

**vyvo**

**BioSense**

WATCH



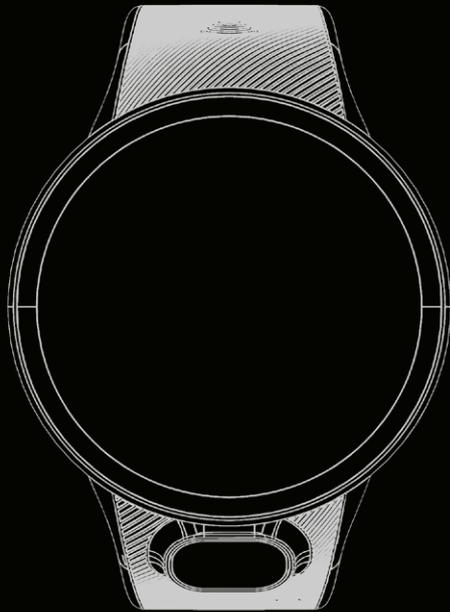
**QUICK  
START  
GUIDE**



reddot winner 2025

## Welcome to the new face of Vyvo Technology!

The ultrathin **BioSense Watch** introduces a new dimension in wearable devices, as the thinnest smartwatch with a full-function face.



Let's get started!

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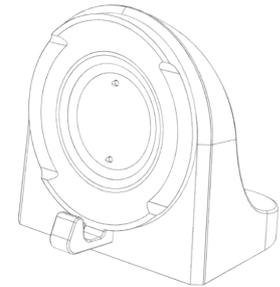
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### What's in the box

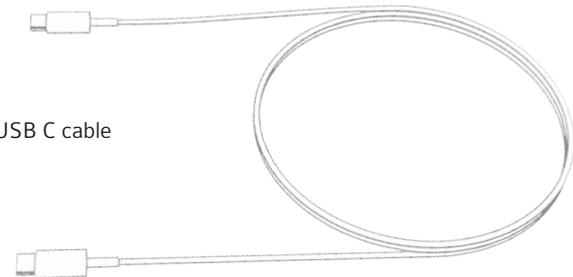
The box contains the following items.



BioSense Watch



Charging Base



USB C cable

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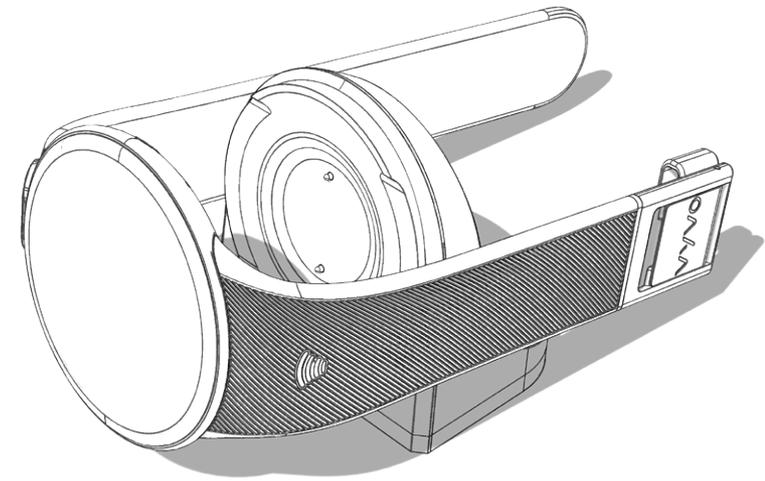
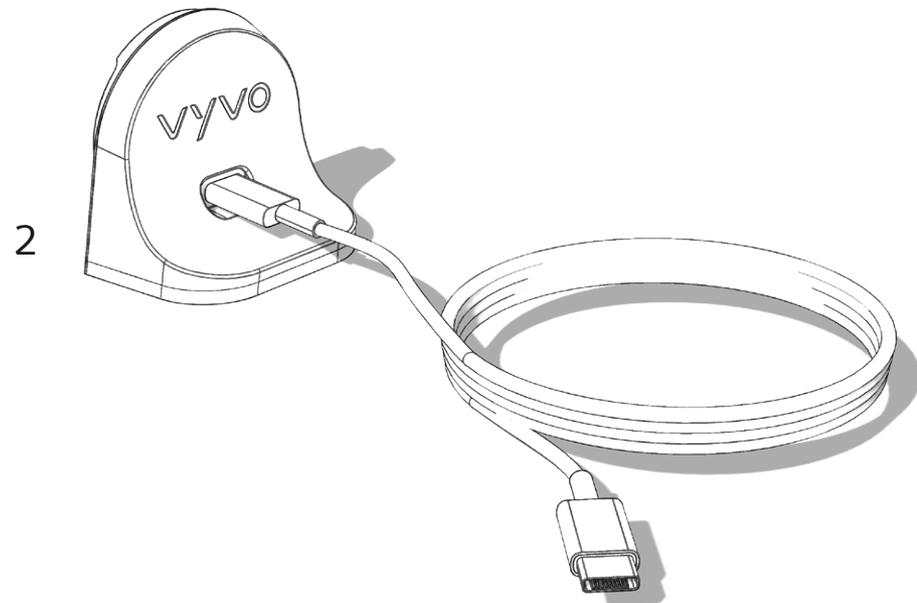
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## Charging your Watch

