



A sleek smartwatch that gathers your data,  
monitors your vital signs and protects you too.

WELCOME TO THE NEXT LEVEL  
OF VYVO TECHNOLOGY.



# Its time to step up to your new life. Your body quantified. Your wellbeing maximized.

Equipped with state-of-the-art clinical-grade sensors, your feature rich VYVO WATCH LITE continuously gathers your body's data, monitors your vital signs and can let you and your loved ones know if it detects that you have a problem. You can easily review your data on your VYVO WATCH LITE, on your smartphone if you need more detail or you can subscribe to receive a much more detailed analysis and comprehensive report, which is exclusively based your data gathered by your smartwatch.



Your VYVO WATCH LITE will quickly become an important part of your daily life, helping you understand and protect your body.

# Only 7 mm encloses all the power and capability of this technological gem. Elegant, discreet and modern.

VYVO has reinvented and improved its smartwatch concept by redesigning VYVO WATCH LITE to accommodate its state-of-the-art Life Sensing Technology™, so that this ultra-thin, sensor loaded gem fits discreetly and comfortably on your wrist.



Your VYVO WATCH LITE will soon become your body monitor and protective companion – and it looks great too! With its varied color options, no matter what your style choices are, you will find that your VYVO WATCH LITE adds the perfect fashionable finishing touch to your outfit.

## 24/7 Biometrics Recording

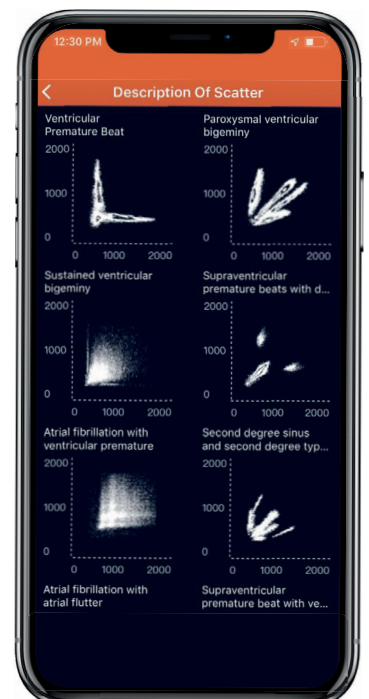
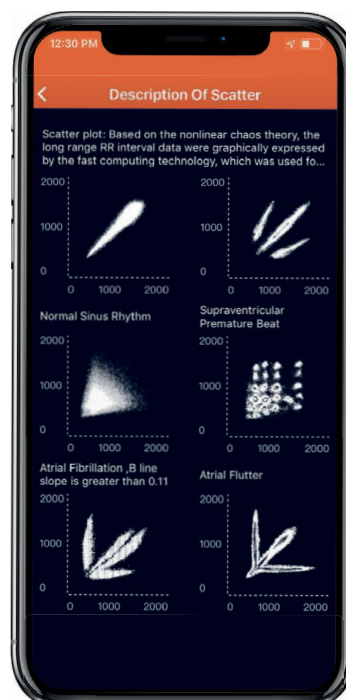
Your VYVO WATCH LITE can continuously and seamlessly monitor your biometrics every day, all day, even when you sleep. When paired with the VYVO Smart App, the real-time, secure transmission of your data allows advanced algorithms to analyze your data, so you can relax, comfortable in the knowledge that all your vital signs and other data are being stored safely and your report is available whenever you are ready.

# Continuous Atrial Fibrillation Detection

The capability of your VYVO WATCH LITE to support high frequency PPG data sampling, combined with sophisticated signal refinement, further pulse waveform processing and detailed AI analysis using different medical algorithms, allows the presence of atrial fibrillation to be determined.

In addition to detecting A Fib, using AI your VYVO WATCH LITE is also capable of detecting five types of arrhythmia.

