

Turning On and Setting Up the Device

Before you can use your device, you must plug it into a power source to turn it on.

To use the connected features of the vívomove® HR device, it must be paired directly through the Garmin Connect™ app, instead of from the Bluetooth® settings on your smartphone.

1. From the app store on your smartphone, install the Garmin Connect app.
2. Pinch the sides of the charging clip ① to open the arms on the clip.



3. Align the clip with the contacts ②, and release the arms of the clip.
4. Plug the USB cable into a power source to turn on the device ([Charging the Device](#)).
Hello! appears when the device turns on.



5. Select an option to add your device to your Garmin Connect account:
 - If this is the first device you have paired with the Garmin Connect app, follow the on-screen instructions.
 - If you have already paired another device with the Garmin Connect app, from the  or  **Menu symbol** menu, select **Garmin Devices** > (and then) **Add Device**, and follow the on-screen instructions.

After you pair successfully, a message appears, and your device syncs automatically with your smartphone.