

E22909
May 2024
First Edition



ASUS VivoWatch 6

E-Manual



Android App



iOS App

Table of Contents

Introduction.....	4
About this manual	5
Conventions used in this manual.....	6
Typography.....	6
Safety precautions.....	7
Battery precautions.....	8

Chapter 1: Getting started

Getting to know your VivoWatch 6	10
Charging your device	14
Wearing your device.....	16

Chapter 2: Using your ASUS VivoWatch 6

Pairing for the first time.....	20
Navigating your VivoWatch 6	21
Scrolling through ASUS VivoWatch 6 features	23
Viewing more information for the selected feature	24
VivoWatch 6 features.....	25
Home screen	25
PTT index screen	26
Pulse O2 level screen	29

Heart rate screen	30
Exercise screen	31
Body Composition screen	33
Settings screen.....	37
Activity screen	39
Relax Index measuring screen.....	40
Sleep screen	41
Weather screen	42
Other handy features.....	43
Notifications	46
Reminder	48
Function button	50
Updating your VivoWatch 6	51
E-label and device information.....	52
Device specifications.....	53

Appendix

Introduction

Thank you for purchasing the ASUS VivoWatch 6! ASUS VivoWatch 6 is the wearable device that packs ASUS HealthAI technology and some fitness functions with all the benefits of being accurate, smart, and compact. Please fill in the following information for future reference:

DATE PURCHASED: _____

SERIAL NUMBER: _____

Staple your receipt here

Register your product at https://account.asus.com/product_reg.aspx

About this manual

This manual provides information about the hardware and software features of your ASUS VivoWatch 6, organized through the following chapters:

Chapter 1: Getting started

This chapter details the hardware components of your ASUS VivoWatch 6 and shows you how to use the different parts of your ASUS VivoWatch 6.

Chapter 2: Using your ASUS VivoWatch 6

This chapter provides an overview of using your ASUS VivoWatch 6.

Appendix

This section includes notices for your ASUS VivoWatch 6.



Read all of the information in the instruction manual and any other literature in the box before operating the device. For the full manual version of your ASUS VivoWatch 6, visit our multi-language web site at:

<https://www.asus.com/mobile-handhelds/wearable-healthcare/asus-vivowatch/asus-vivowatch-6-hc-d06/>

Conventions used in this manual

To highlight key information in this manual, some text are presented as follows:



This message contains vital information that must be followed to complete a task.



This message contains additional information and tips that can help complete tasks.



This message contains important information that must be followed to keep you safe while performing tasks and prevent damage to your ASUS VivoWatch 6's data and components.

Typography

Bold = This indicates a menu or an item that must be selected.

Italic = This indicates sections that you can refer to in this user guide.

Safety precautions

- The ASUS VivoWatch 6 and the charging cable must be recycled or disposed of properly.
- Keep any small components away from children.
- Your ASUS VivoWatch 6 should only be used in environments with ambient temperatures between 5°C and 40°C, and stored in environments with ambient temperatures between -20°C and 45°C.
- Do not leave your ASUS VivoWatch 6 in a hot car. Temperatures in a parked car on sunny days can exceed the recommended ambient temperatures.
- Some people may experience irritations to certain materials used in jewelry, watches, and other wearable items that are in prolonged contact with their skin. This can be due to allergies, environmental factors, extended exposure to irritants like soap, sweat, or other causes.
- Wear your ASUS VivoWatch 6 firmly around your lower arm (away from your wrist bone) with the bottom of the device touching your skin. An overly tight strap may cause skin irritation, while a loose strap may result in inaccurate heart rate readings.
- Keeping your ASUS VivoWatch 6 and the strap clean and dry will reduce the possibility of skin irritation.
- Unauthorized changes to your ASUS VivoWatch 6 can be dangerous.

- If you experience redness, swelling, itchiness, or any other irritation or discomfort on your skin around, or beneath, your ASUS VivoWatch 6, please remove the device and consult your physician.
- The ASUS VivoWatch 6 is not a medical device and is not intended to diagnose health conditions. The measurement results are only for your reference.

Battery precautions

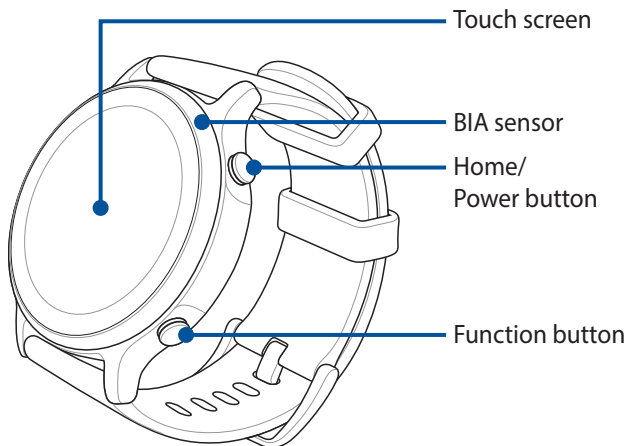
- Do not place your device or battery near any sources of heat with temperature exceeding 60°C (140°F).
- Never attempt to short-circuit the battery.
- Never attempt to disassemble and reassemble the battery.
- Discontinue usage if leakage is found.
- Do not use your device or expose the battery to high temperature or extremely low air pressure.

