



Asus VivoWatch 5 AERO User Manual

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E21289

December 2021

First Edition

User Manual

Android App

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[Page 4: Introduction](#)

Introduction Thank you for purchasing the ASUS VivoWatch 5 AERO! ASUS VivoWatch 5 AERO is the wearable device that packs ASUS HealthAI technology and some fitness functions with all the benefits of being accurate, smart, and compact. Please fill in the following information for future reference:...

[Page 5: About This Manual](#)

Chapter 1: Getting started This chapter details the hardware components of your ASUS VivoWatch 5 AERO and shows you how to use the different parts of your ASUS VivoWatch 5 AERO. Chapter 2: Using your ASUS VivoWatch 5 AERO This chapter provides an overview of using your ASUS VivoWatch 5 AERO.

[Page 6: Conventions Used In This Manual](#)

This message contains additional information and tips that can help complete tasks. This message contains important information that must be followed to keep you safe while performing tasks and prevent damage to your ASUS VivoWatch 5 AERO's data and components. Typography Bold = This indicates a menu or an item that must be selected.

[Page 7: Safety Precautions](#)

5°C and 40°C, and stored in environments with ambient temperatures between -20°C and 45°C.

- Do not leave your ASUS VivoWatch 5 AERO in a hot car. Temperatures in a parked car on sunny days can exceed the recommended ambient temperatures.

[Page 8: Battery Precautions](#)

ASUS VivoWatch 5 AERO, please remove the device and consult your physician. • The ASUS VivoWatch 5 AERO is not a medical device and is not intended to diagnose health conditions. The measurement results are only for your reference.

[Page 9: Chapter 1: Getting Started](#)

Getting started...

[Page 10: Getting To Know Your Vivowatch 5 Aero](#)

Getting to know your VivoWatch 5 AERO Watch Touch screen ECG sensor and PPG sensor Charging connectors ECG sensor PPG sensor...

[Page 11](#) Interchangeable strap Charging cable...

[Page 12](#) • Your ASUS VivoWatch 5 AERO can be used as a standalone device. • Download and install the companion app for a complete overview of your health data. For more details, refer to the Pairing for the first time section in this manual.

[Page 13: Charging Your Device](#)

Charging your device 1. Remove the rubber cover on the bottom of your device to reveal the charging connectors. 2. Align and place the charging pins of the USB charging cable onto the charging connectors. 3. Connect the USB charging cable to a power source to start charging. Your device will turn on automatically once it is fully charged.

[Page 14](#) • Before connecting the charging cable to your ASUS VivoWatch 5 AERO, ensure that the charging connectors and the bottom of the ASUS VivoWatch 5 AERO are clean and dry to prevent corrosion and malfunction: 1. Gently wipe the charging connectors with a clean flannel.

[Page 15: Wearing Your Device](#)

Wearing your device Wear your device firmly around your lower arm (away from your wrist bone) with the bottom touching your skin in order to have more accurate information and data. Do not fasten your device too tightly or too loosely. Your device should remain in place when you move your arm.

[Page 16](#) Removing the strap 1. Hold the watch with two hands and make sure the screen is

facing upwards. 2. Pull the strap horizontally from one end, then gently push the watch upwards from the bottom with your index finger.

[Page 17](#) Attaching the strap 1. Hold the strap with one hand and make sure the front opening is facing upwards. 2. Insert one end of the watch into the strap opening, then gently press down the other end of the watch until all edges of the watch are securely fitted in place.

[Page 19: Chapter 2: Using Your Asus Vivowatch 5 Aero](#)

Using your ASUS VivoWatch 5 AERO...

[Page 20: Pairing For The First Time](#)

Pairing for the first time Pair your ASUS VivoWatch 5 AERO with the companion app to take advantage of all its features. 1. Log in or sign up for a Google account or Apple ID on your phone. 2. Launch Play Store or App Store.

[Page 21: Navigating Your Vivowatch 5 Aero](#)

Swipe • Move your finger horizontally across the screen to scroll through the ASUS VivoWatch 5 AERO features, or go to the previous screen. • Move your finger vertically across the screen to scroll through the list of apps, or see more information or options.

[Page 22: Scrolling Through Asus Vivowatch 5 Aero Features](#)

Scrolling through ASUS VivoWatch 5 AERO features Swipe left or right to scroll through the ASUS VivoWatch 5 AERO features. You can press the ECG sensor and PPG sensor to return to the Home screen.

[Page 23: Viewing More Information For The Selected Feature](#)

Viewing more information for the selected feature Swipe up or down to scroll through the list of apps, or see more information or options when available.

