



VYVO's unrivalled creative process, its passion for innovation, combined with a deep understanding of wearable technology and wellness requirements, has produced VYVO's latest Life Watch, the most elegant, ultra thin, VYVO WATCH LITE SE.

This streamlined Life Watch is equipped with an impressively effective array of cutting-edge sensors, capable of measuring multiple parameters including **Body Temperature** and **Blood Oxygenation**. The VYVO WATCH LITE SE presents wearers with real-time, easy to understand data on their Life Watch screen, as well as comprehensive reports on their smartphone, using the VYVO Smart companion app.



# VYVO WATCH LITE SE

## helps you to take better care of yourself.

VYVO WATCH LITE SE helps you to take better care of yourself. All you have to do is wear it, and live your best life. This stylish Life Watch encourages a more active lifestyle using its continuous, real-time monitoring capabilities to track your vital signs and other parameters. In addition, it has many notification features, such as background Atrial Fibrillation detection, body temperature alerts, sleep apnea episode detection, exercise feedback and even local air pollution warnings.



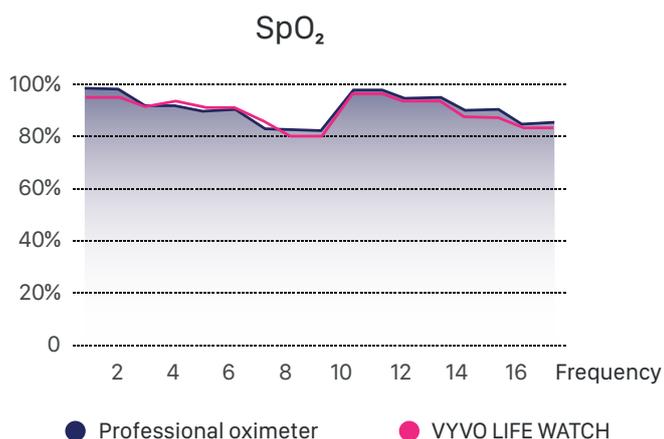
# Your new daily companion that takes care of you.

The VYVO WATCH LITE SE's ultra-thin design, the sleek curved surface of its metal body and simple, yet multi-function button disguise the power behind such an exquisite Life Watch.

This Life Watch is embedded with Life Sensing Technology™ and packed with a selection of state-of-the-art sensors, making it the best Life Watch of its class. Once you wear the VYVO WATCH LITE SE, you immediately feel its snug fit as it rests comfortably on your wrist, constantly gathering all of the data it needs to allow you to take better care of yourself.

Its discreet and elegant design is perfect for casual wear or formal attire, as it will add the finishing touch to your favorite outfit and may even be a talking point in your social gatherings.

## SpO<sub>2</sub> Measurement



Using sophisticated infrared (IR) and near-infrared (NIR) sensors developed for PPG, your VYVO WATCH LITE SE provides results similar to a pulse oximeter. It continuously measures your peripheral oxygen saturation (SpO<sub>2</sub>) levels, making it possible to monitor any changes in blood oxygenation.

The measurement accuracy is evaluated by comparing the results obtained with a traditional oximeter and VYVO Life watch device measurements. As the measurement frequency changes, the differences between the measurements obtained by both are extraordinarily minimal and contained within a minimum error range.

