


Garmin vivoactive 6

Garmin vivoactive 6 GPS Smartwatch User Manual

Model: vivoactive 6 | Brand: Garmin


INTRODUCTION

The Garmin vivoactive 6 is a health and fitness GPS smartwatch designed to provide comprehensive insights into your well-being and activity levels. Featuring a vibrant AMOLED display and extended battery life, this device supports a wide range of sports activities, smart notifications, and contactless payments.




UNDERSTAND YOUR BODY BETTER


Featuring a bright, colorful display, and purpose-built health and fitness features, the vivoactive 6 gives you the tools and insights to help you know your body better.




BRIGHT AMOLED DISPLAY




UP TO 11 DAYS OF BATTERY LIFE




BODY BATTERY ENERGY MONITORING, SLEEP SCORE, STRESS TRACKING AND MORE



ADVANCED FITNESS FEATURES



WORKS WITH THE GARMIN CONNECT APP ON IPHONE AND ANDROID SMARTPHONES



SMART NOTIFICATIONS, GARMIN PAY CONTACTLESS PAYMENTS AND MUSIC STORAGE

Image: Garmin vivoactive 6 smartwatch displaying health metrics on a bright AMOLED screen.

SETUP

Initial Device Setup

- Powering On:** Press and hold the top right button until the Garmin logo appears.
- Language Selection:** Follow the on-screen prompts to select your preferred language.
- Pairing with Smartphone:** The watch will prompt you to pair with your smartphone. Download the Garmin Connect app from your device's app store and follow the in-app instructions to complete the pairing process.
- Personalization:** Adjust settings such as text size, units (Statute/Metric), and time/date format as desired through the watch interface.

Charging the Device

To charge your vivoactive 6, connect the charging cable to the charging port on the back of the watch and plug the USB end into a power source. The included Signature Series Watch Charging Stand provides a convenient way to charge and display your device.



Image: Garmin vivoactive 6 smartwatch securely placed on its dedicated charging stand.

OPERATING THE DEVICE

Navigating the Interface

- **Touchscreen:** Swipe up, down, left, or right to navigate through widgets, menus, and notifications. Tap to select items.
- **Buttons:** The vivoactive 6 features two physical buttons. The top button typically accesses the activity list and confirms selections, while the bottom button acts as a back button and can be customized for shortcuts.
- **Customizing Watch Face:** Personalize your watch face by selecting different designs, data fields, and colors directly from the watch settings or through the Garmin Connect IQ Store.

