

HRV HEALTH

CHEMIN NEUF 8, CHAMOSON, VALAIS 1955, SWITZERLAND

[HTTPS://HRVHEALTH.ORG](https://hrvhealth.org)

Instructions for using the HRV Health app.

You need to be registered on the HRV Health web-site at <https://hrvhealth.org/login.php#tabs-1> to gain the full benefits of using the app,

Follow the instructions at the bottom of the screen.

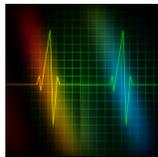
Please enter the country where you are at present. If this field is not correctly entered, you will not receive the activation email.

If you have the Polar H10 heart rate monitor (HRM), please enter the Device ID that appears on the top edge in the Device ID field.

When you receive the activation email, click on the "Click to Activate" hyperlink to complete the activation.

If you did not enter the Device ID on registration, you can enter it later, as follows:

The Device ID is printed on the H10 on the top edge. An 8 character code preceded by ID:. On the menu: Metrics->User setup->HRM device add.



Download the app from the [Apple app store](#) (HRV Health) or the [Google Play store](#) for Android.

The first time you use the HRV Health app, you will need to enter the Device ID from your Polar H10 heart rate monitor into the device ID field, and click the Update button.



In the Device ID text field, enter your HRM device Id, and click the Update button. The app checks that the device Id is valid, and displays it in the box to the right of the Update button. If the number is incorrect, the field will display Invalid.

Close the app.

These steps only need to be done once, the first time you use the app.

Now you're ready to start measuring your heart rate variability.

The iOS app uses haptics to notify the user that the HRV Platform is receiving data from the app. Please ensure that haptics are enabled on your iOS device.

| | | |
|------------------|---|----------|
| Register | Login | Activate |
| First name | <input type="text"/> | |
| Last name | <input type="text"/> | |
| User ID | rdv58 | |
| Password | <input type="password"/> | |
| Confirm password | <input type="password"/> | |
| Country: | Switzerland | |
| Birth date | dd.mm.yyyy | |
| Contact email | <input type="text"/> | |
| Device ID | <input type="text"/> | |
| Gender | <input type="radio"/> Female <input type="radio"/> Male | |
| Language: | English | |
| Group: | NA | |
| Health insurer: | N/A | |
| Submit | <input type="button" value="Submit"/> | |

Attach the HRM to the strap, put it on.

Open the app, and click the Start reading button.

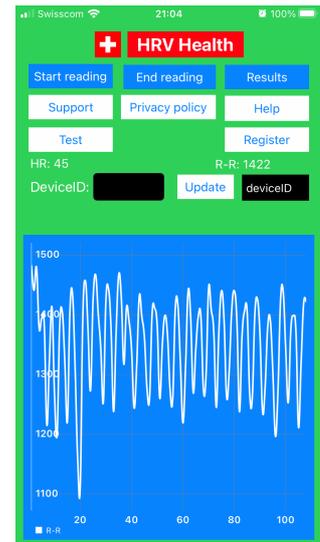
You will receive a gentle haptic feedback that the new reading is registered.

Click the Start reading button.

After a couple of seconds, the screen will display the Heart rate (HR), and the Inter-beat intervals will display on the graph.

The system will take 120 readings.

Open the hrvhealth.org platform in a browser, and log in. Your new data will appear at the top of the screen. If you have a Blood pressure monitor, you can enter this data with the results of your HRV data.



Taking a reading

For the most accurate results, we recommend that users of the HRV Health platform take their readings first thing in the morning, preferably seated, in a calm state, breathing normally. Our tests confirm that reading or writing emails, watching the news, or holding a conversation can all affect the variability of the readings, adversely influencing the outcome.

Waking up, your head buzzing with everything that needs to get done, and knowing that you don't have enough time for everything, seems a crazy time to steal three minutes to take the HRV reading.

But that's the time when you need it most. Your stress levels will be clear from the reading, and that is incredibly helpful.

Our users have discovered that the stress index is the warning they need to take action, rewarding themselves with the pleasures that bring relief. And that relief shows up in the numbers the next morning. (Note: a late night with alcohol will also show up in the numbers, but not in a good way.)

HRV changes throughout the day. That's why we recommend taking the reading once per day, preferably first thing in the morning.

Our data confirm that this approach achieves an excellent balance of convenience and accuracy, producing figures that you can rely on in your quest for good health and quality of life.

Troubleshooting

If no readings appear, the app is not connected to the HRM. Refer to the troubleshooting section below for assistance.

The app takes a default of 120 readings. This takes approximately 3 minutes. Once it has collected the readings, the app will automatically save the data to the HRV system.

Readings can be terminated before completion by clicking the End reading button.

To see the results, on the HRV system click the Results button.

The HRV Health platform works better on larger screens. Our apps are designed for the collection of the raw HRV data.

Troubleshooting guide

| Problem | Solution |
|---|--|
| No readings being displayed | Enter HRM DeviceID and restart app. |
| HRV data not uploaded to system | Check that the iOS device is connected to the Internet click the start reading button. |
| New HRV reading does not appear on system | Check that the iOS device is connected to the Internet, and click the New reading button. The haptic feedback will confirm that a new reading has been registered. |
| Results do not appear for the reading. | On the HRV & BP data screen, make sure that the Select checkbox is ticked, and click the Update button. |
| No readings. | Is the HRM correctly attached to the chest. |
| No readings. | Check the HRM battery. |
| No readings | Check that the bluetooth for HRV Health has been enabled in your phone settings. |
| No readings | If you are using an iOS device, check that the app is communicating with the platform. After clicking start reading, the platform confirms the connection, and the iOS device gives haptic feedback. |

Assistance

If you need any assistance, please leave us a message on the support page.

Thanks for using HRV Health.