



Asus HC-B05 User Manual

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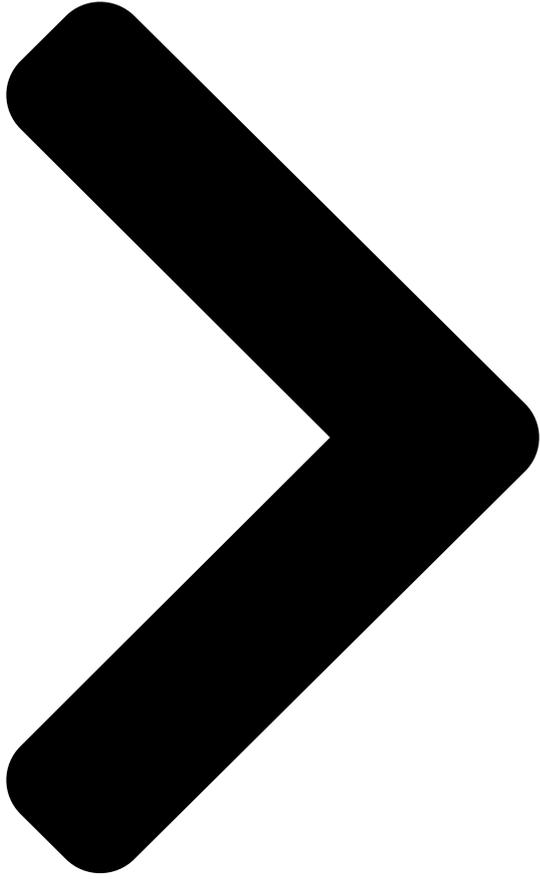
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E18669

September 2021

First Edition

Android App

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E18669_VivoWatch_5_UM.indd 1

HC-B05

User Manual

iOS App

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Related Manuals for Asus HC-B05

[Watch Asus VivoWatch 5 User Manual](#)

(340 pages)

[Watch Asus VivoWatch 5 User Manual](#)

(196 pages)

[Fitness Trackers Asus HC-A05 User Manual](#)

(54 pages)

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

(52 pages)

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

(264 pages)

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[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.

[Page 17](#) • 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.

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[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.

[Page 27](#) 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.

[Page 30](#) 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.

[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. 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.

[Page 35](#) 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
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[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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[Page 42](#) 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.

This manual is also suitable for:

[Vivowatch 5](#)