# Body Temperature

NEW



Temperature Measurement  
accuracy:  $\pm 0.1^{\circ}\text{C}$

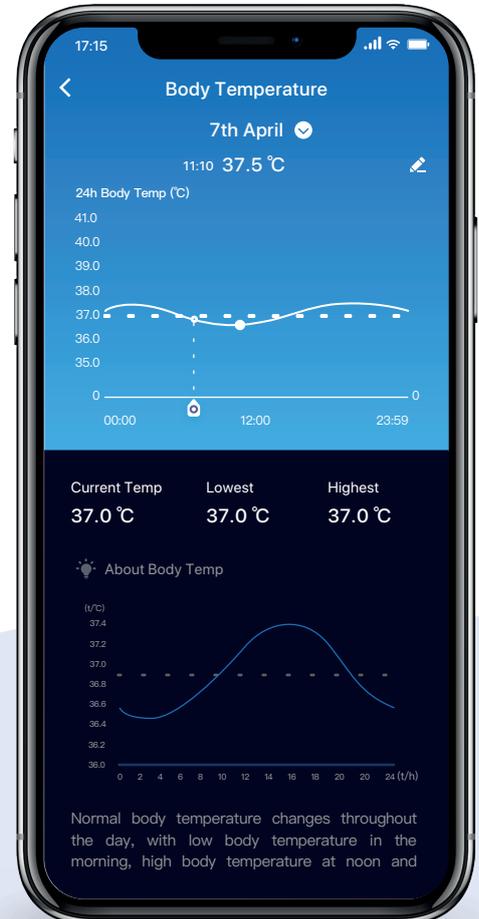


24-hour Body Temperature  
Curve

## 24-hour Body Temperature Monitoring

A built-in Texas Instruments dual medical-level temperature chips combined with an A.I. algorithm, enable your VYVO WATCH LITE SE to monitor your body temperature 24 hours a day. It allows you to know if you have a fever.

The measured temperature data is synchronized to the App, and a continuous temperature change curve will be generated in the App. This helps you keep track of your body temperature at any time and anywhere to better care for your health.



## 24/7 Biometrics Recording

Your VYVO WATCH LITE SE can continuously and seamlessly monitor your biometrics every day, all day, even when you sleep. When paired with the VYVO Smart App, the real-time, secure transmission of your data allows advanced algorithms to analyze your data, so you can relax, comfortable in the knowledge that all your vital signs and other data are being stored safely and your report is available whenever you are ready.

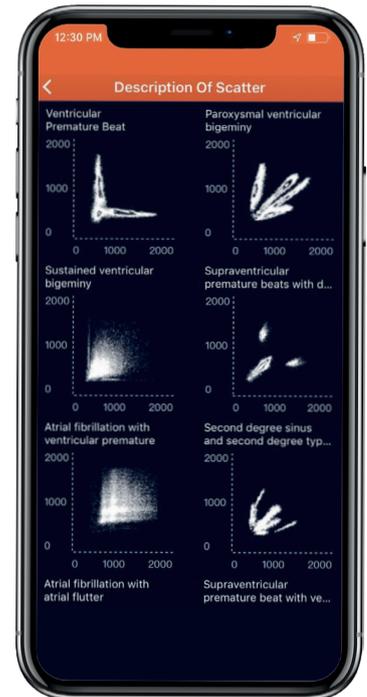
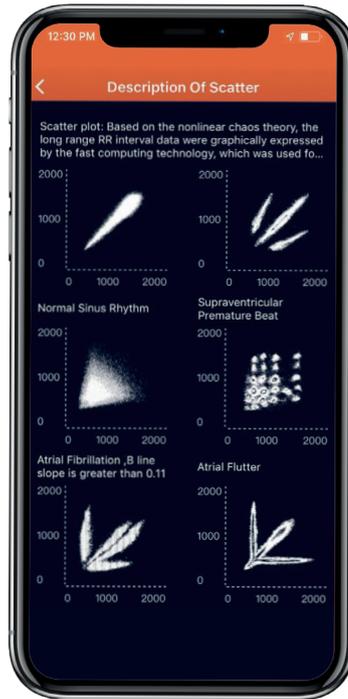
# Continuous Atrial Fibrillation Detection



The high frequency PPG sampling of your VYVO WATCH LITE SE combined with sophisticated signal refinement, further pulse waveform processing, use of different algorithms and detailed Artificial Intelligence (AI) analysis enables the continuous monitoring and background detection of atrial fibrillation (A Fib). In addition to detecting A Fib, using AI your VYVO WATCH LITE SE is also capable of detecting five other types of arrhythmia.



