

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.



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/bjservices

Have Questions?

Have Max Buzz Questions? Visit
virginpulse.com/maxbuzz