GARMIN

vívosmart® HR/HR+

Owner's Manual

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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.

Getting Started

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

1 Charge the device (*Charging the Device*, page 7).
2 Select an option to complete the setup process with your Garmin Connect™ account:
   - Set up the device on your compatible smartphone (*Pairing Your Smartphone*, page 1).
   - Set up the device on your computer (*Setting Up the Device On Your Computer*, page 2).

   NOTE: Until you complete the setup process, the device has limited functionality.
3 Synchronize your data with your Garmin Connect account (*Synchronizing Your Data with the Garmin Connect Mobile App*, page 1) (*Synchronizing Your Data with Your Computer*, page 2).

Device Overview

①	Touchscreen	Swipe to scroll through features, data screens, and menus. Tap to select.
②	Device key	Hold to lock the screen and turn the device on and off. Press to open and close the menu. Press to start and stop the timer.

Screen Orientation

You can customize the screen orientation in the device settings on your Garmin Connect account. The device can display data in landscape or portrait orientation.

Touchscreen Tips

You can use the touchscreen to interact with many device features.

- Swipe left or right in landscape orientation.
- Swipe up or down in portrait orientation.
- From the time of day screen, swipe to scroll through activity tracking data and features.
- Press the device key, and swipe to scroll through menu options.
- During a timed activity, swipe to view data screens.
- Tap the touchscreen to make a selection.
- Select ↰ to return to the previous screen.
- Make each touchscreen selection a separate action.

Using the Backlight

- At any time, tap or swipe the touchscreen to turn on the backlight.

   NOTE: Alerts and messages activate the backlight automatically.

- Adjust the backlight brightness (*Device Settings*, page 6).
- Customize the auto backlight setting (*Device Settings on Your Garmin Connect Account*, page 6).

Wearing the Device and Heart Rate

- Wear the vívosmart HR/HR+ device above your wrist bone.

   NOTE: The device should be snug but comfortable, and it should not move while running or exercising.
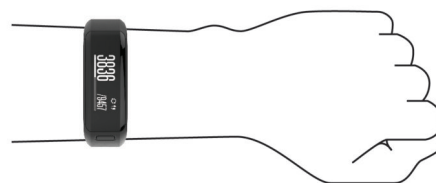
- Do not damage the heart rate sensor on the back of the device.
- See *Tips for Erratic Heart Rate Data*, page 7 for more information about wrist-based heart rate.

Pairing and Setup

Pairing Your Smartphone

You should pair your vívosmart HR/HR+ device with a smartphone to access the full features of the device.

NOTE: Unlike other Bluetooth® devices that are paired from the Bluetooth settings on your smartphone, your vívosmart HR/HR+ device must be paired directly through the Garmin Connect Mobile app.

1 Go to www.garminconnect.com/vivosmartHR or www.garminconnect.com/vivosmartHRPlus, and follow the on-screen instructions to download the Garmin Connect Mobile app.
2 Select an option:
   - During the initial setup, follow the instructions on your vívosmart HR/HR+ device to pair your device with your smartphone.
   - If you did not pair your device during the initial setup, press the device key to view the menu, and select ✳ > **Pair Smartphone**.
3 Open the Garmin Connect Mobile app.
4 Select an option to add your device to your Garmin Connect account:
   - If this is the first device you have paired with the Garmin Connect Mobile app, follow the on-screen instructions.
   - If you have already paired another device with the Garmin Connect Mobile app, from the settings menu, select **Garmin Devices** > ✚, and follow the on-screen instructions.

Synchronizing Your Data with the Garmin Connect Mobile App

Your device periodically synchronizes data with the Garmin Connect Mobile app automatically. You can also manually synchronize your data at any time.

1 Bring the device within 3 m (10 ft.) of your smartphone.
2 Press the device key to view the menu.
3 Select ↻.
4 View your current data in the Garmin Connect Mobile app.

Setting Up the Device On Your Computer

If you have not paired your vívosmart HR/HR+ device with your smartphone, you can use your computer to complete the setup process with your Garmin Connect account.

NOTE: Some device features require a paired smartphone.

