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Garmin 010-01769-00

Garmin Vivoactive 3 Smartwatch User Manual

Model: 010-01769-00

1. Introduction

The Garmin Vivoactive 3 is a versatile smartwatch designed for an active lifestyle, featuring built-in GPS, heart rate monitoring, and smart notifications. It is waterproof up to 5 ATM, making it suitable for swimming and other water activities. This manual provides essential information to help you set up, operate, maintain, and troubleshoot your device.



Figure 1: Front view of the Garmin Vivoactive 3 Smartwatch.

2. Setup

2.1 Initial Charging

Before first use, fully charge your Vivoactive 3. Connect the included charging cable to the port on the back of the device, then

plug the USB end into any standard USB power source (e.g., computer, wall adapter).



Figure 2: Rear view of the Vivoactive 3 with charging contacts.

2.2 Device Pairing and Setup

Once charged, the device will guide you through the initial setup process, including language selection and pairing with your smartphone. For full functionality, download the Garmin Connect app on your iPhone or Android device and follow the on-screen instructions to pair your smartwatch.

Video 1: An introductory video demonstrating the initial setup and basic features of the Garmin Vivoactive 3.

3. Operating Your Device

3.1 Home Screen and Navigation

The home screen displays the time and customizable data. You can navigate through various widgets by swiping up or down on the touchscreen, or by using the Side Swipe control on the left side of the watch face. These widgets provide at-a-glance summaries of your daily activity, weather, smart notifications, heart rate, stress levels, and sleep data.



Figure 3: The 'My Day' widget displaying daily activity metrics.



Figure 4: Smart notifications displayed on the watch face.



Figure 5: The stress level widget providing insights into your body's stress levels.



Figure 6: The average sleep widget displaying sleep duration.

3.2 Controls Menu

Press and hold the button on the side of the watch face to access the controls menu. This menu provides quick access to features such as Do Not Disturb mode, Garmin Pay, saving your current location, and powering off the device.



Figure 7: Using Garmin Pay for contactless payments.

3.3 Starting and Ending an Activity

From the home screen, press the side button to view the activity list. Scroll through the available activities (e.g., Run, Treadmill, Bike, Walk) and tap on the screen to select one. If you select an outdoor activity, the GPS will automatically activate. Go outside and wait for the device to locate satellites. Once 'Ready' appears, press the button again to start the timer. To end your activity, press the button to stop the timer, then tap 'Done' on the screen. You will then have the option to save or discard the activity data.

4. Maintenance

4.1 Charging

Regularly charge your device using the provided USB charging cable. Ensure the charging contacts on the watch and cable are clean and dry before charging to prevent corrosion.

4.2 Cleaning

Wipe the watch and band with a soft, damp cloth after each use, especially after workouts or exposure to sweat. Avoid using harsh chemicals or abrasive materials that could damage the device. Rinse the watch with fresh water after exposure to chlorinated or saltwater.

4.3 Water Resistance

The Vivoactive 3 is rated 5 ATM, meaning it can withstand pressures equivalent to a depth of 50 meters. It is suitable for splashes, rain or snow, showering, swimming, diving into water, and snorkeling. Avoid pressing buttons underwater or exposing the device to high-velocity water.

5. Troubleshooting

5.1 Device Not Turning On or Responding

- Ensure the device is fully charged. Connect it to the charger and allow it to charge for at least 30 minutes.
- Perform a soft reset by pressing and holding the side button for 15 seconds until the screen turns off. Then, press the button again to turn it back on.

5.2 GPS Not Locking

- Ensure you are outdoors in an open area with a clear view of the sky.
- Remain stationary for a few minutes while the device attempts to acquire satellite signals.
- Sync your device with the Garmin Connect app to update satellite data (EPO file), which can improve GPS acquisition time.

5.3 Inaccurate Heart Rate Readings

- Ensure the watch is worn snugly but comfortably above your wrist bone.
- Clean the optical heart rate sensor on the back of the watch.
- Environmental factors, skin conditions, and certain activities can affect accuracy.

5.4 Connectivity Issues (Bluetooth Pairing)

- Ensure Bluetooth is enabled on your smartphone and the Vivoactive 3.
- Restart both your smartphone and the Vivoactive 3.
- Try unpairing and re-pairing the device through the Garmin Connect app.

6. Specifications

Feature	Detail
Model Name	vivoactive
Item Model Number	010-01769-00
Brand	Garmin
Screen Size	1.2 Inches
Product Dimensions	1.71 x 0.46 x 1.71 inches
Item Weight	1.5 ounces
Operating System	Android (Compatible with iPhone, Android)
Wireless Communication Technologies	Bluetooth
Connectivity Technologies	Bluetooth
GPS	True (Built-in GPS, Glonass)

Special Features	GPS, Heart-rate Monitor, Pedometer, Garmin Pay
Human Interface Input	Touchscreen
Scanner Resolution	240 x 240
Color	Black Stainless
Batteries	1 Lithium Metal batteries required (included)
Water Resistance	5 ATM

7. Warranty and Support

7.1 Product Warranty

The Garmin Vivoactive 3 typically comes with a 1-year manufacturer's warranty covering defects in materials and workmanship. Please refer to the warranty card included with your product or visit the official Garmin website for detailed warranty terms and conditions.

7.2 Customer Support

For further assistance, technical support, or service inquiries, please visit the official Garmin support website or contact their customer service department. You may also consider purchasing extended protection plans for additional coverage.

- **2-Year Protection Plan:** Available for purchase.
- **3-Year Protection Plan:** Available for purchase.

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