



## Owner's Manual

### WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Always consult your physician before you begin or modify any exercise program.

## Getting Started

When using your device for the first time, you should complete these tasks to set up the device and learn about the basic features.

- 1 Go to [www.garmin.com/wellness/start](http://www.garmin.com/wellness/start), and select your company or vendor.
- 2 Locate the serial number ① on the back of the device.

- Insert the device ① into the flexible silicone clip ② by stretching the clip material around the device.

- 2 Attach the clip to your waistband or belt (optional).

- 3 Carry or wear the device all day.

## Checking Your Activity Progress

While you are wearing the device, it is active and sending data, but no LEDs are showing.

- Double-tap the device.

Up to five green LEDs appear to indicate your daily progress.

| LED   | State    | Description                                                              |
|-------|----------|--------------------------------------------------------------------------|
| Green | Flashing | Each flashing LED represents 10% of your progress toward the daily goal. |
| Green | Solid    | Each solid LED represents 20% of your progress toward the daily goal.    |
| Red   | Solid    | The battery level is low.                                                |

- Pair your device with the Garmin Connect Mobile application to view your activity progress in real time ([Using Garmin Connect Mobile](#)).

- 3 Follow the on-screen instructions to register the device with your wellness partner site.
- 4 Go to [www.garminconnect.com/start](http://www.garminconnect.com/start), and follow the on-screen instructions to register the device with Garmin Connect™ (optional).
- 5 Go to [www.garmin.com/apps](http://www.garmin.com/apps), and download the Garmin Connect Mobile application (optional).
- 6 Insert the device in the silicone clip, or carry the device in your pocket ([Wearing the Device](#)).
- 7 Go for a short walk (at least 1 minute).
- 8 Check your progress toward your daily goal ([Checking Your Activity Progress](#)).

## Using Garmin Connect Mobile

Unlike other devices, your device must be paired directly through the Garmin Connect Mobile application.

**NOTE:** Your mobile device must be able to connect and to pair with your device and synchronize data.

- 1 From your mobile device, go to the Garmin Connect Mobile application.
- 2 Follow the on-screen instructions to pair the device and update your preferences.

## Wearing the Device

- 1 Select an option:
  - Carry the device in your pocket.

## About the Step Goal

Your device has a default goal of steps per day. As you begin your activity, the device records your progress toward the daily goal.

You can turn on the auto goal feature or set a personalized step goal on the Garmin Connect site. When you turn on the auto goal feature, the device creates a daily step goal automatically, based on your previous activity levels.

## History

Your device keeps track of your daily steps, distance traveled, calories burned, intensity, and very active minutes. This history can be sent to your wellness partner site.

Your device stores your fitness activity data for up to 30 days. When the data storage is full, the device deletes the oldest files to make room for new data.

## Sending Data to Your Wellness Partner Site

- Send data automatically to your wellness partner site by passing within range of a wireless bridge.
- Send data manually to your wellness partner site by pairing the device with the Garmin Connect Mobile application ([Using Garmin Connect Mobile](#)).

## Device Information

### Specifications

|              |                                   |
|--------------|-----------------------------------|
| Battery type | User-replaceable CR2032 (3 volts) |
| Battery life | Up to 6 months (typical use)      |

|                             |                                                              |
|-----------------------------|--------------------------------------------------------------|
| Operating temperature range | -10°C to 50°C (from 14°F to 122°F)                           |
| Radio frequency/protocol    | 2.4 GHz wireless communications protocol wireless technology |
| Water rating                | 1 ATM*                                                       |

\*The device withstands pressure equivalent to a depth of 10 m.

## Device Care

### NOTICE

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Do not use a sharp object to clean the device.

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

## Replacing the Battery

### ⚠ WARNING

Do not use a sharp object to remove batteries.

Keep the battery away from children.

Never put batteries in mouth. If swallowed, contact your physician or local poison control center.

Replaceable coin cell batteries may contain perchlorate material. Special handling may apply. See [www.dtsc.ca.gov/hazardouswaste/perchlorate](http://www.dtsc.ca.gov/hazardouswaste/perchlorate).

### ⚠ CAUTION

Contact your local waste disposal department to properly recycle the batteries.

Before you can replace the battery, you must remove the silicone clip.

- 1 Locate the circular battery cover ① on the back of the sensor.

- 6 Replace the cover by aligning the dots and rotating clockwise.

**TIP:** To confirm proper battery replacement, double-tap the device.

The green LEDs flash. When no LEDs are showing, the device is active and ready to send data.

- 2 Twist the cover counter-clockwise until it is loose enough to remove.
  - 3 Remove the cover and the battery ②.
  - 4 Wait 30 seconds.
  - 5 Insert the new battery with the positive side facing up.
- NOTE:** Do not damage or lose the O-ring gasket.

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The FCC ID is located in the battery compartment. The FCC ID is IPH-A2442.