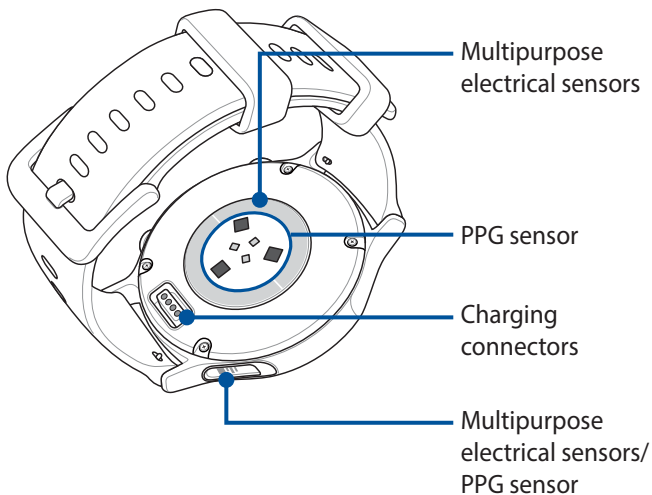
1

Getting started

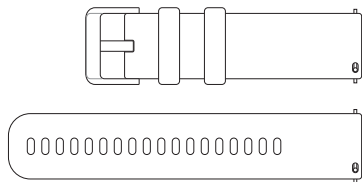
Getting to know your VivoWatch 6

Watch (Model Name: HC-D06)

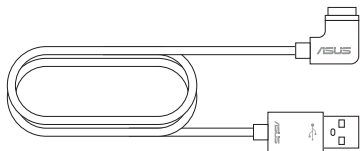




Interchangeable strap



Charging cable

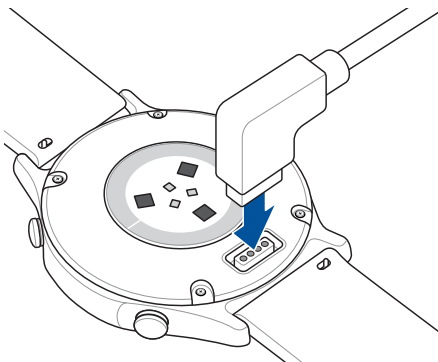




- *Download and install the companion app for a complete overview of your health data. For more details, refer to the **Pairing for the first time** section in this manual.*
- *ASUS VivoWatch 6 features 5 ATM water resistance that withstands pressures equivalent to a depth of 50 meters. Suitable for splashes, rain, showering and swimming.*
- *DO NOT use your ASUS VivoWatch 6 in liquids with chemicals or salt water (such as sea water, swimming pools, or hot springs) as it may damage the charging connectors. If your ASUS VivoWatch 6 has been in contact with the mentioned liquids, ensure to thoroughly rinse the connectors with fresh water and dry it with a clean cloth to prevent corrosion.*
- *Always adjust the brightness to your preference. It is recommended to turn up the brightness when you are outside in the sun.*

Charging your device

1. Align and place the charging pins of the USB charging cable onto the charging connectors.
2. Connect the USB charging cable to a power source to start charging.



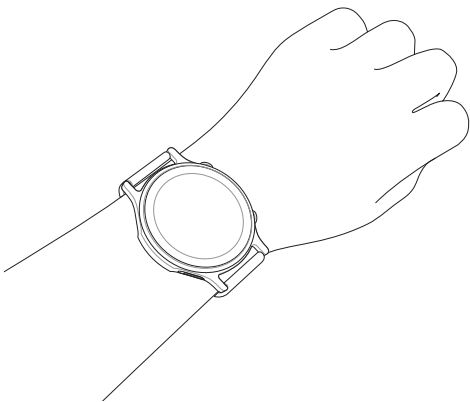


- *Align and connect these charging connectors (Input: 5Vdc, 0.5A) to the charging cable to charge the battery of your ASUS VivoWatch 6.*
- *Before connecting the charging cable to your ASUS VivoWatch 6, ensure that the charging connectors and the bottom of the ASUS VivoWatch 6 are clean and dry to prevent corrosion and malfunction:*
 - 1. Gently wipe the charging connectors with a clean flannel.*
 - 2. Wipe dry your ASUS VivoWatch 6.*
- *Do not short circuit the charging connectors on the charging cable.*
- *Some power banks cannot detect low current devices, and will therefore not be able to charge the ASUS VivoWatch 6.*

Wearing your device

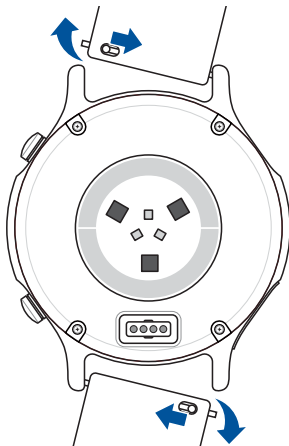
Wear your device firmly around your lower arm (away from your wrist bone) with the bottom touching your skin in order to have more accurate information and data.

Do not fasten your device too tightly or too loosely. Your device should remain in place when you move your arm.



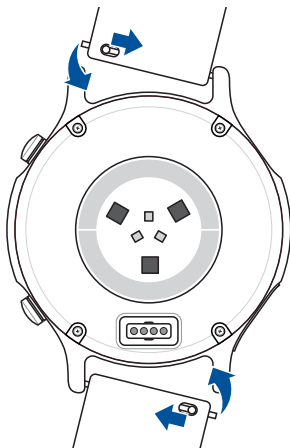
Removing the strap

1. Locate the knob of the quick release spring bar on the back of the strap.
2. Slide the quick release knob towards the middle of the strap and hold.
3. Gently pull the strap away from the lug on the side of the knob.
4. Release the knob, then pull the other end of the spring bar out of the other lug hole and remove the strap completely.



