

VÍVOFIT® 4

Owner's Manual

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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.

Getting Started

To get the most out of your activity tracker, you should pair it with your smartphone and complete the setup process with your free Garmin Connect™ account (*Smartphone Setup, page 2*).

NOTE: Until you pair your device and complete the setup process, it has limited functionality.

Using the Device



- Press the key ① to scroll through device features (*Widgets, page 1*).
- Hold the key for 1 second, and release it to view the menu 📶 (*Menu Options, page 1*).
- Press the key to scroll through menu options.



- Hold the key for 1 second, and release it to select menu options.
- Hold the key for less than 1 second to turn on the backlight. The backlight turns off automatically.

Everyday Use

Make your vivofit 4 device part of your active lifestyle by wearing it all day, and syncing your data often with your Garmin Connect account. Syncing allows you to analyze steps and sleep data, view totals, and get insights into your activity. You can use your Garmin Connect account to participate in challenges and compete with your friends. You can also customize your device settings, including watch faces, visible screens, auto-sync frequency, and more.

Device Overview

Widgets

When you pair your device with a smartphone, you can customize the widgets that appear on your device and adjust the order of the widgets. You can press the device key to scroll through the widgets.

NOTE: Some watch faces do not display the custom widget text.

	The current date. The device updates the time and date when you sync with a smartphone.
	The total number of steps taken for the day.

	The number of remaining steps needed to reach your step goal for the day. When you use the auto goal feature, the device sets a new goal for you at the beginning of each day.
	The distance traveled for the current day.
	The amount of total calories burned for the current day, including both active and resting calories.
	Your weekly intensity minutes total.
	The high and low temperature forecasts for the day.
	Your custom text. You can modify the text in the Garmin Connect app.

Menu Options

You can hold the device key to view the menu, and press the device key to scroll through the options. You can hold the device key again to select an option.

	Syncs data with your Garmin Connect account.
	Starts a timed activity.
	Displays task timer options.
	Starts the stopwatch.
	Locates your lost smartphone.
	Starts a Toe-to-Toe™ challenge with another player with a compatible device.
	Displays device and regulatory information.
	Exits the menu and returns to the previous widget.

Recording a Timed Activity

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

TIP: You can also record walking or running activities automatically using the Move IQ feature (*Device Settings, page 3*).

- 1 Hold the device key to view the menu.
- 2 Hold to start the activity timer.
- 3 Start your activity.

TIP: You can press the device key to scroll through your activity data while the timer is running.

- 4 After you complete your activity, hold the device key until appears.
A summary appears. The device displays the total time and distance traveled during the activity.
- 5 Press the device key to end the summary and return to the home screen.

You can sync your device to view activity details on your Garmin Connect account.

Using the Countdown Timer

You can use your device to start a countdown timer of 1, 3, 5, or 10 minutes.

- 1 Hold the device key to view the menu.
- 2 Hold .
- 3 Press the device key to scroll through the task timer options.
- 4 Hold the device key to select and start a timer.

The device beeps, and the timer begins counting down. When 3 seconds remain, the device beeps until the time expires.

TIP: You can hold the device key to stop the timer.


Using the Stopwatch

- 1 Hold the key to view the menu.
- 2 Hold .
- 3 Press to start the timer.
- 4 Press to stop the timer.
- 5 If necessary, press to reset the timer.

6 Hold the key to exit the timer.

Locating a Lost Smartphone


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


- 1 Hold the device key to view the menu.
- 2 Hold .

The vivofit 4 device begins searching for your paired smartphone, and an audible alert sounds on your smartphone.

Starting a Toe-to-Toe Challenge

You can start a 2-minute, Toe-to-Toe challenge with a friend who has a compatible device.

- 1 Hold the device key to view the menu.
- 2 Hold  to challenge another player in range (3 m).
NOTE: Both players must start a challenge on their device.



3 When the player name appears, hold .
The device counts down for 3 seconds before the timer starts.

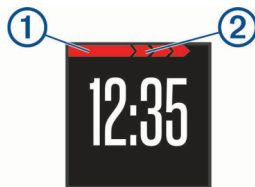
4 Get steps for 2 minutes.
When 3 seconds remain, the device beeps until the time expires.

