



## QuickStart Guide for SweetBeat HRV for Training and Heart Rate Recovery (HRR)

### Attach Heart Rate Monitor

- Be sure your heart rate monitor is properly attached and, if necessary, use water or a water-based lubrication on the electrodes on the chest strap to improve conductivity. If you have a stretchy chest strap (eg. Wahoo), the electrodes are the smooth spots on either side of the transmitter. If you have a plastic chest strap (eg. 60Beat), the electrodes are outlined on either side of the transmitter.
- Securely attach the receiver key to the iPhone, iPad, or iPod Touch. If you are using the 60Beat receiver key, be sure to turn it on. If you are using a Polar H7 or 60Beat Bluetooth HR strap you do not need a receiver key.

### Launch SweetBeat




- Launch the SweetBeat™ application by pressing the icon on your iPhone or iPod.
- If this is the first time you have launched SweetBeat, you will be prompted to acknowledge that this is not a medical device and then prompted to record a baseline session. The baseline tells SweetBeat what your resting and relaxed state looks like. Since everyone is different, you may have better results if you record a baseline. Always record your baseline when you are feeling relaxed and happy, you are not in a hurry, and you are in a quiet, familiar place.
- If you choose to skip the baseline, simply select the “skip” option. This will take you to the Monitor screen.
- You will be asked to select a Heart Rate Monitor. Select the Heart Rate Monitor you are using.

### Start Session

- Press the “Start” button to start your session.
- You will be asked to “Select a Session Type”. Choose Heart Rate Recovery or HRV For Training. By pressing on the question mark beside each choice, an explanation of what that choice is all about will pop up.

- At the top you will see a message saying “Searching for Sensor,” followed by “Detecting Chest Strap,” followed by “Waiting for More Data”. Please note that it may take up to 40 seconds in the “Waiting for More Data” stage before recording will begin.
- If there is a problem with your hardware connection, a message will appear advising you. Please check your chest strap and receiver key connections if you get this message.
- Once enough data is collected, your heart rate (HR), calculated stress level (Stress), and heart rate variability (HRV) are displayed beneath the heartbeat monitor.
  - Your HR value is your current heart rate in beats per minute.
  - Your Stress level displays your stress as blue for low stress to red for high stress.
  - Your HRV is a number between 0-100 and shows your ability to put the brakes on stressful situations. A high HRV is desirable. Most people will have a baseline HRV between 55 and 90.


### Enter Your Mood and Perceived Stress Level (Optional)

- Press the “Set Stress” button to enter your perceived stress level 
- Press the “Happy”  button to enter your mood or activity.
- If you are in a high-stress state, the Relax screen will automatically open. You can go to the Relax screen at any time by pressing the “Relax” button  in the Application’s task bar at the bottom of your screen.

### Relax Screen (Optional and Configurable)

- The Relax screen provides an audio and visual breath pacing prompt. Slow, deep breathing is known to balance the nervous system and reduce stress. Note you can turn off the audio and vibrate functionality by navigating to Settings menu.
- The fractal images will change from hot red to cool greens and blues as your stress is reduced.

### End of Session or Stopping a Session

- If you selected “HRV For Training” your session will run for 3 minutes and automatically stop. You will see the countdown timer count down to 0.
- If you selected “Heart Rate Recovery” run your session while you are exercising. When you stop exercising, press the “Stop” button and a countdown timer for Heart Rate Recovery will appear and count down for 1 minute.
- If you are running a Stress session, return to the Monitor screen by pressing the Monitor button  in the bottom menu tab and press the “Stop” button.
- The Session Summary screen will automatically open. Swipe the screen to view each of the 4 session stat screens.

## Save Session

- Press the “Save” button at the bottom of the screen. Enter a Tag (where you are, what you are doing, etc) and press “Save”. If you have not already logged in, a message will advise you that your session has been saved locally and not uploaded. Press “Sign in to Upload”. This will take you to the Login screen.
- From the Login screen select “Sign In” or “Create Account”.
- Enter your email address, a password, and tap “Sign Up” or “Login”.
- A message will indicate that you were logged in successfully.
- Press “Session Summary” at the top of the screen.
- Press “Upload”. The session will be saved and uploaded for your review at your MySweetBeat web portal.

## Review and Track Sessions

- Open a browser on your choice of PC or mobile platforms.
- Go to [www.BeatHealthy.com](http://www.BeatHealthy.com) .
- Select the MySweetBeat screen from the top of the home page.
- Login to your private MySweetBeat Account.
- Select View Your “MySweetBeat Sessions Calendar”.
- You now have a calendar view with your sessions color-coded to average stress and labeled with your session tag.
- Select a session.
- Your session summary is displayed.
- Select the link under “View Session Chart” to view a graph of your session.