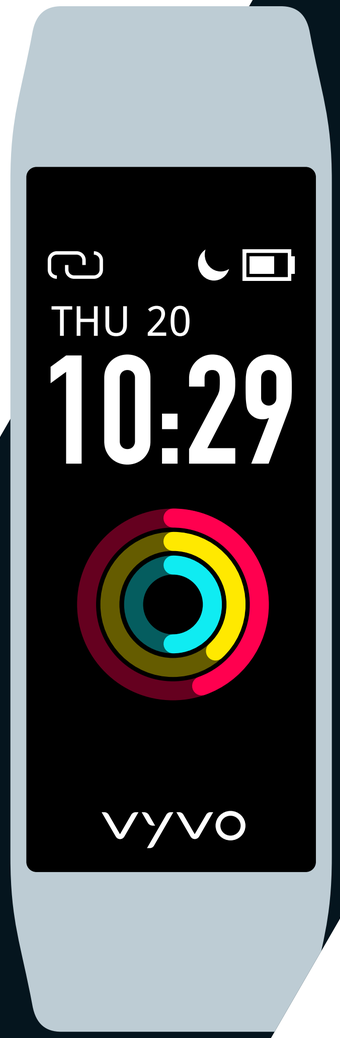

sense

FIRST STEPS GUIDE

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EN

Start using your VYVO™ device now and discover all its available features, directly on your wrist!

sense

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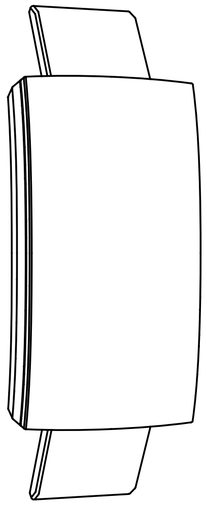
sense

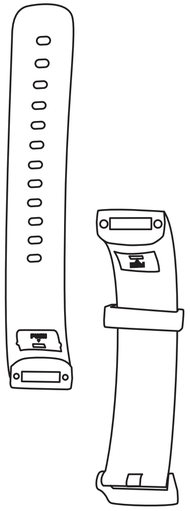
Step 1

Unveil your Smartband

A. Unpack your **Sense** and check all the contents.



Sense Smartband



Wristband

Guidelines

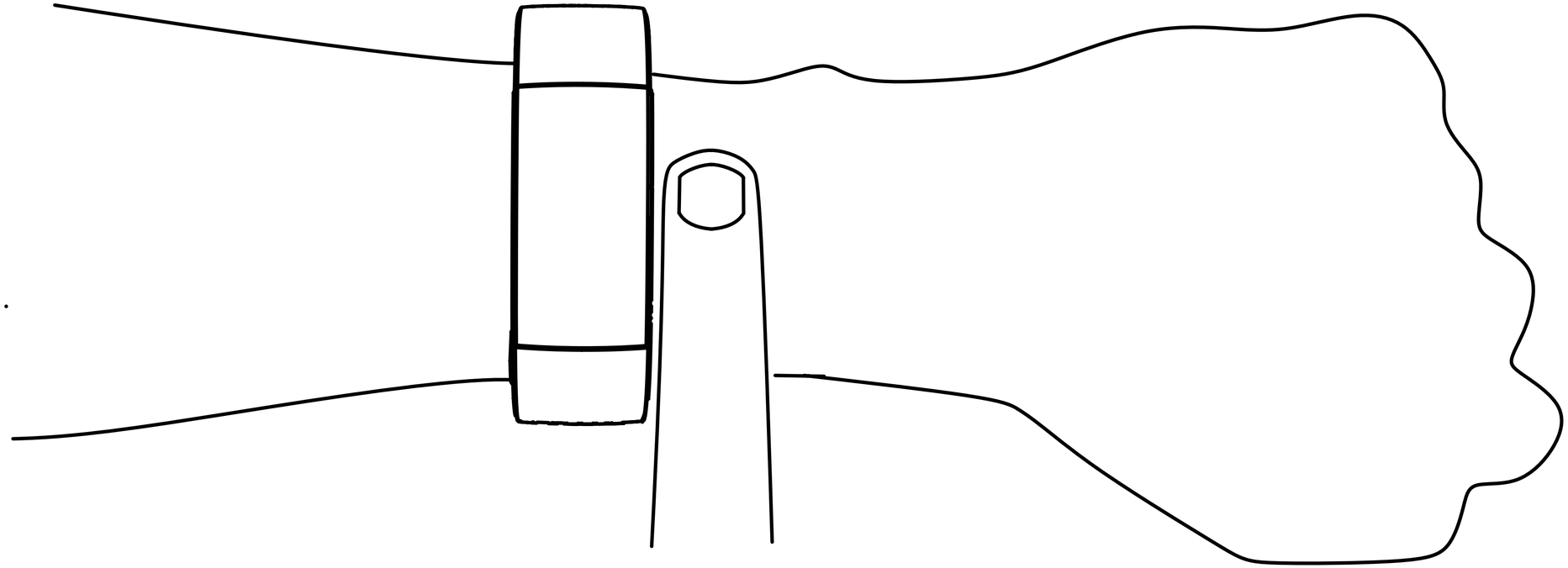
sense

B.

STRAP ON YOUR **SMARTBAND**

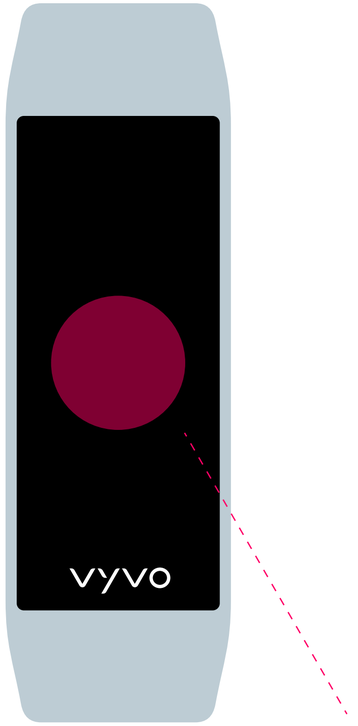
sense

C.
Please wear tight or as comfortably close to your skin as possible, making sure that the **Smartband** does not slide or move along with your movement.



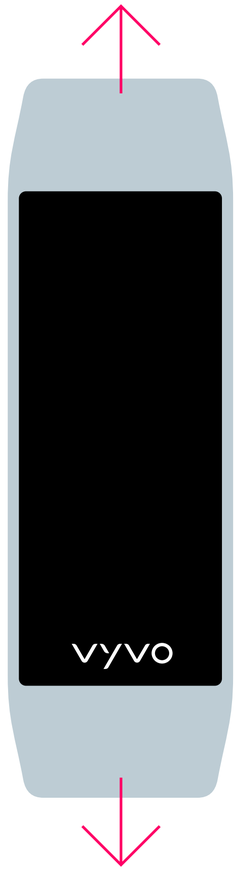
sense

D.
Press and hold the **screen** for power on.
If the device does not power on, please fully charge the device first.



tap and hold

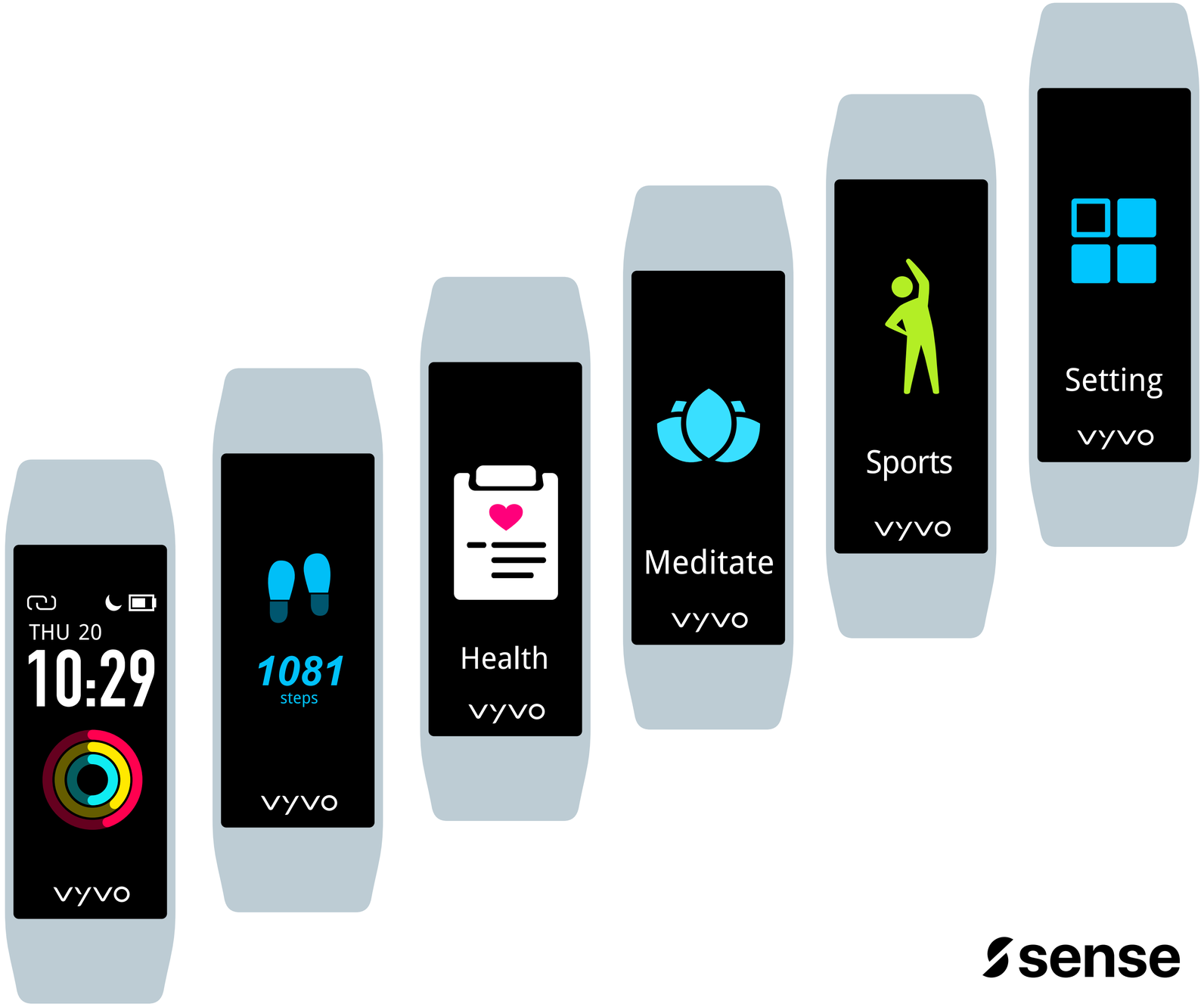
E.
Discover the menu by sliding **up** and **down**.



sense

F.

Sense has a touch display; you can tap on the screen to select each function.



sense

Step 2

Download and start your VYVO™ Smart App

Step 2

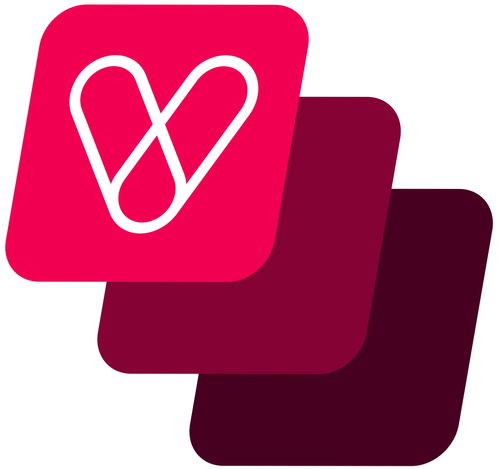
Download and start your
VYVO™ Smart App

A.
Access the App Store
or Google Play Store.

Download on the
App Store

Get it on
Google Play

B.
Find the VYVO™
Smart App.

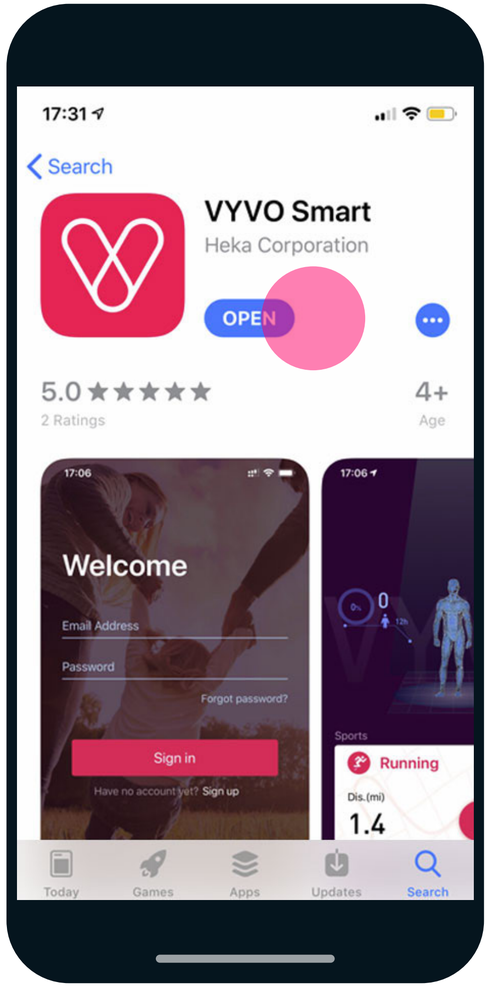


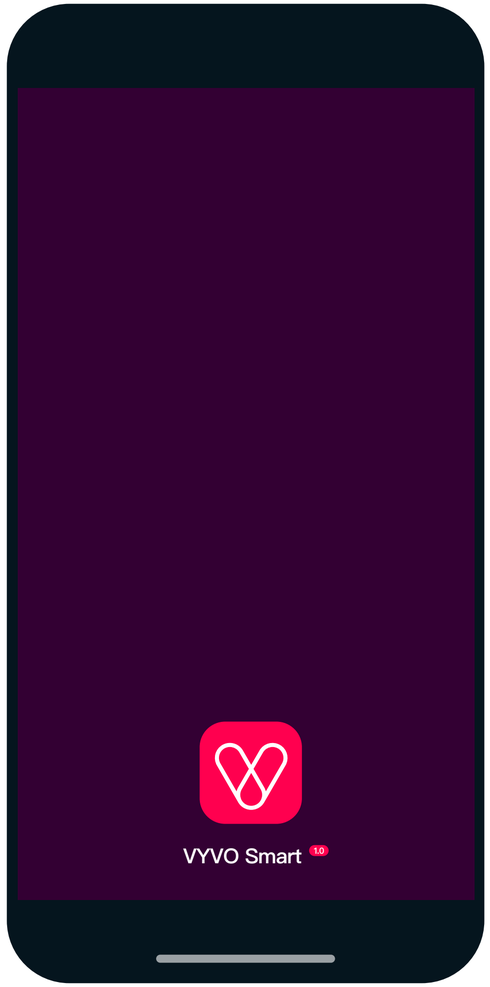
sense

Step 2

Download and start your
VYVO™ Smart App

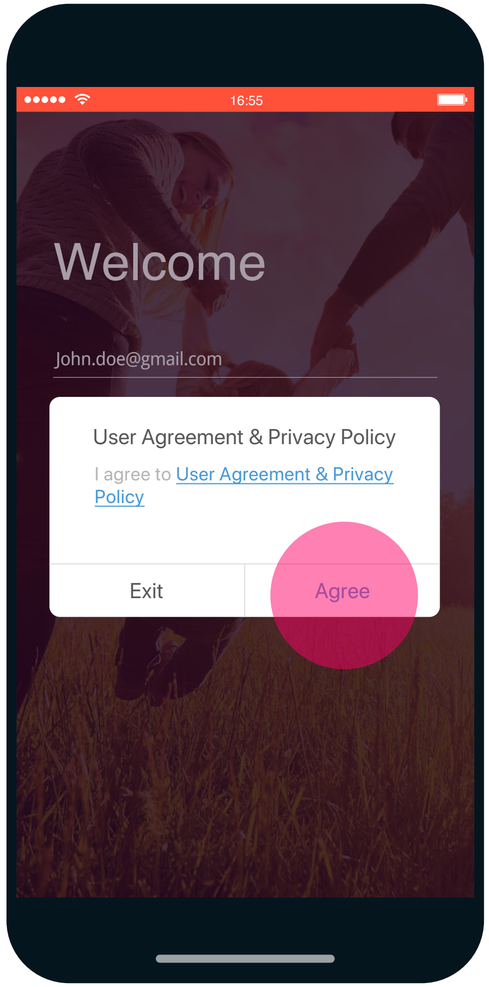
C.
Download and **Open** it.





