



**Vivago**

# Vivago® MOVE™

User Manual AEN0004-08 (2019-09-03)

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# 1 Intended use of the product

Vivago MOVE™ is intended for real-time measurement, storage and analysis of physical activity, sleep, circadian rhythm and health status.

Vivago MOVE™ is intended for diagnosis of obstructive sleep apnea syndrome (OSAS), when used together with oximetry and relevant questionnaire, by monitoring, storing and analysing the acceleration data from the wrist. In addition, the device is intended for monitor the effectiveness of insomnia and OSAS treatment, and to help in adjusting treatment plan.

Vivago MOVE™ is intended for measurement, storage and analysis of physical movement and physical function related to Resident Assessment Instrument (RAI), to aid individuals and healthcare professionals in review, analysis and evaluation of body activity, sleep parameters and circadian rhythm.

The system is intended to notify and alarm relevant individual changes in user's activity, sleep, circadian rhythm and health status. Changes in medication, which have effect to body activity, sleep and circadian rhythm, can be reviewed, analysed and evaluated from measurement data and notifications.

The user can send the manual alarm with the device. The device analysis can send automatic alarm, if user is not following normal movement patterns for prolonged period. The device analysis can send automatic notification for increased risk of falling, if user's normal circadian rhythm is weakened.

The patient is the intended user and operator of the Vivago MOVE™ watch device in combination with a Vivago MOVE™ application running on a mobile device. The patient can also utilize Vivago MOBILE application to see their wellbeing data.

The relatives or other close persons of the user can see the user's wellbeing data and have option to receive alarms though Vivago MOBILE application.

The clinician or healthcare professional is the intended user of the data provided by the Vivago MOVE™ through the Vivago Vista software and Vivago MOBILE application. They can also receive alarms.

Basic use of the Vivago MOVE™ activity monitor watch and related applications don't require special training. Only trained clinicians or healthcare professionals may use the provided data in the aid for diagnosis.

**!! Do not use the watch for any other purpose than instructed in this user manual.**

## 2 Clarification of the symbols

	Consult instructions for use		Caution, consult instructions for use
	Temperature limitations		Manufacturer
	Serial number		Recyclable package
	Fragile		Do not use if package is damaged
	Electric and electronic waste		CE marking. The product fulfils the MDD requirements for directive 93/42/EEC
	Type BF applied part		

The following signal words or indications are used in this document:

**NOTE:** Highlights suggestions, which will result in enhanced installation, usability, or operation. Not used for safety related hazards.

!! followed by clarifying text on green background - Indicates a warning or other important information which, if not avoided, could result to a harmful or hazardous situation.

## 3 Contents of the package

The package includes:

- Vivago MOVE™ activity monitor watch
- Charger
- Quick reference guide

If something is missing, contact our customer support. In daily use, you will need a dry cloth to clean the watch.

!! If the package or seal is damaged, please contact Vivago customer support or your local distributor.



# 4 Product and safety information

**!! READ THIS USER MANUAL BEFORE USING THE PRODUCT!**

## 4.1 Preparations for use

Before using the watch perform the following preparation steps:

1. Ensure the watch is charged – See chapter “Charging” for information on how to do this
2. Ensure the Vivago MOVE™ app is installed and that the connections are established – See chapter “Vivago MOVE™ app” for instructions on how to do this.
3. Fasten the watch on your wrist as explained in chapter “Using the watch”.

## 4.2 Using the watch

The watch should be kept on the wrist all the time since the watch continuously monitors the activity level from your wrist.

Wear the watch on your non-dominant hand. Fasten the watch on your wrist so that it feels comfortable and does not restrict your wrist movements. It should be tight enough to ensure that the bottom face of the watch is in close contact with your skin, even when you move your arm around. This is important, because your watch can only monitor the activity level and physiological signals when it is in direct contact with your skin. The watch is too loose if it can be rotated.

You can take off the watch anytime but be aware that during this time you are not fully secured since the watch measures the well-being only when worn on the wrist. The Vivago (manual alarm) button works even though you are not wearing the watch.

By pressing the Vivago button, you can trigger an alarm (manual alarm) yourself. An automatic alarm e.g. in case of immobility is generated within 30 minutes to 4 hours. The sensibility of the automatic alarm can be adjusted by the service provider through the server settings.

