



Professional HRV FAQ

What Hardware Do I Need?

- You need an iPhone, iPod touch or an iPad capable of running iOS 13 or later.

What if I want to create multiple groups with different members?

- No Problem! You can create multiple groups using your same user name and password with different Group Name and Member Keys.

When do I use Professional HRV?

Not only is HRV a marker for stress, it is also a view into the nervous system and systemic health. When working with Athletes, HRV is used to guide training. When working with clients or patients, it is a way to track their stress levels as well as objectively monitor the results of your work on the client/patient.

Why does the demo account show screens with questionnaires?

- The Demo account was created for legacy app Recover Coach for use with Recover Faster app!