1. Connect the charging clip securely to the device (*Charging the Device*, page 7).
2. Plug the USB cable into a USB port on your computer.
3. Go to www.garminconnect.com/vivosmartHR or www.garminconnect.com/vivosmartHRPlus.
4. Download and install the Garmin Express™ application:
   - If you are using a Windows® operating system, select **Download for Windows**.
   - If you are using a Mac® operating system, select **Download for Mac**.
5. Follow the on-screen instructions.

Synchronizing Your Data with Your Computer

You should synchronize your data regularly to track your progress in the Garmin Connect application.

1. Connect the device to your computer using the USB cable.

   The Garmin Express application synchronizes your data.
2. View your current data in the Garmin Connect application.

Activity Tracking and Features

Some features require a paired smartphone.

Time and date: Displays the current time and date. The time and date are set automatically when the device acquires satellite signals (vívosmart HR+ device only) and when you sync your device with a smartphone.

Activity tracking: Tracks your daily step count, floors climbed, distance traveled, calories, and intensity minutes. The move bar displays the amount of time you are inactive.

Goals: Displays your progress toward your activity goals. The device learns and proposes a new step goal for you each day. You can customize goals for daily steps, daily floors climbed, and weekly intensity minutes using your Garmin Connect account.

Heart rate: Displays your current heart rate in beats per minute (bpm) and seven-day average resting heart rate. You can tap the screen to view a graph of your heart rate.

Notifications: Alerts you to notifications from your smartphone, including calls, texts, social network updates, and more, based on your smartphone notification settings.

Music controls: Provides controls for the music player on your smartphone.

VIRB® remote: Provides remote controls for a paired VIRB action camera (sold separately).

**Weather**: Displays the current temperature. You can tap the screen to view a four-day weather forecast.

Icons

Icons represent different device features. You can swipe to scroll through the different features. Some features require a paired smartphone.

NOTE: You can use your Garmin Connect account to customize the screens that appear on your device (*Device Settings on Your Garmin Connect Account*, page 6).

👣	The total number of steps taken for the day, your step goal for the day, and your progress toward your goal.
♥	Your current heart rate and seven-day average resting heart rate in beats per minute (bpm). A flashing icon means the device is searching for a signal.
🔥	The amount of total calories burned for the current day, including both active and resting calories.
📍	The distance traveled in kilometers or miles for the current day.
🪜	The total number of floors climbed for the day, your floors climbed goal for the day, and your progress toward your goal.
⏱	Your time spent participating in moderate to vigorous intensity activities, your weekly intensity minutes goal, and your progress toward your goal.
⏮▶⏸⏭	Music player controls for a paired smartphone.
VIRB	Remote controls for a paired VIRB action camera.
💬	Notifications received from a paired smartphone.
⛅	The current temperature and weather forecast from a paired smartphone.

Auto Goal

Your device creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the device shows your progress toward your daily goal ①.

If you choose not to use the auto goal feature, you can set a personalized step goal on your Garmin Connect account.

Move Bar

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move bar reminds you to keep moving. After one hour of inactivity, the move bar ① appears. Additional segments ② appear after every 15 minutes of inactivity.

You can reset the move bar by walking a short distance.

Intensity Minutes

To improve your health, organizations such as the U.S. Centers for Disease Control and Prevention, the American Heart Association®, and the World Health Organization, recommend at least 150 minutes per week of moderate intensity activity, such as brisk walking, or 75 minutes per week of vigorous intensity activity, such as running.

The device monitors your activity intensity and tracks your time spent participating in moderate to vigorous intensity activities (heart rate data is required to quantify vigorous intensity). You can work toward achieving your weekly intensity minutes goal by participating in at least 10 consecutive minutes of moderate to vigorous intensity activities. The device adds the amount of moderate activity minutes with the amount of vigorous activity minutes. Your total vigorous intensity minutes are doubled when added.

Earning Intensity Minutes

Your vívosmart HR/HR+ device calculates intensity minutes by comparing your heart rate data during an activity to your average resting heart rate. If heart rate is turned off, the device

calculates moderate intensity minutes by analyzing your steps per minute.

- Start a timed activity for the most accurate calculation of intensity minutes.
- Exercise for at least 10 consecutive minutes at a moderate or vigorous intensity level.

Viewing the Heart Rate Graph

The heart rate graph displays your heart rate for the last 4 hours, your lowest heart rate in beats per minute (bpm), and your highest heart rate during that 4 hour period.