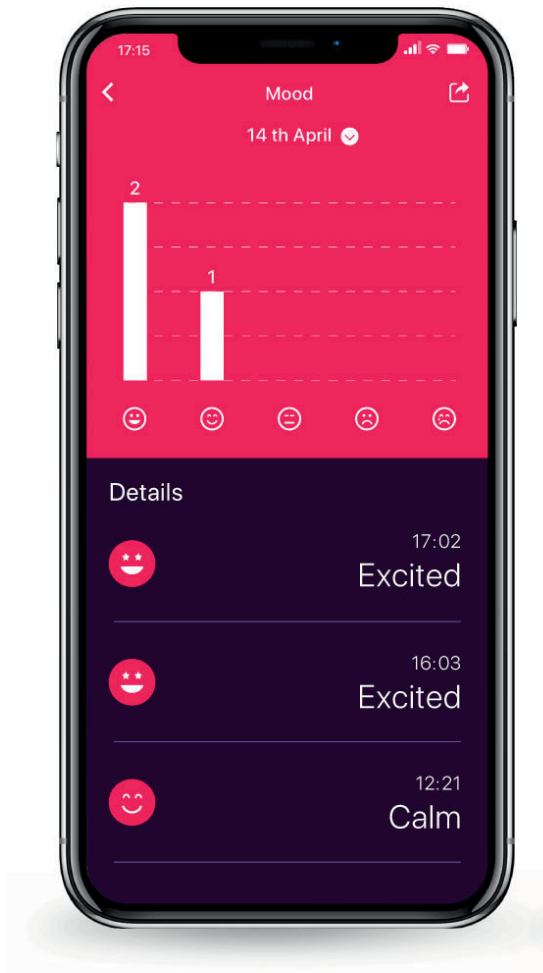
Knowing your health  
is knowing yourself.





## Mood and Energy Monitoring

Your VYVO WATCH LITE gathers data which is analyzed to determine your energy levels and disposition, and also to deduce your stress and mood levels.



This continuously updated information helps you gain a fuller and in-depth understanding of what activities affect your daily physical state and mood. When equipped with these insights, it becomes easy to take appropriate action (such as engaging in physical activity, taking supplements, pursuing joyful activities, resting or meditating) to enhance your mood, increase your energy so you enjoy a healthy lifestyle and can achieve your full potential.

## Dynamic Heart Rate Monitor and HRV Analysis

Your smartwatch detects your heart rate, combined with other data, to deduce your Heart Rate Variability (HRV), fatigue status and to detect critical abnormalities:

- Real-time dynamic and continuous HR with Atrial Fibrillation detection;
- Your VYVO Smart App displays your average, lowest and highest heart rates.

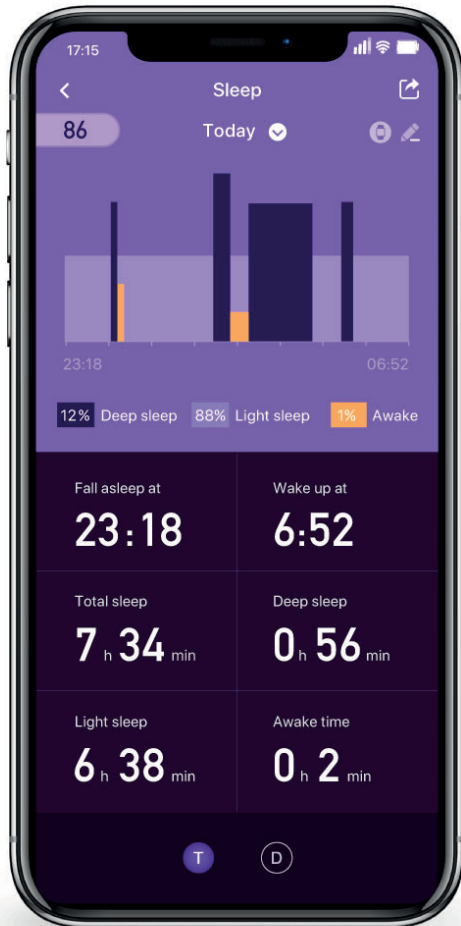


# SpO<sub>2</sub> Measurement



Using a sophisticated infrared (IR) and near infrared (NIR) sensor that has been developed based on the PPG principle, your VYVO WATCH LITE provides results similar to a pulse oximeter but it can do this continuously. This smartwatch continuously measures your peripheral oxygen saturation (SpO<sub>2</sub>) levels, making it possible to monitor any changes in blood oxygenation.





## Scientific Assessment of Sleep Quality Analysis

Your VYVO WATCH LITE is so comfortable to wear that it is easy to track your sleep. The data it gathers provides information on the time you spend in various stages of sleep such as light, deep and waking stages as well as providing you with further insight into your sleep quality and ways to improve it.

As your sleep quality is deeply related to your overall health and wellbeing, taking action to improve your sleep quality is a big step forward in terms of improving your self-care.

# Sleep Apnea Detection

VYVO WATCH Lite helps you reduce these risks by continuously monitoring the variation in your SpO<sub>2</sub> levels, which helps identify and track the apnea episodes during sleep. If your blood oxygen saturation level drops below the normal threshold, you will receive a vibration on your wrist that indicates you need to change the sleep position to help you breathe more easily.