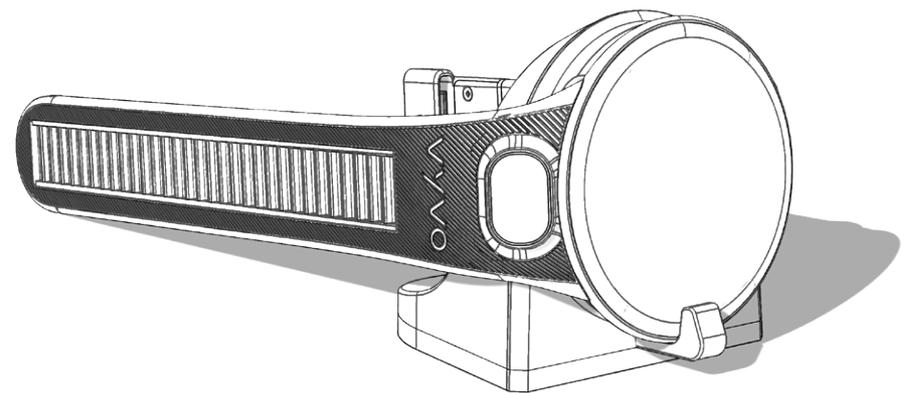
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1. Open the box and remove the contents
2. Connect the USB Type C charging cable to the charging base
3. Plug the USB end into a computer, charging dock, or power bank
4. Align the charging pins on the back of the watch with the magnetic connector
5. The watch will turn on and indicate the charging status on the screen. If the battery is completely drained, it will take extra time for the display to activate
6. Leave your watch to charge for at least one hour.



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## Getting Connected

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- After your watch is charged, it's time to connect it to the **Vyvo Smart App** and start using all the amazing features.
- Download the App:



## Using the Features

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Before using any of the insightful wellness-tracking features of your BioSense Watch, please go to the Device page of the App and complete blood pressure calibration. Entering blood pressure measurements from a recent test using a blood pressure cuff (*sphygmomanometer*).

For on-going accuracy, **please recalibrate every four weeks.**

- Open the App and login to your existing Vyvo account, or create a new account. It's fast and easy!
- Once you're in the App, go to the Device screen and tap the + button in the upper right and select Watch to add your BioSense Watch. Follow the steps on your smartphone to complete the connection. To ensure optimal performance of the device and App services, please accept all the App permissions.

