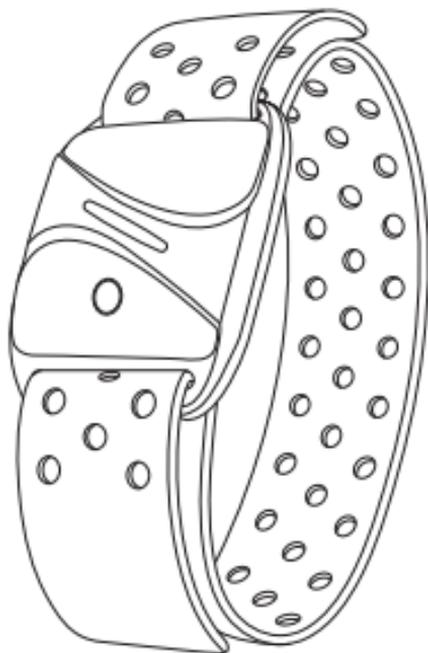




USER MANUAL

Heart Rate Variability Reader



English Version v1.5

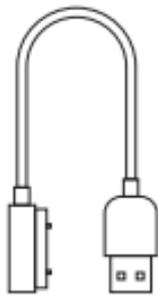
1. Product Introduction

Thank you for purchasing our Optimal HRV Reader. The Reader transmits real-time heart rate variability (HRV) data through BLE or ANT+ to the Optimal HRV app on your smartphone. This product provides you with HRV data for personal use and is not meant to replace any medical advice.

2. Product Accessories



Optimal HRV Reader



charging cable



user manual

3. Basic Parameters

Product size: 46.5*36*14mm

Host weight: 12.3g

Power: 90mAh Rechargeable lithium battery

Battery life: 16 hours for continuous heart rate monitoring

Water resistance: IP67

Working temperature: 0°C~40°C

Transmission: ANT+, BLE

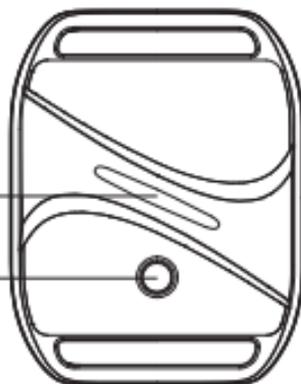
4. Function and Operation

Turn-on: Press the start-up button, the LED light will flash blue quickly until the heart rate was found.

Turn-off: Hold the start-up button, The LED will flash red light and vibrates , then enters the shutdown state.

LED

start-up button



Heart Rate Indicating :

*Max Heart Rate (MHR) = 180 (default)

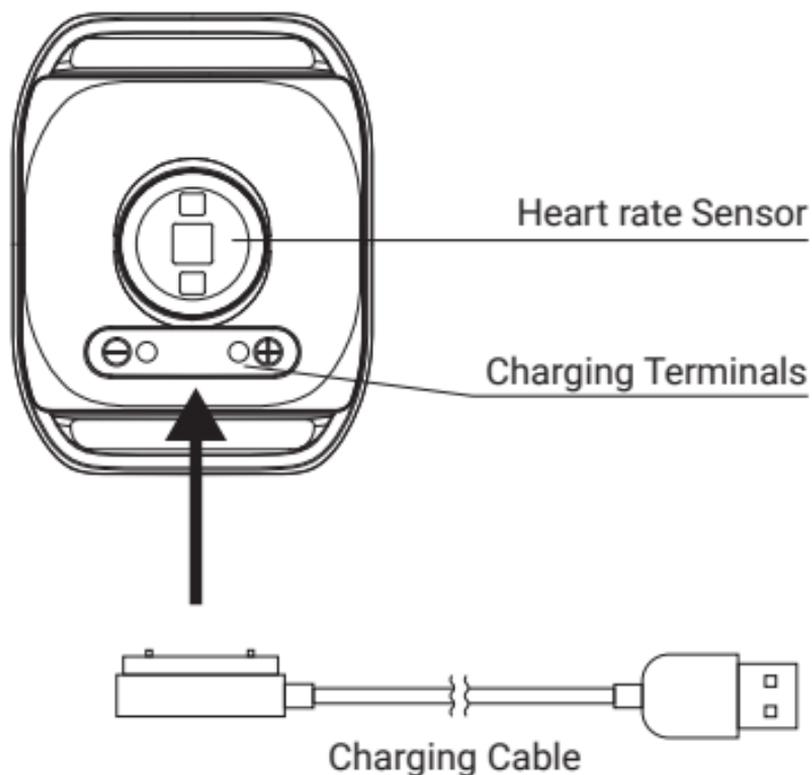
Zone	Color	Range (Default)
Zone 1	Blue	Below 60% MHR
Zone 2	Green	61%~70% MHR
Zone 3	Yellow	71%~80% MHR
Zone 4	Purple	81% ~ 90% MHR
Zone 5	Red	above 91% MHR

Besides use with the Optimal HRV app, you can use the Reader to monitor heart rate during exercise for stressful events.

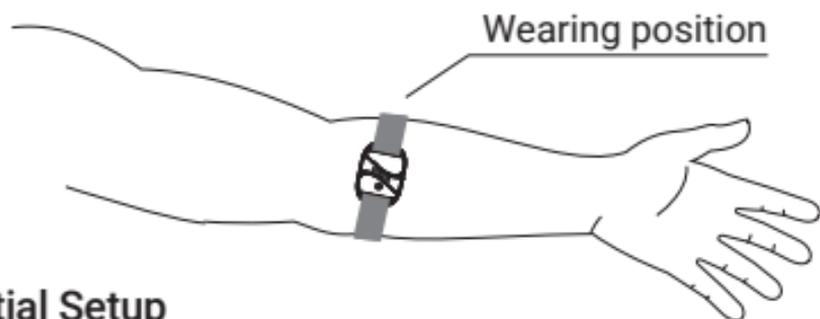
Heart rate alarm: if the heart rate exceeds the maximum value, the sensor will vibrate 3 times continuously

Power:

- Low Power Alert: LED flashes red and green alternately, and vibrates once.
- Charging: LED flashes green and will stay on with green when fully charged.



Wearing: Wear armband on the upper portion of the forearm. Sensor should be on the inside or top of forearm. It should be worn snug enough not to move on your arm, but NOT so tight that it restricts arm circulation.



Initial Setup

1. Find and download the Optimal HRV app in the appropriate app store.
2. Subscribe or Log In into the Optimal HRV app.
3. Ensure the Bluetooth function on your phone is turned on.
4. Choose your desired activity in the app.
5. Turn on Optimal HRV Reader.
6. Select: Setup new device...
7. Optimal HRV Reader will show on the Devices Page.
8. Press Continue at the bottom of the page.
9. Hit Start to begin the exercise.

5. Applicable models



iOS 9.0 version and above, iPhone 5s and above.



Any Bluetooth 4.0 enabled Android device with Android 4.3 and above.

6. Disclaimer

- The information contained in this manual is for reference only. The product described above may be subject to alteration owing to the manufacturer's continuing research and development plans, without making an announcement in advance.
- We shall not bear any legal responsibility for any direct or indirect, accidental or special damages, losses and expenses arising from or in connection with this manual or the contained product.