1 Swipe to view the heart rate screen.
2 Tap the screen to view the heart rate graph.

Recording a Fitness Activity

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

**NOTE:** Location settings are available for the vívosmart HR+ device only.

1 Press the device key to view the menu.
2 Select ✗.
3 Select **Run**, **Cardio**, or **Other**.
4 Select **Outdoor (GPS)** or **Indoor (No GPS)**.
5 If your location is set to outdoor, go outside, and wait while the device locates GPS satellites.

   It may take a few minutes to locate satellite signals. When satellites are located, ▪▪▪▪ appears solid.
6 Press the device key to start the timer.
7 Start your activity.
8 Swipe to view additional data screens.

   NOTE: You can use your Garmin Connect account to customize the data screens that appear (*Run Options on Your Garmin Connect Account*, page 6).
9 After you complete your activity, press the device key to stop the timer.
10 Select an option:

   - Press the device key to resume the timer.
   - Select ✓ to save the activity and reset the timer. A summary appears.
   - Select ✗ to delete the activity.

Marking Laps

You can set your device to use the Auto Lap® feature, which marks a lap automatically at every kilometer or mile. This feature is helpful for comparing your performance over different parts of an activity.

1 Press the device key to view the menu.
2 Select an option:

   - On the vívosmart HR device, select ✿ > **Auto Lap** > **On**.
   - On the vívosmart HR+ device, select ✗, select an activity, and select ⋮ > **Auto Lap** > **On**.
3 Start your activity.

Broadcasting Heart Rate Data to Garmin® Devices

You can broadcast your heart rate data from your vívosmart HR/HR+ device and view it on paired Garmin devices. For example, you can broadcast your heart rate data to an Edge® device while cycling, or to a VIRB action camera during an activity.

NOTE: Broadcasting heart rate data decreases battery life.

1 Press the device key to view the menu.

2 Select ✿ > **Heart Rate** > **Broadcast Mode** > ✓.

   The vívosmart HR/HR+ device starts broadcasting your heart rate data, and ((♥ appears.

   NOTE: You can view only the heart rate monitoring screen while broadcasting heart rate data.
3 Pair your vívosmart HR/HR+ device with your Garmin ANT+® compatible device.

   NOTE: The pairing instructions differ for each Garmin compatible device. See your owner's manual.

   TIP: To stop broadcasting your heart rate data, tap the heart rate monitoring screen, and select ✓.

VIRB Remote

The VIRB remote function allows you to control your VIRB action camera using your device. Go to www.garmin.com/VIRB to purchase a VIRB action camera.

Controlling a VIRB Action Camera

Before you can use the VIRB remote function, you must enable the remote setting on your VIRB camera. See the *VIRB Series Owner's Manual* for more information. You must also enable the VIRB screen on your vívosmart HR/HR+ device (*Device Settings on Your Garmin Connect Account*, page 6).

1 Turn on your VIRB camera.
2 On your vívosmart HR/HR+ device, swipe to view the **VIRB** screen.
3 Wait while the device connects to your VIRB camera.
4 Select an option:

   - To record video, select ⊙.
     The video counter appears on the vívosmart HR/HR+ device.
   - To stop recording video, select ⊡.
   - To take a photo, select ⊚.

Sleep Tracking

While you are sleeping, the device monitors your movement. Sleep statistics include total hours of sleep, sleep levels, and sleep movement. You can set your normal sleep hours in the user settings on your Garmin Connect account. You can view your sleep statistics on your Garmin Connect account.

Training

This manual is for the vívosmart HR and vívosmart HR+ models. The advanced training features described in this section apply to the vívosmart HR+ model only.

vívosmart HR: This device does not have GPS tracking. It offers basic training features only.

vívosmart HR+: This device has GPS tracking and advanced training features.

Setting the Activity Mode

1 Press the device key to view the menu.
2 Select ✗.
3 Select an activity.
4 Select ⋮ > **Activity Mode**.
5 Select an option:

   - Select **Basic** to record an indoor or outdoor activity (*Recording a Fitness Activity*, page 3).
     NOTE: This is the default activity mode.
   - Select **Run/Walk** to train using timed running and walking intervals.
     NOTE: This mode is available for the **Run** activity only.

