

## Quick Start Guide - BioSense Watch

### 1. Unboxing

Inside the box, you will find:

- BioSense Watch
- Charging Base
- Charging Cable

### 2. How to operate

#### 2.1 Charging Your Watch

- Connect the USB TypeC charging cable to the charging base.
- Plug the USB end into a computer, charging dock, or power bank.
- Align the charging pins on the back of the watch with the magnetic connector.
- The watch will turn on and indicate the charging status on the screen.

#### 2.2 Powering On/Off

- To Power On: Press and hold the power button until the logo appears.
- To Power Off: Press and hold the power button and select "Shutdown" on the screen.

#### 2.3 App Download

Download the Vyvo Smart App from the App Store or Google Play Store.

#### 2.4 Connection

After finishing the download, open the App and register an account, then complete the connection process according to the operating instructions on the App.

*Note:*

- a. In order to successfully connect a phone to the smartwatch, you need to turn Bluetooth on the phone and connect to your device through the App.
- b. The first time you connect to the App, the time on the watch will not be consistent with your actual local time. Once the connection has been completed, the time along with all the data for steps, calories & distance on the smartwatch will be reset.

## 2.5 Navigation & Controls

- Short Press Power Button: Light up screen, confirm actions.
- Long Press Power Button: Power on/off, Reboot and Emergency (SOS)

## 2.6 Swipe Gestures

- Up: Notifications
- Down: Quick Settings
- Left: Health features, Sleep results, AI, Workout and Settings
- Right: Smart features (Wallet, Health Index, AQI feature and physical activity statistics)

## 2.7 VyvoPay Contactless Payment

- Works even when the watch is out of power.

## 2.8 Settings & Customization

- Adjust the brightness through the Watch
- Customize the watch faces from the Settings section of the Watch

### Reset & Restore

Go to Settings > Reset to restore factory settings.

## **3. Maintenance & Troubleshooting**

### 3.1 Device Care

1. Do not use any sharp objects to clean the device.
2. Avoid using chemical cleaners, solvent solutions or insect repellents that might damage plastic components of the device.
3. Thoroughly rinse the device with clean water after exposure to chlorine, salt water, sunscreen, alcohol, cosmetics or any other harsh chemicals. Prolonged exposure to these substances may damage the device.
4. Avoid pressing the keys while underwater.
5. Avoid extreme shock and harsh treatment of the device, as it may reduce device product life.
6. Do not expose the device to extreme temperatures that are either too cold or too hot for an extended period, which may cause permanent damage.
7. After each training session, please rinse the smartwatch with clean water.

### 3.2 Cleaning the Device

**Note:** Even the faintest prolonged exposure to sweat or moisture may cause corrosion of the charging terminal when charging the device, which will also hinder the transmission of data and affect the charging.

1. Gently wipe the device by using a cotton cloth with a mild neutral detergent.
2. Please allow the device to dry completely after cleaning.

#### **4. Water Resistance**

IP68-rated, suitable for daily use but avoid submersion.

#### **5. Common Issues**

- Watch does not turn on: Charge the device.
- Watch does not sync: Ensure Bluetooth is enabled and reconnect via the app.

### **6. IMPORTANT SAFETY AND PRODUCT INFORMATION**

- If you have a pacemaker or other internal electronic device, consult with your physician before using a heart rate monitor.
- The BioSense Watch utilizes LEDs to optically measure health data. This involves emitting green light and flashes. Consult with your physician if you have epilepsy or are sensitive to flashes of light.
- Always consult your physician before beginning or modifying any routine or exercise program.
- The device, accessories, heart rate monitor and related data are intended to be used only for recreational and informational purposes, not medical purposes. The device is not intended to diagnose, monitor, treat, cure or prevent disease.
- The heart rate readings are for reference only, and no liability is accepted for the consequences of any wrong interpretation.
- Although the optical wrist heart rate monitor technology typically provides accurate data for users' heart rate, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances, including the users' physical characteristics, installation of the device and type and intensity of activity.
- Tracking your activity relies on sensors to track your movement and other metrics. The data and information provided by the device are intended to assess your activity and metrics closely, but may not be completely accurate, including the data for steps, sleep, distance, heart rate, and calories.
- Do not immerse or expose batteries to water or other liquids.
- Do not expose the device to a heat source or in a high-temperature location — for example, in an unattended vehicle in the sun. To avoid the possibility of damage, remove the device from the vehicle or store it out of direct sunlight, such as the glove box.

- Do not operate the device outside of the temperature ranges specified in the printed manual, included in the product's packaging.
- When storing the device for an extended period, please store within the temperature ranges specified in the printed manual included within the product's packaging.
- Do not use a power and/or USB cable that is not approved or supplied by the manufacturer. Please use within the temperature ranges specified in the printed manual included in the product packaging.

## 7. Specifications

- Display: 1.43" AMOLED
- Battery: 200mAh, 1-hour charging time
- Connectivity: Bluetooth 5.3
- Sensors: Heart Rate, SpO2, BP, ECG, BIA, AQI, Temperature, Humidity
- Compatibility: iOS 10.0+ / Android 5.0+

## 8. Contact & Support

For further assistance, visit [Vyvo Support](<https://vyvo.com/support>) or contact customer service.

Thank you for choosing BioSense Watch!

### Legal Disclaimer

Some measurements require the installation of Vyvo Smart App, available for Android OS 5.0+ or later and for Apple iOS ver. 10.0+ or later.

BioSense Watch has a water resistance rating of 50 meters according to ISO standard 22810:2010. The device can be used for shallow-water activities like swimming in a pool or ocean. However, BioSense Watch should not be used for scuba diving, waterskiing, or other activities involving high-velocity water or submersion below shallow depth.

Unless otherwise specified, BioSense Watch and related services are not medical devices and are not intended to diagnose, treat, cure, or prevent any disease. Regarding accuracy, Vyvo Technology has developed products and services to track certain wellness information as accurately as reasonably possible. The accuracy of Vyvo's products and services is not intended to be equivalent to medical devices or scientific measurement devices.

Consult your doctor before use if you have any pre-existing conditions that might be affected by your use of any Vyvo product or service.

Certain functions may be limited in some countries.

## FCC Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

-- Consult the dealer or an experienced radio/TV technician for help

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.