vista

FIRST STEPS GUIDE
PART 1

EN

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

vista
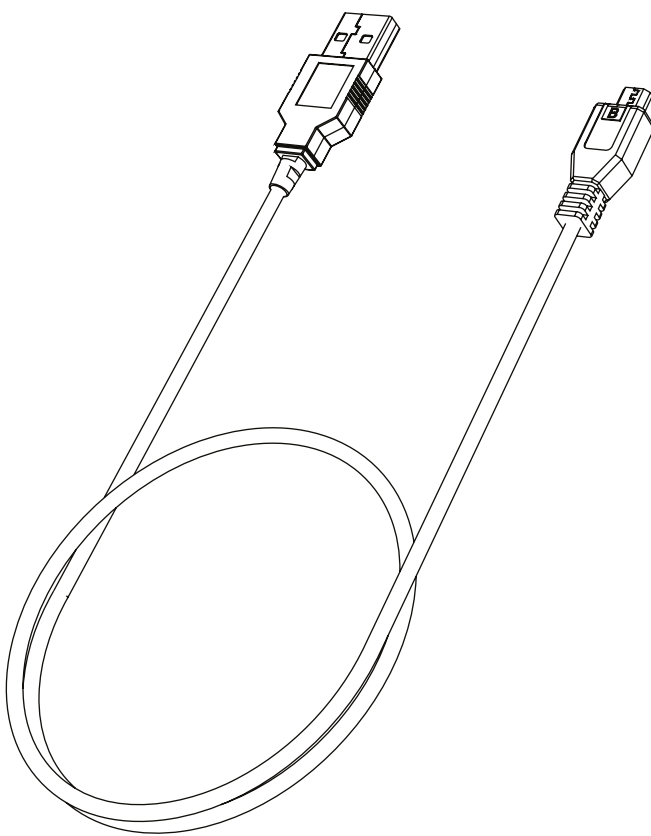
Index

▼vista

Step 1
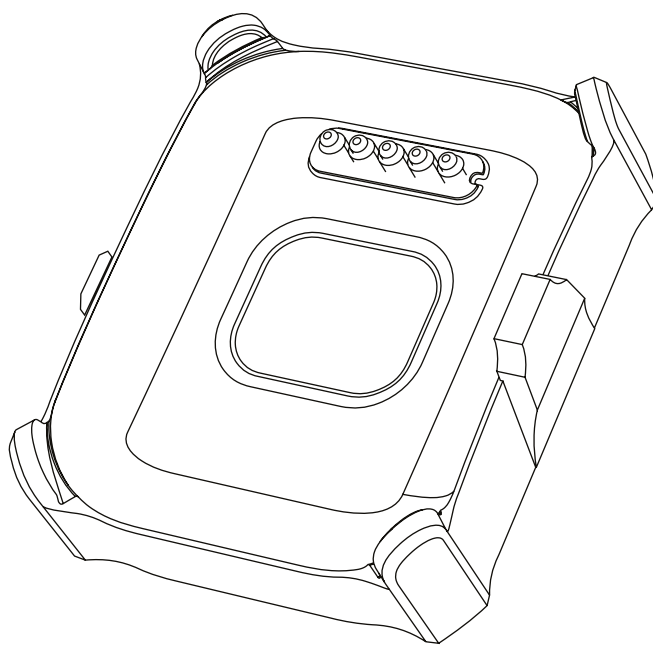Unveil your Watch

vista

A. Unpack your **Vista** and
check all the contents.
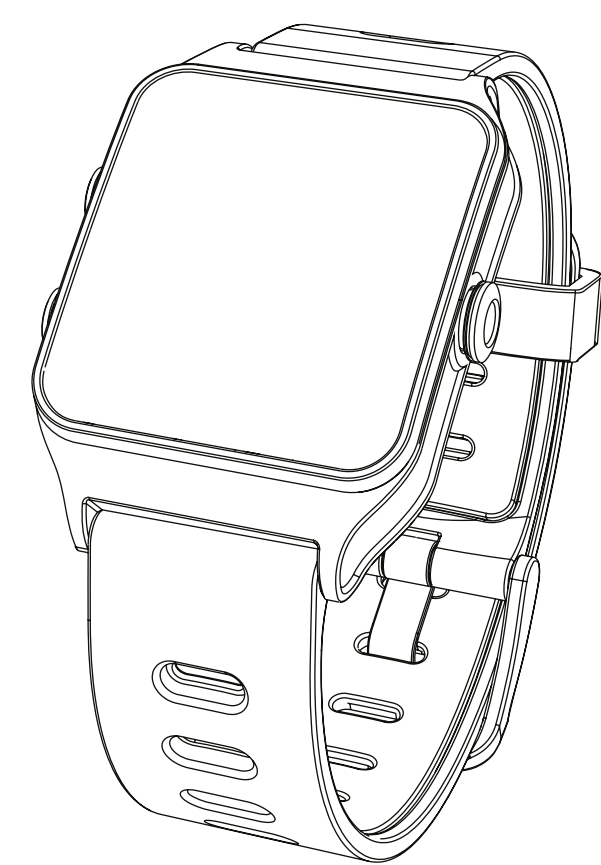
Vista Watch

USB Cable

Charging Base
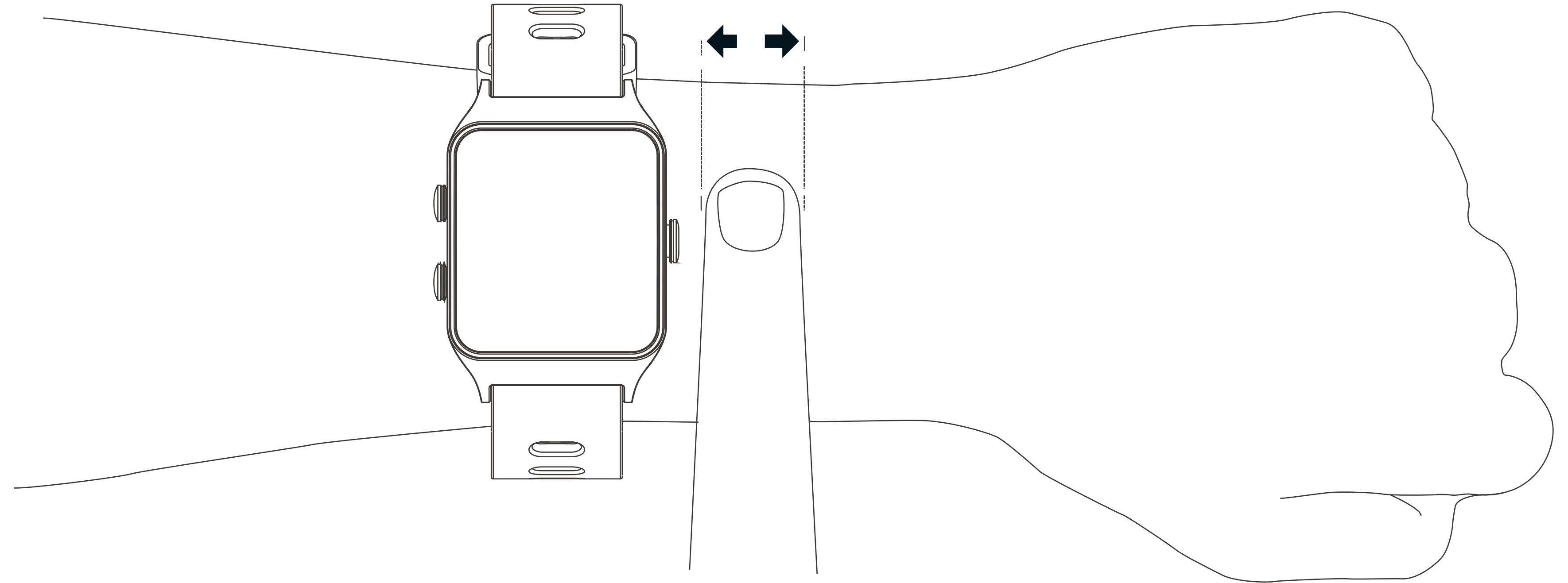

Guidelines

▼vista

B.

STRAP ON YOUR **WATCH**

vista

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

vista

D.
Press and hold the **center button** on the side to turn the Vista **on/off**.

E.
Discover the menu by sliding **left**, **right**, **up** and **down**.

tap 3 sec.

▼vista

F.
Vista has a full-touch display; you can tap anywhere on the screen to select items on the menu.

Step 2
Download and start your
VYVO™ Smart App

vista

A.
Access the App Store
or Google Play Store.

B.
Find the VYVO™
Smart App.

vista

C.
Download and **Open** it.

▼vista

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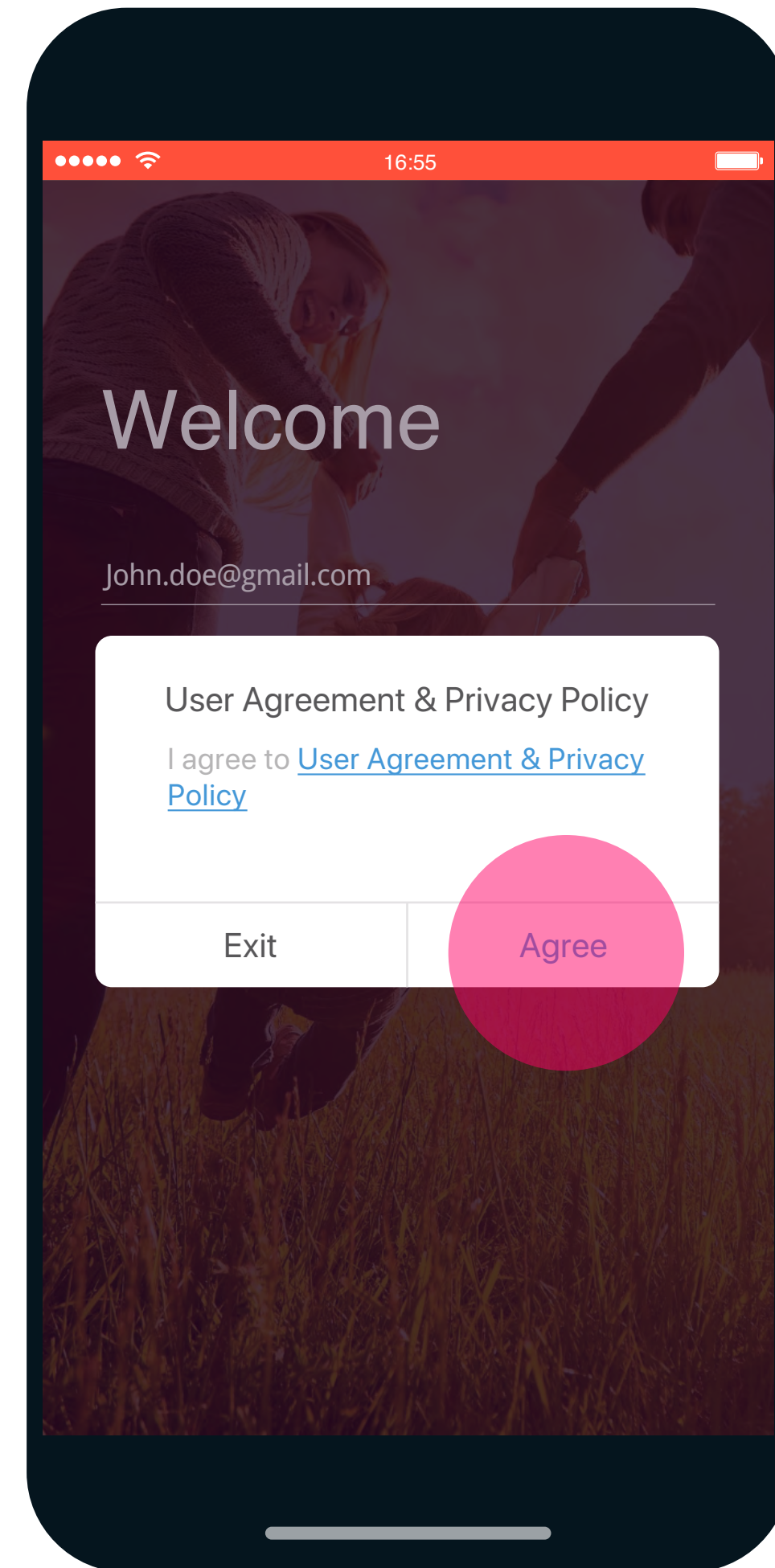
E.
If you are already a VYVO™
user, fill in your **email** and
password to login.

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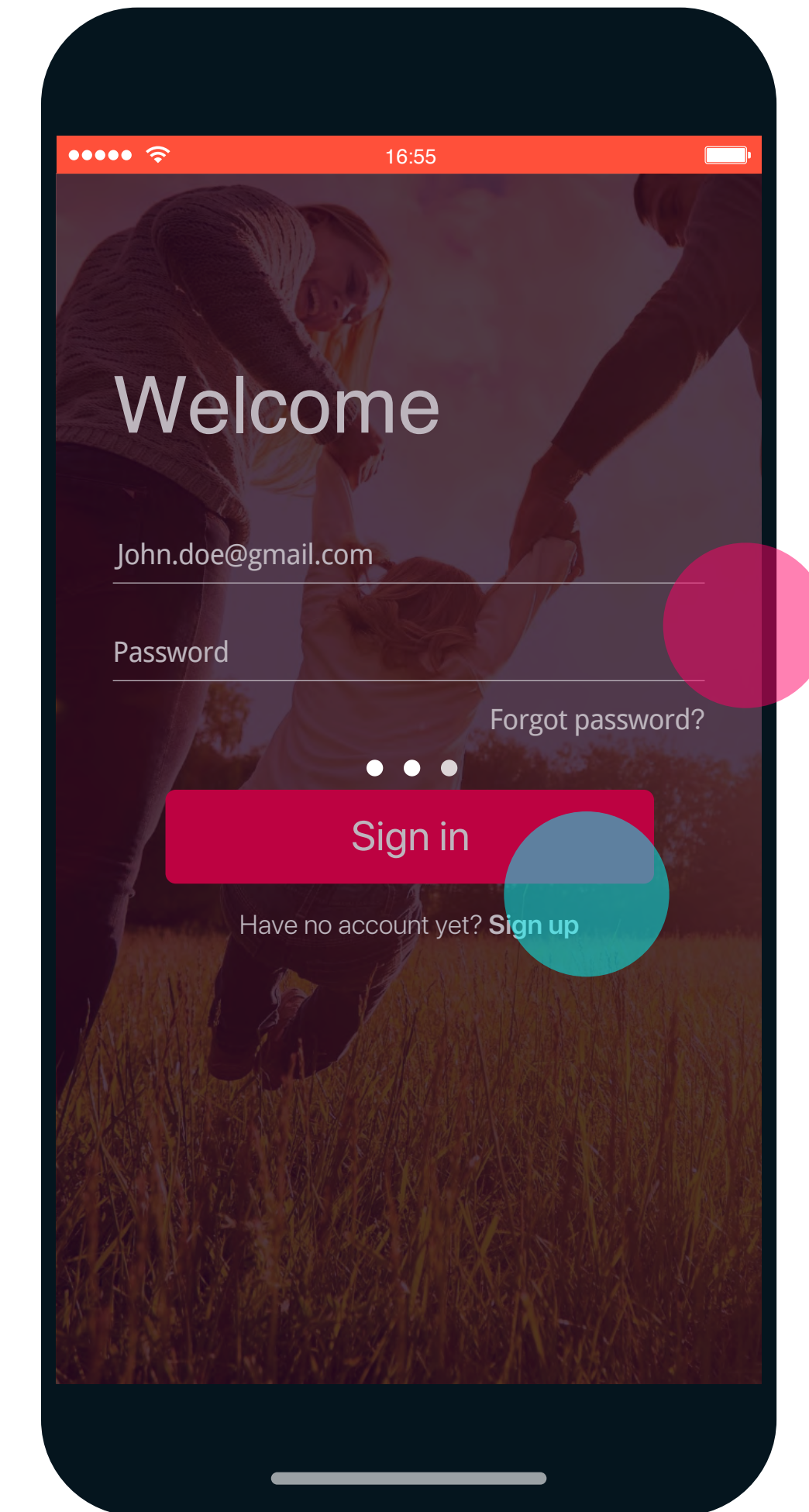
vista

F.
Allow all App
permissions required!
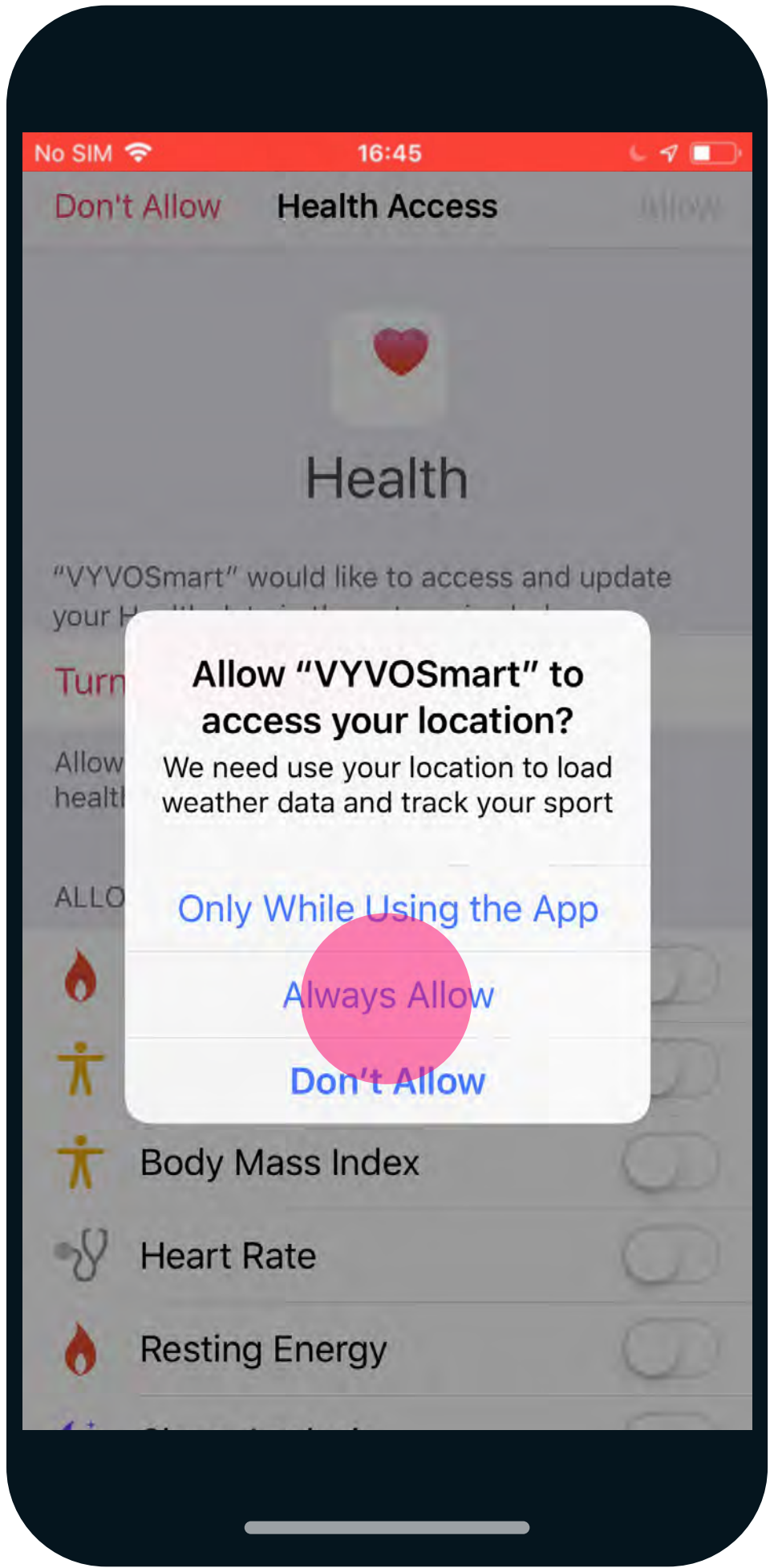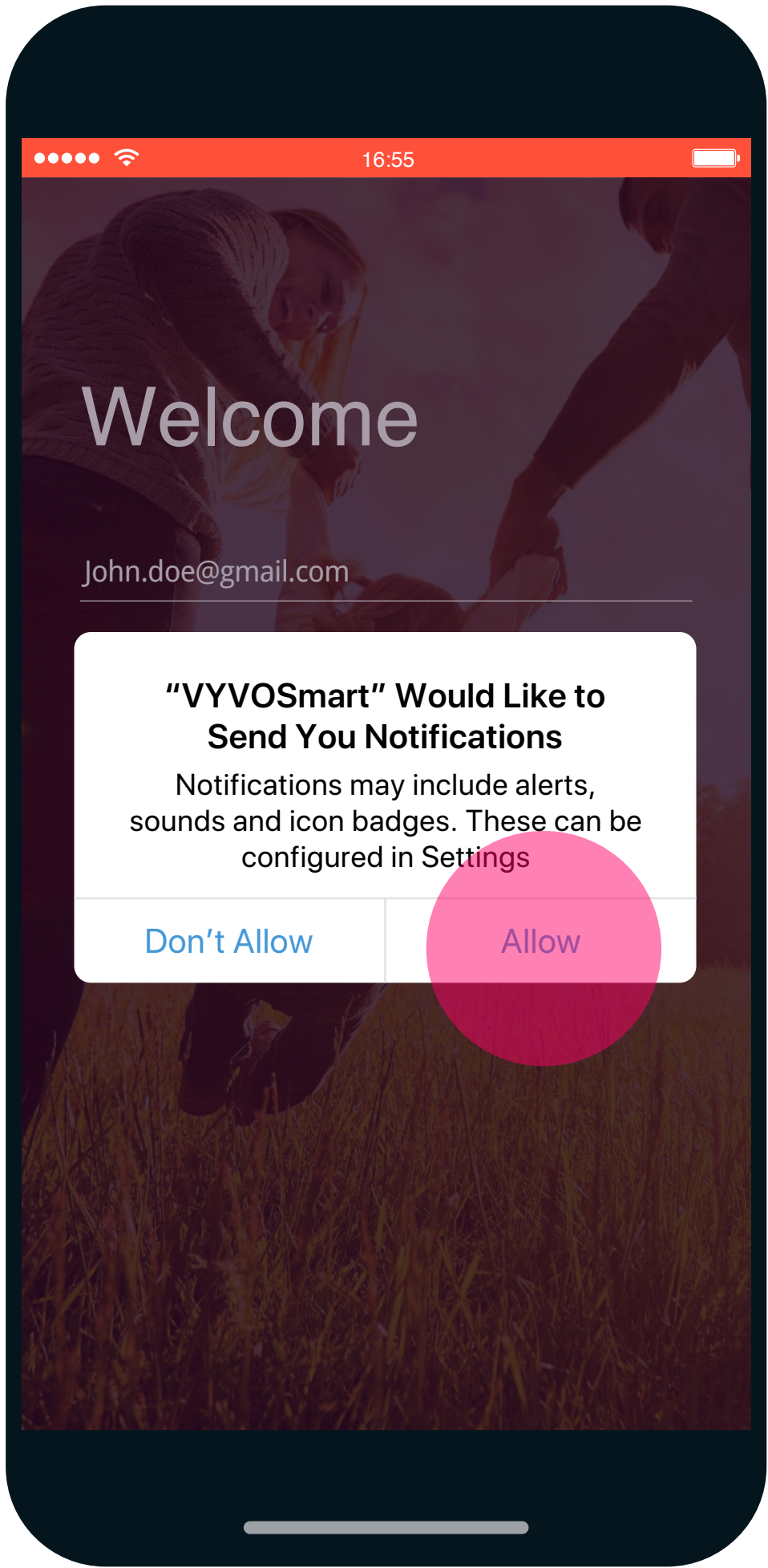
▼vista

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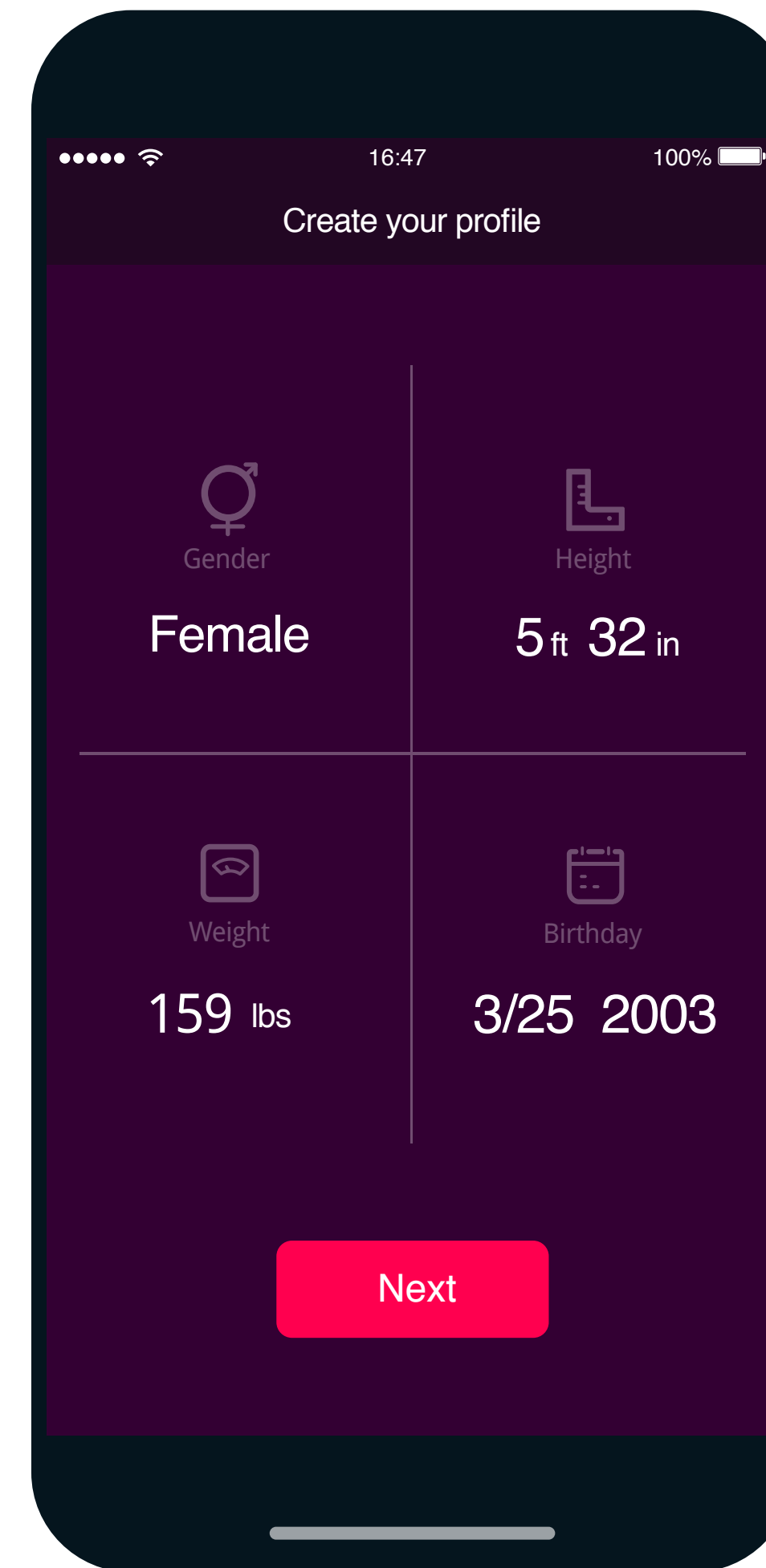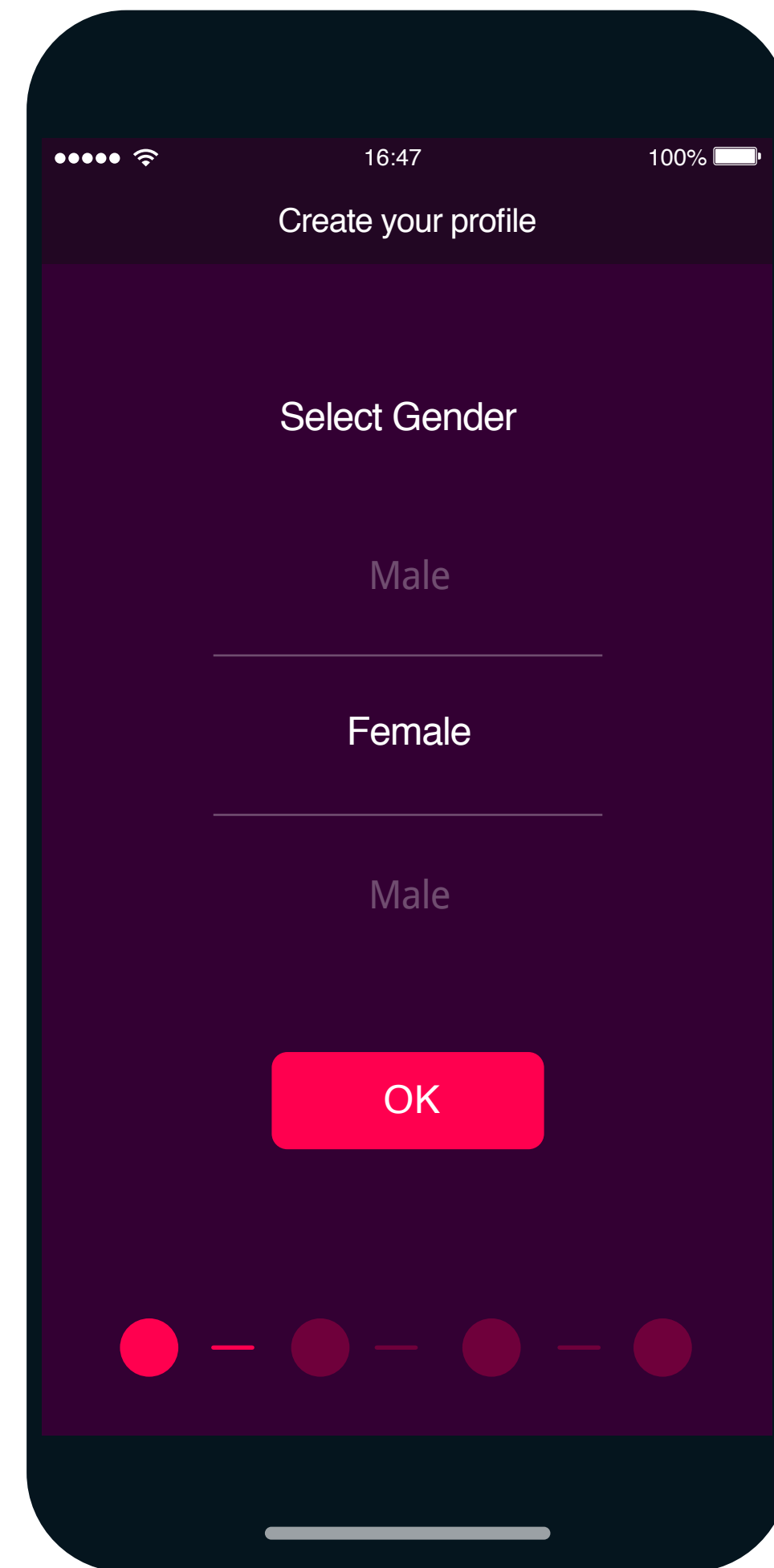
vista

