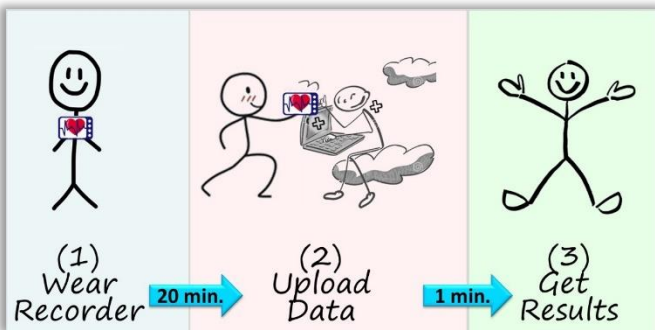


# HeartTrends® Quick User Guide

UG-C106 v1.6



## 1. Setup Phone (one-time)

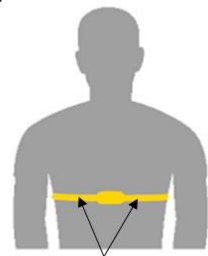
- Download 'HeartTrends' App from Google Play Store or App Store
- Install the App
  - Accept each Permission with "Yes"
  - Android v14.0 or higher
  - Apple iOS v17.0 or higher
- Enter Username & Password (obtained from your Distributor)



"HeartTrends"

## 2. Wear (Wakeup) Sensor

- Adjust the strap on the skin around your bare chest (not the stomach).
- Wear the heart rate sensor by snapping on both ends of the belt
- Moisten the 2 rubberized belt electrodes for better connectivity & cleanliness (optional).
- Using an optical armband? See #8



Belt electrodes

## 3. Pair Sensor to App

- Press the **red** communication icon (upper right)
- Select your sensor from the list
- Press Connect
- Communication icon will turn **green**
- No need to pair this sensor using generic Bluetooth pairing



## 4. Take the Test

- Press "Start test"
- Enter Name and ID & optional medical information – important!
- Running Time Clock will appear
  - Option: Testing more subjects? Press **green** icon to disconnect & attach next device
- Wear the belt & sensor for **at least 20 minutes** (no need to remain connected to phone)



## 5. Retrieve Test Score

- Press the Retrieve Test button or **Red** Icon
- Best to keep wearing the belt. Or, wake up the sensor by **holding** the straps
- Select sensor from list. No response? Tap the sensor twice or unsnap & re-snap.
- If an old test resides on the sensor, you will be prompted to submit it for analysis

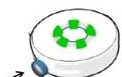


## 6. Review Test Results

- All test results may be viewed from the menu: Review Test Results
- Detailed information obtained by pressing the PDF icon
- Alternatively, log onto the HeartTrends website Clinic tab with your same login to view all test results in a tabular mode ([www.HeartTrends.com](http://www.HeartTrends.com))
- A Physician should diagnose by putting the Score into context



## 7. Polar OH-1 armband: Manual Start/Stop required



SILVER BUTTON



LED STATUS INDICATOR

FUNCTION	SILVER BUTTON ACTION	LED FLASHING
ON (standby) / OFF	Long press	Once/second
RECORD start	Press twice (x2) quickly	Twice/second
RECORD stop	Press twice (x2) quickly	Once/second
Low battery	----	Green + Red

## 8. Polar Verity Sense armband A. Record B. Retrieve/Assign Test



**A. Record Heart Rate:**

1. Power-on Verity Sense - long-press the silver button
2. Enter Record Mode\* - **quickly** press silver button until the LED lights up **GREEN**

**B. Retrieve Heart Rate Recording & Assign Test:**

1. Test complete? Power-off Verity Sense (long-press the silver button)
2. Power-on via the silver button. LED will turn **BLUE** for Playback Mode
3. Connect to Bluetooth & App

FUNCTION MODE*	SILVER BUTTON ACTION	LED COLOR
Heart rate/PLAYBACK	Long press for power-on/off	BLUE (default)
RECORD Start	Press once <i>after</i> power-on	GREEN
RECORD Stop	Long press (power-off)	None
Swim (not relevant - restart)	Power-off	WHITE
Low battery	----	RED blinking

\*. 1<sup>st</sup> time use: Use App Bluetooth to connect Verity-Sense & follow instructions  
Mode can only be changed by powering the sensor OFF and then ON again