- Select **Virtual Pacer** to train toward a pace goal.

  NOTE: This mode is available for the **Run** activity only.

- Select **Time**, **Distance**, or **Calories** to train toward a specific goal using recurring alerts.

  TIP: You can use your Garmin Connect account to customize activity mode alerts, including your interval times, pace goal, and recurring alert goals (*Run Options on Your Garmin Connect Account*, page 6).

6 Select ⤺.

7 Start your activity.

   Each time you reach the alert value, a message appears and the device vibrates.

Virtual Pacer™

Virtual Pacer is a training tool designed to help you improve your performance by encouraging you to run at the pace you set.

Setting Your Heart Rate Alerts

You can set the device to alert you when your heart rate is above or below a target zone or a custom range. For example, you can set the device to alert you when your heart rate is above 180 beats per minute (bpm).

1 Press the device key to view the menu.

2 Select ⚡.

3 Select an activity.

4 Select ⋮ > **HR Alert**.

5 Select an option:

   - To use the range of an existing heart rate zone, select a heart rate zone.
   - To use custom minimum or maximum values, select **Custom**.

   TIP: You can use your Garmin Connect account to define custom zones (*Run Options on Your Garmin Connect Account*, page 6).

Each time you exceed or drop below the specified range or custom value, a message appears and the device vibrates.

Pausing Your Activity Automatically

You can use the Auto Pause® feature to pause the timer automatically when you stop moving. This feature is helpful if your activity includes stop lights or other places where you need to stop.

NOTE: The paused time is not saved with your history data.

1 Press the device key to view the menu.

2 Select ⚡.

3 Select an activity.

4 Select ⋮ > **Auto Pause** > **On**.

Improving Calorie Accuracy

The device displays an estimate of your total calories burned for the current day. You can improve the accuracy of this estimate by walking briskly or running outside for 15 minutes.

1 Swipe to view the calories screen.

2 Select ①.

3 Follow the on-screen instructions.

Improving Intensity Minutes Accuracy

The device calculates your time spent participating in moderate to vigorous intensity activities. You can improve the accuracy of this calculation by walking briskly or running outside for 15 minutes.

1 Swipe to view the intensity minutes screen.

2 Select ①.

3 Follow the on-screen instructions.

Acquiring Satellite Signals

The device may need a clear view of the sky to acquire satellite signals.

1 Go outdoors to an open area.

   The device key should be oriented toward the sky.

2 Wait while the device locates satellites.

   It may take 30 to 60 seconds to locate satellite signals.

Improving GPS Satellite Reception

- Frequently sync the device to your Garmin Connect account:
  - Connect your device to a computer using the USB cable and the Garmin Express application.
  - Sync your device to the Garmin Connect Mobile app using your Bluetooth enabled smartphone.

  While connected to your Garmin Connect account, the device downloads several days of satellite data, allowing it to quickly locate satellite signals.
- Take your device outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.

Personal Records

When you complete an activity, the device displays all new personal records you achieved during that activity. Personal records include your fastest time over several typical race distances and your longest run.

Viewing Your Personal Records

1 Press the device key to view the menu.

2 Select ▣ > **Records**.

3 Select a record.

Restoring a Personal Record

You can set each personal record back to the one previously recorded.

1 Press the device key to view the menu.

2 Select ▣ > **Records**.

3 Select a record to restore.

4 Select **Use Previous** > ✔.

Clearing a Personal Record

1 Press the device key to view the menu.

2 Select ▣ > **Records**.

3 Select a record.

4 Select **Clear Record** > ✔.

   NOTE: This does not delete any saved activities.

Bluetooth Connected Features

The vívosmart HR/HR+ device has several Bluetooth connected features for your compatible smartphone using the Garmin Connect Mobile app.

Notifications: Alerts you to notifications from your smartphone, including calls, texts, social network updates, and more, based on your smartphone notification settings.

Find my phone: Helps locate a lost smartphone that is within range and paired using Bluetooth wireless technology.

Connect alert: Allows you to enable an alert informing you when your paired smartphone is no longer within Bluetooth wireless technology range.

Music controls: Provides music player controls for your paired smartphone.

Activity uploads to your Garmin Connect account: Allows you to synchronize activity data with your paired smartphone. You can view your data in the Garmin Connect Mobile app.