**Continuously  
monitoring  
your body.**



## Mood and Energy Monitoring

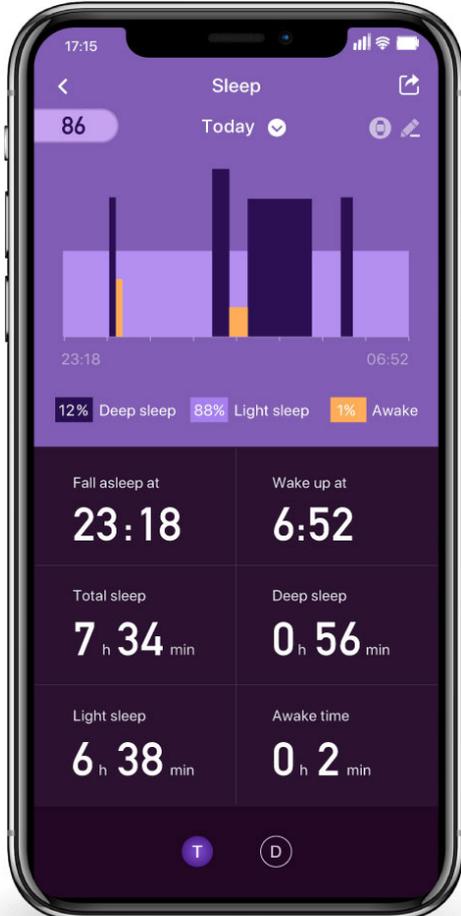
Your VYVO WATCH LITE SE gathers data which is analyzed to determine your energy and stress levels and your mood.

This continuously updated information helps you gain a fuller and in-depth understanding of what activities affect your daily physical state and mood. When equipped with these insights, it becomes easy to take appropriate action (such as engaging in physical activity, taking supplements, pursuing joyful activities, resting or meditating) to enhance your mood, increase your energy so you enjoy a healthy lifestyle and can achieve your full potential.

## Dynamic Heart Rate Monitor and HRV Analysis

Your Life Watch detects your heart rate, and combined with other data, can deduce your Heart Rate Variability (HRV), fatigue status and may detect critical abnormalities:

- Real-time dynamic and continuous continuous Heart Rate with Atrial Fibrillation detection;
- Your VYVO Smart App displays your average, lowest and highest heart rates.



## Scientific Assessment of Sleep Quality Analysis

Your VYVO WATCH LITE SE is so comfortable to wear that it is easy to track your sleep. The data it gathers provides information on the time you spend in various stages of sleep such as light, deep and waking stages as well as providing you with further insight into your sleep quality and ways to improve it.

As your sleep quality is deeply related to your overall health and wellbeing, taking action to improve your sleep quality is a big step forward in terms of improving your self-care.

# Bian Que's Pulse Wave Analysis



Lungs



Large Intestine



Stomach



Spleen and Pancreas



Heart



Small Intestine



Bladder



Kidneys



Pericardium



Three Heaters



Gall Bladder



Liver

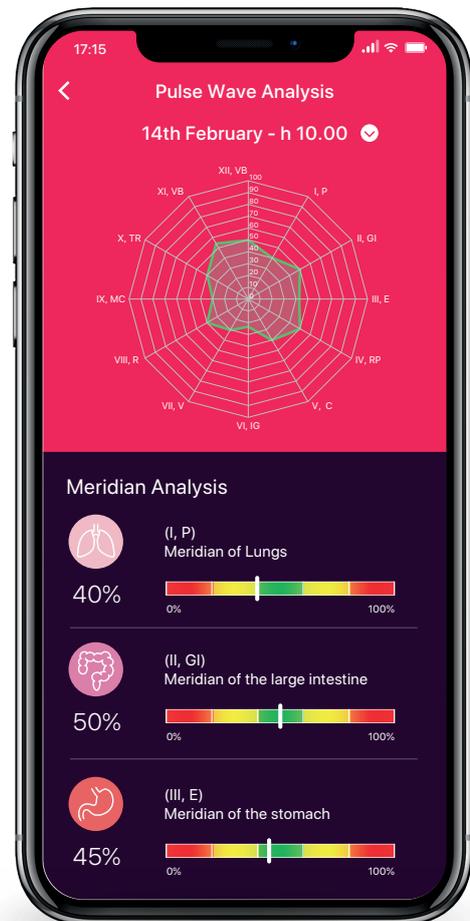
This Pulse Wave Analysis function provides feedback on the status of some of your organs.

