Garmin vívosmart 5

Garmin vívosmart® 5 Fitness Tracker User Manual

Model: vívosmart 5
Brand: Garmin

Introduction

The Garmin vívosmart 5 is an easy-to-use, comfortable fitness tracker designed to monitor your activity and health metrics throughout the day and night. This manual provides essential information for setting up, operating, and maintaining your device.

What's in the Box

- vívosmart 5 device (S/M size)
- Charging/data cable
- Documentation

Setup

To begin using your vívosmart 5, initial setup is required through the Garmin Connect™ app on your smartphone. This process ensures proper synchronization of data and access to all device features.

1. **Charge the Device:** Connect the vívosmart 5 to the charging/data cable and plug it into a USB power source. Ensure the device is fully charged before first use.
2. **Download Garmin Connect App:** Download and install the Garmin Connect app on your compatible smartphone (Android or iOS).
3. **Pair with Smartphone:** Open the Garmin Connect app and follow the on-screen instructions to pair your vívosmart 5. This typically involves enabling Bluetooth on your phone and selecting the device within the app.
4. **Complete Initial Settings:** The app will guide you through setting up personal information, activity goals, and other preferences.


10:10
SAT 1
12.6K
80
100%

Front view of the Garmin vívosmart 5 fitness tracker, showing its display with current time, step count, heart rate, and battery level. The device is black with a textured band.

Operating Instructions

The vívosmart 5 features a touchscreen and a button interface for navigation and interaction.

Basic Navigation

- **Touchscreen:** Swipe up or down to scroll through widgets and menu options. Tap to select.
- **Button:** Press the button to return to the previous screen or to access the main menu. Hold the button for additional options or to start/stop activities.

Key Features and Monitoring

- **Wrist-Based Heart Rate:** The device continuously monitors your heart rate. Alerts for low and high heart rates can be configured via the Garmin Connect app.
- **Stress Tracking:** Monitors your stress levels throughout the day. The device can suggest relaxation reminders and breathing activities.
- **Body Battery™ Energy Monitoring:** Tracks your body's energy levels to help identify optimal times for activity and rest.
- **Sleep Monitoring:** Provides a sleep score and insights into sleep quality, including tracking sleep stages, heart rate, stress, Pulse Ox, and respiration during sleep.
- **Pulse Ox Sensor:** Spot-checks blood oxygen saturation at any point or continuously during sleep. (Note: Not a medical device and not available in all countries).
- **Respiration Tracking:** Monitors your breathing patterns throughout the day, during sleep, and during breathwork activities.
- **Hydration Tracking:** Log daily fluid intake and set auto goals based on activity levels.
- **Fitness Tracking:** Tracks steps, intensity minutes, calories burned, and more. Includes features like fitness age estimation.
- **Built-in Sports Apps:** Utilize preloaded activity profiles for walking, running, yoga, cardio, pool swim, and more.
- **Connected GPS:** Connects to your smartphone’s GPS for accurate tracking of outdoor walks, runs, and rides.
- **Smart Notifications:** Receive alerts for incoming calls, text messages, and calendar events when paired with your smartphone. Android users can respond to texts.
- **Safety and Tracking Features:** When connected to your smartphone, incident detection (during select outdoor activities) and Assistance features can send messages with your live location to emergency contacts. (Requires setup and smartphone network coverage).





Close-up of the vívosmart 5 display showing heart rate (72 bpm) and Body Battery level (15). The device is black.

Maintenance

Cleaning the Device

Regular cleaning helps maintain the device's performance and appearance. The vívosmart 5 is safe for swimming and showering.

- Rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals.

- Use a soft, lint-free cloth to wipe the device dry.
- Avoid using abrasive cleaners or brushes that could damage the device.

Band Replacement

The vívosmart 5 features interchangeable bands for user-friendly replacement. To replace the band, carefully remove the tracker module from the existing band and insert it into a new compatible band.



Three vívosmart 5 devices in different colors (white, black, cool mint), showcasing the interchangeable band design.

Troubleshooting

If you encounter issues with your vívosmart 5, try the following steps:

- **Device Not Responding:** Try restarting the device by holding the button until it powers off, then power it back on.
- **Syncing Issues:** Ensure Bluetooth is enabled on your smartphone and the vívosmart 5 is within range. Check the Garmin Connect app for any pending updates or connection errors. Restarting both the device and your phone can often resolve syncing problems.
- **Inaccurate GPS Tracking:** If using connected GPS, ensure your smartphone is with you, has a clear view of the sky, and has network coverage. Restarting the vívosmart 5 before an activity can improve GPS accuracy.
- **Band Discomfort:** If the band buckle causes discomfort, you can reverse the band by popping out the watch unit, turning the band around, and reinserting the unit.
- **Short Battery Life:** Ensure the device is fully charged using the provided cable. Features like continuous Pulse Ox monitoring can significantly reduce battery life. Adjust settings in the Garmin Connect app to optimize battery usage.

Specifications

Feature	Detail

Feature	Detail
Product Dimensions	0.8 x 8.5 x 0.4 inches
Item Weight	0.864 ounces (24.5 Grams)
Model Number	010-02645-04
Batteries	1 Lithium Ion battery (included)
Standing Screen Display Size	0.84 Inches
Memory Storage Capacity	28 MB
Operating System Compatibility	Android & iOS
Connectivity Technology	Bluetooth, USB
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Polymer
GPS	True (Connected GPS via smartphone)
Water Rating	5 ATM (suitable for swimming and showering)

Warranty and Support

For warranty information and product support, please refer to the documentation included with your vívosmart 5 or visit the official Garmin support website. Garmin offers various protection plans for extended coverage, which can be purchased separately.
Manufacturer: Garmin
For further assistance, contact Garmin Customer Support.

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Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question