Viewing Notifications

- When a notification appears on your device, select an option:
  - Tap the touchscreen, and select ∨ to view the entire notification.
  - Select ⋮, and select an option to dismiss the notification.
- When an incoming call appears on your device, select an option:

  NOTE: Available options vary based on your smartphone.
  - Select 📞 to accept the call on your smartphone.
  - Select 📵 to decline or silence the call.
- To view all notifications, swipe to view the notifications screen, tap the touchscreen, and select an option:
  - Swipe to scroll through the notifications.
  - Select a notification, and select **Read** to view the entire notification.
  - Select a notification, and select an option to dismiss the notification.

Managing Notifications

You can use your compatible smartphone to manage notifications that appear on your vívosmart HR/HR+ device.

Select an option:
- If you are using an Apple® device, use the notification center settings on your smartphone to select the items to show on the device.
- If you are using an Android™ device, use the app settings in the Garmin Connect Mobile app to select the items to show on the device.

Locating a Lost Smartphone

You can use this feature to help locate a lost smartphone that is paired using Bluetooth wireless technology and currently within range.

1 Press the device key to view the menu.
2 Select 📞.

The vívosmart HR/HR+ device begins searching for your paired smartphone. An audible alert sounds on your smartphone, and the Bluetooth signal strength appears on the vívosmart HR/HR+ device screen. The Bluetooth signal strength increases as you move closer to your smartphone.

Bluetooth Settings

Press the device key to view the menu, and select ✻.

Bluetooth: Enables Bluetooth wireless technology.

NOTE: Other Bluetooth settings appear only when Bluetooth wireless technology is enabled.

Pair Smartphone: Connects your device with a compatible Bluetooth enabled smartphone. This setting allows you to use Bluetooth connected features using the Garmin Connect Mobile app, including notifications and activity uploads to Garmin Connect.

Notifications: Allows you to enable phone notifications from your compatible smartphone. You can use the Show Calls Only option to display notifications for only incoming phone calls.

Connect Alert: Allows you to enable an alert informing you when your paired smartphone is no longer within Bluetooth wireless technology range.

Display: Sets the device to display notifications in landscape or portrait format.

NOTE: This setting appears only when the device is set to display data in portrait format.

Turning Off Bluetooth Wireless Technology

1 Press the device key to view the menu.
2 Select ✻ > **Bluetooth** > **Off** to turn off Bluetooth wireless technology on your vívosmart HR/HR+ device.

TIP: Refer to the owner's manual for your smartphone to turn off Bluetooth wireless technology.

History

Your device stores up to 14 days of activity tracking and heart rate monitoring data, and up to seven timed activities. You can view your last seven timed activities on your device. You can synchronize your data to view unlimited activities, activity tracking data, and heart rate monitoring data on your Garmin Connect account (*Synchronizing Your Data with the Garmin Connect Mobile App*, page 1) (*Synchronizing Your Data with Your Computer*, page 2).

When the device memory is full, your oldest data is overwritten.

Viewing History

1 Press the device key to view the menu.
2 Select 📊.
3 Select an option:
   - On the vívosmart HR device, select an activity.
   - On the vívosmart HR+ device, select **Past Activities**, and select an activity.

Garmin Connect

You can connect with your friends on your Garmin Connect account. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, swims, hikes, triathlons, and more. To sign up for a free account, go to www.garminconnect.com/start.

Track your progress: You can track your daily steps, join a friendly competition with your connections, and meet your goals.

Store your activities: After you complete and save a timed activity with your device, you can upload that activity to your Garmin Connect account and keep it as long as you want.

Analyze your data: You can view more detailed information about your activity, including time, distance, heart rate, calories burned, and customizable reports.
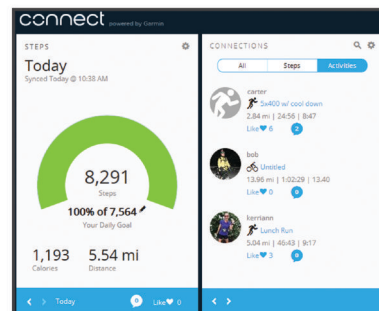
Share your activities: You can connect with friends to follow each other's activities or post links to your activities on your favorite social networking sites.

