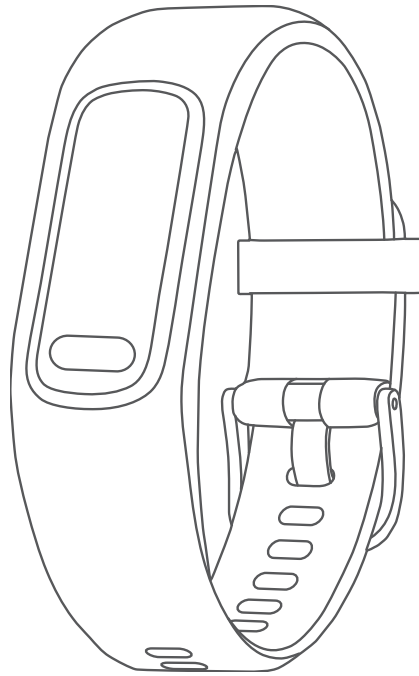


**GARMIN®**



# VIVOSMART® 5

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Owner's Manual

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M/N: A04352

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# Introduction






## ⚠ WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Always consult your physician before you begin or modify any exercise program.


## Pairing Your Phone

To set up the vivosmart 5 watch, it must be paired directly through the Garmin Connect™ app, instead of from the Bluetooth® settings on your phone.

- 1 From the app store on your phone, install and open the Garmin Connect app.
- 2 Select an option to enable pairing mode on your watch:
  - If this is the first time you are setting up your watch, press  to turn on the watch.
  - If you previously skipped the pairing process or paired your watch with a different phone, press , and select  > **Phone** > **Pair Phone** to manually enter pairing mode.
- 3 Select an option:
  - If this is the first watch or device you have paired with the Garmin Connect app, follow the on-screen instructions.
  - If you have already paired another watch or device with the Garmin Connect app, from the  or  menu, select **Garmin Devices** > **Add Device**, and follow the on-screen instructions.


## Using the Watch


**Wrist gesture:** Rotate and lift your wrist toward your body to turn the screen on. Rotate your wrist away from your body to turn the screen off.


**Double-tap:** Double-tap the touchscreen  to wake the watch.


**NOTE:** The watch screen is off until you turn it on. When the screen is off, the watch is still active and recording data.

**Press:** Press   to wake the watch.

Press  to open and close the menu from the main watch face.

Press  to return to the previous screen.

**Hold:** During a timed activity, hold  to stop the timer.

To request assistance, hold  until you feel three vibrations and release ([Requesting Assistance, page 20](#)).

**Swipe:** Swipe the touchscreen up or down to scroll through widgets and menu options.

From the watch face, swipe right to view the controls menu.


**Tap:** Tap the touchscreen to make a selection.



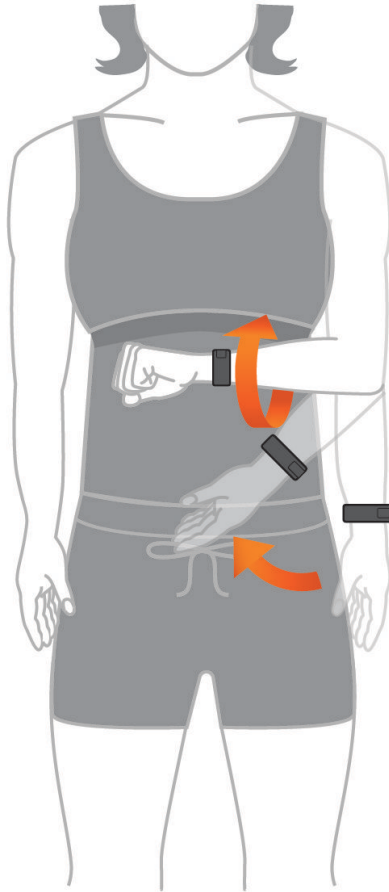
## Turning On and Off the Watch

The vivosmart 5 watch automatically wakes when you interact with it.

**1** Select an option to turn on the screen:

- Double-tap the touchscreen.
- Press .
- Rotate and lift your wrist toward your body.

**NOTE:** You cannot wake the watch with a gesture when do not disturb mode is enabled ([Using Do Not Disturb Mode, page 18](#)).



**2** Rotate your wrist away from your body to turn off the screen.

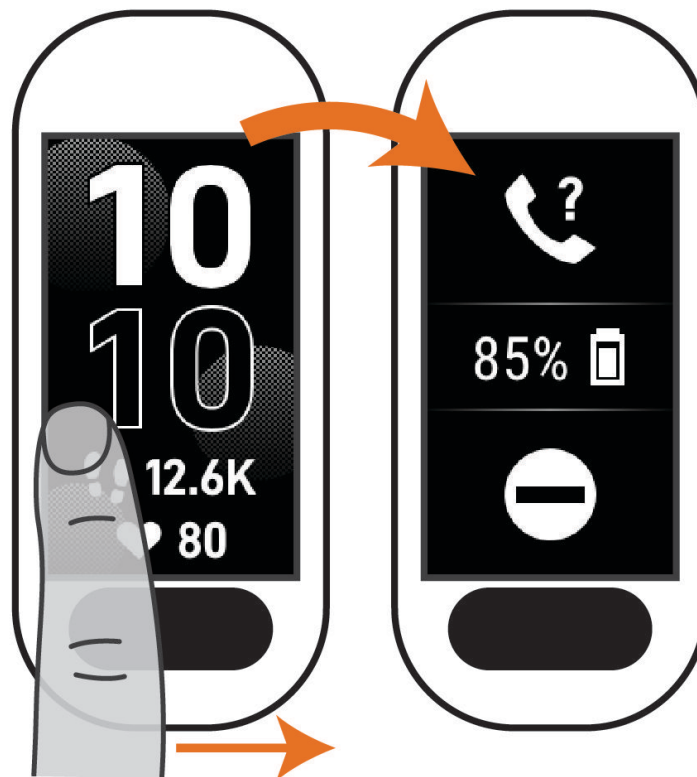
**NOTE:** The screen turns off when not in use. When the screen is off, the watch is still active and recording data.

## Viewing Widgets and Menus

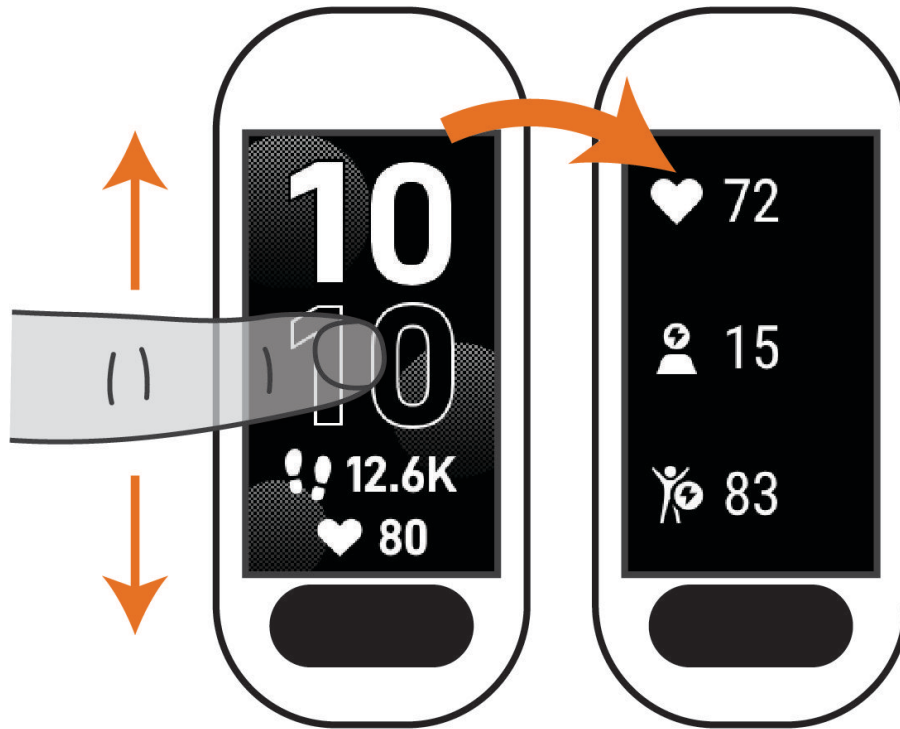
- From the watch face, press  to view the main menu.