5 Bring the devices in range (3 m).
The devices display the steps for each player and first or second place.

Players can start another challenge or exit the menu.

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  appears. Additional segments  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 U.S. Centers for Disease Control and Prevention, the American Heart Association®, and the World Health Organization, recommend at least 150 minutes per week of moderate intensity activity, such as brisk walking.

The device monitors your activity intensity and tracks your intensity minutes. You can work toward achieving your weekly intensity minutes goal by walking briskly for at least 10 consecutive minutes.

Auto Goal

Your device creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the device counts down the number of remaining steps in your daily goal. When you reach your step goal, the device displays , and begins counting the number of steps taken that exceed your daily goal.

If you choose not to use the auto goal feature, you can set a personalized step goal on your Garmin Connect account.

Sleep Tracking



While you are sleeping, the device 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 levels, and sleep movement. You can view your sleep statistics on your Garmin Connect account.

NOTE: Naps are not added to your sleep statistics.

Smartphone Setup


Pairing with Your Smartphone

Your vivofit 4 device must be paired directly through the Garmin Connect app, instead of from the Bluetooth settings on your smartphone.

- 1 From the app store on your smartphone, install and open the Garmin Connect app .
- 2 Press the device key  to turn on the device.



The first time you turn on the device, it is in pairing mode.

TIP: You can hold the device key to view the menu, and hold  to manually enter pairing mode.


- 3 Select an option to add your device to your Garmin Connect account:
 - If this is the first device you have paired with the Garmin Connect app, follow the on-screen instructions.
 - If you have already paired another device with the Garmin Connect app, from the settings menu, select **Garmin Devices > Add Device**, and follow the on-screen instructions.

NOTE: The setup may include a software update which can take several minutes ([Software Update, page 4](#)). Keep your device near your smartphone until setup is complete.

After setup is complete, the device continuously tracks your daily activity. You should sync your device often to review your progress in the app.

Syncing Your Data with the Garmin Connect App

You should manually sync your data to track your progress in the Garmin Connect app. Your device also periodically syncs data with the Garmin Connect app automatically.

- 1 Bring the device near your smartphone.
- 2 Open the Garmin Connect app.
TIP: The app can be open or running in the background.
- 3 Hold the device key to view the menu.
- 4 Hold .
- 5 Wait while your data syncs.
- 6 View your current data in the Garmin Connect app.

History

Your device keeps track of your daily steps and sleep statistics, as well as your timed fitness activities. This history can be sent to your Garmin Connect account.

Your device stores your activity data for up to 4 weeks. When the data storage is full, the device deletes the oldest files to make room for new data.

TIP: You should sync your data regularly to reduce the time required to complete a sync.

Garmin Connect

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

You can create your free Garmin Connect account when you pair your device with your phone using the Garmin Connect app, or you can go to connect.garmin.com.

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

Analyze your data: You can view more detailed information about your activity, including time, distance, 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 device 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. These activities are added to your activities list.

Customizing Your Device

Using the Backlight

At any time, hold the device key for less than 1 second to turn on the backlight.

The backlight turns off automatically.

Garmin Connect Settings

You can change your device settings from your Garmin Connect account, using either the Garmin Connect app or the Garmin Connect website.

- In the Garmin Connect app, select the image of your device, and select **Device Settings**.
- On the Garmin Connect website, from the devices widget, select **Device Settings**.

After customizing settings, you should exit the settings page, and sync your data to apply the changes to your device ([Syncing Your Data with the Garmin Connect App, page 2](#)).

Device Settings

From your Garmin Connect account, select **Device Settings**.

NOTE: Some settings appear in a subcategory in the settings menu.

Alarms: Sets an alarm clock time and frequency for your device.

Alert Tones: Allows you to turn alert tones on and off. The device beeps when alert tones are turned on.

Auto Activity Start: Allows your device to create and save timed activities automatically using the Move IQ feature. You can set the minimum time threshold for running and walking.

Auto Sync: Allows you to customize how frequently your device automatically syncs data with your Garmin Connect account.

Color Theme: Allows you to customize the color theme for the device.