Manage your settings: You can customize your device and user settings on your Garmin Connect account.

Garmin Move IQ™ Events

The Move IQ feature automatically detects activity patterns, such as biking or running, for at least 10 minutes. You can view the event type and duration on your Garmin Connect timeline, but they do not appear in your activities list, snapshots, or newsfeed. For more detail and accuracy, you can record a timed activity on your device.

Customizing Your Device

Garmin Connect Settings

You can customize your device settings, run options, and user settings on your Garmin Connect account. Some settings can also be customized on your vívosmart HR/HR+ device.

- From the settings menu in the Garmin Connect Mobile app, select **Garmin Devices**, and select your device.
- From the devices widget in the Garmin Connect application, select **Device Settings**.

After customizing settings, synchronize your data to apply the changes to your device (*Synchronizing Your Data with the Garmin Connect Mobile App*, page 1) (*Synchronizing Your Data with Your Computer*, page 2).

Device Settings on Your Garmin Connect Account

From your Garmin Connect account, select **Device Settings**.

Alarm: Sets an alarm clock time and frequency for your device.

Visible Screens: Allows you to customize the screens that appear on your device.

Default Screen: Sets the home screen that appears after a period of inactivity and when you turn on your device.

Auto Backlight: Allows your device to automatically turn on the backlight when you rotate your wrist toward your body. You can customize your device to use this feature at any time, or only during a timed activity.

> **NOTE:** This setting decreases battery life.

Activity Tracking: Turns activity tracking features on and off, such as the move alert, wrist-based heart rate monitoring, and Move IQ events.

Wrist Worn On: Allows you to customize which wrist the band is worn on. You should customize this setting for screen orientation, and when using the automatic backlight feature.

Screen Orientation: Sets the device to display data in landscape or portrait format.

Time Format: Sets the device to display time in a 12-hour or 24-hour format.

Language: Sets the device language.

Units: Sets the device to display the distance traveled in kilometers or miles.

Pace/Speed: Sets the device to display your pace or speed during a timed activity (vívosmart HR+ device only).

Run Options on Your Garmin Connect Account

From your Garmin Connect account, select **Run Options**.

Run Mode Alerts: Allows you to customize run mode alerts, including your interval times, pace goal, and recurring alert goals (vívosmart HR+ device only).

Heart Rate Alert: Sets the device to alert you when your heart rate is above or below a target zone or custom range. You can select an existing heart rate zone or define a custom zone (vívosmart HR+ device only).

Auto Lap: Allows your device to mark laps automatically at every kilometer (mile) (*Marking Laps*, page 3).

Auto Pause: Allows your device to pause the timer automatically when you stop moving (vívosmart HR+ device only).

Data Fields: Allows you to customize the data screens that appear during a timed activity.

User Settings on Your Garmin Connect Account

From your Garmin Connect account, select **User Settings**.

Custom Step Length: Allows your device to more accurately calculate the distance traveled using your custom step length. You can enter a known distance and the number of steps it takes to cover the distance, and Garmin Connect can calculate your step length.

Daily Steps: Allows you to enter your daily step goal. You can use the Auto Goal setting to allow your device to determine your step goal automatically.

Daily Floors Climbed: Allows you to enter a daily goal for the amount of floors to climb.

Weekly Intensity Minutes: Allows you to enter a weekly goal for the number of minutes to participate in moderate to vigorous intensity activities.

Heart Rate Zones: Allows you to estimate your maximum heart rate and determine custom heart rate zones.

Device Settings

You can customize some settings on your vívosmart HR/HR+ device. Additional settings can be customized on your Garmin Connect account.

Press the device key to view the menu, and select ⚙.

Language: Sets the device language.

Time: Sets the device to display time in a 12-hour or 24-hour format, and allows you to set the time manually (*Setting the Time Manually*, page 6).

Units: Sets the device to display the distance traveled in kilometers or miles.

Auto Lap: Allows your device to mark laps automatically at every kilometer (mile) (*Marking Laps*, page 3).

> **NOTE:** This setting appears on the vívosmart HR device only.

Activity Tracking: Turns activity tracking and the move alert on and off.

Heart Rate: Turns wrist-based heart rate monitoring and heart rate broadcasting on and off.