Attaching the strap

1. Slide the quick release knob towards the middle of the strap and hold.
2. Align and insert the end of the quick release spring bar to the lug hole on the opposite side of the quick release knob.
3. Align the other end of the spring bar with the other lug hole.
4. Release the knob and you will hear a click when the spring bar is locked.
5. Gently pull the strap to make sure the strap is securely fastened.



2

Using your ASUS VivoWatch 6

Pairing for the first time

Pair your ASUS VivoWatch 6 with the companion app to take advantage of all its features.

1. Log in or sign up for a Google account or Apple ID on your phone.
2. Launch **Play Store** or **App Store**.
3. Search for ASUS HealthConnect, then install the companion app.

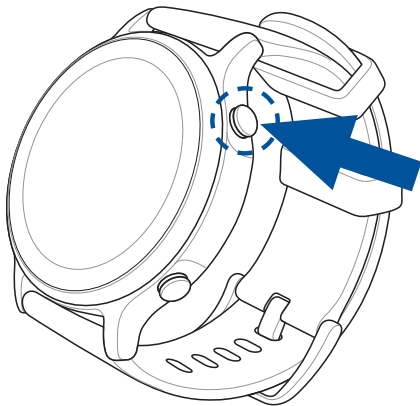


4. Launch **ASUS HealthConnect** and log in to your account. Follow the instructions on the screen to proceed with device pairing and calibration.

Navigating your VivoWatch 6

Unlock your ASUS VivoWatch 6

Press the Home button to unlock your ASUS VivoWatch 6. You can scroll through the ASUS VivoWatch 6 features after it is unlocked.



The screen turns off automatically after a period of idle time to save battery power.

Swipe

- Move your finger horizontally across the screen to scroll through the ASUS VivoWatch 6 features, or go to the previous screen.
- Move your finger vertically across the screen to scroll through the list of apps, or see more information or options.

Tap

Tap the screen to select a menu item or launch an app.

Scrolling through ASUS VivoWatch 6 features

Swipe left or right to scroll through the ASUS VivoWatch 6 features.



- *The screens shown in this manual are for reference only.*
- *You can press the Home button to return to the Home screen.*

Viewing more information for the selected feature

Swipe up or down to scroll through the list of apps, or see more information or options when available.










VivoWatch 6 features

Home screen

The ASUS VivoWatch 6 Home screen displays the time, date, and status of your ASUS VivoWatch 6.

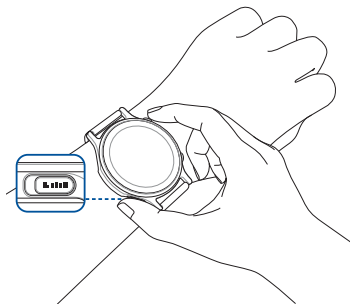
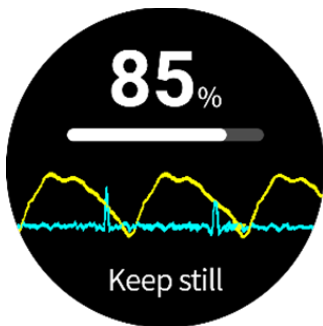


Icon	Description
	Battery level
	Bluetooth connection
	Alarm
	SpO2 level
	PTT index
	Heart rate
	Steps

PTT index screen

This screen allows you to measure your health data. Your ASUS VivoWatch 6 can also estimate your emotional stress by using the PTT (Pulse Transit Time) index.

Go to the **PTT index** screen and place your thumb onto the Multipurpose electrical sensors/PPG sensor.



Your ASUS VivoWatch 6 uses the PPG sensor in conjunction with the electrical heart sensor to allow you to pick up your health data, and the way you wear your ASUS VivoWatch 6 can affect the accuracy of the measurements.

To get more accurate results:

- Wear your ASUS VivoWatch 6 firmly around your lower arm (away from your wrist bone) with the bottom of the device touching your skin.
- Wear your ASUS VivoWatch 6 in a way without being uncomfortable. Do not strap the ASUS VivoWatch 6 too tight to your wrist.
- Place your thumb gently onto the Multipurpose electrical sensors/PPG sensor while measuring your health data.
- Remain still while measuring to get the most accurate results.



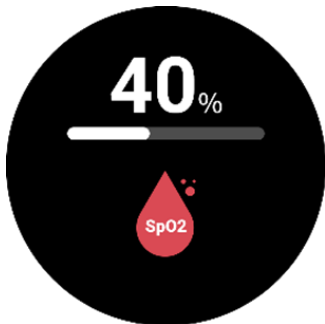
- *The accuracy of the PPG sensor may vary depending on measurement conditions and surroundings. If the PPG sensor is dirty, clean the sensor and try again.*
- *Do not look directly into the PPG sensor, the sensor light may impair your vision.*
- *Please make sure children do not look directly into the sensor light.*
- *The ASUS VivoWatch 6 is not a medical device and makes no medical claims. It is not intended to diagnose health conditions. The measurement results are only for your reference. Only a physician is qualified to diagnose and treat the disease.*

Pulse O2 level screen

Your ASUS VivoWatch 6 features a wrist-based Pulse O2 level function. It will help you determine how your body is acclimating to high altitudes for alpine sports and expeditions.

Entering the Pulse O2 level mode

To enter Pulse O2 level mode, swipe left or right from the Home screen to the Pulse O2 Level screen. Please wear your ASUS VivoWatch 6 on your wrist and place your thumb onto the Multipurpose electrical sensors/PPG sensor. Make sure your device sits properly on your wrist, the measurement will begin automatically.

