

ActiveKC Garmin Instructions

Download and connect the Garmin app before wearing the device


The Garmin vivofit4 device needs to be connected to the Garmin Connect™ app. The app can be installed on a cell phone or a tablet. Just make sure to use a device that is regularly connected to the Internet or a data plan. The Garmin vivofit4 device communicates with the app on your phone so that daily step counts and other information can be viewed in the app. This information is necessary for our research team to evaluate the program. If you would like more information about your Garmin, visit www.ciparesearchteam.org/activekc

How to Connect the Garmin to your Phone

1. From the app store on your smartphone or tablet, install and open the Garmin Connect™ app. Log into your account using this information:
 - o Email address: the email address you gave when you signed up for the study
 - o Password: ActiveKC2!
2. Press the button labelled 1 in the picture below to turn on the device.



The first time you turn on the device, it is in pairing mode.

TIP: You can hold the button to view the menu and hold  to manually enter pairing mode.


3. Select an option to add your device to your Garmin Connect™ account:
 - o If this is the first device you have paired with the Garmin Connect app, follow the app's on-screen instructions.
 - o If you have already paired another device with the Garmin Connect™ app, from the settings menu, select **Garmin Devices > Add Device**, and follow the on-screen instructions.

NOTE: The setup may include a software update which can take several minutes. Keep your Garmin near your smart device until setup is complete.

After setup is complete, the device continuously tracks your daily activity.

Syncing the Garmin to your Phone

A few times a day, your device automatically syncs data with the Garmin Connect™ app. But you should occasionally manually sync your data to track your progress in the Garmin Connect™ app. In order to sync your device:

1. Bring the device near your smartphone.
2. Open the Garmin Connect app.
TIP: The app can be open or running in the background.
3. Hold the button to view the menu.
4. Hold .
5. Wait while your data syncs.
6. View your current data in the Garmin Connect app.

NOTE: To help the Garmin sync to the Connect™ app, iPhone Users will need to turn on Background App Refresh for the Connect™ app by opening the phone's **Settings > Connect** and toggling the Background App Refresh button to 'ON'. We also ask that you keep the app open as much as possible. Swiping up and closing the app out can cause connection problems.

Wearing the Garmin

The batteries in the Garmin will last for at least a year, so you never have to worry about charging it! It is water-resistant, so it's safe to wear in the shower, bath, or even swimming. Every now and then it's a good idea to take the Garmin off so you can wash your wrist and the back of the device to clean it, especially if you've been working hard and sweating!

We want you to wear the Garmin each day, from the time you wake up until you go to bed. You can wear the device overnight if desired.

Reminder!

Our team will turn off your move alerts and step goal for the week before you officially start the program. You do not have to do anything but live life normally. Try not to adjust your daily activities or touch your watch too often. We want this week to be like every other week for you. You will not have to worry about turning these alerts back on, we will do that for you before the program starts. It may take a little time for the settings to change on your watch after we turn off or on the alerts.