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› Garmin vívoactive 6 Health and Fitness GPS Smartwatch User Manual

Garmin vívoactive 6

Garmin vívoactive 6 Health and Fitness GPS Smartwatch User Manual

Model: vívoactive 6 (010-02985-01)

Brand: Garmin

INTRODUCTION

The Garmin vívoactive 6 is a health and wellness GPS smartwatch designed to help you understand your body better. It features a bright AMOLED display and offers up to 11 days of battery life. This manual provides instructions for setting up, operating, and maintaining your device, along with details on its various health and fitness tracking capabilities.



The Garmin vívoactive 6 smartwatch, featuring a circular AMOLED display with a lunar gold bezel and a bone-colored silicone band. The watch face displays the current time and date.

WHAT'S IN THE BOX

Your Garmin vívoactive 6 package includes the following items:

- Garmin vívoactive 6 Smartwatch
- USB-C Charging/Data Cable
- User Manual (this document)

SETUP

1. Initial Charging

Before first use, fully charge your vívoactive 6. Connect the USB-C charging/data cable to the charging port on the back of the watch and to a USB power source. A full charge typically takes approximately 2 hours.



The back of the vívoactive 6 smartwatch, highlighting the optical heart rate sensor and the charging contacts where the USB-C cable connects.

2. Powering On

Press and hold the top right button until the Garmin logo appears to power on the device.

3. Initial Device Setup

Follow the on-screen prompts to select your language, pair with your smartphone, and configure basic settings. You will need to download the Garmin Connect app on your smartphone to complete the setup process and access all features.



The vivoactive 6 smartwatch display showing the main menu interface, with options such as 'Activities', 'Weather', and 'Music' visible.

OPERATING YOUR VIVOACTIVE 6

Basic Navigation

The vivoactive 6 features a bright AMOLED touchscreen display. Swipe up or down to scroll through widgets and notifications. Tap to select an option. Press the top right button to access the activity list or confirm selections. Press the bottom right button to go back or access the control menu.

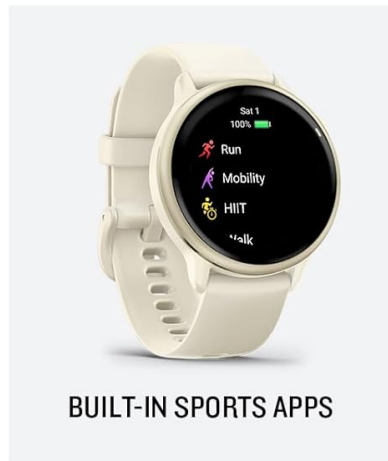
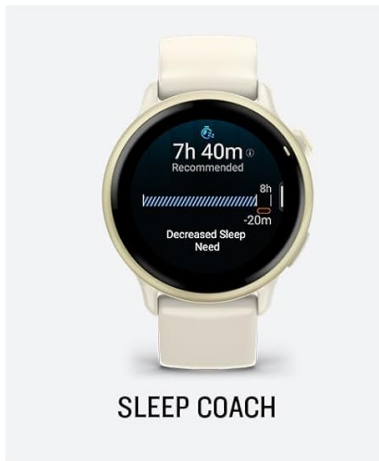
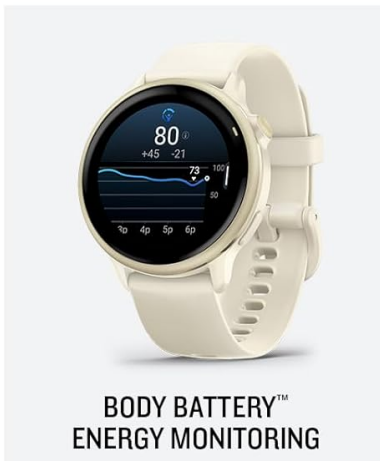
Health Monitoring Features

The vivoactive 6 provides comprehensive health monitoring to help you understand your body's state.

- **Body Battery Energy Monitoring:** Tracks your energy levels throughout the day based on sleep, naps, stress, and workouts.
- **Sleep Coach:** Provides a sleep score and personalized coaching to improve sleep quality, including nap detection and HRV status.
- **HRV Status:** Monitors heart rate variability during sleep to offer insights into your overall health.
- **Women's Health Tracking:** Allows tracking of menstrual cycle or pregnancy, with exercise and nutrition education.
- **Morning Report:** Delivers an overview of your sleep, recovery, daily calendar, and HRV status upon waking.



HEALTH AND FITNESS SMARTWATCH



The vivoactive 6 display showing the Body Battery feature, indicating an energy level of 80 and a graph illustrating energy fluctuations throughout the day.

Fitness Features

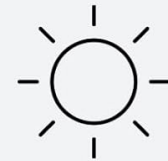
Engage in various activities with over 80 built-in sports apps and advanced training features.

- **Built-in Sports Apps:** Includes activities like walking, running, cycling, HIIT, mobility, swimming, golf, and more.
- **Workout Options:** Access daily suggested workouts, step-by-step animated workouts for strength, HIIT, yoga, and Pilates.

- **Running Dynamics:** Measures metrics such as cadence, stride length, and ground contact time.
- **Wheelchair Mode:** Tracks daily pushes, provides weight shift alerts, and offers specific sports apps and workouts for wheelchair users.