- From the watch face, swipe right to view the controls menu.



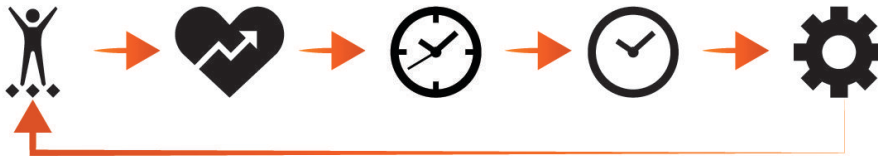
- From the watch face, swipe up or down to view the widgets.








## Menu Options

You can press  to view the menu.

**TIP:** Swipe to scroll through the menu options.



	Displays the timed activity options.
	Displays the heart rate features.
	Displays the watch face options.
	Displays the timer, stopwatch, and alarm options.
	Displays the watch settings.



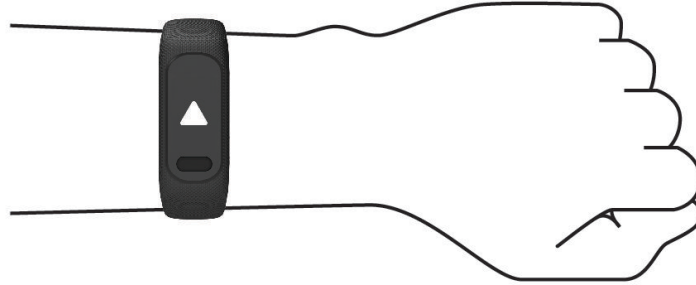
## Wearing the Watch

### ⚠ CAUTION

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist. For more information, go to [garmin.com/fitandcare](https://garmin.com/fitandcare).

- Wear the watch above your wrist bone.

**NOTE:** The watch should be snug but comfortable. For more accurate heart rate readings, the watch should not shift while running or exercising. For pulse oximeter readings, you should remain motionless.

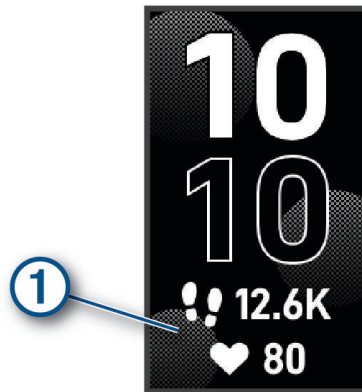


**NOTE:** The optical sensor is located on the back of the watch.

- See [Troubleshooting, page 31](#) for more information about wrist-based heart rate.
- See [Tips for Erratic Pulse Oximeter Data, page 33](#) for more information about the pulse oximeter sensor.
- For more information about accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).
- For more information about watch wear and care, go to [www.garmin.com/fitandcare](https://www.garmin.com/fitandcare).

## Watch Face Data Fields

Some vivosmart 5 watch faces display data fields ([Changing the Watch Face, page 22](#)). You can tap the watch face ① to scroll through steps, heart rate, battery level, date, weather, calories burned, intensity minutes, and Body Battery™. The last data fields you select appear when the display turns off and turns back on.



# Widgets

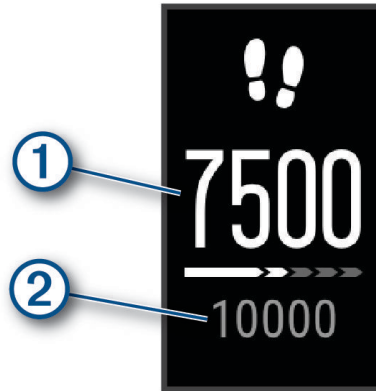
Your watch comes preloaded with widgets that provide at-a-glance information. You can swipe the touchscreen to scroll through the widgets. Some widgets require a paired phone.

**NOTE:** You can use the Garmin Connect app to add or remove widgets.

Time and date	The current time and date. The time and date are set automatically when the watch syncs with your Garmin Connect account.
My Day	A dynamic summary of your activity today. The metrics include steps, intensity minutes, and calories burned.
	The total number of steps taken and your goal for the day. The watch learns and proposes a new step goal for you each day.
Health Stats	A dynamic summary of your current health statistics. The measurements include heart rate, stress, and Body Battery level.
Health Stats 2	A dynamic summary of your current health statistics. The measurements include sleep, pulse oximeter reading, and respiration rate.
	Upcoming appointments from your phone calendar.
	The current temperature and weather forecast from a paired phone.
	The total amount of water consumed and your goal for the day.
	Your intensity minutes total and goal for the week.
	The distance traveled in kilometers or miles for the day.
	The amount of total calories burned for the day, including both active and resting calories.
	Your current heart rate in beats per minute (bpm) and seven-day average resting heart rate.
	Your current stress level. The watch measures your heart rate variability while you are inactive to estimate your stress level. A lower number indicates a lower stress level.
	Your current Body Battery energy level. The watch calculates your current energy reserves based on sleep, stress, and activity data. A higher number indicates a higher energy reserve.
	Allows you to take a manual pulse oximeter reading.
	Notifications from your phone, including calls, texts, social network updates, and more, based on your phone notification settings.
	Controls for the music player on your phone.
	Your current respiration rate in breaths per minute and seven-day average. The watch measures your breathing rate while you are inactive to detect any unusual breathing activity, as well as how it changes in relation to stress.
	Your sleep data for the previous night, including total sleep time.

## Step Goal

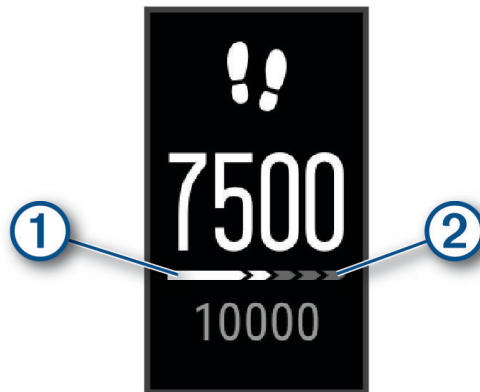
Your watch creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the watch records your progress ① toward your daily goal ②. Your watch begins with a default goal of 7,500 steps per day.



If you choose not to use the auto goal feature, you can disable it and set a personalized step goal on your Garmin Connect account ([Activity Tracking Settings](#), page 26).

## Move Bar

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move bar reminds you to keep moving. After one hour of inactivity, the move bar ① appears. Additional segments ② appear after every 15 minutes of inactivity.



You can reset the move bar by walking a short distance.

## Intensity Minutes

To improve your health, organizations such as the World Health Organization recommend at least 150 minutes per week of moderate intensity activity, such as brisk walking, or 75 minutes per week of vigorous intensity activity, such as running.

The watch monitors your activity intensity and tracks your time spent participating in moderate to vigorous intensity activities (heart rate data is required to quantify vigorous intensity). The watch adds the amount of moderate activity minutes with the amount of vigorous activity minutes. Your total vigorous intensity minutes are doubled when added.


## Earning Intensity Minutes



Your vívosmart 5 watch calculates intensity minutes by comparing your heart rate data to your average resting heart rate. If heart rate is turned off, the watch calculates moderate intensity minutes by analyzing your steps per minute.

- Start a timed activity for the most accurate calculation of intensity minutes.
- Wear your watch all day and night for the most accurate resting heart rate.

## Improving Calorie Accuracy

The watch displays an estimate of your total calories burned for the current day. You can improve the accuracy of this estimate by walking briskly or running outside for 15 minutes.

- 1 Swipe to view the calories widget.
- 2 Select .

**NOTE:**  appears when calories need to be calibrated. This calibration process only needs to be completed one time. If you have already recorded a timed walk or run,  may not appear.

- 3 Follow the on-screen instructions.

## Health Stats Widgets

The Health Stats and Health Stats 2 widgets provide at-a-glance views of your health data. The widgets include dynamic summaries that update throughout the day. The metrics include your heart rate, stress level, Body Battery level, sleep, pulse oximeter reading, and respiration rate.