People with sleep apnea suffer from complete or partial cessation of breathing when they are asleep. It is the most common sleep-related breathing disorder, and recent studies have shown a high prevalence of sleep apnea in the general population. Long-term sleep apnea has been shown to increase the risks of developing cardiovascular diseases.

VYVO WATCH LITE **Guardian** feature helps you understand what is disrupting your sleep and prompts you to take action to change your sleep position to improve your sleep quality.



# Bian Que's Pulse Wave Diagnostic



Lungs



Large Intestine



Stomach



Spleen and Pancreas



Heart



Small Intestine



Bladder



Kidneys



Pericardium



Three Heaters



Gall Bladder



Liver

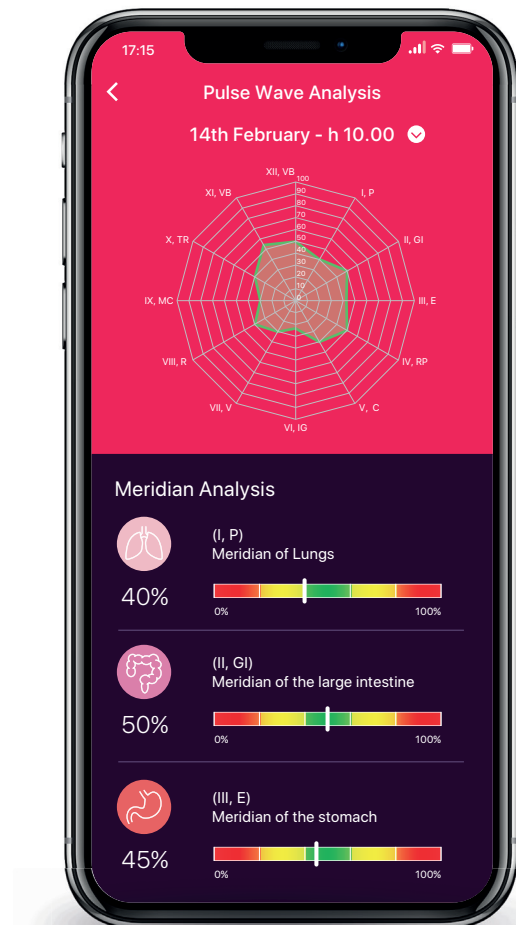
Check the status of some of your organs and assist you in understanding how to improve your daily lifestyle and live a healthier life.

Bian Que's Pulse Wave Diagnostics is based on the unique diagnostic approach of Traditional Chinese Medicine. It relies on the examination of twelve meridians, which is a method that chooses an emerging or relatively emerging pulsating vessel that is easy to inspect, among the twelve meridians and the Bian Que's exclusive pulse examination of the inch opening (wrist pulse).

The result of the diagnostic is for personal evaluation only, and it cannot be used as clinical diagnostics. Diagnosis can only be conducted by medical personnel or physicians.

For more information, please see  
[my.vyvo.com/press/Pulse\\_Wave\\_Diagnostic.pdf](https://my.vyvo.com/press/Pulse_Wave_Diagnostic.pdf)

**\*The Pulse Wave Analysis function is only available by using an Android OS device.**





# Smart Alert

Vibration alerts notify you of running prompts, activity tracking milestones, and various smart notifications, such as a reminder to take your supplements or medication.

## SOS

The SOS function allows you to send alerts and messages in case of emergencies or panic situations. They are sent directly to your contacts, informing them about your emergency situation and exact GPS location.

Note: These services require a Smartphone with an internet connection to be within not more than 20 meters or 65 feet from the device. By using Android phones, please check the cost of your provider for the SMS and be sure the sim inside the device is capable of sending SMS. For iOS phones, the SMS is sent from our gateway and is limited to 6 SMS a day as a prevention measure.

## Guardian

The Guardian function allows you to set alerts to be sent when your measurements are out of normal range, whether they are too high or low.

The alerts are sent directly to your selected contacts and loved ones through in-app messages, emails, and SMS. You can completely customize the list of contacts and ranges of bio parameters to set these alerts. This function makes it easy to keep your loved ones updated, letting them know if they should reach out to you or take action.

## Fall Detection

VYVO WATCH LITE detects if you fall and using the Guardian alert feature it alerts your emergency contacts, informing them about the situation and sharing your last known exact GPS position.

Guardian alert only operates if your smartwatch is connected to a smartphone which has a mobile signal and an active data connection.



