HeartTrends® Quick User Guide
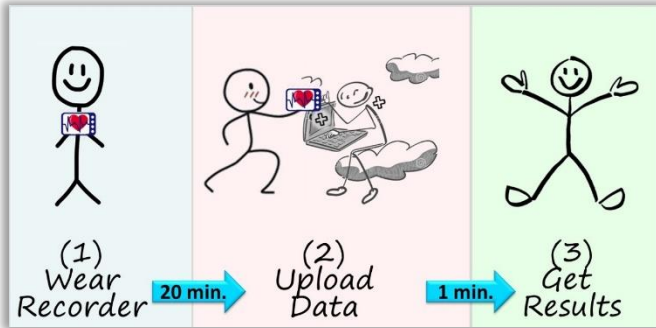## UG-C106 v1.4

(1) Wear Recorder → **20 min.** → (2) Upload Data → **1 min.** → (3) Get Results

1. Setup Phone (one-time)

- Download 'HeartTrends' App from Google Play Store or App Store
- Install the App
  - Accept each Permission with "Yes"
  - Android v8.0 or higher
  - Apple iOS v12.0 or higher
- Enter Username & Password (obtained from your Distributor)

GET IT ON Google Play
Download on the App Store

"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
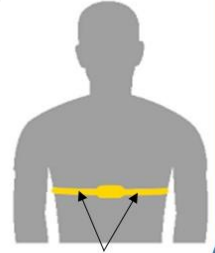
Belt electrodes

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
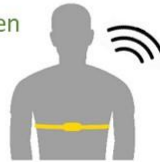
4. Take the Test

- 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)
- Remove belt at end of test
- Return it to the technician

20 min

5. Retrieve Test Score

- Press the Retrieve Test button or Red Icon
- Wake up the sensor by holding the straps and connecting the snaps
- 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. Analyze your Test Score

- Physician should put score into context
- A score greater than 2.6 is high
- Scores less than 2.6 but greater than 2.0 is medium
- Scores below 2.0 is low. It may occur if subject was too active or stressed
- Suggest *repeating* the test in a quieter and more sedentary surrounding
- If 2nd test is also below 2.0, suggest consulting your physician

HeartTrends
The stress test alternative
Your Score
2.41
Congratulations. Your results are excellent!
Restart test

7. Review Test Results

- All test results may be viewed from the Review Test Results menu
- Detailed information obtained by pressing each test or 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)

PDF

8. 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