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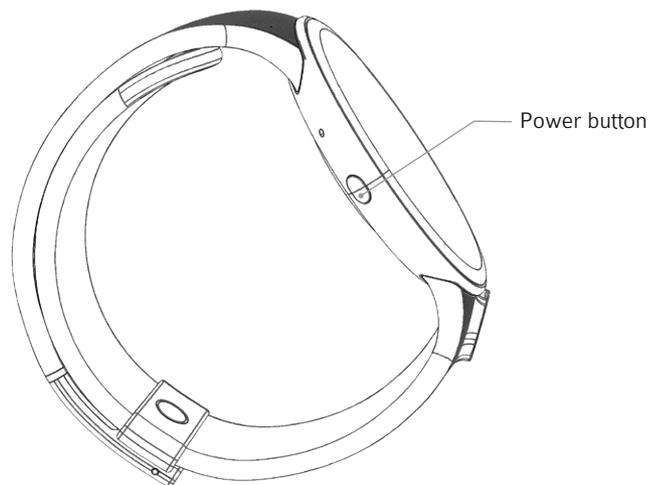
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## Basic Watch Controls

- **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.
- **Short Press Power Button:** Light up screen, confirm actions.
- **Long Press Power Button:** Power on/off, Reboot and Emergency (SOS).
- **Reset & Restore:** Go to **Settings > Reset** to restore factory settings.
- **Tap Display Twice:** Wakeup Watch.
- **Tap Display Three Times:** Launch VAI OS.



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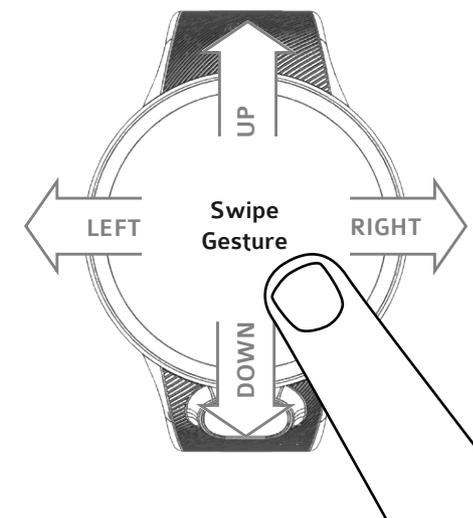
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## Navigation and Controls

- **Swipe Gestures**
  - **Swipe Up** › Notifications.
  - **Swipe Down** › Quick Settings.
  - **Swipe to the Left** › Health features, Sleep results, AI, Odee (for OdeePay/VyvoPay Wallet balance), Workout and Settings.
  - **Swipe to the Right** › Smart features (Token Wallet, Health Index, AQI feature and physical activity statistics).
- **VyvoPay Contactless Payment**
  - Secure payments just by tapping via NFC.
  - Works even when the watch is out of power.
  - Note that the VyvoPay chipset is tokenizable. Please visit [www.vyvo.support](http://www.vyvo.support) for VyvoPay tutorials demonstrating how to add payment cards.
- **Settings & Customization**
  - Adjust brightness, sound, and vibration settings right from the watch.
  - Customize and choose watch faces from the watch.
- **Common Issues**
  - Watch does not turn on: Charge the device.
  - Watch does not sync: Ensure Bluetooth is enabled and reconnect via the App.



For other questions or issues and other watch documentation, please visit [www.vyvo.support](http://www.vyvo.support).

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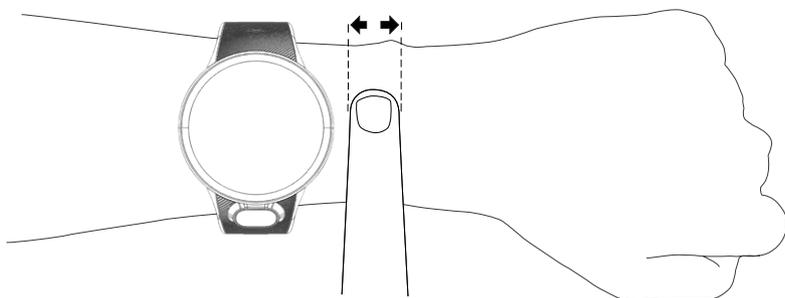
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## Introduction for important features

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### Heart rate monitoring

To monitor heart rate more accurately, please wear the Watch approximately one finger's width from the wrist bone.



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## Maintenance

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### 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 the 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 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.

### 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.

### Water Resistance

IP67-rated, suitable for daily use but avoid submersion.