# You can now exceed your goals!



## Vibration Alert

It is easy to become sedentary with today's lifestyle. Your VYVO WATCH LITE accurately tracks all-day activities like steps, calories burned and standing time. The vibration alert even prompts and motivates you to move when you've been sitting too long.

Your VYVO WATCH LITE comes with a whole range of features to help you meet your health and wellness goals and improve your life.

## 8+ Exercise Modes

Your VYVO WATCH LITE comes with 8+ Exercise modes and you can even set goals for each one. You can manually select your exercise mode (e.g. swimming, cycling or basketball) and get your real-time statistics while you exercise.



Alternatively and once you have done the activity once or twice to allow Smart-Track learn the activity, it will then detect what activity you are performing and will track it automatically for your convenience.

## Color-Run



The screen lights up in sync with your running pace and the color display changes based on your heart rate value, making your running safer, interactive and even more fun. For example, if you are running and your objective is to enter your "fat burning zone", it will encourage you to increase your pace so that when you enter your target zone, the smartwatch screen colour will guide you to adjust your pace to stay in your target zone for as long as you choose.

# Air Quality Monitor

VYVO WATCH LITE utilizes a superb network of public air quality sensors along with Artificial Intelligence analysis to provide information on the Air Quality Index (AQI) of your surrounding environment, so that you can choose to exercise indoors if the air outside is too polluted. In monitoring and notifying you of poor air quality so you can take action to avoid it, your VYVO WATCH LITE performs a protective role improving your long-term health and decreasing your risk of lung and heart disease.



Enjoy outdoor activities



Open your windows to bring clean, fresh air indoors



Sensitive groups should reduce outdoor exercise



Everyone should reduce outdoor exercise



Run an air purifier



Wear a mask outdoors





# Oracle Index

Your VYVO WATCH LITE is a crucial component in gathering your data to generate your Oracle Index as part of your Oracle Report which provides you with your personalized action plan to improve and then maintain your quality of life.



The Oracle, VYVO's Artificial Intelligence engine, receives your data from various sources, analyzes your wellness status and generates your personalized and customized action plan for you to improve and maintain your quality of life. The Oracle evaluation is based on the three main components:

- Life Sensing Technology™ that is embedded in each VYVO smartwatch;
- your bio-parameter data gathered by your smartwatch and your personalized assessment.

Oracle uses this data to generate your customized and regularly updated Oracle Report and your own personalized NutraPak supplement solution, which is unique to you.

As your body changes over time in response to your health and wellness status, your activities, your exercise, your environment and other factors, so does your Oracle Report. Your daily Oracle Index is an easy to understand source of information that tracks your progress and reflects your wellbeing status.

# Lifestyle Index



Your Lifestyle Index, available on your VYVO WATCH LITE is generated from your data gathered from your smart watch. It is a personalized index that combines all the bio-parameters monitored by VYVO devices: wellness, activity, and mood. With this unique index, you can easily track and improve your lifestyle, day by day. You get to appreciate the impact of your daily routines on your Lifestyle Index.

You can also:

- Challenge a friend to improve their Lifestyle Index score.
- Check the global chart of your friends and partake in several challenges at same time.
- Share your results on your social networks.
- Review your Lifestyle Index history and compare it with your life events.

Your VYVO WATCH LITE is equipped with an NFC contactless payment capability which enables you to tap and pay at any Wireless Points of Sale. It is easy, fast, secure and wearing your VYVO WATCH LITE means that you do not need to carry your wallet or cards when you go shopping.



vynoray )))

VYVO uses  
Blockchain Technology  
to secure all of its  
smartwatch data.

# Blockchain



VYVO WATCH LITE wearers can:

- Contribute their data to one of the first worldwide blockchain healthcare and medical research platforms, for research purposes and at the same time;
- Generate rewards for the data they produce by just wearing their smartwatch. VYVO smartwatch wearers receive tokens for every data-block they generate and these tokens can be used to obtain discounts on VYVO product.

