





Asus HC-A05 User Manual



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E15974  
May 2020  
First Edition

HC-A05

# User Manual

Android App

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[Fitness Trackers Asus VivoWatch BP HC-A04 User Manual](#)

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[Fitness Trackers Asus VivoWatch 5 AERO User Manual](#)

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## Summary of Contents for Asus HC-A05

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### [Page 4: Introduction](#)

Introduction Thank you for purchasing the ASUS VivoWatch SP! ASUS VivoWatch SP 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](#)

VivoWatch SP and shows you how to use the different parts of your ASUS VivoWatch SP. Chapter 2: Using your ASUS VivoWatch SP This chapter provides an overview of using your ASUS VivoWatch SP. Appendix This section includes notices for your ASUS VivoWatch SP.

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

This message contains important information that must be followed to keep you safe while performing tasks and prevent damage to your ASUS VivoWatch SP'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 SP in a hot car. Temperatures in a parked car on sunny days can exceed the recommended ambient temperatures.

[Page 8](#) • Keeping your ASUS VivoWatch SP and the strap clean and dry will reduce the

possibility of skin irritation. • If you experience redness, swelling, itchiness, or any other irritation or discomfort on your skin around, or beneath, your ASUS VivoWatch SP, please remove your ASUS VivoWatch SP and consult your physician before resuming wear.

## [Page 9: Battery Precautions](#)

Battery precautions • Do not dispose of in fire. • Never attempt to short-circuit the battery. • Never attempt to disassemble and reassemble the battery. • Discontinue usage if leakage is found.

## [Page 11: Chapter 1: Getting Started](#)

Getting started...

## [Page 12: Getting To Know Your Asus Vivowatch Sp](#)

Getting to know your ASUS VivoWatch SP • Your ASUS VivoWatch SP can be used as a standalone device for measurements and time adjustments. • Download and install the companion app for a complete overview of your health data. For more details, refer to the...

[Page 13](#) 50 meters. Suitable for splashes, rain, showering and swimming. • DO NOT use your ASUS VivoWatch SP in liquids with chemicals or salt water (such as sea water, swimming pools, or hot springs) as it may damage the charging connectors.

## [Page 14: Ppg \(Photoplethysmogram\) Sensor](#)

Use the touch screen display panel to operate your ASUS VivoWatch SP using gestures. For more details, refer to the Using your ASUS VivoWatch SP section in this manual. Strap The strap allows you to wear your ASUS VivoWatch SP on your wrist.

## [Page 15: Home Button](#)

ASUS VivoWatch SP, or press and hold this button for three (3) seconds to power off your ASUS VivoWatch SP. Press and hold this button for ten (10) seconds if you need to force restart your ASUS VivoWatch SP. To prevent data lost, ensure to upload your data before powering off your ASUS VivoWatch SP.

## [Page 16: Charging Your Asus Vivowatch Sp](#)

Charging your ASUS VivoWatch SP 1. Open the charging clip. 2. Align and place the charging connectors on the back of your ASUS VivoWatch SP onto the charging connectors on the charging clip. Before connecting the charging clip to your ASUS VivoWatch...

[Page 17](#) 3. Ensure the charging clip holds onto your ASUS VivoWatch SP firmly. 4. Connect the USB cable to the charging clip, then connect the USB cable to a power source to start charging. Your ASUS VivoWatch SP automatically powers on when fully charged.

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

Using your ASUS VivoWatch SP...

## [Page 20: Installing The Companion App](#)

Installing the companion app Pair your ASUS VivoWatch SP with the companion app to take advantage of all its features, such as activity data, pill reminders, path tracking, message and call notifications, and sleep and health recommendations. 1. On your phone, log in or sign up for a Google account or Apple ID.

## [Page 21: Pairing For The First Time](#)

Pairing for the first time • Turn on the Bluetooth of your phone before pairing. • Ensure that the ASUS VivoWatch SP is within three meters from your phone. 1. Press and hold the Home button for one (1) second to power on your ASUS VivoWatch SP.

## [Page 22: Navigating Your Asus Vivowatch Sp](#)

Navigating your ASUS VivoWatch SP Unlocking your ASUS VivoWatch SP Press the Home button to unlock your ASUS VivoWatch SP. You can scroll through the ASUS VivoWatch SP features

after it is unlocked. After a period of inactivity, the ASUS VivoWatch SP...

### [Page 23: Scrolling Through Asus Vivowatch Sp Features](#)

Scrolling through ASUS VivoWatch SP features Swipe left or right to scroll through the ASUS VivoWatch SP features. You can press the Home button to return to the HOME screen.