Step 3
Pair your Vista

vista

A.
Tap on **Device** on
the app's menu.
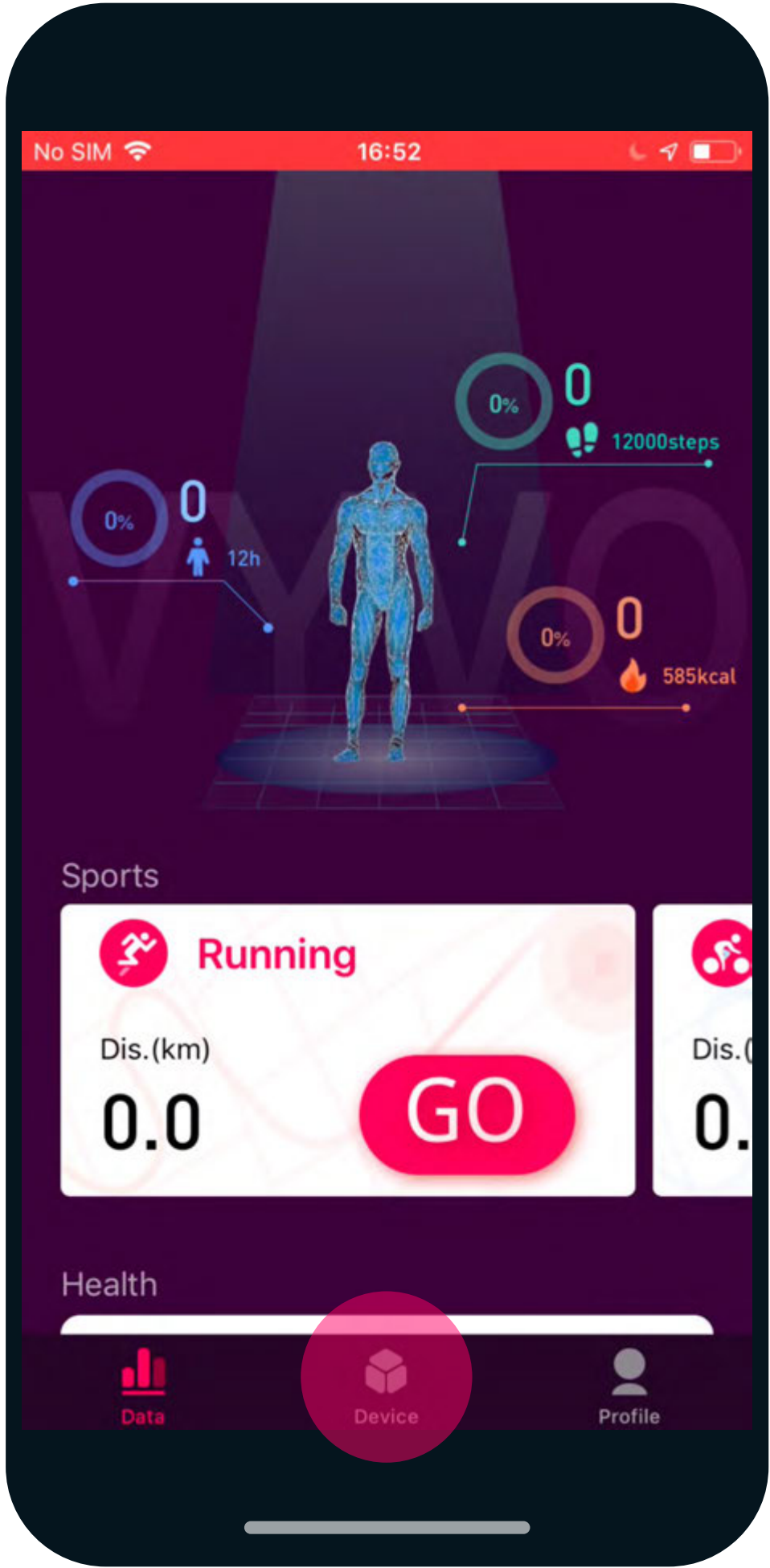
B.
Tap on the "**+**" to
add a new **Watch**.

17

B.
Search…
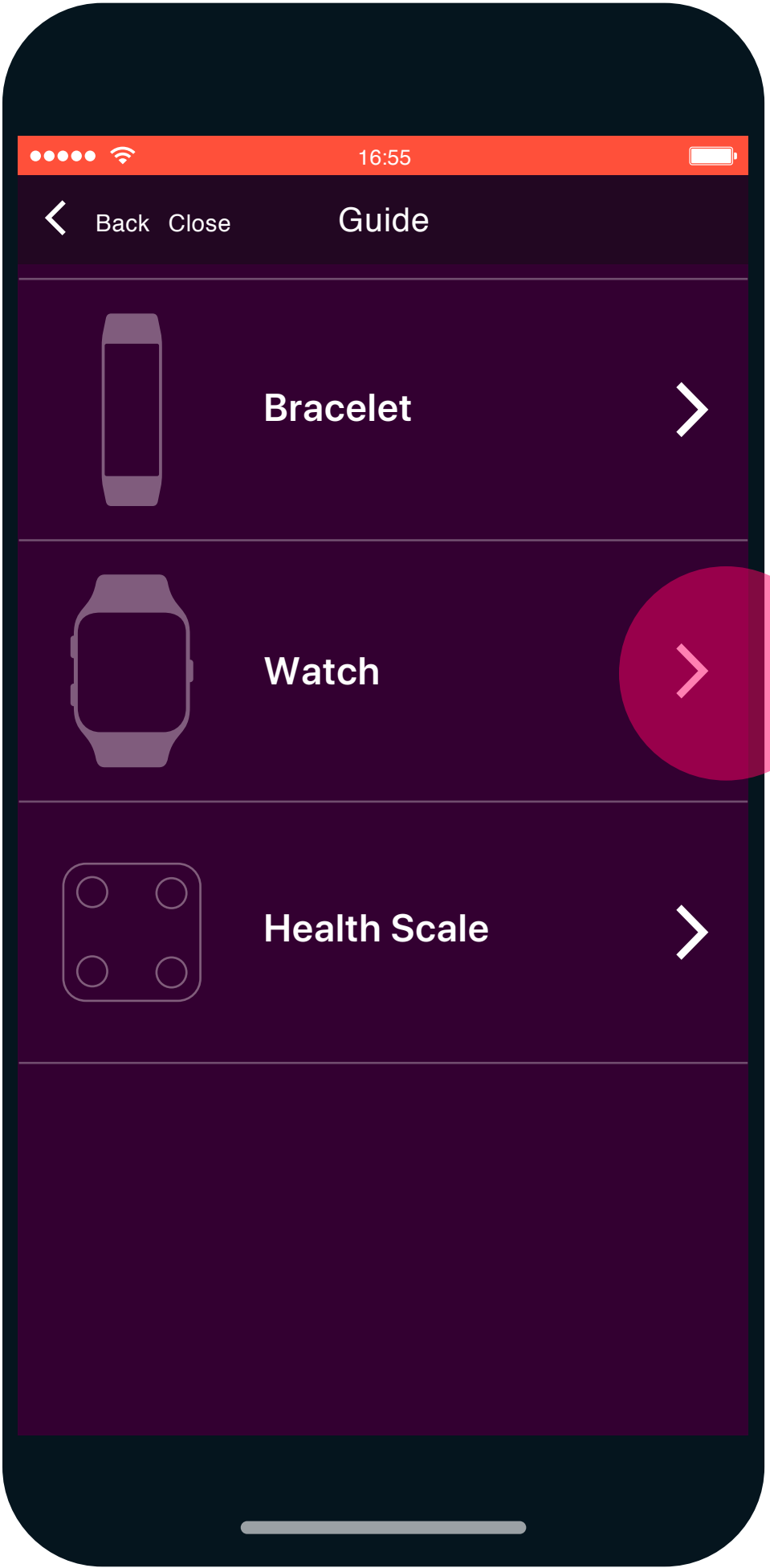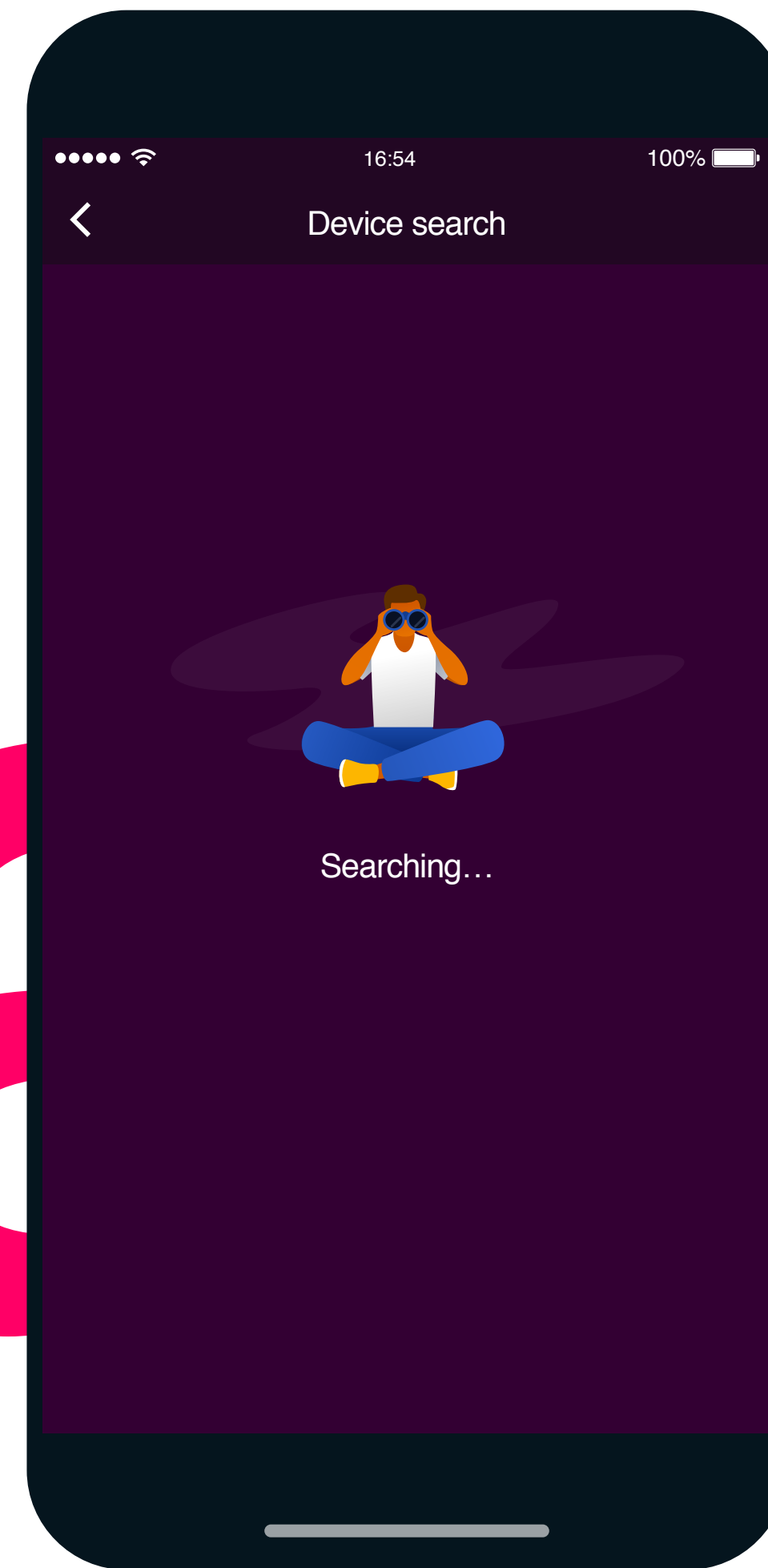
vista

c.

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

vista

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

E.
Connect your **Vista ID**.

16:54   100%

‹   Device search

Vista-v1-0588   click to connect ›

TAP

Vista-v1-0588   click to connect ›

About

0588

vyvo
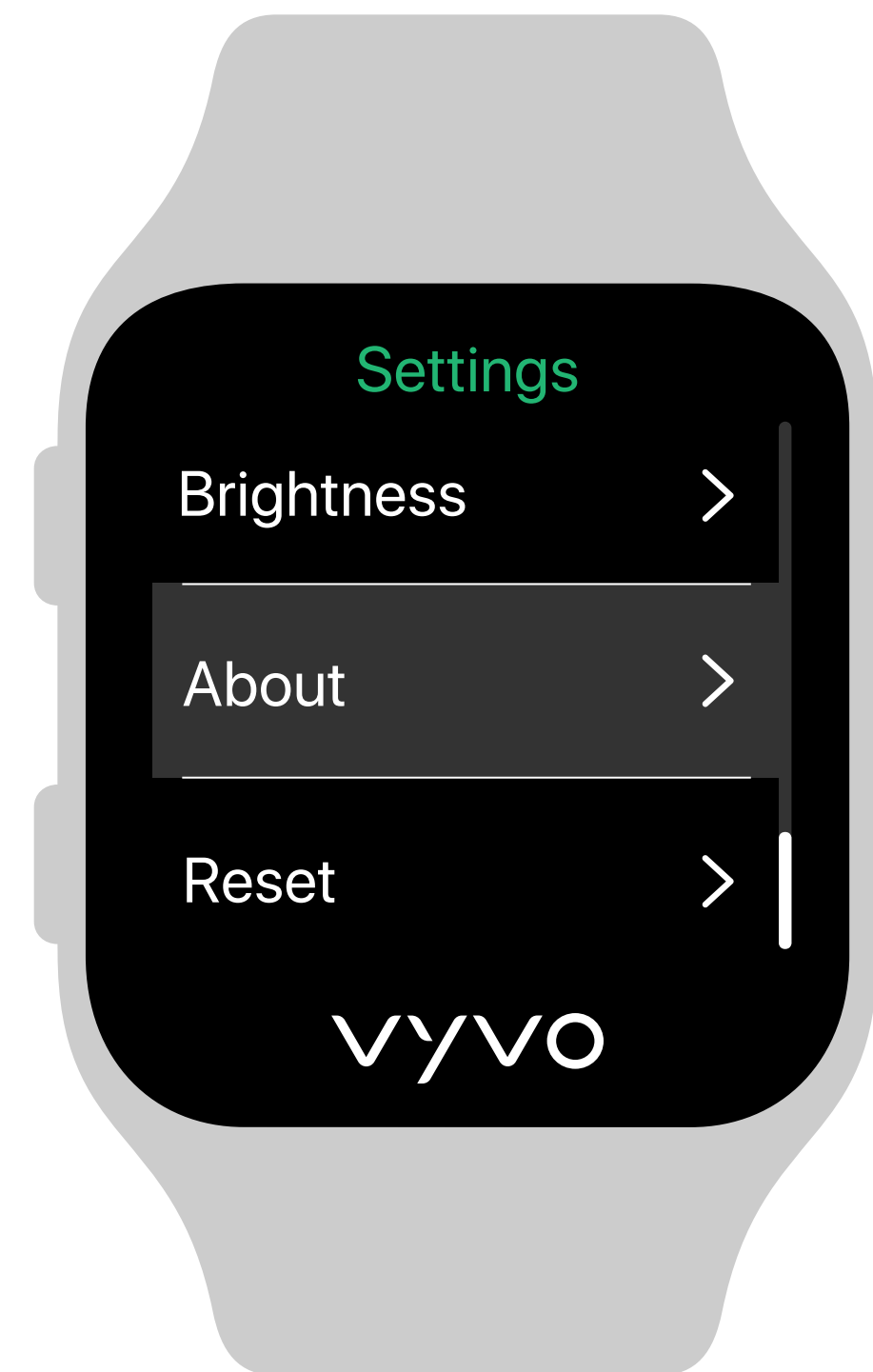
▼vista
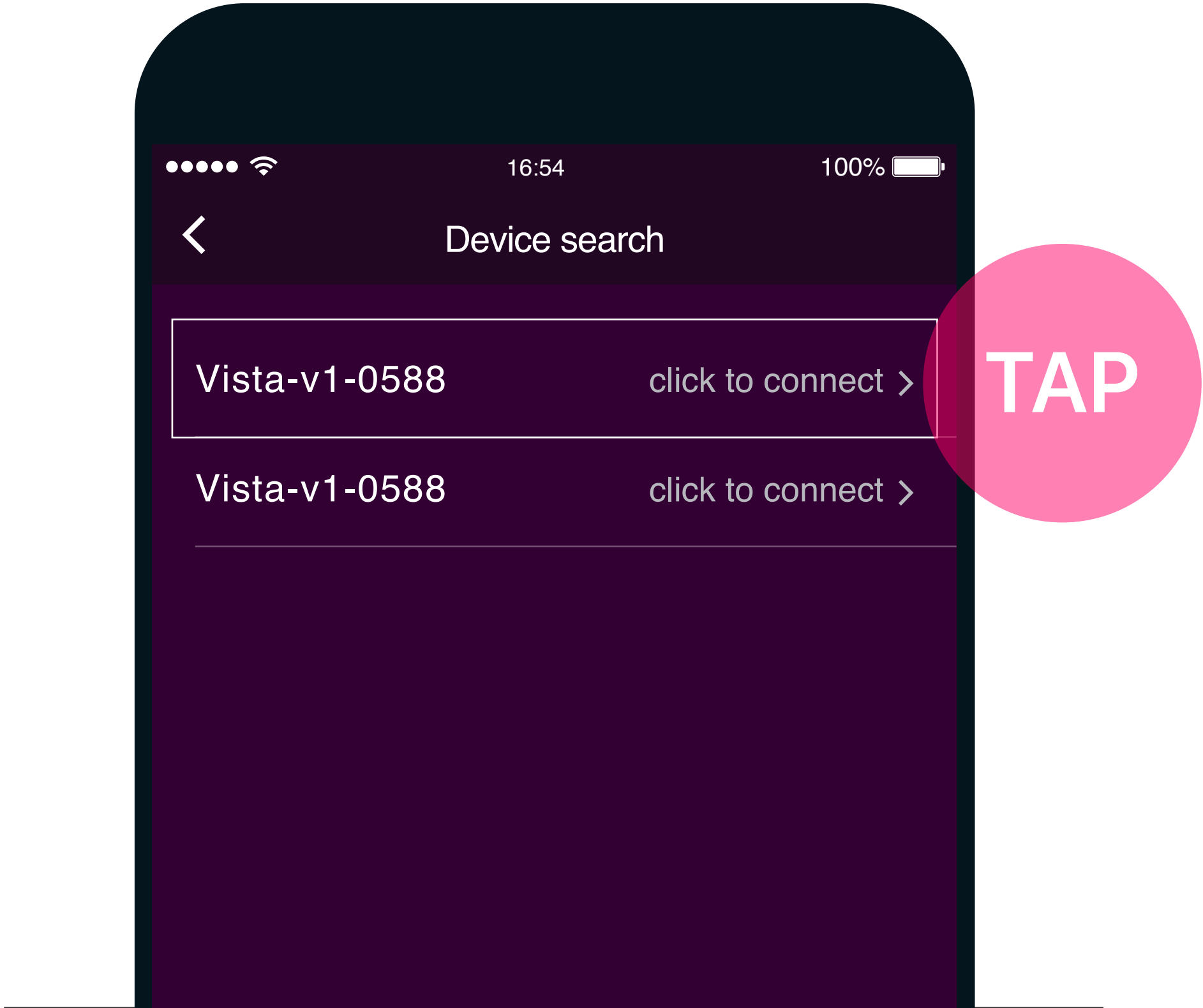
F.
Accept the **bluetooth** pairing request.
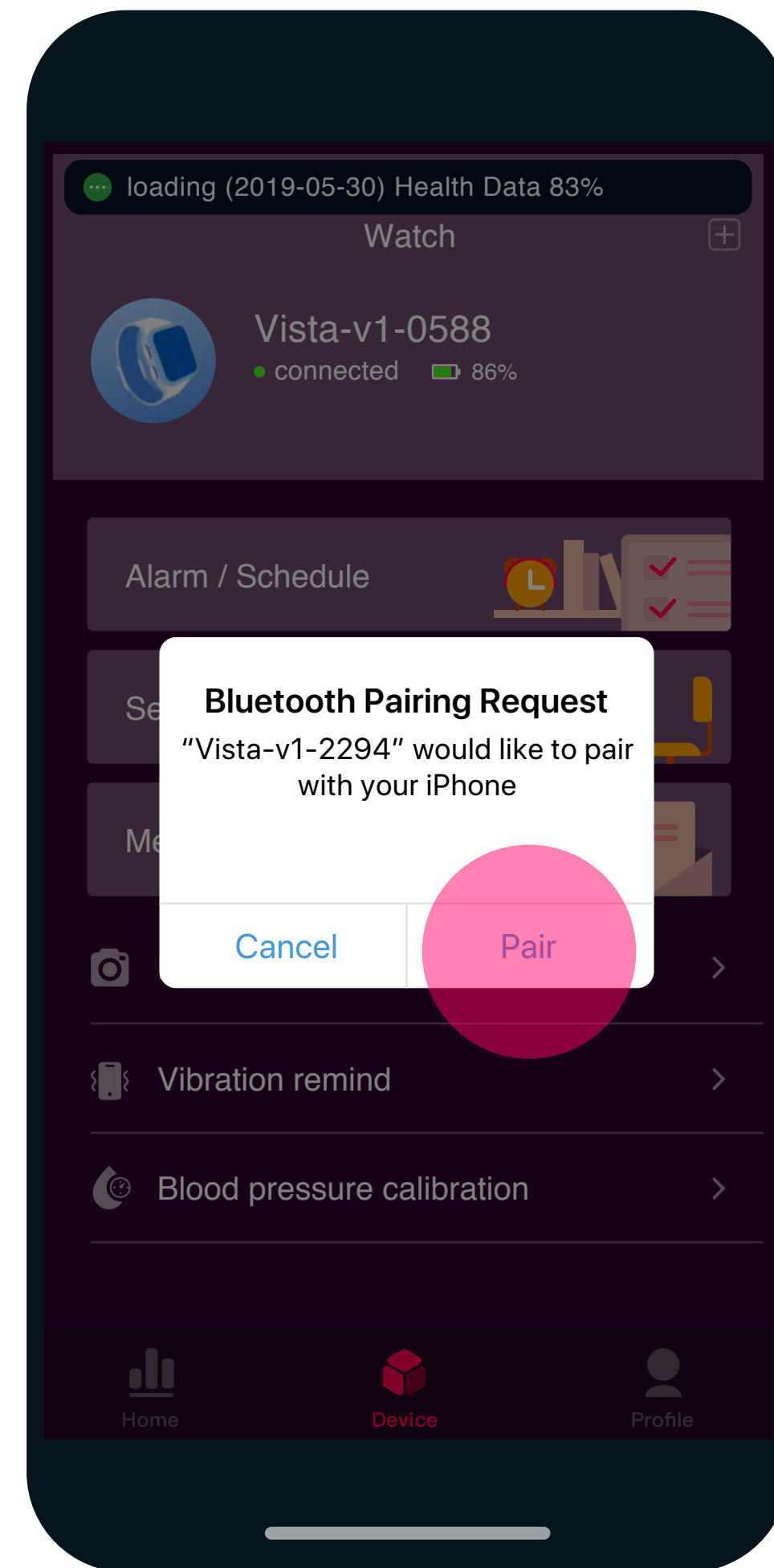
G.
Wait for the first pairing sync.
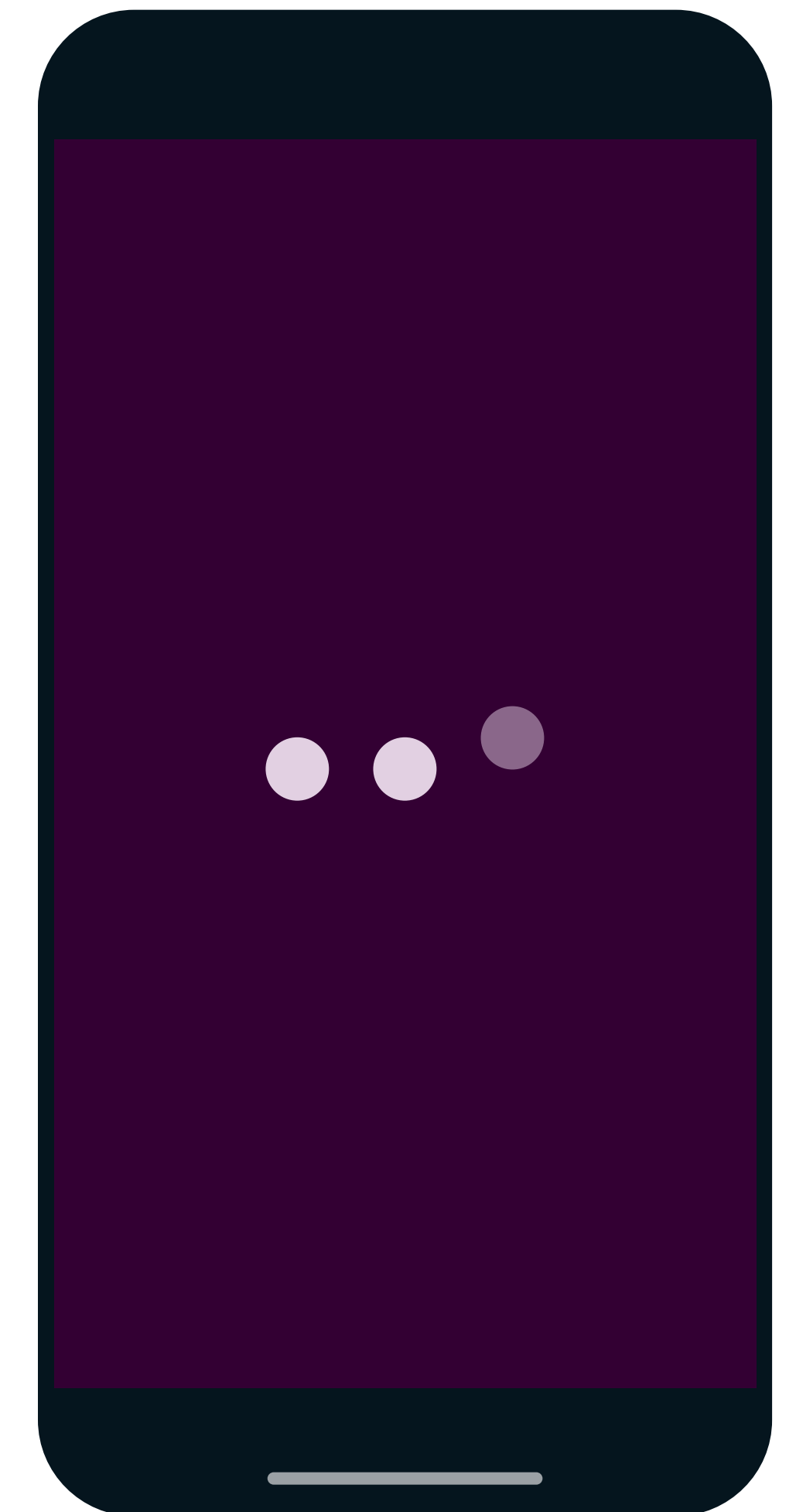
H.
Once completed, your device will display updated **bluetooth**, **date**, **weather**, **air quality**, and **time**.

date

bluetooth

weather

air quality

time

08.18 Sat

82°F   AIR 40

10:29

VYVO

vista

Step 4
Perform your first
Measurements

vista

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

B.
Tap on the chosen measurement to **begin**.

08.18 Sat

82°F AIR 40

10:29

VYVO

Health

HR

Energy

Blood
Pressure

VYVO

▼vista

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

HR

Reading...

