VIIIVA HEART RATE MONITOR

User Manual



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QUICK START GUIDE

1.1 What's in the Box?

- 1. Quick-Start Guide
- 2. Strap
- 3. Viiiiva Pod





To use your new heart rate monitor, follow these steps:

- 1. Remove your Viiiiva from its packaging;
- 2. Snap one side of your Viiiiva pod into the strap;
- Moisten the two conductive patches on the inside of the strap;
- 4. Place the strap around your torso, with your Viiiiva pod on your sternum, logo facing outwards;
- 5. Snap the other side of your Viiiiva pod into the free end of the strap;
- 6. Adjust the strap as required;
- Pair your head unit or watch to your Viiiiva using Bluetooth or ANT+; your head unit or watch should now display your heart rate.



2 4iiii APP

Many of Viiiiva's advanced features require the use of the 4iiii app and a 4iiii user account. The 4iiii app is available as "4iiii" on the iOS App Store and as "4iiii Device Configuration" on the Google Play Store. Both versions are free to download.

- 1. Install the app on your smartphone;
- Make sure your smartphone is connected to the internet;
- 3. Make sure your smartphone's Bluetooth connection is on; and
- 4. Open the app. You will be prompted to sign in or sign up for an account. If you already have an account, sign in to the app using those credentials. Otherwise:
 - a. Tap "Sign Up";
 - Enter a valid email address and password along with other details; and
 - c. Tap "Submit".





Android

iPhone

3 PAIRING Viiiiva

Viiiiva supports communication using both ANT+ and Bluetooth Smart. Some display units and watches use ANT+ while others use Bluetooth Smart. The pairing procedure differs slightly between the two options.

3.1 Connecting Viiiiva to the 4iiii App

The 4iiii app is used to update Viiiiva's firmware, enable and configure advanced features and otherwise interact with Viiiiva. You can connect to your Viiiiva by scanning for nearby devices, or using tap-to-pair. After ensuring that your device has Bluetooth enabled, open the 4iiii app and select "Viiiiva Configuration" from the main menu.

Once you are paired to your Viiiiva in the 4iiii app, you can view your heartrate by selecting "Workout" from the main menu.

Android: Once you are paired to your Viiiiva in the 4iiii app, you can view your heartrate by selecting "Sensor Data" from the main menu.

3.2 Scanning for Viiiivas

To scan and connect to your Viiiiva, follow these steps:

- Wake your Viiiiva by moistening the black conductive patches on the strap and putting it on, or by rubbing the two button snaps on the Viiiiva pod;
- From the "Viiiiva Configuration" screen in the 4iiii app, tap "Scan for Viiiiva".
 Nearby Viiiivas will appear near the top of the list;
 Android: From the Viiiiva screen in the 4iiii app, tap the magnifying glass icon.
 Nearby Viiiivas will appear near the top of the list; and
- 3. Select your Viiiiva from the list.

3 PAIRING Viiiiva

3.3 Tap-to-Pair

In situations where multiple Viiiivas are detected, you can connect to your Viiiiva by tapping it against your phone while it is on your chest:

- Wake your Viiiiva by moistening the black conductive patches on the strap and putting it on, or by rubbing the two button snaps on the Viiiiva pod;
- From the "Viiiiva Configuration" screen in the 4iiii app, tap "Go to Tap-to-Pair"; Android: From the "Viiiiva Configuration" screen in the 4iiii app, tap "Start Tap to pair mode";
- 3. Firmly tap the back of your phone against your Viiiiva heart rate monitor.

Quick Tip: To use Tap-to-Pair, your Viiiiva must be running firmware version 2.0.0 or higher. Scan to pair will work with all firmware versions. To check the firmware version of your Viiiiva, refer to Section 6.









3 PAIRING Viiiiva

3.4 Pairing Using ANT+ (Garmin)

Pairing procedures can be different between head units and watches. If more details are required, please consult the head unit/watch manufacturer's instructions.