If you feel that you need help, press immediately the Vivago-button on the watch until the red light appears on the watch indicating that a manual alarm has been generated.

**!! Do not wait for the system to send an automatic alarm for you!**

**!! Always consult a healthcare professional if you notice changes in your wellbeing or health.**

When using the watch keep the Bluetooth connection of the mobile phone active and the distance between the phone and the watch short enough to ensure connection between them. Also keep the mobile phone data connection active and the Vivago MOVE™ app background service running to allow communication to the server.

**!! No alarms are delivered during breaks in communication or connections!**

## 4.3 Cleaning the watch

Regular cleaning of the Vivago MOVE™ watch, is essential to assure the correct operation of the product.

Clean the watch carefully once a week or immediately, if you notice it is dirty.

Clean the bottom face of the watch and the straps with a damp, soft, non-fluffy cloth. Dry thoroughly with a dry cloth.

!! Do not use washing liquids that contain solvents like alcohol. These might damage the plastic parts of the watch.

!! Do not scrape or scratch your watch.

#### 4.4 Warnings and precautions

!! Basic safety precautions should always be taken, including those listed below.

!! If the instructions in the user manual are not followed, the device may not function correctly.

!! Do not wear the watch in hot environments for example in the sauna.

!! Do not charge the watch battery in hot environments.

!! Do not wear the watch during swimming or bathing.

!! The watch shouldn't be left under direct sunlight or within reach of children or pets.

!! Do not charge the watch if the case is broken.

!! Dispose of the watch and other parts properly and according to local regulations.

!! The watch may be serviced or repaired only by Vivago authorized service centres.

!! Do not attempt to disassemble the watch. This will void the warranty and might damage the watch.

!! No modification of this device is allowed.

!! No alarms are delivered during break in communication.

!! The system might underestimate the Apnea-Hypopnea Index (AHI).

# 5 Functions

## 1 Vivago (MANUAL ALARM) button

- Triggers manual alarm
- Confirms the changes in setting mode of the watch

## 2 LIGHT button

- Long press switches background light

## 3 MODE button

- Short press: Browse display modes
- Long press: Redirects to the watch mode



If you don't press any button for 60 seconds you will automatically return to the watch mode from all display modes.

Pressing LIGHT (2) and MODE (3) buttons at the same time you enter the settings mode for the active display, where you can set for example the wake-up alarm time. See chapter "Settings" for more information.

## 5.1 Display modes



### 5.1.1 Watch



In the basic display mode, the watch shows the time and in the upper half of the display the date or alternatively the weekday of the week or time of the day. A watch symbol is shown at the bottom of the display. The time display can be set to either 12 or 24-hour mode. When using the 12-hour mode AM/PM will be shown on the left of the time. The date is shown either dd.mm or just weekday (MON, TUE, WED, THU, FRI, SAT, SUN). You can also choose DAY or NIGHT texts in accordance with the time of the day. The field can also be empty. See settings, if you like to set the time and date or change the time or date layout.

### 5.1.2 Wake-up Alarm (WAKE)



By pressing once, the MODE button you will see the set time for the wake-up alarm. The watch symbol is still shown at the bottom of the display. If the display shows two lines (-:-) in the place of the alarm time the alarm is not activated. To set the alarm time, see watch settings. The wake-up alarm beep starts on the chosen time and stops by pressing the LIGHT or MODE button. Do not press the Vivago button, it will launch an alarm. The beep will also automatically end after one minute. It is possible to set a delay function (see the watch setting). When the delay function is activated the watch will wake you up only when it notices movements after the set wake-up time. The wake-up will at the latest start half an hour after set wake-up time. If you sleep peacefully and do not move, the snooze automatically gives you 30 min extra sleeping time and you will not be awakened from deep sleep. If you activate the delay function and for example set your alarm on 7:00 the watch wakes you up between 7:00 and 7:30 depending on when it detects movements, but at the latest at 7:30.