Bian Que's Pulse Wave Analysis is based on the unique diagnostic approach of Traditional Chinese Medicine. It relies on the examination of twelve meridians, which is a method that chooses an emerging or relatively emerging pulsating vessel that is easy to inspect, among the twelve meridians and the Bian Que's exclusive pulse examination of the inch opening (wrist pulse).

The result of this analysis is for personal evaluation only, and it cannot be used as a clinical diagnosis. Diagnosis can only be conducted by medical personnel or physicians.

For more information, please see [my.vyvo.com/press/Pulse\\_Wave\\_Diagnostic.pdf](https://my.vyvo.com/press/Pulse_Wave_Diagnostic.pdf)

**\*The Pulse Wave Analysis function is only available by using an Android OS device.**



# Smart Alert

Vibration alerts notify you of running prompts, activity tracking milestones, and various smart notifications, such as a reminder to take your supplements or medication.

## SOS

The SOS function allows you to send alerts and messages in case of emergencies or panic situations. They are sent directly to your contacts, informing them about your emergency situation and exact GPS location.

Note: These services require a Smartphone with an internet connection to be within not more than 20 meters or 65 feet from the device. If using Android phones, please check the cost of your provider for the SMS and be sure the SIM inside the device is capable of sending SMS. For iOS phones, the SMS is sent from our gateway and is limited to 6 SMS a day as a prevention measure.

## Guardian

The Guardian function allows you to set alerts to be sent when your measurements are out of normal range, whether they are too high or low.

The alerts are sent directly to your selected contacts and loved ones through in-app messages, emails, and SMS. You can completely customize the list of contacts and ranges of bio parameters to set these alerts. This function makes it easy to keep your loved ones updated, letting them know if they should reach out to you or take action.



## Fall Detection

VYVO WATCH LITE SE detects if you fall and using the Guardian alert feature it alerts your emergency contacts, informing them about the situation and sharing your last known exact GPS position.

Guardian alert only operates if your Life Watch is connected to a smartphone which has a mobile signal and an active data connection.



# Some features to help you meet your goals!

Your VYVO WATCH LITE SE comes with a whole range of features to help you meet your health and wellness goals and improve your life.



## Vibration Alert

It is easy to become sedentary with today's lifestyle. Your VYVO WATCH LITE SE accurately tracks all-day activities like steps, calories burned and standing time. The vibration alert even prompts and motivates you to move when you have been sitting too long.

## 8+ Exercise Modes

Your VYVO WATCH LITE SE comes with 8+ exercise modes and you can even set goals for each one. You can manually select your exercise mode (e.g. swimming, cycling, running or basketball) and get your real-time statistics while you exercise.



Run



Cycle



Fast Walk



Climb



Swimming



Basketball



Soccer



Aerobics

Alternatively and once you have done the activity once or twice to allow Smart-Track learn the activity, it will then detect what activity you are performing and will track it automatically for your convenience.

## Color-Run



The screen lights up in sync with your running pace and the color display changes based on your heart rate value, making your running safer, interactive and even more fun. For example, if you are running and your objective is to enter your "fat burning zone", it will encourage you to increase your pace so that when you enter your target zone, the Life Watch screen color will guide you to adjust your pace to stay in your target zone for as long as you choose.