vyvo

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

HR

78
bpm

vyvo
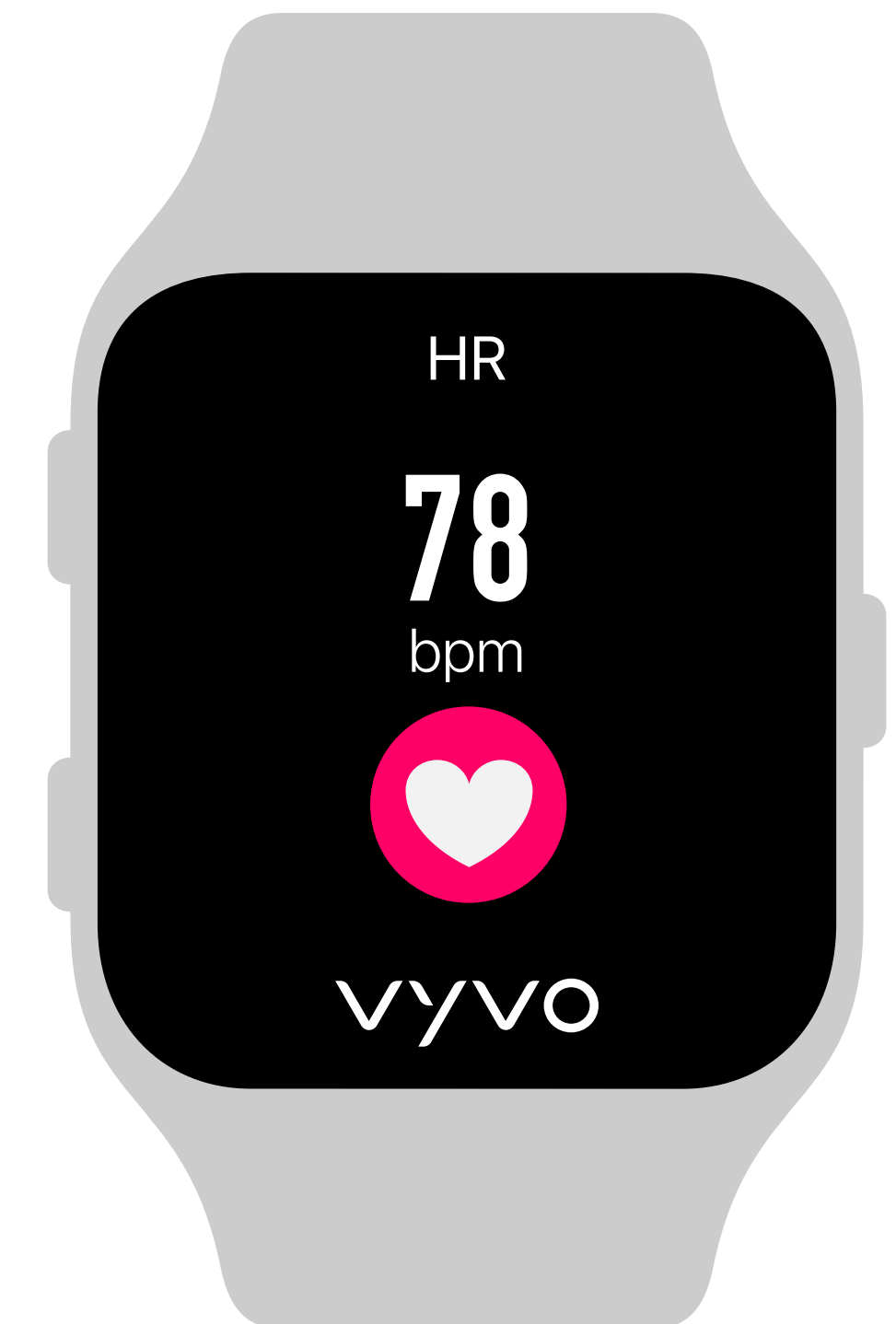
▼vista

Step 5
First important Settings
from the App

vista

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

Alarm / Schedule

---

loading (2019-05-30) Health Data 83%

Watch   ⊞

Vista-v1-0588
● connected   🔋 86%

Alarm / Schedule

Sedentary Reminder

Message Notification

📷 Easy camera   >

📱 Vibration remind   >

⭕ Blood pressure calibration >

Home   **Device**   Profile

---

loading (2019-05-30) Health Data 95%

‹   **May**   ☰

SUN   MON   TUE   WED   THU   FRI   SAT

26   27   28   29   30   **31**   1

31 May 2019

⏰ Clock   📅 Schedule

＋

---

loading (2019-05-30) Health Data 90%

‹   **Edit Schedule**   ✓

✏️ Party   >

⏰ Data   31 May 2019

    30   April   2018
    31   May   2019
    1   June   2020

🔄 Time   21 : 00   >

📄 Note

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▼vista

B.
Set an alarm and
check it on the
device.

loading (2019-05-30) Health Data 95%

May

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1

31 May 2019

Clock   Schedule

21 : 00   Party

Event

19:45
Dinner

21:00
Party

VYVO

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C.
Set a sedentary reminder.

Sedentary Reminder

loading (2019-05-30) Health Data 83%

Watch

Vista-v1-0588
• connected   86%

Alarm / Schedule

Sedentary Reminder

Message Notification

Easy camera

Vibration remind

Blood pressure calibration

Home   Device   Profile

loading (2019-05-30) Health Data 95%

Sedentary Reminder

Sedentary Reminder

loading (2019-05-30) Health Data 95%

Sedentary Reminder

Sedentary Reminder

Time period Setting   8:00-18:00 >

Repeat   Mon,Tues,Wed,Thurs >

Lunch break
Do not remind during 12:00-14:00

30

▼vista

D.
Set the message notifications.

Message Notification

loading (2019-05-30) Health Data 83%

Watch

Vista-v1-0588
● connected   ▬ 86%

Alarm / Schedule

Sedentary Reminder

Message Notification

Easy camera

Vibration remind

Blood pressure calibration

Home   Device   Profile

loading (2019-05-30) Health Data 98%

Message Notification

Message

Facebook

Instagram

Twitter

Wechat

QQ

Weibo

Gmail

Whatsapp

Kakao Talk

Line

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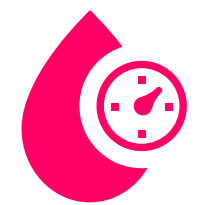
E.
Calibrate your device
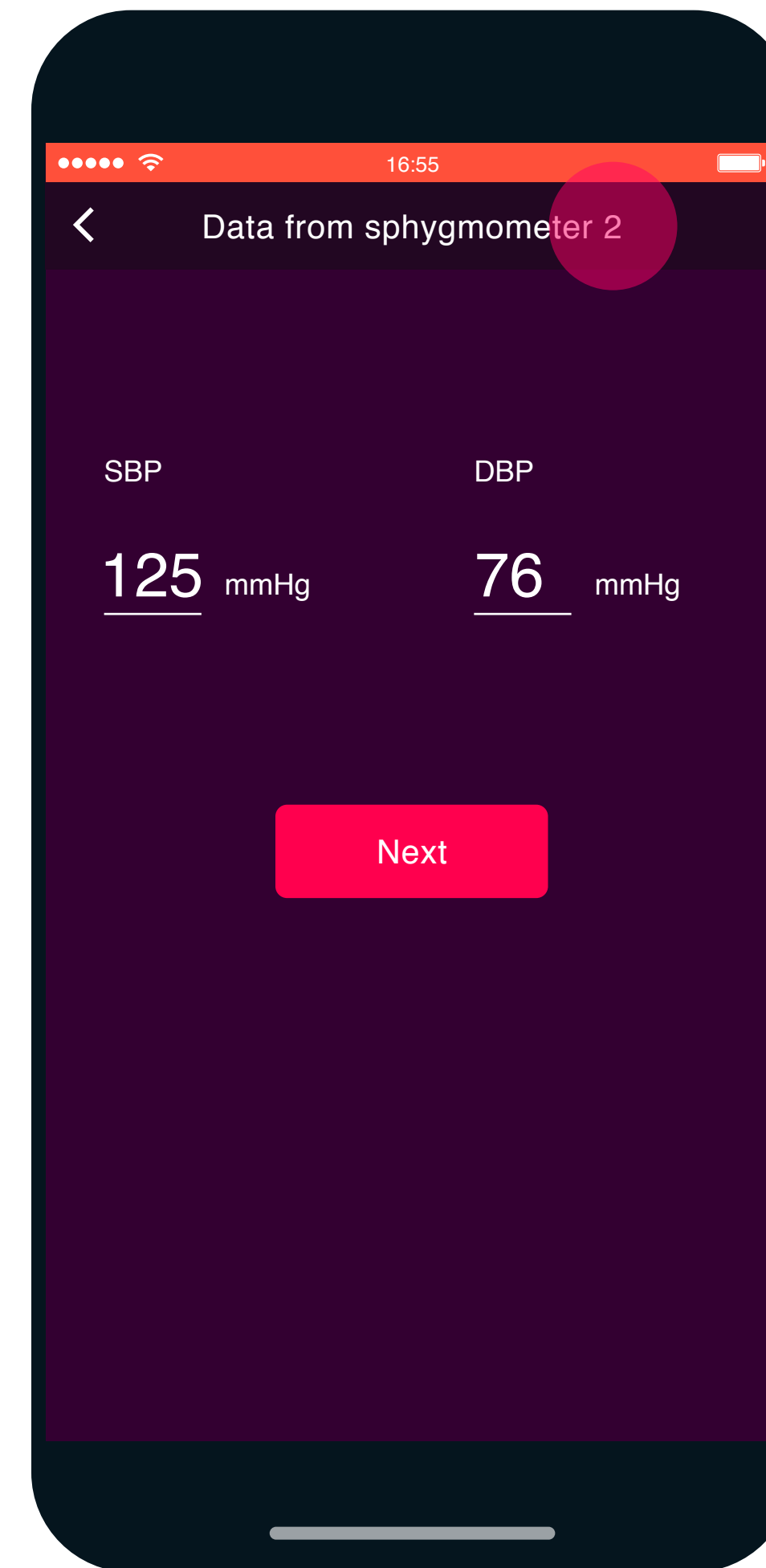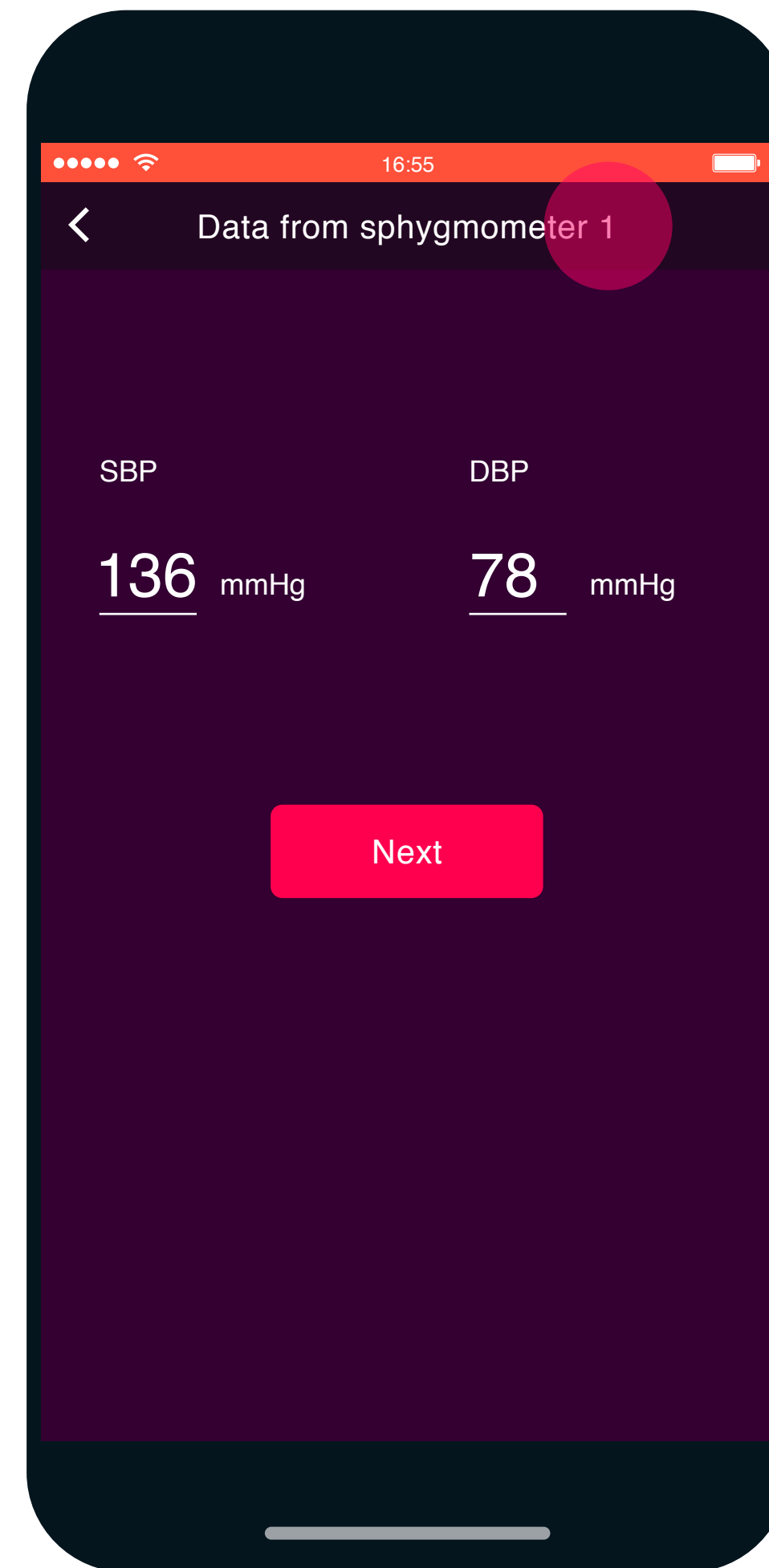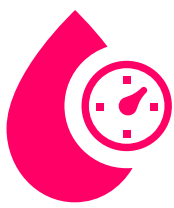
Blood pressure
calibration
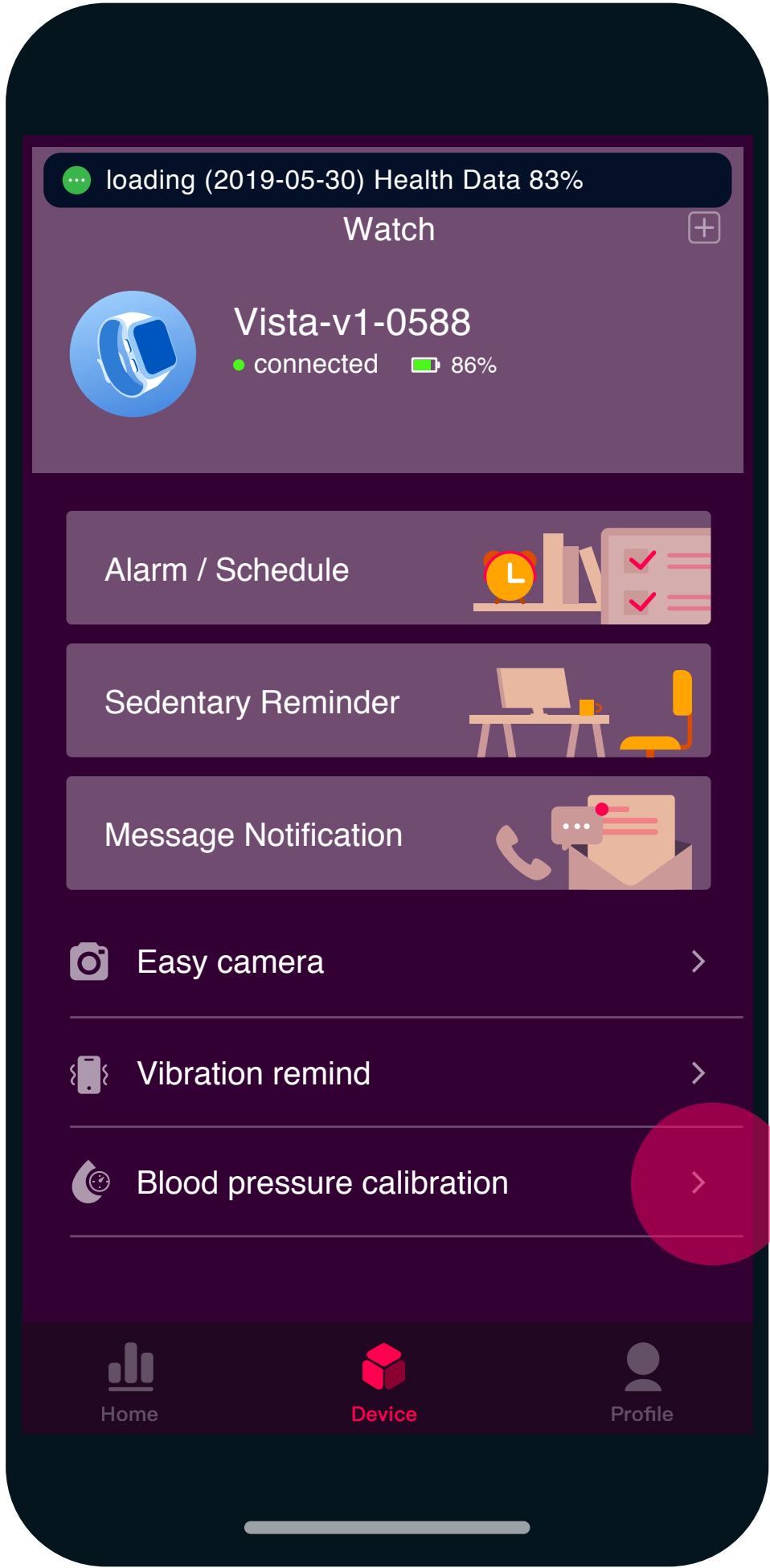
E.
Calibrate your device:
Enter two measurements
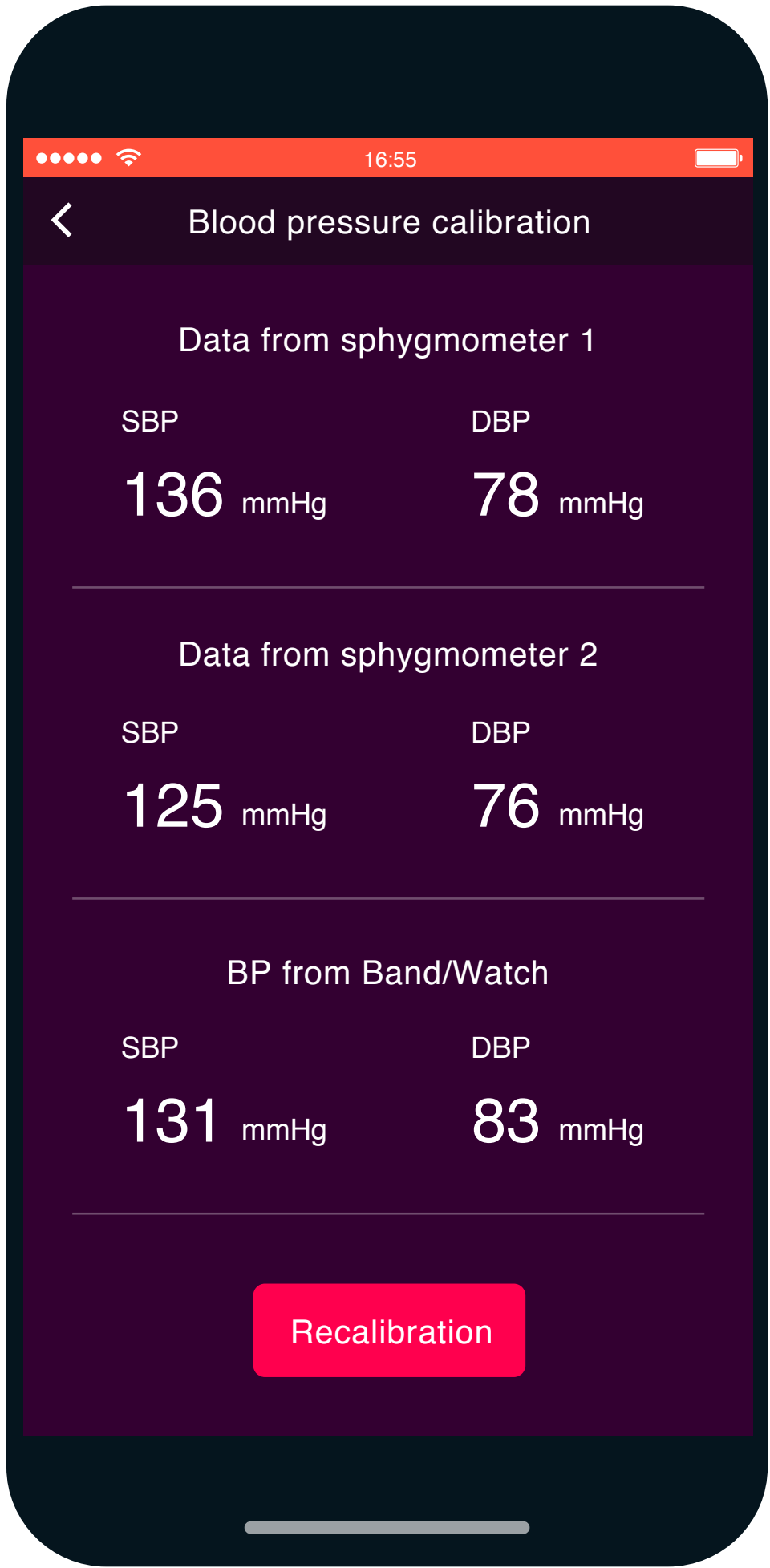performed with a
traditional Blood Pressure
measurement device.

Blood pressure
calibration

33

E.
Calibrate your device:
– Enter the measurement
that comes from Vista.

Blood pressure
calibration

BP from Band/Watch

SBP   DBP

131 mmHg   83 mmHg

Done

Blood pressure calibration

Data from sphygmometer 1

SBP   DBP

136 mmHg   78 mmHg

Data from sphygmometer 2

SBP   DBP

125 mmHg   76 mmHg

BP from Band/Watch

SBP   DBP

131 mmHg   83 mmHg

Recalibration

1   2   3
       ABC   DEF
4   5   6
GHI   JKL   MNO
7   8   9
PQRS   TUV   WXYZ
       0
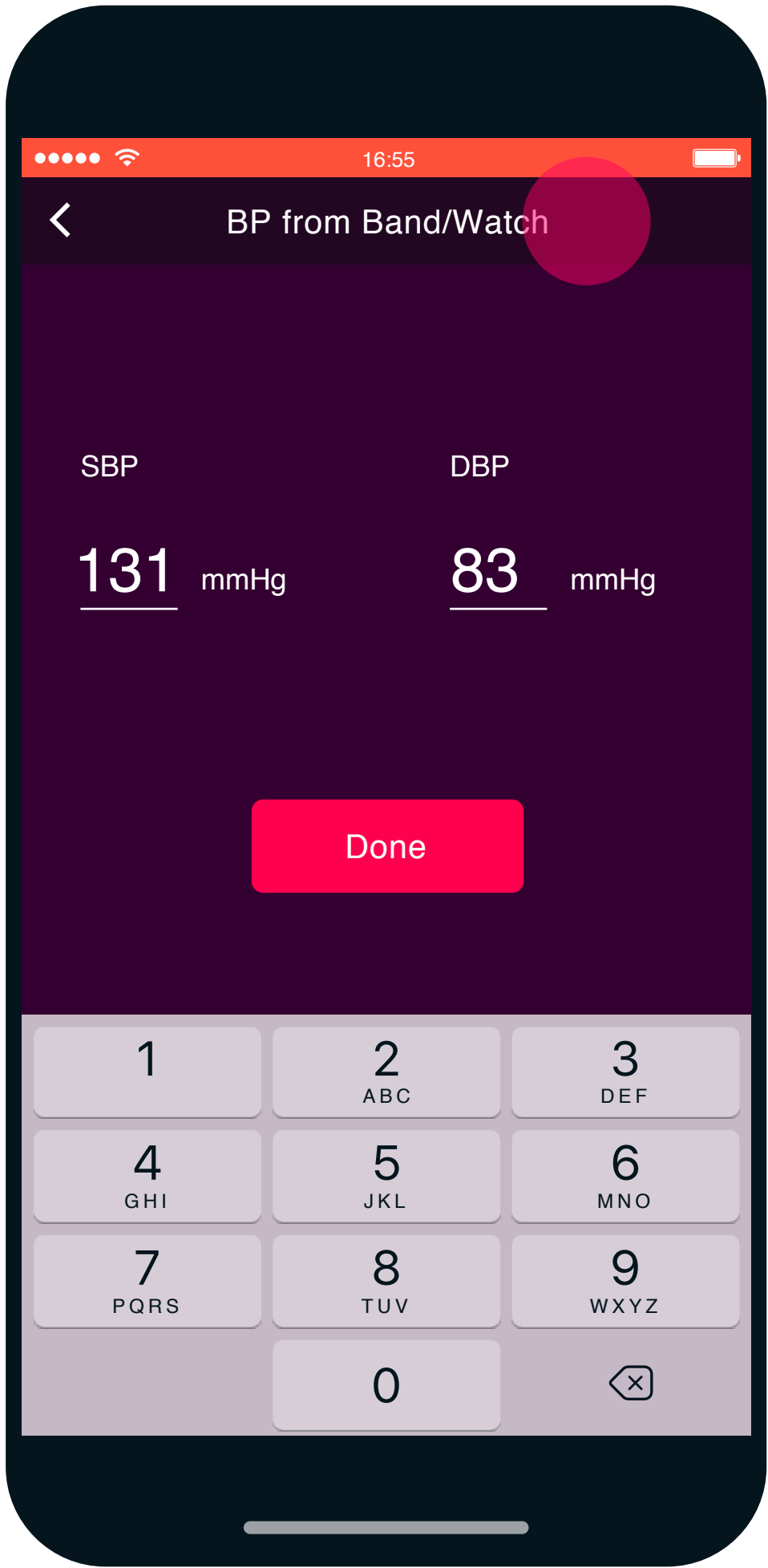
Calibration Result!

vista

Step 6
Perform your first
Sports Activity

vista

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

Sport

Run

Cycle

VYVO

B.
Choose your sports
activity among the
17 modes available.

Run	Cycle	Fast Walk	Climb
Basketball	Badminton	Table Tennis	Soccer
Volleyball	Sit-ups	Rope-Jump	Joga
Dance	Aerobics	Ice-skating	Swimming
Tennis			

▼vista

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

Run ⚙

Start
▼

vyvo

▼vista

D.
Vista has a **GPS** on
board that can track
you during this activity.

Waiting GPS

Better signal in
open area

GO

▼

vyvo

E.
Wait for the satellite
signal to be locked in...
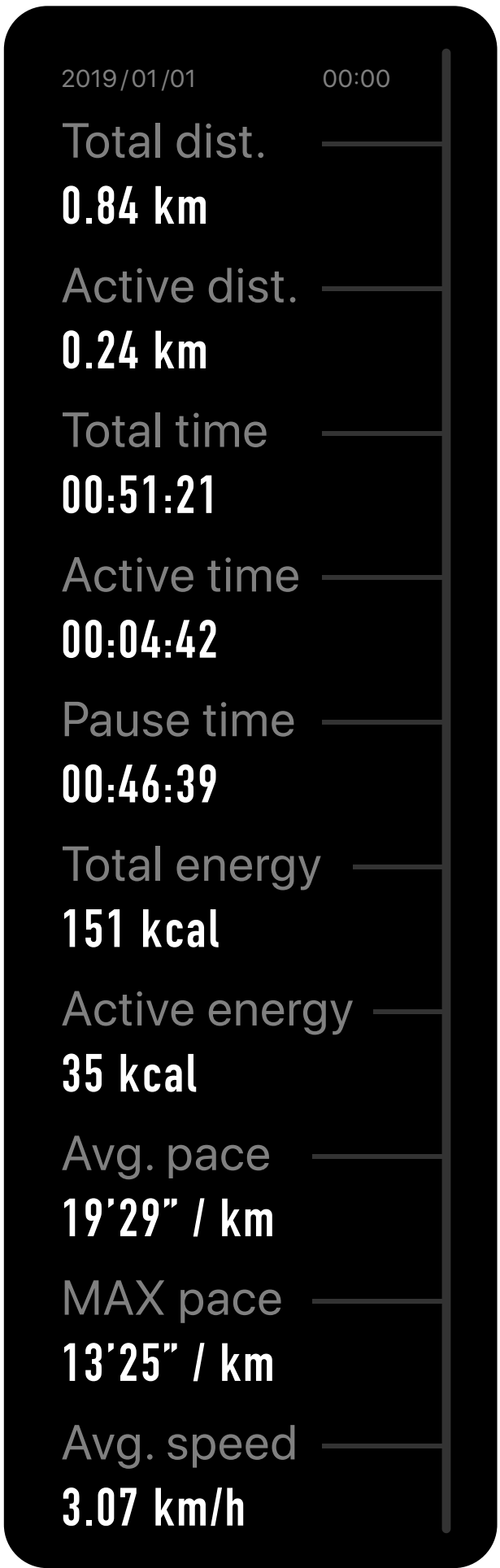Start tracking!

Found GPS

Start training!

GO

▼

vyvo

▼vista

F.
Run and enjoy
your activity.

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

▼vista

H.
Stop and check
your results.

Attention

End this exercise?