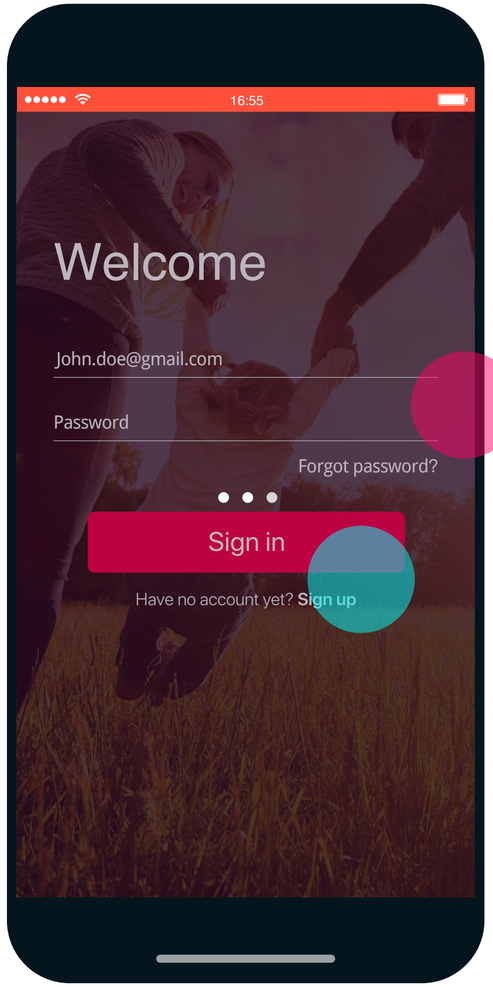
sense

D.
Agree to the terms!



E.
If you are already a VYVO™ user, fill in your **email** and **password** to login.

If you are a new user, tap on **Sign up**!

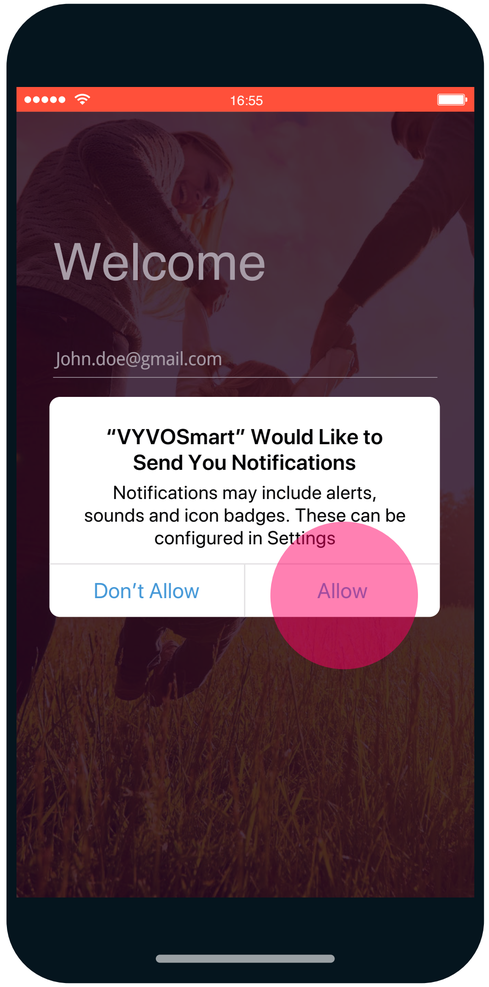


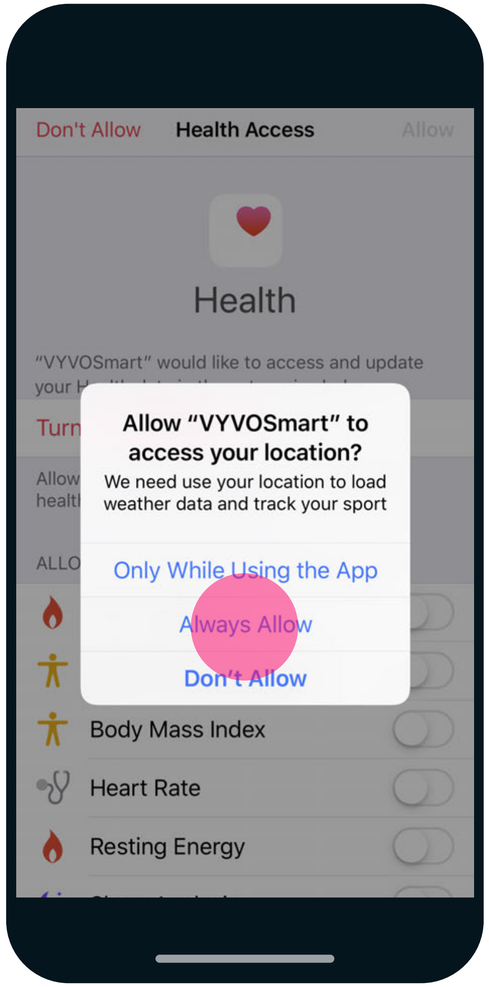
sense

Step 2

Download and start your
VYVO™ Smart App

F.
Allow all App
permissions required!



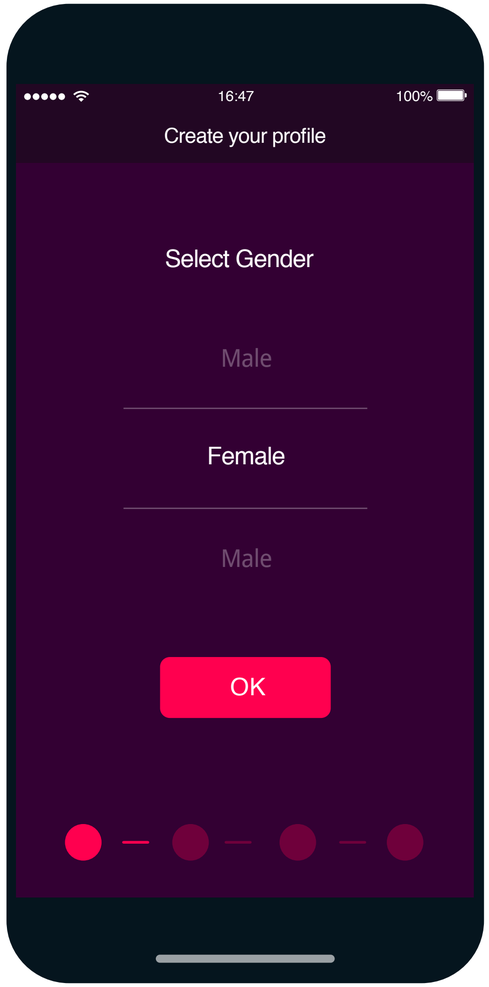


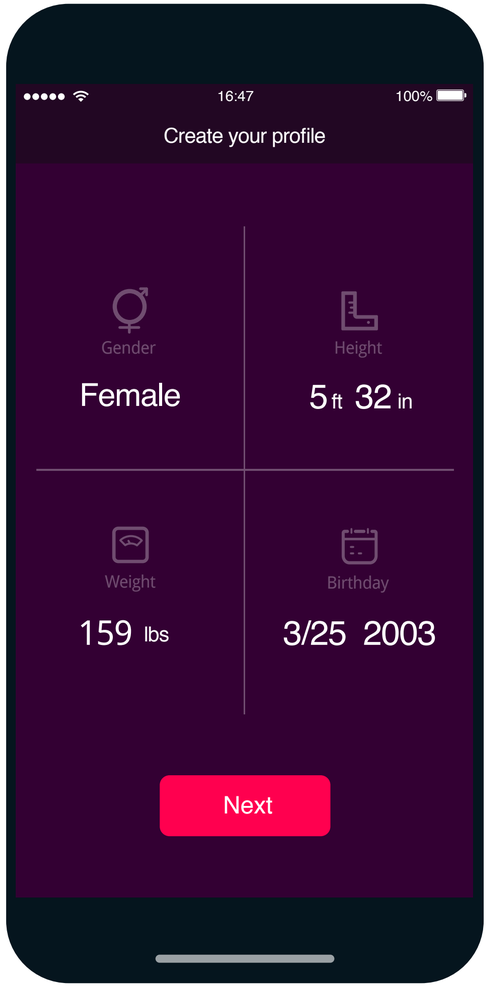
sense

Step 2

Download and start your
VYVO™ Smart App

G.
Now please input
your essential parameter:
gender, **height**, **weight**,
and **birthdate**.

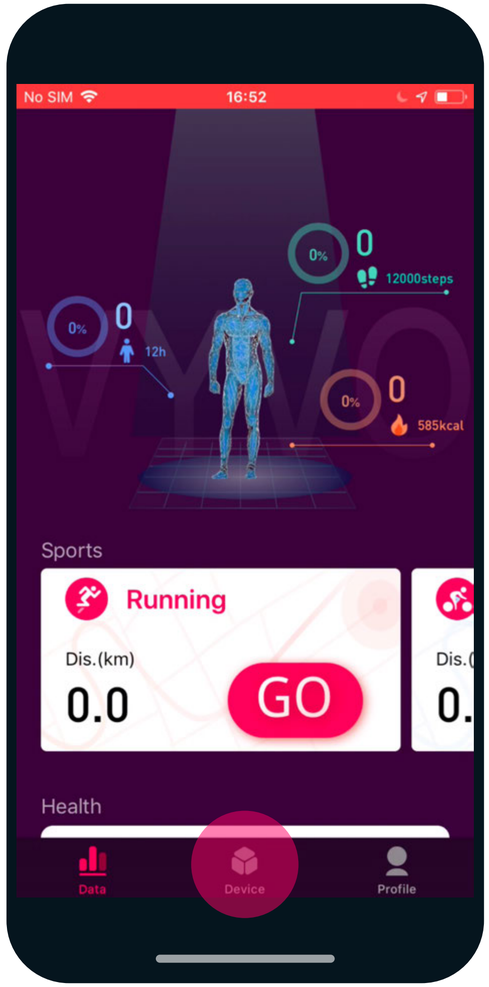




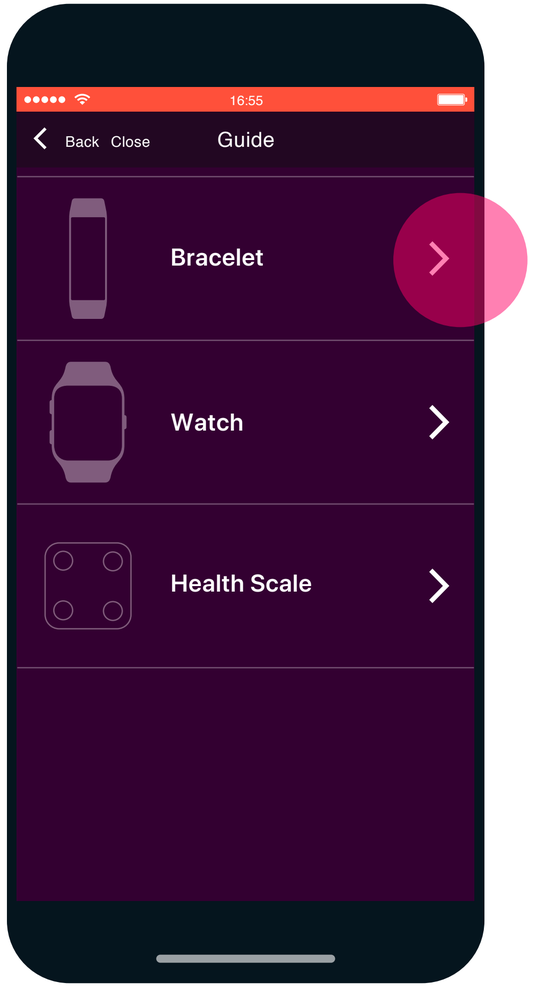
sense

Step 3
Pair your Sense

A.
Tap on **Device** on the app's menu.

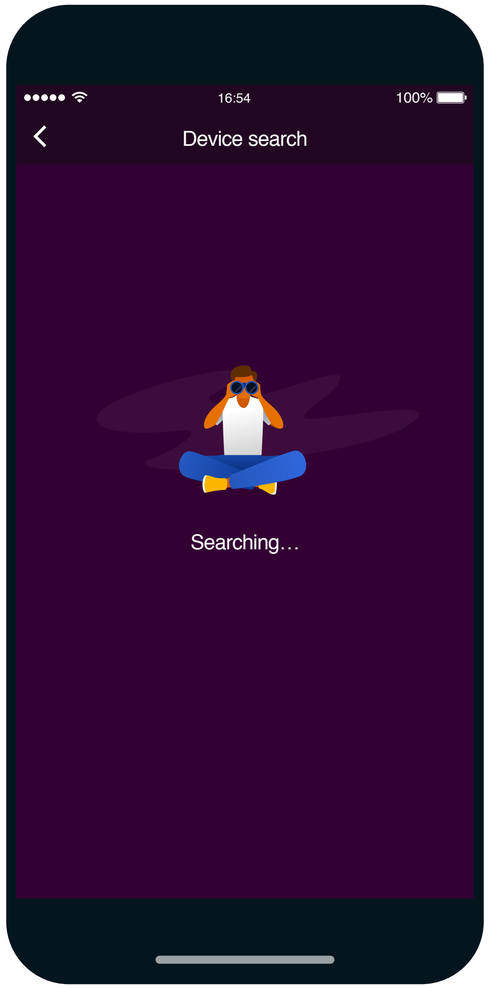


B.
Tap on the "**+**" to add a new **Bracelet**.



sense

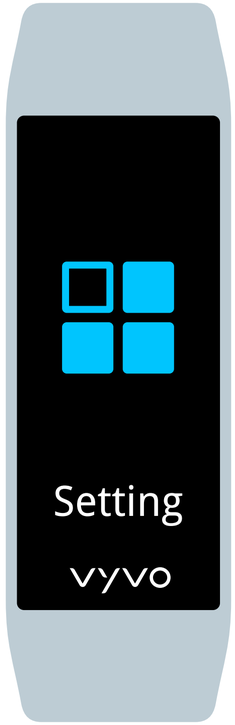
B.
Search...

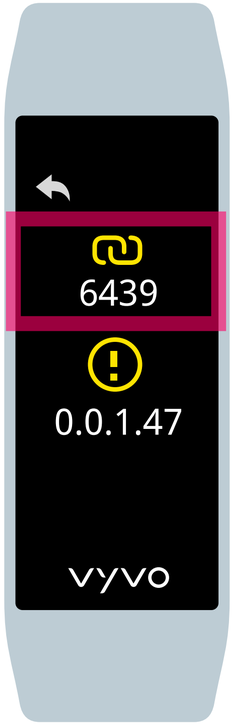


c.

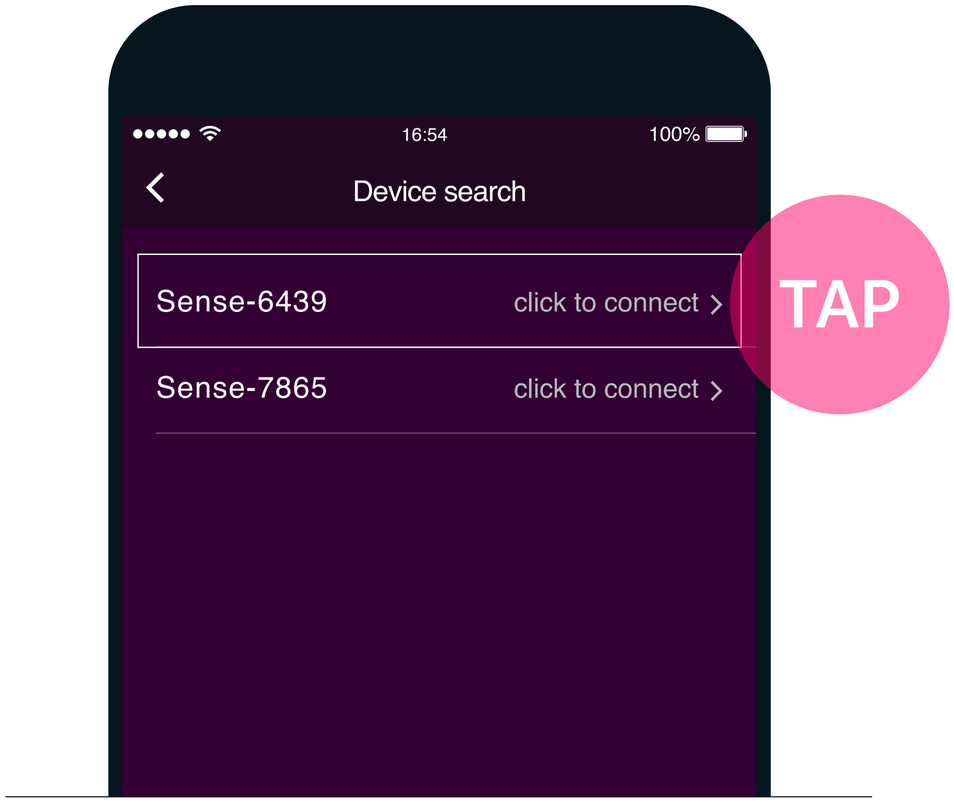
If you are unsure about which **Sense** is yours, you can check the **setting menu** on your Smartband.

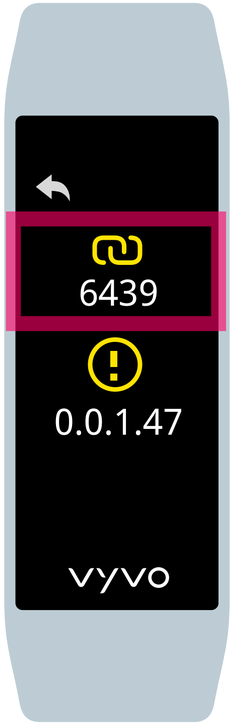
D.
On **Sense**>**Settings**> **About**, you can check the firmware version and **Sense ID** of your Watch.