- Go to the "Settings" menu;
- 2. Go to the "Sensors" menu;
- Select "Add Sensor";
- 4. Select "Heart Rate": and
- 5. Select "Viiiiva" from the list of ANT+ IDs.

Quick Tip: If there are multiple heart rate monitors in the area when pairing, you will need to know your Viiiiva ANT+ ID. You can get this information through the 4iiii app. Refer to Section 6.

3.5 Pairing Using Bluetooth Smart

Pairing procedures can be different between head units and watches, If more details are required, please consult the head unit/watch manufacturer's instructions.

Quick Tip: After pairing Viiiiva as a Bluetooth heart rate sensor, many apps will now display heart rate data along with data from any ANT+ sensors connected to your Viiiiva without the need to pair those sensors separately. For more information, refer to Section 4 on ANT+ to Bluetooth Bridging.

ANT+ TO BLUETOOTH BRIDGING

Viiiiva can be used as an ANT+ to Bluetooth bridge. This feature is useful when you have a supported ANT+ only sensor that you want to connect to a Bluetooth Smart bike computer, watch, or smartphone app (such as Zwift). Viiiiva can bridge ANT+ bike speed, bike cadence, bike speed and cadence, bike power, and footpod speed and cadence data to Bluetooth devices. Use the 4iiii app to connect to your Viiiiva.

iPhone:

- 1. Tap "Viiiiva Configuration";
- 2. Tap "Pair ANT+ Devices";
- Wake the ANT+ devices you'd like to bridge to Bluetooth;
- 4. Tap "Refresh ANT+ Devices List";
- Select your ANT+ sensors from the displayed list; and
- 6. Tap "Done".

Android:

- Tap "ANT+ Pairing";
- 2. Wake the ANT+ devices you'd like to bridge to Bluetooth;
- 3. Tap "Scan for ANT+ sensors";
- Use the dropdown menus to select the ANT+ sensors you wish to pair to; and
- 5. Tap "Save".

Viiiiva will now receive data from the paired ANT+ sensors and retransmit the data using Bluetooth Smart. You can view this data in the app. You will need to pair your Bluetooth Smart compatible device to Viiiiva for the device to receive the data. Please refer to the manufacturer's instructions for more details on receiving Bluetooth Smart sensor data from your device or app of choice.

5 CHANGING Viiiiva DEVICE NAME

You can change the Bluetooth device name of your Viiiiva so that it is easily identifiable from other Viiiivas.

iPhone:

- Connect to your Viiiiva using the directions in Section 3.1;
- 2. Tap "Viiiiva Configuration";
- Under "Change Device Bluetooth Name", type in the new desired name for your Viiiiva (max 9 characters);
- 4. Tap "Change"; and
- After the Name Change is successful, you will need to reconnect to your device. It may be necessary to disable/ re-enable Bluetooth or do multiple rescan attempts for the device to appear in the scan list under the new name.

Android:

- Connect to your Viiiiva using the directions in Section 3.1;
- 2. Tap "Change";
- Type in the new desired name for your Viiiiva (max 9 characters);
- 4. Tap "Save"; and
- After the Name Change is successful, you will need to reconnect to your device. It may be necessary to disable/ re-enable Bluetooth or do multiple re-scan attempts for the device to appear in the scan list under the new name.

Quick Tip: To change the device name, your Viiiiva must be running firmware version 2.0.0 or higher. To check the firmware version of your Viiiiva, refer to Section 6.

6 CHECKING Viiiiva STATUS

To pair your Viiiiva to an ANT+ head unit or watch, you may require Viiiiva's ANT+ ID. This information can be accessed through the 4iiii app.

iPhone:

- Connect to your Viiiiva using the directions in Section 3.1; and
- Tap "Viiiiva Info". Your current device name, battery level, ANT+ ID, firmware version, and a list of paired ANT+ devices will be displayed on the screen.



Android:

Connect to your Viiiiva using the directions in Section 3.1.

Your current device name, battery level, ANT+ ID, firmware version, serial number and Bluetooth ID will be shown on the "Viiiiva Configuration" page.