Cancel   End

VYVO

2019/01/01   00:00

Total dist.
0.84 km

Active dist.
0.24 km

Total time
00:51:21

Active time
00:04:42

Pause time
00:46:39

Total energy
151 kcal

Active energy
35 kcal

Avg. pace
19'29" / km

MAX pace
13'25" / km

Avg. speed
3.07 km/h

MAX speed
4.47 km/h

Avg. Cadence
77 spm

MAX Cadence
103 spm

Active steps
365 steps

Avg. HR
92 bpm

HR curve

120

81

0   1h

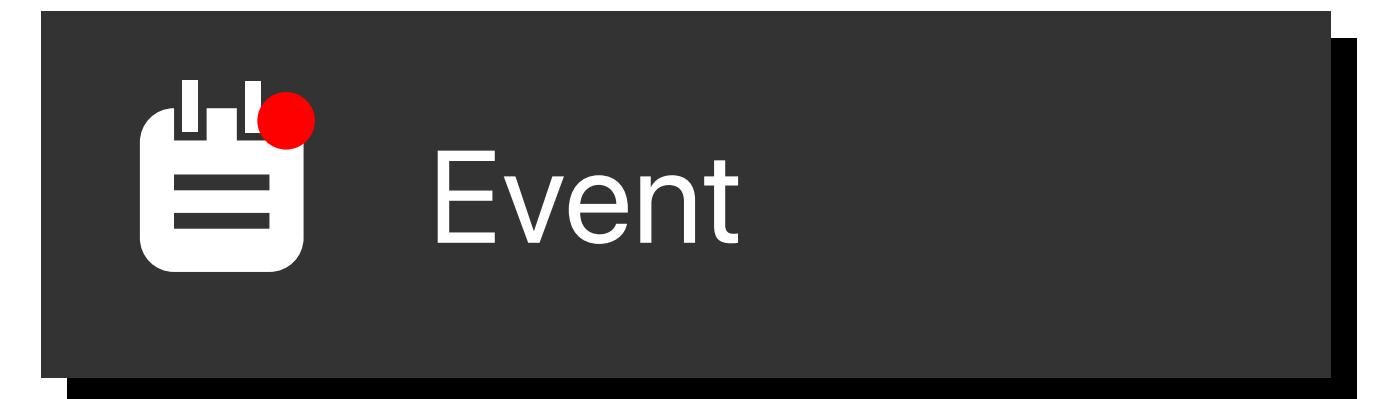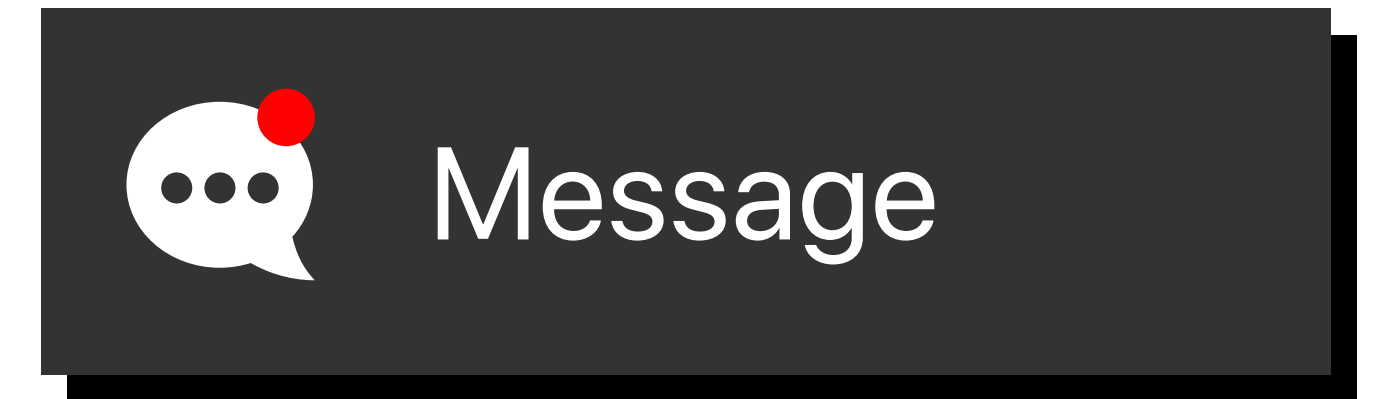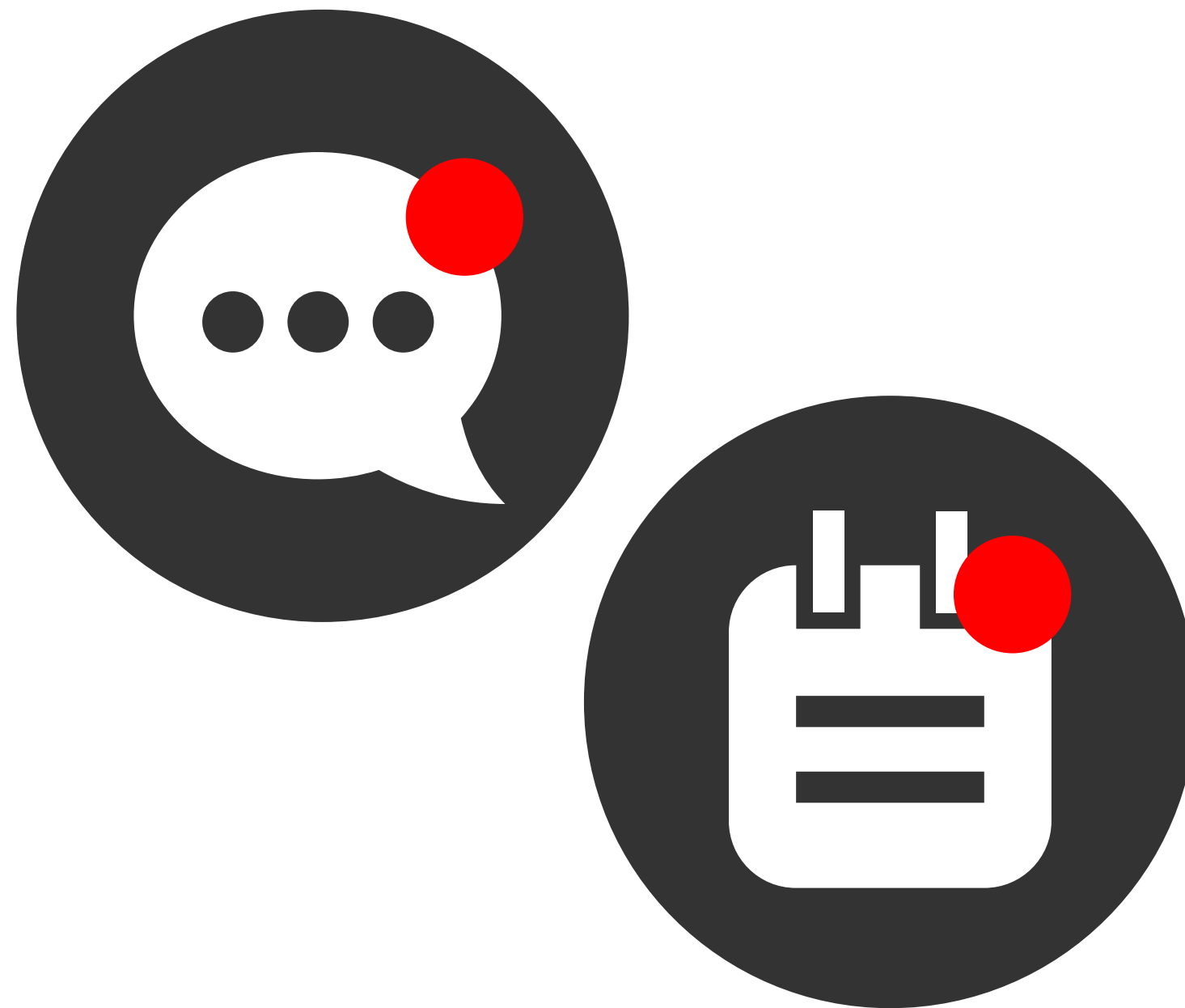| | Routine | 00:36 |
	Warm-up	00:13
	Fat-burning	00:07
	Aerobic	00:12
	Anaerobic	00:08
	Extreme	00:05

▼vista

I.
Vista is **IP68**
Swimproof.
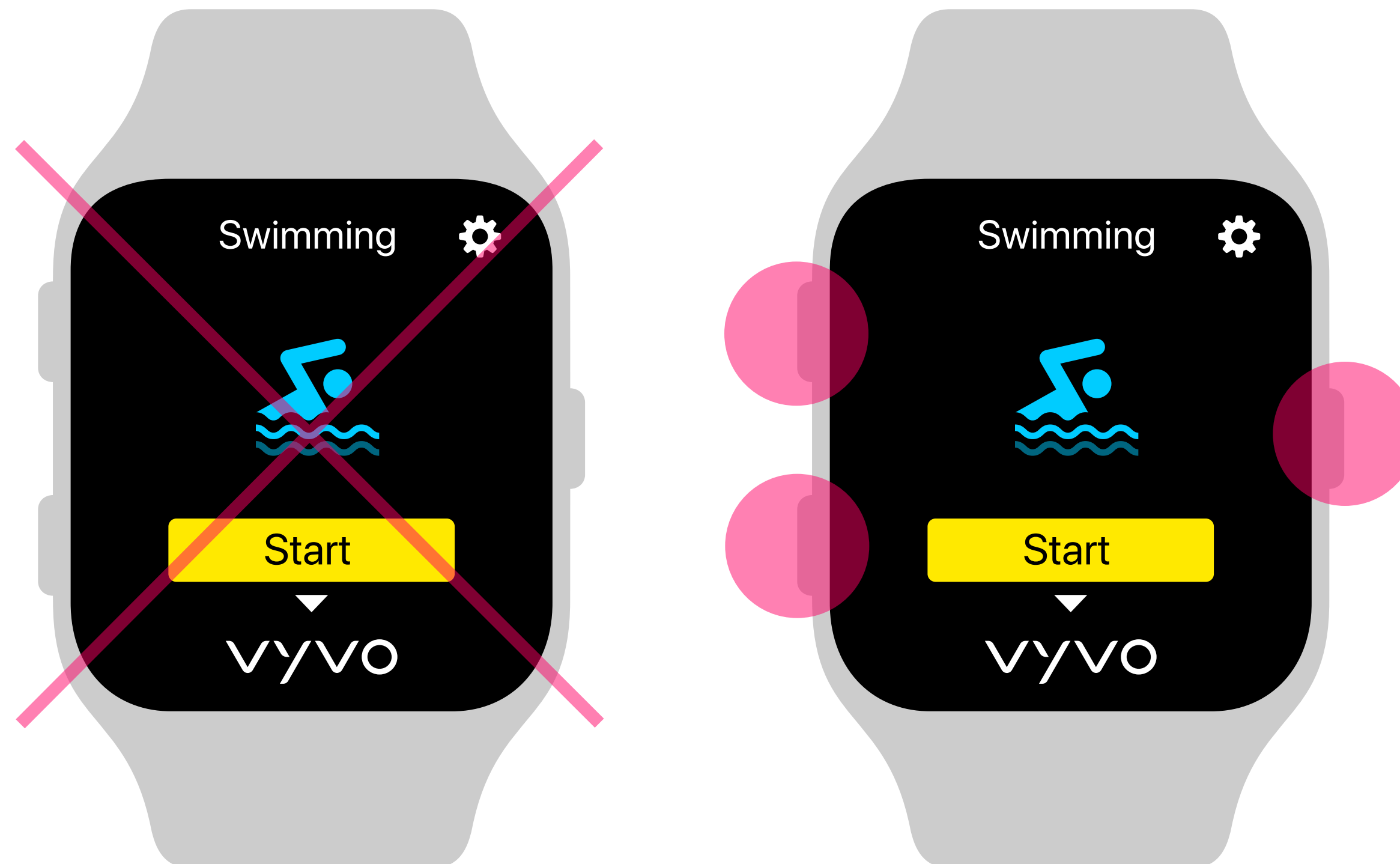
During your swimming
activity, the touch screen
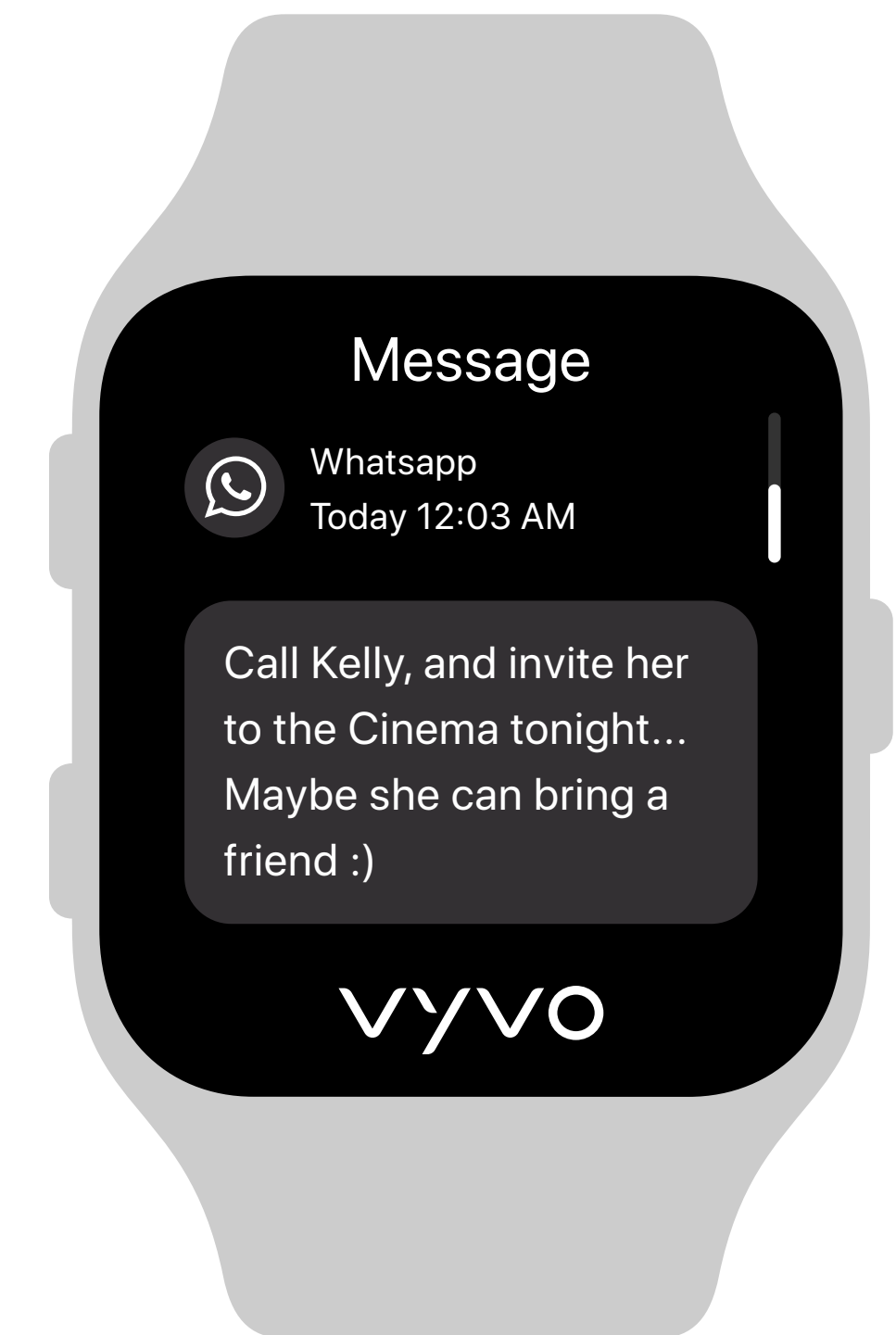is disabled. You can only
use the lateral button to
operate the device.

▼ vista

Step 7
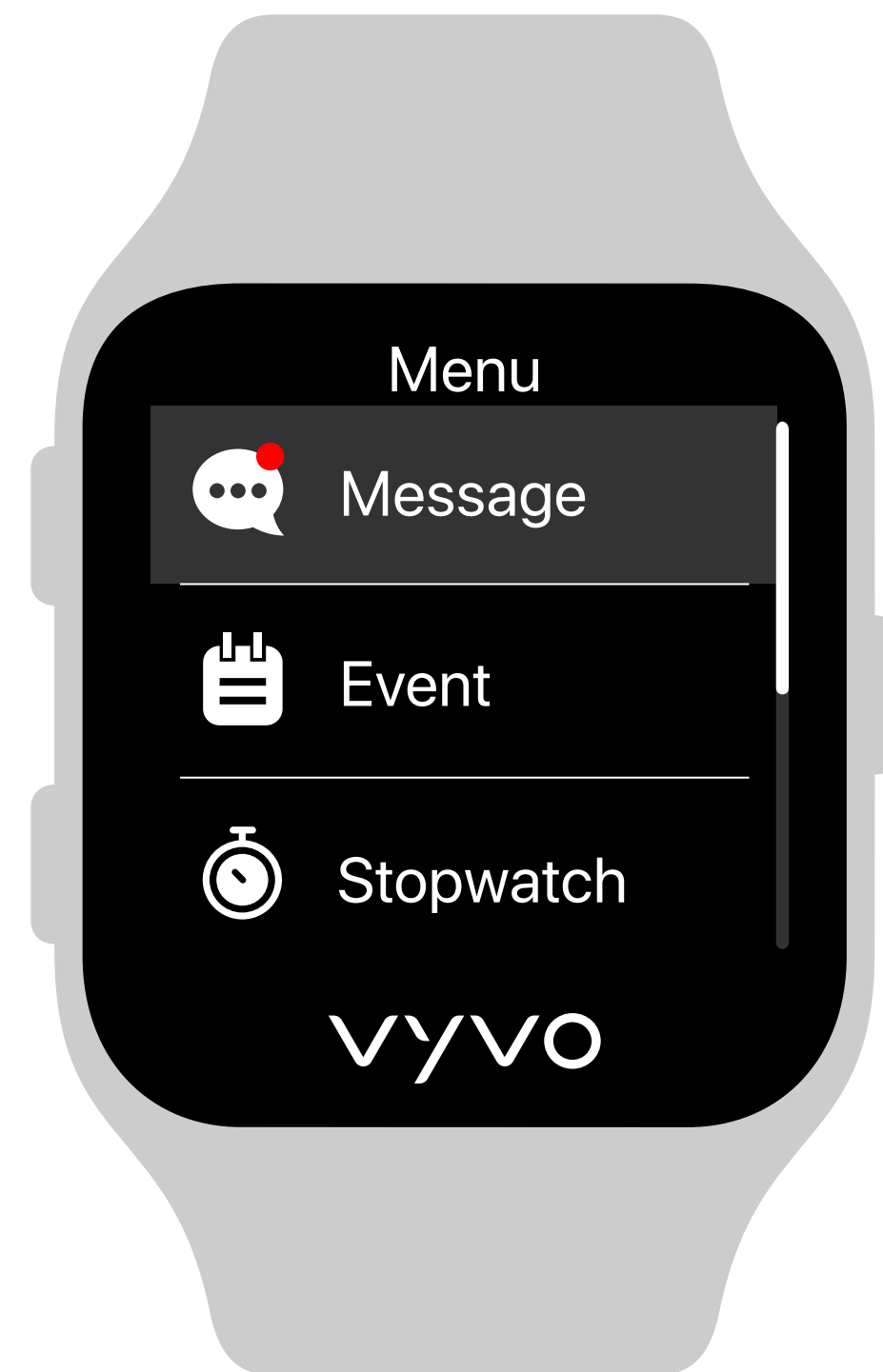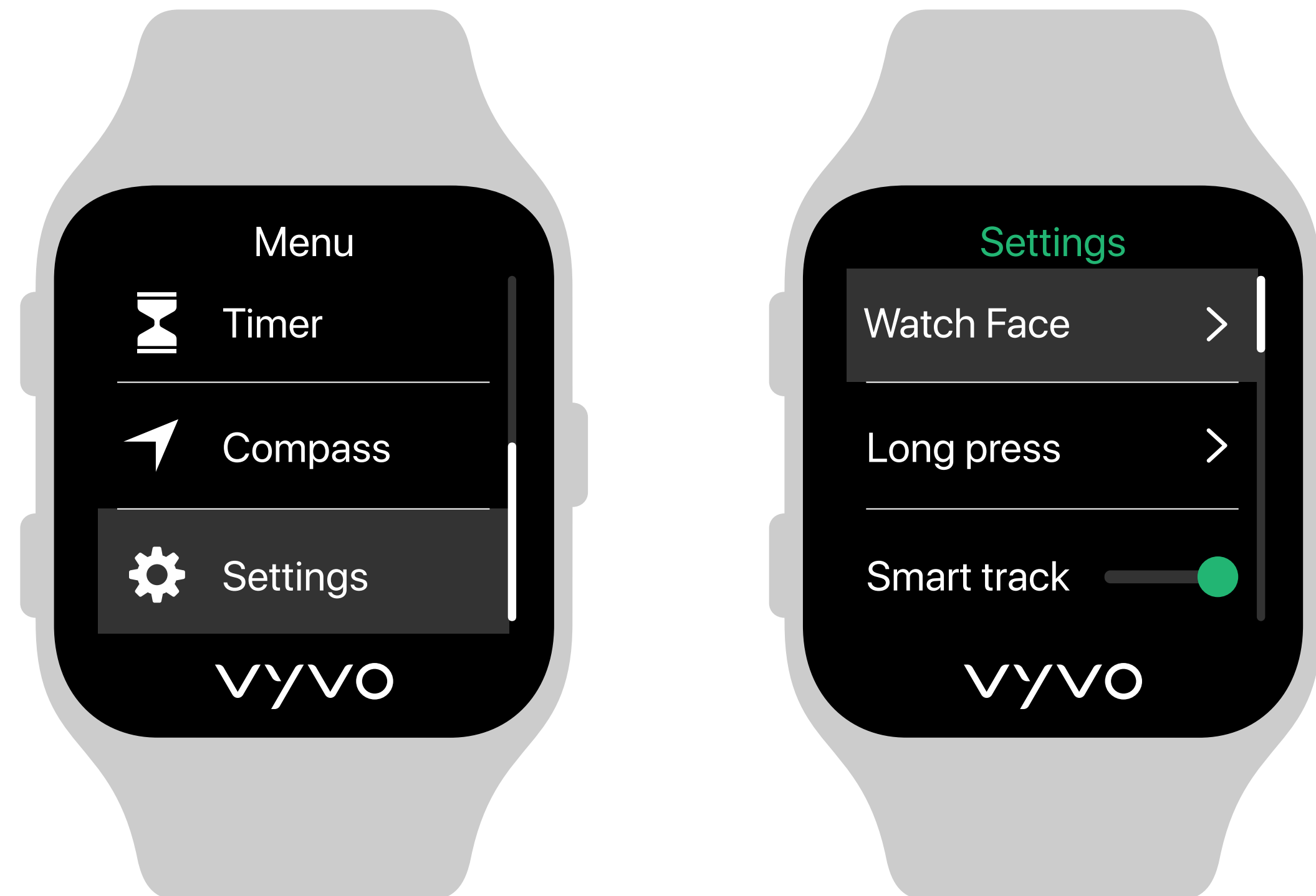Use and personalize
your Vista

vista

A.
Receive your
Alerts.

Message

Event

vista

B.
Check your
Messages.

Menu

🗨️ **Message**

📋 Event

⏱️ Stopwatch

vyvo

Message

Whatsapp
Today 12:03 AM

Hi Tom, how're you?
See you later tonight,
with Mark at the Cinema.
Be there at 20:00 PM!

vyvo

Message

Whatsapp
Today 12:03 AM

Call Kelly, and invite her
to the Cinema tonight...
Maybe she can bring a
friend :)

vyvo

▼vista

C.
See your
Events.

D.
Change the home
interface and enter
the **Settings** section.
Choose **Watch Face**.

Menu

⏳　Timer

➤　Compass

⚙️　Settings

vyvo

Settings

Watch Face　　　>

Long press　　　>

Smart track　　●

vyvo

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∇vista

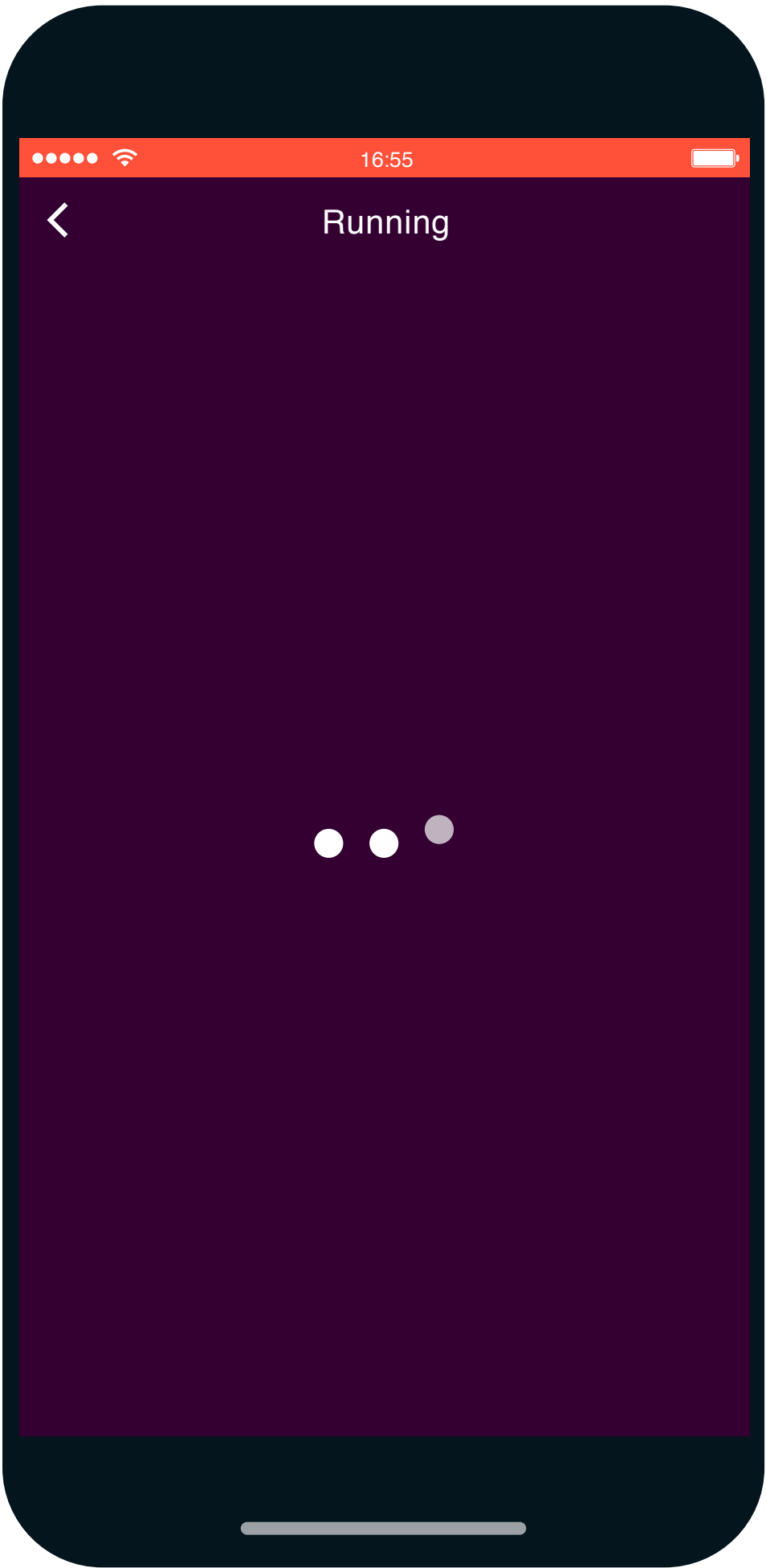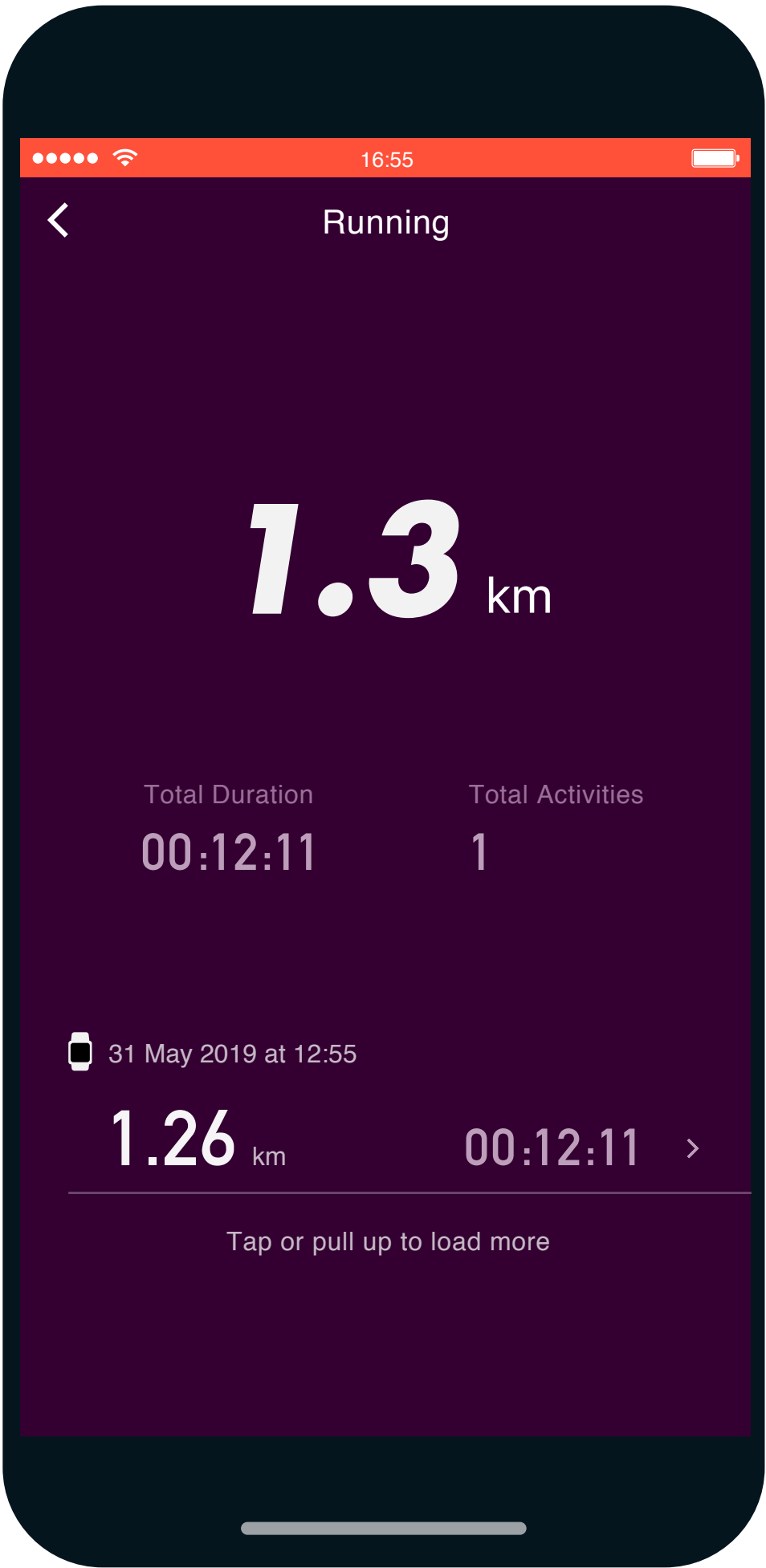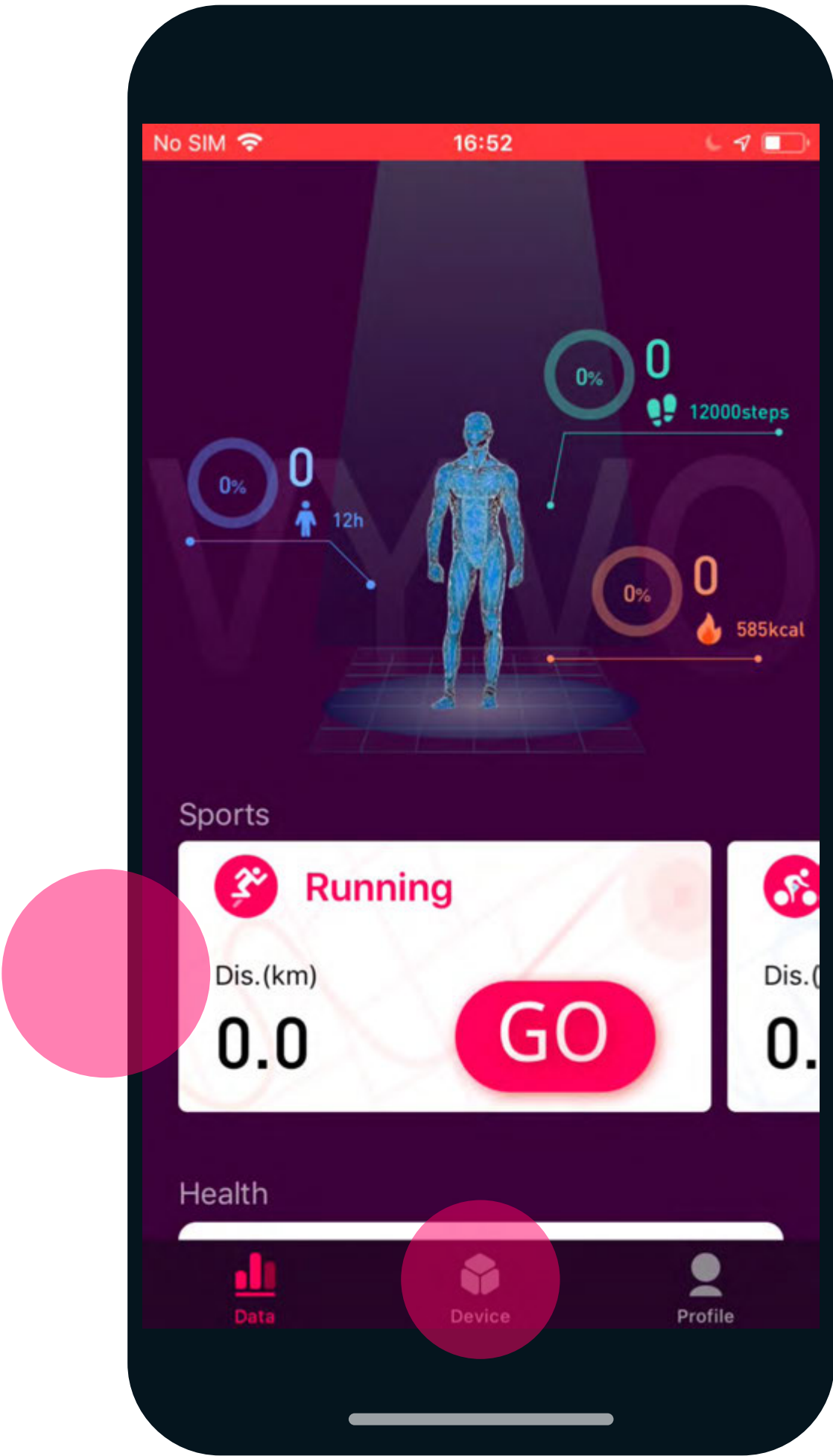D.
Change the home
interface and enter
the **Settings** section.