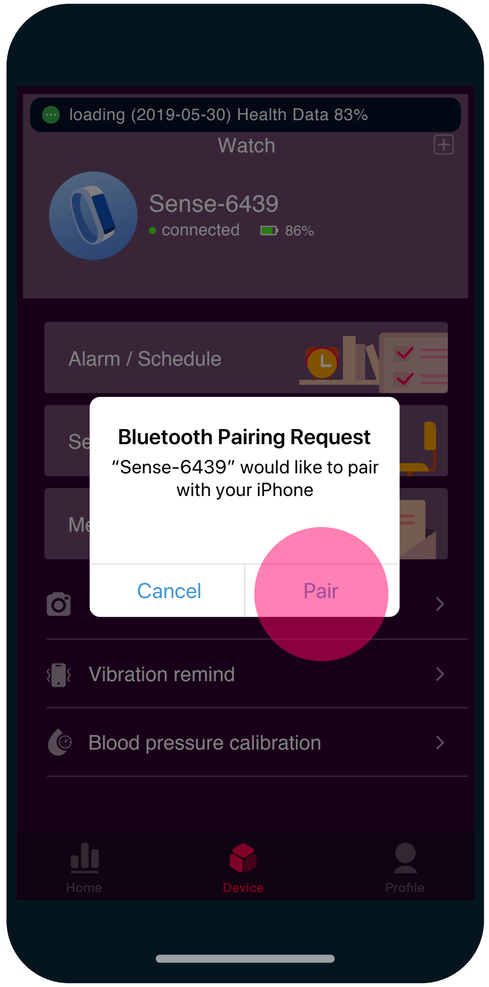
E.
Connect your **Sense ID**.



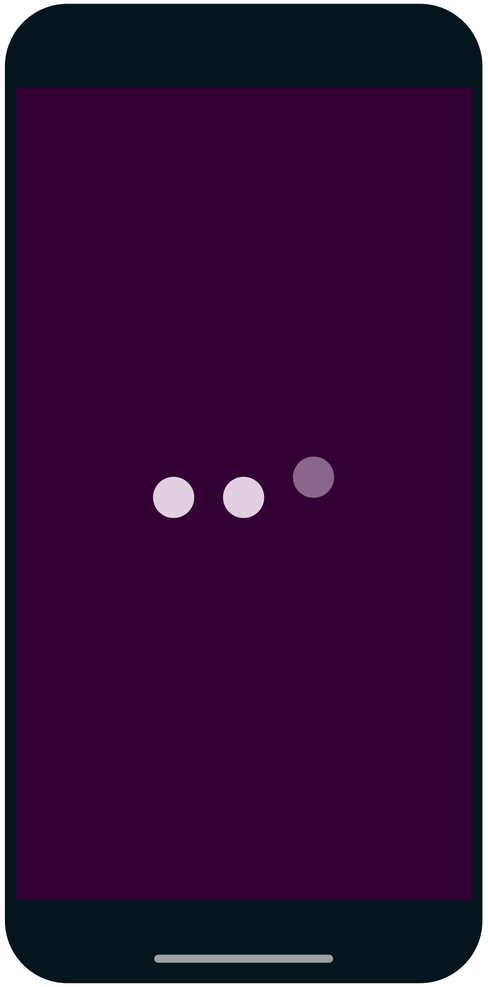


sense

F.
Accept the **bluetooth** pairing request.



G.
Wait for the first pairing sync.



sense

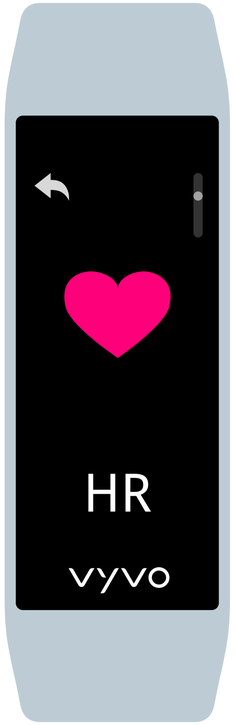
H.
Once completed, your device will display updated **date**, **weather**, **air quality**, and **time**.

sense

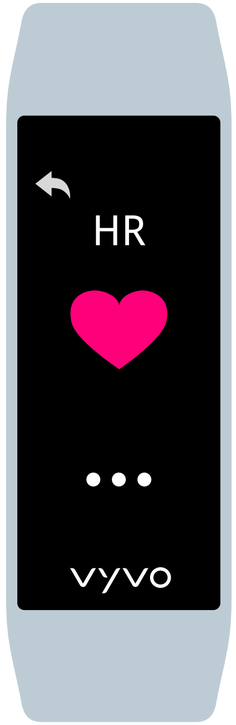
Step 4
Perform your first Measurement

A.
On your **Sense**, go to the **Health** menu.

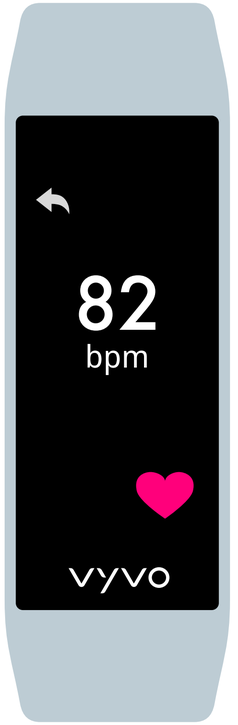
B.
Press and hold on the chosen measurement to **begin**.



C.
Don’t move your wrist while the measurement is in progress!



D.
At the end of the measurement process, you can check your **result**.



sense

Step 5

Perform ECG and Atrial Fibrillation measurements

ECG MEASUREMENT

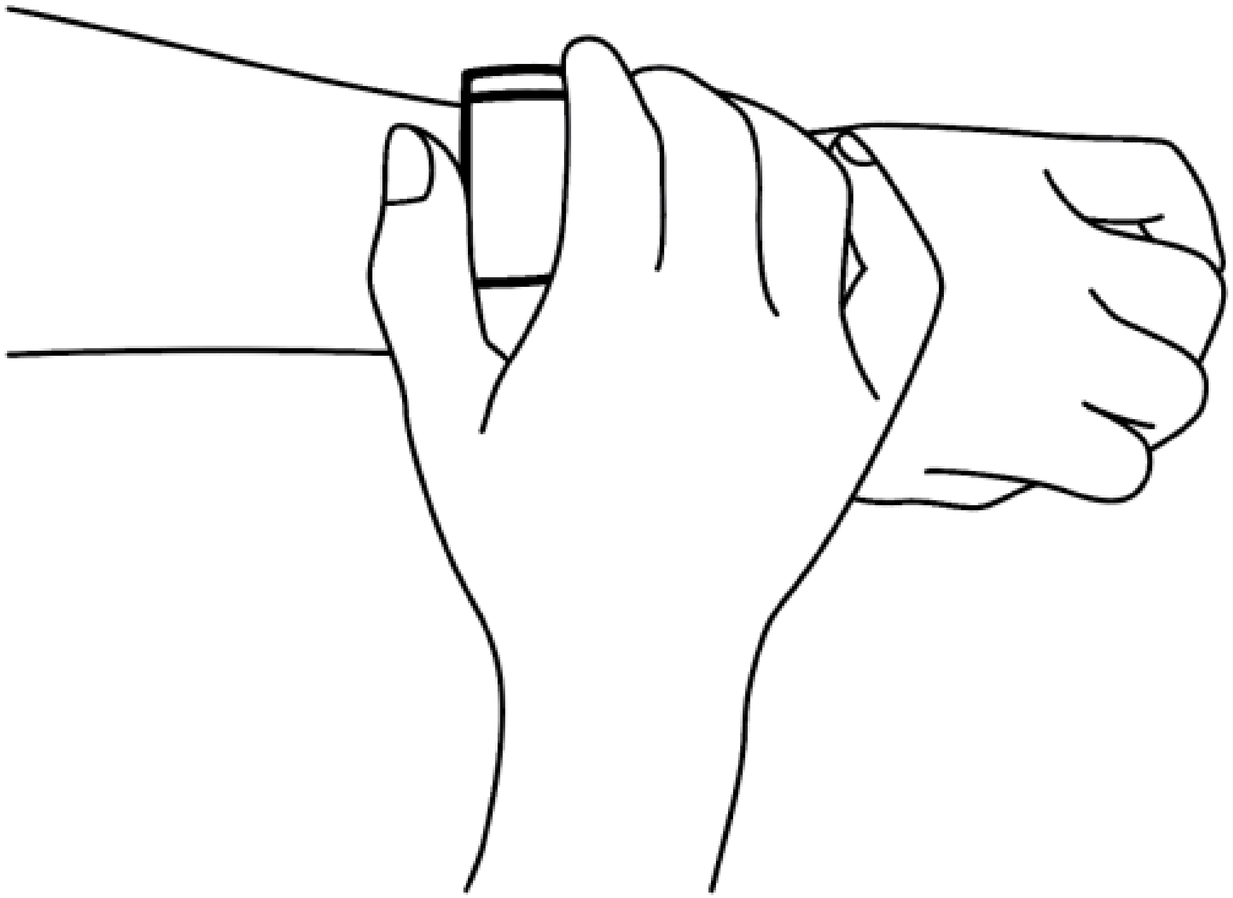
A.
Access to Healt menu

B.
Choose **EKG** measurement

Press and hold on the
display to start the measurement

sense

C.
Place your index finger on the watch electrode to measure.

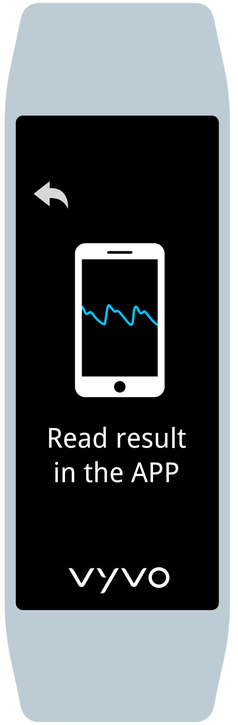


The electrode is the metallic plate on the right side.
Make sure you touch them gently without pressing.

sense

D.
Don’t move your wrist and your finger while the measurement is in progress!

D.
At the end of the measurement process, for check your **result**, you have to access VYVO Smart App.

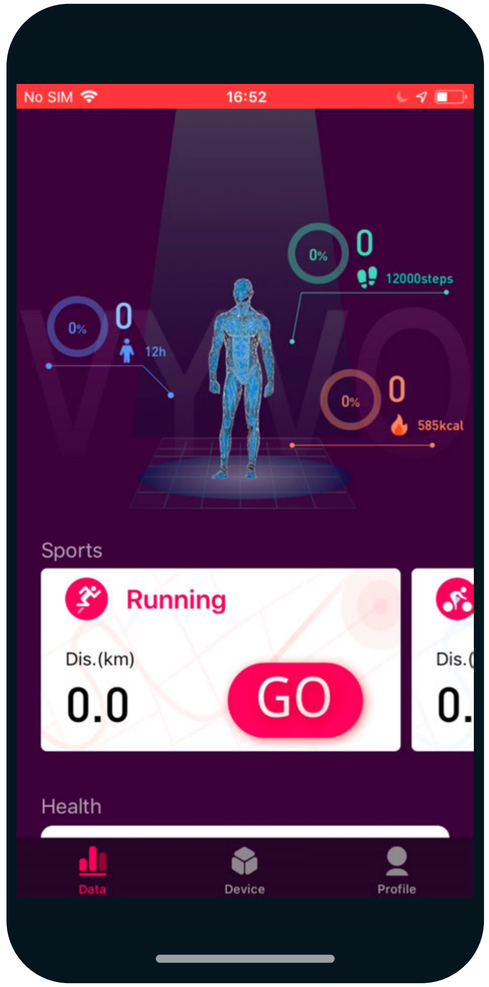


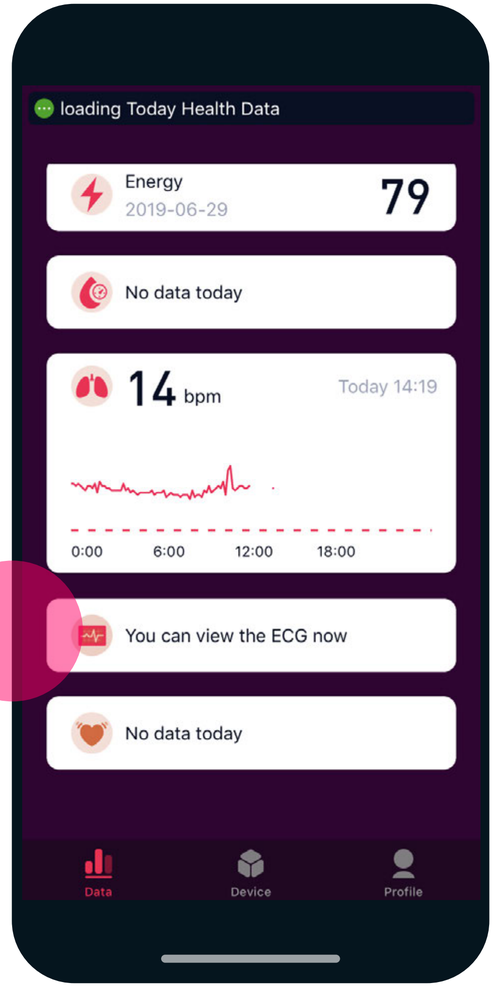
sense

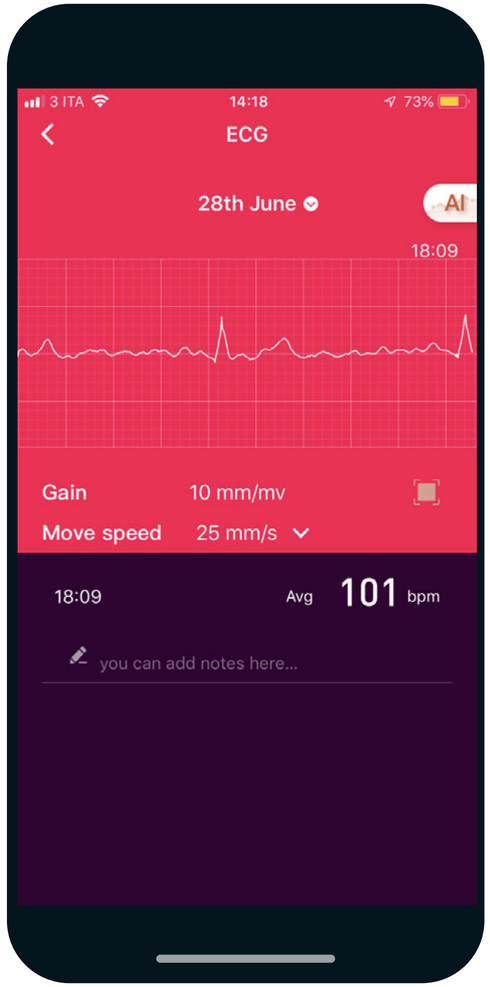
Step 9

Perform an ECG and Atrial Fibrillation measurements

E.
Check your result inside VYVO Smart App





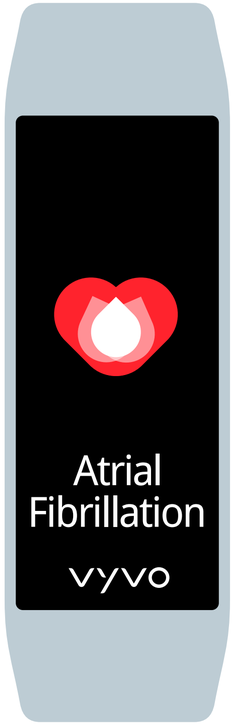


ATRIAL FIBRILLATION

A.
Access to Healt menu

B.
Choose **Atrial Fibrillation** measurement

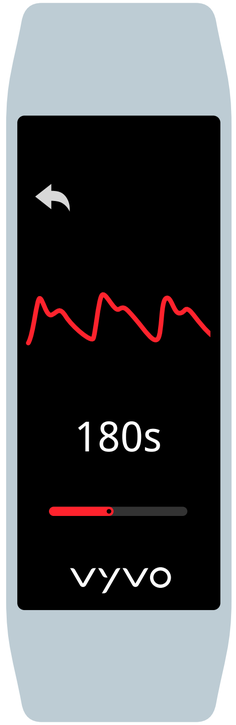
Press and hold on the display to start the measurement



sense

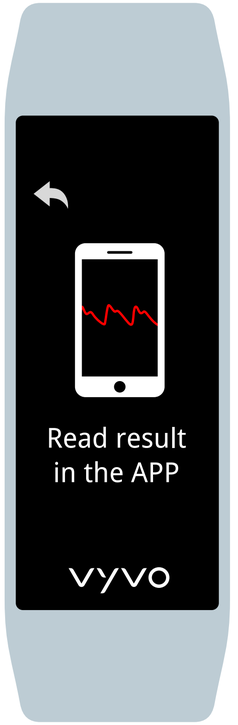
C.

Don’t move your wrist and your finger while the measurement is in progress!



D.

At the end of the measurement process, for check your **result**, you have to access VYVO Smart App.