### 5.1.3 Sleep time of previous night



By pressing the MODE button in WAKE mode once, you will move to SLEEP display mode. This mode graphically shows the movement activity (activity histogram) measured and last night's calculated hours of sleep using hours and minutes. A sleep symbol is shown at the bottom of the display. One column of the histogram describes the average movement activity for one hour. The picture is being drawn to the display one column at a time and shows last night's movement activity between 19:00-12:00. During the drawing, the display shows the hour digits respectively. When the entire picture has been drawn the display shows the total amount of sleep. The picture is updated at 8 am, after it you can see the histogram and your hours of sleep for last night. Before 8:00 am, your sleep time and the histogram are therefore from the night before.

The watch measures wrist movements. When there are only very few small movements during a longer period it will detect it as sleep. Because of this it is possible to count an estimate of your sleeping time. The height of the columns on the display describes the sleep. If you have slept for an entire hour there will not be a visible column. Therefore, a continuous good sleep of 8 hours will be shown as a blank period in the histogram. Short awakenings might not be shown in the display, because the column height describes the average movement for one hour. The arrow on the right side of the histogram indicates if the sleep time is longer (arrow up), shorter (arrow down) or about the same (no arrow) than your average sleep time during the last four weeks.

**NOTE:** Because the sleep time calculation is based on the movement measurement, the displayed sleep time might not totally reflect your own observation of sleep.

If there is not enough collectable data from last night to measure the average, for example if you have not worn the watch continuously, two lines (- -) appears on the display.

### 5.1.4 Average sleep time (ST4W, sleep time 4 weeks)



By pressing the MODE button in SLEEP mode once, you will move to AVERAGE SLEEP TIME display mode. This display mode shows the average sleeping time for the last 4 weeks. A symbol of sleep is shown at the bottom of the display. The data will be updated once a day, 8:00 am.

If there is not enough collectable data from the last 4 weeks to measure the average, two lines (- -) appears on the display.

### 5.1.5 Daytime activity of yesterday



By pressing the MODE button in AVERAGE SLEEP TIME mode once, you will move to ACTIVITY display mode. This mode shows graphically the daytime activity for the previous day measured by the watch (activity histogram). The display shows the average activity level for the previous day (8:00-20:00). A symbol of activity is shown on the bottom of the display. One column of the histogram describes the average activity level for one hour. The picture is drawn one column at a time showing the activity for yesterday between 6:00 am-00:00 pm no matter what time of the day it is. During the drawing, the display shows the hour digits respectively. When the entire picture has been drawn, the

display shows the average activity for the whole day. The picture is updated at 8:00 pm every day. After it you can see the histogram for the current day. If there is not enough collectable data two lines (- -) appears on the display.

One column of the histogram describes the average activity for one hour. The columns are scaled between 0 and 100. When the column is at its highest, your activity has been between 50 and 100 for that hour. This means very high activity. The arrow on the right side of the histogram indicates if your activity level is higher (arrow up) or lower (arrow down) during the last 4 weeks.

### 5.1.6 Average activity (AC4W, activity 4 weeks)



By pressing the MODE button in ACTIVITY mode once, you will move to AVERAGE ACTIVITY display mode. In this mode the display shows the average activity level for the last 4 weeks as an integer value. On the bottom of the display an activity symbol is shown. The data will be updated once a day, at 08:00 pm.

If there isn't enough data from the last 4 weeks, two lines (- -) appears on the display.

### 5.1.7 Circadian (CR1d)



By pressing the MODE button in AVERAGE ACTIVITY mode once, you will move to CIRCADIAN RHYTHM display mode. In this mode the display shows you the calculated circadian rhythm for the last day and night. The symbol for sleep appears on the bottom of the display. The numerical value is updated every day at 8:00 am. The arrow on the display indicates if your circadian rhythm is higher (arrow up) or lower (arrow down) that your average circadian rhythm during last month.

The circadian rhythm is calculated by dividing the activity during night with the activity during day. If the reading is close to zero, the circadian rhythm is good. If the reading is close to or over one, the circadian rhythm is poor. The circadian rhythm should in normal conditions stay clearly under 0.5. This indicates that you have rested in the night and been active during the day. The numerical value for the circadian rhythm can be high (over 0.5), if you have slept very restlessly, or not at all and you have been very inactive during the day. The circadian rhythm describes your overall well-being and capacity. Your circadian rhythm is good when you feel good, sleep well and peacefully and are active during daytime. If there is not enough collectable data from the last day, two lines (- -) appears on the display.