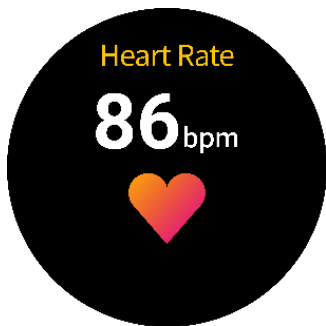


Heart rate screen

This screen shows your current heart rate. The PPG sensor on your ASUS VivoWatch 6 automatically determines your current heart rate.

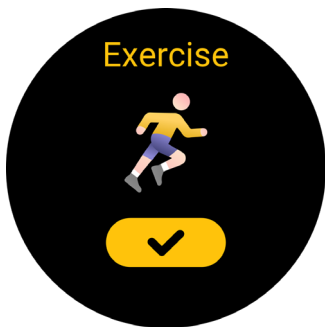
To get more accurate results:

1. Wear your ASUS VivoWatch 6 firmly around your lower arm (away from your wrist bone) with the bottom of the device touching your skin.
2. Wear your ASUS VivoWatch 6 in a way without being uncomfortable. Do not strap the ASUS VivoWatch 6 too tight to your wrist.
3. You can get the most accurate results from the heart rate monitor when you are warmed up.




Exercise screen


This screen allows you to keep track of your exercise sessions. When you start an exercise session, your ASUS VivoWatch 6 will record information about the current exercise session and show the information as it is recorded.




Entering the exercise mode

To enter the exercise mode, swipe left or right from the Home screen to the Exercise screen. Tap  to enter the exercise list, then swipe left or right to select the exercise you prefer to start. To view the real-time statistics as you exercise, swipe up and down from the exercise screen.



- *When you select the outdoor exercise, wait for the GPS signal to lock on in an outdoor open area before you start your exercise session.*
- *The GPS icon  will stop blinking when the GPS signal is locked on.*

Pausing exercise mode

To pause exercise mode, swipe right, then tap  to pause your current exercise mode.

Body Composition screen

This screen allows you to keep track of your body composition. When you start an measurement, your ASUS VivoWatch 6 will analyze your body composition and show the information as it is recorded.

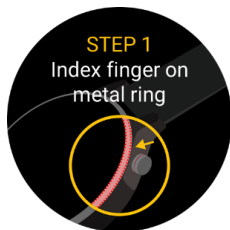
Entering the Body Composition mode

To enter the Body Composition mode, swipe left or right from the Home screen to the Body Composition screen. Before the analysis starts, make sure your weight is correct.



Please wear your ASUS VivoWatch 6 on your wrist, then place your index fingertip on the upper right side of the BIA sensor ring, and the tip of your thumb onto both of the Multipurpose electrical sensors/PPG sensor and the BIA sensor ring at the same time.

Make sure your device sits properly on your wrist and your fingertips do not touch your wrist, the measurement will begin automatically



To get more accurate results:

Before measuring your body composition

- It is recommended to take your measurements in the morning on an empty stomach, after using the bathroom.
- Do not measure if you have an implanted cardiac pacemaker, defibrillator, or other implanted electronic medical devices.
- Do not measure if you are pregnant.
- Do not measure if you are having your menstrual period.
- Because of growth spurts and significant changes in body composition during adolescence (under 20 years of age), measurement results may be less accurate.
- Measure before doing activities that may cause your body temperature to rise, such as exercising or showering.
- Remove metallic objects, such as jewelry, before measuring.
- Wipe down the back of the watch to remove any oil or debris.

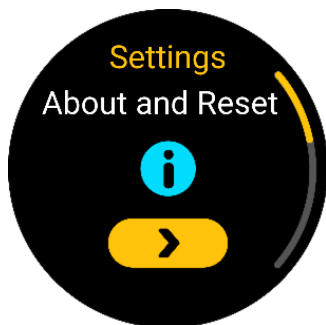
Follow these tips when taking measurements

- Position both of your arms at chest level, so your armpits are open and not touching your torso.

- Keep your thumb placed on the Multipurpose electrical sensors/PPG sensor and the BIA sensor ring around the screen (make sure your thumb touches both of them) and index finger on the other side of the BIA sensor ring at the same time.
- The operating hand must avoid skin contact with the hand wearing the VivoWatch 6 during the whole measuring process.
- Do not move during the measurement.
- Dry skin or body hair on your wrist may interfere with signal transmission. Make sure to apply moisturizing lotion to your skin or remove your body hair before taking measurements.

Settings screen

This screen allows you to change settings directly on your ASUS VivoWatch 6. Swipe left or right from the Home screen to **Settings**.



Item	Description
Brightness	Adjust the brightness of the touch screen.
Language	Change device language.
Time	Adjust the time.
Profile	Set your personal profile. (Wearing hand, gender, weight, and date of birth)
Target	Set your daily steps and calories target.
GPS mode	Select your preferred satellite navigation system combination.
Power saving	Activate the Power saving mode.
About and Reset	View more information about your device, such as firmware version, serial number, etc. You can also reset your device to default system settings.

Activity screen

Your ASUS VivoWatch 6 automatically records your daily activities and displays them on this screen. Swipe left or right from the Home screen to enter the Activity screen.

Here you can view your daily activities such as steps you have taken, or calories you have burned.



Scroll up and down from the Activity screen to check for more activities.

Relax Index measuring screen

This screen allows you to measure your body harmony (including relax, balance and stress status). The body harmony data will help you to keep track of your well-being, and ultimately, enable you to improve the balance of your body and mind.