Screen Preferences: Allows you to adjust the backlight brightness (*Adjusting the Backlight Brightness*, page 6) and automatically lock the device after a period of inactivity.

Restore Defaults: Allows you to reset user data and settings (*Restoring All Default Settings*, page 8).

Setting the Time Manually

By default, the time on the vívosmart HR device is set automatically when you sync your device with a smartphone. The time on the vívosmart HR+ device is set automatically when the device acquires satellite signals and when you sync your device with a smartphone. You can also set the time manually.

1 Press the device key to view the menu.
2 Select an option:
   - On the vívosmart HR device, select ⚙ > **Time** > **Set Time**.
   - On the vívosmart HR+ device, select ⚙ > **Time** > **Set Time** > **Manual**.
3 Select ▲ to adjust the time of day and date.
4 Select ✔.

Adjusting the Backlight Brightness

1 Press the device key to view the menu.
2 Select ⚙ > **Screen Preferences** > **Backlight Brightness**.
3 Select ─ or ╋ to adjust the brightness.

> **NOTE:** The backlight brightness affects battery life.

Using Do Not Disturb Mode

You can use do not disturb mode to turn off the backlight and vibration alerts. For example, you can use this mode while sleeping or watching a movie.

NOTE: You can set your normal sleep hours in the user settings on your Garmin Connect account. The device automatically enters do not disturb mode during your normal sleep hours.

1 Press the device key to view the menu.
2 Select ☾ > **On**.

   ☾ appears on the time of day screen.

   TIP: To exit do not disturb mode, press the device key, and select ☾ > **Off**.

Viewing the Alarm Clock

1 Set an alarm clock time and frequency on your Garmin Connect account (*Device Settings on Your Garmin Connect Account*, page 6).
2 On the vívosmart HR/HR+ device, press the device key to view the menu.
3 Select ⏰.

Device Information

vívosmart HR/HR+ Specifications

Battery type	Rechargeable, built-in lithium-ion battery
vívosmart HR battery life	Up to 5 days
vívosmart HR+ battery life	Up to 5 days Up to 8 hr. in GPS mode
Operating temperature range	From -10º to 60ºC (from 14º to 140ºF)
Charging temperature range	From 0º to 40ºC (from 32º to 104ºF)
Radio frequency/protocol	2.4 GHz ANT+ wireless communications protocol Bluetooth Smart wireless technology
Water rating	Swim, 5 ATM*

*The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.

Viewing Device Information

You can view the unit ID, software version, regulatory information, and remaining battery power.

1 Press the device key to view the menu.
2 Select ❶.

Charging the Device

> ⚠ **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 appendix.

1 Plug the USB cable into a USB port on your computer.
2 Align the charger posts with the contacts on the back of the device, and press the charger ① until it clicks.

3 Charge the device completely.

Using the Device in Charging Mode

You can interact with the device while charging it with your computer. For example, you can use Bluetooth connected features or customize device settings.

1 Connect the device to your computer using the USB cable.
2 Select ⏏ to exit USB mass storage mode.

Device Care

> *NOTICE*
>
> Avoid extreme shock and harsh treatment, because it can degrade the life of the product.
>
> Avoid pressing the keys under water.
>
> Do not use a sharp object to clean the device.
>
> Never use a hard or sharp object to operate the touchscreen, or damage may result.
>
> 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.
>
> Do not remove the bands.

Cleaning the Device

> *NOTICE*
>
> Even small amounts of sweat or moisture can cause corrosion of the electrical contacts when connected to a charger. Corrosion can prevent charging and data transfer.

1 Wipe the device using a cloth dampened with a mild detergent solution.
2 Wipe it dry.

After cleaning, allow the device to dry completely.

TIP: For more information, go to www.garmin.com/fitandcare.

Troubleshooting

Tips for Erratic Heart Rate Data

If the heart rate data is erratic or does not appear, you can try these tips.

- Clean and dry your arm before putting on the device.
- Avoid wearing sunscreen under the device.
- Wear the device above your wrist bone. The device should be snug but comfortable.

   NOTE: You can try wearing the device higher on your forearm. You can try wearing the device on your other arm.

- Warm up for 5 to 10 minutes and get a heart rate reading before starting your activity.