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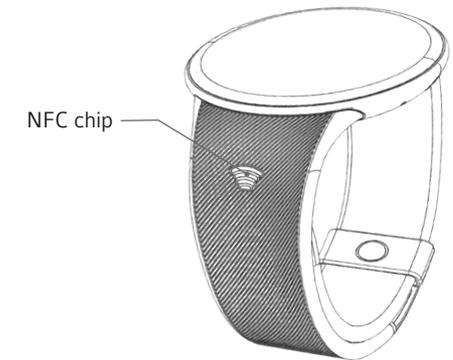
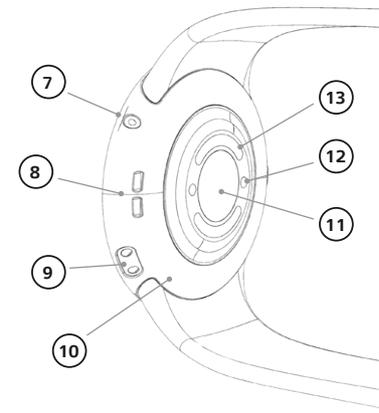
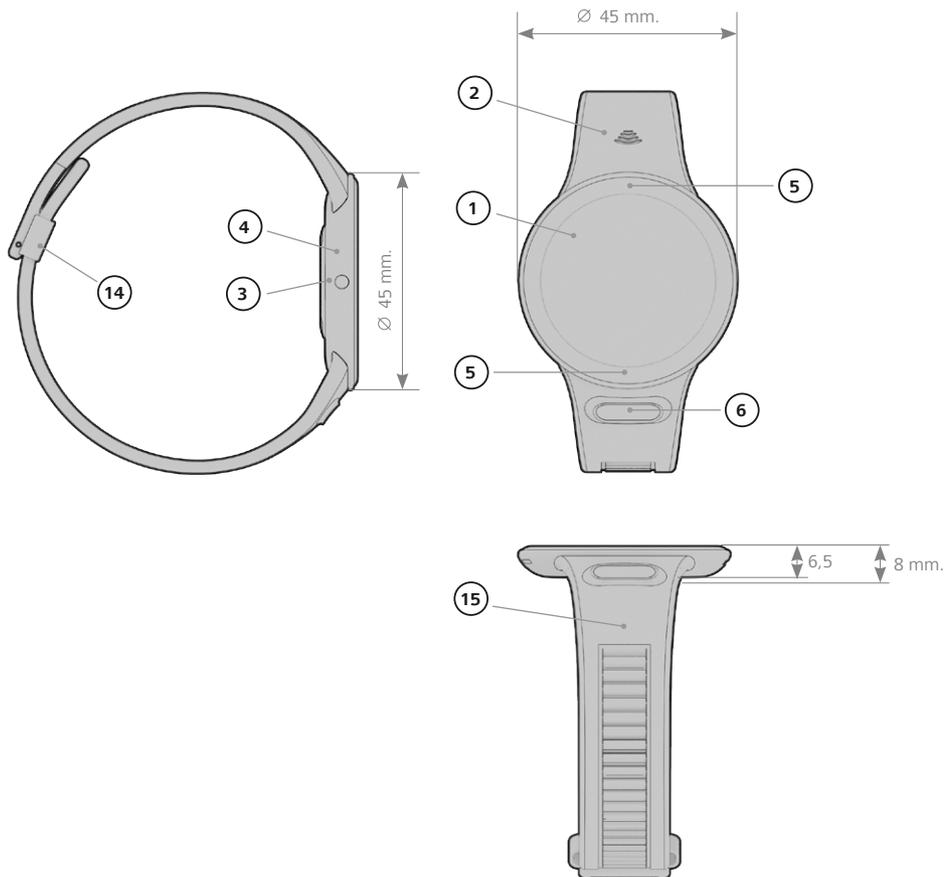
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## Nomenclature of the parts & their functionality

### Understanding Your Device

Get familiar with the key components of your BioSense Watch.