# Air Quality Monitor

VYVO WATCH LITE SE utilizes a superb network of public air quality sensors along with Artificial Intelligence analysis to provide information on the Air Quality Index (AQI) of your surrounding environment, so that you can choose to exercise indoors if the air outside is too polluted. In monitoring and notifying you of poor air quality so you can take action to avoid it, your VYVO WATCH LITE SE performs a protective role improving your long-term health and decreasing your risk of lung and heart disease.



Enjoy outdoor activities



Open your windows to bring clean, fresh air indoors



Sensitive groups should reduce outdoor exercise



Everyone should reduce outdoor exercise



Run an air purifier



Wear a mask outdoors



# Oracle Index

Your VYVO WATCH LITE SE is a crucial component in gathering your data to generate your Oracle Index as part of your Oracle Report which provides you with your personalized action plan to help you improve and then maintain your quality of life.

The Oracle, VYVO's Artificial Intelligence engine, receives your data from various sources, analyzes your wellness status and generates your personalized and customized action plan for you to improve and maintain your quality of life. The Oracle evaluation is based on the three main components:

- Life Sensing Technology™ that is embedded in each VYVO Life Watch
- your bio-parameter data gathered by your Life Watch and
- your personalized assessment.



Oracle uses this data to generate your customized and regularly updated Oracle Report and your own personalized NutraPak™ supplement solution, which is unique to you.

As your body changes over time in response to your health and wellness status, your activities, your exercise, your environment and other factors, so does your Oracle Report. Your daily Oracle Index is an easy to understand source of information that tracks your progress and reflects your wellbeing status.

# Lifestyle Index



Your Lifestyle Index, available on your VYVO WATCH LITE SE is generated from your data gathered from your smart watch. It is a personalized index that combines all the bio-parameters monitored by VYVO devices: wellness, activity, and mood. With this unique index, you can easily track and improve your lifestyle, day by day. You get to appreciate the impact of your daily routines on your Lifestyle Index.

You can also:

- Challenge a friend to improve their Lifestyle Index score.
- Check the global chart of your friends and partake in several challenges at same time.
- Share your results on your social networks.
- Review your Lifestyle Index history and compare it with your life events.

You can upgrade your VYVO WATCH LITE SE strap with a VYVOPay strap that has an NFC contactless payment capability which enables you to tap and pay at any Wireless Points of Sale. It is easy, fast, secure and wearing your VYVO WATCH LITE SE means that you do not need to carry your wallet or cards when you go shopping.



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VYVO uses  
Blockchain Technology  
to secure all of its  
Life Watch data.



# Blockchain



VYVO WATCH LITE SE wearers can:

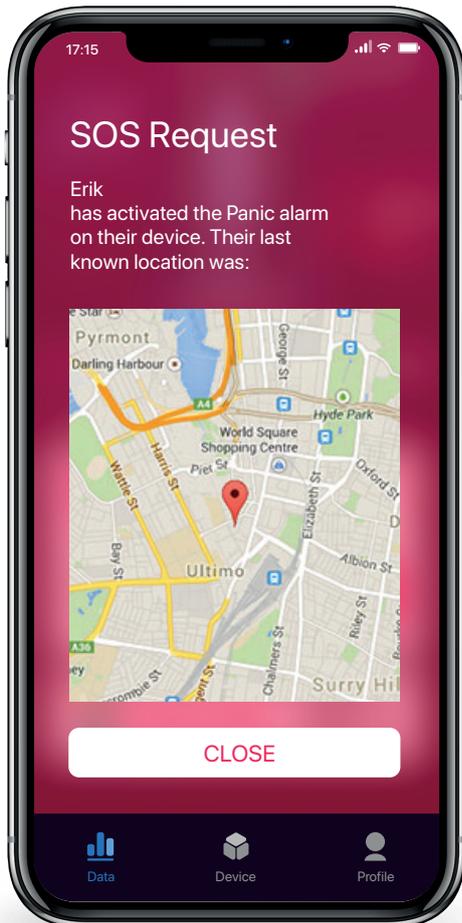
- Contribute their data to one of the first worldwide blockchain healthcare and medical research platforms, for research purposes and at the same time;
- Generate rewards for the data they produce by just wearing their Life Watch. VYVO Life Watch wearers receive tokens for every data-block they generate and these tokens can be used to obtain discounts on VYVO product.



