

# The Max Buzz™ user guide



## Grab your max buzz™ and go!

**Max Buzz™ is a sleek and water-resistant daily activity tracker that tracks your steps, sleep, calories burned, distance, and active minutes.**

Max Buzz also gives you notifications and applause. And it's a fantastic way to earn rewards in the Virgin Pulse program!



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## What are the main screens on Max Buzz?

### Home

Your home screen shows the time and your rechargeable battery life. Recharge Max Buzz using the built-in USB charger.



### Steps

This screen shows how many steps you've taken for the day.



### Calories

This screen converts your steps into calories burned.



### Distance

This screen converts your steps into distance traveled.



### Active Minutes

This screen shows if you have active minutes (more than 135 steps per minute). Roughly a runner's pace.



## What else does Max Buzz do?

**Notifications** - When you hit your steps goal, Max Buzz will vibrate (giving you a little high five)! You can also turn on call and text notifications in Max Buzz settings on the Virgin Pulse mobile app.

**Sleep** - Max Buzz tracks your sleep when you wear it to bed (say hello to your new sleep buddy).

**Sync** - To sync your data, open the Virgin Pulse mobile app (download FREE from the App Store or Google Play). Go to Devices & Apps to connect your Max Buzz - then your steps and sleep will sync automatically via Bluetooth every time you open the app!

## Sign Up

Sign up now at  
[join.virginpulse.com/infawellness](http://join.virginpulse.com/infawellness)

## Have Questions?

Have Max Buzz Questions? Visit  
[virginpulse.com/maxbuzz](http://virginpulse.com/maxbuzz)