¹When paired with your compatible smartphone



BRIGHT AMOLED DISPLAY



UP TO 11 DAYS OF BATTERY LIFE



SMART NOTIFICATIONS¹

The vivoactive 6 display showing a selection of built-in sports applications, including options for running, mobility exercises, high-intensity interval training (HIIT), and walking.

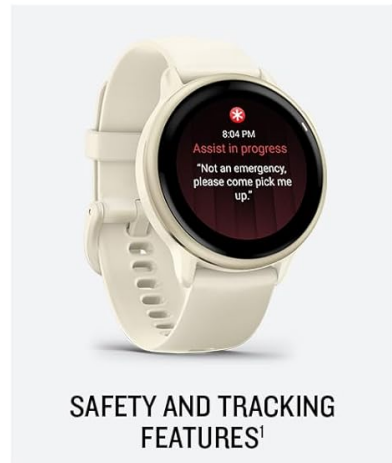
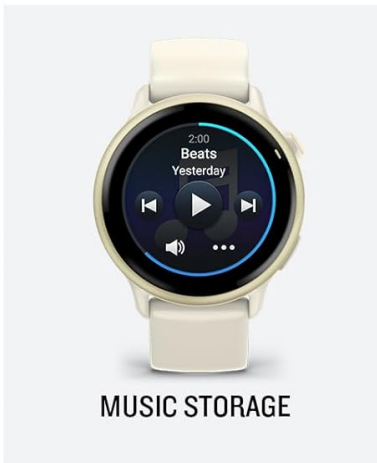
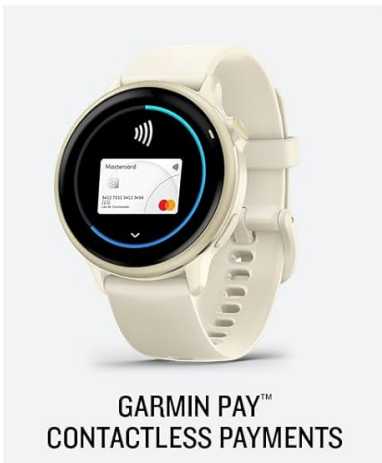
Smart Features

Stay connected and manage daily tasks directly from your wrist.

- **Smart Notifications and Texting:** Receive emails, texts, and alerts when paired with your smartphone. Android users can respond to texts and view photos.
- **Music Storage:** Download songs and playlists from compatible services for phone-free listening (subscription may be required).
- **Garmin Pay Contactless Payments:** Make secure payments with participating providers.



STAY CONNECTED



¹Requires paired smartphone with data connectivity

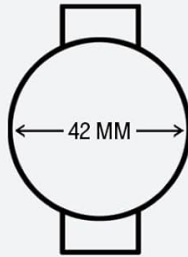
The vivoactive 6 display showing the Garmin Pay interface, ready for a contactless payment transaction.

Garmin Connect App

The Garmin Connect app is essential for maximizing your vivoactive 6 experience. It allows you to:

- View detailed health and fitness data.
- Customize watch faces and data fields.
- Create custom workouts and training plans.
- Connect with friends and participate in challenges.

KNOW YOUR BODY BETTER



42 MM CASE SIZE

VÍVOACTIVE® 6

BRIGHT, COLORFUL DISPLAY AND
A LONG BATTERY LIFE — RIGHT
ON YOUR WRIST

A smartphone screen showing the Garmin Connect application, displaying a user's daily activity and sleep score data.

Safety and Tracking

When paired with your smartphone, the vívoactive 6 can send a message with your live location to pre-selected contacts if an incident is detected or if you manually trigger it.

MAINTENANCE

Charging the Device

To charge your vívoactive 6, connect the USB-C charging/data cable to the charging port on the back of the device and to a USB power source. Ensure the contacts are clean and dry before charging.

Cleaning the Device

Regularly clean your watch and band to prevent skin irritation and maintain device functionality. Use a soft, damp cloth to wipe the device. For the band, rinse with water and allow it to air dry. Avoid harsh chemicals or abrasive materials.

TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. Connect it to the charger for at least 30 minutes.
- **Device not pairing with smartphone:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Make sure the vívoactive 6 is in pairing mode.
 - Restart both your smartphone and the watch.
 - Try pairing through the Garmin Connect app.
- **Inaccurate heart rate data:**
 - Ensure the watch is worn snugly, but not too tight, above your wrist bone.
 - Clean the optical sensor on the back of the watch.
 - Avoid wearing sunscreen or lotions under the sensor.
- **Short battery life:**
 - Reduce screen brightness.
 - Disable "Always On Display" if enabled.
 - Limit GPS usage for activities when not needed.
 - Turn off unnecessary smart notifications.

SPECIFICATIONS

Feature	Detail
Model Number	010-02985-01
Display Type	AMOLED
Screen Size	1.2 Inches (30.4 mm diameter)
Case Size	42 mm
Battery Life	Up to 11 days (Smartwatch mode)
Connectivity	Bluetooth
GPS	Built-in GPS
Operating System	Garmin OS
Memory Storage	8 GB
Weight	1.3 Ounces (approx. 36.85 grams)
Manufacturer	Garmin

WARRANTY AND SUPPORT

For warranty information, product support, and additional resources, please visit the official Garmin website or contact Garmin customer service. Keep your proof of purchase for warranty claims.

Online resources can be found at: www.garmin.com/support