Custom Widget: Allows you to enter a custom message to display in the widget loop.

Date Format: Sets the month and day format.

Last Displayed Widget: Sets the device to stay on the current widget instead of returning to the default widget.

Move Alert: Allows you to turn the move bar on and off.

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

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

Distance: Sets the device to display the distance traveled in kilometers or miles.

Visible Widgets: Allows you to customize the widgets that appear on your device during normal use, and during a timed activity. You can reorder the widgets in the loop.

Watch Face: Allows you to customize the watch face.

User Settings

From your Garmin Connect account, select **User Settings**.

Custom Stride Length: Allows your device to more accurately calculate the distance traveled using your custom step 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.

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

Personal Information: Allows you to enter your personal details, such as birth date, gender, height, and weight. The device uses this information to improve activity tracking accuracy.

Sleep: Allows you to enter your normal sleep hours.

Weekly Intensity Minutes: Allows you to enter your weekly intensity minutes goal.

Device Information

Specifications

Battery type	Two user-replaceable SR43 batteries NOTE: 301 and 386 batteries are equivalent to SR43 batteries.
Battery life	1 yr.
Operating temperature range	From -10° to 60°C (from 14° to 140°F)
Wireless frequency/protocol	Bluetooth technology, 2.4 GHz @ -3 dBm nominal
Water rating	Swim, 5 ATM ¹

Viewing Device Information

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

- 1 Hold the device key to view the menu.
- 2 Hold **i**.
- 3 Press the device key to scroll through the information screens.

Device Care

NOTICE

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

Avoid pressing the keys under water.

Do not use a sharp object to clean the device.

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 Device

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

After cleaning, allow the device to dry completely.

TIP: For more information, go to www.garmin.com/fitandcare.

Software Update

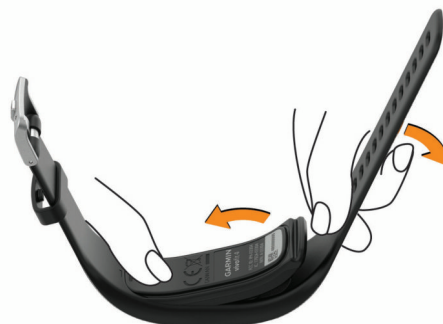
When a software update is available, your device automatically downloads the update when you sync your device with your Garmin Connect account.

A progress bar and **⬆** appear during the update process. The update can take several minutes. You should keep the device near your smartphone during the update. When the update is complete, your device restarts.

Replacing the Band

Go to 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.



User Replaceable Batteries

⚠ WARNING

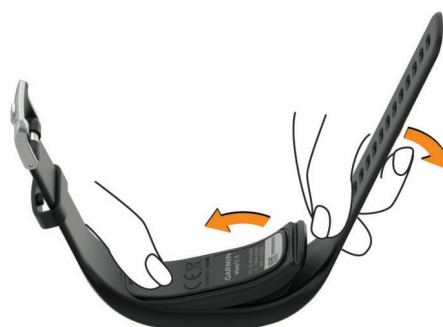
See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Replacing the Batteries

The device uses two SR43 batteries. When the battery power is low, a low battery alert appears on your Garmin Connect account after you sync. Replacing the batteries does not erase your data or settings.

NOTE: 301 and 386 batteries are equivalent to SR43 batteries.

- 1 Remove the device from the band.



- 2 Use a small Phillips screwdriver to remove the four screws on the front of the device.
- 3 Remove the front cover and batteries.

¹ The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.



- 4 Insert the new batteries with the negative side facing the inside of the front cover.
- 5 Verify the gasket is not damaged and is fully seated in the rear case.

NOTICE

The gasket tabs must be aligned with the proper notches in the battery case. Damage to the gasket can prevent the gasket from sealing properly.

- 6 Replace the front cover and the four screws.
- 7 Tighten the four screws equally and firmly.
- 8 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.



Troubleshooting

My step count does not seem accurate

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

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

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

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

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

- 1 Sync your step count with the Garmin Connect app (*Syncing Your Data with the Garmin Connect App*, page 2).
- 2 Wait while the device 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 distance traveled does not seem accurate

If your distance traveled does not seem accurate, you can calculate your custom stride length on your Garmin Connect account (*User Settings*, page 3).