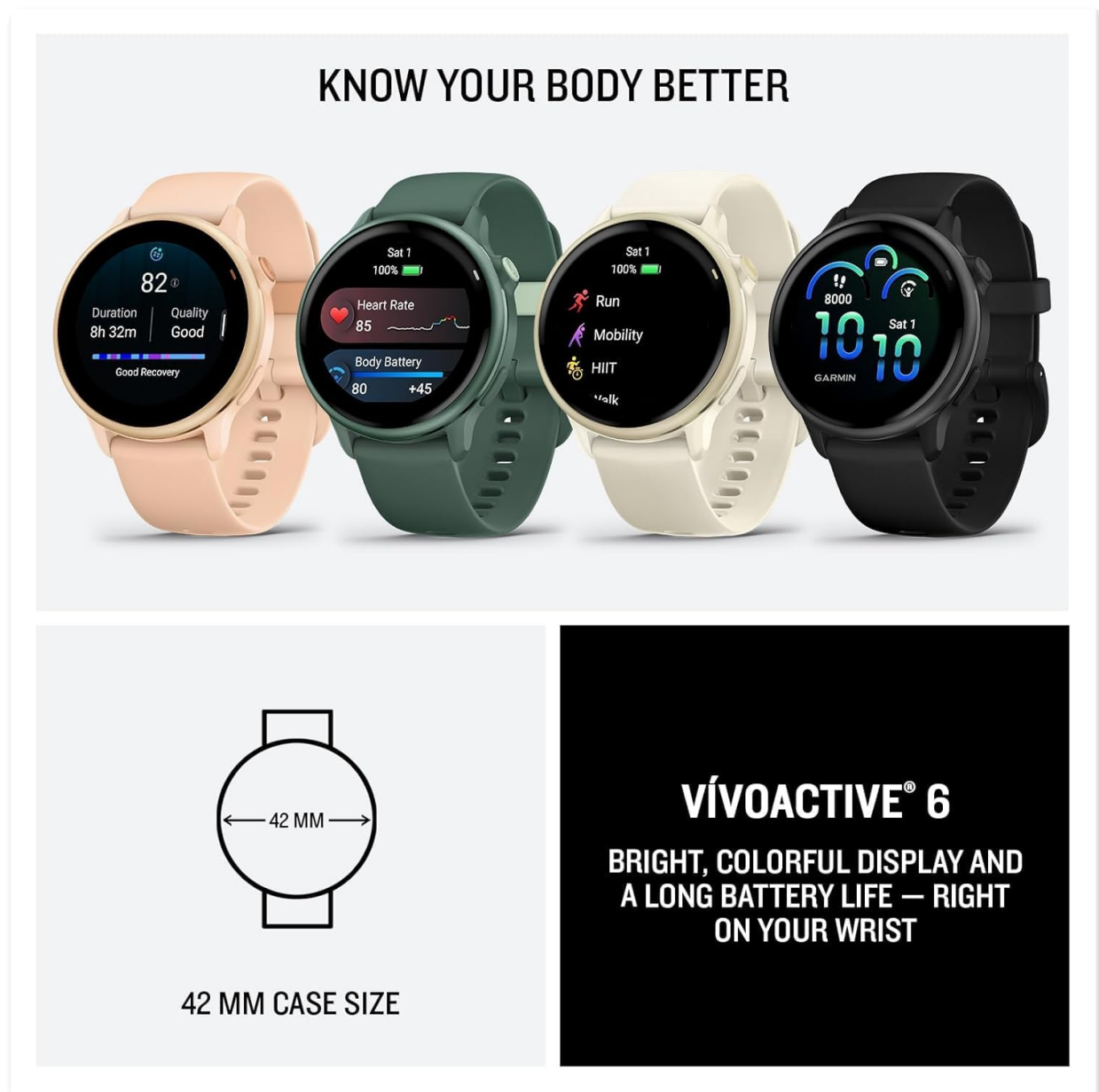


Image: Multiple Garmin vivoactive 6 watches demonstrating customizable displays and the 42mm case size.

Health and Fitness Features

- **Body Battery Energy Monitoring:** Track your energy levels throughout the day to understand when your body is charged and ready for activity or needs rest.
- **Sleep Coach & Sleep Tracking:** Receive a personalized sleep score and coaching. The watch tracks sleep stages, naps, and HRV status to provide insights into your sleep quality.
- **Heart Rate Monitoring:** Continuously monitor your heart rate directly from your wrist.
- **HRV Status:** Gain a deeper understanding of your overall health through heart rate variability while

you sleep.

- **Women's Health Tracking:** Track your menstrual cycle or pregnancy, and access exercise and nutrition education.
- **Morning Report:** Receive an overview of your sleep, recovery, daily calendar, and HRV status upon waking.
- **Fitness Age:** Estimate how fit you are compared to your actual age.

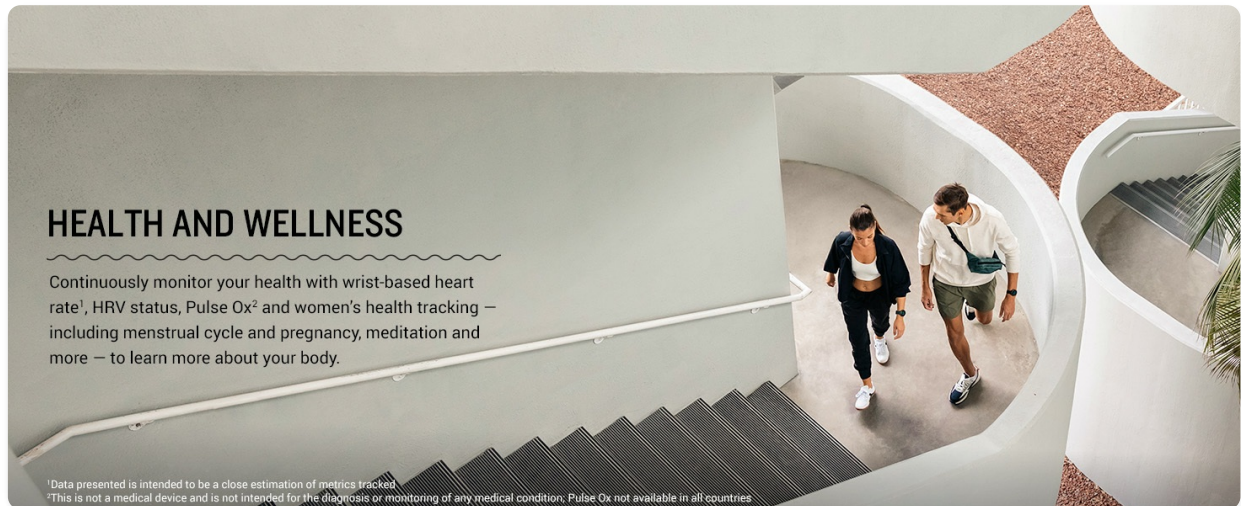


Image: The Body Battery feature on the vivoactive 6, showing energy levels.

Activity Tracking

- **Built-in Sports Apps:** Access over 80 preloaded GPS and indoor sports apps, including walking, running, cycling, pool swimming, HIIT, and activities for wheelchair users.
- **Workout Options:** Explore daily suggested walking workouts, step-by-step workouts for strength, HIIT, yoga, and Pilates. Download new workouts from the Garmin Connect app.
- **Mobility:** Increase flexibility and strength with downloadable mobility workouts and an activity profile.
- **Running Dynamics:** The smartwatch measures crucial running metrics such as cadence, stride length, and ground contact time.
- **Animated Workouts:** Improve your form with downloadable animated workouts from Garmin Connect for HIIT, cardio, strength, mobility, yoga, and Pilates. Push and handcycle workouts are available for wheelchair users.
- **Wheelchair Mode:** Track daily pushes, get weight shift alerts, and access sports apps and workouts specifically designed for wheelchair users.