### Legend

- |   |  |
|---|--|
| 1. 1.43" Amoled display                   | 10. Vyvo Smart Chain VSC-PoSe encryption chip                          |
| 2. NFC Vyvo Pay chip inside               | 11. Skin temperature, continuous AFIB, continuous HR, SPO2 sensors     |
| 3. Power button / Guardian Alert / SOS    | 12. Charging Pins  |
| 4. Microphone                             | 13. Backside ECG and BIA Electrodes                                    |
| 5. ECG & BIA electrodes                   | 14. Aluminium clasp  |
| 6. BP, SpO2, APG fingertip sensor         | 15. Hypoallergenic silicone strap, adjustable from 5 to 12 wrist sizes |
| 7. Temperature & Humidity sensor          |  |
| 8. Speaker                                |  |
| 9. Indoor and Outdoor Air Quality Sensors |  |

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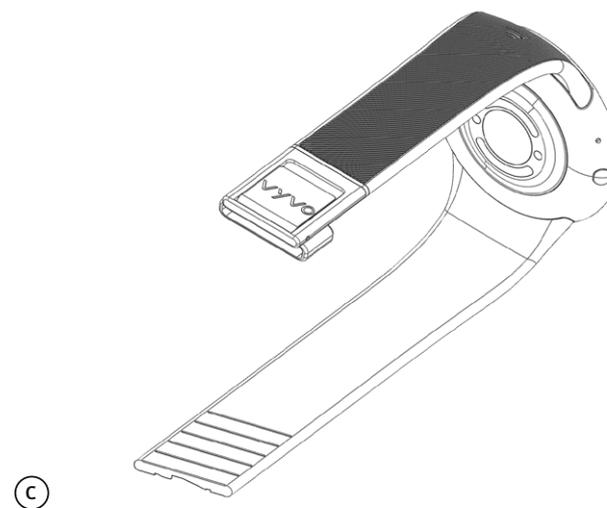
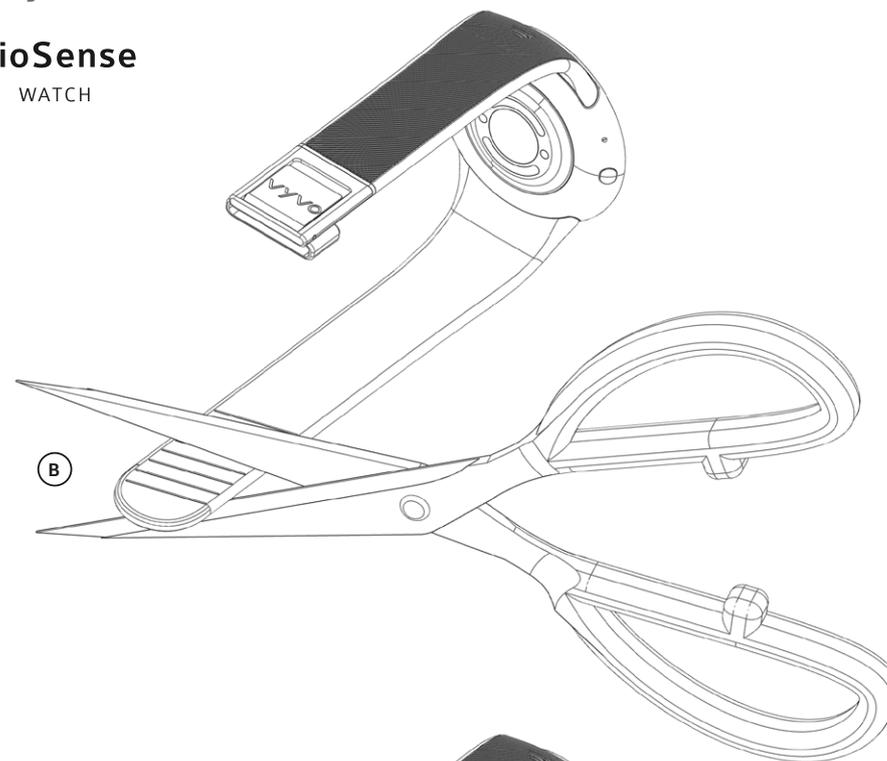
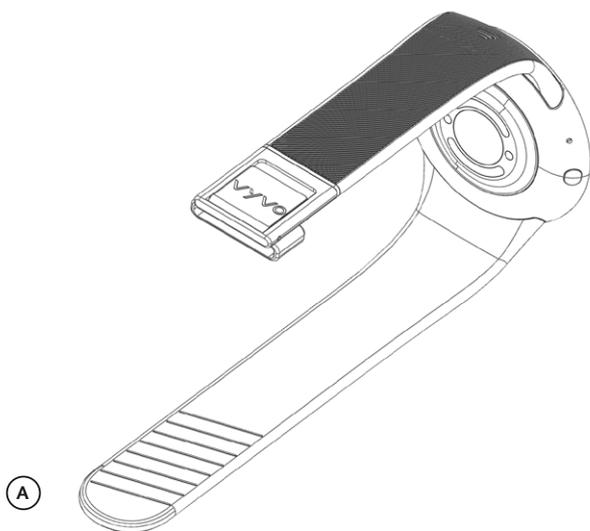
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## Strap adjustment

