

# **INSTALLATION &** ONBOARDING GUIDE GOOD JOB!

### **FOR GARMIN® VÍVOSMART 4**



#### Important Safety and Product Information MARNING

Failure to heed the following warnings could result in an accident or medical event resulting in death or serious injury.

#### **Choking Hazard**

This product contains small parts. This product is not for children under 3 years.

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For all customer service and support, please visit **www.brickfit.com.au** 

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arent App first



# THANK YOU FOR JOINING THE BRICKFIT PROGRAM!

Created by the Brickman, LEGO® Certified Professional and LEGO® Masters Australia judge Ryan McNaught, together with the Deakin University Institute for Physical Activity and Nutrition (IPAN), BrickFit is a revolutionary way to engage kids and adults with healthy exercise and get creative with LEGO® bricks.

The BrickFit program comes with a complete LEGO® Creative Fun set as well as bonus LEGO® pieces that can be used to create over 150 different models! As children progress through the app's fitness goals, they'll unlock more and more instructions to help them learn new techniques and create new LEGO® models to show to their family and friends.

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### WHAT'S IN THE BOX

BrickFit<sup>®</sup> welcome guide

BrickFit<sup>®</sup> app activation code (on page 3 of the welcome guide)

LEGO<sup>®</sup> Classic 11016 Creative Building Bricks Bonus LEGO<sup>®</sup> bricks and base plate



### WHAT'S NEEDED

At least one iOS or Android phone or tablet One Activity Tracker

Compatible devices: Garmin<sup>®</sup> vívofit 4, Garmin<sup>®</sup> Connect (16+), Garmin<sup>®</sup> vívosmart 4, Apple Watch<sup>®</sup>, Apple<sup>®</sup> Health, Apple iPhone





### **REQUIREMENTS - USING 2 DEVICES**

## Preferred option as this allows the parent and child to each have their own device.

Two separate phones are used (one designated for the BrickFit Kids App and one for the BrickFit Parent App)



vívosmart® 4 your child wears all day and night



1 x phone with the Parent App installed \*Install the BrickFit Parent App prior to installing the BrickFit Kids App 1 x phone with the Kids App installed

### **REQUIREMENTS - USING 1 DEVICE**

- Garmin<sup>®</sup> is paired to BrickFit Kids App on one phone
- BrickFit Parent App is on the same phone





1 x phone with **both** the Parent and Kids App Installed







# STEP 1: BRICKFIT PARENT APP

# HOW TO SIGN UP







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**KIDS** 

# STEP 2: BRICKFIT KIDS APP HOW TO LOGIN

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**IMPORTANT**: This stage can only take place once the child's account has been created on the BrickFit Parent App. Make sure your account has been created in the BrickFit Parent App.

When you sign into the BrickFit Kids App for the first time you will be greeted with a short onboarding process to finish setting up the child account.





Use the login details for the child created during the BrickFit Parent App setup





Pair the activity tracker by selecting vívosmart® 4 and then follow the pairing instructions





Complete the remainder of the in-app tutorial





The application is ready to go!

### **FREQUENTLY ASKED QUESTIONS**

### HOW DO I SET UP MYSELF UP AS AN ADULT PARTICIPANT?

Plenty of adults are Brickfitters! Just follow the 1 device set up instructions in this manual, where both apps are on a single mobile device. Set up both the parent and child accounts with your own details.

#### I'M HAVING TROUBLE SYNCING... WHAT SHOULD I DO

If you have had trouble syncing the vívosmart<sup>®</sup> 4 to the BrickFit Kids App, please follow these instructions in order:

- 1. Uninstall the BrickFit Kids App
- 2. Remove the vívosmart<sup>®</sup> 4 from Bluetooth known devices
- 3. Turn off Bluetooth
- 4. Restart your mobile device
- 5. Turn on Bluetooth
- 6. Install BrickFit Kids App
- 7. Login with your username and password (you can lookup the username and change the password using the BrickFit Parent App).
- 8. Go to the profile page and press on TAP HERE TO REPLACE and follow the prompts to re-pair the vívosmart® 4

Please try this process up to 3 times. If the issue continues, please contact support.

### WHAT ARE ACTIVE MINUTES?

Your vívosmart<sup>®</sup> 4 device calculates active minutes by comparing your heart rate data to your average resting heart rate. If heart rate is turned off, the device calculates active minutes by analysing your steps per minute and requires a consecutive step cadence of 100 or above.

- Start a timed activity for the most accurate calculation of intensity minutes.
- Exercise for at least 10 consecutive minutes at a moderate or greater activity level.

### DOES GYM WORK COUNT TOWARD ACTIVE MINUTES?

Provided you have heart rate monitoring enabled, yes active minutes can be generated in a gym workout. Without heart rate monitoring a cadence of 100 steps per minute is required.

### HOW LONG DOES THE VÍVOSMART® 4 BATTERY LAST?



Typical usage will require the vívosmart<sup>®</sup> 4 be charged 2-3 times per week.

For more FAQ's please visit www.brickfit.com.au



### VÍVOSMART<sup>®</sup> 4 SYMBOLS EXPLAINED



Total steps and your

goal for the day



Intensity minutes

total and goal for

the week



Total calories

burned for

the day



Distance

travelled for the

current day



Number of remaining steps to hit target

### **VÍVOSMART® 4 NAVIGATION**













Displays the device settings.

#### Displays the timed activity options.

Displays the heart rate features.

Displays the timer, stopwatch, and alarm options.

Displays options for your Bluetooth paired smartphone.

### SYNCING YOUR VÍVOSMART® 4 WITH BRICKFIT KIDS

- 1. Bring your activity tracker near your phone
- 2. Open BrickFit Kids and press the 📀 symbol
- 3. Wait while the data syncs 👩



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