



Asus VivoWatch E-Manual

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Summary of Contents for Asus VivoWatch

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[Page 2](#) 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.

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[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...

Page 9 **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.

Page 10 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.

[Page 26](#) 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...

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