If the strap does not fit as desired, you can adjust its length in a few simple steps, as follows:

- A. Look for the suggested cutting lines on the inside of the strap;
- B. After carefully measuring for your wrist, cut at the desired line;
- C. Wear the BioSense Watch as usual.

**Important note: Make sure your measurement is correct before cutting the strap at the reference line, Vyvo is not responsible for incorrectly cut straps.**



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## Tech Sheet

### HARDWARE and SOFTWARE specification

<b>Materials specification</b>	1. Wristband material: liquid silicone gel + PA two-color coating, surface drying pattern + UV modification, built-in magnet adsorption	
	2. Heart electrode: stainless steel 316L + pvd black	
	3. Middleframe: stainless steel 316L .MIM + CNC + polishing + PVD + AF	
	4. Bottom shell: PA embedded 2 pieces of 316L stainless steel + PVD + 2PCS POGO pin	
<b>Basic specification</b>	<b>Size</b>	Ø 45.2 mm., Thickness 6.5 mm., Length 240 mm.
	<b>Weight</b>	49 grams
	<b>Color</b>	Black
<b>Display specification</b>	<b>Type</b>	Oled
	<b>Size</b>	1.43"
	<b>Number of dots</b>	466x466 dots
	<b>Colors</b>	16.7M (RGB x 24bits)
<b>Hardware specification</b>	<b>MCU</b>	ATS3089
	<b>Built-in storage</b>	Nor 64Mbit / PSRAM 128Mbit
	<b>Flash memory</b>	1Gbit
	<b>Button</b>	Power key*1
	<b>Touch</b>	Capacity touch
<b>Audio</b>	<b>Mic</b>	Sisonic MSM381ACB045
	<b>Speaker</b>	8Ω, MAX: 0.7 W
<b>Connection</b>	<b>Bluetooth</b>	BLE 5.0
	<b>NFC Payment feature</b>	Vyvo Pay available

<b>Sensors</b>	<b>Gyroscope</b>	ST-LSM6DS3TR-C/ Reserve STK8321
	<b>Heart rate sensor</b>	PAH8311
	<b>ECG+BIA</b>	30001
	<b>Fingertip blood oxygen + blood pressure</b>	MAX 32664 + 30101
	<b>Skin Temperature</b>	117
	<b>Encryption</b>	SLS32
	<b>AQI sensors</b>	ZMOD4410A + ZMOD4510A
	<b>Humidity sensor</b>	HS3101
<b>Battery</b>	<b>Category</b>	Lithium polymer
	<b>Standard Voltage</b>	3.8 V
	<b>Capacity</b>	200 mAh
	<b>Charging Time</b>	1 hour
<b>App</b>	<b>VYVO Smart</b>	Health Features: Heart Rate, Respiratory Rate, Energy, Stress, ECG, BIA, APG, Blood Pressure, Blood Oxygen, Arrhythmia Detection, Temperature, Sleep
		iOS 10.0 or above, Android 5.0 or above Activity data: steps, calories, standing
<b>Waterproof</b>	<b>Yes</b>	Guardian: Heart rate, respiratory rate, blood pressure, blood oxygen, temperature, atrial fibrillation.
		IP67