Sleep screen

Your ASUS VivoWatch 6 automatically tracks your sleep pattern activities and displays them on this screen. Swipe left or right from the Home screen and scroll to **Sleep**.

Here you can view your sleep data, such as the total sleep time, the percentage you were awake, in REM, or deep sleep.

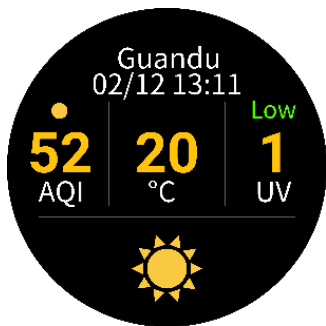


Weather screen

This screen displays the weather condition of your current location and a weather forecast for the next 24 hours.

To enable the weather forecast feature on your ASUS VivoWatch 6, take the following steps:

1. Pair your device with the ASUS HealthConnect app.
2. Make sure the location permission for the ASUS HealthConnect app is enabled at all times.
3. Log in to your ASUS account on the app.



Other handy features

Find my phone

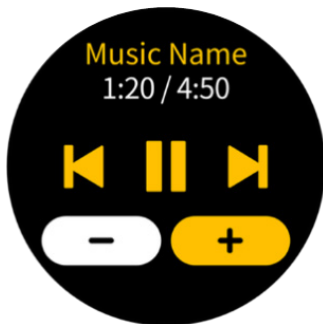
When connected to your phone, you can find your phone via your ASUS VivoWatch 6.

Swipe down from the Home screen and scroll to **Find Phone**, then tap the radar icon to start locating your phone. You will see the relative location of your phone according to the strength of the Bluetooth connection, and your ASUS VivoWatch 6 will also trigger the phone to play sound alert to help you locate your phone.



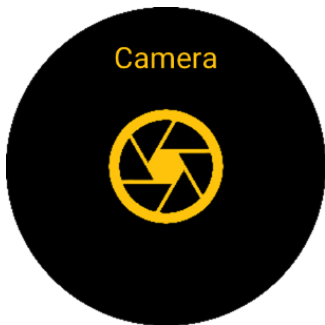
Music control

When connected to your phone, swipe down from the Home screen, then you can control music or video playback currently playing on your phone via your ASUS VivoWatch 6.



Camera

When connected to your phone, make sure the camera app is turned on, then swipe down from the Home screen to **Camera** and tap the shutter icon to take photos via your ASUS VivoWatch 6.

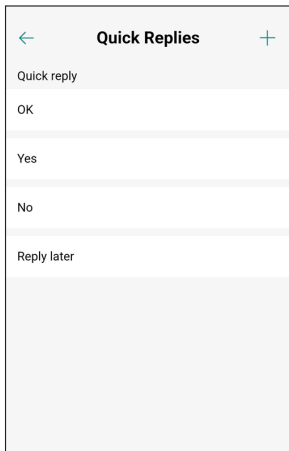


Notifications

When connected to your phone, you will receive a haptic alert on your ASUS VivoWatch 6 when receiving phone calls or messages.



For Android phone users, you can reply to messages that you receive from the supported messaging apps. There are four (4) default suggested replies, and you can edit or add your own messages up to five (5) quick replies in total on the ASUS HealthConnect app.

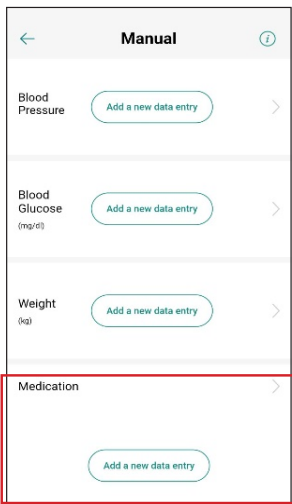


Reminder

When connected to your phone, you may set reminders on the ASUS HealthConnect app for medication and stretch reminders.

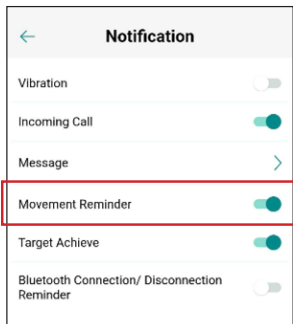
Medication reminder

Open the app on your phone, go to **Health data** > **Manual**, and tap **Add a new data entry** in the Medication section. Fill in the details and tap **Save**, and you will receive your medication reminders.



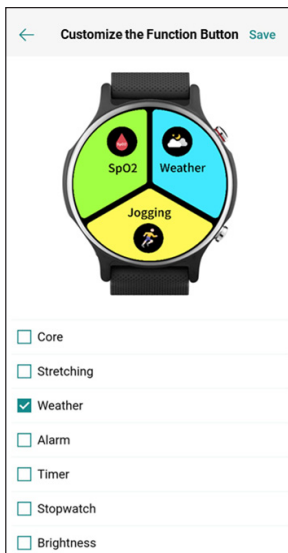
Movement reminder

Open the app on your phone, go to **Device** > **Notification**, and turn on **Movement Reminder**, then you will receive your movement reminders after sitting still for an hour.



Function button

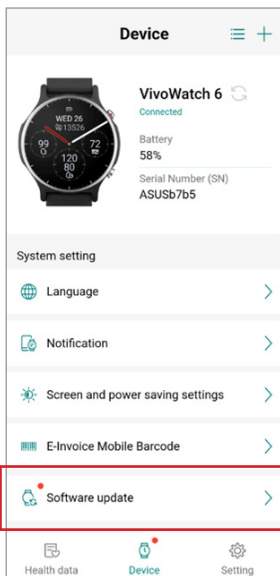
The function button on the right side of your ASUS VivoWatch 6 is a customizable shortcut button. Open the ASUS HealthConnect app, go to **Device > Customize the Function Button**, then you may assign up to 4 functions to the function button.



