

vivofit 2 Owner's Manual

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

Before you can use the vivofit2 device, you must set up the device on your computer or compatible mobile device.

- 1 Go to www.garminconnect.com/vivofit2.
- 2 Select an option:
 - If you are using a computer to set up your device, plug the Wireless USB ANT Stick™ into an empty USB port and download and install the Garmin Express™ setup software ([Downloading the Software](#)).
 - If you are using a mobile device to set up your device, install and open the Garmin Connect™ Mobile app ([Downloading the Mobile App](#)).
- 3 Select the device key to turn on the device.



When you turn on the device for the first time, it is in pairing mode. If your device is not in pairing mode when you turn it on, you must hold the device key until PAIR appears.

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

- 4 Follow the instructions on your computer or mobile device to pair your vivofit2 device and complete the setup process.

Downloading the Software

- 1 From your computer, go to www.garminconnect.com/vivofit2.
- 2 Select an option:
 - If you are using a Windows® operating system, select [Download for Windows](#), and follow the on-screen instructions.
 - If you are using a Mac® operating system, select [Download for Mac](#), and follow the on-screen instructions.

Downloading the Mobile App

You can use the Garmin Connect Mobile app to pair your vivofit2 device and complete the setup process. This allows you to share and analyze data and download software updates from your mobile device. Unlike other Bluetooth® devices that are paired from the Bluetooth settings on your mobile device, your vivofit2 device must be paired directly through the Garmin Connect Mobile app.

NOTE: Your mobile device must support Bluetooth Smart in order to pair with your vivofit2 device and synchronize data. Go to www.garmin.com/mobile for compatibility information.

- 1 From your mobile device, go to www.garminconnect.com/vivofit2.
- 2 Select [Get the App](#), and follow the on-screen instructions.

Sending Data to Your Computer

Before you send data to your computer, you must plug the USB ANT Stick into a computer USB port, and you must download the Garmin Express setup software ([Downloading the Software](#)).

- 1 Bring the device within 3 m (10 ft) of your computer.
- 2 Hold the device key until SYNC appears.
- 3 View your data at Garmin Connect.

Pairing Your Device with Multiple Computers

You can pair your vivofit2 device with multiple computers. For example, you can pair your vivofit2 device with your home and work computers.

- 1 Plug the USB ANT Stick into a computer USB port.
- 2 Download the Garmin Express setup software for Windows or Mac ([Downloading the Software](#)).
- 3 Hold the device key until PAIR appears.
- 4 Follow the instructions on your computer to pair your vivofit2 device and complete the setup process.
- 5 If necessary, repeat steps 1-4 for each additional computer.

Sending Data to Your Mobile Device

Before you can send data to your mobile device, you must pair the vivofit2 device with a compatible mobile device ([Downloading the Mobile App](#)).

Your device synchronizes with the Garmin Connect Mobile app periodically. You can also send data to your mobile device at any time.

- 1 Bring the device within 3 m (10 ft) of your mobile device.
- 2 Hold the device key until SYNC appears.
- 3 View your data in the Garmin Connect Mobile app.

Pairing Multiple Mobile Devices

You can pair your vivofit2 device with multiple mobile devices. For example, you can pair your vivofit2 device with a smartphone and a tablet.

- 1 Install and open the Garmin Connect Mobile app on your mobile device ([Downloading the Mobile App](#)).
- 2 Hold the device key until PAIR appears.
- 3 Follow the instructions on your mobile device to pair your vivofit2 device and complete the setup process.
- 4 If necessary, repeat steps 1-3 for each additional mobile device.

Wearing the Device

- 1 Select a band that fits best on your wrist ([Replacing the Band](#)).
- 2 Make sure the pegs on the clasp are fully inserted into the band. When the pegs are fully inserted, the device fits securely against your wrist.
- 3 Turn the clasp to the locked position. Red marks on the clasp indicate the unlocked position.



<http://t1.mp/vivofit2loop>

NOTE: To prevent loss, the clasp must be turned to the locked position while wearing the device.

- 4 Wear the device all day and night ([Using Sleep Tracking](#)).

Garmin 405 Owners Manual

L Reisser



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