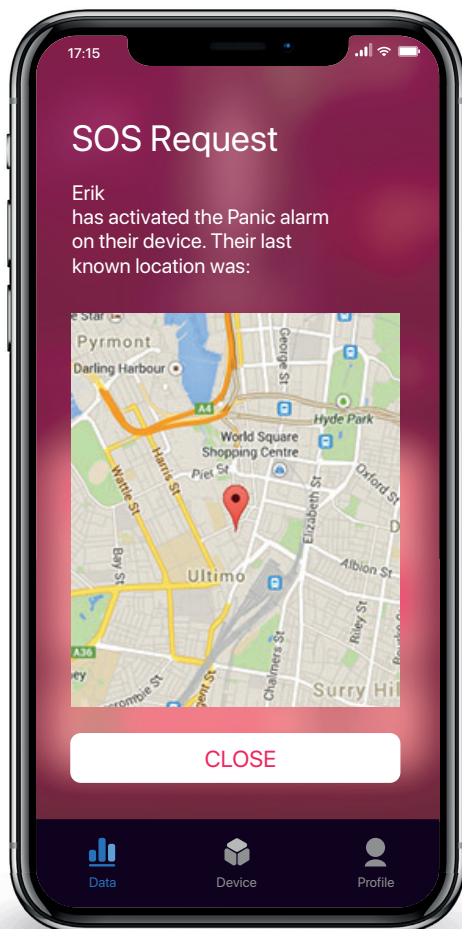




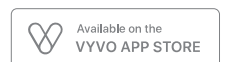
VYVO  
SMART APP

Our dedicated VYVO SMART App provides a simple path to achieve your health and wellbeing goals. The App is supported by a sophisticated with Artificial Intelligence (AI) platform that makes it easy to receive and understand the impact of your biometric and vital sign data in real-time, just by selecting the appropriate section of the App.

All your measurements are accessible at any time in your App so you can review your history and examine your progress. A user-friendly interface allows you to get to all your information quickly, and should you wish to share with your loved ones or caregiver, it is simple and easy to share over WhatsApp, email, Bluetooth and other platforms.



The VYVO SMART App also provides access to two important functions via subscription. **Guardian:** This feature keeps your loved ones or emergency contacts updated and notifies them if your measurements are not within an appropriate range. Guardian allows the user to set alerts when your measurements are out of normal range, either too high or low. The alerts are then sent directly to your emergency contacts via in-app messages, email and SMS advising them of the incident along with your last GPS location. Guardian alert only operates if your smartwatch is connected to a smartphone which has a mobile signal and an active data connection. **WeCare:** Show your parents, friends and loved ones that you care by remotely checking on their health and wellbeing via their bio-parameters.





The Excellence of VYVO,  
improvement in early  
shape and form.

# Technical Sheet

OS System	VYVO RTOS 2.0
G-sensor	✓
Gyroscope	6 Axis
Compass	✓
MCU	Nordic52840
RAM	4M Byte
ROM	4M Byte
Open-API	3.0
TFT Color screen	IPS 1.3"
Capacitive Full Touch	Full touch control
Resolution	240x240
Battery Life	10+ Days
Charger	Wired base and magnetic cable
Metal Case	✓
Water Proof	IP68
BLE	BLE 5.0
BP Sensor	✓
Dynamic HR 24 hours	✓
Heart rate zones detection <sup>2</sup>	✓
HRV - Mood, Energy	✓

NOTES: <sup>1</sup> Not available at the release date

<sup>2</sup> Not available in some countries

Air Quality Monitor & Tips (PM2.5, PM10, SO <sub>2</sub> , NO <sub>2</sub> , CO, O <sub>3</sub> )	✓
SpO <sub>2</sub> measurement	✓
Apnea Detection	✓
Multi-Sport Mode	8+ sports
Smart-Track	✓
Off-hand detection	✓
Sleep Monitor and analysis	✓
Atrial Fibrillation <sup>2</sup>	✓
Pulse Wave Diagnostic <sup>2</sup>	✓
Lifestyle Index	✓
Oracle Index	✓
Measurement Warning (Guardian)	✓
Continue Measurement and recording	✓
Sedentary reminder	✓
NFC VYVO Pay <sup>1</sup>	✓
Swimming pool stroke count and pool distance.	✓
Color Run	✓
Blockchain Technology <sup>1</sup>	✓
Messages and Social Push	✓





## IP68 Swimproof



Your VYVO WATCH LITE has a waterproof certification of IP68 so you can wear it swimming in a pool or open water close to a depth of 50m. With its swimming pool stroke count and pool distance feature, swimming has reached a whole new level as you can now monitor your pool progress.

The water resistance performance of the device is not permanently binding; it may diminish as time passes. The device can be worn while washing hands, rain or swimming in shallow water, but does not support hot water showers, diving, surfing or deep submersion.

## 10+ days extended battery life



- Activity tracking mode: 10+ days tracking.
- Full recharge in 120 Minutes.



vyvo™ making  
life wonderful



Designed in Silicon Valley. Assembled in China.  
[www.vyvo.com](http://www.vyvo.com)