

vivoactive® HR Sizing Guide



Use this guide to make sure you select the right-sized band for your wrist when purchasing your new device.

Regular Band for a wrist circumference between 5.39–7.68" / 137–195 mm

X-Large Band for a wrist circumference between 6.38–8.86" / 162–225 mm



Step 1

Print out the guide at **100 percent**. You will know it printed correctly if you measure the 1" or 10mm lines above and they measure correctly.

Step 2

Cut along the dotted line under the band.

Step 3

Wrap the paper band around the wrist you would like to wear the product on. Be sure to keep the arrow on top.

Step 4

Choose the size that fits your wrist snugly. If you are close to the line between sizes, consider choosing the larger size.