HeartTrends® Quick User Guide
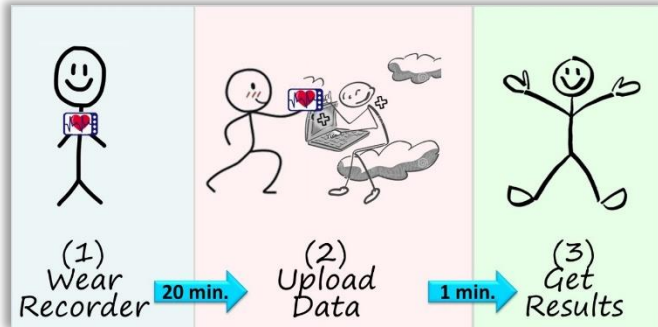
UG-C106 v1.5

(1) Wear Recorder → 20 min. → (2) Upload Data → 1 min. → (3) Get Results
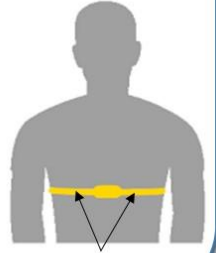
1. Setup Phone (one-time)

- 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)

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
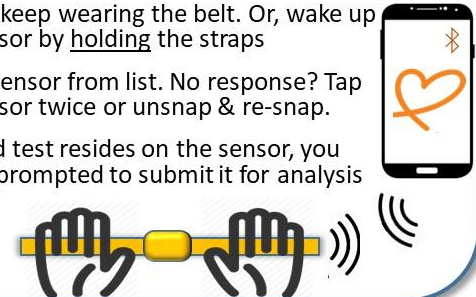- No need to pair this sensor using generic Bluetooth pairing

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)

20 min

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)
- A Physician should diagnose by putting the Score into context

PDF

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* Optical Armband
A. Record B. Power-off C. Assign test

A. Record heart rate:
1. Power-on Verity Sense by pressing the silver button
2. Choose Record mode by shortly pressing the button until the LED lights up green

B. Test complete? Power-off Verity Sense (long-press the silver button)

C. Retrieve heart rate recording & Assign Test:
1. Power-on via the silver button. LED will turn blue for Playback mode
2. Connect to Bluetooth & App

SILVER BUTTON   LED STATUS INDICATOR PRESS BUTTON TO SEE LED

Function Mode*	Silver Button Action	LED Color
Heart rate/PLAYBACK	Long press for power-on/off	Blue (default)
RECORD Start	Press once *after* power-on	Green
RECORD Stop	Long press (power-off)	None
Swim (not relevant - restart)	Power-off	White
Low battery	----	Red blinking

*- Mode is locked and can only be changed by powering the sensor off and back on again