## 5.2 Battery status indications

A symbol of a battery appears on the upper left side of the display when the battery is getting empty. The text BATT will also blink in the display.

The watch will also send a "Battery empty" notification to the alarm recipient. The battery should be charged as soon as possible, but at the latest within one (1) day to make sure that the watch works properly. BATT symbol will disappear when battery has been charged full. See chapter "Charging the device" for information on how to charge the watch.



### 5.3 Communication

If enabled from Vivago MOVE™ App, watch additionally alerts once the communication has been lost for 10 minutes. Alert is performed via audible sound and/or by blinking the red led at the top left corner of the watch. This alert can be dismissed by pressing any button.

# 6 Settings

By pressing LIGHT and MODE buttons simultaneously you will enter the mode for settings. The setting mode depends on in which display mode you enter the settings.

If you don't press any button for 60 seconds you will automatically, from all modes, return to the basic WATCH display mode.

**In the settings mode, the buttons work as follows:**

- **LIGHT:** changes settings
- **MODE:** changes the numbers, for instance from hours to minutes when setting the time or changes the settings
- **Vivago:** confirms the setting and shifts to next set-up mode

## 6.1 Time and date settings

### 6.1.1 Time

Time and date are automatically updated from phone once connected. Manually set time and date are overwritten automatically.

- Press and hold the LIGHT and MODE buttons simultaneously until the text: TIME appears on the display.
- The hour starts blinking.
- Set the right hour by pressing the LIGHT button.
- Advance to the minutes by pressing the MODE button. The minutes start to blink.
- Set the minutes by pressing the LIGHT button.
- Save the settings by pressing the VIVAGO button. The watch will move to the next set-up mode.

### 6.1.2 12/24 h display

- The text CLOCK appears on the display. In this mode, you can choose to show the time either in 12h mode, or 24h mode.
- On the display, the text 12H or 24H starts blinking, depending on which time mode has earlier been set.
- By pressing the LIGHT button, you can change the setting.
- When you have chosen the time mode you prefer conform it by pressing the Vivago button. The watch moves to the next setup mode.

### 6.1.3 Year

- The text YEAR appears on the display. In this mode, you set the right year.
- The last digit of the year starts blinking.
- By pressing LIGHT button, you can change the year.
- By pressing the MODE button, you can move to the next digit of the year setting.
- When you have chosen the year, save by pressing the VIVAGO button. The watch goes to the next setup mode.

### 6.1.4 Month

- The text MO appears on the display. In this mode, you set the right month.
- The month that has been set earlier starts blinking.
- By pressing the LIGHT button, you can set the right month.
- When you have chosen the month confirm it by pressing the VIVAGO button. The watch moves to next setup mode.

### 6.1.5 Date

- The text DAY appears on the display. In this mode, you set the right day of the month.
- The day that has been set earlier starts blinking.
- By pressing the LIGHT button, you can set the right day.
- When you have chosen the day confirm it by pressing the VIVAGO button and the watch moves to next setup mode.

### 6.1.6 Date format

The text VIEW appears on the display. In this mode, you define what is shown in the field above the date when the watch is in the normal time mode. Depending on the mode that has been chosen earlier, one of the options below starts blinking.

- Date (day. month)
- Time of the day (DAY or NIGHT)
- Weekday (MON, TUE, WED, THU, FRI, SAT or SUN)
- Empty field

By pressing the LIGHT button, you can select which of the options is shown.

When you have chosen the type of date field you prefer, confirm by pressing the Vivago button. This will exit the watch's setup mode.

## 6.2 Wake-up alarm settings

Move to the wake-up alarm menu by pressing MODE. The text WAKE is shown on the display. If the wake-up alarm is activated, the display shows the wake-up time, if not two lines (-:-) are shown on the display.

### 6.2.1 Wake up on/delay function/off

Press the LIGHT and MODE buttons simultaneously until the time or the (-: -) is removed from the display. The display still shows the text: WAKE. Now it's possible to set or to cancel the wake-up or to mobilize the delay function. In a while one of the following texts start to blink depending on which wake-up mode has lately been used.

- OFF, alarm off
- AUTO, delay function activated
- ON, normal alarm on

Use LIGHT button to change the wake-up mode setting.