Android

Viiiiva has the ability to log heart rate data and data from other connected ANT+ sensors to a .FIT file. This feature allows you to log your activity data without the need for a separate sports watch or bike computer.

Viiiiva will store one data point every five seconds. When onboard memory is full, it will stop saving data until the memory is downloaded or erased. Viiiiva does not have GPS capability, so the activity files stored by Viiiiva will contain data concerning heart rate and all connected ANT+ sensors, but no GPS track will be stored.

Quick Tip: The number of hours Viiiiva logs depends on the type of sensors it is logging data for. If Viiiiva has no paired sensors, it will log 65 hours of heart rate data. If Viiiiva is paired to a footpod, it will log 22 hours of heart rate, footpod speed and footpod cadence data, etc.

7.1 Recording Activity Data

With Activity Logging enabled, Viiiiva will start logging sensor data to a .FIT file when you put it on, and stop recording when you remove the strap. If your Viiiiva is being used as an ANT+ to BLE bridge, it will automatically stop recording after the connected ANT+ sensors stop transmitting and/or the strap is removed (whichever is last).

7.2 Downloading Stored Activity Files

Activity downloading can be Automatic or Manual. In Automatic mode, you will be prompted to download activity files each time you connect Viiiiva to the 4iiii app. In Manual mode, you must choose to download stored activity logs.

7.3 Choosing an Activity Download Mode

To choose an activity download mode, follow these directions:

- 1. Connect to your Viiiiva using the directions in Section 3.1;
- 2. Tap "Viiiiva Configuration"; and
- 3. Beside "Activity Log Download", choose "Auto" to be prompted each time you connect to your Viiiiva. Otherwise, select "Manual" to forego the prompts.

Android: Currently the Android app does not support choosing an activity download mode.

7.4 Downloading Activity Files in Auto Mode

In Auto mode, whenever you connect Viiiiva to the 4iiii app, you will be prompted to download any new activities. Select "Now" to download them.

Android: Currently the Android app only supports Auto Download mode.

7.5 Downloading Activity Files in Manual Mode

In Manual mode, you will not be prompted to download any new activities. To download activities in "Automatic" or "Manual" mode, follow these directions:

iPhone:

- Connect to your Viiiiva using the directions in Section 3.1;
- 2. Select "Download Activity";
- 3. Select "Now"; and
- 4. Choose "Done" when the process is complete.

Android:

- Connect to your Viiiiva using the directions in Section 3.1;
- 2. Select "Download Activities";
- Select "Download".

7.6 Accessing Downloaded Activity Logs

Once activity files have been downloaded from your Viiiiva to the 4iiii app, you can export these files by email. The activity files are stored in the .FIT format, which is compatible with most popular training software, such as Strava, TrainingPeaks™ and others. To access the files, follow these steps:

iPhone:

- Connect to your Viiiiva using the directions in Section 3.1:
- 2. Follow the directions in Section 7.5 to download the latest .FIT files from your Viiiiva;
- From the main menu, select "History". Downloaded activity logs will be shown with the most recent appearing at the top of the list;
- Tap the activity files you would like to send by email; and
- 5. Tap "Send by e-mail".

Quick Tip: You can see a rough plot of the activity logs stored in your history by tapping the icon beside it.



iPhone

Android:

- Connect to your Viiiiva using the directions in 1. Section 3.1:
- 2. Follow the directions in Section 7.5 to download the latest .FIT files from your Viiiiva;
- 3. From the main menu, select "History". Downloaded activity logs will be shown with the most recent appearing at the bottom of the list;
- 4. Tap the activities you would like to send by email (press and hold for the ability to select more than one activity); and
- Tap the envelope icon at the top of the screen.

Quick Tip: You can see a rough plot of the activity logs stored in your history by selecting an activity and tapping the graph icon at the top of the screen.



7.7 Deleting Stored Activity Files

Stored activity files occupy memory on Viiiiva. When you download activity logs from your Viiiiva to the 4iiii app, the activity logs are automatically erased from your Viiiiva and stored within the 4iiii app.

