

## Garmin® vívofit® 2 setup

Welcome to **Wellness 4U™**! In your welcome kit, you will find a Garmin vívofit 2. This wearable device records your step and sleep activity, then sends the information to the Wellness 4U website ([www.wellness4u.com](http://www.wellness4u.com)) using your smartphone or computer. Your **Wellness 4U** site account is already set up to communicate with the Garmin website. All you need to do is get the Garmin app installed on your smartphone or computer, and then pair vívofit 2 to use it. Here are the instructions:

### How to set up and use the Garmin vívofit 2:

- Unbox vívofit 2
- Install the Garmin Connect app (on smartphone or computer)
- Pair vívofit 2 with the Garmin Connect app
- On a daily basis, synchronize vívofit 2 using the Garmin Connect app

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## Garmin vívofit 2



1. When you open the Garmin box, you will find vívofit 2 already mounted in a wrist band. Two band sizes are provided, to help sizing to your wrist. Please wait until after the device setup is completed before changing the band, if you need a different size.
2. When looking at the device horizontally, you will see a raised bevel on the right side of the display. This presses a button or “key” on the device for changing display modes. Initially, it will show the current time. In order for vívofit 2 to send information to the website, you will pair it to the Garmin Connect app after it has been installed.

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## Installing the Garmin Connect App



You can use your mobile phone and/or computer to synchronize with vívofit 2.

1. Check to see that you have both Bluetooth  and either WiFi  or Mobile Data turned on in your smartphone. Open this address in your browser: [www.garminconnect.com/vivofit2](http://www.garminconnect.com/vivofit2). If your phone is supported, you will find a link to install the Garmin app. If your phone does not have it, you can still use your computer for connecting vívofit 2 (see detailed instructions on the Garmin site – note that you will need to install the small Garmin receiver in a USB port).

2. Click on the link to the app site for your device or computer. Click “Install.” Once installation completes, the app is called “Connect” on your phone or “Garmin Express” on your computer.
3. Once installed, open the Garmin application and sign-in using the username and password provided in your Welcome Folder, located on a printed label on the inside of the folder.
4. After you log in for the first time, you will be asked if you have a device to connect. Click “Yes”, select “vívo” then “vívofit2.” You may revise your personal info as needed.

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## Installing Garmin Express on Your Computer

If your smartphone does not have a supported Bluetooth or you do not have a smartphone, you can install the Garmin Express app on your computer. See instructions below or visit the Garmin site for additional information: [www.garmin.com/manuals/webhelp/vivofit2/EN-US](http://www.garmin.com/manuals/webhelp/vivofit2/EN-US).

The Garmin vívofit 2 packaging includes a small USB receiver that you will plug into your computer to synchronize with your device. It is small, so please take precautions not to lose it! We recommend installing it and leaving it in your computer.

1. Open in your computer browser: [www.garminconnect.com/vivofit2](http://www.garminconnect.com/vivofit2), then download the Garmin Express application for your computer (PC or Mac) and install it.
2. When the Garmin Express installation has completed, plug in your Garmin USB ANT receiver that came in the box (the small black rectangle, about the size of a fingernail). After the receiver is recognized by your computer, it is ready to search for vívofit 2. In Garmin Express, you will be asked to add a device – click on “vívofit/vívofit2.”

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## Pairing vívofit 2

1. To begin pairing, press and hold the key on vívofit 2. You will see the menu scroll through keywords: START, SYnC, SLEEP, and then PAIR. When you see “PAIR,” you will let go of the key and the vívofit 2 will be ready to pair with the Garmin Express app.



2. On your phone or computer, click “Search for device” and allow the Garmin app to find your device. Once found, a matching code displays. Confirm this in the app and it will begin pairing. Keep the device still until the pairing completes, which should take a few minutes.
3. If pairing somehow failed, your vívofit 2 may have timed out and is no longer in pairing mode. The Garmin Express app will still be showing “Pairing Express with device.” Press and hold the vívofit 2 device key until it shows “PAIR” and release. The pairing should process successfully.
4. Next, you will be prompted to sign in. Use the Garmin credentials provided in your Welcome Folder. On the Settings page, you can leave everything as is. On Profile, fill out the information requested. If you are unsure about your measurements or average sleep hours, you can always update those later.
5. In the device list on the Garmin app you should see “vívofit2” and that it is “ready to sync” with your device. To test it out, press and hold the key on the vívofit 2 until you see the word “SYnC” on the display, then let go. The app should find your device and then the status will update to “connected” and start synchronizing.
6. You are done! You can go to [connect.garmin.com](https://connect.garmin.com) (or MyGarmin.com) for using the web page to manage your device and view your information/activity.

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## Wearing vívofit 2

### **Selecting and installing the band:**

Wearing vívofit 2 is pretty simple. There are 2 band sizes included to suit most any wrist size. To change the band just hold the device in the center part then pull on one strap to dislodge it. When you insert it into your selected band, be sure that you install it *the right way*, because there is only one button (key) on the device. Pull and stretch the band so that the device will slip into the other band slot. You may find it easier to press against the free edge of vívofit 2 with your thumb as you pull. Press on the band part surrounding the display to be sure it fits completely into place.

### **Securing vívofit 2 band to your wrist:**

On the band is a rotating clasp with two pegs that insert into the slotted strap. With vívofit 2 on your wrist, bring the clasp end of the band around and press down with your free thumb, and the clasp should click into place. You may find it more comfortable to pinch with your thumb and index finger. Once the fit feels comfortable, lock the clasp in position. Using your fingertips, pinch and rotate it one quarter turn (either direction). Your clasp is now set. You can wear vívofit 2 while showering or swimming, so you don't really need to take it off, except for cleaning.

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## Using vívofit 2

Garmin vívofit 2 is a wearable tracking device, so it will take a little time to get familiar with it. We recommend that you download the Garmin manual and read up on the details at [www.garmin.com/manuals/webhelp/vivofit2/EN-US](http://www.garmin.com/manuals/webhelp/vivofit2/EN-US).

### A few helpful tips:

1. **Display** – You can change display modes on vívofit 2 with short presses or “clicks” on the device key (a raised bevel/button to the right of the display). Each click scrolls through a range of display information and will stay showing whatever you viewed last. You may find it convenient to leave the display showing the current time when not using the other functions.
2. **Backlight** – in any mode that you are in, press and hold the key for a split second and release. The backlight will come on for 2 seconds, then go off automatically. If you scroll through the display modes, the light will remain on until you stop for 2 seconds.
3. **Sleep mode** – The Garmin app has noted your average bedtime hours (time to bed, time to wake), so once you go to sleep and stop moving during that time, it should record sleep activity automatically. However, it is best to put vívofit 2 into sleep mode by pressing the key and holding until you see SLEEP displayed. When you awaken in the morning, just be sure to press and hold briefly until SLEEP disappears. You’ll find it easy to do once you get into the habit.
4. **Beep tones** – If you have audible alerts turned on, during the day vívofit 2 will lightly beep an hour after no movement activity is detected. This is a gentle reminder to help keep you at healthy active levels.

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## Wellness 4U is Here to Help

If you need further assistance with getting your device set up with the Wellness 4U site, please visit [www.wellness4u.com/contactus](http://www.wellness4u.com/contactus) for assistance. If you need general help with vívofit 2 or the Garmin Connect application, please contact Garmin support by visiting their website at [connect.garmin.com/en-US/help](http://connect.garmin.com/en-US/help).

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