Updating your VivoWatch 6


Through the ASUS HealthConnect app

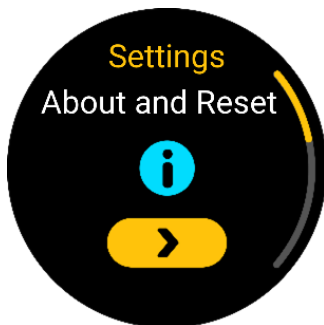
1. Launch the **ASUS HealthConnect** app.
2. From the Home screen, tap **Device** on the bottom.
3. On Device screen, select **Software update** and check if there are any software updates available.



E-label and device information

The label for this device is provided electronically. The e-label may provide regulatory information, such as identification numbers provided by the regional compliance markings, as well as applicable product and licensing information.

Swipe to the **Settings** screen, then swipe vertically to the **About and Reset** screen. Tap  to check your device information.



Device specifications

Device name	ASUS VivoWatch 6
Model	HC-D06
Display	AMOLED 1.39"
Connectivity	Bluetooth 5.0
System requirements	Android 8.0 or later iOS 13.0 or later
Waterproof rating	IP68
Usage environment	Temperature: 5 ~ 40°C Relative humidity: 20 ~ 85% (non-condensing) Atmospheric pressure: 700 hPa ~ 1060 hPa Altitude: 0 ~ 3,000 m

Storage and transportation environment	Temperature: -30 ~ 60°C Relative humidity: 20 ~ 95% (non-condensing) Atmospheric pressure: 500 hPa ~ 1060 hPa
Product lifetime	3 years
Dimensions (watch case)	56.07(L) x 48.76(W) x 12.7(H) mm
Weight	60 g
Dimension (wristband)	22 mm wide

Federal Communications Commission Interference Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/ TV technician for help.

CAUTION:

Any changes or modifications not expressly approved by the grantee of this device could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

RF exposure warning

The equipment complies with FCC RF exposure limits set forth for an uncontrolled environment.

The equipment must not be co-located or operating in conjunction with any other antenna or transmitter.

Compliance Statement of Innovation, Science and Economic Development Canada (ISED)

This device complies with Innovation, Science and Economic Development Canada licence exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

CAN ICES-3(B)/NMB-3(B)

Déclaration de conformité de Innovation, Sciences et Développement économique Canada (ISED)

Le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

CAN ICES-3(B)/NMB-3(B)

Radio Frequency (RF) Exposure Information

The radiated output power of the Wireless Device is below the Industry Canada (IC) radio frequency exposure limits. The Wireless Device should be used in such a manner such that the potential for human contact during normal operation is minimized.

This device has also been evaluated and shown compliant with the IC RF Exposure limits under portable exposure conditions (antennas are less than 20 cm of a person's body).

Informations concernant l'exposition aux fréquences radio (RF)

La puissance de sortie émise par cet appareil sans fil est inférieure à la limite d'exposition aux fréquences radio d'Industrie Canada (IC). Utilisez l'appareil sans fil de façon à minimiser les contacts humains lors d'un fonctionnement normal.

Cet appareil est conforme aux limites d'exposition aux rayonnements IC établies pour un environnement exposé à des appareils mobiles (les antennes se situant à une distance inférieure à 20 cm du corps de l'utilisateur).

Regional notice for Mexico



La operación de este equipo está sujeta a las siguientes dos condiciones:

- (1) es posible que este equipo o dispositivo no cause interferencia perjudicial;
- (2) este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo la que pueda causar su operación no deseada.

Simplified EU Declaration of Conformity

ASUSTek Computer Inc. hereby declares that this device is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU. Full text of EU declaration of conformity is available at <https://www.asus.com/support/>.

AT	BE	BG	CZ	DK	EE	FR
DE	IS	IE	IT	EL	ES	CY
LV	LI	LT	LU	HU	MT	NL
NO	PL	PT	RO	SI	SK	TR
FI	SE	CH	HR	UK(NI)		



The Simplified EU Declaration of Conformity of this device has been updated. This device now complies with Radio Equipment Directive 2014/53/EU, and no longer complies with R&TTE Directive 1999/5/EC.

CE RED RF Output table (Directive 2014/53/EU)

Function	Frequency	Maximum Output Power (EIRP)
Bluetooth	2402 - 2480 MHz	1 dBm

Simplified UKCA Declaration of Conformity

ASUSTek Computer Inc. hereby declares that this device is in compliance with the essential requirements and other relevant provisions of The Radio Equipment Regulations 2017 (S.I. 2017/1206). Full text of UKCA declaration of conformity is available at <https://www.asus.com/support/>.

