

## SensorLab Vivoactive 4 Quick Start Guide

### Device Setup

- Charge your device fully using the provided USB cable.



- Hold down the top button (around the 2-o'clock position) to turn it on. You should see a triangle emblem, indicating that your watch is powering on.
- Once you see a screen displaying “Hello” in multiple languages, simply tap the screen. Scroll through the list of preferred languages and select your preference.
- The following screen asks if you would like to pair your watch with your phone; select the checkmark, indicating yes.

### Connect to your mobile device

- Download and open the Garmin Connect app:



- **Create an account** on Garmin Connect or sign in.
- On your Garmin Vivoactive 4, **select the checkmark** under the message that says, “Download Garmin Connect Mobile App to get started.” This will initiate pairing between your smartwatch and phone.
- Within Garmin Connect, your phone should find the Garmin Vivoactive 4. Once it does, **select Connect**.
- The Garmin Vivoactive 4 should display a six-digit code. Type that code into Garmin Connect when it prompts you to enter the Bluetooth Pairing Request PIN and then **select Pair**.

- Once setup is completed, **select Next**. You will be prompted to set up a few items:
  - **Sleep Times:** You can disable notifications on your watch while you sleep. This can help your watch track your sleep more accurately. Once you select your sleep times, you can select Yes or No as to whether you would like to receive notifications while you sleep.
  - **Select which wrist** you will be wearing the watch.
  - **Select Yes** to “Send your recent training data to your new device.”
  - **Set your goals** accordingly, or don’t set them and allow the watch to automatically set them based on your performance.
  - **Select Sync Now** and, once the sync is complete, **select Finish**.

### Troubleshooting:

- If the App doesn’t automatically prompt you to pair your new watch:
  - iPhone users: select the More Icon in the bottom right of the App to open the Options.
  - Android users: select the three-bars icon in the top left to open the Options.
  - Once in Options, scroll down and select Garmin Devices.
  - In Garmin Devices, select Add Device.