**NOTE:** You can select each metric to view additional information.

## Body Battery

Your watch analyzes your heart rate variability, stress level, sleep quality, and activity data to determine your overall Body Battery level. Like a gas gauge on a car, it indicates your amount of available reserve energy. The Body Battery level range is from 0 to 100, where 0 to 25 is low reserve energy, 26 to 50 is medium reserve energy, 51 to 75 is high reserve energy, and 76 to 100 is very high reserve energy.

You can sync your watch with your Garmin Connect account to view your most up-to-date Body Battery level, long-term trends, and additional details ([Tips for Improved Body Battery Data, page 33](#)).

## Viewing the Body Battery Widget

The Body Battery widget displays your current Body Battery level.

- 1 Swipe to view the Body Battery widget.
- 2 Tap the touchscreen to view the Body Battery graph.

The graph displays your recent Body Battery activity, and high and low levels for the last eight hours.


## Heart Rate Variability and Stress Level

Your watch analyzes your heart rate variability while you are inactive to determine your overall stress. Training, physical activity, sleep, nutrition, and general life stress all impact your stress level. The stress level range is from 0 to 100, where 0 to 25 is a resting state, 26 to 50 is low stress, 51 to 75 is medium stress, and 76 to 100 is a high stress state. Knowing your stress level can help you identify stressful moments throughout your day. For best results, you should wear the watch while sleeping.

You can sync your watch with your Garmin Connect account to view your all-day stress level, long-term trends, and additional details.

## Viewing the Stress Level Widget

The stress level widget displays your current stress level.

- 1 Swipe to view the stress level widget.
- 2 Tap the touchscreen to view your stress levels for the last four hours.
- 3 Swipe left and select  to begin a guided breathing exercise (optional).

## Viewing the Heart Rate Widget

The heart rate widget displays your current heart rate in beats per minute (bpm). For more information on heart rate accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).

- 1 Swipe to view the heart rate widget.

The widget displays your current heart rate and your average resting heart rate (RHR) value for the last 7 days.

- 2 Tap the touchscreen to view the heart rate graph.

The graph displays your recent heart rate activity, and high and low heart rate for the last hour.

## Using the Hydration Tracking Widget

The hydration tracking widget displays your fluid intake and your daily hydration goal.

- 1 Swipe to view the hydration widget.

- 2 Select **+** for each serving of fluid you consume (1 cup, 8 oz., or 250 mL).

**TIP:** You can customize your hydration settings, such as units used and daily goal, on your Garmin Connect account.

**TIP:** You can set a hydration reminder ([Setting a Hydration Alert, page 24](#)).

## Menstrual Cycle Tracking

Your menstrual cycle is an important part of your health. You can use your watch to log physical symptoms, sex drive, sexual activity, ovulation days, and more ([Logging Your Menstrual Cycle Information, page 9](#)). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.

- Menstrual cycle tracking and details
- Physical and emotional symptoms
- Period and fertility predictions
- Health and nutrition information

**NOTE:** You can use the Garmin Connect app to add and remove widgets.

## Logging Your Menstrual Cycle Information

Before you can log your menstrual cycle information from your vívosmart 5 watch, you must set up menstrual cycle tracking in the Garmin Connect app.

- 1 Swipe to view the women's health tracking widget.

- 2 Tap the touchscreen.

- 3 Select **+**.

- 4 If today is a period day, select **Period Started** > **✓**.

- 5 Select an option:

- To rate your flow from light to heavy, select **Flow**.
- To log your physical symptoms, such as acne, backache, and fatigue, select **Symptoms**.
- To log your mood, select **Mood**.
- To log your discharge, select **Discharge**.
- To designate the current date as an ovulation day, select **Ovulation Day**.
- To log your sexual activity, select **Sexual Activity**.
- To rate your sex drive from low to high, select **Sex Drive**.
- To designate the current date as a period day, select **Period Started**.

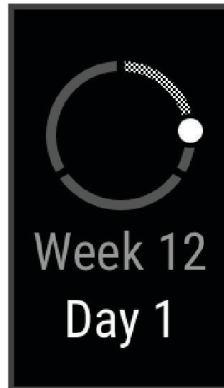
## Pregnancy Tracking

The pregnancy tracking feature displays weekly updates on your pregnancy and provides health and nutrition information. You can use your watch to log physical and emotional symptoms, blood glucose readings, and baby movement ([Logging Your Pregnancy Information, page 10](#)). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.

### Logging Your Pregnancy Information

Before you can log your information, you must set up pregnancy tracking in the Garmin Connect app.

- 1 Swipe to view the women's health tracking widget.



- 2 Tap the touchscreen.
- 3 Select an option:
  - Select **Symptoms** to log your physical symptoms, mood, and more.
  - Select **Blood Glucose** to log your glucose levels before and after meals and before bed.
  - Select **Movement** to use a stopwatch or timer to log the baby's movements.
- 4 Follow the on-screen instructions.


### Controlling Music Playback

The music control widget allows you to control music on your phone using your vívosmart 5 watch. The widget controls the currently active or most recently active media player app on your phone. If no media player is active, the widget does not display track information, and you must start playback from your phone.

- 1 On your phone, start playing a song or playlist.
- 2 On your vívosmart 5 watch, swipe to view the music control widget.

### Viewing Notifications

When your watch is paired with the Garmin Connect app, you can view notifications from your phone on your watch, such as text messages and emails.


- 1 Swipe to view the notifications widget.
- 2 Select a notification.  
**TIP:** Swipe to view older notifications.
- 3 Tap the touchscreen, and select  to dismiss the notification.

## Replying to a Text Message

**NOTE:** This feature is available only for Android™ phones.

When you receive a text message notification on your vivosmart 5 watch, you can send a quick reply by selecting from a list of messages.


















**NOTE:** This feature sends text messages using your phone. Regular text message limits and charges may apply. Contact your mobile carrier for more information.

- 1 Swipe to view the notifications widget.
- 2 Select a text message notification.
- 3 Tap the touchscreen to view the notification options.
- 4 Select .
- 5 Select a message from the list.  
Your phone sends the selected message as a text message.


# Training

## Recording a Timed Activity






You can record a timed activity, which can be saved and sent to your Garmin Connect account.

- 1 Press  to view the menu.
- 2 Select .
- 3 Swipe to scroll through the activity list, and select an option:
  - Select  for walking.
  - Select  for running.
  - Select  for a cardio activity.
  - Select  for strength training.
  - Select  for a bike activity.
  - Select  for pool swimming.
  - Select  for a yoga activity.
  - Select  for other activity types.
  - Select  for an elliptical trainer activity.
  - Select  for a stair stepper activity.
  - Select  for a treadmill activity.
  - Select  for a breathwork activity.
  - Select  for a pilates activity.
  - Select  for a HIIT activity.
  - Select  for an indoor row activity.

**NOTE:** You can use the Garmin Connect app to add or remove timed activities ([Activity Tracking Settings](#), page 26).






- 4 Select  to start the activity timer.
- 5 Start your activity.
- 6 Swipe up and down to view additional data screens.



**TIP:** You can use the Garmin Connect app to add or remove data screens ([Customizing Activity Options](#), page 25).






- 7 After you complete your activity, hold  until  appears and the circle closes.
- 8 Select an option:
  - Select  to save the activity.
  - Select  to delete the activity.
  - Select  to resume the activity.

## Recording an Activity with Connected GPS

You can connect the watch to your phone to record GPS data for your walk, run, or bike activity.







- 1 Press  to view the menu.
- 2 Select .
- 3 Select , , or .
- 4 Open the Garmin Connect app.
 


**NOTE:** If you cannot connect the watch to your phone, you can select  to continue the activity. GPS data will not be recorded.
- 5 Select  to start the activity timer.
- 6 Start your activity.
 



Your phone must be in range during the activity.
- 7 After you complete your activity, hold  until  appears and the circle closes.
- 8 Select an option:
  - Select  to save the activity.
  - Select  to delete the activity.
  - Select  to resume the activity.







## Recording a Strength Training Activity

You can record sets during a strength training activity. A set is multiple repetitions (reps) of a single move.

- 1 Press  to view the menu.
- 2 Select  > .
- 3 Select  to set up rep counting and automatic set detection.
- 4 Select the toggle switch to enable **Rep Counting** and **Auto Set**.
- 5 Press  to return to the activity timer screen.
- 6 Select  to start the activity timer.
- 7 Start your first set.
 