7.8 Deleting Undownloaded Activity Logs from Viiiiva

Activity files that have not been downloaded from your Viiiiva can be deleted through the 4iiii app by following these directions:

- Connect to your Viiiiva using the directions in Section 3.1;
- 2. Go to "Viiiiva Configuration";
- 3. Tap "Delete Viiiiva Activity";
- 4. Tap "Erase" from the dialog; and
- 5. Choose "Done" when the process is complete.

Android: Currently the Android app does not support deleting undownload activity logs from Viiiva. Unwanted logs can be downloaded and then deleted from the 4iiii app using the steps in Section 7.5 and Section 7.9.



iPhone

7.9 Deleting Downloaded Activity Logs from the 4iiii App

Once Activities are downloaded from your Viiiiva, they are stored in the 4iiii app. These downloaded activity logs can be erased to free space. To do so, follow these steps:

iPhone:

- 1. From the main menu, select "History". Downloaded activity logs will be shown with the most recent appearing at the bottom of the list:
- 2. Select the files you would like to delete by tapping on them;
- Tap "Delete Files"; and 3.
- 4. Tap "Delete" from the dialog.



Android:

- From the main menu, select "History".
 Downloaded activity logs will be shown with the most recent appearing at the bottom of the list:
- Tap the activities you would like to send by email (press and hold for the ability to select more than one activity);
- Tap the trash can icon at the top of the screen; and
- 4. Tap "Continue" from the dialog.



Android

8 FITNESS EQUIPMENT

The fitness equipment feature allows you to link Viiiiva to ANT+ compatible fitness equipment, including treadmills and stationary bikes. This data will be logged to an activity file and is also displayed on the workout screen in the 4iiii app. In order to enable the fitness equipment feature, you must first be signed into your 4iiii account in the 4iiii app.

8 FITNESS EQUIPMENT

8.1 Connecting to Fitness Equipment

To pair your Viiiiva to compatible fitness equipment, follow these instructions:

- 1. Connect to your Viiiiva using the directions in Section 3.1;
- 2. From the main menu, select "Fitness Equipment";
- 3. Wake up the fitness equipment (i.e. by cycling on a stationary bike); and
- 4. Position your chest so that your Viiiiva is near the fitness equipment;

The app will inform you when the pairing process is complete.

Quick Tip: The pairing process can take up to a minute

Quick Tip: Many compatible products have a "Link Here" logo to indicate where to hold your Viiiva during pairing

8.2 Using Fitness Equipment Data

Once paired to a piece of fitness equipment, the data supplied by that equipment will be displayed in Workout screen (Android: Sensor Data screen) in the 4iiii app, and recorded by your Viiiiva.

9 UPDATING Viiiiva FIRMWARE

Firmware updates are available for Viiiiva that may introduce new features and improvements. When a firmware update is available for Viiiiva, you will be prompted to update when you connect your Viiiiva to the 4iiii app. You must be signed in to your 4iiii profile for the prompt to appear (see Section 2 for details). Follow these steps to upgrade your Viiiiva firmware:

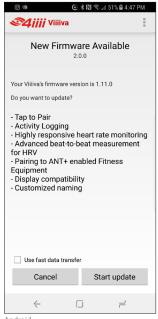
- Ensure your smartphone is connected to the internet using a WiFi network or cellular data connection;
- Ensure you are logged in to the 4iii app (Sign in to your account on the profile screen or see Section 2 for instructions on how to sign up for an account);
- Connect to Viiiiva using the directions in Section 3.1;
- If a Viiiiva firmware update is available, you will receive a prompt to update the firmware; and
- 5. Follow the onscreen instructions on the 4iiii app to install the update.



iPhone

UPDATING Viiiiva FIRMWARE

Quick Tip: In the Android app: Check the "Use fast data transfer" box to speed up your firmware update. Most new phones support this mode but if your firmware update fails try again with the box unchecked.