UKCA RF Output table (The Radio Equipment Regulations 2017)

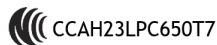
Function	Frequency	Maximum Output Power (EIRP)
Bluetooth	2402 - 2480 MHz	1 dBm

NCC警語：

取得審驗證明之低功率射頻器材，非經核准，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。

低功率射頻器材之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。

前項合法通信，指依電信法規定作業之無線電通信。低功率射頻器材須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。



注意！使用過度恐傷害視力：

1. 使用 30 分鐘請休息 10分鐘。
2. 未滿 2 歲幼兒不看螢幕，2 歲以上每天看螢幕不要超過 1 小時。

「產品之限用物質含有情況」之相關資訊，請參考下表。

單元	限用物質及其化學符號					
	鉛 (Pb)	汞 (Hg)	鎘 (Cd)	六價鉻 (Cr ⁺⁶)	多溴聯苯 (PBB)	多溴二苯醚 (PBDE)
印刷電路板及電子組件	—	○	○	○	○	○
外殼	○	○	○	○	○	○
液晶螢幕	—	○	○	○	○	○
錶帶	○	○	○	○	○	○
其他及其配件	—	○	○	○	○	○

○：係指該項限用物質之百分比含量未超出百分比含量基準值。

—：係指該項限用物質為排除項目。

微功率說明

(一). 本產品 NFC 微功率模式使用頻率為：13.56MHz，10米處磁場強度發射功率限值：42dB μ A/m（准峰值檢波），頻段兩端偏移 140kHz 頻率範圍的10米處磁場強度不大于 9dB μ A/m（准峰值檢波），頻率容限：100 \times 10⁻⁶，符合“微功率短距離無線電發射設備目錄與技術要求”；

(二). 不得擅自改變使用場景或使用條件、擴大發射頻率範圍、加大發射功率（包括額外加裝射頻功率放大器），不得擅自更改發射天線；

(三). 不得對其他合法的無線電台（站）產生有害干擾，也不得提出免受有害干擾保護；

(四). 應當承受輻射射頻能量的工業、科學及醫療（ISM）應用設備的干擾或其他合法的無線電台（站）干擾；

(五). 如對其他合法的無線電台（站）產生有害干擾時，應立即停止使用，並采取措施消除干擾后方可繼續使用；

(六). 在航空器內和依據法律法規、國家有關規定、標準劃設的射電天文台、氣象雷達站、衛星地球站（含測控、測距、接收、導航站）等軍民用無線電台（站）、機場等的電磁環境保護區域內使用微功率設備，應當遵守電磁環境保護及相關行業主管部門的規定；

(七). 禁止在以機場跑道中心點為圓心、半徑5000米的區域內使用各類模型遙控器；

(八). 本產品使用時工作溫度為5~40度，工作電壓3.7~4.2V

CMII ID: 24J71717A002

Global Environmental Regulation Compliance and Declaration

ASUS follows the green design concept to design and manufacture our products, and makes sure that each stage of the product life cycle of ASUS product is in line with global environmental regulations. In addition, ASUS disclose the relevant information based on regulation requirements.

Please refer to <https://esg.asus.com/Compliance.htm> for information disclosure based on regulation requirements ASUS is complied with:

EU REACH SVHC

ASUS Recycling/Takeback Services

ASUS recycling and takeback programs come from our commitment to the highest standards for protecting our environment. We believe in providing solutions for you to be able to responsibly recycle our products, batteries, other components as well as the packaging materials. Please go to <https://esg.asus.com/en/Takeback.htm> for detailed recycling information in different regions.

Précautions d'emploi de l'appareil

- a. Soyez particulièrement vigilant quant à votre sécurité lors de l'utilisation de cet appareil dans certains lieux (les avions, les aéroports, les hôpitaux, les stations-service et les garages professionnels).
- b. Évitez d'utiliser cet appareil à proximité de dispositifs médicaux implantés lors d'un appel téléphonique. Si vous portez un implant électronique (stimulateurs cardiaques, pompes à insuline, neurostimulateurs...), veuillez impérativement respecter une distance minimale de 15 centimètres entre cet appareil et l'implant pour réduire les risques d'interférence.
- c. Utilisez cet appareil dans de bonnes conditions de réception pour minimiser le niveau de rayonnement. Ce n'est pas toujours le cas dans certaines zones ou situations, notamment les parkings souterrains, les ascenseurs, en train ou en voiture ou tout simplement dans un secteur mal couvert par le réseau.
- d. Tenez cet appareil à distance du ventre des femmes enceintes et du bas-ventre des adolescents.

Proper disposal



Do not throw your ASUS VivoWatch 6 in municipal waste. This product has been designed to enable proper reuse of parts and recycling. The symbol of the crossed out wheeled bin indicates that the product (electrical, electronic equipment and mercury-containing button cell battery) should not be placed in municipal waste. Check local regulations for disposal of electronic products.



Do not throw the battery in municipal waste. The symbol of the crossed out wheeled bin indicates that the battery should not be placed in municipal waste.

Rechargeable Battery Recycling Service in North America



For US and Canada customers, you can call 1-800-822-8837 (toll-free) for recycling information of your ASUS products' rechargeable batteries.

Regional notice for Singapore

Complies with
IMDA Standards
DB103778

This ASUS product complies with IMDA Standards.

Notices for removable batteries

- Risk of explosion if battery is replaced by an incorrect type.
- The battery and its component must be recycled or disposed of properly.

Avis concernant les batteries remplaçables

- La batterie de l'ordinateur portable peut présenter un risque d'incendie ou de brûlure si celle-ci est retirée ou désassemblée.
- La batterie et ses composants doivent être recyclés de façon appropriée.



