

Asus VivoWatch E-Manual

18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			
31			
32			
33			
34			
35			
36			
37			
38			
39			
40			
41			
42			
43			
44			
45			
46			
47			
48			
49			
50			

Table of Contents

•

Bookmarks

•

Quick Links Download this manual See also: User Manual



/Healthcare **E-Manual**

Table of Contents

Next Page

Related Manuals for Asus VivoWatch

Watch ASUS VivoWatch User Manual (54 pages) Watch Asus VIVOWATCH E-Manual (48 pages) Watch Asus VivoWatch BP User Manual (426 pages) Watch Asus VivoWatch BP User Manual (120 pages) Watch Asus VivoWatch SP User Manual (324 pages) Watch Asus VivoWatch SP User Manual (188 pages) Watch Asus VivoWatch 5 User Manual (340 pages) Watch Asus VivoWatch 5 User Manual (196 pages) Watch Asus VivoWatch 5 AERO User Manual (54 pages) Watch Asus ZENWATCH3 E-Manual (64 pages) Watch Asus ZenWatch User Manual (58 pages) Watch Asus ZenWatch Quick Start Manual (19 pages) Watch Asus ZenWatch E-Manual (46 pages) Watch Asus ZenWatch 2 WI502Q E-Manual (62 pages)

Summary of Contents for Asus VivoWatch

Page 1 / H e a l t h c a r e E-Manual...

<u>Page 2</u> ASUS will only be responsible for or indemnify you for loss, damages or claims based in contract, tort or infringement under this Warranty Statement. This limit also applies to ASUS' suppliers and its reseller. It is the maximum for which ASUS, its suppliers, and your reseller are collectively responsible.

Page 3: Table Of Contents

Page 5: About This Manual

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

Page 6: Conventions Used In This E-Manual

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

Page 7: Chapter 1: Getting Started

Chapter 1: Getting started Getting started...

Page 8: Getting To Know Your Asus Vivowatch

Getting to know your ASUS VivoWatch VivoWatch complies with IP67 for dust and water- NOTE: ASUS resistant. ASUS VivoWatch E-Manual...

<u>Page 9</u> NOTE: For more details, refer to the LED information section in this E-Manual. Home button Press this button on your ASUS VivoWatch to return to the home screen. You can also press this button to unlock your ASUS VivoWatch. Strap The strap allows you to wear your ASUS VivoWatch on your wrist.

<u>Page 10</u> Exercise mode Color Status Blinking Green Heart rate normal. Blinking Red DANGER! Heart rate abnormal. WARNING! The LED indicator blinks red when your heart rate is abnormal. This could happen when the current exercise is too intense. ASUS VivoWatch E-Manual...

Page 11: Charging Cradle

NOTE: For details on using the charging cradle, refer to the Charging your ASUS VivoWatch section in this E-Manual. Spring lock Press this spring lock to release you ASUS VivoWatch from the charging cradle. Charging pins Connect these pins to the charging connectors to charge the battery and supply power to your ASUS VivoWatch.

Page 12: Charging Your Asus Vivowatch

Charging your ASUS VivoWatch Connect the charging pins to the charging connectors. NOTE: • Ensure that the charging pins and connectors are clean and dry before charging. • After wearing your ASUS VivoWatch in water sports, ensure to thoroughly rinse the charging pins and connectors with fresh water and dry with a clean cloth to prevent corrosion. Connect the micro USB to USB cable to your power adapter, then connect the power adapter to a nearby power outlet.

Page 13 ASUS VivoWatch. NOTE: ASUS VivoWatch automatically powers on when fully charged. WARNING! • Connecting the charger improperly may cause serious damage to the ASUS VivoWatch. Any damage caused by misuse is not covered by the warranty. • Do not short circuit the pins on the dock. • Some power banks can not charge the ASUS VivoWatch because they can not detect the low current devices.

Page 14 ASUS VivoWatch E-Manual...

Page 15: Chapter 2: Using Your Asus Vivowatch

Chapter 2: Using your ASUS VivoWatch Using your ASUS VivoWatch...