Image: Built-in sports apps feature on the vivoactive 6, shown during a workout.

Smart Features

- **Smart Notifications & Texting:** Receive emails, texts, and alerts on your watch when paired with your smartphone. Android users can respond to texts with the on-watch keyboard and view photos.
- **Music Storage:** Download songs and playlists from Spotify, Deezer, or Amazon Music accounts for phone-free listening (subscription required).
- **Garmin Pay Contactless Payments:** Make secure payments directly from your wrist with participating providers.
- **Garmin Connect App:** View your health and fitness information, connect with friends, and download new workouts.
- **Safety and Tracking:** If your watch detects an incident, it can send a message with your live location. You can also manually trigger this feature if you feel unsafe.



Image: Smart notifications feature on the vivoactive 6, showing an incoming text message.

MAINTENANCE

Cleaning the Device

Regularly clean your vivoactive 6 to ensure optimal performance and hygiene. Use a soft, damp cloth to wipe the watch face and band. Avoid harsh chemicals or abrasive materials that could damage the device.

Battery Care

The vivoactive 6 offers up to 11 days of battery life in smartwatch mode. To maximize battery longevity, avoid extreme temperatures and fully charge the device before extended periods of inactivity. Use only the provided charging cable and stand.

TROUBLESHOOTING

Common Issues

- **Device Not Powering On:** Ensure the device is fully charged. Connect it to the charging stand and a power source for at least 30 minutes.
- **Connectivity Problems:** If the watch is not pairing with your smartphone, ensure Bluetooth is enabled

on both devices and they are within range. Restart both the watch and phone, then attempt to pair again via the Garmin Connect app.







- **Inaccurate Activity Tracking:** Ensure the watch is worn snugly on your wrist, above the wrist bone. For GPS activities, ensure a clear view of the sky.
- **Display Issues:** If the screen is unresponsive or frozen, try performing a soft reset by holding down the top right button for 15 seconds until the device restarts.

SPECIFICATIONS

Feature	Detail
Product Dimensions	1.66 x 1.66 x 0.43 inches
Item Weight	1.26 ounces
Item Model Number	010-02985-00
Batteries	1 Lithium Ion battery required (included)
Standing Screen Display Size	1.2 Inches
Memory Storage Capacity	8 GB
Operating System	Garmin Proprietary OS
Special Features	Bluetooth, Touchscreen, Waterproof
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Ion
GPS	GPS Enabled
Shape	Round

WARRANTY AND SUPPORT

This product is manufactured by Certified Brands. For warranty information, technical support, or further assistance, please refer to the official Certified Brands website or contact their customer service. You can also visit the [Certified Brands Store on Amazon](#) for additional product information and resources.

	<p>Garmin vívoactive 5 Health and Fitness GPS Smartwatch Owner's Manual</p> <p>Discover the full capabilities of your Garmin vívoactive 5 Health and Fitness GPS Smartwatch with this comprehensive owner's manual. Learn about setting up your device, tracking activities, monitoring health metrics, using GPS navigation, managing music, and accessing safety features for an optimized user experience.</p>
	<p>Garmin vívoactive® 6 Gebruikershandleiding: Gezondheid & Fitness GPS Smartwatch</p> <p>Ontdek de Garmin vívoactive® 6 GPS smartwatch met deze uitgebreide gebruikershandleiding. Leer alles over activiteiten, instellingen, connectiviteit, gezondheidsfuncties en meer voor optimaal gebruik.</p>
	<p>Garmin vívoactive 6 Health and Fitness GPS Smartwatch User Manual</p> <p>User manual for the Garmin vívoactive 6 Health and Fitness GPS Smartwatch, covering setup, features, activities, navigation, connectivity, and troubleshooting.</p>
	<p>Garmin Venu 2 Plus Owner's Manual</p> <p>Discover the advanced features of the Garmin Venu 2 Plus GPS smartwatch with this comprehensive owner's manual. Learn about activity tracking, health monitoring (heart rate, sleep, Pulse Oximeter), smart connectivity (calls, texts), Garmin Pay, music, and more to maximize your fitness and daily life.</p>
	<p>Garmin VIVOACTIVE 4/4S User Manual</p> <p>Comprehensive user manual for the Garmin VIVOACTIVE 4/4S smartwatch, covering setup, features, connectivity, and troubleshooting.</p>
	<p>Garmin vívoactive 5 Benutzerhandbuch: GPS Smartwatch für Gesundheit und Fitness</p> <p>Das offizielle Benutzerhandbuch für die Garmin vívoactive 5 GPS Smartwatch. Enthält Anleitungen zur Einrichtung, Nutzung von Gesundheits- und Fitnessfunktionen, Konnektivität und mehr.</p>