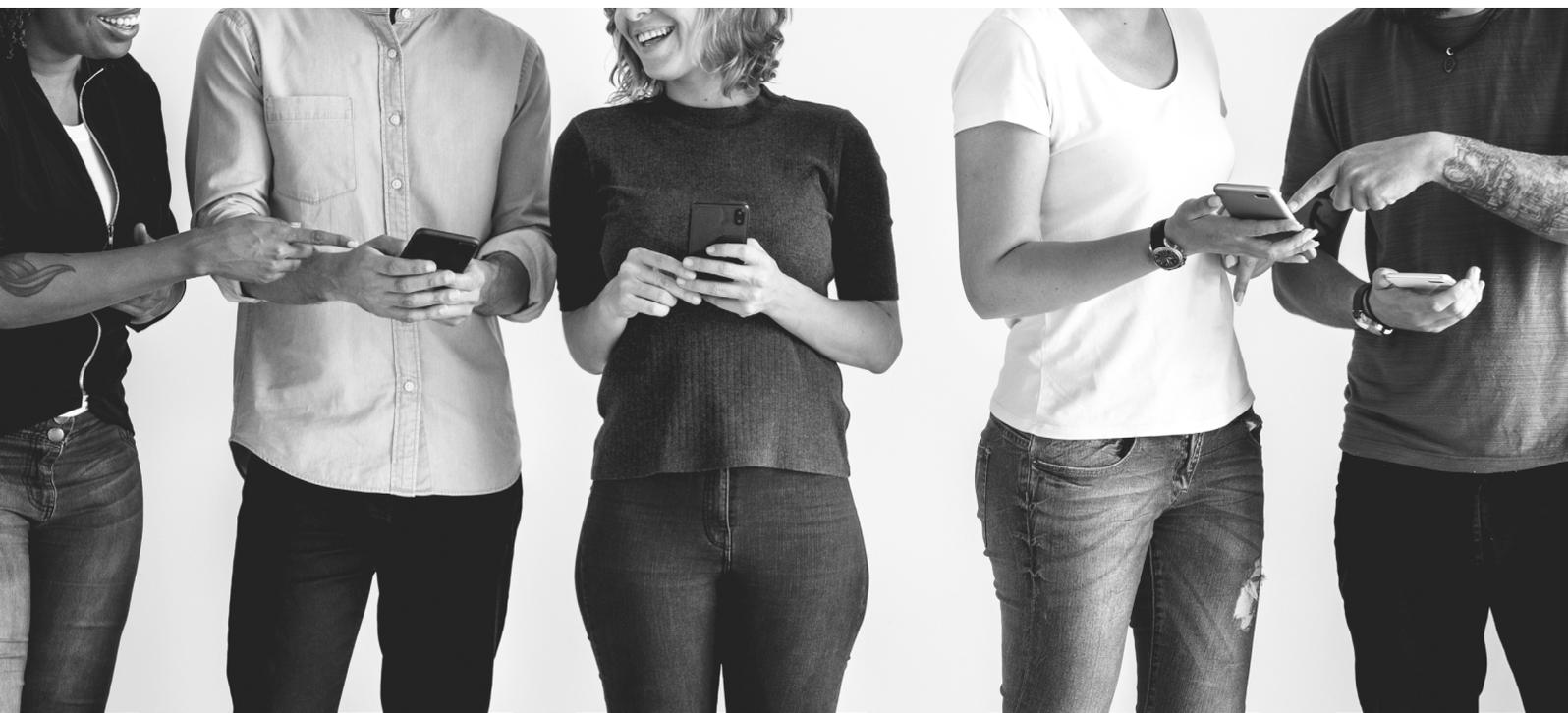
VYVO  
SMART APP

Our dedicated VYVO SMART App provides a simple path to achieve your health and wellbeing goals. The App is supported by a sophisticated with Artificial Intelligence (AI) platform that makes it easy to receive and understand the impact of your biometric and vital sign data in real-time, just by selecting the appropriate section of the App.