Choose
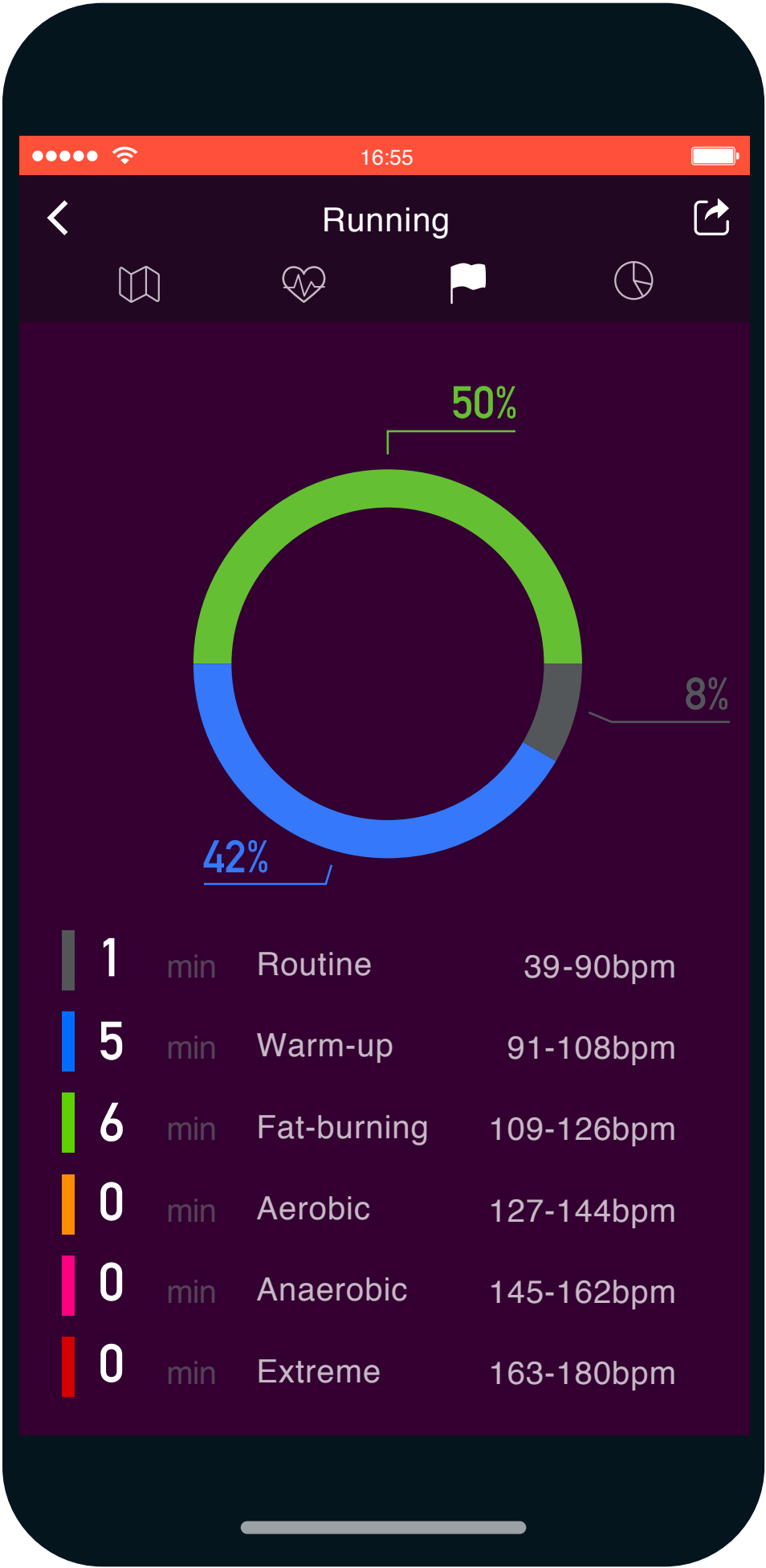**Watch Face**.
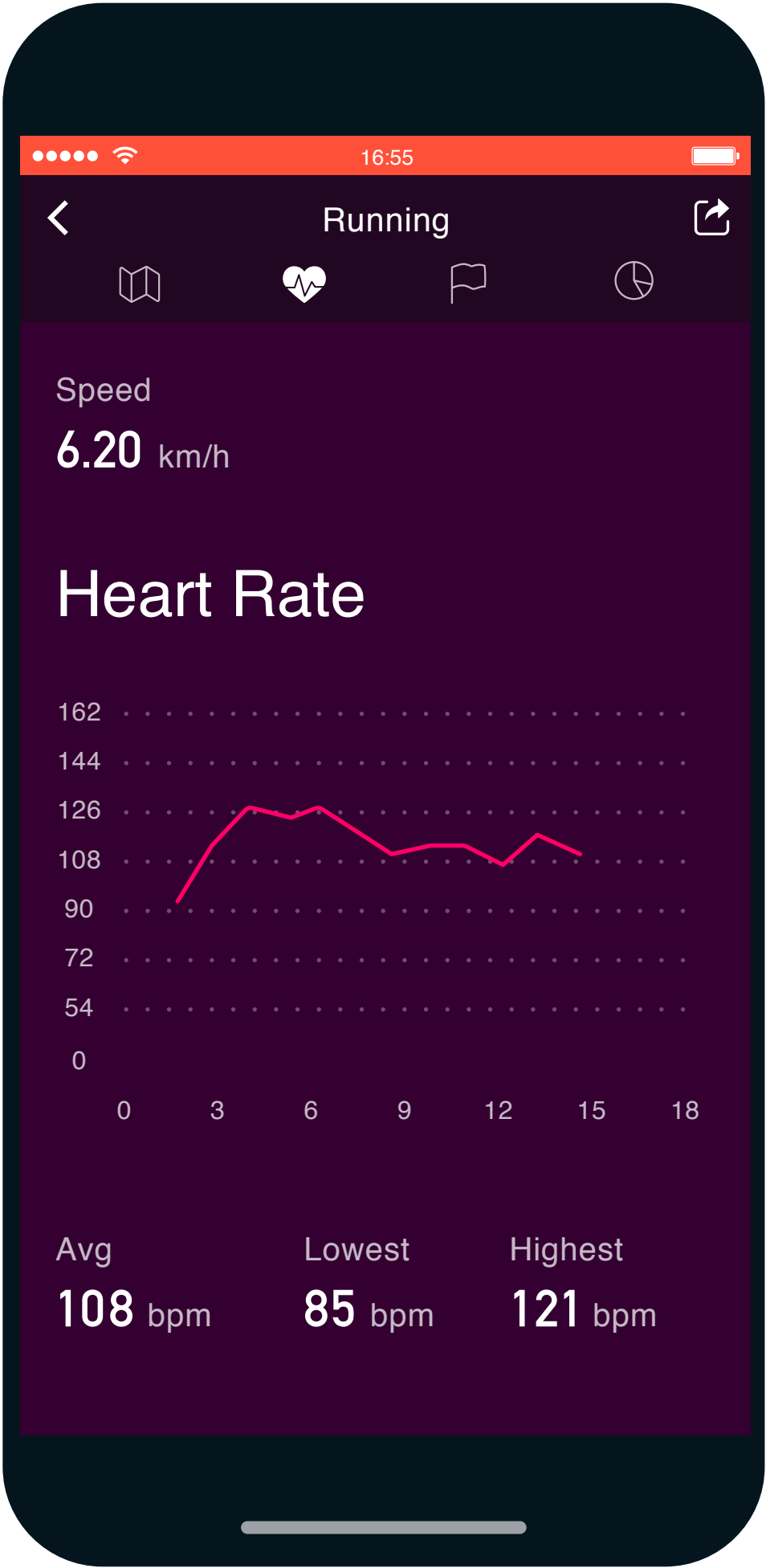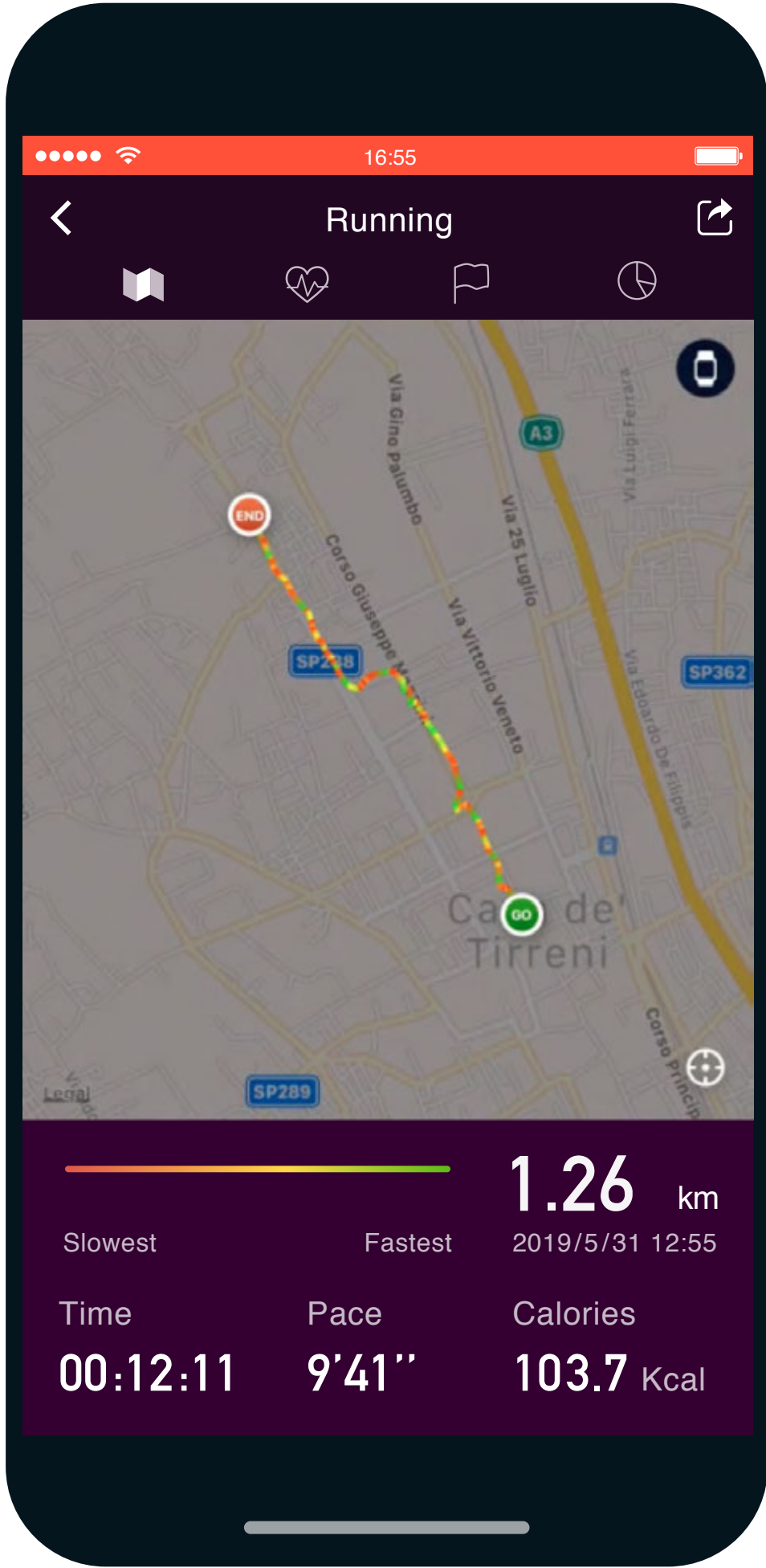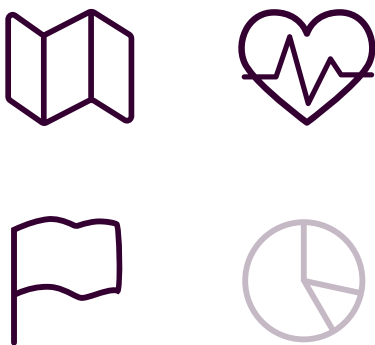
Step 8
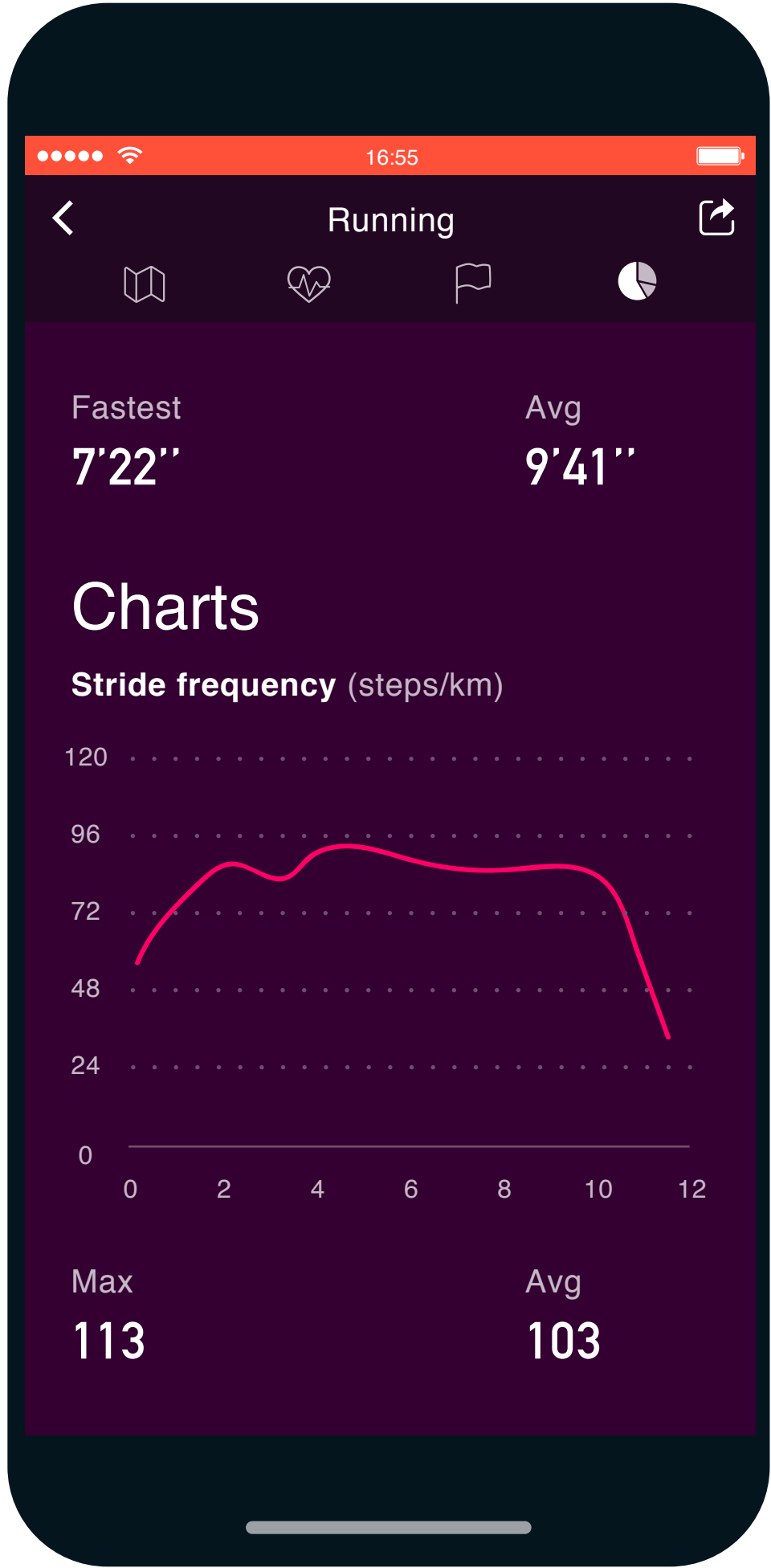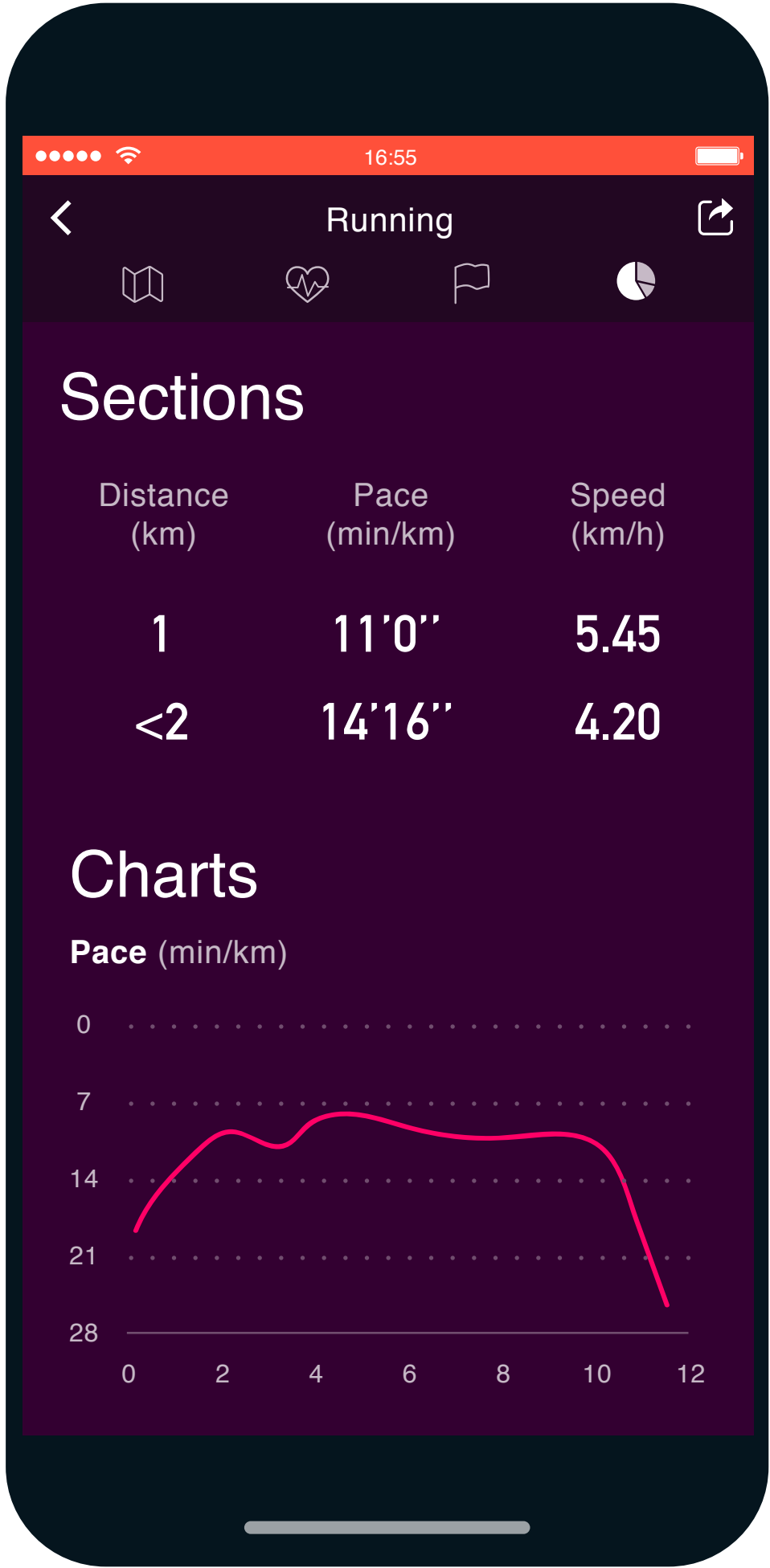Manage your reports
and improve yourself

vista

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

vista

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

16:55

Running

Slowest   Fastest

1.26 km
2019/5/31 12:55

Time   Pace   Calories
00:12:11   **9'41''**   **103.7** Kcal

16:55

Running

Speed
6.20 km/h

Heart Rate

162
144
126
108
90
72
54
0
  0   3   6   9   12   15   18

Avg   Lowest   Highest
108 bpm   **85** bpm   **121** bpm

16:55

Running

50%

8%

42%

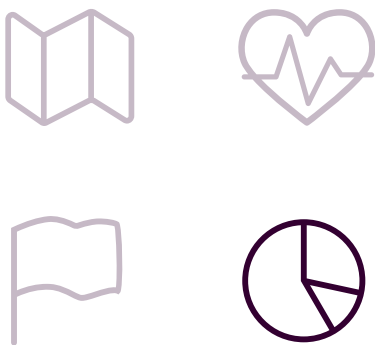|	min		
1	min	Routine	39-90bpm
5	min	Warm-up	91-108bpm
6	min	Fat-burning	109-126bpm
0	min	Aerobic	127-144bpm
0	min	Anaerobic	145-162bpm
0	min	Extreme	163-180bpm