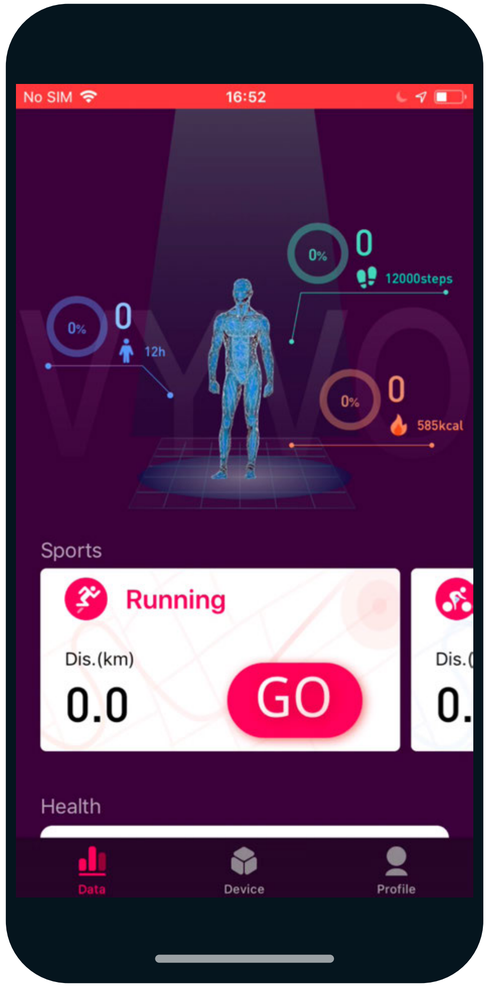


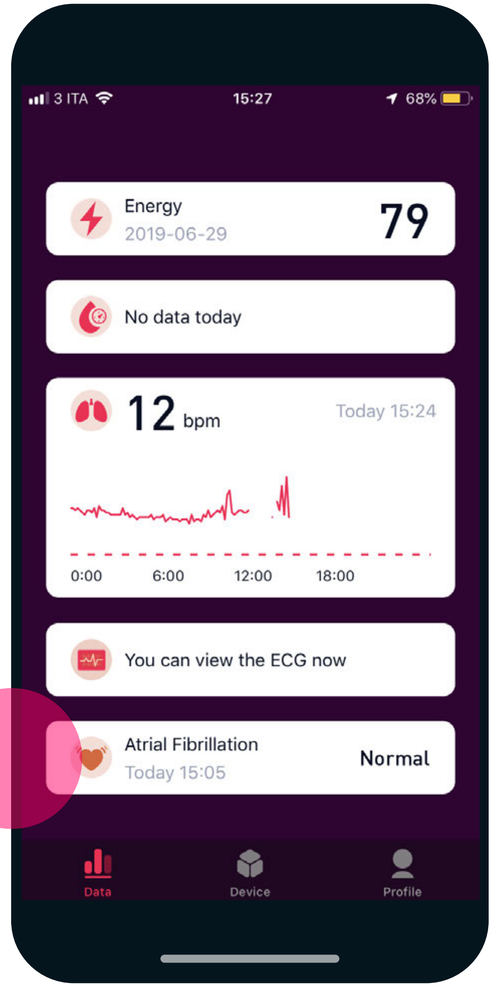
sense

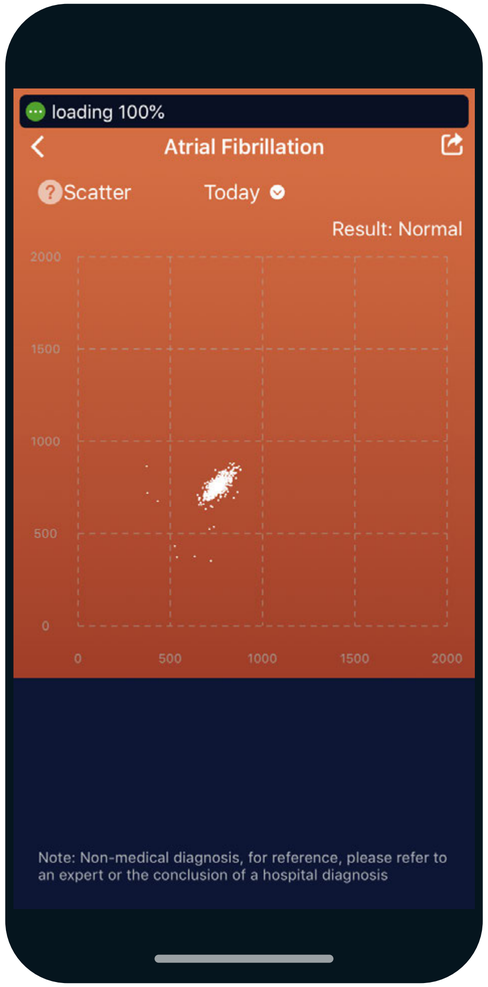
Step 9

Perform an ECG and Atrial Fibrillation measurements

E.
Check your result inside VYVO Smart App



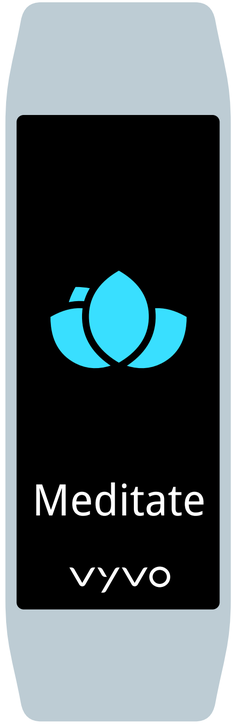




Step 6

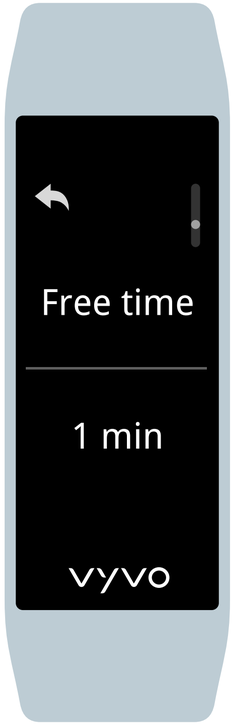
Perform a Meditation Training

A.
Access to the
Meditate function



B.
Choose the measurement
duration

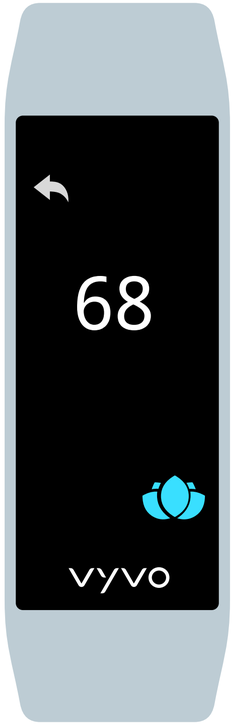
Press and hold on the
time to start the measurement



sense

C.
Relaxe and don’t move
your wrist while the measurement is in progress!

D.
At the end of the measurement process, you can check your **result**.



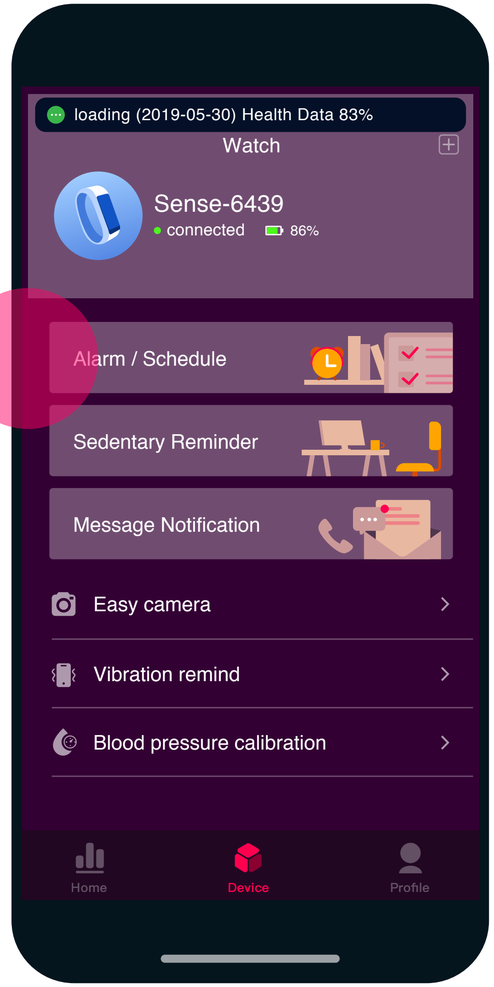
sense

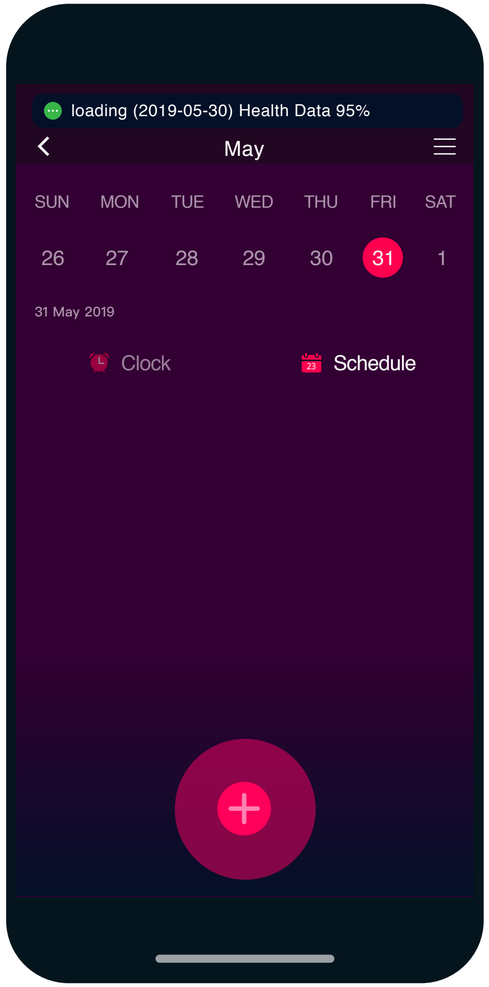
Step 7
First Settings
from the App

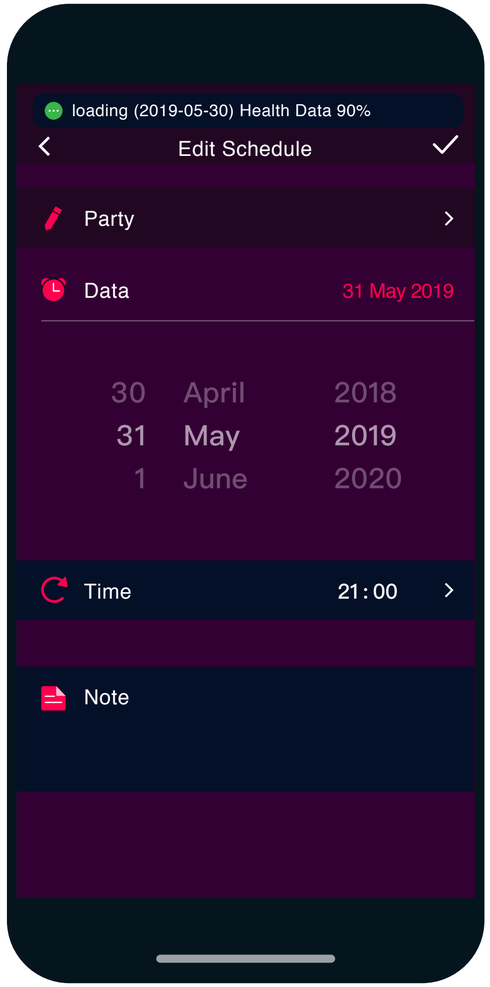
Step 7

First important Settings
from the App

A.
In the device's menu, you can see all the information related to your **Sense** and manage the first important **settings**.