When you have activated or deactivated preferred wake-up alarm, confirm by pressing the Vivago button. If you have chosen OFF, the watch automatically returns to the watch display. If you chose ON or AUTO, the watch moves to wake up alarm settings.

### 6.2.2 Wake-up time

- The text WAKE appears on the display. Now you can set the desired wake-up time.
- The hours start blinking. Set the correct hour by pressing the LIGHT button.
- Move to the minutes by pressing the MODE button
- The minutes start to blink. Set the minutes by pressing the LIGHT button
- When the wake-up time is set, confirm it by pressing the Vivago button. The menu returns to the wake-up menu where the text WAKE and the set wake-up time appears.

### 6.3 Activity limit value for sleep

You can change the activity limit value for sleep through the SLEEP settings mode. To access the SLEEP settings mode press and hold the LIGHT and MODE buttons simultaneously in any of the other modes except Watch and Wake-up alarm until the text SLEEP appears on the display. Additionally, one of the numerical values starts blinking indicating which activity limit value for sleep has been selected earlier.

Now you can change the activity limit value for sleep by pressing LIGHT or MODE button to set a value from "1" to "10". The default value is "4". The activity limit value for sleep defines in which activity level the watch assumes you sleeping. Choose a low limit value if your activity is low or the watch counts too many hours of sleep for you. Choose a high limit value if you know you sleep restlessly, or the watch counts too few hours of sleep for you.

**NOTE:** Change to this setting affects only the watch internal sleep time calculation.

When you have chosen the limit value for sleep, press the VIVAGO button. The watch moves on to the next set up mode, see Memory reset for more information on that mode.

### 6.4 Memory reset

You can reset the memory from the settings. When you are in any of the other modes except Watch and Wake-up alarm, press and hold the LIGHT and MODE buttons simultaneously, and press VIVAGO button so that CLEAR appears on the display.

In this mode, you can clear the watch's internal measurement data and memory. It does not effect on the data buffered for sending to server.

The text NO starts blinking.

If you do not want to reset the memory press Vivago button. If you want to reset the memory, choose YES by pressing the LIGHT button and confirm by pressing the Vivago button.

The watch carries out the desired function and moves on to the Watch mode.

After memory reset pairing of the Vivago MOVE watch and Vivago MOVE™ application may be required.

## 7 Charging the watch

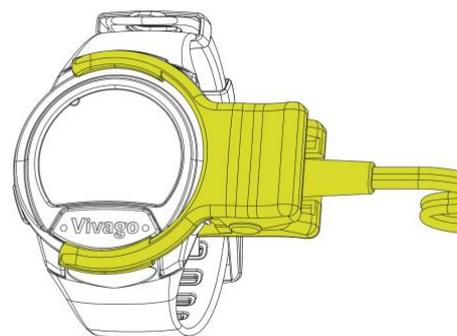
The watch has a rechargeable battery, which needs to be charged. A charged battery lasts for 1-2 months (depending on the watch use).

A symbol of a battery appearing in the upper left side of the display indicates that the battery is getting empty and the watch should be re-charged.

To charge the watch place the charger on the watch as shown on the picture and plug the charger into a power socket. Make sure that the charger is correctly placed on the watch. Place the charger on the same side as the MODE button. When the charger is correctly attached, and it starts to charge the watch, a symbol of the charging process appears on the display.

When the battery is full the charge animation stops, and the battery symbol is switched off. A "Battery full" notification will now be sent. You can detach the charger from the watch and the socket.

If the battery symbol doesn't fade the battery is not fully



charged.

*Place the charger on the watch as shown on the picture and plug the charger into a power socket.*

## 8 Related software and devices

The Vivago MOVE™ solution utilizes Vivago Vista software server environment along with Vivago MOVE™ app and Vivago MOBILE applications installed on a mobile device.



For more information on the Vivago Vista software refer to the software documentation.

For more information on the Vivago MOBILE application refer to the software related documentation.

## 9 Vivago MOVE™ app

Vivago MOVE™ app runs on a smartphone and functions as a communication gateway, relaying data between Vivago MOVE™ watch and the rest of the Vivago system. It is intended to function in the background without need for user interaction after it has been properly set up. It will however notify if there is a problem in the communication.