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vista

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

Running

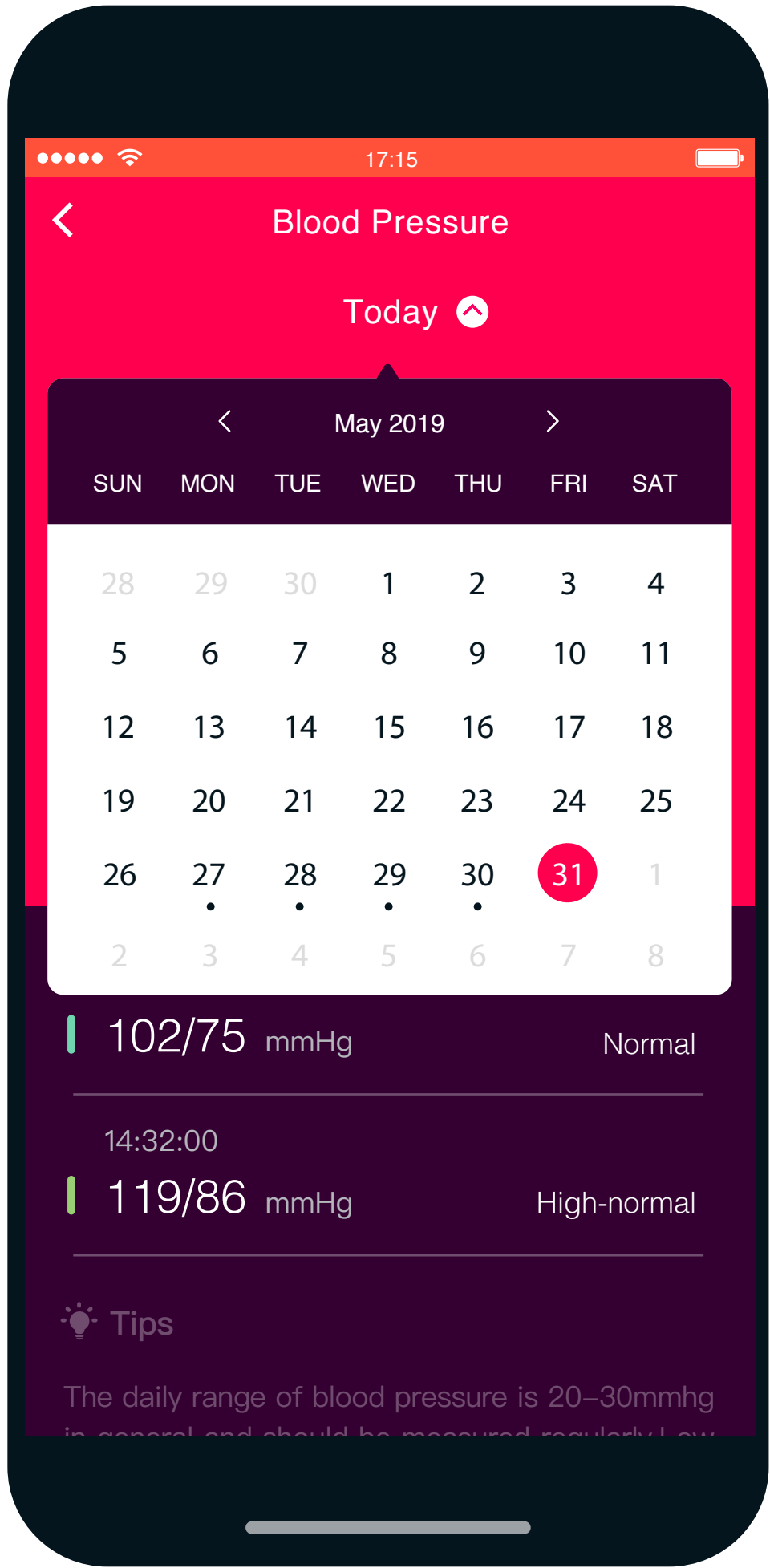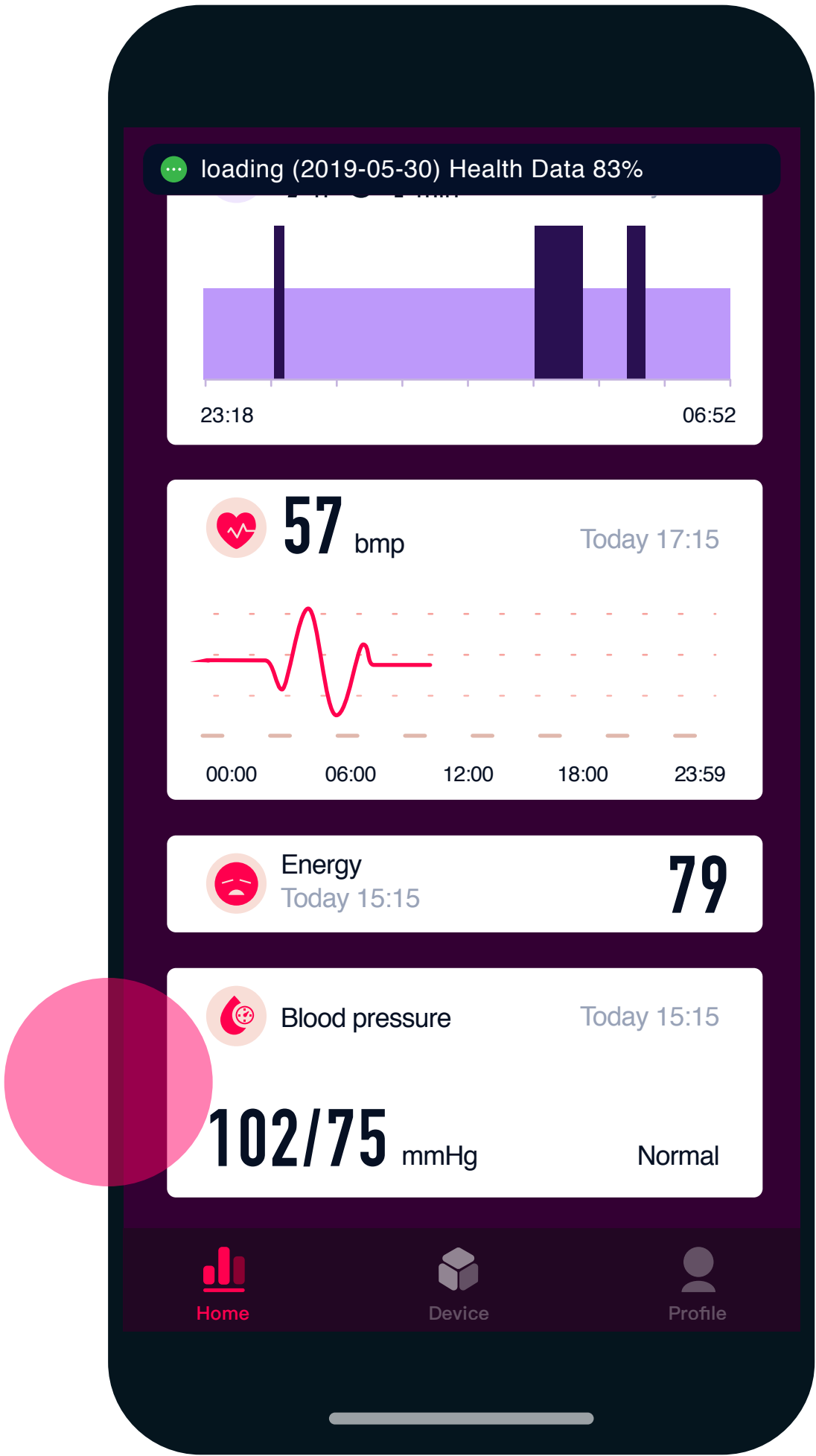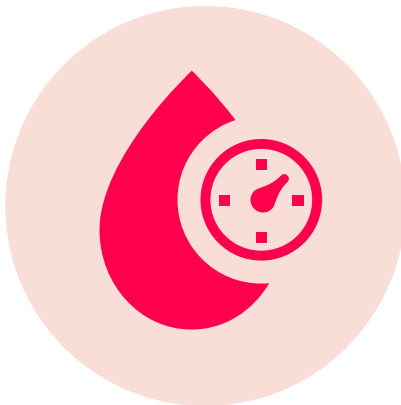Sections

Distance (km)	Pace (min/km)	Speed (km/h)
1	11'0''	5.45
<2	14'16''	4.20

Charts

Pace (min/km)

Running

Fastest	Avg
7'22''	9'41''

Charts

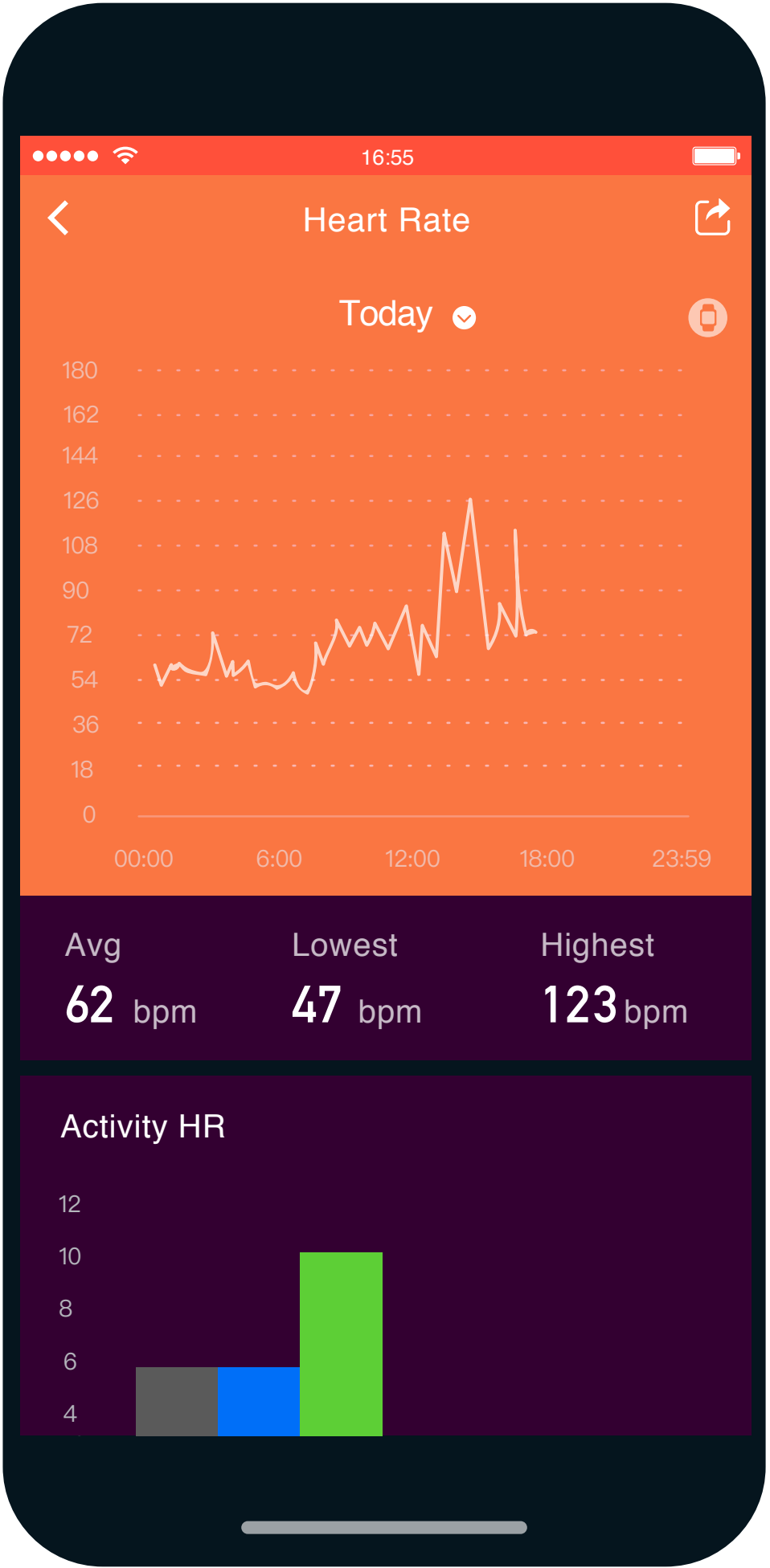**Stride frequency** (steps/km)
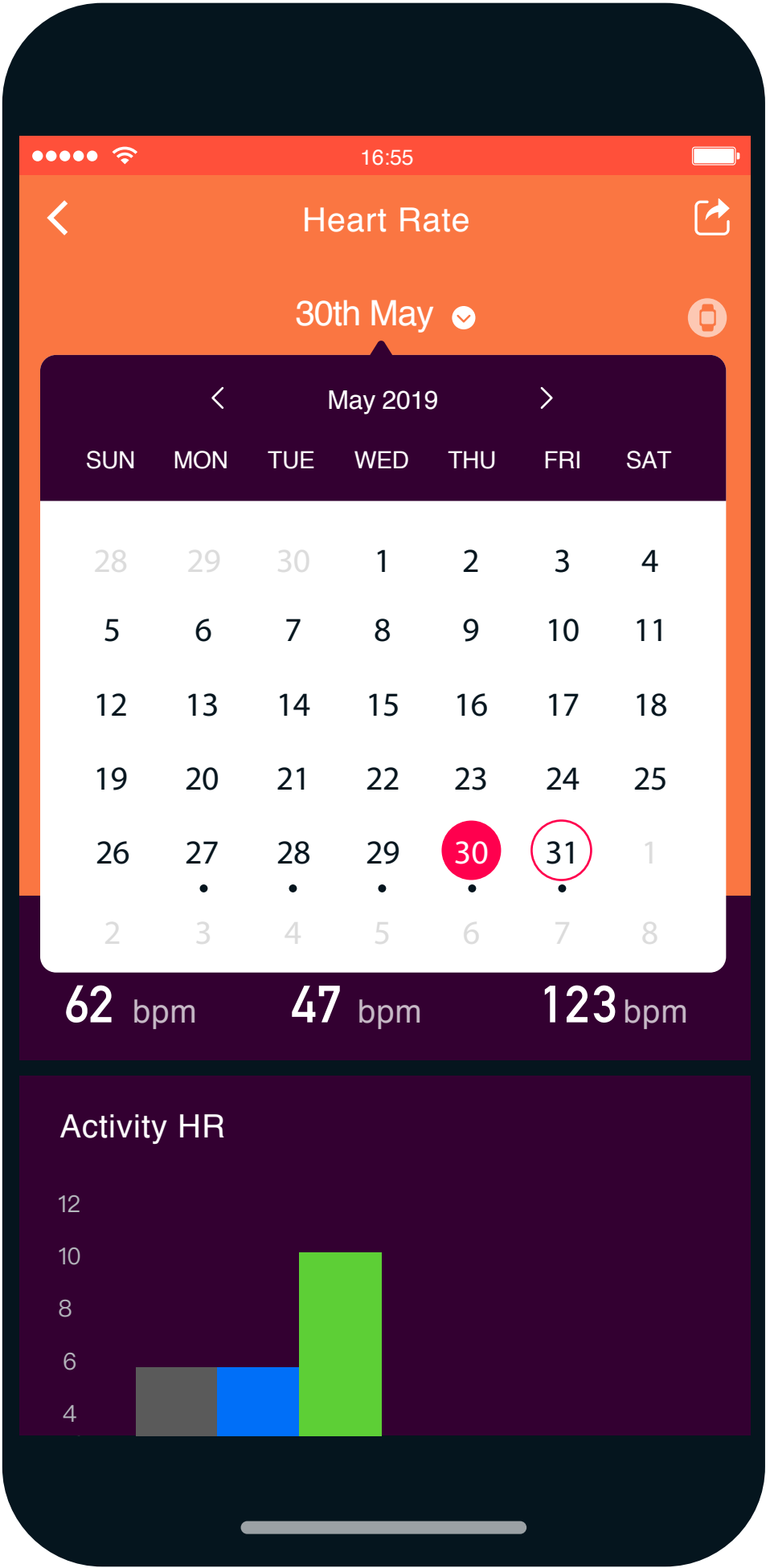
Max	Avg
113	103

51

vista

B.
Health Reports.
Check your **Blood
Pressure** trend.

loading (2019-05-30) Health Data 83%

23:18   06:52

57 bmp   Today 17:15

00:00   06:00   12:00   18:00   23:59

Energy
Today 15:15   **79**

Blood pressure   Today 15:15

102/75 mmHg   Normal

Home   Device   Profile

Blood Pressure

Today ⌃

‹   May 2019   ›

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	**31**	1
2	3	4	5	6	7	8

102/75 mmHg   Normal

14:32:00
119/86 mmHg   High-normal

💡 Tips

The daily range of blood pressure is 20–30mmhg
in general and should be measured regularly.Low

Blood Pressure

30 thMay ⌄

250

200

150

100

50

0   6:00   12:00   18:00   23:59

○ SEP   ○ DEP

15:15:00
102/75 mmHg   Normal

14:32:00
119/86 mmHg   High-normal

💡 Tips

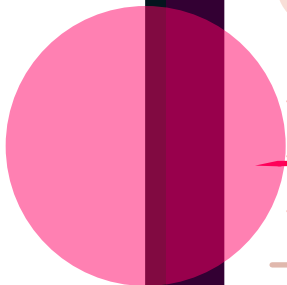The daily range of blood pressure is 20–30mmhg
in general and should be measured regularly.Low
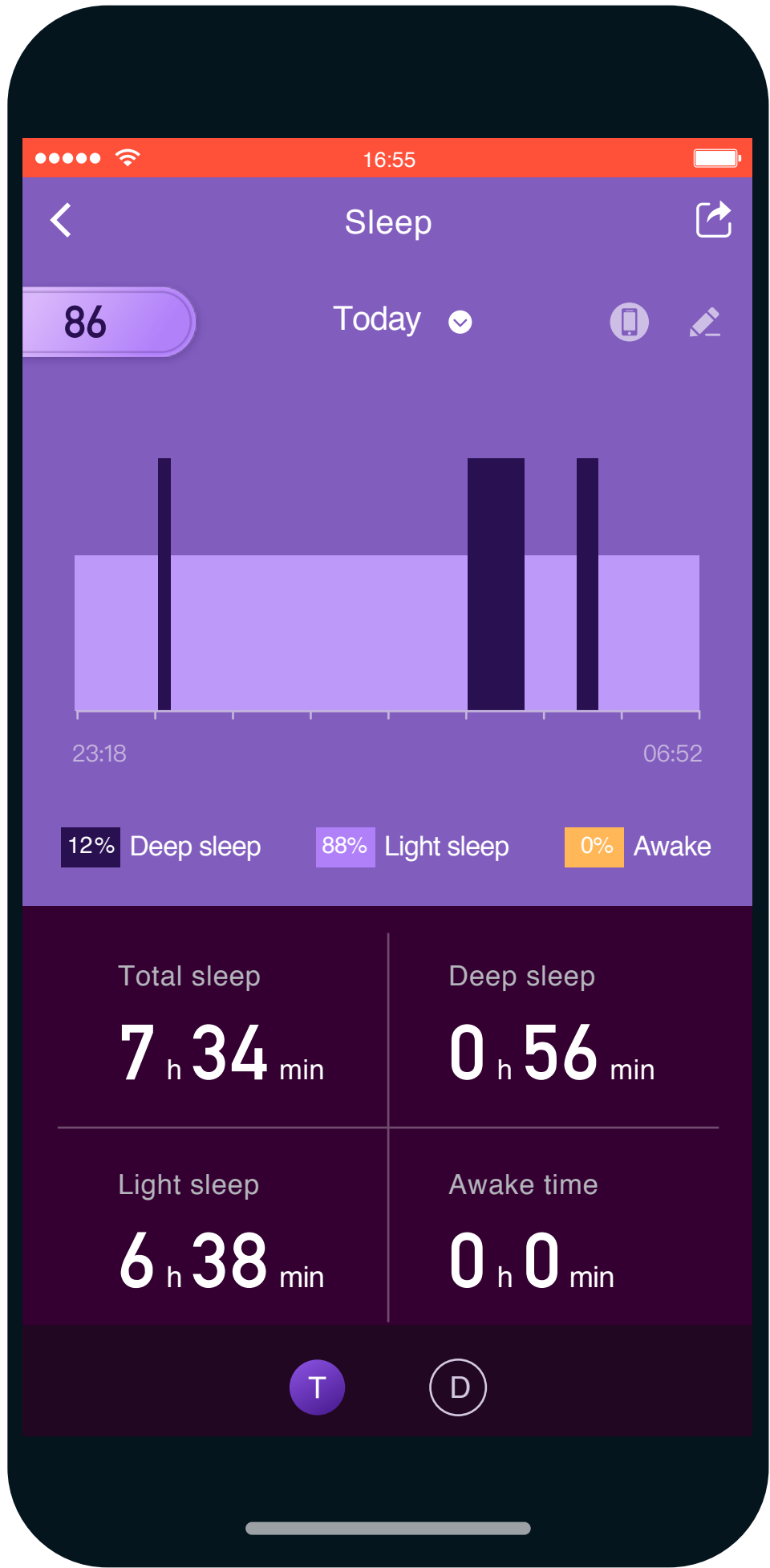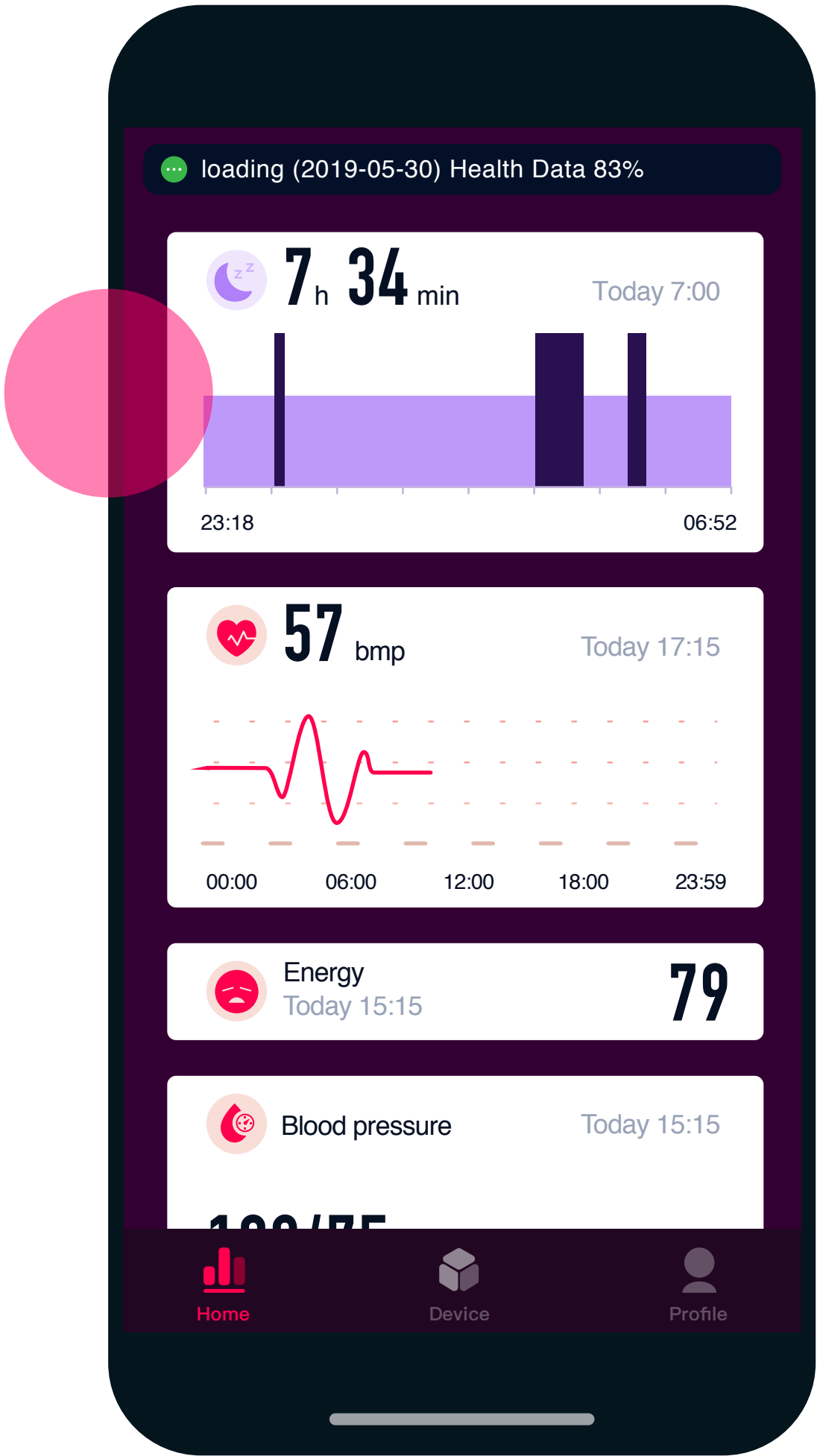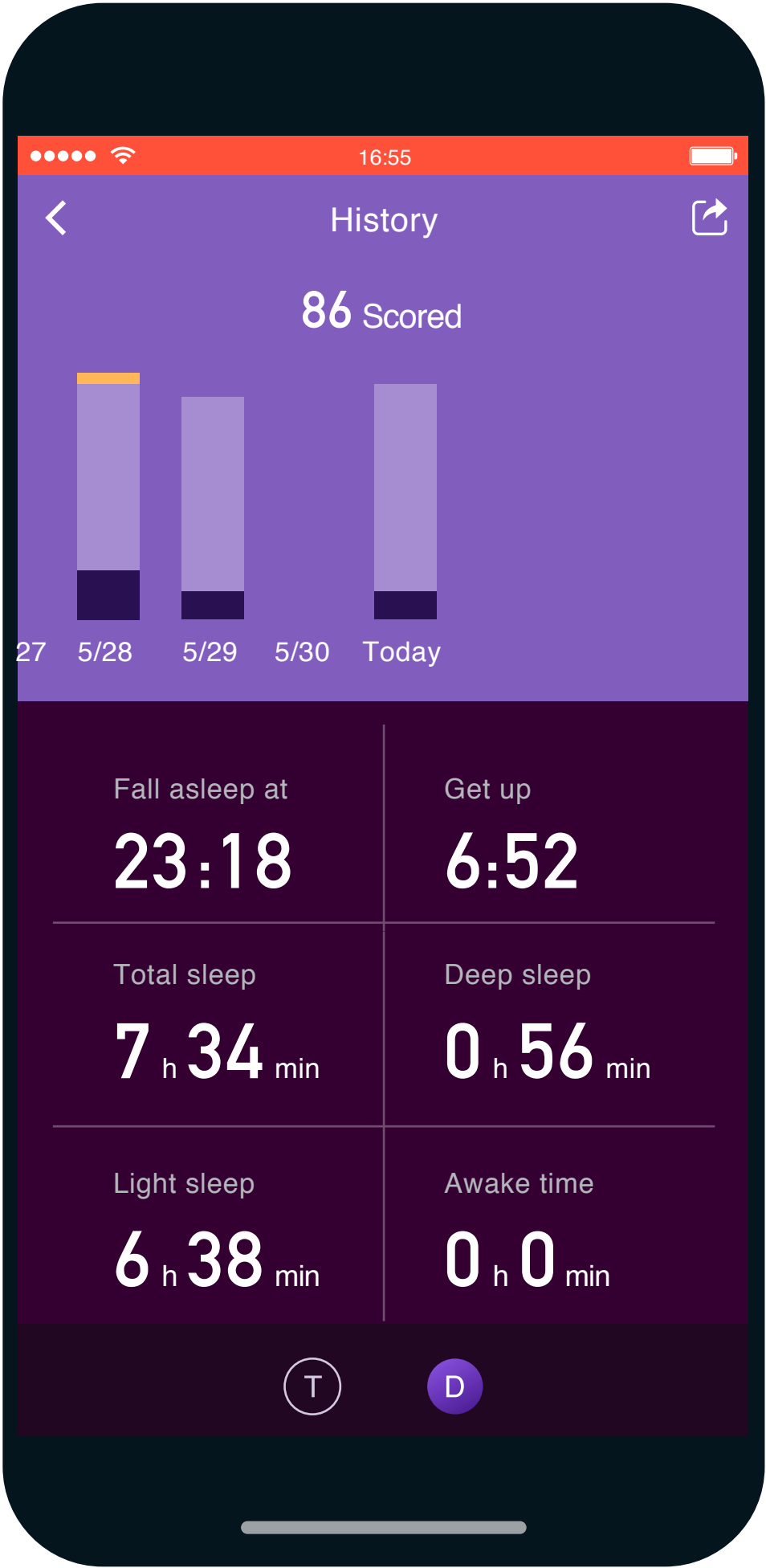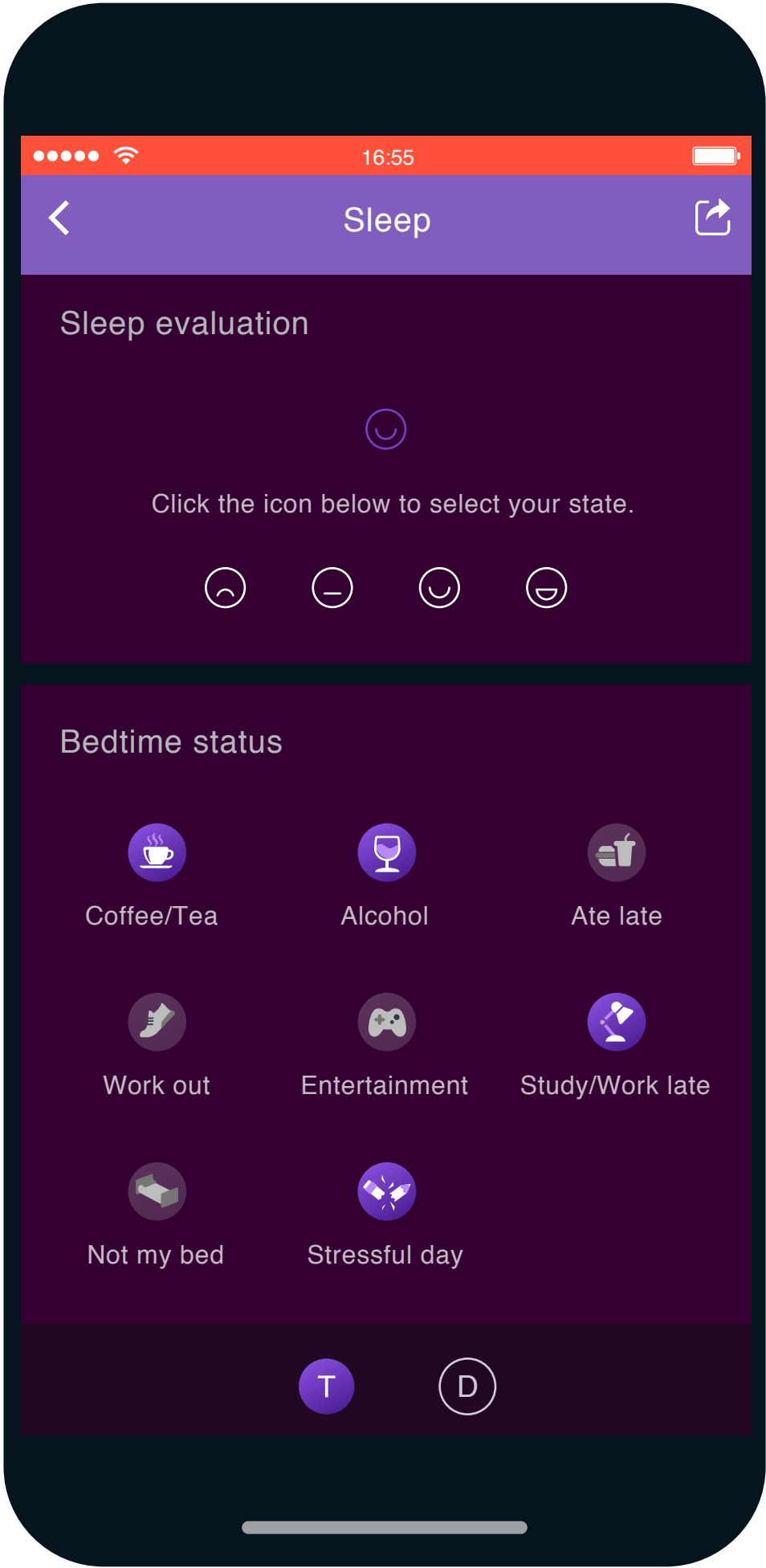
52