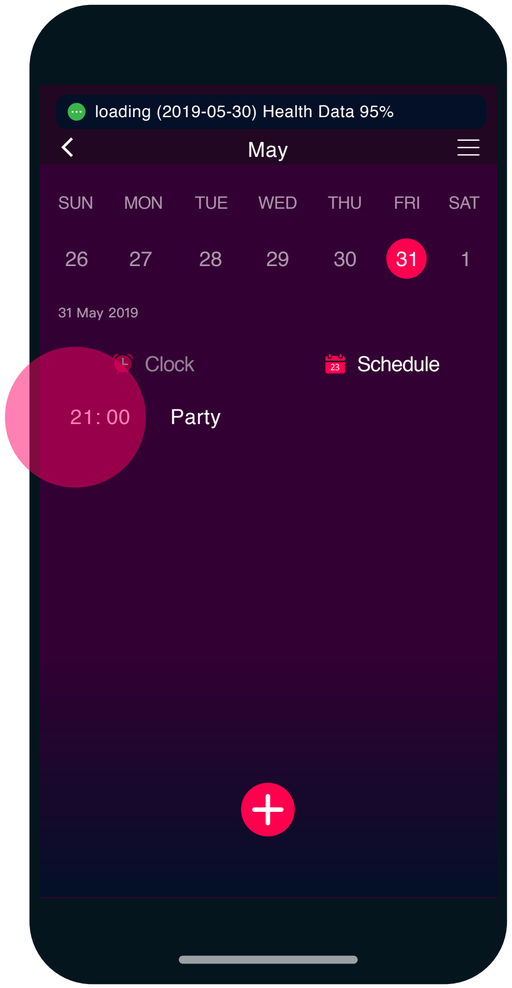






sense

B.
Set an alarm

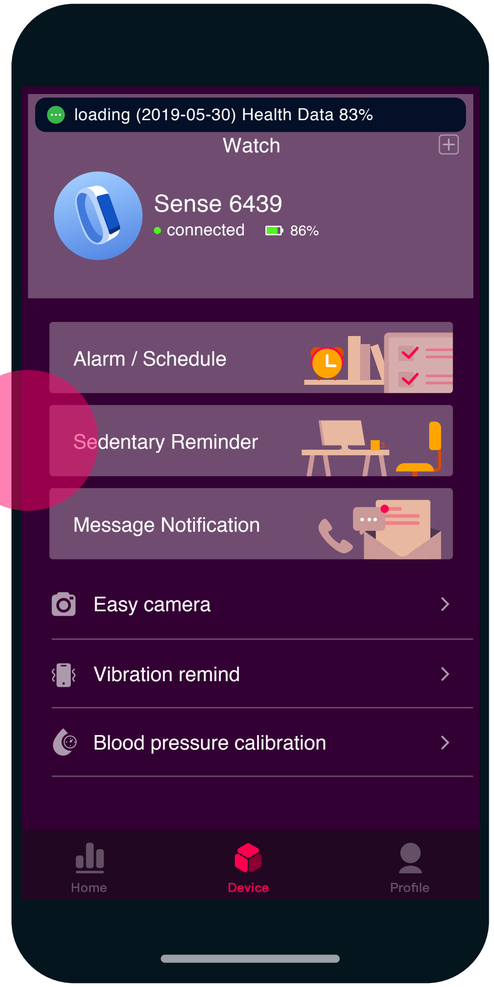


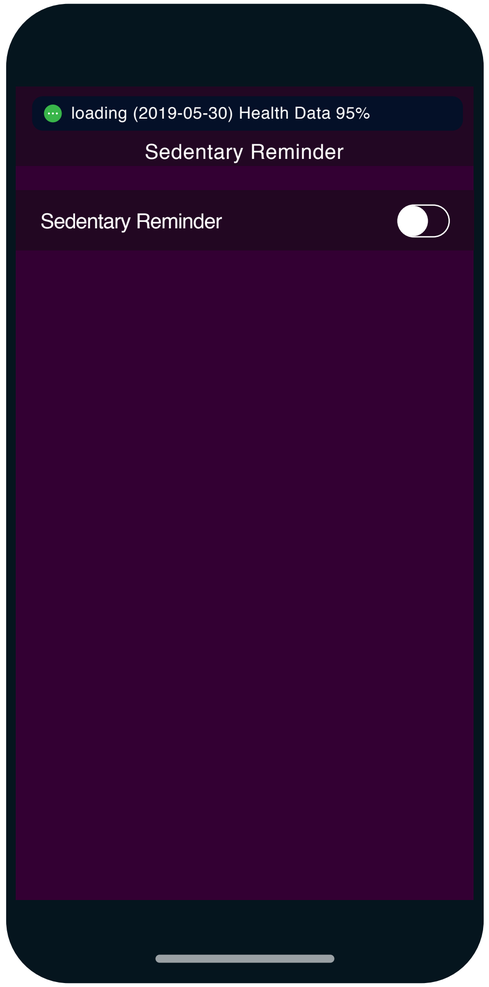
sense

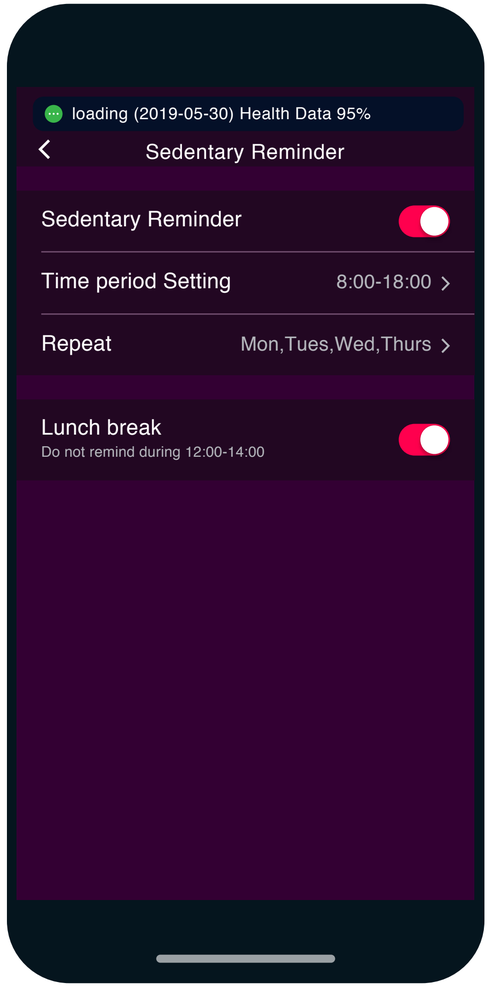
Step 5

First important Settings
from the App

C.
Set a sedentary
reminder.

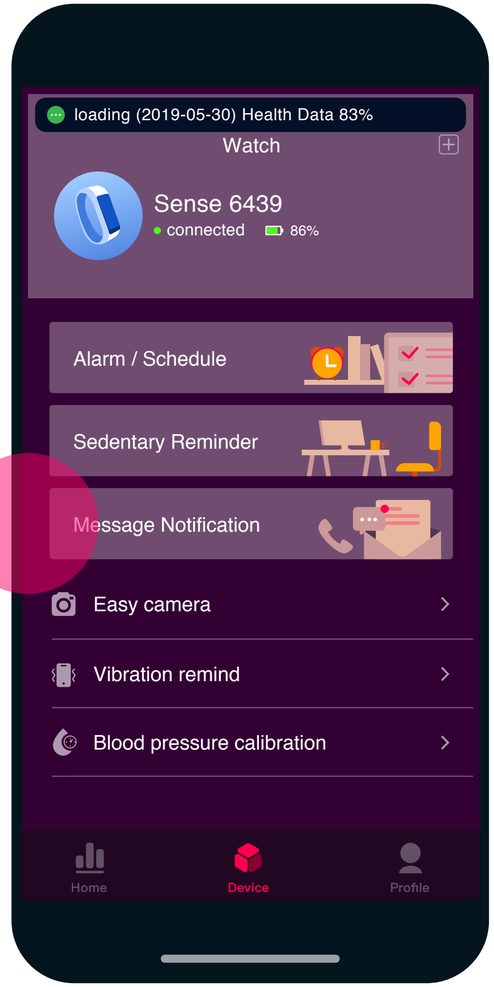


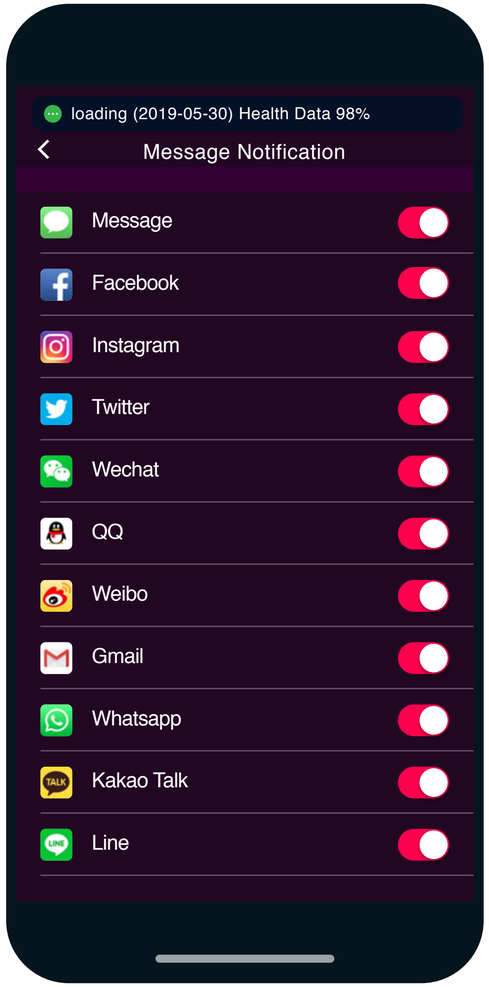




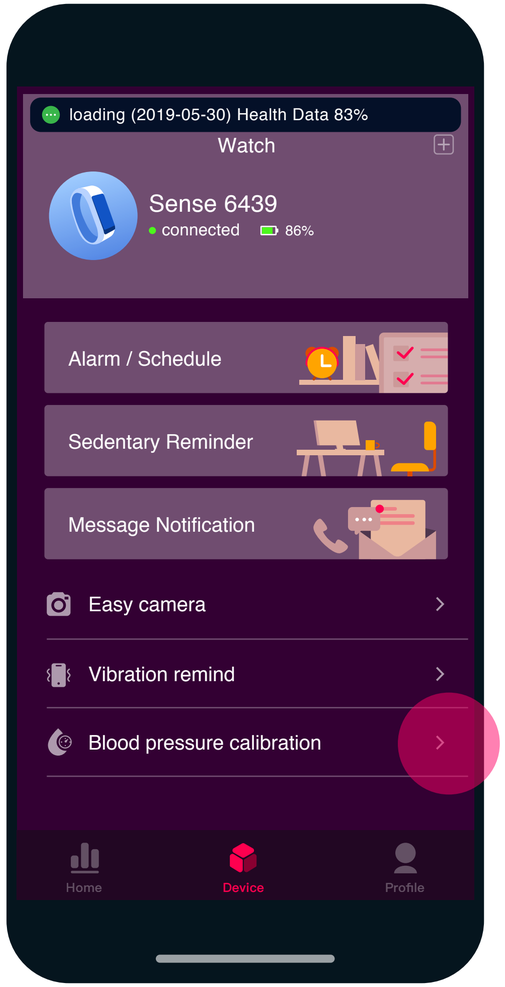
sense

D.
Set the message notifications.





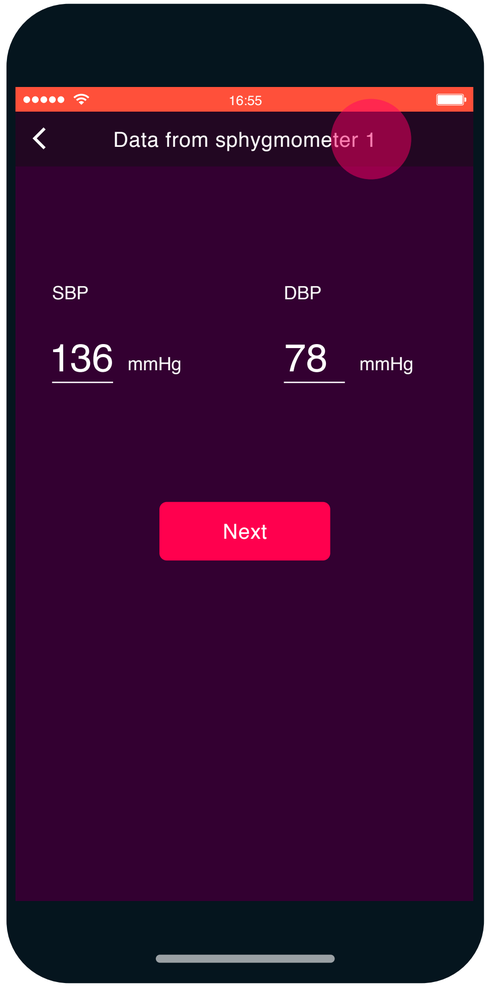
E.
Calibrate your device

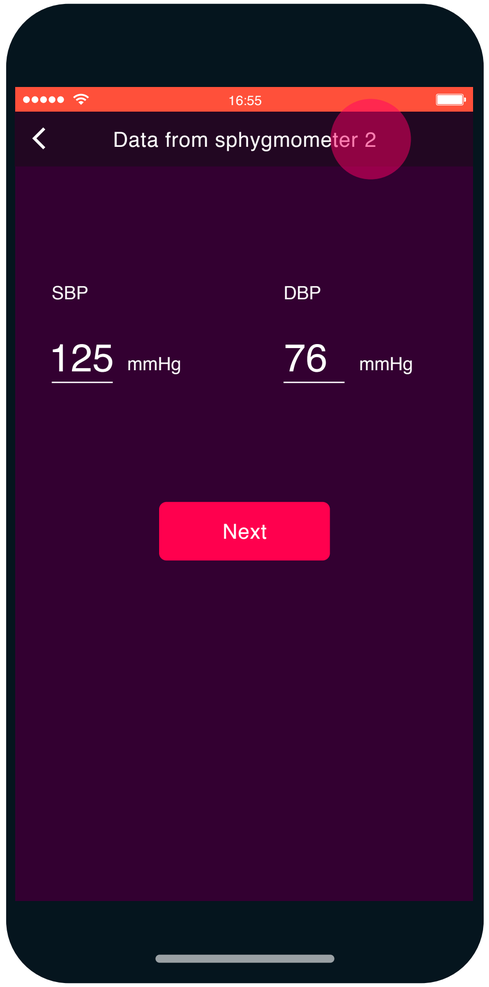


Blood pressure calibration

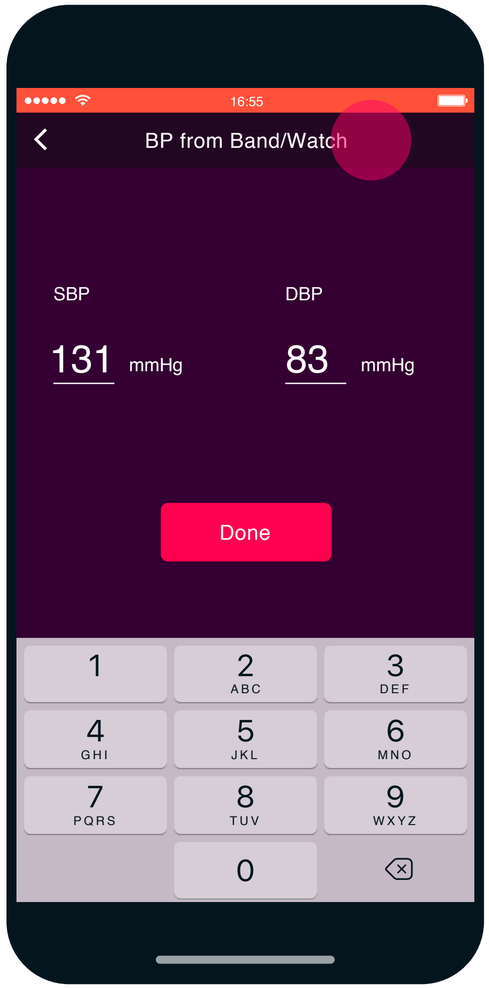
E.
Calibrate your device:
Enter two measurements performed with a traditional Blood Pressure measurement device.

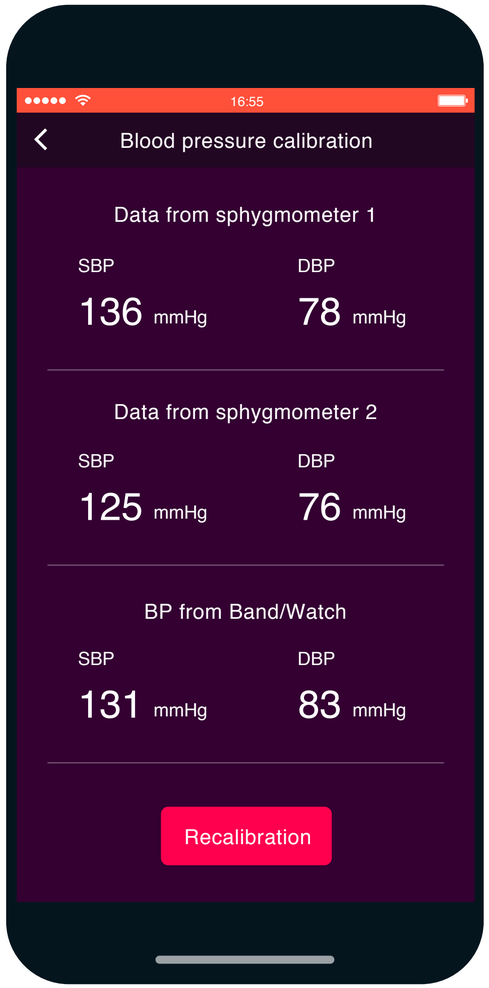
Blood pressure calibration





E.
Calibrate your device:
- Enter the measurement that comes from Sense.





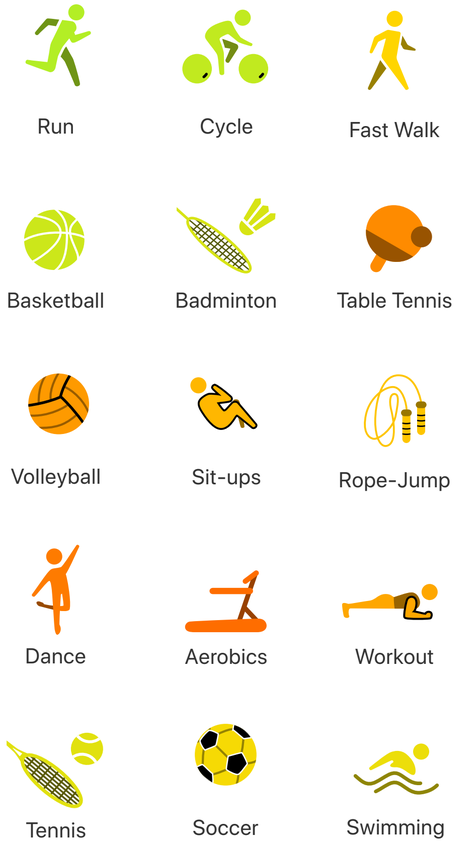
Blood pressure calibration

Calibration Result!

Step 8
Perform your first
Sports Activity

A.
On your Sense, go to the **Sport** menu.

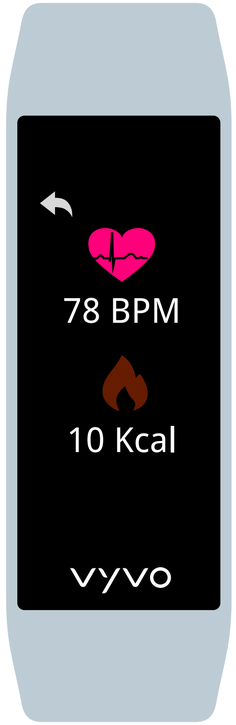
B.
Choose your sports activity among the **15 modes** available.



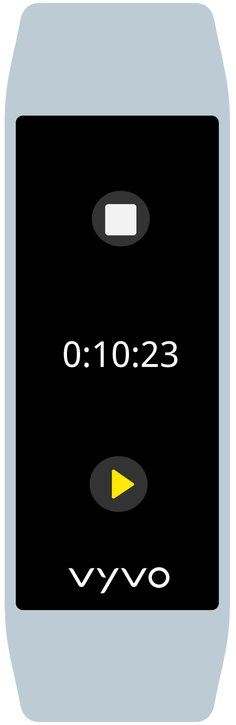
sense

C.
Tap on the activity
you want to **Start**.

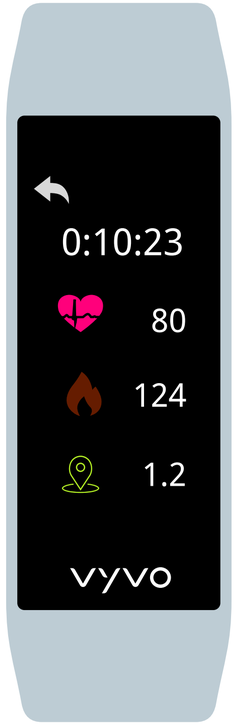
D.
Run and enjoy
your activity.



E.
You can **pause** the
activities at any time
you wish.



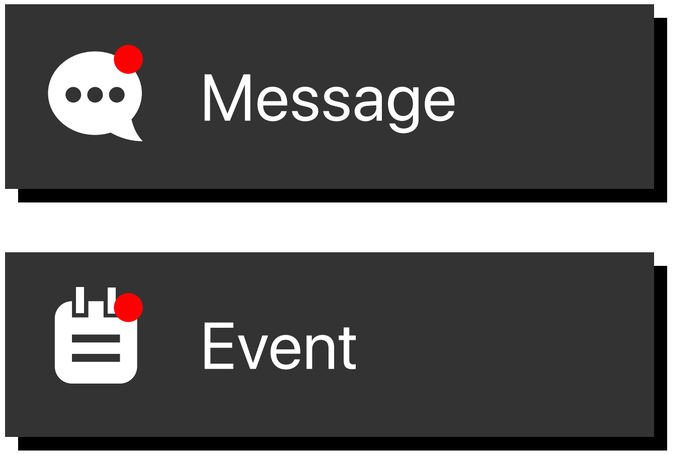
F.
Stop and check
your results.



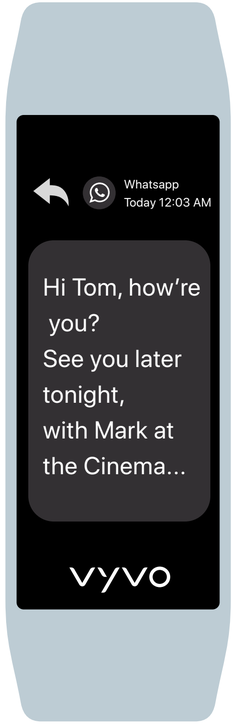
Step 9

Use and personalize your Sense

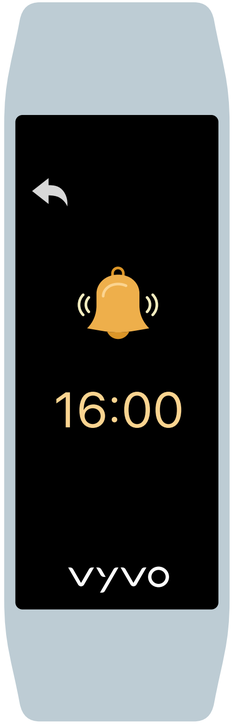
A.
Receive your
Alerts.



