

Asus HC-B05 User Manual

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September 2021

First Edition

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HC-B05

User Manual

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Summary of Contents for Asus HC-B05

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Page 2: Table Of Contents

Page 4: Introduction

Introduction Thank you for purchasing the ASUS VivoWatch 5! ASUS VivoWatch 5 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 5 and shows you how to use the different parts of your ASUS VivoWatch 5. Chapter 2: Using your ASUS VivoWatch 5 This chapter provides an overview of using your ASUS VivoWatch 5. Appendix This section includes notices for your ASUS VivoWatch 5.

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 5'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 in a hot car. Temperatures in a parked car on sunny days can exceed the recommended ambient temperatures. **Page 8** • Keeping your ASUS VivoWatch 5 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 5, please remove your ASUS VivoWatch 5 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. E18669_VivoWatch_5_UM.indd 9 E18669_VivoWatch_5_UM.indd 9 9/24/2021 4:18:38 PM 9/24/2021 4:18:38 PM...

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Page 11: Chapter 1: Getting Started

Getting started E18669_VivoWatch_5_UM.indd 11 E18669_VivoWatch_5_UM.indd 11 9/24/2021 4:18:38 PM 9/24/2021 4:18:38 PM...

Page 12: Getting To Know Your Asus Vivowatch 5

Getting to know your ASUS VivoWatch 5 • Your ASUS VivoWatch 5 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 Installing the companion app section in this manual.

Page 13 50 meters. Suitable for splashes, rain, showering and swimming. • DO NOT use your ASUS VivoWatch 5 in liquids with chemicals or salt water (such as sea water, swimming pools, or hot springs) as it may damage the charging connectors. If your...

Page 14: Ppg (Photoplethysmogram) Sensor

VivoWatch 5 using gestures. For more details, refer to the Using your ASUS VivoWatch 5 section in this manual. Strap The strap allows you to wear your ASUS VivoWatch 5 on your wrist. E18669_VivoWatch_5_UM.indd 14 E18669_VivoWatch_5_UM.indd 14 9/24/2021 4:18:38 PM...

Page 15: Home Button

ASUS VivoWatch 5, or press and hold this button for two (2) seconds to power off your ASUS VivoWatch 5. Press and hold this button for ten (10) seconds if you need to force restart your ASUS VivoWatch 5. To prevent data lost, ensure to upload your data before powering off your ASUS VivoWatch 5.

Page 16: Charging Your Asus Vivowatch 5

Charging your ASUS VivoWatch 5 1. On the back of your ASUS VivoWatch 5, align and place the charging pins of the USB charging cable onto the charging connectors. 2. Connect the USB charging cable to a power source to start charging.

<u>Page 17</u> • Before connecting the charging cable to your ASUS VivoWatch 5, ensure that the charging connectors and the bottom of the ASUS VivoWatch 5 are clean and dry to prevent corrosion and malfunction: 1. Gently wipe the charging connectors with a clean flannel.

Page 18 E18669_VivoWatch_5_UM.indd 18 E18669_VivoWatch_5_UM.indd 18 9/24/2021 4:18:38 PM 9/24/2021 4:18:38 PM...

Page 19 Using your ASUS VivoWatch 5 E18669_VivoWatch_5_UM.indd 19 E18669_VivoWatch_5_UM.indd 19 9/24/2021 4:18:38 PM 9/24/2021 4:18:38 PM...

Page 20: Installing The Companion App

Installing the companion app Pair your ASUS VivoWatch 5 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 5 is within three meters from your phone. 1. Press and hold the Home button for one (1) second to power on your ASUS VivoWatch 5.

Page 22: Navigating Your Asus Vivowatch 5

Navigating your ASUS VivoWatch 5 Unlocking your ASUS VivoWatch 5 Press the Home button to unlock your ASUS VivoWatch 5. You can scroll through the ASUS VivoWatch 5 features after it is unlocked. After a period of inactivity, the ASUS VivoWatch 5 returns...

Page 23: Scrolling Through Asus Vivowatch 5 Features

Scrolling through ASUS VivoWatch 5 features Swipe left or right to scroll through the ASUS VivoWatch 5 features. You can press the Home button to return to the HOME screen. E18669_VivoWatch_5_UM.indd 23 E18669_VivoWatch_5_UM.indd 23 9/24/2021 4:18:39 PM 9/24/2021 4:18:39 PM...

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 5 feature or change the watch face. Not all features contain additional information. E18669_VivoWatch_5_UM.indd 24 E18669_VivoWatch_5_UM.indd 24 9/24/2021 4:18:39 PM...

Page 25: Asus Vivowatch 5 Features

The screens shown in this manual are for reference only. Home screen The ASUS VivoWatch 5 home screen displays the time, date, and status of your ASUS VivoWatch 5. Icon...