The watch counts your reps.
- 8 Swipe to view additional data screens (optional).
- 9 Press  to finish a set.
 

**NOTE:** If necessary, select  to edit your rep count.
- 10 Select  to start the rest timer.
 

A rest timer appears.
- 11 Press  to begin the next set.
- 12 Repeat steps 9 through 11 until your activity is complete.
- 13 After you complete your activity, hold  until  appears and the circle closes.
- 14 Select an option:
  - Select  to save the activity.
  - Select  to delete the activity.
  - Select  to resume the activity.



## Tips for Recording Strength Training Activities

- Do not look at the watch while performing reps.  
You should interact with the watch at the beginning and end of each set, and during rests.
- Focus on your form while performing reps.
- Perform bodyweight or free weight exercises.
- Perform reps with a consistent, wide range of motion.  
Each rep is counted when the arm wearing the watch returns to the starting position.  
**NOTE:** Leg exercises may not be counted.
- Turn on automatic set detection to start and stop your sets.
- Save and send your strength training activity to your Garmin Connect account.  
You can use the tools in your Garmin Connect account to view and edit activity details.

## Recording a Swim Activity

**NOTE:** Heart rate data is not displayed while swimming. You can view heart rate data in the saved activity in the Garmin Connect app.

1 Press  to view the menu.

2 Select  > .

**NOTE:** You can use the Garmin Connect app to add or remove activities (*Customizing Activity Options*, page 25).

3 Select a pool size.

4 Select .

5 Select  to start the activity timer.




The watch records activity data only while the activity timer is running.

6 Start your activity.

The watch displays your distance and swim intervals, or pool lengths.

7 After you complete your activity, hold  until  appears and the circle closes.

8 Select an option:

- Select  to save the activity.
- Select  to delete the activity.
- Select  to resume the activity.

## Calibrating the Treadmill Distance

To record more accurate distances for your treadmill runs, you can calibrate the treadmill distance after you run at least 1.5 km (1 mi.) on a treadmill. If you use different treadmills, you can manually calibrate the treadmill distance on each treadmill or after each run.


1 Start a treadmill activity (*Recording a Timed Activity*, page 11).

2 Run on the treadmill until your vívosmart 5 watch records at least 1.5 km (1 mi.).

3 After you complete your run, select .

4 Check the treadmill display for the distance traveled.


5 Select an option:


- To calibrate the first time, tap the touchscreen and enter the treadmill distance on your watch.
- To manually calibrate after the first-time calibration, select , and enter the treadmill distance on your watch.

# Heart Rate Features




Your watch has a heart rate menu, enabling you to view wrist-based heart rate data.

**VO<sub>2</sub>** Displays your current VO<sub>2</sub> max., which is an indication of athletic performance and should increase as your level of fitness improves ([Getting Your VO<sub>2</sub> Max. Estimate, page 15](#)).

 Broadcasts your current heart rate to a compatible device ([Broadcasting Heart Rate Data to Garmin® Devices, page 16](#)).

 Displays your current fitness age, which is based on your VO<sub>2</sub> max., resting heart rate, and body mass index (BMI). ([Viewing Your Fitness Age, page 15](#))  
For the most accurate fitness age, complete the user profile setup in your Garmin Connect account.

## Wrist Heart Rate Monitor Settings

Press  to view the menu, and select  > .

**Status:** Allows you to turn the wrist heart rate monitor on or off.

**HR Alerts:** Allows you to set the watch to alert you when your heart rate exceeds or drops below a set threshold after a period of inactivity ([Setting an Abnormal Heart Rate Alert, page 16](#)).

**Pulse Ox:** Allows you to set your watch to record pulse oximeter readings while you are inactive during the day or continuously while you sleep. ([Turning On Pulse Oximeter Sleep Tracking, page 15](#))


## Pulse Oximeter

The vivosmart 5 watch has a wrist-based pulse oximeter to gauge the saturation of oxygen in your blood. Knowing your oxygen saturation can be valuable in understanding your overall health and help you determine how your body is adapting to altitude. Your watch gauges your blood oxygen level by shining light into the skin and checking how much light is absorbed. This is referred to as SpO<sub>2</sub>.

On the watch, your pulse oximeter readings appear as an SpO<sub>2</sub> percentage. On your Garmin Connect account, you can view additional details about your pulse oximeter readings, including trends over multiple days ([Turning On Pulse Oximeter Sleep Tracking, page 15](#)). For more information on pulse oximeter accuracy, go to [garmin.com/ataccuracy](http://garmin.com/ataccuracy).

## Getting Pulse Oximeter Readings

You can manually begin a pulse oximeter reading on your watch at any time. The accuracy of these readings can vary based on your blood flow, the watch placement on your wrist, and your stillness ([Tips for Erratic Pulse Oximeter Data, page 33](#)).

- 1 Wear the watch above your wrist bone.  
The watch should be snug but comfortable.
- 2 Swipe to view the pulse oximeter widget.
- 3 Tap the touchscreen and swipe left.
- 4 Select  to start the pulse oximeter reading.
- 5 Hold the arm wearing the watch at heart level while the watch reads your blood oxygen saturation.
- 6 Keep still.

The watch displays your oxygen saturation as a percentage.




**NOTE:** You can turn on and view pulse oximeter sleep data in your Garmin Connect account ([Turning On Pulse Oximeter Sleep Tracking, page 15](#)).

## Turning On Pulse Oximeter Sleep Tracking

Before you can use pulse oximeter sleep tracking, you must set your vivosmart 5 watch as your preferred activity tracker in your Garmin Connect account ([Activity Tracking Settings, page 26](#)).

You can set your watch to continuously measure your blood oxygen level, or SpO2, for up to 4 hours during your defined sleep window [Tips for Erratic Pulse Oximeter Data, page 33](#).

**NOTE:** Unusual sleep positions can cause abnormally low sleep-time SpO2 readings.

- 1 Press  to view the menu.
- 2 Select  >  > **Pulse Ox** > **During Sleep**.

## About VO2 Max. Estimates

VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. In simple terms, VO2 max. is an indication of cardiovascular strength and should increase as your level of fitness improves.

On the watch, your VO2 max. estimate appears as a number and description. On your Garmin Connect account, you can view additional details about your VO2 max. estimate.

VO2 max. data is provided by Firstbeat Analytics™. VO2 max. analysis is provided with permission from The Cooper Institute®. For more information, see the appendix ([VO2 Max. Standard Ratings, page 35](#)), and go to [www.CooperInstitute.org](http://www.CooperInstitute.org).

## Getting Your VO2 Max. Estimate

The watch requires wrist-based heart rate data and a timed 15 minute brisk walk or run to display your VO2 max. estimate.

- 1 Press  to view the menu.
- 2 Select  > **VO2**.

If you have already recorded a 15 minute brisk walk or run, your VO2 max. estimate may appear. The watch updates your VO2 max. estimate each time you complete a timed walk or run.

- 3 Follow the on-screen instructions to get your VO2 max. estimate.  
A message appears when the test is complete.
- 4 To manually start a VO2 max. test to get an updated estimate, tap your current reading and follow the instructions.  
The watch will update with your new VO2 max. estimate.

## Viewing Your Fitness Age

Before the watch can calculate an accurate fitness age, you must complete the user profile setup in the Garmin Connect app.

Your fitness age gives you an idea of how your fitness compares with a person of the same gender. Your watch uses information, such as your age, body mass index (BMI), resting heart rate data, and vigorous activity history to provide a fitness age. If you have a Garmin Index™ scale, your watch uses the body fat percentage metric instead of BMI to determine your fitness age. Exercise and lifestyle changes can impact your fitness age.

- 1 Press  to view the menu.
- 2 Select  > .

## Broadcasting Heart Rate Data to Garmin® Devices

You can broadcast your heart rate data from your vívosmart 5 watch and view it on paired Garmin devices. For example, you can broadcast your heart rate data to an Edge® device while cycling or to a VIRB® action camera during an activity.

**NOTE:** Broadcasting heart rate data decreases battery life.

1 Press  to view the menu.


2 Select  > .

The vívosmart 5 watch starts broadcasting your heart rate data.