B.
Check your
Messages.

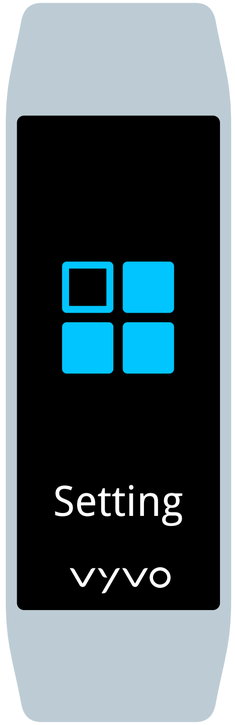


C.
See your
Events.



D.
Change the home interface and enter the **Settings** section.

Choose
Replace Dial.



D.
Change the home interface and enter the **Settings** section.

Tap and hold to Choose the **Watch Face**.

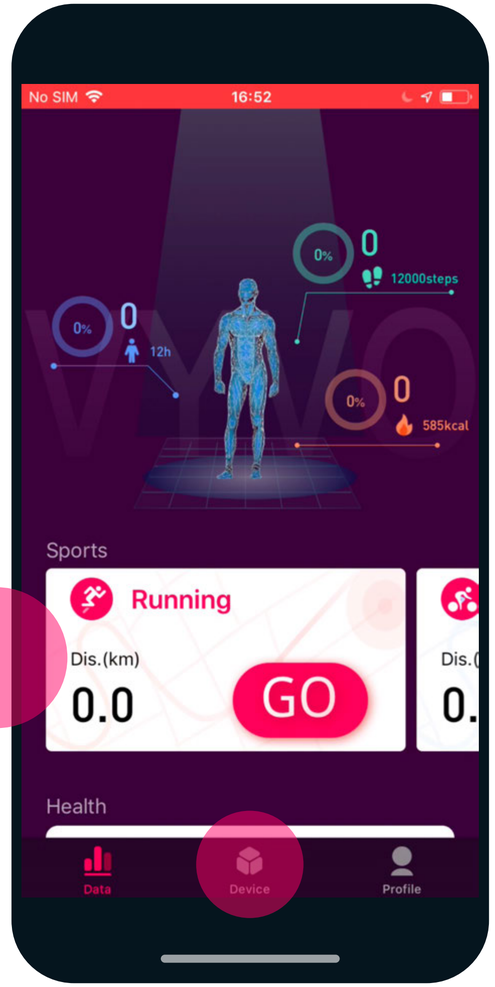
Step 10

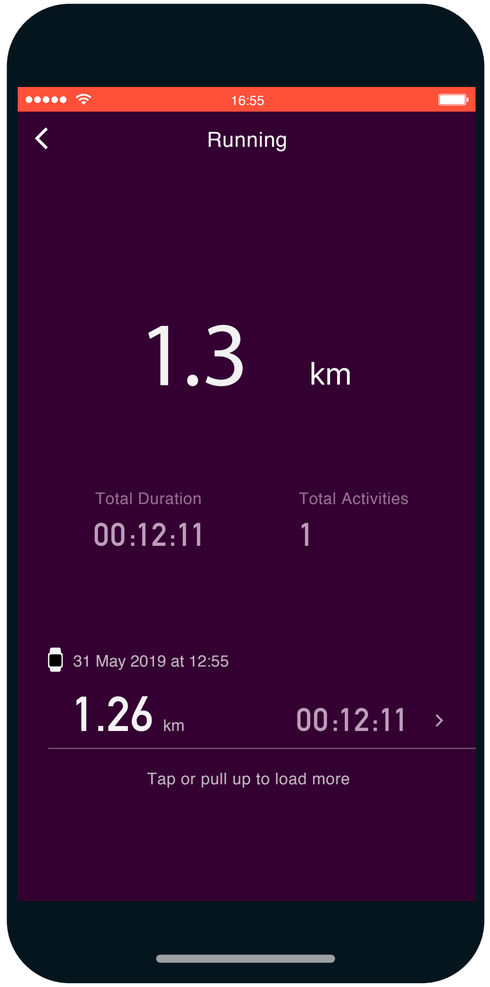
Manage your reports
and improve yourself

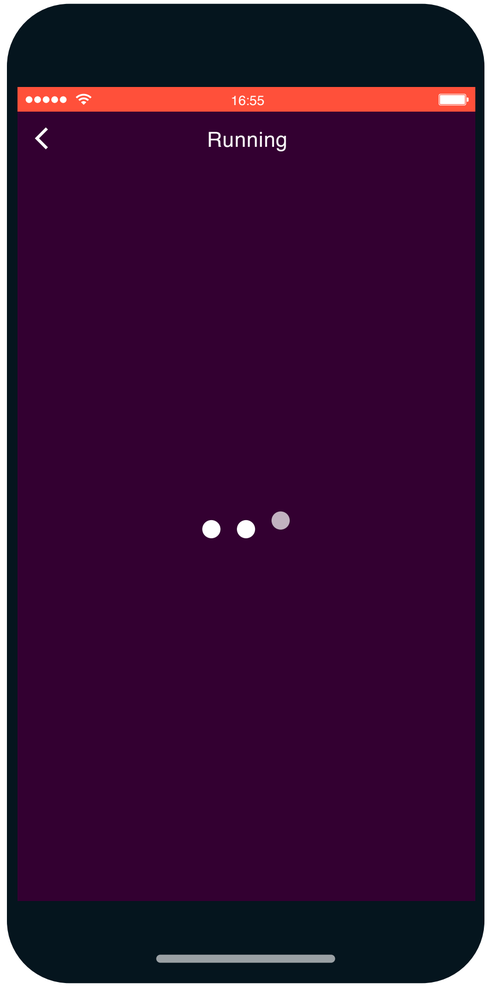
Step 8

Manage your reports
and improve yourself

A.
Sports Reports.
Check your **Running** results.

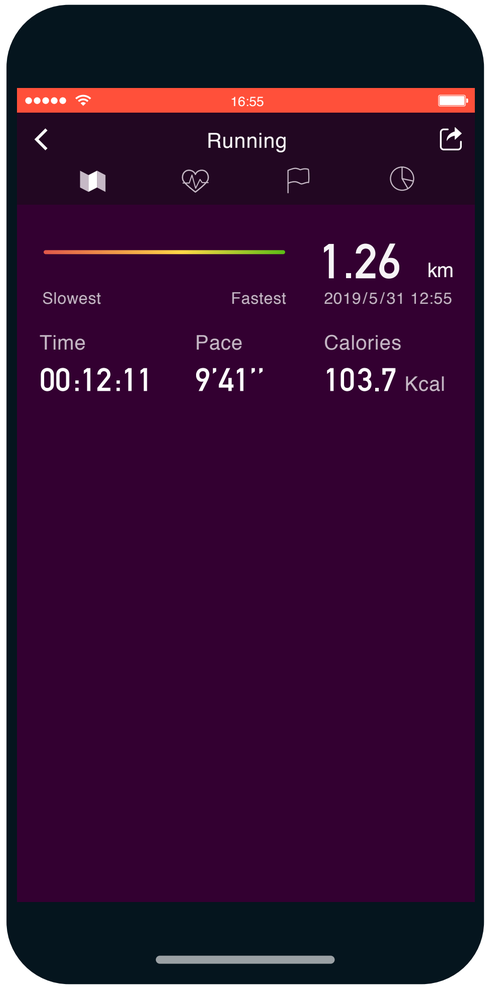


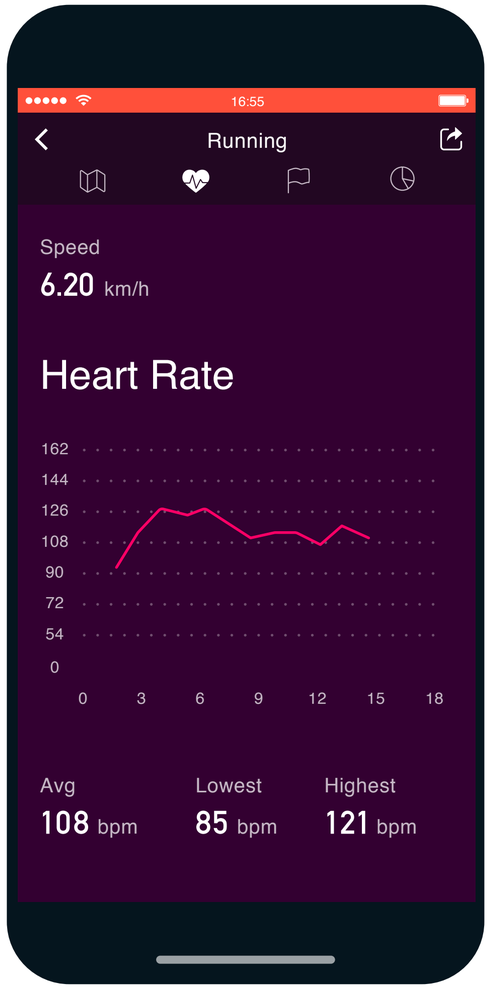


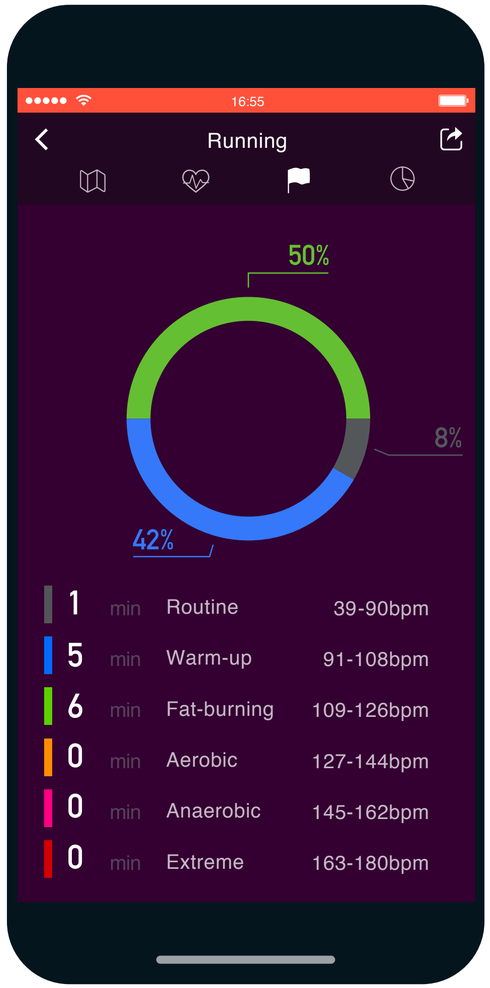


sense

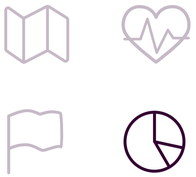
A.
Sports Reports.
Check your **Running** results.

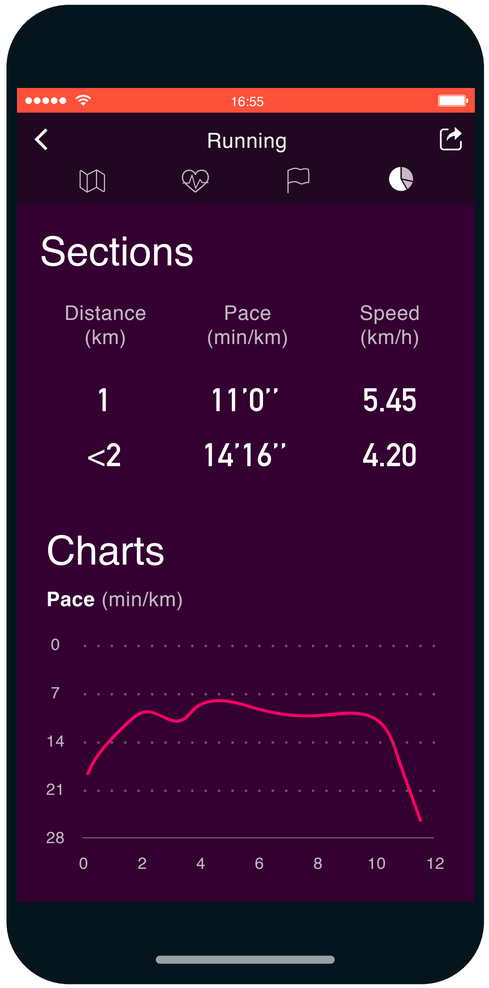


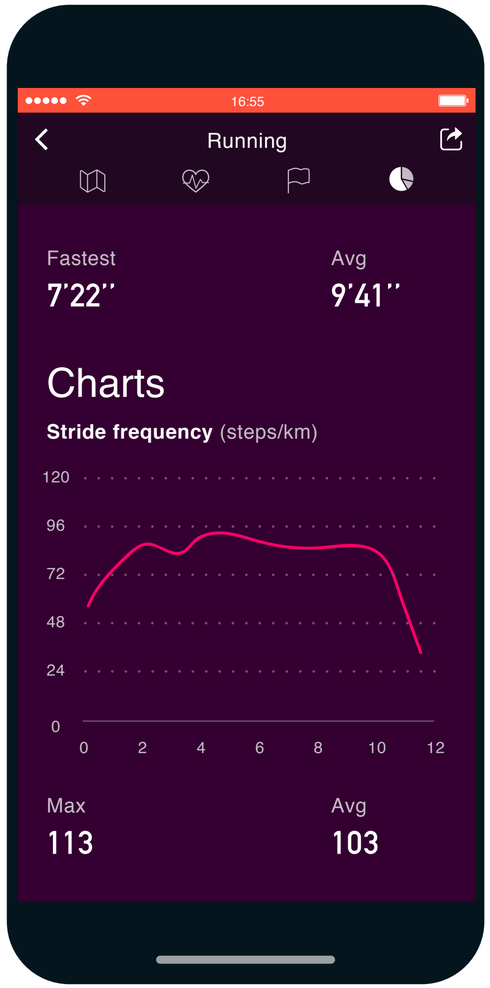




A.
Sports Reports.
Check your **Running** results.





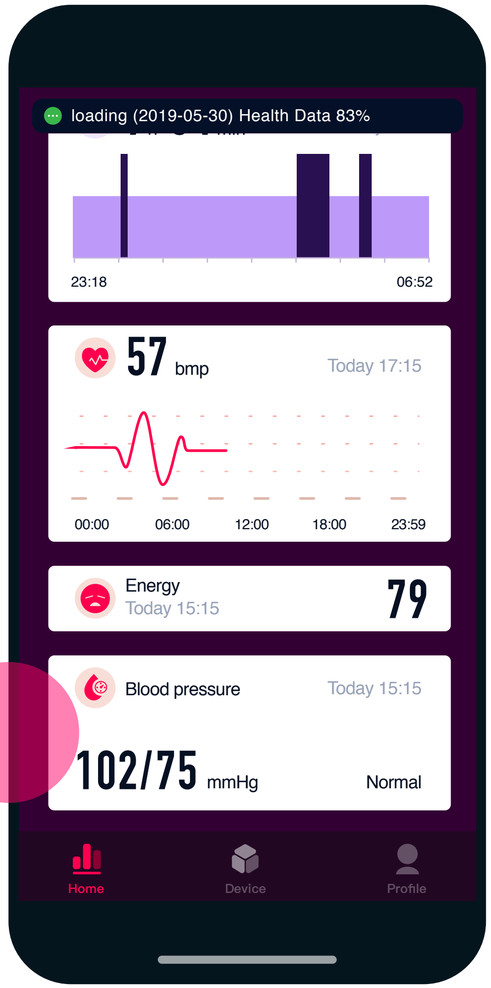


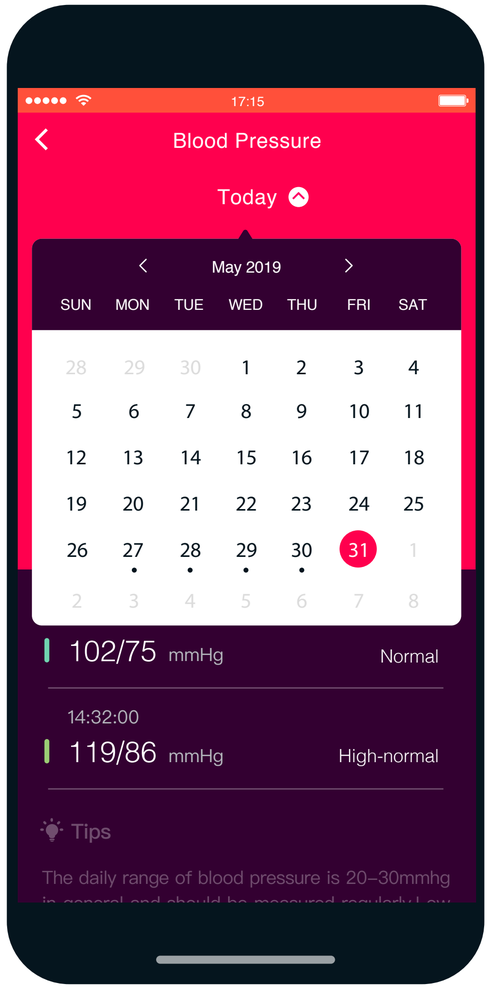
sense

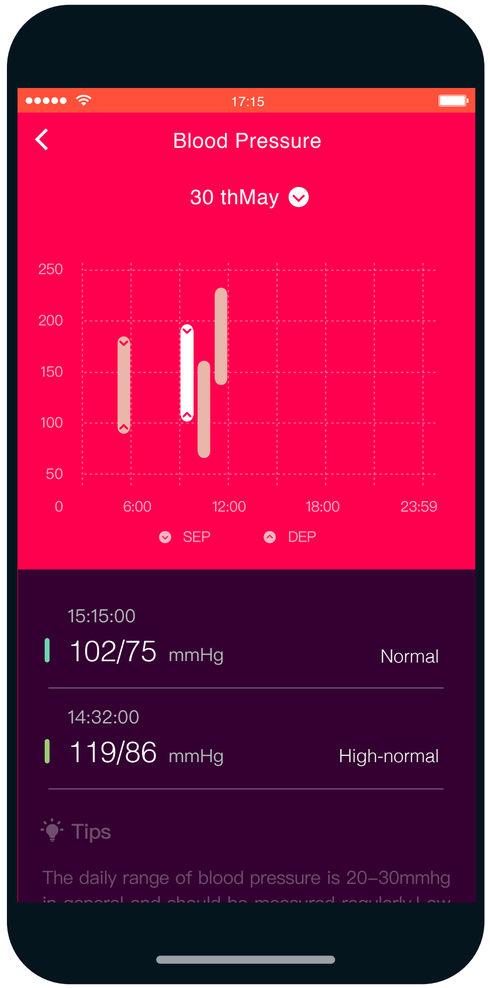
B.

