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Garmin 010-02862-15

Garmin vívoactive 5 Smartwatch User Manual

Model: 010-02862-15

INTRODUCTION

The Garmin vívoactive 5 is a health and fitness GPS smartwatch designed to help you understand your body and support your wellness goals. It features a bright, colorful AMOLED display and offers up to 11 days of battery life in smartwatch mode. This manual provides essential information for setting up, operating, and maintaining your device.



Image: Garmin vívoactive 5 Smartwatch, Orchid color, front view.

SETUP

What's in the Box

- vívoactive 5 Smartwatch
- Charging/Data Cable
- Documentation

Initial Charging

Before first use, fully charge your vívoactive 5 smartwatch using the provided charging/data cable. Connect the cable to a USB power source. The watch features a Lithium Polymer battery.

Pairing with Your Smartphone

To unlock the full potential of your vívoactive 5, pair it with the Garmin Connect smartphone app. The watch supports both Android

and iOS operating systems and uses Bluetooth and Wi-Fi for connectivity.

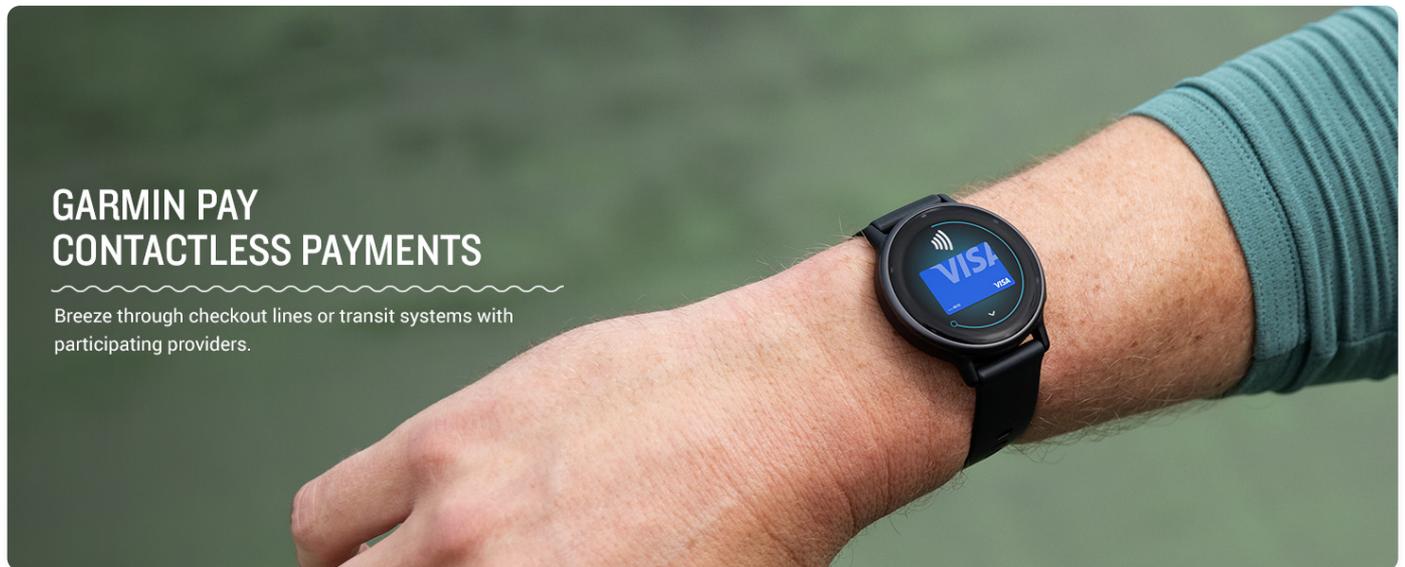


Image: Garmin Connect app on a smartphone, showing health and fitness information.

OPERATING

Basic Navigation and Customization

The vívoactive 5 features an AMOLED touchscreen display and physical buttons for navigation. You can customize watch faces and widgets to display information relevant to you, such as time, date, weather, and activity stats.



Bright, colorful display and up to 11 days of battery life for an uninterrupted picture of your health.

Image: Garmin vívoactive 5 displaying current time and weather information.