### [Page 24: Viewing More Information For The Selected Feature](#)

Viewing more information for the selected feature Swipe up or down to view more information for the selected ASUS VivoWatch SP feature or change the watch face. Not all features contain additional information.

### [Page 25: Asus Vivowatch Sp Features](#)

The screens shown in this manual are for reference only. Home screen The ASUS VivoWatch SP home screen displays the time, date, and status of your ASUS VivoWatch SP. Icon...

### [Page 26: Ptt Index Screen](#)

PTT index screen This screen allows you to measure your health data. Your ASUS VivoWatch SP can also estimate your emotional stress by using the PTT (Pulse Transit Time) Index. Swipe right from the Home screen to enter the PTT index screen. Place...

[Page 27](#) To get more accurate results: • Wear the ASUS VivoWatch SP in a normal way with the watch face facing up, the bottom of the ASUS VivoWatch SP touching your skin, and the ASUS VivoWatch SP away from your wrist bone.

### [Page 28: Body Harmony Measuring Screen](#)

Body Harmony measuring screen This screen allows you to measure your Body Harmony (including the Stress index and Relax index). The Body Harmony data will help you to keep track of your well-being, and ultimately, enable you to improve the balance of your body and mind.

### [Page 29: Pulse O2 Level Screen](#)

To enter Pulse O2 level mode, swipe left or right to the screen that displays Pulse O2 Level. Please wear it on your wrist and place your thumb and index finger onto the electrode and the PPG sensor. Make sure your ASUS VivoWatch SP sits properly on your wrist, the measurement will begin...

[Page 30](#) On your ASUS VivoWatch SP, your Pulse O2 level reading appears as a percentage and color on the graph. Using the ASUS HealthConnect App for Pulse O2 level reading On the ASUS HealthConnect app, you will have access to additional details...

### [Page 31: Heart Rate Screen](#)

VivoWatch SP automatically determines your current heart rate. To get more accurate results: 1. Wear the ASUS VivoWatch SP in a normal way with the watch face facing up, the bottom of the ASUS VivoWatch SP touching your skin, and the ASUS VivoWatch SP away from your wrist bone.

### [Page 32: Exercise Screen](#)

Exercise screen This screen allows you to keep track of your exercise sessions. When you start exercise mode, your ASUS VivoWatch SP will record information about the current exercise session and show the information as they are recorded. Entering exercise mode...

[Page 33](#) From the exercise screen, swipe up or down to view information such as the real time heart rate, exercise time, calories, steps, and distance for the current exercise session. Exiting exercise mode To exit exercise mode, press the Home button, then tap exit exercise mode.

### [Page 34: Settings](#)

Enter your personal information correctly for more accurate health data. Target Set your daily calorie goal and step goal. Brightness Adjust the brightness of your ASUS VivoWatch SP. This effect is more noticeable in darker environments. Language Change device language.





mercury-containing button cell battery) should not be placed in municipal waste.

[Page 48](#) Regional notice for California WARNING Cancer and Reproductive Harm - [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov) Notices for removable batteries • Risk of explosion if battery is replaced by an incorrect type. • The battery and its component must be recycled or disposed of properly. Avis concernant les batteries remplaçables •...

[Page 49](#) Nordic Lithium Cautions (for lithium-ion batteries) CAUTION! Danger of explosion if battery is incorrectly replaced. Replace only with the same or equivalent type recommended by the manufacturer. Dispose of used batteries according to the manufacturer's instructions. (English) ATTENZIONE! Rischio di esplosione della batteria se sostituita in modo errato.

[Page 50](#) возможно его возгорание. Утилизируйте аккумулятор в соответствии с инструкциями производителя. (Russian) Manufacturer ASUSTek COMPUTER INC. Address 1F., No. 15, Lide Rd., Beitou Dist., Taipei City 112, Taiwan Authorized ASUS COMPUTER GmbH Representative in Europe Address Harkortstrasse 21-23, 40880 Ratingen, Germany...

[Page 51](#) Product warranty or service will not be extended if: (1) the product is repaired, modified or altered, unless such repair, modification or alteration is authorized in writing by ASUS; or (2) the serial number of the is defaced or missing.

[Page 52](#) ASUS. In each such instance, regardless of the basis on which you are entitled to claim damages from ASUS, ASUS is liable for no more than damages for bodily injury (including death) and damage to real property and tangible personal property;...

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This manual is also suitable for:

Vivowatch sp