Page 26: Ptt Index Screen

PTT index screen This screen allows you to measure your health data. Your ASUS VivoWatch 5 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 your thumb and index finger onto the electrode and the PPG sensor.

<u>Page 27</u> To get more accurate results: • Wear the ASUS VivoWatch 5 in a normal way with the watch face facing up, the bottom of the ASUS VivoWatch 5 touching your skin, and the ASUS VivoWatch 5 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 Relax, Balance and Stress Status). 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 5 sits properly on your wrist, the measurement will begin automatically.

<u>Page 30</u> On your ASUS VivoWatch 5, 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 about your Pulse O2 level readings, including trends over multiple days.

Page 31: Heart Rate Screen

VivoWatch 5 automatically determines your current heart rate. To get more accurate results: 1. Wear the ASUS VivoWatch 5 in a normal way with the watch face facing up, the bottom of the ASUS VivoWatch 5 touching your skin, and the ASUS VivoWatch 5 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 5 will record information about the current exercise

session and show the information as they are recorded. Entering exercise mode To enter exercise mode, swipe left or right to the Exercise screen, then tap to select exercise item.

<u>Page 33</u> 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. Pausing exercise mode To pause exercise mode, press the Home button, then tap to pause exercise mode.

Page 34: Settings

Settings This screen allows you to change settings directly on your ASUS VivoWatch 5. Swipe left from the Home screen three times to enter the Settings screen. Swipe up or down on the Settings screen to view the configurable settings listed below.

<u>Page 35</u> 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 5. This effect is more noticeable in darker environments. Language Change device language.

Page 36: Activities Screen

Activities screen Your ASUS VivoWatch 5 will automatically record your daily activities and display them on this screen. Swipe left from the Home screen to enter the Activities screen. You can view your daily activities such as steps you have taken, calories you have burned, the altitude you are at, your sleep time, and your comfort sleep time as they are recorded.

Page 37: Notifications

VivoWatch 5 will vibrate and show you the phone number of the caller or a preview of the message. Reminders Your ASUS VivoWatch 5 will also show you walk and pill reminders to aid you towards a healthier lifestyle. E18669_VivoWatch_5_UM.indd 37 E18669_VivoWatch_5_UM.indd 37...

Page 38: Updating Your Asus Vivowatch 5

Updating your ASUS VivoWatch 5 Updating through the ASUS HealthConnect App 1. Launch the ASUS HealthConnect App. 2. From the Today screen, tap Device on the bottom. E18669_VivoWatch_5_UM.indd 38 E18669_VivoWatch_5_UM.indd 38 9/24/2021 4:18:42 PM 9/24/2021 4:18:42 PM...

Page 39 3. On Device screen, select Firmware version and tap Check update to check if your current version is up to date. E18669_VivoWatch_5_UM.indd 39 E18669_VivoWatch_5_UM.indd 39 9/24/2021 4:18:42 PM 9/24/2021 4:18:42 PM...

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Page 41: Appendix

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<u>Page 42</u> 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 43 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 44 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 45 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 perjudicialy; (2) este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo la que pueda causar su operación no deseada.

<u>Page 46</u> 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 47 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 https://www.asus.com/support/. UKCA RF Output table (The Radio Equipment Regulations 2017)

<u>Page 49</u> Global Environmental Regulation Compliance and Declaration ASUS follows the green design concept to design and manufacture our products, and makes sure that each stage of the product life cycle of ASUS product is in line with global environmental regulations. In addition, ASUS disclose the relevant information based on regulation requirements.

<u>Page 50</u> Précautions d'emploi de l'appareil a. Soyez particulièrement vigilant quant à votre sécurité lors de l'utilisation de cet appareil dans certains lieux (les avions, les aéroports, les hôpitaux, les stations-service et les garages professionnels). b. Évitez d'utiliser cet appareil à proximité de dispositifs médicaux implantés lors d'un appel téléphonique.

<u>Page 51</u> Proper disposal Do not throw your ASUS VivoWatch 5 in municipal waste. This product has been designed to enable proper reuse of parts and recycling. The symbol of the crossed out wheeled bin indicates that the product (electrical, electronic equipment and mercury-containing button cell battery) should not be placed in municipal waste.

<u>Page 52</u> 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 • La batterie de l'ordinateur portable peut présenter un risque d'incendie ou de brûlure si celle-ci est retirée ou désassemblée.

<u>Page 53</u> 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 54 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 E18669_VivoWatch_5_UM.indd 54 E18669_VivoWatch_5_UM.indd 54...

<u>Page 55</u> Product warranty or service will not be extended if: (1) the product is repaired, modified or altered, unless such repair, modification of alteration is authorized in writing by ASUS; or (2) the serial number of the is defaced or missing.

<u>Page 56</u> 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 5