### 9.1 General information

Vivago MOVE™ app is available for download from Google Play store.

Vivago MOVE™ app is designed to run on mobile phones utilizing Android as the operating system. For more information on the suitable mobile phone models and operating system versions refer to the list of compatible mobile phones available at <http://guides.vivago.com>.

### 9.2 Setup of the phone

1. Setup the phone so that battery saving options do not affect the Vivago MOVE™ app. Battery saving options may stop the app and cause communication problems.
2. Setup the phone so that "Google play services" and "Location services" are enabled. These are essential for the location tracking in case Vivago button is pressed for activation of a manual alarm.  
**NOTE:** Only current location and location from an alarm (both manual and automatic) is stored.  
**NOTE:** Location data can also be disabled from the App settings.
3. Setup the phone so that "Bluetooth" is enabled. This is essential for the communication between the phone and the Vivago MOVE™ watch.

Details of the setup differ between phone models and versions. See details from the user manual of the mobile phone in question.

Adjusting the mobile phone settings may affect the system performance and should only be done with caution. The effects may be similar, but not limited to following:

- Adjusting power saving and app permission settings may affect data transmission.
- Adjusting data transfer, volume, notification and app permission settings may affect alarm functionalities.

### 9.3 Installation of the Vivago MOVE™ app

Vivago MOVE™ app can be found from Google Play store by searching for “Vivago MOVE” and installed as any other app by following the on-screen instructions.

### 9.4 Setup of the Vivago MOVE™ app

Once Vivago MOVE™ app has been successfully installed, the setup process is completed inside the app by following these steps:

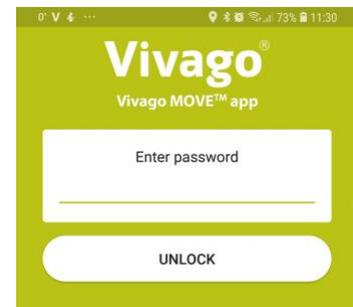
1. Place the MOVE™ Watch on your wrist.
2. Open the app.
3. Setup password that is used to access the settings. Type the password on the line and click “SET PASSWORD”.



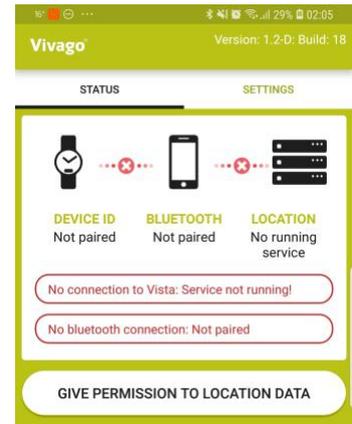
!! Use a password that is strong enough to prevent unauthorized persons from entering to the application.

!! Keep the phone privacy settings enabled to prevent unauthorized persons from changing the settings or accessing the personal information it may contain.

4. The password is defined only on the first time. When opening the app next time, the password defined during installation is entered. If the password is forgotten, uninstall the Vivago MOVE™ app and install it again.



- After entering password, the status page is opened. Swipe left or tap "SETTINGS" to access settings page for setting up the server connection details. It is important to do this first.



- On the "SETTINGS" page on the bottom. Set up the Vista server details by typing the Vista server address and port on the lines at the bottom of the screen. The correct server address and port are provided separately depending on the service provider.

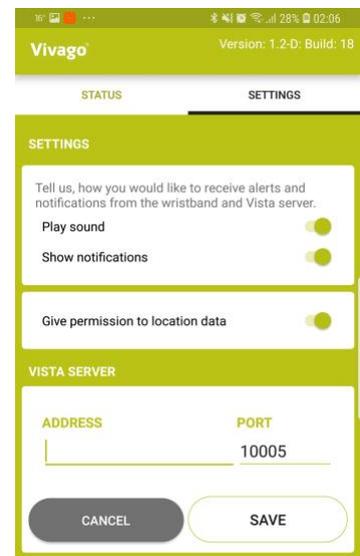
Once the server details have been set, click "SAVE".

Text flashing at the bottom of the screen:

"Could not connect to Vista server": means that setup was not successful. The server details are wrong, there is no internet connection, or the service is down. In this case the settings are not saved. Close the application and try again later.