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B.
Health Reports.
Check your **Heart Rate** chart.
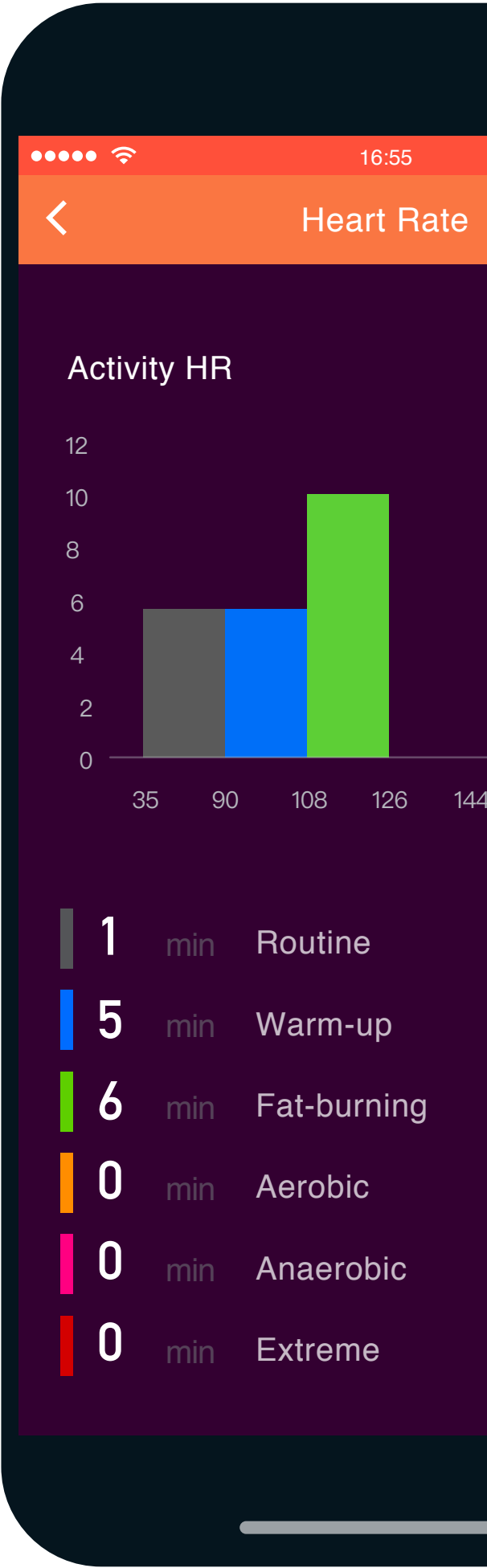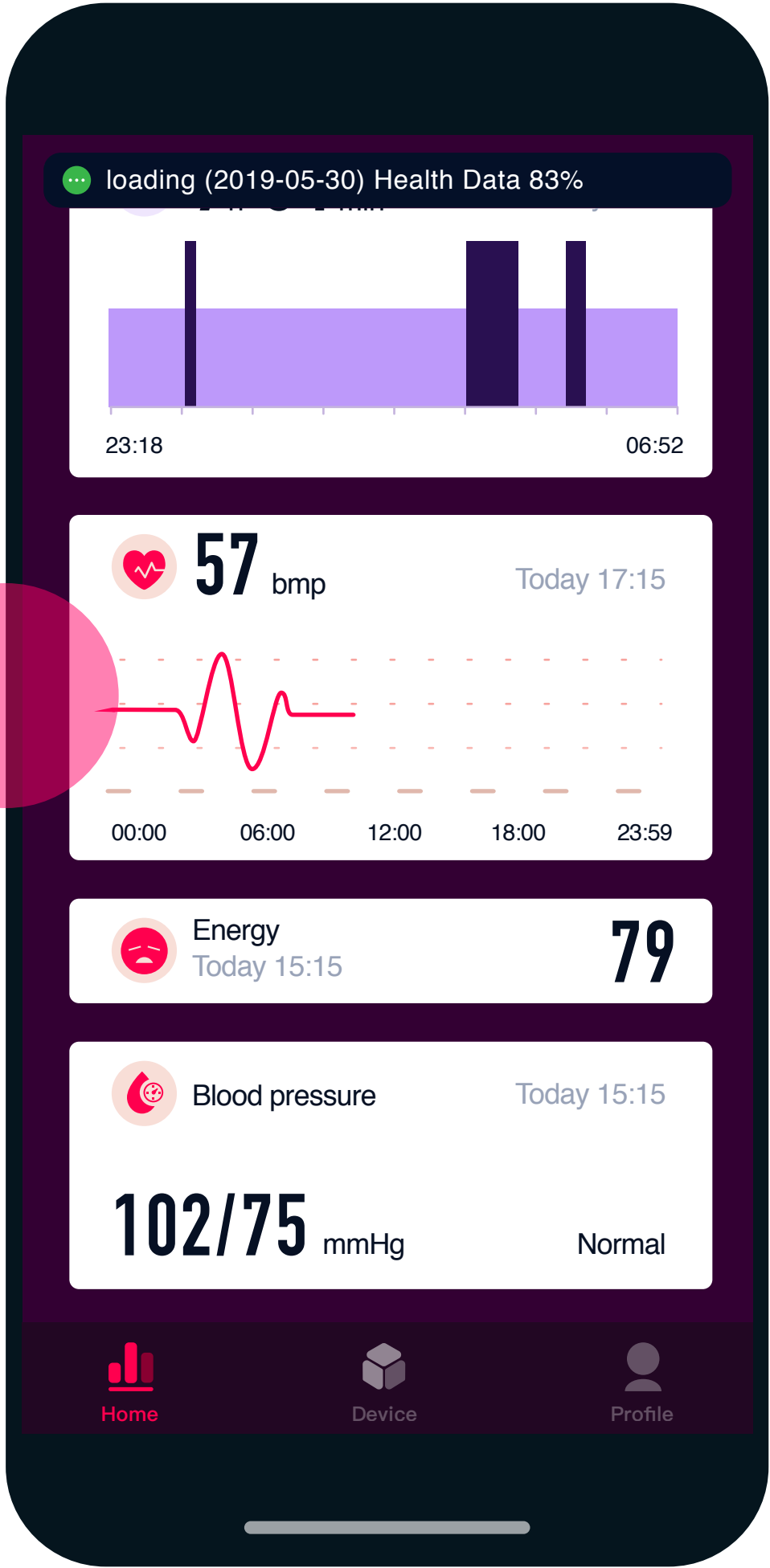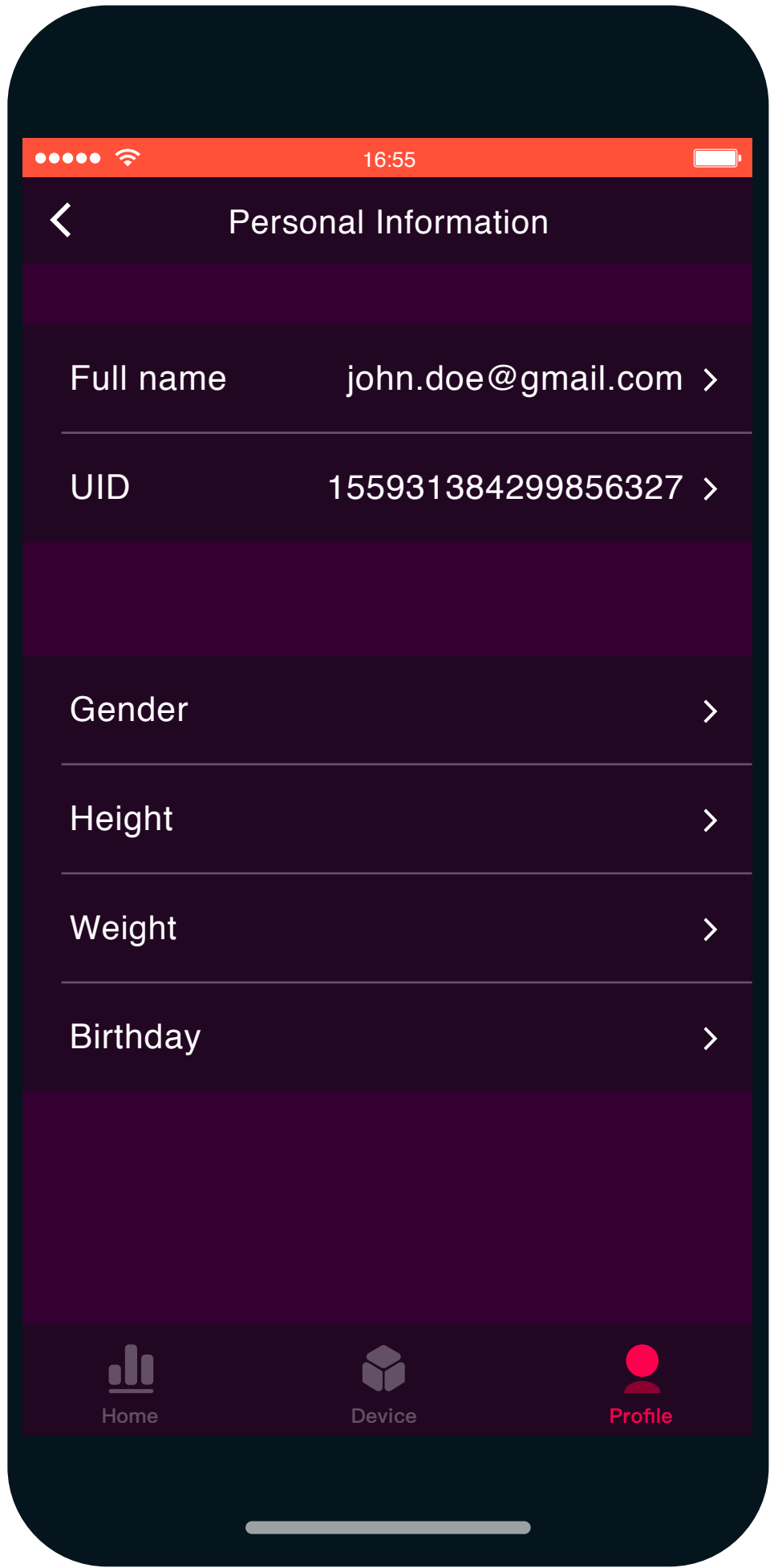
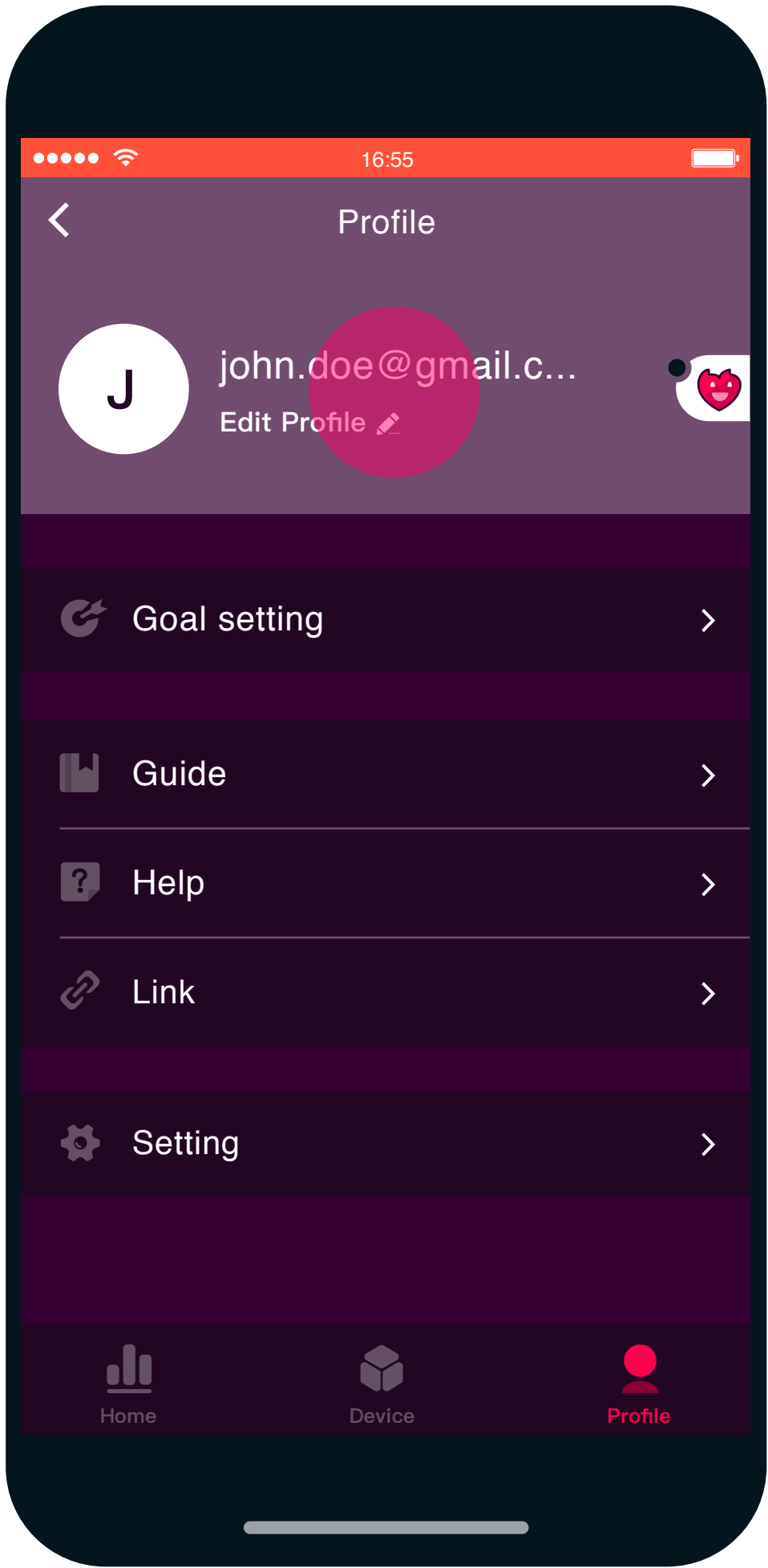B.
Health Reports.
Check your **Sleep**
report.

B.
Health Reports.
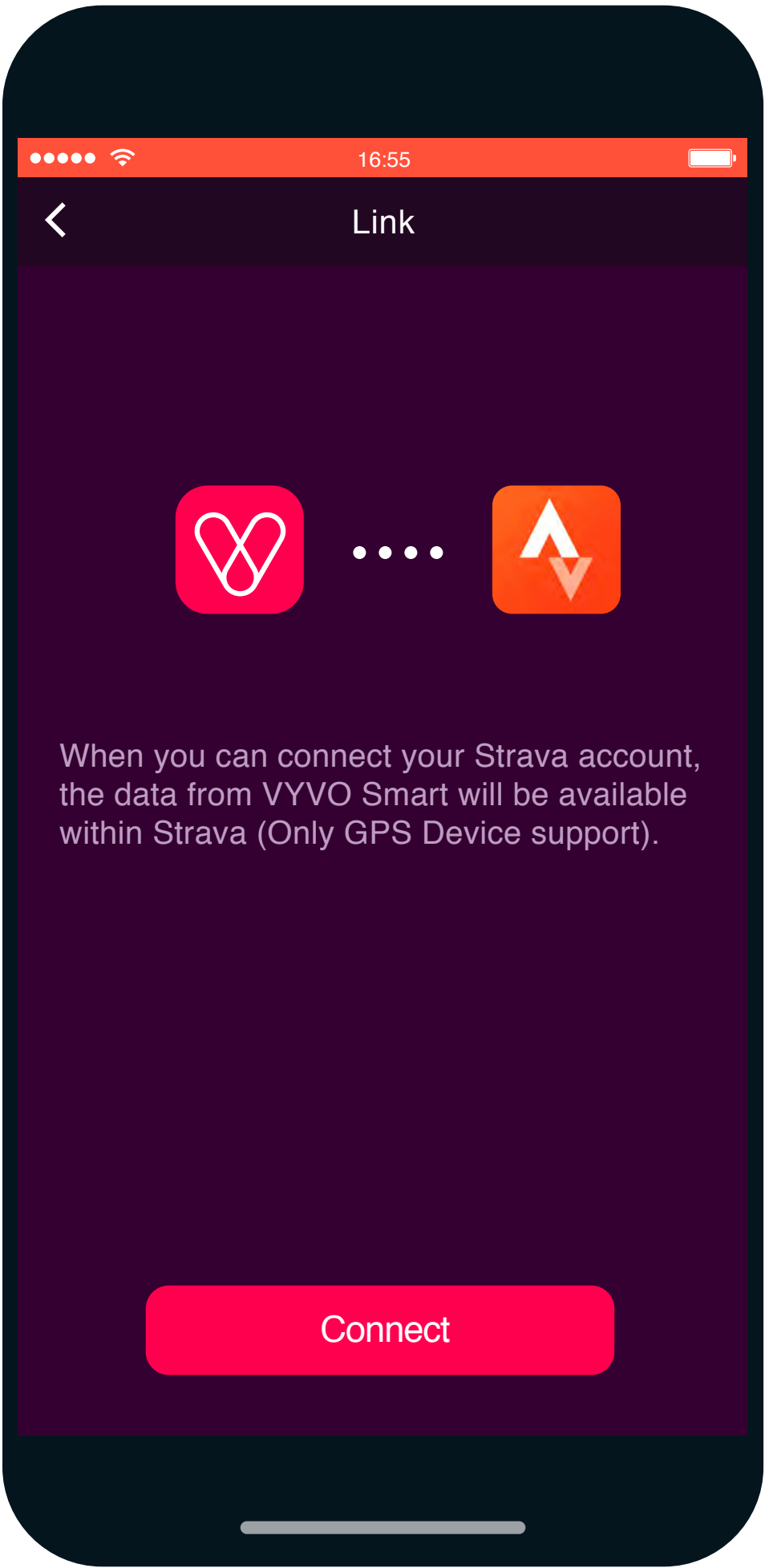Check your **Sleep**
report.
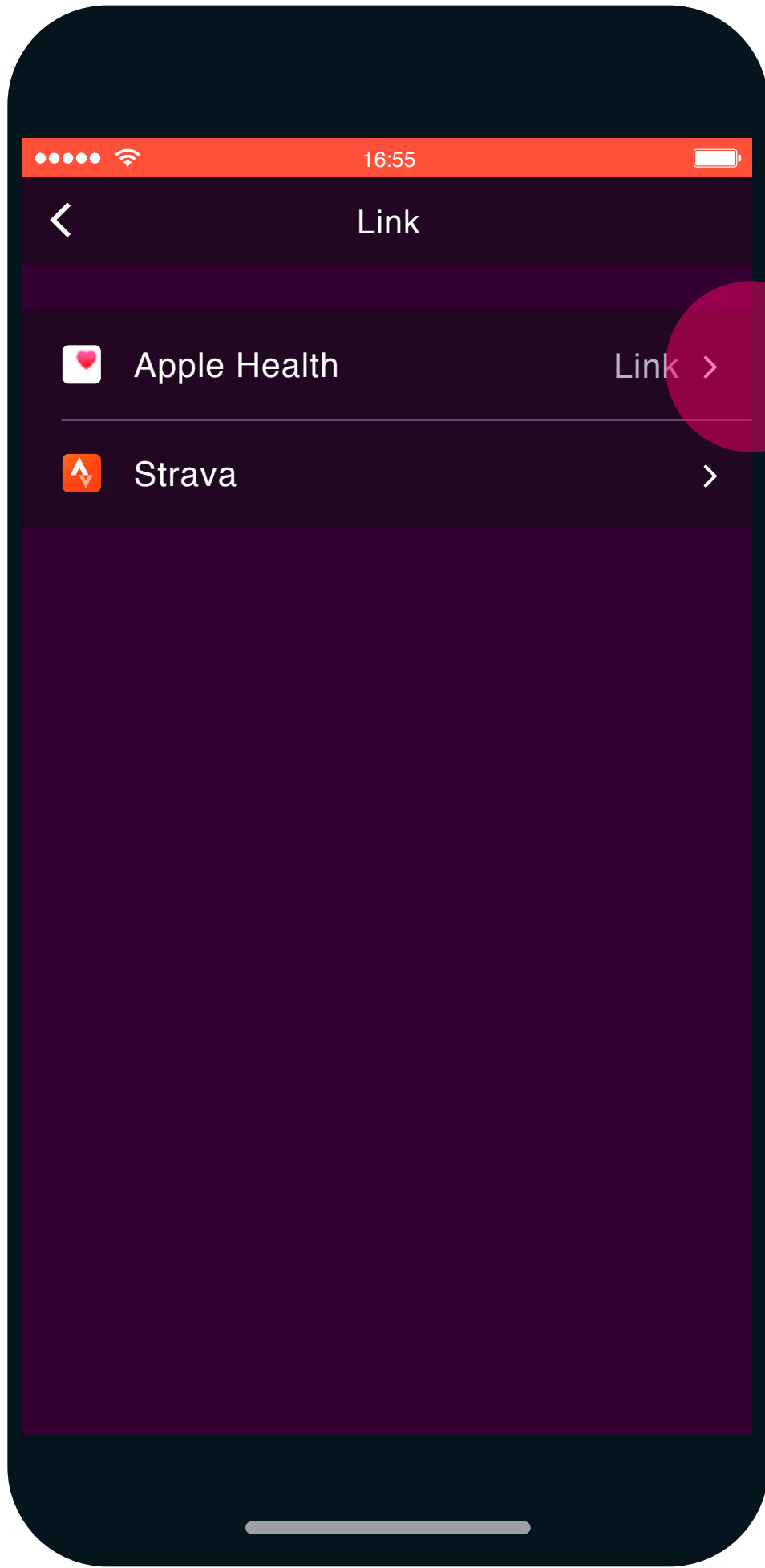
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C.
Update your
Profile.

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D
Set your
Goals.