Health Monitoring

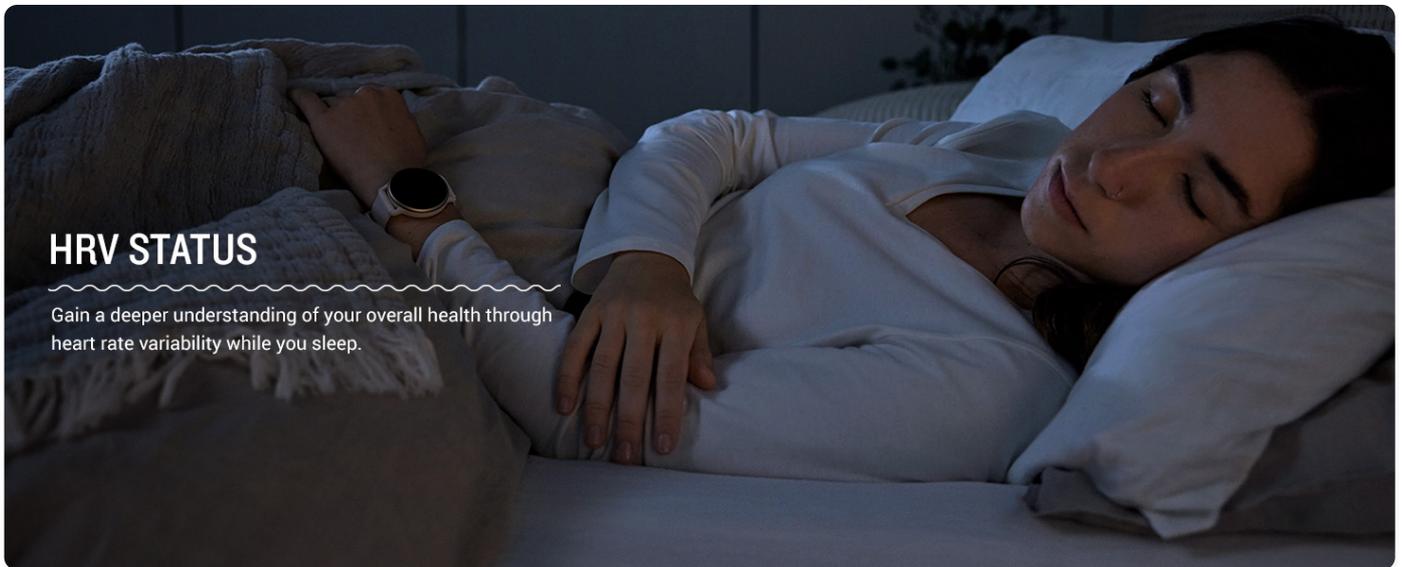
The smartwatch provides extensive health monitoring features:

- **Body Battery Energy Monitoring:** Understand your energy levels based on sleep, naps, stress, and workouts.
- **Sleep Coaching & Nap Detection:** Get personalized insights and tips to improve sleep quality, including tracking sleep stages and naps.
- **HRV Status:** Gain a deeper understanding of your overall health through heart rate variability while you sleep.
- **Wrist-based Heart Rate:** Continuous heart rate tracking.
- **Stress Tracking:** Monitor your stress levels throughout the day.
- **Morning Report:** Receive an overview of your sleep, recovery, daily calendar, and HRV status.
- **Women's Health Tracking:** Track your menstrual cycle or pregnancy and access educational materials.
- **Meditation:** Guided meditation practices to help reduce stress and anxiety.





Image: Garmin vívoactive 5 displaying real-time health metrics including intensity minutes, heart rate, and Body Battery.



HRV STATUS

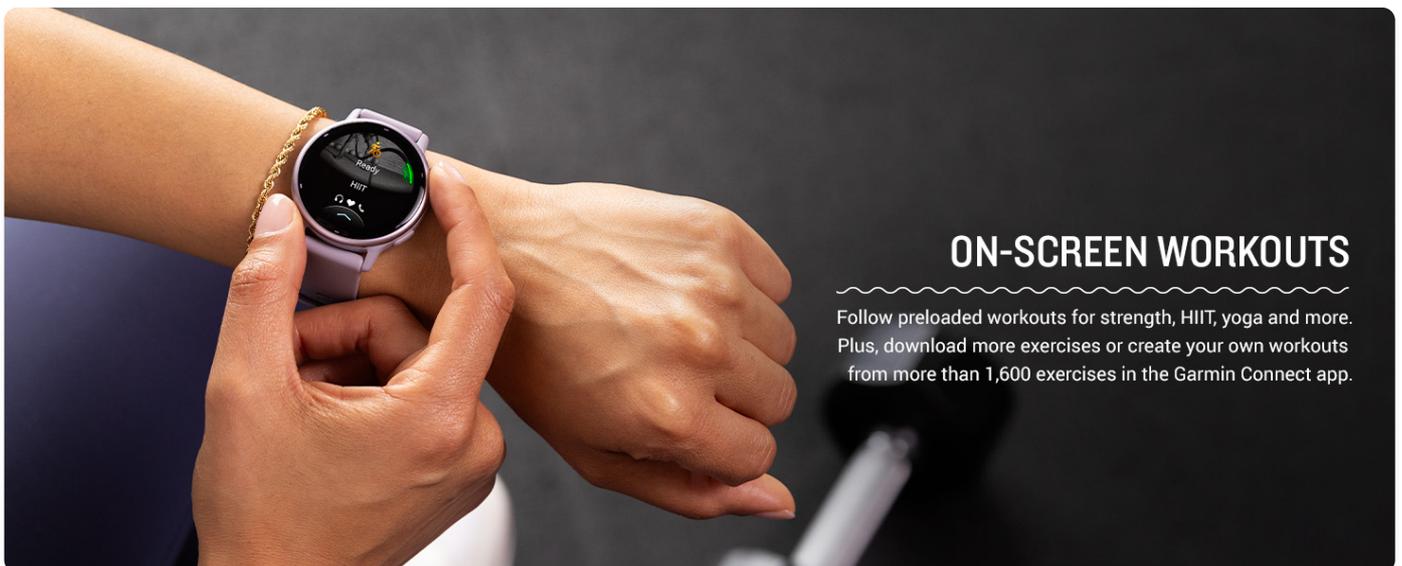
Gain a deeper understanding of your overall health through heart rate variability while you sleep.