Nordic Lithium Cautions (for lithium-ion batteries)

CAUTION! Danger of explosion if battery is incorrectly replaced. Replace only with the same or equivalent type recommended by the manufacturer. Dispose of used batteries according to the manufacturer's instructions. (English)

ATTENZIONE! Rischio di esplosione della batteria se sostituita in modo errato. Sostituire la batteria con un una di tipo uguale o equivalente consigliata dalla fabbrica. Non disperdere le batterie nell'ambiente. (Italian)

VORSICHT! Explosionsgefahr bei unsachgemäßen Austausch der Batterie. Ersatz nur durch denselben oder einem vom Hersteller empfohlenem ähnlichen Typ. Entsorgung gebrauchter Batterien nach Angaben des Herstellers. (German)

ADVARSEL! Lithiumbatteri - Eksplosionsfare ved fejlagtig håndtering. Udskiftning må kun ske med batteri af samme fabrikat og type. Levér det brugte batteri tilbage til leverandøren. (Danish)

WARNING! Explosionsfara vid felaktigt batteribyte. Använd samma batterityp eller en ekvivalent typ som rekommenderas av apparattillverkaren. Kassera använt batteri enligt fabrikantens instruktion. (Swedish)

VAROITUS! Paristo voi räjähtää, jos se on virheellisesti asennettu. Vaihda paristo ainoastaan laitevalmistajan suosittelemaan tyyppiin. Hävitä käytetty paristo valmistajan ohjeiden mukaisesti. (Finnish)

ATTENTION! Il y a danger d'explosion s'il y a remplacement incorrect de la batterie. Remplacer uniquement avec une batterie du même type ou d'un type équivalent recommandé par le constructeur. Mettre au rebut les batteries usagées conformément aux instructions du fabricant. (French)

ADVARSEL! Eksplosjonsfare ved feilaktig skifte av batteri. Benytt samme batteritype eller en tilsvarende type anbefalt av apparatfabrikanten. Brukte batterier kasseres i henhold til fabrikantens instruksjoner. (Norwegian)

標準品以外の使用は、危険の元になります。交換品を使用する場合、製造者に指定されるものを使って下さい。製造者の指示に従って処理して下さい。

(Japanese)

ВНИМАНИЕ! При замене аккумулятора на аккумулятор иного типа возможно его возгорание. Утилизируйте аккумулятор в соответствии с инструкциями производителя. (Russian)

COPYRIGHT AND WARRANTY INFORMATION

No part of this user guide, including the products and software described in it, may be reproduced, transmitted, transcribed, stored in a retrieval system, or translated into any language in any form or by any means, except documentation kept by the purchaser for backup purposes, without the express written permission of ASUSTeK Computer INC. ("ASUS").

Product warranty or service will not be extended if: (1) the product is repaired, modified or altered, unless such repair, modification or alteration is authorized in writing by ASUS; or (2) the serial number of the is defaced or missing.

ASUS PROVIDES THIS User guide "AS IS" WITHOUT WARRANTY OF ANY KIND, EITHER EXPRESS OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OR CONDITIONS OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. IN NO EVENT SHALL ASUS, ITS DIRECTORS, OFFICERS, EMPLOYEES OR AGENTS BE LIABLE FOR ANY INDIRECT, SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES (INCLUDING DAMAGES FOR LOSS OF PROFITS, LOSS OF BUSINESS, LOSS OF USE OR DATA, INTERRUPTION OF BUSINESS AND THE LIKE), EVEN IF ASUS HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES ARISING FROM ANY DEFECT OR ERROR IN THIS User guide OR PRODUCT.

Products and corporate names appearing in this user guide may or may not be registered trademarks or copyrights of their respective companies, and are used only for identification or explanation and to the owners' benefit, without intent to infringe.

SPECIFICATIONS AND INFORMATION CONTAINED IN THIS User guide ARE FURNISHED FOR INFORMATIONAL USE ONLY, AND ARE SUBJECT TO CHANGE AT ANY TIME WITHOUT NOTICE, AND SHOULD NOT BE CONSTRUED AS A COMMITMENT BY ASUS. ASUS ASSUMES NO RESPONSIBILITY OR LIABILITY FOR ANY ERRORS OR INACCURACIES THAT MAY APPEAR IN THIS User guide, INCLUDING THE PRODUCTS AND SOFTWARE DESCRIBED IN IT.

Copyright © 2024 ASUSTeK Computer INC. All Rights Reserved.

LIMITATION OF LIABILITY

Circumstances may arise where because of a default on ASUS' part or other liability, you are entitled to recover damages from ASUS. In each such instance, regardless of the basis on which you are entitled to claim damages from ASUS, ASUS is liable for no more than damages for bodily injury (including death) and damage to real property and tangible personal property; or any other actual and direct damages resulted from omission or failure of performing legal duties under this Warranty Statement, up to the listed contract price of each product.

ASUS will only be responsible for or indemnify you for loss, damages or claims based in contract, tort or infringement under this Warranty Statement.

This limit also applies to ASUS' suppliers and its reseller. It is the maximum for which ASUS, its suppliers, and your reseller are collectively responsible.

UNDER NO CIRCUMSTANCES IS ASUS LIABLE FOR ANY OF THE FOLLOWING: (1) THIRD-PARTY CLAIMS AGAINST YOU FOR DAMAGES; (2) LOSS OF, OR DAMAGE TO, YOUR RECORDS OR DATA; OR (3) SPECIAL, INCIDENTAL, OR INDIRECT DAMAGES OR FOR ANY ECONOMIC CONSEQUENTIAL DAMAGES (INCLUDING LOST PROFITS OR SAVINGS), EVEN IF ASUS, ITS SUPPLIERS OR YOUR RESELLER IS INFORMED OF THEIR POSSIBILITY.

SERVICE AND SUPPORT

Visit our multi-language web site at <https://www.asus.com/support/>.



Manufacturer	ASUSTek COMPUTER INC.
Address	1F., No. 15, Lide Rd., Beitou Dist., Taipei City 112
Authorized Representative in Europe	ASUS COMPUTER GmbH
Address	Harkortstrasse 21-23, 40880 Ratingen, Germany

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