Page 16: Installing Companion App

Follow the on-screen instructions on the phone and ASUS VivoWatch. NOTE: The following screen appears when another phone attempts to connect with your ASUS VivoWatch. Press the Home button if you want to allow the connection, or do nothing to ignore it. ASUS VivoWatch E-Manual...

Page 17: Navigating Your Asus Vivowatch

Navigating your ASUS VivoWatch ASUS VivoWatch Home screen The ASUS VivoWatch home screen displays the time, date, and status of your ASUS VivoWatch. NOTE: You can press the Home button to return to this screen. Icon Description Locked Battery level...

Page 18: Asus Vivowatch Features

NOTE: The screens shown in this manual are for reference only. To scroll through the ASUS VivoWatch features: From the ASUS VivoWatch home screen, swipe left or right to scroll through the ASUS VivoWatch features. Activity This screen shows you the steps you have taken and the calories you have burned.

Page 19: Alarm

Alarm This screen allows you to set an alarm. An alarm saved on the ASUS VivoWatch works independently from alarms set on your phone. You can also set an alarm through the companion app. To set an alarm: Navigate to the Alarm screen.

Page 20: Uv Index

This screen shows you the current UV index. The sensor on your ASUS VivoWatch automatically detects the intensity of the UV light around you. Face the UV sensor on the ASUS VivoWatch towards the sun, and the UV level will appear on the screen when the measurement is complete.

Page 21: Pulse

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

Page 22: Asus Vivowatch Records

ASUS VivoWatch records Your ASUS VivoWatch records your daily exercise and sleep statistics. To scroll through your records: From the ASUS VivoWatch home screen, swipe up or down to scroll through your personal activity records. ASUS VivoWatch E-Manual...

Page 23: Happiness Index

Happiness Index This screen shows your happiness index. Your ASUS VivoWatch automatically determines your happiness index based on information such as your daily activity status, exercise time, and sleep quality. Happiness Index Status 100-85 Excellent 75-85 Good 60-75 Fair < 60...

Page 24: Sleep Info

Exercise Info This screen shows your exercise time and aerobic time. Your ASUS VivoWatch automatically stores your daily exercise time and aerobic time. You can view the daily exercise time and aerobic time as they are recorded.

Page 25: Exercise Mode

Exercise mode Exercise mode allows you to keep track of your exercise sessions. When exercise mode is on, your ASUS VivoWatch will record information about the current exercise session and show the information as they are recorded. To enter exercise mode: Press and hold the Home button for at least four (4) seconds to enter Exercise mode.

<u>Page 26</u> From the exercise home screen, swipe left or right to view other information about the current exercise session. WARNING! The LED indicator blinks red when your heart rate is abnormal. This could happen when the current exercise is too intense. ASUS VivoWatch E-Manual...

Page 27: Incoming Call Notification

Incoming call notification Your ASUS VivoWatch allows you to view incoming calls. When you receive a call on your paired phone, your ASUS VivoWatch will vibrate and show you the phone number of the caller. Target goal notification Your ASUS VivoWatch will show you a notification when you have reached your target goals.

Page 28: Walk Reminder

Walk reminder Your ASUS VivoWatch will show you this screen to remind you to get up and move. This screen appears when you have not moved after some time. ASUS VivoWatch E-Manual...

Page 29: Chapter 3: Asus Vivowatch Phone App

Chapter 3: ASUS VivoWatch phone app ASUS VivoWatch phone app...

Page 30: Hivivo Home Screen

HiVivo home screen The HiVivo home screen reflects the same HI (happiness index) shown on your paired ASUS VivoWatch. It also allows you access to more information about your daily statistics. NOTE: For more details on getting the companion app, refer to the Installing companion app section in this E-Manual.

Page 31: Hivivo App Drawer

You can also view the current user profile and edit profiles. This shows the Tap this to part of the user information. screen to return to the previous screen. Tap this to edit the profile. Tap any of these icons to view more details. ASUS VivoWatch E-Manual...

Page 32: Devices

Tap here to set an alarm. the alarm on or off. Tap any of these Swipe up to view icons to select it. more icons. NOTE: Ensure to sync with your ASUS VivoWatch after setting an alarm. ASUS VivoWatch E-Manual...