My device does not display the correct time

The device updates the time and date when you sync your device to a mobile device. You should sync your device to display the correct time when you change time zones and when daylight saving time begins or ends.

- 1 Confirm that your mobile device displays the correct local time.
- 2 Sync your device to the mobile device (*Syncing Your Data with the Garmin Connect App*, page 2).
The time and date update automatically.

How do I pair a new device with an existing Garmin Connect account?

If you have already paired another device with the Garmin Connect app, you can add a new device from the app settings menu.

- 1 Open the Garmin Connect app.
- 2 From the settings menu, select **Garmin Devices > Add Device**.
- 3 Follow the on-screen instructions.

Is my smartphone compatible with my device?

The vívoFit 4 device is compatible with smartphones using Bluetooth wireless technology.

Go to www.garmin.com/ble for compatibility information.

Tips for Pairing and Syncing

- Bring the device within range of your smartphone.
- After you pair your device with your Garmin Connect account, the device does not stay constantly connected. Instead, it syncs periodically. You can manually sync your device at any time by opening your Garmin Connect account.
- If your device and smartphone are already connected but do not sync, turn off Bluetooth technology from your smartphone settings, and turn it back on.
- If your device and smartphone are already connected but do not sync, remove the device from your Garmin Connect account, and pair it again (*Pairing with Your Smartphone*, page 2).

I do not have a smartphone

You can turn on the device and use it with limited functionality, until you complete the setup process on a smartphone or computer. Prior to setup, you can use only the step count, auto goal, and move bar. Your device resets your step count once a day. The device attempts to reset your step count while you are sleeping, based on your inactivity level from your first day of use. Your device does not store any history data until setup is complete.

Set up the device on a smartphone (*Smartphone Setup*, page 2) or computer (*Pairing Your Computer*, page 5) to use additional device features.

NOTE: Some device features require a paired smartphone.

Pairing Your Computer


You can use an optional USB ANT Stick™ to pair your device with your computer. Go to buy.garmin.com, or contact your

Garmin dealer for information about optional accessories and replacement parts.

- 1 Go to garmin.com/express.
- 2 Follow the on-screen instructions to download and install the Garmin Express™ application.
- 3 Plug the wireless USB ANT Stick into a USB port.
- 4 Press the device key ① to turn on the device.




When you turn on the device for the first time, it is in pairing mode.

- 5 If necessary, press the device key until  appears.
- 6 Follow the instructions on your computer to add your device to your Garmin Connect account and complete the setup process.

Syncing Your Data with Your Computer

You should sync your data regularly to track your progress in the Garmin Connect application.

- 1 Bring the device near your computer.
- 2 Hold the device key until  appears.
- 3 Wait while your data syncs.
- 4 View your current data in the Garmin Connect application.

My device won't turn on

If your device no longer turns on, you may need to replace the batteries.

Go to [Replacing the Batteries, page 4](#).

Goal Animations and Streaks

The device provides visual feedback on your progress toward your step goal. When you reach your step goal, the device displays a goal animation, and continues tracking. When you press the key, a goal streak animation appears indicating how many days in a row you achieved your step goal ①.



Pairing Multiple Mobile Devices with Your Device

You can pair your vívoFit 4 device with multiple mobile devices. For example, you can pair your device with a smartphone and a tablet. You can repeat the pairing process for each additional mobile device ([Pairing with Your Smartphone, page 2](#)).

Resetting the Device

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


NOTE: Resetting the device resets the move bar.

- 1 Hold the device key for 15 seconds.
- 2 Release the device key.

The device briefly displays a triangle, and then displays the watch face.

Clearing User Data

You can restore all of the device settings to the factory default values. This deletes all data from your device.

- 1 Hold the device key to view the menu.
- 2 Hold .
- 3 Hold the device key until **NV RST** appears.
The device resets and the screen turns on.
- 4 Pair your device with your smartphone ([Pairing with Your Smartphone, page 2](#)).

Appendix

Getting More Information

- Go to support.garmin.com for additional manuals, articles, and software updates.
- Go to buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.

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