**NOTE:** The time appears on the screen while broadcasting heart rate data.

3 Pair your vívosmart 5 watch with your Garmin ANT+® compatible device.

**NOTE:** The pairing instructions differ for each Garmin compatible device. See your owner's manual.

4 Press  to stop broadcasting your heart rate data.

## Setting an Abnormal Heart Rate Alert

### CAUTION

This feature only alerts you when your heart rate exceeds or drops below a certain number of beats per minute, as selected by the user, after a period of inactivity. This feature does not notify you of any potential heart condition and is not intended to treat or diagnose any medical condition or disease. Always defer to your health care provider for any heart-related issues.

1 Press .

2 Select  >  > **HR Alerts**.

3 Select **High** or **Low**.

4 Select a heart rate threshold value.

5 Select the toggle to turn on the alert.

Each time you exceed or drop below the custom value, a message appears and the watch vibrates.

## Clocks

### Setting an Alarm

You can set multiple alarms. You can set each alarm to occur once or to repeat regularly.

1 Press .

2 Select  >  > .

3 Select a time.

4 Select **Repeat**, and select an option (optional).

### Deleting an Alarm

1 Press .

2 Select  > **Alarm**.

3 Select an alarm, and select **Delete**.

### Using the Stopwatch

1 Press  to view the menu.










2 Select  > .

3 Select  to start the timer.

4 Select  to stop the timer.

5 If necessary, select  >  to reset the timer.

## Starting the Countdown Timer

- 1 Press  to view the menu.
- 2 Select  > .
- 3 Select .
- 4 Select a time.
- 5 Select .
- 6 Select  to start the timer.
- 7 If necessary, select  to pause the timer.
- 8 If necessary, select  >  to reset the timer.

## Bluetooth Connected Features

The vívosmart 5 watch has several Bluetooth connected features for your compatible phone using the Garmin Connect app.

**Activity uploads:** Automatically sends your activity to the Garmin Connect app as soon as you open the app.

**Assistance:** Allows you to send an automated text message with your name and GPS location to your emergency contacts using the Garmin Connect app.

**Find my watch:** Locates your lost vívosmart 5 watch that is paired with your phone and currently within range.

**Find my phone:** Locates your lost phone that is paired with your vívosmart 5 watch and currently within range.

**Incident detection:** Allows the Garmin Connect app to send a message to your emergency contacts when the vívosmart 5 watch detects an incident.

**LiveTrack:** Allows friends and family to follow your races and training activities in real time. You can invite followers using email or social media, allowing them to view your live data on a Garmin Connect tracking page.

**Music controls:** Allows you to control the music player on your phone.

**Notifications:** Alerts you to view notifications from your phone, including calls, texts, social network updates, calendar appointments, and more, based on your phone notification settings.

**Software updates:** Your watch wirelessly downloads and installs the latest software update.

**Weather updates:** Displays the current temperature and weather forecast from your phone.

## Managing Notifications

You can use your compatible phone to manage notifications that appear on your vívosmart 5 watch.

Select an option:

- If you are using an iPhone®, go to the iOS® notifications settings to select the items to show on the watch.
- If you are using an Android phone, from the Garmin Connect app, select **Settings > Notifications**.

## Locating a Lost Phone


You can use this feature to help locate a lost phone that is paired using Bluetooth technology and currently within range.

- 1 Swipe right to view the controls menu.

**NOTE:** You can add options to the controls menu (*Customizing the Controls Menu*, page 22).




- 2 Select .

The vívosmart 5 watch begins searching for your paired phone. An audible alert sounds on your phone, and the Bluetooth signal strength appears on the vívosmart 5 watch screen. The Bluetooth signal strength increases as you move closer to your phone.

- 3 Press  to stop searching.

## Receiving an Incoming Phone Call

When you receive a phone call on your connected phone, the vivosmart 5 watch displays the name or phone number of the caller.

- To accept the call, select .  
**NOTE:** To talk to the caller, you must use your connected phone.
- To decline the call, select .
- To decline the call and immediately send a text message reply, select , and select a message from the list.  
**NOTE:** This feature is available only if your watch is connected to an Android phone using Bluetooth technology.

## Using Do Not Disturb Mode

You can use do not disturb mode to turn off notifications, gestures, and alerts. For example, you can use this mode while sleeping or watching a movie.

**NOTE:** In your Garmin Connect account, you can set the watch to automatically enter do not disturb mode during your normal sleep hours. You can set your normal sleep hours in the user settings on your Garmin Connect account ([User Profile Settings, page 26](#)).

- 1 Swipe right to view the controls menu.

**NOTE:** You can add options to the controls menu ([Customizing the Controls Menu, page 22](#)).

- 2 Select .

## Morning Report

Your watch displays a morning report based on your normal wake time. Tap the touchscreen to view the report, which includes weather, sleep, steps, menstrual cycle tracking or pregnancy information, and calendar events.

**NOTE:** You can customize your display name in your Garmin Connect account ([System Settings, page 26](#)).

## Garmin Connect

You can connect with your friends on your Garmin Connect account. Your Garmin Connect account gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, and more.

You can create your free Garmin Connect account when you pair your watch with your phone using the Garmin Connect app, or you can go to [www.garminconnect.com](http://www.garminconnect.com).

**Track your progress:** You can track your daily steps, join a friendly competition with your connections, and meet your goals.

**Store your activities:** After you complete and save a timed activity with your watch, you can upload that activity to your Garmin Connect account and keep it as long as you want.

**Analyze your data:** You can view more detailed information about your activity, including time, distance, heart rate, calories burned, and customizable reports.



**Share your activities:** You can connect with friends to follow each other's activities or post links to your activities on your favorite social networking sites.

**Manage your settings:** You can customize your watch and user settings on your Garmin Connect account.

## Garmin Move IQ™

When your movements match familiar exercise patterns, the Move IQ feature automatically detects the event and displays it in your timeline. The Move IQ events show activity type and duration, but they do not appear in your activities list or newsfeed.

The Move IQ feature can automatically start a timed activity for walking and running using time thresholds you set in the Garmin Connect app or the watch activity settings. These activities are added to your activities list.

## Connected GPS

With the connected GPS feature, your watch uses the GPS antenna in your phone to record GPS data for walk, run, or bike activities (*Recording an Activity with Connected GPS*, page 12). The GPS data, including location, distance, and speed, appears in the activity details in your Garmin Connect account.

Connected GPS is also used for the assistance and LiveTrack features.

**NOTE:** To use the connected GPS feature, enable phone app permissions to always share location to the Garmin Connect app.

## Safety and Tracking Features

### ⚠ CAUTION

The safety and tracking features are supplemental features and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

The vívosmart 5 watch has safety and tracking features that must be set up with the Garmin Connect app.

### NOTICE

To use these features, the vívosmart 5 watch must be connected to the Garmin Connect app using Bluetooth technology. You can enter emergency contacts in your Garmin Connect account.

For more information about safety and tracking features, go to [www.garmin.com/safety](http://www.garmin.com/safety).



**Assistance:** Allows you to send a message with your name, LiveTrack link, and GPS location (if available) to your emergency contacts.

**Incident detection:** When the vívosmart 5 watch detects an incident during certain outdoor activities, the watch sends an automated message, LiveTrack link, and GPS location (if available) to your emergency contacts.



**LiveTrack:** Allows friends and family to follow your races and training activities in real time. You can invite followers using email or social media, allowing them to view your live data on a web page.

## Adding Emergency Contacts

Emergency contact phone numbers are used for the safety and tracking features.

- 1 From the Garmin Connect app, select  or .
- 2 Select **Safety & Tracking > Safety Features > Emergency Contacts > Add Emergency Contacts**.
- 3 Follow the on-screen instructions.

## Adding Contacts


- 1 From the Garmin Connect app, select  or .
- 2 Select **Contacts**.
- 3 Follow the on-screen instructions.

After you add contacts, you must sync your data to apply the changes to your vívosmart 5 watch (*Syncing Your Data with the Garmin Connect App, page 21*).

## Requesting Assistance

**NOTE:** Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available.

Before you can request assistance, you must set up emergency contacts in the Garmin Connect app (*Adding Emergency Contacts, page 20*). Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

- 1 Hold .
- 2 When you feel three vibrations, release the button to activate the assistance feature.  
The countdown screen appears.

