a charge.

Fitness Tracker Icon Key

Home   Step   KM
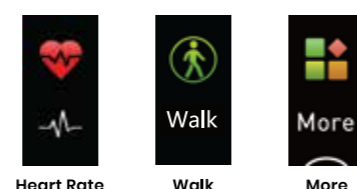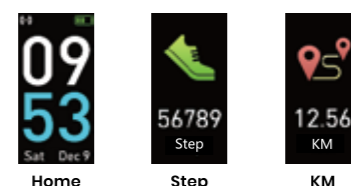
Home
The home screen can be customized with different screen displays by updating in the app.

Step
A three-axis accelerometer is used in the band which detects movement and converts it into steps.

KM/Miles–Tracks distance traveled
Heart Rate/BPM
This screen displays your real-time heart rate (beats per minute). For a more detailed history, check the heart rate data stored in the app.

WARNING: Results vary and this device is not to be used for medical purposes.

Walk/Run, Cycling, Yoga logos
These icons can be changed to several different workout options in the app menu.

More
Customization options are available under this icon.

NOTE: A floating semicircle at the bottom of an icon screen indicates that there are more options when the icon is clicked.

Reboot and Reset
1. Navigate to the "More" menu. Press and hold it for 3 seconds to enter the Advanced menu.
2. Navigate the advanced menu until you see the Power Off or Factory Reset buttons respectively.

3. Hold the button for 3 seconds to power off the device or to reset the device settings.

Power off   Factory reset

Phone Notifications
You can set the device to alert you of common mobile notifications such as incoming phone calls, SMS, and alarms. Notification settings are located in the app.

for more information visit **vhealth.link/g75**

WARNINGS ⚠
• The IP68 waterproof rating provides daily protection from rain, shower, and shallow pools.
• Do not submerge in water or use for swimming in water deeper than 2m.
• Do not use the device in hot environments such as saunas, steam rooms, or hot springs.

CLEANING AND STORAGE
• A damp cloth may be used to wipe the surfaces of the fitness tracker.
• Do not wet the USB/electrical ports.
• Store in a cool, dry place when not in use.

TROUBLESHOOTING
Plugged-in but not charging
Ensure the USB connection is correct and not "flipped."

Cannot locate the device for pairing
Ensure Bluetooth is enabled on your phone.

Connectivity Issues Between Device and Phone
1. Ensure the tracker is fully charged.
2. Turn on Bluetooth in your phone settings.
3. Go to the tracker app, go to settings, find and tap on the device name, tap bind device.

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