Health Reports.

Check your **Blood Pressure** trend.





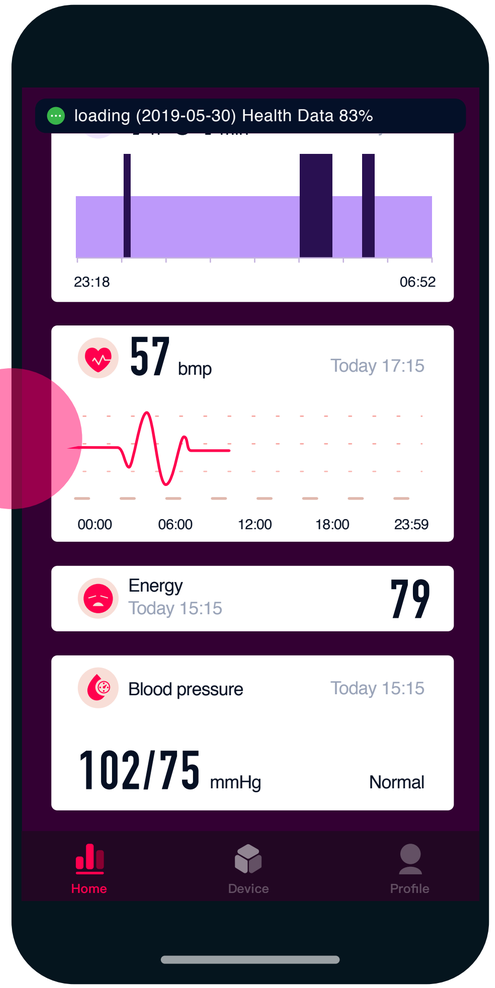


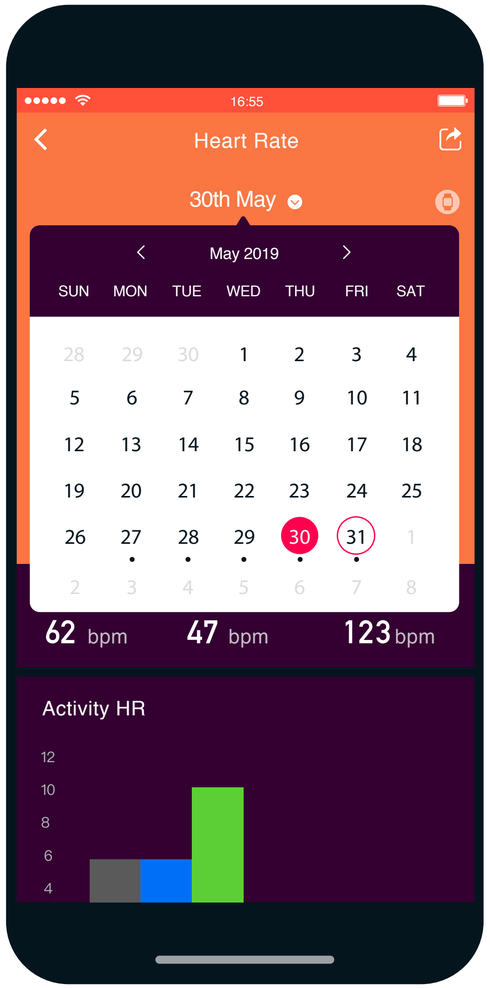
sense

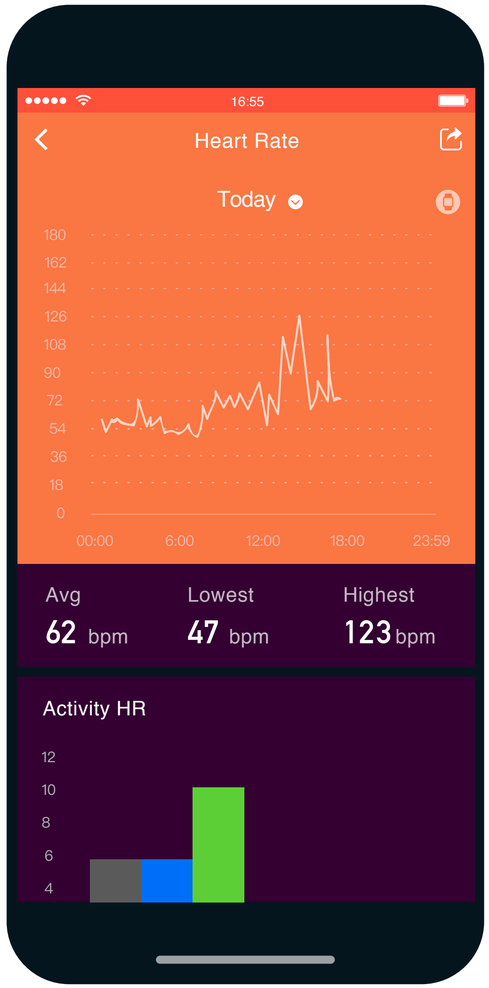
B.

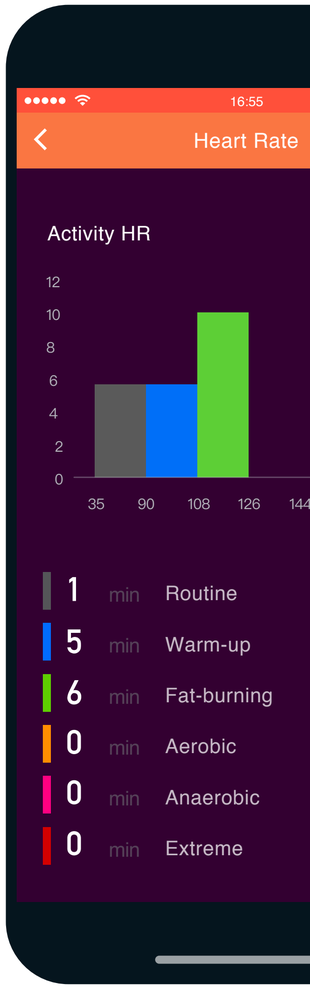
Health Reports.

Check your **Heart Rate** chart.



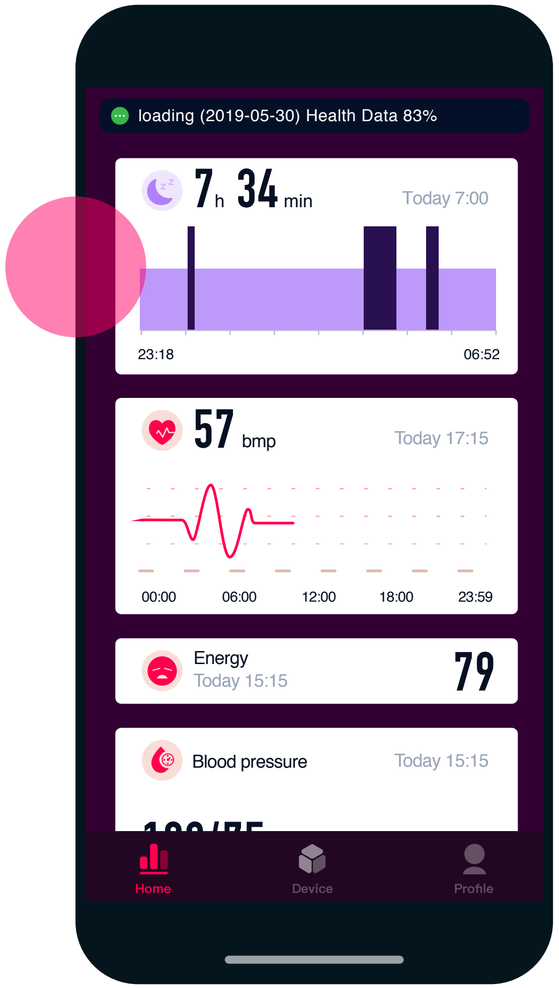


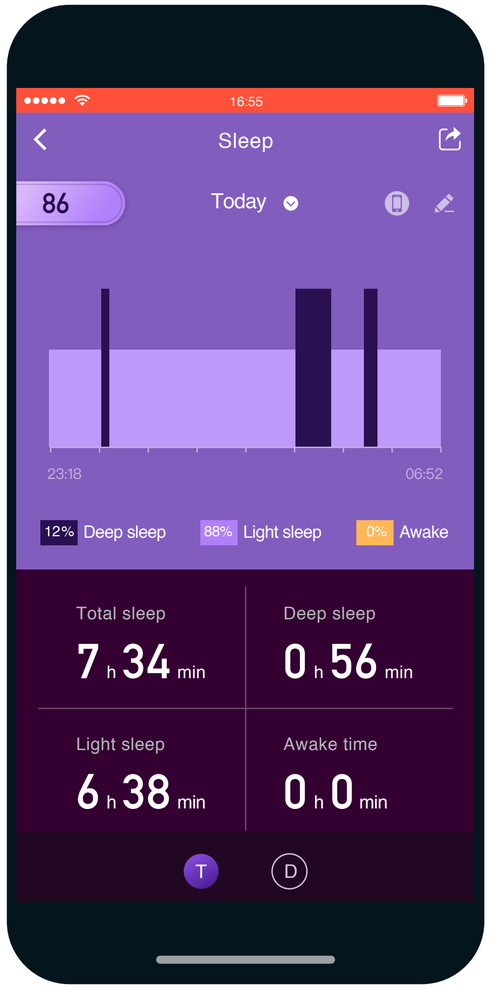




sense

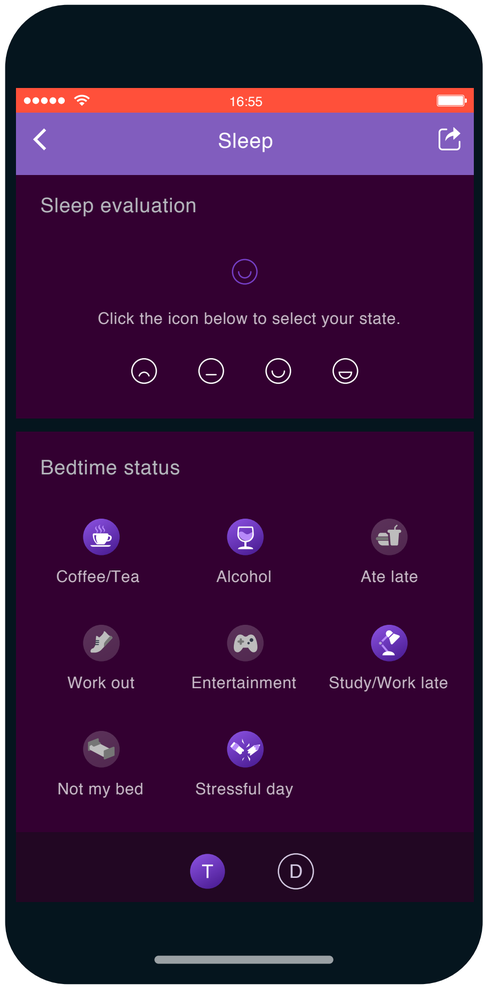
B.
Health Reports.
Check your **Sleep** report.