All your measurements are accessible at any time in your App so you can review your history and examine your progress. A user-friendly interface allows you to get to all your information quickly, and should you wish to share with your loved ones or caregiver, it is simple and easy to share over WhatsApp, email, Bluetooth and other platforms.



The VYVO SMART App also provides access to two important functions via subscription. **Guardian**: This feature keeps your loved ones or emergency contacts updated and notifies them if your measurements are not within an appropriate range. Guardian allows the user to set alerts when your measurements are out of normal range, either too high or low. The alerts are then sent directly to your emergency contacts via in-app messages, email and SMS advising them of the incident along with your last GPS location. Guardian alert only operates if your smartwatch is connected to a smartphone which has a mobile signal and an active data connection. **WeCare**: Show your parents, friends and loved ones that you care by remotely checking on their health and wellbeing via their bio-parameters.





## IP68 Swimproof



Your VYVO WATCH LITE SE has a waterproof certification of IP68 so you can wear it swimming in a pool or open water to a depth of 50m. With its swimming pool stroke count and pool distance feature, swimming has reached a whole new level as you can now monitor your pool progress.

The water resistance performance of the device is not permanently binding; it may diminish as time passes. The device can be worn while washing hands, rain or swimming in shallow water, but does not support hot water showers, diving, surfing or deep submersion.

## Equipped with 10+ days extended battery life



- Activity tracking mode: 10+ days tracking.
- Full recharge in 120 Minutes.

# Technical Sheet

The best of VYVO Technology in a Special Edition.

Operating System	VYVO RTOS 2.0
OpenAPI	3.0
Color screen size	IPS 1.3"
Capacitive Full Touch	Full Touch control
Resolution	240x240
Battery life	10+ Days
Charger	Magnetic cable
Metal case	✓ Ultra-thin 7mm thickness
Color	Black
Waterproof	IP68
Bluetooth	5.0
GPS Glonass	Connected GPS
G-Gravity	✓
Kinetic number of axis	9
SOS - Panic	✓
Blood Pressure sensor	✓
Dynamic HR 24 hours	✓
Heart rate zones detection <sup>1</sup>	✓
Heart Rate Variability - Mood	✓
Fall detection	✓

Meditation Assistance	✓
Multi-Sport mode	✓
Smart-Track	8+ Sports
Off-hand detection	✓
SpO <sub>2</sub> measurement	✓
Body temperature measurement	IR-NIR
Sleep monitor and analysis	✓
Atrial Fibrillation	✓
Pulse Wave diagnostic <sup>1</sup>	✓
Measurement warning (Guardian)	✓
Continuous measurement and recording	✓
Smart Alert vibration	✓
Sedentary reminder	✓
Weather forecast	✓
Air Quality Monitor PM2.5, PM10, SO <sub>2</sub> , NO <sub>2</sub> , CO, O <sub>3</sub>	✓
NFC VYVO Pay <sup>2</sup> (sold separately)	✓
Swimming pool stroke count and pool distance	✓
Color-Run	✓
Lifestyle Index	✓
Oracle Index <sup>2</sup>	✓
Blockchain Technology	✓
Messages & Social Push Notifications	✓

NOTE:

1. Not available in some countries
2. Not available at the release date

# VIVO WATCH

LITE SE



**vyvo** making  
life wonderful



Designed in Silicon Valley. Assembled in China.  
[www.vyvo.com](http://www.vyvo.com)