**TIP:** Before the countdown is complete, you can select Cancel to cancel the message.

## Incident Detection

### ⚠ CAUTION




Incident detection is a supplemental feature available only for certain outdoor activities. Incident detection should not be relied on as a primary method to obtain emergency assistance.



## Turning Incident Detection On and Off

**NOTE:** Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available.

Before you can enable incident detection on your watch, you must set up emergency contacts in the Garmin Connect app ([Adding Emergency Contacts, page 20](#)). Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

- 1 From the watch face, press .
- 2 Select  >  > **Incident Detection**.
- 3 Select an activity.

**NOTE:** Incident detection is available only for certain outdoor activities.

When an incident is detected by your vívosmart 5 watch with GPS enabled, the Garmin Connect app can send an automated text message and email with your name and GPS location to your emergency contacts. You have 15 seconds to cancel.




## Sleep Tracking

While you are sleeping, the watch automatically detects your sleep and monitors your movement during your normal sleep hours. You can set your normal sleep hours in the user settings on your Garmin Connect account. Sleep statistics include total hours of sleep, sleep stages, sleep movement, and sleep score. You can view your sleep statistics on your Garmin Connect account.

**NOTE:** Naps are not added to your sleep statistics. You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms ([Using Do Not Disturb Mode, page 18](#)).

## Syncing Your Data with the Garmin Connect App

Your watch automatically syncs data with the Garmin Connect app each time you open the app. Your watch periodically syncs data with the Garmin Connect app automatically. You can also manually sync your data at any time.

- 1 Bring the watch near your phone.
- 2 Open the Garmin Connect app.  
**TIP:** The app can be open or running in the background.
- 3 Press  to view the menu.
- 4 Select  >  > **Sync**.
- 5 Wait while your data syncs.
- 6 View your current data in the Garmin Connect app.

## Syncing Your Data with Your Computer

Before you can sync your data with the Garmin Connect application on your computer, you must install the Garmin Express™ application ([Setting Up Garmin Express, page 21](#)).

- 1 Connect the watch to your computer using the USB cable.
- 2 Open the Garmin Express application.  
The watch enters mass storage mode.
- 3 Follow the on-screen instructions.
- 4 View your data on your Garmin Connect account.



## Setting Up Garmin Express

- 1 Connect the device to your computer using a USB cable.
- 2 Go to [www.garmin.com/express](http://www.garmin.com/express).
- 3 Follow the on-screen instructions.

# Customizing Your Watch



## Changing the Watch Face

Your watch comes preloaded with several watch faces.

- 1 Press  to view the menu.
- 2 Select .
- 3 Swipe up or down to scroll through the available watch faces.
- 4 Tap the touchscreen to select the watch face.

## Customizing the Controls Menu

You can add, remove, and change the order of the shortcut menu options in the controls menu ([Viewing Widgets and Menus, page 3](#)).












- 1 Swipe right to view the controls menu.  
The controls menu appears.
- 2 Hold the touchscreen.  
The controls menu switches to edit mode.
- 3 To remove a shortcut from the controls menu, select  in the upper-right corner of the shortcut.
- 4 Select  to add a shortcut to the controls menu.

**NOTE:** This option is available only after you remove at least one shortcut from the menu.

## Controls Menu

The controls menu lets you quickly access watch features and options. You can add, reorder, and remove the options in the controls menu ([Customizing the Controls Menu, page 22](#)).

From the watch face, swipe right.

Icon	Name	Description
	Alarms	Adds or edits an alarm ( <a href="#">Setting an Alarm, page 16</a> ).
	Assistance	Sends an assistance request ( <a href="#">Requesting Assistance, page 20</a> ).
	Do Not Disturb	Enables or disables do not disturb mode to dim the screen and disable alerts and notifications. For example, you can use this mode while watching a movie ( <a href="#">Using Do Not Disturb Mode, page 18</a> ).
	Find My Phone	Plays an audible alert on your paired phone, if it is within Bluetooth range. The Bluetooth signal strength appears on the vívosmart 5 watch screen, and it increases as you move closer to your phone.
	Music	Controls music playback on your phone.
	Notification	Displays notifications from your phone.
	Phone	Enables or disables Bluetooth technology and your connection to your paired phone.
	Pulse Ox	Displays pulse oximeter data ( <a href="#">Getting Pulse Oximeter Readings, page 14</a> ).
	Stopwatch	Starts the stopwatch ( <a href="#">Using the Stopwatch, page 16</a> ).
	Sync	Syncs your watch with your paired phone.
	Timer	Sets a countdown timer ( <a href="#">Starting the Countdown Timer, page 17</a> ).

## Watch Settings


You can customize some settings on your vívosmart 5 watch. Additional settings can be customized on your Garmin Connect account.


Press  to view the menu, and select .


: Sets a hydration alert ([Setting a Hydration Alert, page 24](#)).

: Allows you to adjust heart rate settings ([Wrist Heart Rate Monitor Settings, page 14](#)).

: Allows you to pair your phone, sync with the Garmin Connect app, and adjust Bluetooth settings ([Bluetooth Settings, page 24](#)).





: Allows you to select the options that appear in the morning report.

: Allows you to adjust the system settings ([System Settings, page 24](#)).




: Displays the unit ID, software version, regulatory information, license agreement, and more ([Viewing Device Information, page 29](#)).

## Setting a Hydration Alert

You can create an alert to remind you to increase your fluid intake.

- 1 Press  to view the menu.
- 2 Select  > .
- 3 Select **Alert**.
- 4 Select the alert frequency.
- 5 Select .

## System Settings

Press  to view the menu, and select  > .

**Brightness:** Sets the brightness level of the display. You can use the Auto option to automatically adjust the brightness based on the ambient light, or manually adjust the brightness level ([Setting the Brightness Level, page 24](#)).

**NOTE:** A higher brightness level decreases battery life.

**Alert Vibration:** Sets the vibration level ([Setting the Vibration Level, page 24](#)).

**NOTE:** A higher vibration level decreases battery life.

**Timeout:** Sets the length of time before the display turns off. This option impacts the battery and display life.

**Gesture:** Sets the gesture mode and gesture sensitivity.

**NOTE:** A higher gesture sensitivity level decreases battery life.

**Controls Menu:** Allows you to edit the controls menu ([Customizing the Controls Menu, page 22](#)).

**Language:** Sets the language displayed on the watch.

**USB Mode:** Sets the watch to use mass storage mode or Garmin mode when connected to a computer.




**Edit Widgets:** Shows the location where you can edit widgets in Garmin Connect.

**Edit Activities:** Shows the location where you can edit activities in Garmin Connect.

**Reset:** Allows you to delete your user data and reset all settings to their default values ([Restoring All Default Settings, page 31](#)).




**Power Off:** Turns off the watch.

## Setting the Brightness Level

- 1 Press  to view the menu.
- 2 Select  >  > **Brightness**.
- 3 Select the brightness level.




**NOTE:** The Auto option automatically adjusts the brightness based on the ambient light.

## Setting the Vibration Level

- 1 Press  to view the menu.
- 2 Select  >  > **Alert Vibration**.
- 3 Select the vibration level.

**NOTE:** A higher vibration level decreases battery life.

## Bluetooth Settings

Press  to view the menu, and select  > .

**Status:** Turns Bluetooth technology on and off.



**NOTE:** Some Bluetooth settings appear only when Bluetooth technology is enabled.

**Pair Phone:** Allows you to pair your watch with a compatible Bluetooth enabled phone. This setting allows you to use Bluetooth connected features using the Garmin Connect app, including notifications and activity uploads.

**Sync:** Allows you to sync your watch with a compatible Bluetooth enabled phone.

## Garmin Connect Settings

You can customize your watch settings, activity options, and user settings on your Garmin Connect account. Some settings can also be customized on your vívosmart 5 watch.

- From the Garmin Connect app, select  or , select **Garmin Devices**, and select your watch.
- From the devices widget in the Garmin Connect application, select your watch.

After customizing settings, you must sync your data to apply the changes to your watch ([Syncing Your Data with the Garmin Connect App, page 21](#)) ([Syncing Your Data with Your Computer, page 21](#)).

### Appearance Settings

From your Garmin Connect watch menu, select Appearance.