Android

CHANGING THE Viiiiva BATTERY

Viiiiva will require periodic battery changes. Viiiiva uses a standard CR2032 coin cell battery. To change your battery:

- 1. Unsnap your Viiiiva pod from the strap;
- 2. Open the battery compartment;
- 3. Remove the old battery by tapping your Viiiiva against a hard surface;
- 4. To discharge the pod, place the new battery in the case with the positive (+) terminal facing into the pod;
- 5. After five seconds, remove the battery;
- Insert a new battery in the proper orientation (+ terminal facing out of the pod); and
- 7. Replace the battery cap and turn it securely into place.

Quick Tip: Viiiiva's moisture resistance requires the rubber o-ring between the battery cap and pod being present. When removing the old battery, take care not to lose the o-ring. If it comes out of the pod during battery removal, be sure to reinstall it before closing the battery cap.







TURN THE DOOR COUNTERCLOCKWISE TO OPEN.



MAINTENANCE AND CARE

- Do not leave your Viiiiva connected to both snaps when not in use this will cause the battery to drain faster.
- The Viiiiva pod should always be disconnected from the strap before washing.
- The Viiiiva strap should be hand washed.
- The Viiiiva strap should be air dried.

TROUBLESHOOTING

ISSUE	DESCRIPTION	SOLUTION
Can't pair to Viiiiva	Viiiiva not displayed in scan list	Make sure your Viiiiva is awake by putting it on (see Section 1) or rubbing the snap contacts.
		Replace your Viiiiva battery with a fresh battery (see Section 10).
		Make sure Bluetooth is enabled on your smartphone.
Heart rate is not correct	Viiiiva is reporting 0 or otherwise incorrect heart rate	Ensure your Viiiiva is being worn right-side up (see Section 1).
		• Ensure the Viiiiva strap is snug.
		Ensure the Viiiiva strap contacts are wet so that they make good connection to the skin.
		Replace the Viiiiva battery with a fresh battery (see Section 10).
		Wash the strap - a buildup of sweat and dirt can affect the conductivity of the strap. See Section 11.

For additional troubleshooting refer to the FAQ at: http://4iiii.com/support/frequently-asked-questions/viiiiva/

13 SPECIFICATIONS

Operating temperature (°C)	0 to 50
Storage temperature (°C)	-20 to 60
Battery type	CR2032 coin cell
Battery life – typical (hrs)	160
Waterproof	Up to 5 feet
Heart rate unit	BPM – Beats Per Minute
R-R interval unit	1/1024 second
Bluetooth Smart HRM data format	Bluetooth GATT Heart rate profile
ANT+ HRM data format	ANT+ Heart rate monitor profile
Liiiink technology	Converts ANT+ profiles to Bluetooth GATT profile for Bluetooth Smart Sensors
Activity Save duration	Up to 65 hours
Mobile app	Multiple compatible* mobile apps

^{*}apps for Bluetooth Smart Sensors for Bluetooth Smart-Ready mobile devices

14 WARRANTY

Covered Products

This warranty covers the Viiiiva product manufactured by 4iiii Innovations Inc. ("4iiii") and purchased by the end purchaser (the "Product"), unless otherwise specifically agreed in writing by 4iiii.

Limited Warranty

4iiii warrants solely to the end purchaser of the Product, subject to the exclusions and procedures set forth below, that the Product and its internal components shall be free from defects in materials and workmanship and will substantially conform to 4iiii's applicable specifications for the Product, for a period of 12 months from the date of original purchase (the invoice date) of the Product (the "Warranty Period"). Repairs and replacement components for the Product are warranted, subject to the exclusions and procedures set forth below, to be free from defects in material and workmanship. and will substantially conform to 4iiii's applicable specifications for the Product, for 30 days from replacement or delivery, or for the balance of the original Warranty Period, whichever is greater.