"Server address and port saved!": means that setup was success and server details have been saved.

**NOTE:** Do not continue setup before settings are successfully saved!



- On the "SETTINGS" page above Vista server details, it is possible to give or deny permission to location data. This setting defines whether phone's location is sent to Vista server or not. This setting is recommended to be kept enabled.
- On the "SETTINGS" page at the top, it is possible to define what is the behaviour of the watch and phone when there is a break in connection between Vivago MOVE™ watch and Vivago MOVE™ app or Vivago MOVE™ app and Vista Server.

If the "Play sound" is enabled (green dot), audible sound is signalled from watch after 10 minutes and from phone after 15 minutes when the connection is lost.

If the "Show notifications" is enabled (green dot), red led blinks on watch and phone signals with separate notification when the connection is lost for 15 minutes. Phone also shows notification when the connection is resumed.

These notifications can be dismissed on the phone as any notification (depending on the phone model). These notifications can be dismissed by pressing any button on the watch.

If at least one of the notification settings is enabled, watch blinks text "NO BT" on the top of the screen after 10 minutes and it continues until connection is recovered. Breaks in the

connection are normal. During connection break the data is stored on the devices and transmitted later when connection is resumed, so no data is lost. However, the data transmission is delayed, and this affects also on the alarms.

**!! No alarms are delivered during break in communication!**

If the distance between the phone and the watch increases too much or the signal is blocked, the connection breaks between phone and watch. This could happen for example when the phone is left home when going outside. This could also happen when the phone is left in different room depending on the size of the apartment and the wall materials.



If the connection to the internet is blocked the connection between phone and Vista server breaks. This could happen for example in areas with bad cellular or Wi-Fi coverage; or when the phone is in flight mode; or if roaming is not enabled when traveling. It is important to set these settings appropriately depending on the use case. The settings possibly blocking the communication should be activated only when mandatory and if fast delivery of the alarms is not essential.

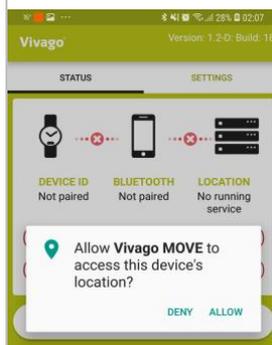
9.

After server details have been set up, swipe right or click "STATUS", to pair the watch and the phone. Click "GIVE PERMISSION TO LOCATION DATA".

This is mandatory and different from step 7



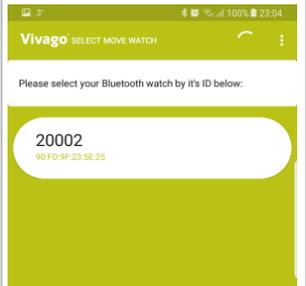
A pop-up from the phone asks: "Allow Vivago MOVE™ to access this device's location?". Click "ALLOW".



This allows the application to use the location data of the phone and deliver it to Vista server and it is essential. Click "PAIR DEVICE".



Choose the device ID from the list that represents the watch to be paired. The watch's ID can be found also from the bottom of the watch. After successful pairing, the paired device can be



seen on the status page below watch icon.

- Once the pairing is complete, it is time to start the background service. The background service is responsible for the communication between Vivago MOVE™ watch and Vista server and should be kept running when the Vivago MOVE™ watch is in use.

At the top of the “STATUS” page is a box that describes the current status of the Vivago MOVE™ app.

To start the background service, click “START SERVICE” on the “STATUS” page. Starting the service may take a while.

Red cross icon between watch icon and phone icon describes that the connection is lost or not yet established between Vivago MOVE™ watch and the phone. It is normal to have short breaks in communication. When communication is OK, the red cross changes to green tick mark.

Red cross icon between phone icon and server icon describes that the connection is lost or not yet established between app and the Vista server. When the communication is OK, the red cross changes to green tick mark.

Below the icons are labels for Watch ID, Bluetooth status and location status.

Below them may be messages indicating problems or that background service is starting.

Once the connection is established, the icons between watch icon, phone icon and server icon turn green with tick mark and Bluetooth status is connected.

If the connection is not established in one minute, stop the service by clicking “STOP SERVICE” and start it again.