  NOTE: In cold environments, warm up indoors.
- Rinse the device with fresh water after each workout.

My intensity minutes are flashing

When you exercise at an intensity level that qualifies toward your intensity minutes goal, the intensity minutes flash.

Exercise for at least 10 consecutive minutes at a moderate or vigorous intensity level.

The floors climbed amount does not seem accurate

Your device uses an internal barometer to measure elevation changes as you climb floors. A floor climbed is equal to 3 m (10 ft.).

- Locate the small barometer holes on the back of the device, near the charging contacts, and clean the area around the charging contacts.

  The barometer performance may be affected if the barometer holes are obstructed. You can use canned air to clear obstructions. You can rinse the device with water to clean the area.

  After cleaning, allow the device to dry completely.
- Avoid holding handrails or skipping steps while climbing stairs.

Maximizing Battery Life

- Turn off the **Auto Backlight** setting (*Device Settings on Your Garmin Connect Account*, page 6).
- Decrease the backlight brightness (*Device Settings*, page 6).
- In your smartphone notification center settings, limit the notifications that appear on your vívosmart HR/HR+ device (*Managing Notifications*, page 5).
- Turn off smart notifications (*Bluetooth Settings*, page 5).
- Turn off Bluetooth wireless technology when you are not using connected features (*Turning Off Bluetooth Wireless Technology*, page 5).
- Stop broadcasting heart rate data to paired Garmin devices (*Broadcasting Heart Rate Data to Garmin® Devices*, page 3).
- Turn off wrist-based heart rate monitoring (*Device Settings*, page 6).

  NOTE: Wrist-based heart rate monitoring is used to calculate vigorous intensity minutes and calories burned.

Resetting the Device

If the device stops responding, you may need to reset it. This does not erase any of your data or settings. You must set the time of day again.

1 Hold the device key for 10 seconds.

  The device turns off.
2 Hold the device key for one second to turn on the device.

Restoring All Default Settings

You can restore all of the device settings back to the factory default values.

NOTE: This deletes all user-entered information and activity history.

1 Press the device key to view the menu.
2 Select ✿ > **Restore Defaults** > ✔.

Updating the Software Using Garmin Connect Mobile

Before you can update your device software using the Garmin Connect Mobile app, you must have a Garmin Connect account, and you must pair the device with a compatible smartphone (*Pairing Your Smartphone*, page 1).

1 Synchronize your device with the Garmin Connect Mobile app (*Synchronizing Your Data with the Garmin Connect Mobile App*, page 1).

  When new software is available, your device alerts you to update the software.
2 Follow the on-screen instructions.

Updating the Software Using Garmin Express

Before you can update your device software, you must have a Garmin Connect account, and you must download and install the Garmin Express application.

1 Connect the device to your computer using the USB cable.

  When new software is available, Garmin Express sends it to your device.
2 Disconnect the device from your computer.

  Your device alerts you to update the software.
3 Select an option.

Support and Updates

Garmin Express (www.garmin.com/express) provides easy access to these services for Garmin devices.

- Product registration
- Product manuals
- Software updates
- Data uploads to Garmin Connect

Getting More Information

- Go to www.garmin.com/intosports.
- Go to www.garmin.com/learningcenter.
- Go to http://buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.

Appendix

Fitness Goals

Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles.

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.
- Knowing your heart rate zones can prevent you from overtraining and can decrease your risk of injury.

If you know your maximum heart rate, you can use the table (*Heart Rate Zone Calculations*, page 9) to determine the best heart rate zone for your fitness objectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default maximum heart rate is 220 minus your age.

About Heart Rate Zones

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A

heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

Heart Rate Zone Calculations

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
1	50–60%	Relaxed, easy pace, rhythmic breathing	Beginning-level aerobic training, reduces stress
2	60–70%	Comfortable pace, slightly deeper breathing, conversation possible	Basic cardiovascular training, good recovery pace
3	70–80%	Moderate pace, more difficult to hold conversation	Improved aerobic capacity, optimal cardiovascular training
4	80–90%	Fast pace and a bit uncomfortable, breathing forceful	Improved anaerobic capacity and threshold, improved speed
5	90–100%	Sprinting pace, unsustainable for long period of time, labored breathing	Anaerobic and muscular endurance, increased power

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