**Widgets:** Allows you to customize the widgets that appear on your watch and reorder the widgets in the loop.

**Display Options:** Allows you to customize your display.

### Alert Settings

From your Garmin Connect device menu, select Alerts.

**Alarms:** Allows you to set alarm clock times and frequencies for your device.

**Smart Notifications:** Allows you to enable and configure phone notifications from your compatible smartphone. You can select to receive notifications During an Activity.

**Abnormal Heart Rate Alerts:** Allows you to set the device to alert you when your heart rate exceeds or drops below a set threshold after a period of inactivity. You can set the alert threshold.

**Move Alert:** Allows your device to display a message and the move bar on the time of day screen when you have been inactive for too long.

**Relax Reminders:** Allows you to set the device to alert you when your stress level is unusually high. The alert encourages you to take a moment to relax, and the device prompts you to begin a guided breathing exercise.

**Bluetooth Connection Alert:** Allows you to enable an alert informing you when your paired smartphone is no longer connected using Bluetooth technology.

**Do Not Disturb During Sleep:** Sets the device to turn on do not disturb mode automatically during your sleep hours ([User Profile Settings, page 26](#)).

### Customizing Activity Options

You can select activities to display on your watch.

- 1 From your Garmin Connect watch menu, select **Activities**.
- 2 Select the activities to display on your watch.  
**NOTE:** The walking activity cannot be removed.
- 3 If necessary, select an activity to customize its settings, such as alerts and data screens.

### Marking Laps

You can set your watch to use the Auto Lap® feature, which marks a lap automatically at every kilometer or mile. This feature is helpful for comparing your performance over different parts of an activity.

**NOTE:** The Auto Lap feature is not available for all activities.

- 1 From your Garmin Connect watch menu, select **Activities**.
- 2 Select an activity.
- 3 Select **Auto Lap**.

## Activity Tracking Settings

From your Garmin Connect device menu, select Activity Tracking.

**NOTE:** Some settings appear in a subcategory in the settings menu. App or website updates may change these settings menus.

**Pulse Ox:** Allows your device to record up to four hours of pulse oximeter readings while you sleep.

**Move IQ:** Allows you to turn on and off Move IQ events. The Move IQ feature automatically detects activity patterns, such as walking and running.

**Auto Activity Start:** Allows your device to create and save timed activities automatically when the Move IQ feature detects you have been walking or running for a minimum time threshold. You can set the minimum time threshold for running and walking.

**Daily Steps:** Allows you to enter your daily step goal. You can use the Auto Goal option to allow your device to determine your step goal automatically.

**Weekly Intensity Minutes:** Allows you to enter a weekly goal for the number of minutes to participate in moderate to vigorous intensity activities. The device also allows you to set a heart rate zone for moderate intensity minutes and a higher heart rate zone for vigorous intensity minutes. You can also use the default algorithm.

**Custom Stride Length:** Allows your device to more accurately calculate the distance traveled using your custom stride length. You can enter a known distance and the number of steps it takes to cover the distance, and Garmin Connect can calculate your step length.

**Set as Preferred Activity Tracker:** Sets this device to be your primary activity tracking device when more than one device is connected to the app.

## User Profile Settings

From your Garmin Connect watch menu, select User Profile.

**Personal Information:** Allows you to enter your personal details, such as birth date, gender, height, and weight.

**Sleep:** Allows you to enter your normal sleep hours.

**Heart Rate Zones:** Allows you to estimate your maximum heart rate and determine custom heart rate zones.

## System Settings

From your Garmin Connect watch menu, select System.

**Display Name:** Allows you to set a name for the watch, which appears in places such as the morning report and move alert.

**Wrist Worn On:** Allows you to select which wrist the watch is worn on.

**NOTE:** This setting is used for strength training and gestures.

**Physio TrueUp:** Allows your watch to sync activities, history, and data from other Garmin devices.

**Time Format:** Sets the watch to display time in a 12-hour or 24-hour format.

**Date Format:** Sets the watch to display the date in a month/day or day/month format.

**Language:** Sets the watch language.

**Measurement Units:** Sets the watch to display the distance traveled and temperature in statute or metric units.

# Device Information

## Charging the Watch

### WARNING

This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

### NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions ([Cleaning the Watch, page 28](#)).

- 1 Plug the small end of the USB cable into the charging port on your watch.



- 2 Plug the large end of the USB cable into a USB charging port.  
The watch displays the current battery charge level.

### Tips for Charging Your Watch

- Connect the charger securely to the watch to charge it using the USB cable ([Charging the Watch, page 27](#)).  
You can charge the watch by plugging the USB cable into a Garmin approved AC adapter with a standard wall outlet or a USB port on your computer.
- View the remaining battery graphic on the watch information screen ([Viewing Device Information, page 29](#)).

## Device Care

### NOTICE

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Do not use a sharp object to clean the device.

Never use a hard or sharp object to operate the touchscreen, or damage may result.

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.

Do not place in high temperature environments, such as a clothes dryer.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

## Cleaning the Watch

### ⚠ CAUTION

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist.

### NOTICE

Even small amounts of sweat or moisture can cause corrosion of the electrical contacts when connected to a charger. Corrosion can prevent charging and data transfer.

- 1 Wipe the watch using a cloth dampened with a mild detergent solution.
- 2 Wipe it dry.

After cleaning, allow the watch to dry completely.

**TIP:** For more information, go to [www.garmin.com/fitandcare](http://www.garmin.com/fitandcare).



## Replacing the Band

Go to [www.buy.garmin.com](http://www.buy.garmin.com), or contact your Garmin dealer for information about optional accessories.

- 1 Remove the device from the band.





- 2 Insert the device into the band, and stretch the band material around the device. The mark on the device must align with the mark inside the band.



## Viewing Device Information

You can view the unit ID, software version, and regulatory information.

- 1 Hold the touchscreen to view the menu.
- 2 Select  > .
- 3 Swipe to view the information.

## Viewing E-label Regulatory and Compliance Information

The label for this watch is provided electronically. The e-label may provide regulatory information, such as identification numbers provided by the FCC or regional compliance markings, as well as applicable product and licensing information.

- 1 Press  to view the menu.
- 2 Select  >  > **Regulatory Info.**

## Specifications

Battery type	Rechargeable, built-in lithium-polymer battery
Battery life	Up to 7 days
Operating temperature range	From -20° to 45°C (from -4° to 113°F)
Charging temperature range	From 0° to 45°C (from 32° to 113°F)
Wireless frequency	2.4 GHz @ -4.69 dBm maximum
Water rating	5 ATM <sup>1</sup>

## Device Maintenance

### Garmin Support Center

Go to [support.garmin.com](https://support.garmin.com) for help and information, such as product manuals, frequently asked questions, videos, and customer support.

### Device Repairs

If your device needs to be repaired, go to [support.garmin.com](https://support.garmin.com) for information about submitting a service request with Garmin Product Support.

### Getting More Information

- Go to [support.garmin.com](https://support.garmin.com) for additional manuals, articles, and software updates.
- Go to [buy.garmin.com](https://buy.garmin.com), or contact your Garmin dealer for information about optional accessories and replacement parts.
- Go to [www.garmin.com/ataccuracy](https://www.garmin.com/ataccuracy).

This is not a medical device. The pulse oximeter feature is not available in all countries.

### Product Updates

Your watch automatically checks for updates when connected to Bluetooth or Wi-Fi®. You can manually check for updates from the system settings (*System Settings*, page 24). On your computer, install Garmin Express ([www.garmin.com/express](https://www.garmin.com/express)). On your phone, install the Garmin Connect app.




This provides easy access to these services for Garmin devices:

- Software updates
- Data uploads to Garmin Connect
- Product registration

<sup>1</sup> The device withstands pressure equivalent to a depth of 50 m. For more information, go to [www.garmin.com/waterrating](https://www.garmin.com/waterrating).

## Restoring All Default Settings

You can restore all of the watch settings back to the factory default values.

- 1 Press  to view the menu.
- 2 Select  >  > **Reset**.
- 3 Select an option:
  - To reset all of the watch settings to the factory default values and save all user-entered information and activity history, select **Reset Default Settings**.
  - To reset all of the watch settings to the factory default values and delete all user-entered information and activity history, select **Delete Data and Reset Settings**.
- 4 Follow the on-screen instructions.