The connection status can also be seen in the notification centre of the phone.

After everything is set up and running, close the app. The background service remains running on the background. It will also start automatically if phone is restarted. The status of running background service can always be seen from the notification centre of the phone.



# 10 Technical specifications



## Manufacturer:

Vivago Oy  
Itsehallintokuja 6, FI-02600 Espoo, Finland  
[www.vivago.com](http://www.vivago.com)

Download this document in electronic format from:  
<http://guides.vivago.com>

## Capability:

- Push button for manual alarm
- Automatic learning of the individual daily rhythm
- Automatic physiological alerts
- User in/out of range notification
- Watch on/off wrist notification
- Battery empty alert
- In charge notification
- Battery full charged notification
- Activity curve generation
- Automatic self-diagnostic
- Rate of data transmission: every 20 sec
- BLE communication disconnected notification

## Technical specification:

### Mode of operation

Continuous

Protection against electric shock Class II. The mains plug of the charger is used as the isolation means from the supply mains.

Watch and wristband together form the system's applied part. Applied part is Type BF.

### Dimensions and weight

Weight	38 g
Diameter of the case	42 mm
Thickness of the watch	16.5 mm
<b>Materials</b>	
Wristband	Silicone
Case	ABS
Charging contacts	Gold plated Stainless Steel, SUS 316F Gold-plated 0.25 micron
Buckle	Aluminium
<b>Battery</b>	
Voltage / capacity, battery type	+3.7V / 180 mAh, Li-Po
Battery charging period	~ 1 month
<b>Radio transmission</b>	
Range	10-15 m
RF frequency range	2.400-2.450 GHz
Effective radiated power max	10 mW
Transmission method	Bluetooth Low Energy, version 4.2
<b>Operating conditions</b>	
Storage/ transportation temperature	10 – 40 °C
Operating temperature	10 – 40 °C
Waterproof	IPx7
Storage/ transportation pressure	500 – 1100mbar
Operating pressure	500 – 1100mbar
Storage/ transportation humidity	0–99% RH (IPx7)

Operating humidity	0–99% RH (IPx7)
<b>Lights</b>	
Alarm LED	Red LED, indicates for sending manual alarm
Backlight	Electroluminescence (EL)
<b>Buttons</b>	
Buttons	LIGHT, Vivago (MANUAL ALARM), MODE
Required power for triggering manual alarm	~ 6 N
Required time for triggering manual alarm	2 sec

This activity monitor watch meets all the requirements of European parliaments and European Councils 93/42/EEC directive.

#### Usage environment

The Vivago MOVE™ complies with the applicable EMC emission requirements (EN 60601-1-2). The electromagnetic field caused by the device is weak and not likely to cause interference in nearby electronic equipment.

Use of this instrument in a dry environment, especially if synthetic materials are present (synthetic clothing, carpets etc.) may cause damaging static discharges that may cause erroneous alarm situations.

## 11 Warranty information and spare parts

### 11.1 Warranty

Vivago offers a 24 months warranty and 3 years' service life from the date of purchase for the watch if it is used as instructed in this user manual.

The warranty does not cover any damage that is caused or occasioned by improper use or user's negligence. It does not cover any damage caused by the system not being used and maintained in the manner described in the operating instructions, nor by an external factor outside the manufacturer's reasonable control or normal wear and tear. Under no circumstances, is the manufacturer liable for any indirect damages caused by the system not making or transmitting an alarm.

**!! Do not attempt to disassemble the watch. This will void the warranty and might damage the watch.**

### **11.2 incident reporting**

Any serious incident that has occurred in relation to the device should be reported to the manufacturer.

### **11.3 Spare parts**

If you need any spare parts, please contact Vivago customer support or your local distributor. The spare parts we provide are:

- Wristband
- Charger

**Vivago®** develops smart safety and wellbeing solutions for preventive care. The innovative solutions cover the whole chain of care from home care to assisted living, care homes, hospitals and rehabilitation.

Vivago's solutions increase the feeling of safety with automatic alarms and by providing wide range of wellbeing information to support daily care and to follow-up the effectiveness of care. Real-time notifications inform about changes in the person's wellbeing and it enables care providers to react proactively and focus on individual care.



# Vivago

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