Page 33: Network

Network The network screen allows you to view the activity status of your friends. You can also send messages to your friends. Tap this to add new friends. This shows your list of friends. ASUS VivoWatch E-Manual...

Page 34: Changing Watch Face

Changing watch face You can change the watch face of your ASUS VivoWatch to give it a different look. Navigate to the devices screen. Tap the Watch face icon. ASUS VivoWatch E-Manual...

Page 35 Tap a watch face, then tap Sync my watch. NOTE: More watch faces will be available in future updates. ASUS VivoWatch E-Manual...

Page 36: Changing Language

Changing language You can change the language of the user interface on your companion app. Navigate to the devices screen. Swipe up to view more icons. Tap the Language icon, then select a language. ASUS VivoWatch E-Manual...

Page 37: Setting Daily Target

Setting daily target You can set your target step per day, total calorie per day, and go to bed time. Navigate to the HiVivo home screen. icon, then tap Settings. Tap the ASUS VivoWatch E-Manual...

Page 38 Tap Target. Set you target goals, then tap OK. ASUS VivoWatch E-Manual...

Page 39: Updating Firmware

Updating firmware You can update the firmware of your ASUS VivoWatch through the companion app. Navigate to the devices screen. Tap the Device update icon. Follow the on-screen instructions to complete update. NOTE: We recommend using the latest firmware. ASUS VivoWatch E-Manual...

Page 40 ASUS VivoWatch E-Manual...

Page 41 Appendices Appendices...

Page 42: Safety Precautions

• Your ASUS VivoWatch should only be used in environments with ambient temperatures between 5°C and 40°C. Battery precautions • The battery used in this device may present a risk of fire or chemical burn if removed or disassembled. • Follow the warning labels for your personal safety. • Risk of explosion if battery is replaced by an incorrect type. • 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. • The battery and its components must be recycled or disposed of properly. • Keep the battery and other small components away from children. ASUS VivoWatch E-Manual...

Page 43 This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. ASUS VivoWatch E-Manual...

Page 44: Rf Exposure Warning

Page 45: Proper Disposal

Proper disposal Do not throw your ASUS VivoWatch 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.

Page 46: Notices For Removeable Batteries

Rechargeable Battery Recycling Service in North America For US and Canada customers, you can call 1-800-822- 8837 (toll-free) for recycling information of your ASUS products' rechargeable batteries. Regional notice for California WARNING! This product may contain chemicals known to the State of California to cause cancer, birth defects or other reproductive harm.

Page 47 VAROITUS! Paristo voi räjähtää, jos se on virheellisesti asennettu. Vaihda paristo ainoastaan laitevalmistajan sousittelemaan tyyppiin. Hävitä käytetty paristo valmistagan ohjeiden mukaisesti. (Finnish) ATTENTION! II y a danger d'explosion s'il y a remplacement incorrect de la batterie. Remplacer uniquement avec une batterie du mêre type ou d'un type équivalent recommandé par le constructeur. Mettre au rebut les batteries usagées conformément aux instructions du fabricant. (French) ASUS VivoWatch E-Manual...

<u>Page 48</u> типа возможно его возгорание. Утилизируйте аккумулятор в соответствии с инструкциями производителя. (Russian) Manufacturer ASUSTek COMPUTER INC. Address 4F, No. 150, LI-TE RD., PEITOU, TAIPEI 112, TAIWAN Authorized ASUS COMPUTER GmbH Representative in Europe Address HARKORT STR. 21-23, 40880 RATINGEN, GERMANY ASUS VivoWatch E-Manual...

Page 49 Regulation (EC) No. 642/2009 Regulation (EC) No. 617/2013 2011/65/EU-RoHS Directive Ver. 140331 CE marking (EC conformity marking) Position : CEO Name : Jerry Shen Declaration Date: 31/01/2015 ______ Year to begin affixing CE marking: 2015 Signature : ASUS VivoWatch E-Manual...

Page 50 ASUS VivoWatch E-Manual...