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## FUNCTIONS

<b>VAI OS</b>	Interact with VAI OS by selecting it through the device menu or tapping the Watch display three times.
<b>Air Quality Index Indoor &amp; Outdoor</b>	General Air Quality Index supports 24-hour automatic measurement, recorded every 10 minutes. Indoor and outdoor Air Quality Index supports manual measurement initiated from the device or the App. Results are displayed on the device or in the App.
<b>HR</b>	Optional 24-hour automatic measurement. Automatic measurement interval is every 10 minutes. Support manual measurement initiated from the device or the App. Results displayed on the device or in the App.
<b>BR</b>	Supports 24-hour automatic measurement (determined by status of heart rate monitoring is turned on/off). Automatic measurement interval is every 10 minutes. Support manual measurement initiated from the device or the App. Results displayed on the device or in the App.
<b>ECG</b>	Support manual measurement initiated from the device or the App, and touch the electrodes above and below the Watch face with the index finger and thumb. Results are uploaded for AI analysis and reported in the App only.
<b>BIA</b>	Support manual measurement initiated from the device or the App, and touch the electrodes above and below the Watch face with the index finger and thumb. Results are uploaded for AI analysis and reported in the App only.
<b>Energy</b>	Supports 24-hour automatic measurement, captured every hour. Support manual measurement initiated from the device or the App. Results displayed on the device or in the App.
<b>Stress</b>	Supports 24-hour automatic measurement, captured every hour. Support manual measurement initiated from the device or the App. Results displayed on the device or in the App.
<b>BP</b>	Connect App for blood pressure calibration. Supports 24-hour automatic measurement, captured every hour. Support manual measurement initiated from the device or the App. Results displayed on the device or in the App.
<b>APG</b>	Results are uploaded for AI analysis and reported in the App only. Support manual measurement initiated from the device or the App.
<b>SpO2</b>	Supports 24-hour automatic measurement, captured every hour. Support manual measurement initiated from the device or the App. Results displayed on the device or in the App.

Health metrics

<b>Health metrics</b>	<b>AFib</b>	Turn on or off in the App or on the device. Once turned on, it is activated immediately, and the green light on the watch underside will always be on. Results are uploaded for AI analysis and reported in the App only.
	<b>Sleep</b>	Automatically estimated by the device nightly, and reported on the device and in the App. Includes sleep quality and, when 24h monitoring is enabled, REM sleep and a count of sleep disturbances.
	<b>Skin Temp.</b>	Supports 24-hour automatic measurement. Automatic measurement interval is every 10 minutes. Support manual measurement initiated from the device or the App. Captured by the temperature sensor. Results displayed on the device or in the App.

<b>Guardian Alert</b>	<b>HR</b>	An App configured function. Upon detection of a Guardian alert, a message will appear on the BioSense Watch display and an email is sent to the specified guardian(s). Requires continuous connection to a smart phone with cellular data coverage. App must be open in the background of smart phone.
	<b>BR</b>	
	<b>BP</b>	
	<b>SpO2</b>	
	<b>Afib</b>	
	<b>Skin temperature</b>	
	<b>Air Quality index</b>	

<b>Activity data</b>	<b>Steps</b>	View in App or Watch display.
	<b>Calories</b>	
	<b>Stand</b>	

<b>Electrode</b>	<b>Electrodes can be found above and below the face of the BioSense Watch and are required for ECG and BIA measurements.</b>	<b>ECG</b>	The index finger and thumb are placed on the electrode pads on the top and bottom of the Watch face.
		<b>BIA</b>	Touch the electrodes on the top and bottom of the Watch face with the index finger and thumb respectively. Ensure that your left and right hands do not touch each other.

<b>VyvoPay</b>	Secure Wallet	VyvoPay second gen
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## Important safety and product information

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- 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 manual.
- 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 manual.

## Legal disclaimer

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**Some measurements require the installation of the VYVO Smart App available for Android OS 5.0 and later and for Apple OS version 10.0 and later.**

1. 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.
2. 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.
3. 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.
4. Certain functions may be limited in some countries.

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**Thank you!**

[vyvo.com/watch](http://vyvo.com/watch)