Image: A person sleeping, illustrating the sleep tracking feature of the vivoactive 5.

Fitness Tracking

The vivoactive 5 offers comprehensive fitness tracking capabilities:

- **Built-in Sports Apps:** Over 30 preloaded GPS and indoor sports apps, including walking, running, cycling, pool swimming, golf, and activities for wheelchair users.
- **Workout Benefit & Recovery Time:** Understand how each workout affects your body and how much time you need to recover.
- **On-Screen Workouts:** Follow preloaded workouts for strength, HIIT, yoga, and Pilates. Download more from the Garmin Connect app.
- **Garmin Coach:** Access free adaptive training plans for 5K, 10K, and half marathon from expert coaches.
- **Wheelchair Mode:** Tracks pushes instead of steps, includes push and handcycle activities, and offers preloaded workouts and challenges specific to wheelchair users.



ON-SCREEN WORKOUTS

Follow preloaded workouts for strength, HIIT, yoga and more. Plus, download more exercises or create your own workouts from more than 1,600 exercises in the Garmin Connect app.

Image: A woman in a wheelchair wearing the vivoactive 5, highlighting the dedicated wheelchair mode.

Smart Features

Stay connected and convenient with these smart features:

- **Smart Notifications:** Receive texts, emails, and alerts directly on your wrist when paired with your smartphone.
- **Music Storage:** Download your favorite music, including playlists from Spotify, Amazon Music, or Deezer accounts, for

phone-free listening with wireless headphones.

- **Garmin Pay Contactless Payments:** Make payments directly from your watch with participating providers.
- **Safety and Tracking:** When paired with your smartphone, a message with your live location can be sent to contacts manually or automatically with built-in incident detection during select outdoor activities.



Get smart notifications, send texts¹ and more when paired to your smartphone.

¹Viewable photos and sending texts only available on Android.

Android is a trademark of Google LLC.

Image: Garmin vívoactive 5 displaying an incoming text message notification.

MAINTENANCE

Cleaning Your Smartwatch

Regularly clean your vívoactive 5 to maintain its performance and appearance. Wipe the device with a soft, damp cloth. Avoid harsh chemicals or abrasive materials that could damage the display or casing.

Battery Care

To maximize battery life, avoid exposing the device to extreme temperatures. Charge the device regularly, but avoid leaving it fully charged or fully depleted for extended periods. The battery life is up to 11 days in smartwatch mode.

Software Updates

Ensure your device's software is up to date by regularly checking for updates through the Garmin Connect app. Updates often include performance improvements and new features.

TROUBLESHOOTING

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

- **Restart the Device:** A simple restart can often resolve minor software glitches.
- **Check Bluetooth Connection:** Ensure your smartwatch is properly connected to your smartphone via Bluetooth.
- **Update Software:** Verify that both your watch and the Garmin Connect app are running the latest software versions.
- **Consult Online Resources:** Visit the official Garmin support website for detailed troubleshooting guides and FAQs.

SPECIFICATIONS

Feature	Detail
Product Dimensions	1.7 x 1.7 x 0.43 inches
Item Weight	1.3 ounces
Item Model Number	010-02862-15
Batteries	1 Lithium Polymer battery (included)
Operating System	Android & iOS
Wireless Communication	Bluetooth, Wi-Fi
GPS	Built-in GPS
Display Technology	AMOLED
Display Resolution	390 x 390
Human Interface Input	Buttons, Touchscreen
Color	Orchid
Memory Storage Capacity	4 GB
Screen Size	1.2 Inches

WARRANTY AND SUPPORT

Your Garmin vívoactive 5 smartwatch comes with a manufacturer's warranty. For detailed warranty information, product support, and service inquiries, please visit the official Garmin website or contact Garmin customer service. Additional protection plans may be available for purchase.

For further assistance, refer to the documentation included in your product box or visit [Garmin Support](#).