Exclusion of all Other Warranties

The LIMITED WARRANTY shall apply only if the Product is installed, used, maintained, stored and operated in accordance with 4iiii's relevant User's Manual and Specifications, and the Product is not modified or misused in anyway. The Product is provided "AS IS" and the implied warranties of merchantability and fitness for a particular purpose and all other warranties, express, implied or arising by statute, by course of dealing or by trade usage, in connection with the design, sale, installation, service or use of any products or any component thereof, are excluded from this transaction and shall not apply to the Product. The LIMITED WARRANTY is in lieu of any other warranty, express or implied, including but not limited to, any warranty of merchantability or fitness for a particular purpose, title, and non-infringement.

Limitation of Remedies

The purchaser's EXCLUSIVE REMEDY against 4iiii shall be, at 4iiii's option, the repair or replacement of any defective Product or components thereof with new, refurbished or reconditioned Product or components thereof at no charge to the end purchaser for parts and labour. The end purchaser shall be responsible for all shipping

14 WARRANTY

and handling costs for return of the Product with return shipping and handling costs for return after repair or replacement of the Product paid by 4iiii. The end purchaser shall notify 4iiii immediately of any defect. Repair shall be made through 4iiii or 4iiii authorized representatives only. Repair, modification or service of 4iiii products by any party other than 4iiii or 4iiii authorized representatives shall render this warranty null and void. The remedy in this paragraph shall only apply if the Product is installed, used, maintained, stored and operated in accordance with 4iiii's relevant User's Manual and Specifications, and the Product is not modified or misused in any way, NO OTHER REMEDY (INCLUDING, BUT NOT LIMITED TO, SPECIAL, INDIRECT, INCIDENTAL, CONSEQUENTIAL OR CONTINGENT DAMAGES FOR LOST PROFITS, LOST SALES, INJURY TO PERSON OR PROPERTY, OR ANY OTHER INCIDENTAL OR CONSEQUENTIAL LOSS) SHALL BE AVAILABLE TO THE END PURCHASER, even if 4iiii has been advised of the possibility of such damages. Without limiting the foregoing, 4iiii shall not be liable for any damages of any kind resulting from use, quality, performance or accuracy of any Product.

4iiii IS NOT RESPONSIBLE FOR PURCHASER'S NEGLIGENCE OR UNAUTHORIZED USE OF THE PRODUCT. IN NO EVENT SHALL 4iiii BE IN ANY WAY

RESPONSIBLE FOR ANY DAMAGES RESULTING FROM END PURCHASER'S OWN NEGLIGENCE, OR FROM OPERATION OF THE PRODUCT IN ANY WAY OTHER THAN AS SPECIFIED IN 4iiii's RFI EVANT USER'S MANUAL AND SPECIFICATIONS, 4iiii is NOT RESPONSIBLE for defects or performance problems resulting from: (1) misuse, abuse or neglect of Product: (2) the utilization of the Product with interfaces not supported by 4iiii; (3) the operation of the Product under any specification other than, or in addition to, the specifications set forth in 4iiii's relevant User's Manual and Specifications: (4) damage caused by accident or natural events such as lightning (or other electrical discharge) or fresh/salt water immersion of Product; (5) damage occurring in transit; or (6) normal wear and tear.

Warranty Service

To obtain warranty service, the end purchaser must send the Product and must contact 4iiii for shipping instructions and an RMA tracking number. Return the Product, freight prepaid, along with the original sales receipt as a required proof of purchase for warranty repairs, with the RMA tracking number written on the outside of the package and ship to 4iiii. In the event of a Product failure for which warranty is claimed where the point of sale was through a

14 WARRANTY

4iiii authorized dealer and/or distributor, such authorized dealer and/or distributor will perform an assessment of the Product, follow the 4iiii authorized removal procedure and be the contact with 4iiii while providing the end purchaser with a replacement product. VOIDING WARRANTY. This Limited Warranty shall be null and void if: (1) the Product is repaired or serviced by anyone other than an authorized 4iiii representative; (2) the Product is exposed to external heat sources that expose Product to temperatures in excess of storage and operating specifications.

15 CONTACT

FOR TECHNICAL SUPPORT PLEASE CONTACT YOUR 4iiii AUTHORIZED DEALER.

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> support@4iiii.com 1.800.218.3095