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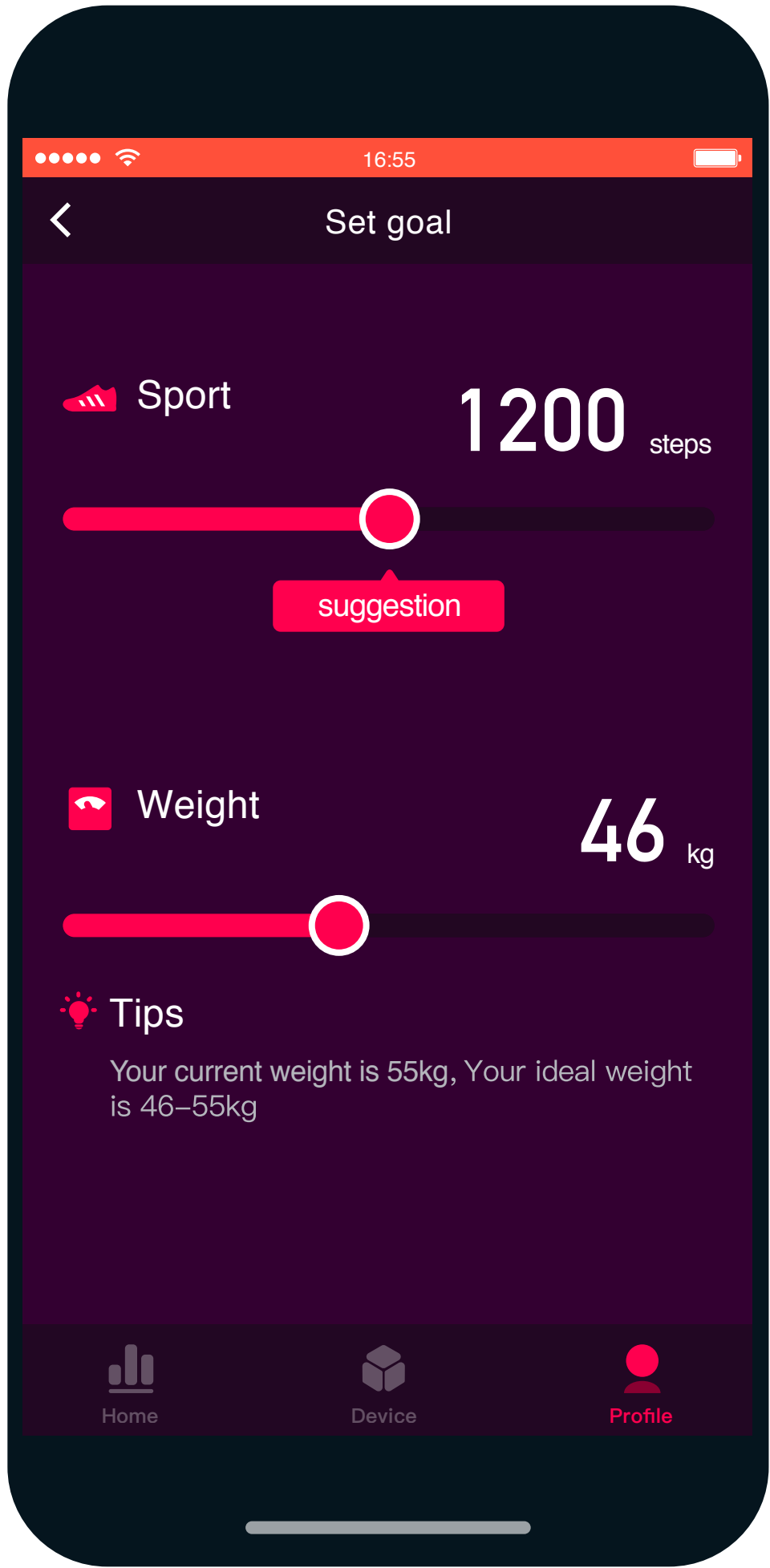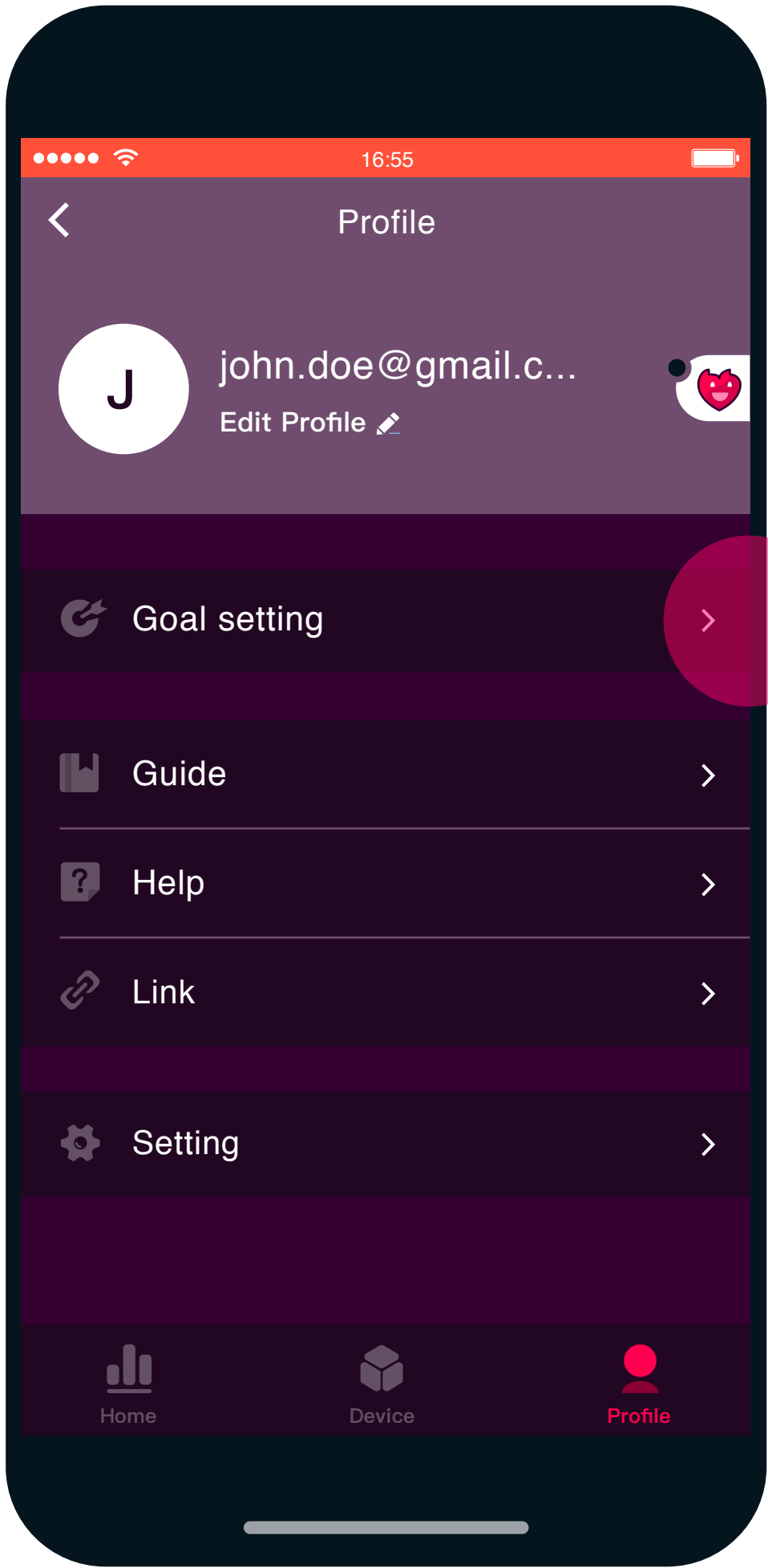
E.
Link to **Strava** or
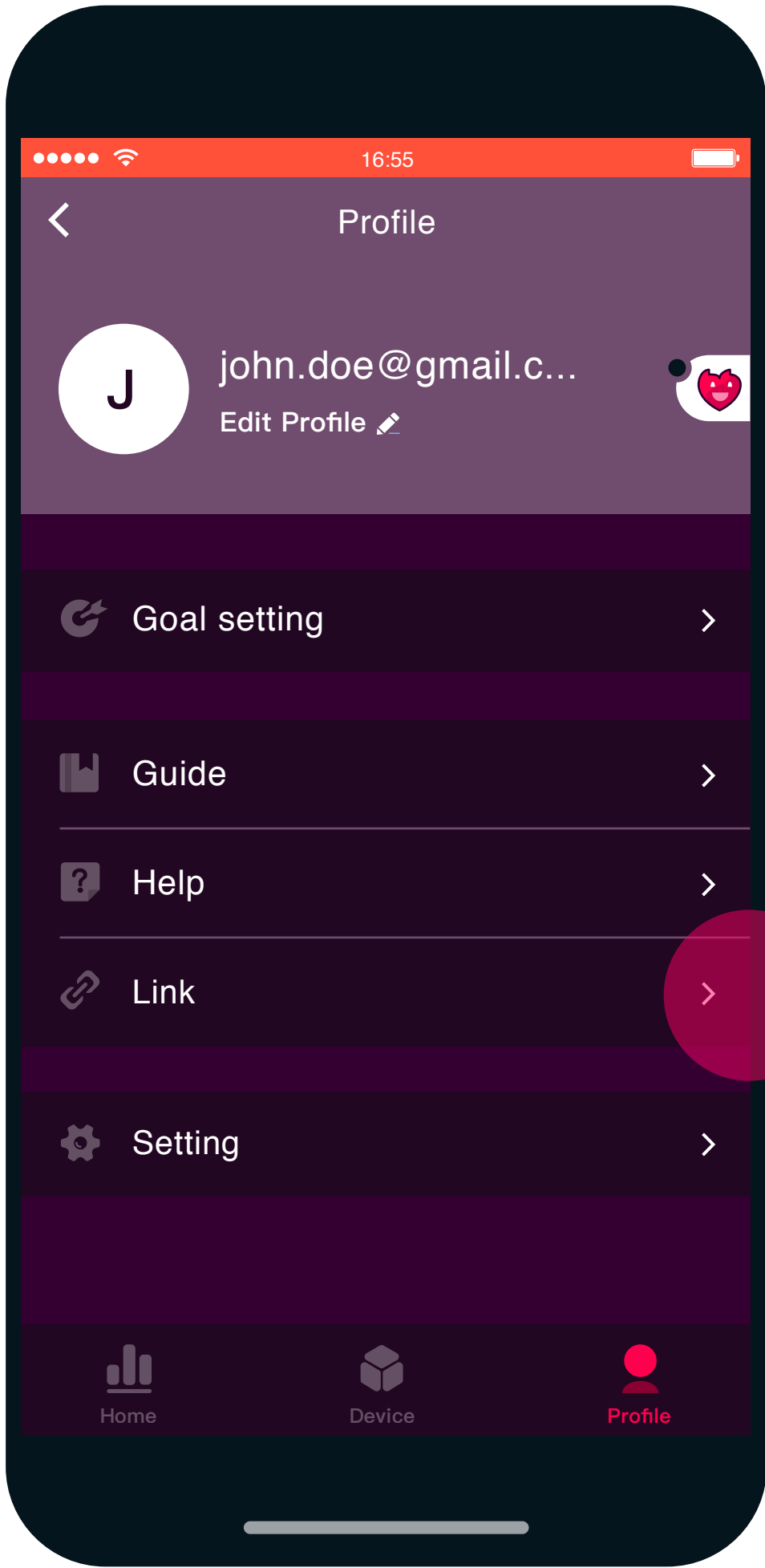**Apple Health**/**Google
Fit** to export your
measurements.
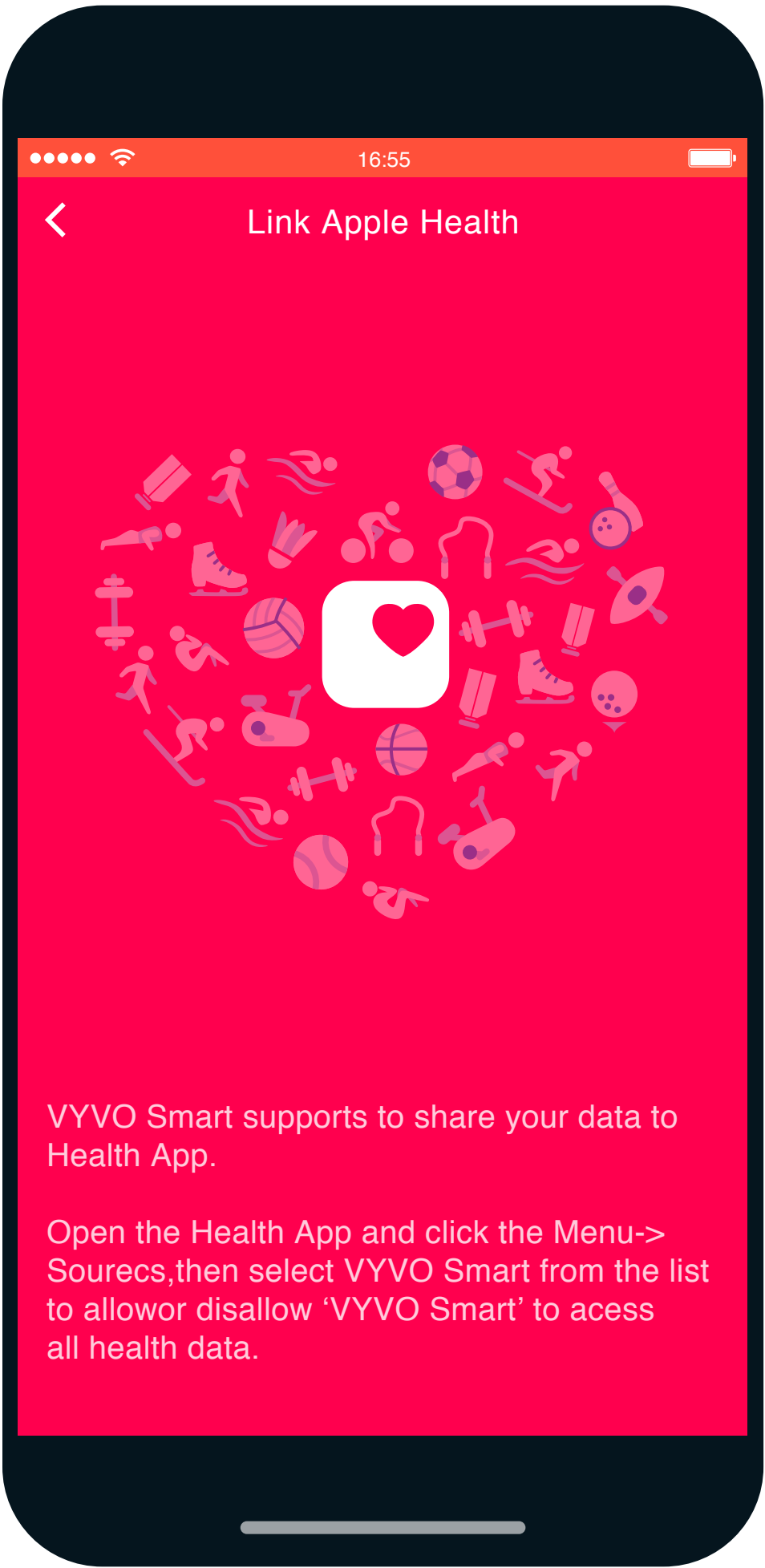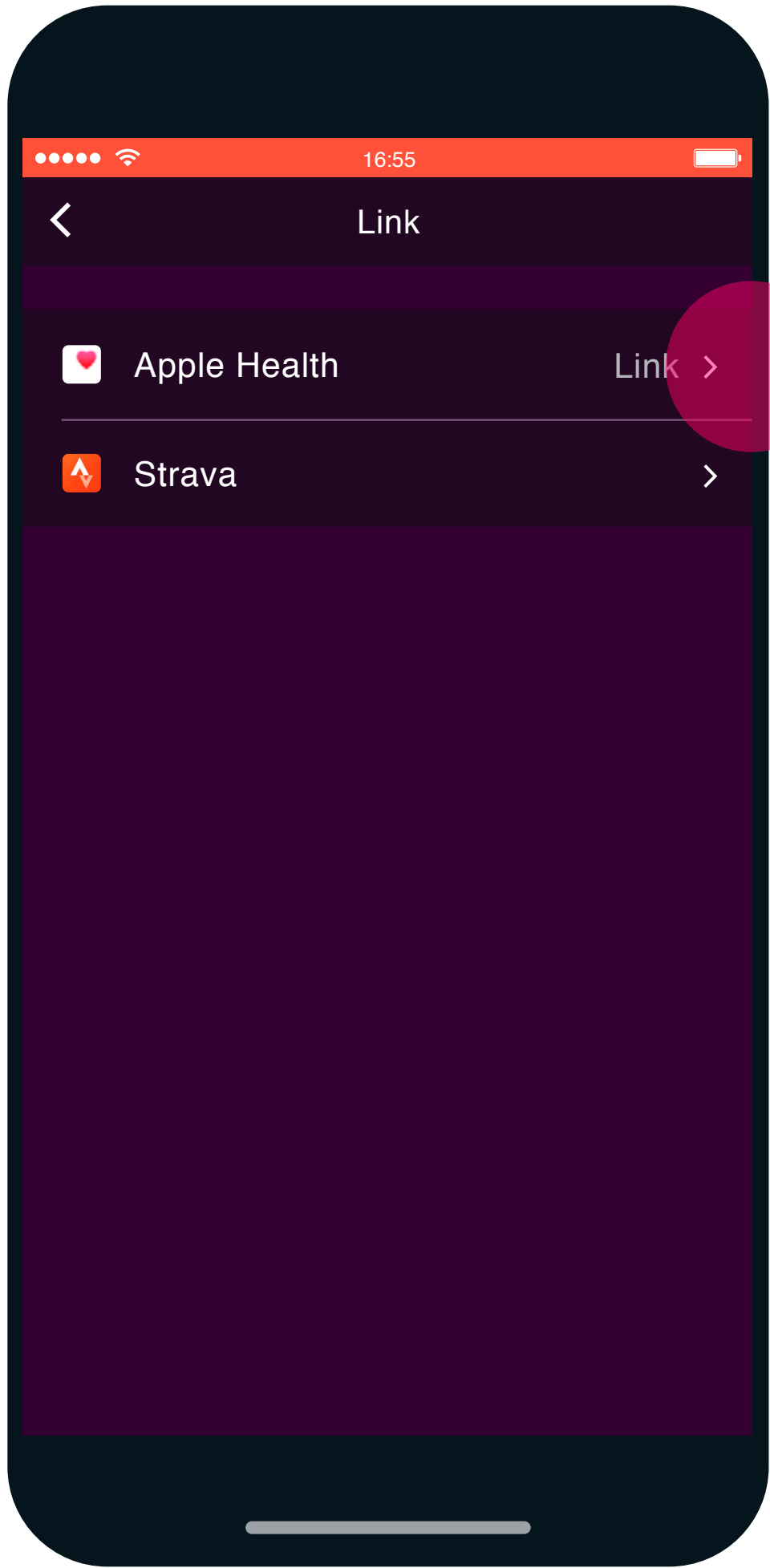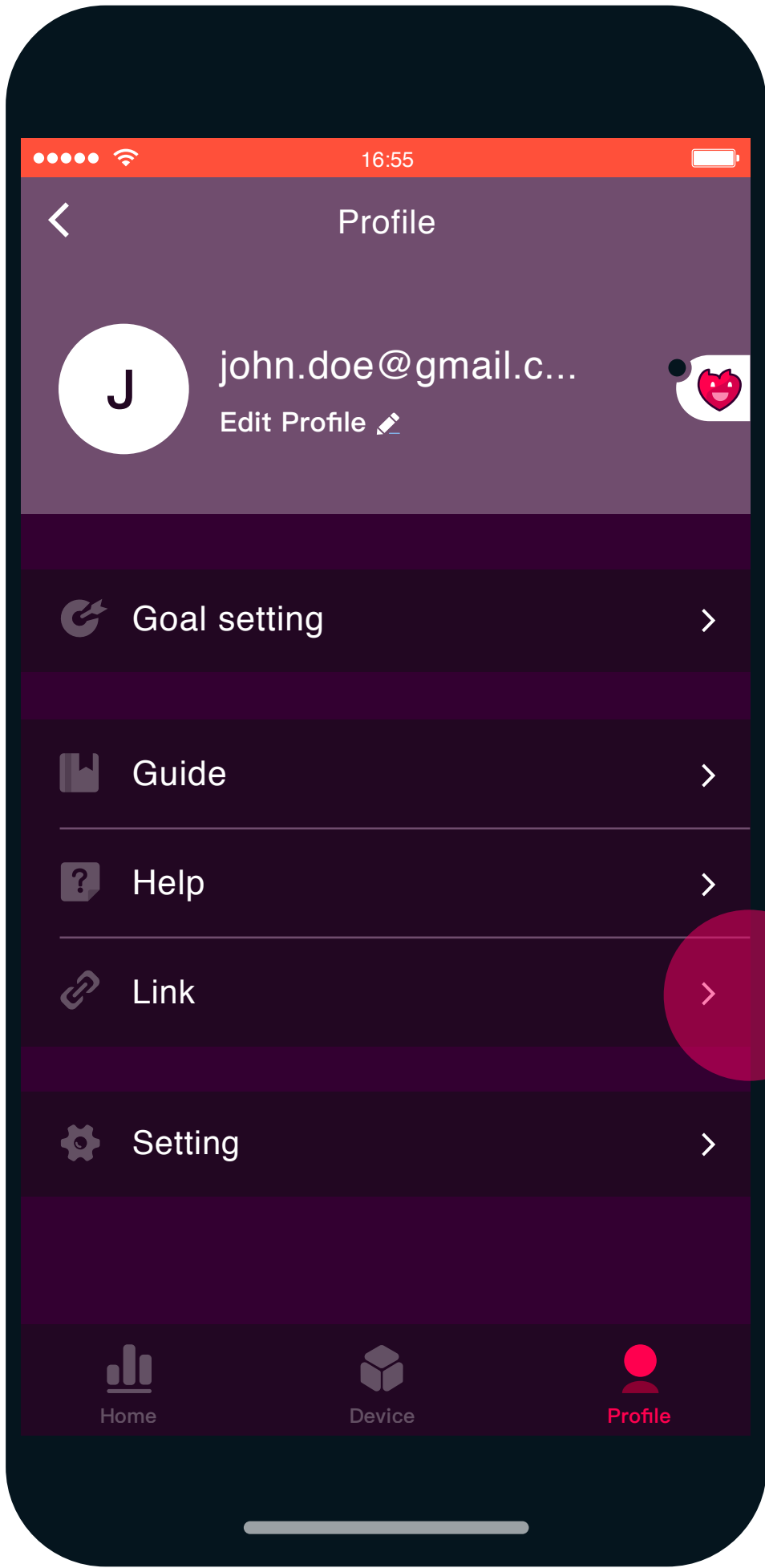
E.
Link to **Strava** or
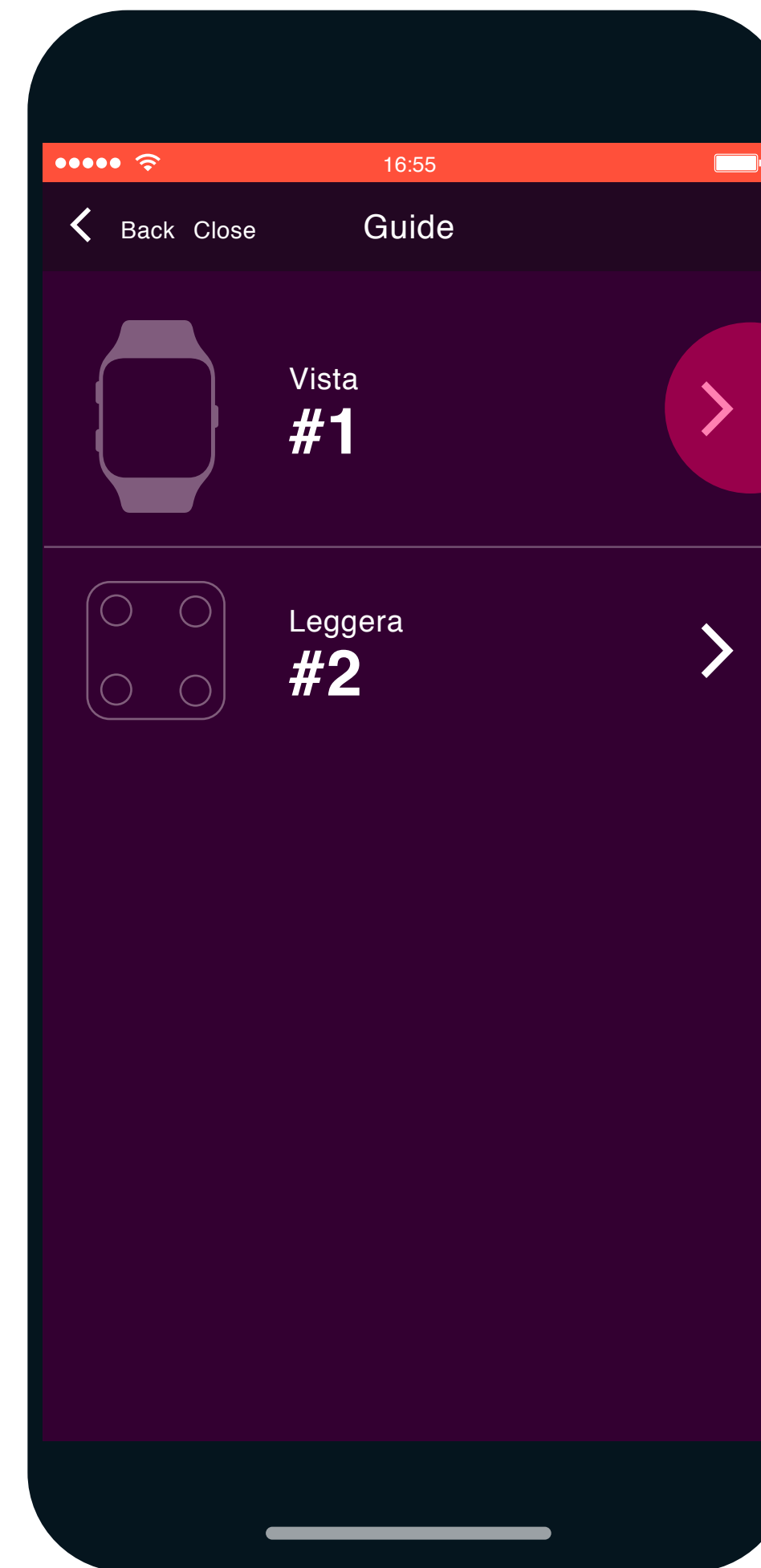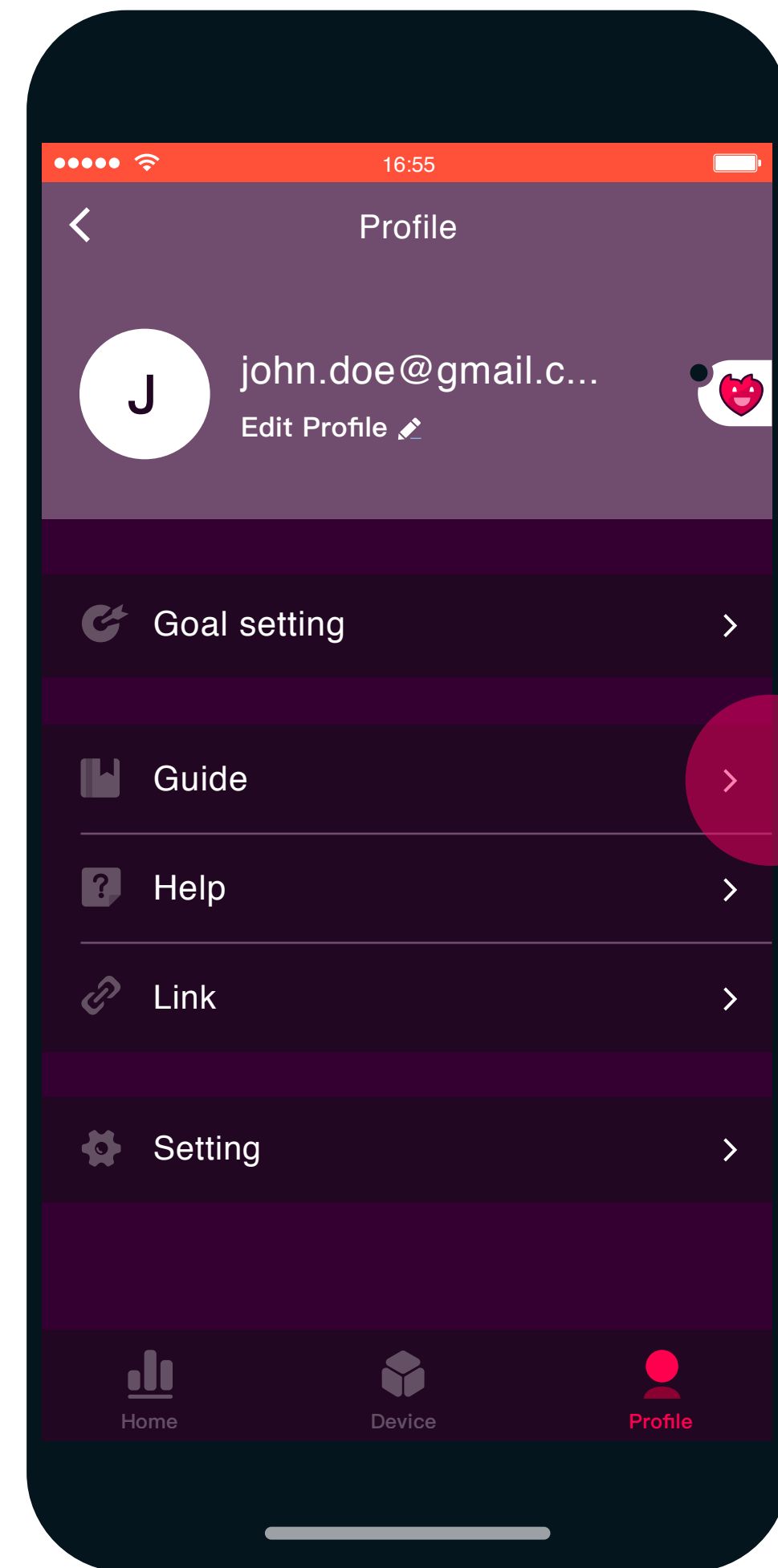**Apple Health**/**Google
Fit** to export your
measurements.

Profile

J   john.doe@gmail.c...
     Edit Profile ✏

 Goal setting   >

 Guide   >

 Help   >

 Link   >

 Setting   >

Home   Device   Profile

Link

❤ Apple Health   Link >

🔺 Strava   >

Link Apple Health

VYVO Smart supports to share your data to
Health App.

Open the Health App and click the Menu->
Sourecs,then select VYVO Smart from the list
to allowor disallow 'VYVO Smart' to acess
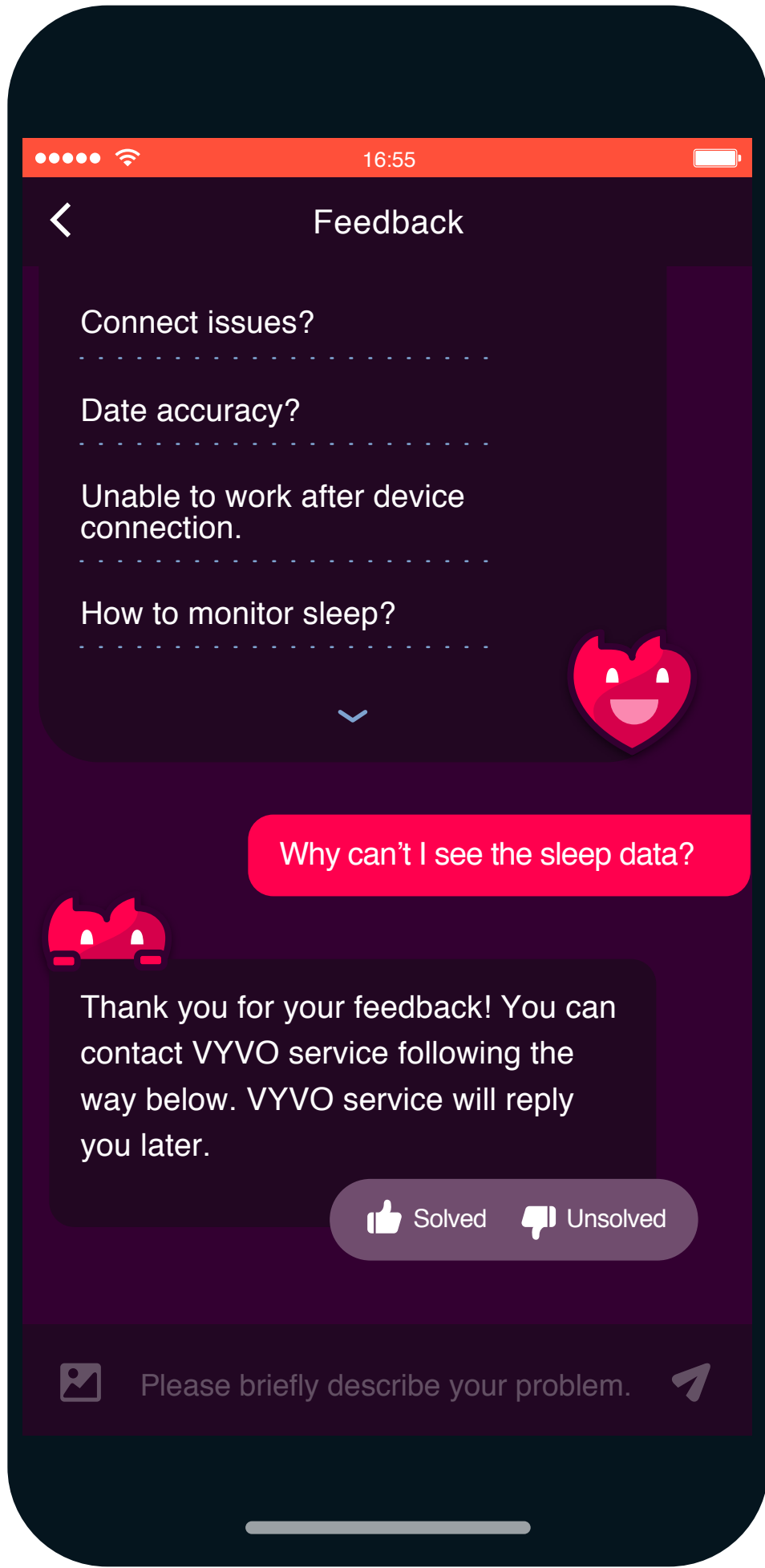all health data.

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F.
Consult the user **Guide**.
Choose a **Language**.
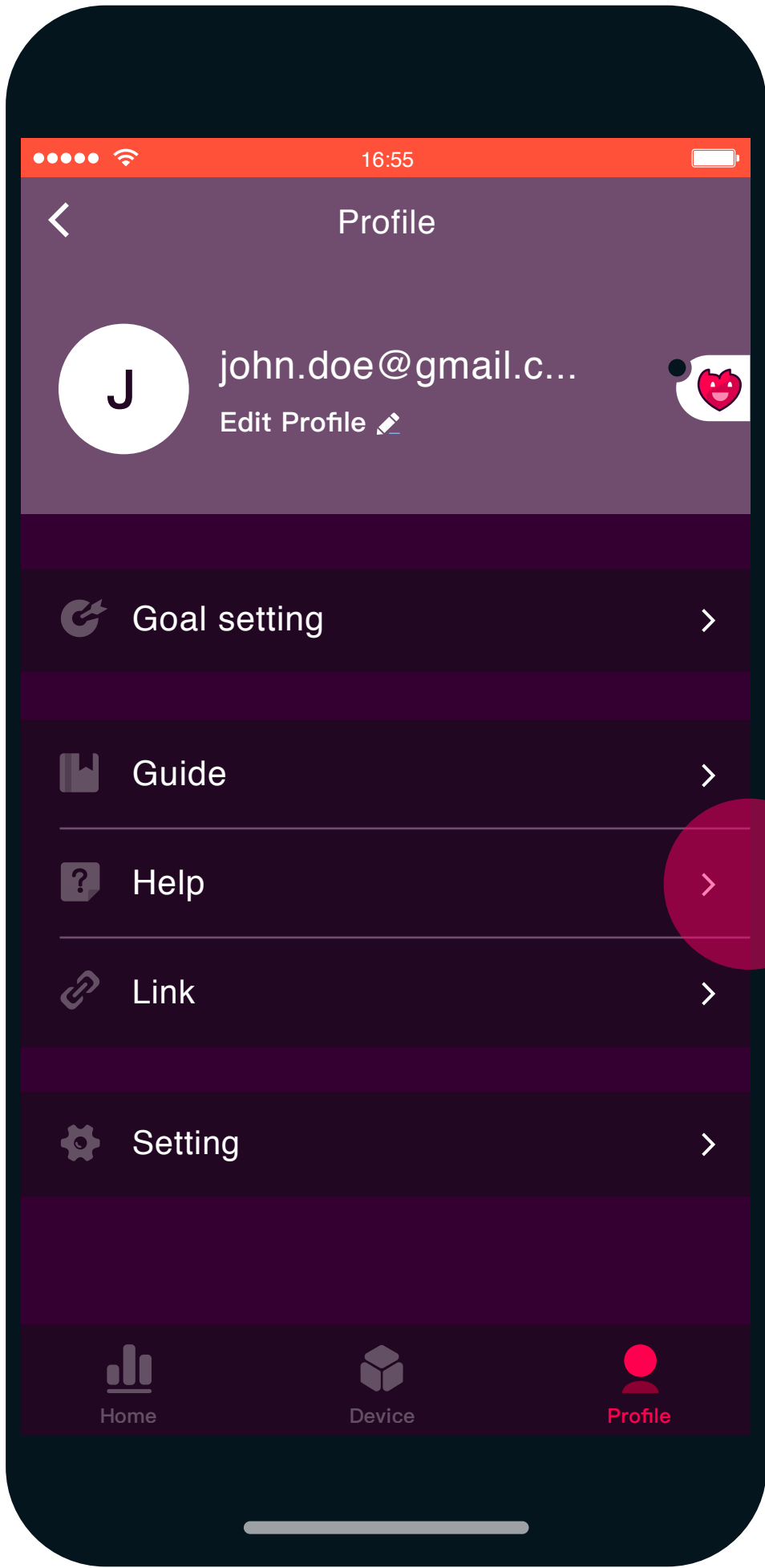
G.
See **F.A.Q.** and or ask
your own **questions**.

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

Also, remember...

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

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VYVO™ making life wonderful