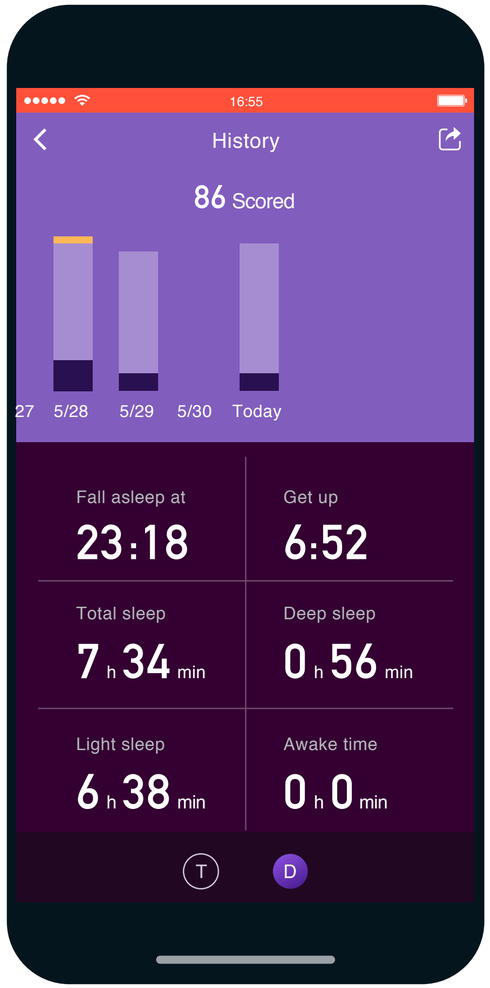




sense

B.
Health Reports.
Check your **Sleep** report.



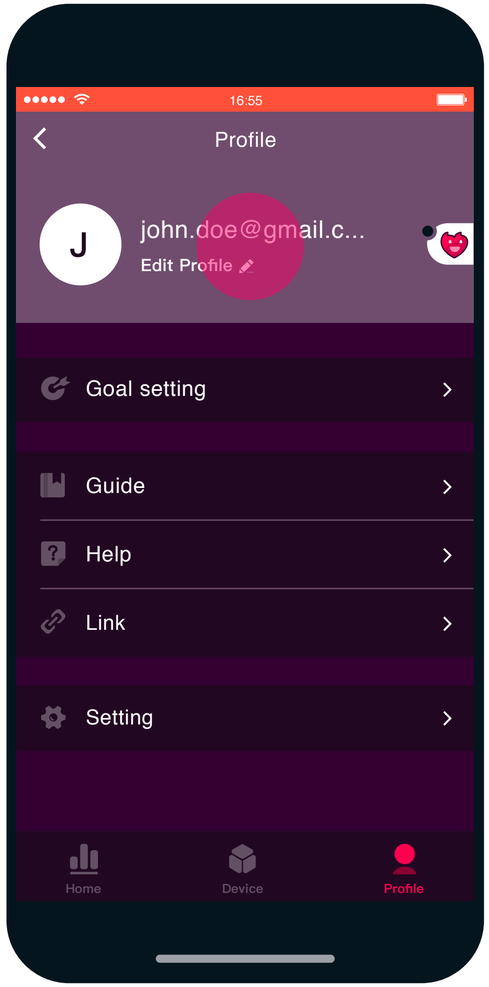


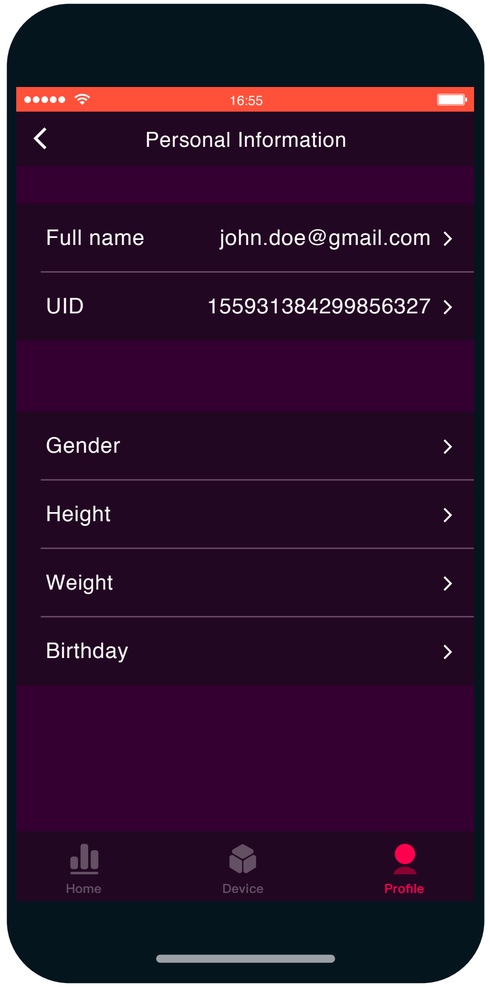
sense

Step 8

Manage your reports
and improve yourself

C.
Update your
Profile.



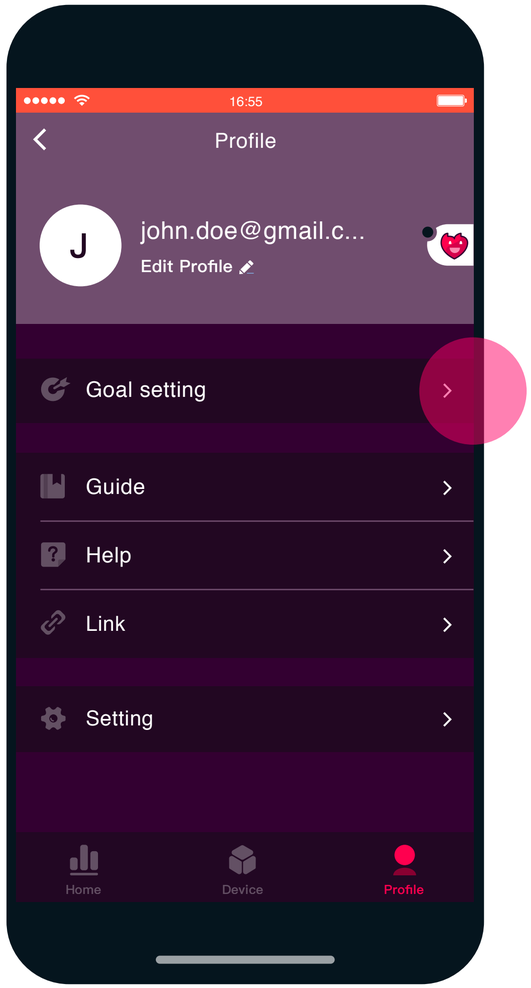


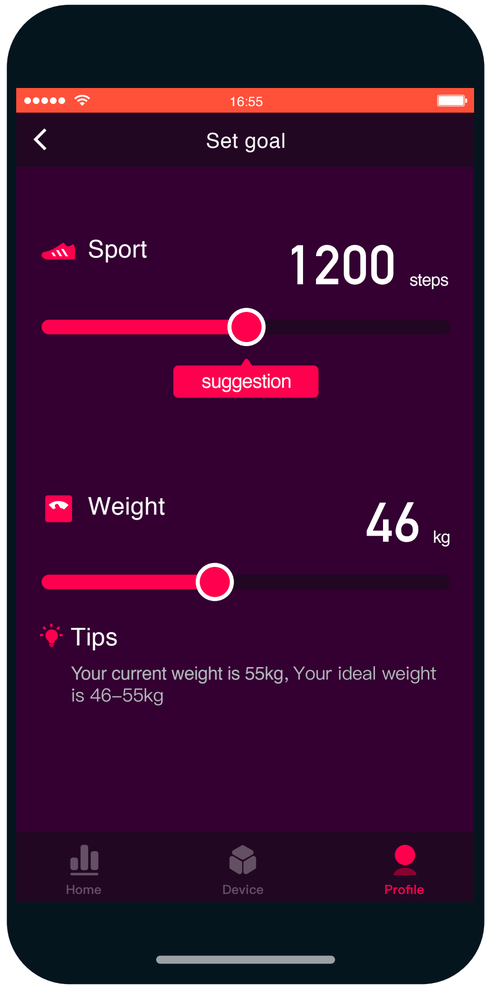
sense

Step 8

Manage your reports
and improve yourself

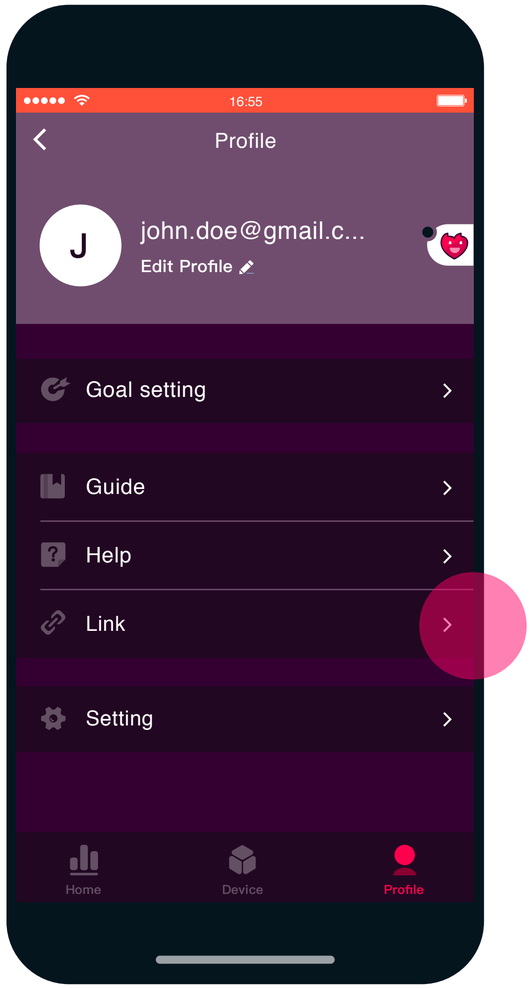
D
Set your
Goals.

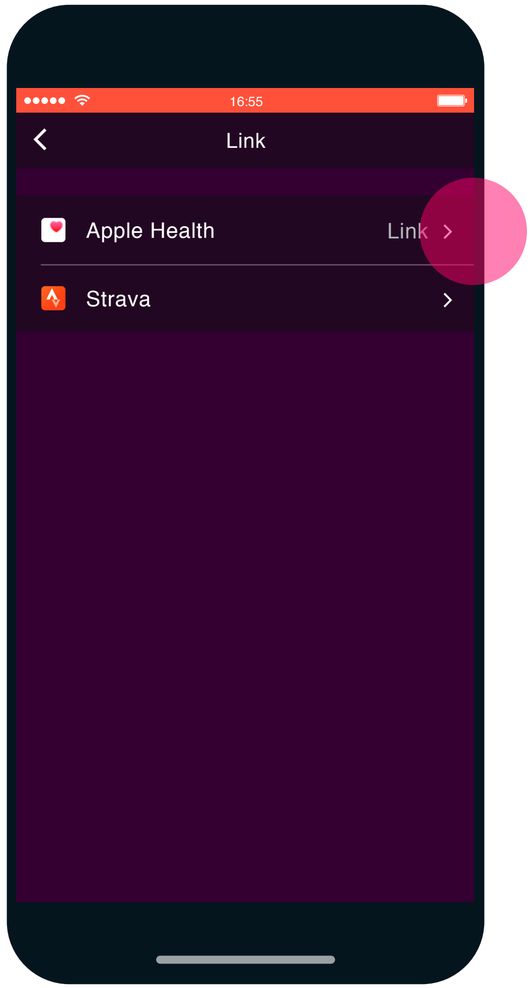


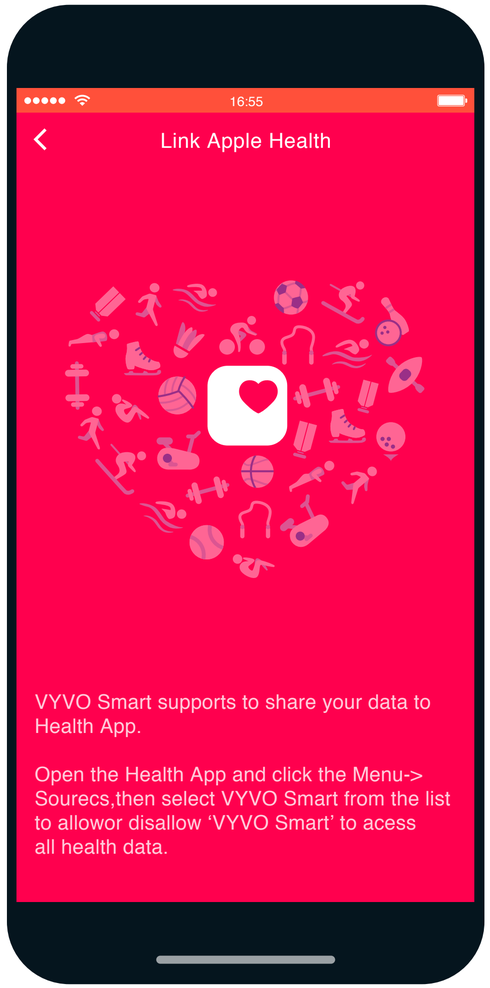


sense

E.
Link to **Strava** or **Apple Health/Google Fit** to export your measurements.



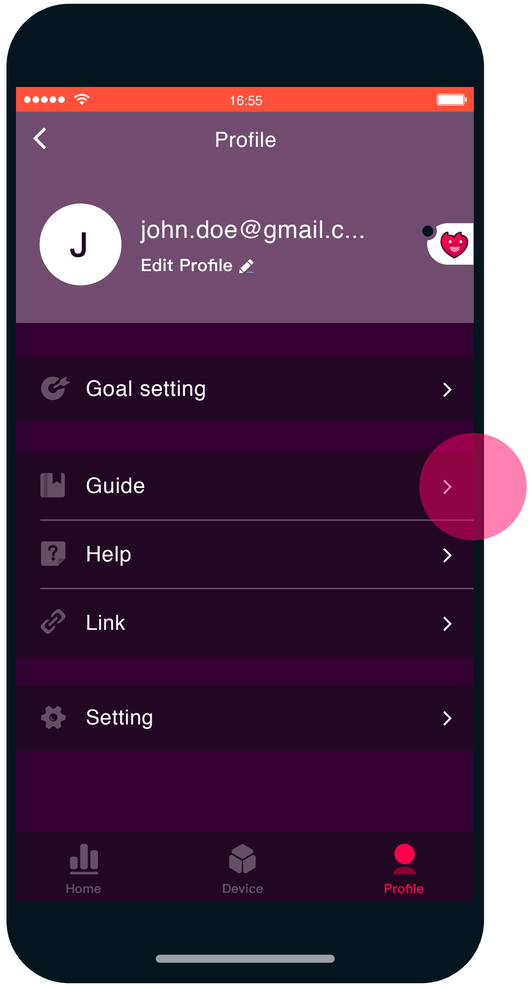


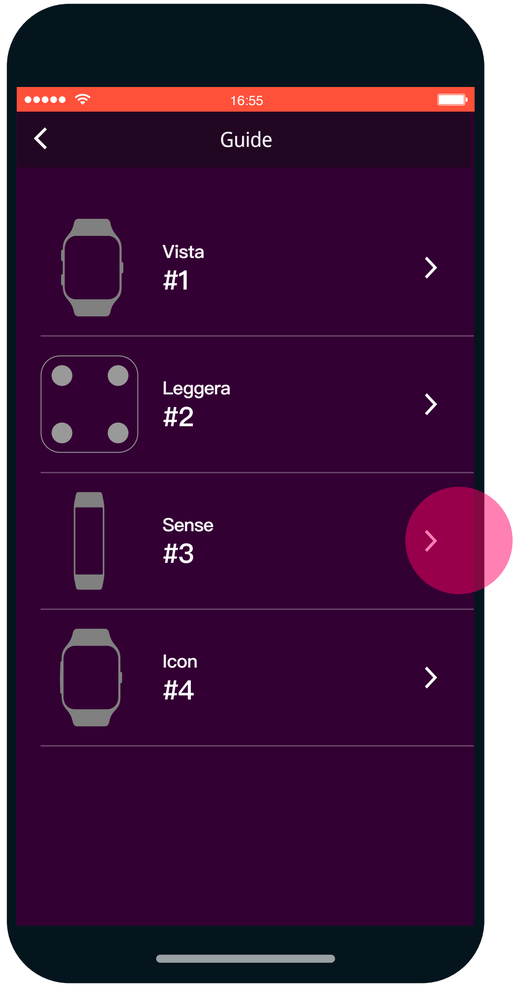


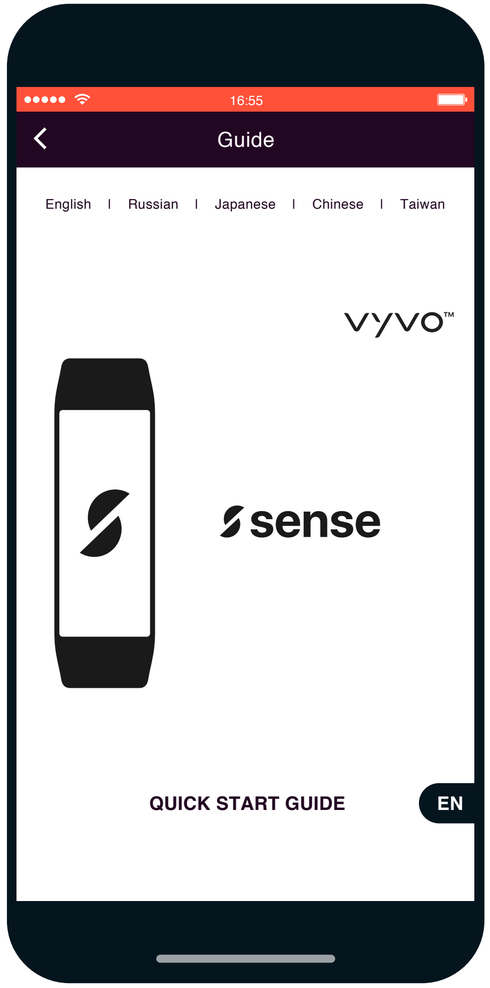
Step 8

Manage your reports
and improve yourself

F.
Consult the user **Guide**.
Choose a **Language**.

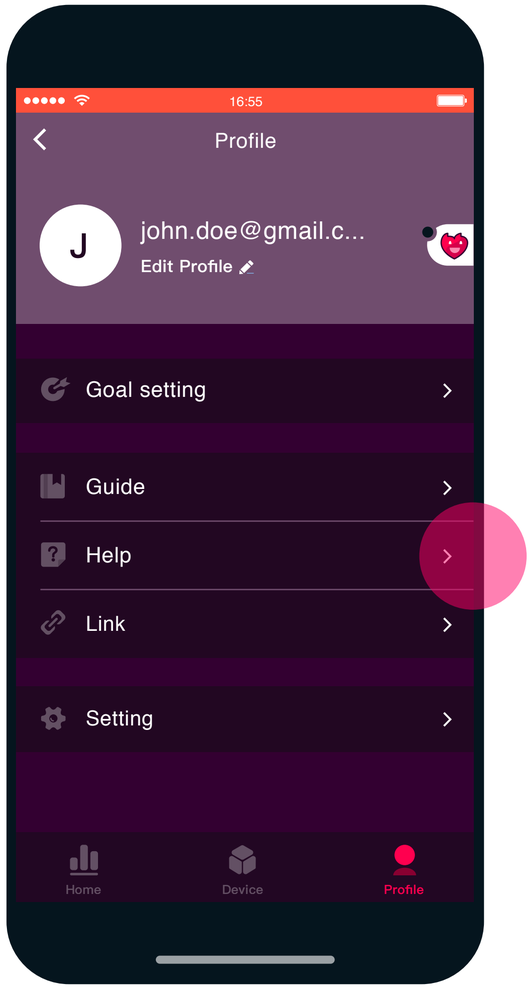


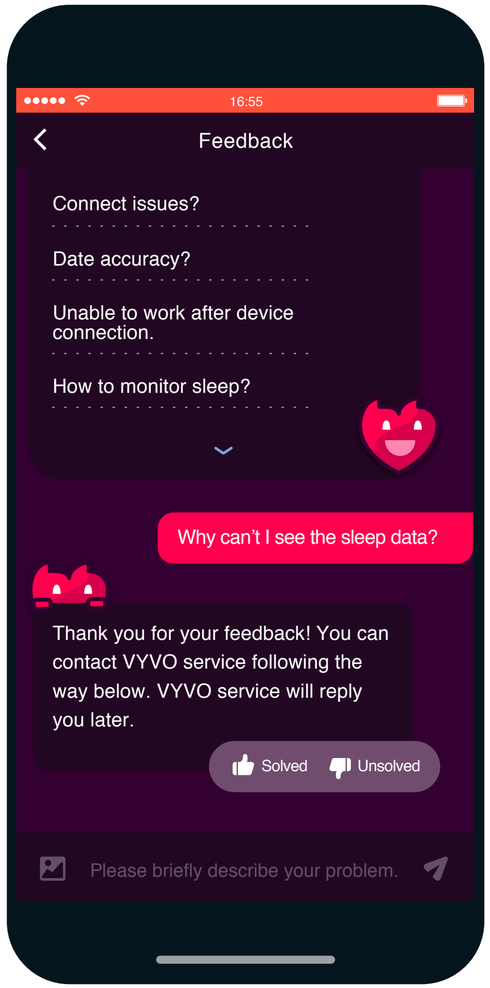




sense

G.
See **F.A.Q.** and or ask your own **questions**.





sense

Now you are ready to discover everything you are capable of using all the available functions!

Also, remember…

sense

Keep your VYVO™ Smart App and your **Sense** device **firmware updated** to get new functions and much more, designed just for your device.

sense

VYVO™ making life wonderful

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