[Page 24: Vivowatch 5 Aero Features](#)

VivoWatch 5 AERO features Home screen The ASUS VivoWatch 5 AERO Home screen displays the time, date, and status of your ASUS VivoWatch 5 AERO. Icon Description Connected Battery level Alarm...

[Page 25: Ptt Index Screen](#)

PTT index screen This screen allows you to measure your health data. Your ASUS VivoWatch 5 AERO can also estimate your emotional stress by using the PTT (Pulse Transit Time) Index. Enter the PTT index screen and place your index finger onto the ECG...

[Page 26](#) Your ASUS VivoWatch 5 AERO uses the PPG sensor in conjunction with the electrode to allow you to pick up your health data, and the way you wear your ASUS VivoWatch 5 AERO can affect the accuracy of the measurements.

[Page 27](#) • Please make sure children do not look directly into the sensor light. • The ASUS VivoWatch 5 AERO is not a medical device and makes no medical claims. It is not intended to diagnose health conditions. The measurement results are only for your reference.

[Page 28: Pulse O2 Level Screen](#)

Pulse O2 level screen Your ASUS VivoWatch 5 AERO features a wrist-based Pulse O2 level function. It will help you determine how your body is acclimating to high altitudes for alpine sports and expeditions. Entering Pulse O2 level mode To enter Pulse O2 level mode, swipe left from the Home screen to the Health screen, then scroll down to Pulse O2 Level.

[Page 29: Heart Rate Screen](#)

(away from your wrist bone) with the bottom of the device touching your skin. 2. Wear your ASUS VivoWatch 5 AERO in a way without being uncomfortable. Do not strap the ASUS VivoWatch 5 AERO too tight to your wrist.

[Page 30: Sports Screen](#)

Sports screen This screen allows you to keep track of your exercise sessions. When you start an exercise session, your ASUS VivoWatch 5 AERO will record information about the current exercise session and show the information as it is recorded.

[Page 31](#) Pausing exercise mode To pause exercise mode, swipe left or right, then tap to pause your current exercise mode.

[Page 32: Settings](#)

Settings This screen allows you to change settings directly on your ASUS VivoWatch 5 AERO. Swipe down from the Home screen and scroll down to Settings. Item Description Time Adjust the time. Brightness Adjust the brightness of the touch screen.

[Page 33: Activity Screen](#)

Activity screen Your ASUS VivoWatch 5 AERO automatically records your daily activities and displays them on this screen. Swipe down from the Home screen to enter the Activity screen. Here you can view your daily activities such as steps you have taken, or calories you have burned.

[Page 34: Sleep Screen](#)

Sleep screen Your ASUS VivoWatch 5 AERO automatically tracks your sleep pattern activities and displays them on this screen. Swipe down from the Home screen and scroll to Sleep. Here you can view your sleep data, such as the total sleep time, the percentage you were awake, in REM, or deep sleep.

[Page 35: Updating Your Vivowatch 5 Aero](#)

Updating your VivoWatch 5 AERO Through the ASUS HealthConnect App 1. Launch the ASUS HealthConnect App. 2. From the Home screen, tap Device on the bottom. 3. On Device screen, select Firmware version and tap Check update to check if your current version is up to date.

[Page 37: Appendix](#)

Appendix...

[Page 38](#) Federal Communications Commission Interference Statement 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.

[Page 39](#) RF exposure warning The equipment complies with FCC RF exposure limits set forth for an uncontrolled environment. The equipment must not be co-located or operating in conjunction with any other antenna or transmitter. Compliance Statement of Innovation, Science and Economic Development Canada (ISED) This device complies with Innovation, Science and Economic Development Canada licence exempt RSS standard(s).

[Page 40](#) Radio Frequency (RF) Exposure Information The radiated output power of the Wireless Device is below the Industry Canada (IC) radio frequency exposure limits. The Wireless Device should be used in such a manner such that the potential for human contact during normal operation is minimized.

[Page 41](#) Regional notice for Mexico La operación de este equipo está sujeta a las siguientes dos condiciones: (1) es posible que este equipo o dispositivo no cause interferencia perjudicial; (2) este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo la que pueda causar su operación no deseada.

[Page 42](#) ASUSTek Computer Inc. hereby declares that this device is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU. Full text of EU declaration of conformity is available at <https://www.asus.com/support/>. UK(NI) The Simplified EU Declaration of Conformity of this device has been updated.

[Page 43](#) ASUSTek Computer Inc. hereby declares that this device is in compliance with the essential requirements and other relevant provisions of The Radio Equipment Regulations 2017 (S.I. 2017/1206). Full text of UKCA declaration of conformity is available at

