Garmin 010-01850-13

Garmin vivomove HR Hybrid Smartwatch User Manual

Model: 010-01850-13

Introduction

The Garmin vivomove HR is a stylish hybrid smartwatch designed to blend classic analog watch aesthetics with modern smart features. It features a discreet display that becomes visible only when needed, allowing you to view messages, heart rate, activity data, and more with a simple tap or swipe. This device tracks your daily steps, calories burned, and monitors your wellness, including all-day stress tracking and advanced sleep monitoring.



Image: Garmin vivomove HR Smartwatch in Black with Sandstone Silicone Band. The watch features a dark grey face with silver hour markers and hands, and a red second hand. The band is a textured sandstone color.

What's in the Box

- vivomove HR Smartwatch
- Charging/Data Cable
- Documentation (User Manual)

Key Features

- **Hybrid Design:** Combines traditional analog watch hands with a hidden touchscreen display.
- **24/7 Heart Rate Monitoring:** Estimates heart rate with Elevate wrist heart rate technology.
- **All-Day Stress Tracking:** Wellness monitoring tools, such as all-day stress tracking and a relaxation timer, help you manage stress.
- **Advanced Sleep Monitoring:** Includes REM sleep tracking for comprehensive sleep analysis.
- **Activity Tracking:** Displays steps, calories, distance, intensity minutes, and VO2 max.
- **Smart Notifications:** Stay connected with smart notifications for incoming calls, text messages, calendar reminders, and more (when paired with a compatible smartphone).
- **Music Controls:** Control music playback directly from your wrist.
- **Long Battery Life:** Up to 5 days in smartwatch mode; up to 2 additional weeks in watch mode (hands tell time only).
- **Customizable Bands:** Effortlessly change your look with industry-standard 20 mm quick release accessory bands.

Setup

1. Charging the Device

Before initial use, fully charge your vivomove HR device. Connect the charging clip to the charging contacts on the back of the device. Plug the USB cable into a power source. A full charge typically takes approximately 2 hours.

2. Downloading the Garmin Connect App

The Garmin Connect app is essential for setting up and synchronizing your device. Download the app from your smartphone's app store (App Store for iOS, Google Play Store for Android).

3. Pairing Your Smartphone

To receive smart notifications and sync data, you must pair your vivomove HR with your smartphone via the Garmin Connect app:

1. Bring your smartphone within 10 meters (33 feet) of your device.
2. Open the Garmin Connect app on your smartphone.
3. Follow the on-screen instructions in the app to add your device and complete the pairing process.
4. Once paired, the device will display a confirmation message.

Operating Your vivomove HR

The vivomove HR combines traditional watch hands with a hidden touchscreen display. The hands dynamically move out of the way when you interact with the touchscreen.

Touchscreen Interaction

- **Tap:** Tap the touchscreen to wake the device, view different data screens, or select options.
- **Swipe:** Swipe up or down to scroll through widgets, features, and menu options.
- **Hold:** Hold the touchscreen to access the menu.

Navigating Widgets

From the watch face, swipe up or down to view various widgets, which provide quick access to information such as heart

rate, steps, stress level, and smart notifications.

Video: An overview of the Garmin vivomove HR's features, including its hybrid design, heart rate monitoring, stress tracking, activity tracking, smart features, Move IQ, and battery life.

Specific Features

- **Heart Rate Monitoring:** The device continuously monitors your heart rate. View your current heart rate by swiping to the heart rate widget.
- **Stress Tracking:** The stress level widget displays your current stress level and a graph of your stress over time. Use the relaxation timer feature to guide you through breathing exercises.
- **Activity Tracking:** Track your daily steps, distance, calories burned, and intensity minutes. Your progress towards daily goals is displayed on the activity tracking widgets.
- **Sleep Monitoring:** Wear the device to bed to automatically track your sleep, including light, deep, and REM sleep stages. View your sleep statistics in the Garmin Connect app.
- **Smart Notifications:** Receive alerts for calls, texts, and app notifications from your paired smartphone directly on your watch.
- **Music Controls:** Control music playback on your smartphone from your watch by swiping to the music control widget.
- **Move IQ™:** This feature automatically detects and records activities like walking, running, and swimming without you having to start a timed activity.

Maintenance

Cleaning the Device

Regularly clean your vivomove HR to maintain its appearance and performance. Wipe the device with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the device or its finish.

Battery Life

The vivomove HR offers up to 5 days of battery life in smartwatch mode and up to 2 additional weeks in watch mode (hands tell time only). To maximize battery life, consider reducing the frequency of notifications or screen brightness.

Changing Bands

The vivomove HR uses industry-standard 20 mm quick release accessory bands, allowing for easy customization. To change a band, slide the quick-release pin on the spring bar to remove the current band, then attach the new band by aligning the pins and releasing them into the watch lugs.

Troubleshooting

Issue	Solution
Device not turning on	Ensure the device is fully charged. Connect it to the charging cable and a power source.
Heart rate data is inaccurate	Ensure the device is worn snugly but comfortably on your wrist, above the wrist bone. Clean the sensor on the back of the device.
Notifications not appearing	Verify Bluetooth is enabled on your smartphone and the device is paired. Check notification settings in the Garmin Connect app and your phone's system settings. Ensure the Garmin Connect app is running in the background.

Issue	Solution
Device not syncing with app	Confirm Bluetooth connection. Try restarting both the device and your smartphone. Ensure the Garmin Connect app is up to date.

Specifications

Feature	Detail
Product Dimensions	1.7 x 1.7 x 0.5 inches
Item Weight	1.28 ounces
Item Model Number	010-01850-13
Batteries	1 Lithium Ion battery (included)
Wireless Communication	Bluetooth
GPS	No GPS
Human Interface Input	Touchscreen
Screen Size	0.85 Inches
Color	Black w/ Sandstone
Manufacturer	Garmin

Warranty and Support

For warranty information, technical support, or to purchase accessories, please visit the official Garmin website or contact Garmin customer service. Keep your proof of purchase for warranty claims.
Garmin Support Website: www.garmin.com/support

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