## Updating the Software Using the Garmin Connect App

Before you can update your watch software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the watch with a compatible phone (*Pairing Your Phone*, page 1).

Sync your watch with the Garmin Connect app (*Syncing Your Data with the Garmin Connect App*, page 21).

When new software is available, the Garmin Connect app automatically sends the update to your watch. The update is applied when you are not actively using the watch. When the update is complete, your watch restarts.

## Updating the Software Using Garmin Express

Before you can update your watch software, you must download and install the Garmin Express application and add your watch (*Syncing Your Data with Your Computer*, page 21).

- 1 Connect the watch to your computer using the USB cable.



When new software is available, the Garmin Express application sends it to your watch.
- 2 After the Garmin Express application finishes sending the update, disconnect the watch from your computer. Your watch installs the update.

# Troubleshooting

## Resetting the Watch

If the watch stops responding, you may need to reset it. This does not erase any of your data.

**NOTE:** Resetting the watch resets the move bar.






- 1 Hold  for 10 seconds.
  - 2 Release .
- The watch briefly displays a triangle, and then it displays the watch face.

## Is my phone compatible with my watch?

The vivosmart 5 watch is compatible with phones using Bluetooth technology.

Go to [www.garmin.com/ble](http://www.garmin.com/ble) for Bluetooth compatibility information.

## My phone will not connect to the watch

- Bring the watch within range of your phone.
- If your watch and phone are already paired, turn Bluetooth off on both devices, and turn it back on.
- If your watch and phone are not paired, enable Bluetooth technology on your phone.
- On your phone, open the Garmin Connect app, select  or , and select **Garmin Devices > Add Device** to enter pairing mode.
- On your watch, press  to view the menu, and select  >  > **Pair Phone** to enter pairing mode.

## Activity Tracking

For more information about activity tracking accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).

### My step count does not seem accurate

If your step count does not seem accurate, you can try these tips.

- Wear the watch on your non-dominant wrist.
- Carry the watch in your pocket when pushing a stroller or lawn mower.
- Carry the watch in your pocket when actively using your hands or arms only.

**NOTE:** The watch may interpret some repetitive motions, such as washing dishes, folding laundry, or clapping your hands, as steps.

### The step counts on my watch and my Garmin Connect account do not match

The step count on your Garmin Connect account updates when you sync your watch.

- 1 Sync your step count with the Garmin Connect app (*Syncing Your Data with the Garmin Connect App*, page 21).
- 2 Wait while the watch syncs your data.  
Syncing can take several minutes.

**NOTE:** Refreshing the Garmin Connect app does not sync your data or update your step count.

### My stress level does not appear

Before the watch can detect your stress level, wrist-based heart rate monitoring must be turned on.

The watch samples your heart rate variability throughout the day during periods of inactivity to determine your stress level. The watch does not determine your stress level during timed activities.

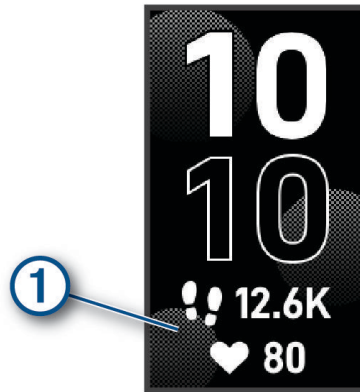
If dashes appear instead of your stress level, be still, and wait while the watch measures your heart rate variability.


### My intensity minutes are flashing

When you exercise at an intensity level that qualifies toward your intensity minutes goal, the intensity minutes flash.

## Touchscreen Tips

- Tap the touchscreen to make a selection.
- Double-tap to wake the watch.
- From the watch face, tap the touchscreen to cycle through data, such as steps and heart rate ①.



- From the controls menu, hold the touchscreen to add, remove, and reorder the controls.
- From any screen, press  to return to the previous screen.
- Tap the widget screen to view additional details for the widget.

## Tips for Erratic Heart Rate Data

If the heart rate data is erratic or does not appear, you can try these tips.

- Clean and dry your arm before putting on the watch.
- Avoid wearing sunscreen, lotion, and insect repellent under the watch.
- Avoid scratching the heart rate sensor on the back of the watch.
- Wear the watch above your wrist bone. The watch should be snug but comfortable.
- Warm up for 5 to 10 minutes and get a heart rate reading before starting your activity.

**NOTE:** In cold environments, warm up indoors.

- Rinse the watch with fresh water after each workout.

## Tips for Improved Body Battery Data

- For more accurate results, wear the watch while sleeping.
- Good sleep charges your Body Battery.
- Strenuous activity and high stress can cause your Body Battery to drain more quickly.
- Food intake, as well as stimulants like caffeine, has no impact on your Body Battery.

## Tips for Erratic Pulse Oximeter Data

If the pulse oximeter data is erratic or does not appear, you can try these tips.

- Remain motionless while the watch reads your blood oxygen saturation.
- Wear the watch above your wrist bone. The watch should be snug but comfortable.
- Hold the arm wearing the watch at heart level while the watch reads your blood oxygen saturation.
- Use a silicone or nylon band.
- Clean and dry your arm before putting on the watch.
- Avoid wearing sunscreen, lotion, and insect repellent under the watch.
- Avoid scratching the optical sensor on the back of the watch.
- Rinse the watch with fresh water after each workout.

## Maximizing Battery Life

- Decrease the screen brightness and timeout ([System Settings, page 24](#)).
  - Reduce the vibration level ([Setting the Vibration Level, page 24](#)).
  - Turn off wrist gestures ([System Settings, page 24](#)).
  - In your phone notification center settings, limit the notifications that appear on your vivosmart 5 watch ([Managing Notifications, page 17](#)).
  - Turn off smart notifications ([Alert Settings, page 25](#)).
  - Turn off Bluetooth wireless technology when you are not using connected features ([Bluetooth Settings, page 24](#)).
  - Turn off pulse oximeter sleep tracking ([Turning On Pulse Oximeter Sleep Tracking, page 15](#)).
  - Turn off wrist-based heart rate monitoring ([Wrist Heart Rate Monitor Settings, page 14](#)).
- NOTE:** Wrist-based heart rate monitoring is used to calculate vigorous intensity minutes, VO2 max., body battery, stress level, and calories burned.

## My watch display is difficult to see outside

The watch detects ambient light and automatically adjusts the backlight brightness to maximize battery life. In direct sunlight, the screen gets brighter, but it may still be difficult to read. The automatic activity detection feature can be helpful when starting outdoor activities ([Activity Tracking Settings, page 26](#)).

# Appendix

## Fitness Goals

Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles.

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.

If you know your maximum heart rate, you can use the table ([Heart Rate Zone Calculations, page 35](#)) to determine the best heart rate zone for your fitness objectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default maximum heart rate is 220 minus your age.

## About Heart Rate Zones

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

## Heart Rate Zone Calculations

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
1	50–60%	Relaxed, easy pace, rhythmic breathing	Beginning-level aerobic training, reduces stress
2	60–70%	Comfortable pace, slightly deeper breathing, conversation possible	Basic cardiovascular training, good recovery pace
3	70–80%	Moderate pace, more difficult to hold conversation	Improved aerobic capacity, optimal cardiovascular training
4	80–90%	Fast pace and a bit uncomfortable, breathing forceful	Improved anaerobic capacity and threshold, improved speed
5	90–100%	Sprinting pace, unsustainable for long period of time, labored breathing	Anaerobic and muscular endurance, increased power

## VO2 Max. Standard Ratings

These tables include standardized classifications for VO2 max. estimates by age and gender.

Males	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	55.4	54	52.5	48.9	45.7	42.1
Excellent	80	51.1	48.3	46.4	43.4	39.5	36.7
Good	60	45.4	44	42.4	39.2	35.5	32.3
Fair	40	41.7	40.5	38.5	35.6	32.3	29.4
Poor	0–40	<41.7	<40.5	<38.5	<35.6	<32.3	<29.4

Females	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	49.6	47.4	45.3	41.1	37.8	36.7
Excellent	80	43.9	42.4	39.7	36.7	33	30.9
Good	60	39.5	37.8	36.3	33	30	28.1
Fair	40	36.1	34.4	33	30.1	27.5	25.9
Poor	0–40	<36.1	<34.4	<33	<30.1	<27.5	<25.9

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