



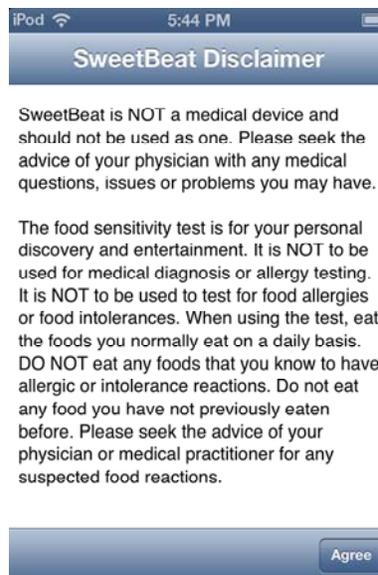
## User's Guide for SweetBeat and MySweetBeat

The User's Guide describes how to use your SweetBeat App. This guide includes illustrations of all the screens and menus and descriptions of the associated functions.

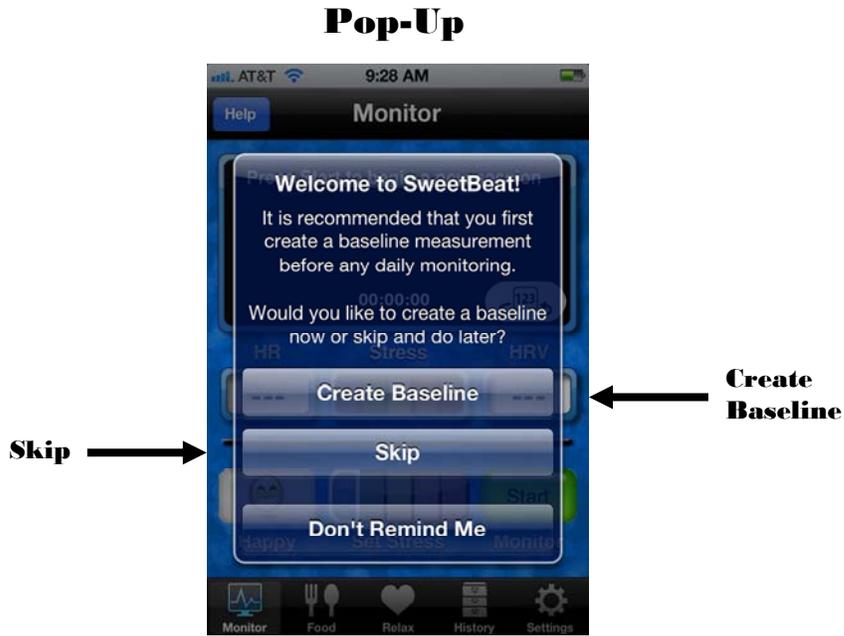
When the SweetBeat App is first opened, a Disclaimer Pop-up will appear indicating that SweetBeat is not a medical device and does not claim to be one. Please click on "Agree" to continue.

### Stress Test App:

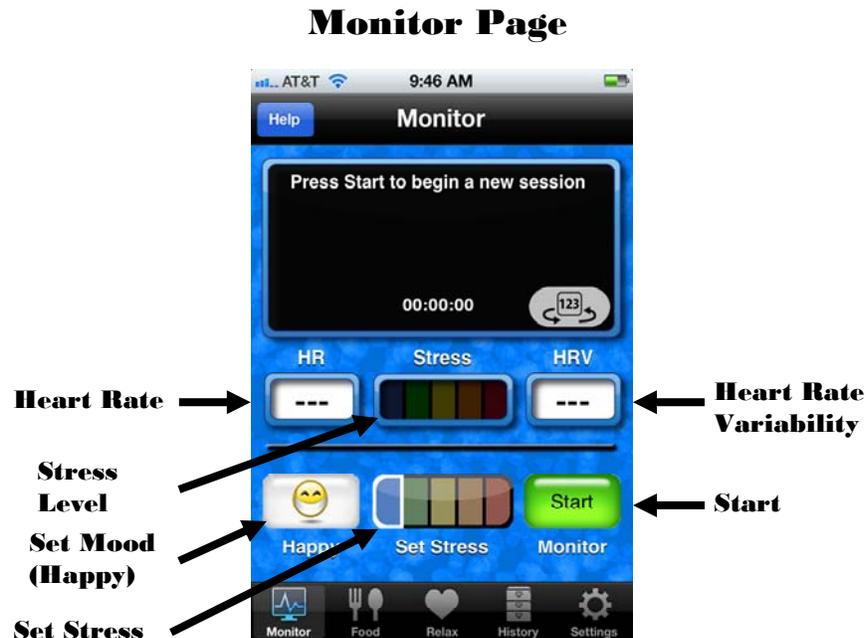
#### **Disclaimer**



A "Welcome to SweetBeat!" Pop-up will now appear. You will have better results if a baseline session is recorded. The baseline tells SweetBeat what your resting and relaxed state looks like. SweetBeat uses this to find your sensitivity which is used as a factor in determining your stress levels. To record a baseline session, press "Create Baseline". To skip (and record a Baseline at a later time), press "Skip".

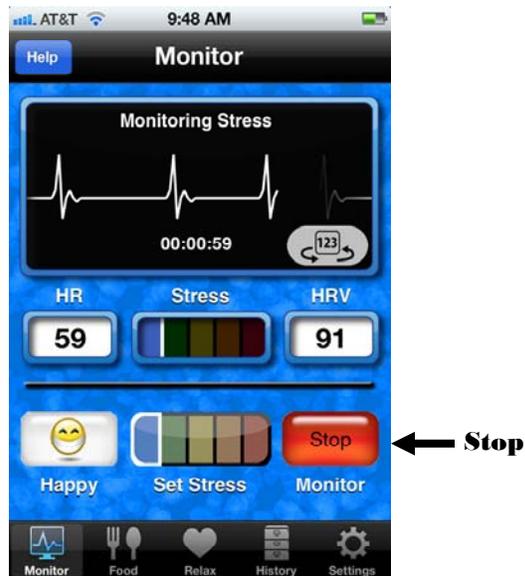


If “Skip” is pressed, the Monitor page will appear.



- Heart Rate – The HR window shows your heart rate in beats per minute.
- Heart Rate Variability – HRV represents the state of the parasympathetic nervous system and the ability to respond/react and recover from stressors. The HRV will be a number between 0 and 100. 0 is very low, 100 is very high. Most people will be between 60 and 80.
- Stress Level – The Stress window is a representation of the balance of your nervous system. The two branches are sympathetic which represents “fight or flight” and the parasympathetic which represents relaxation, repair and recovery. Blue indicates that the parasympathetic is dominant and red that the sympathetic is dominant. The colors in between represent varying dominance of these two branches.
- Set Mood – The Set Mood (Happy) button does not change the readings, rather they provide you with contrast from how you are feeling (if you are chronically stressed and think stress is normal, for instance).
- Set Stress – The Set Stress button, like the Set Mood button, does not affect the readings. This button lets you enter your perceived stress.

## Monitor Page (running)

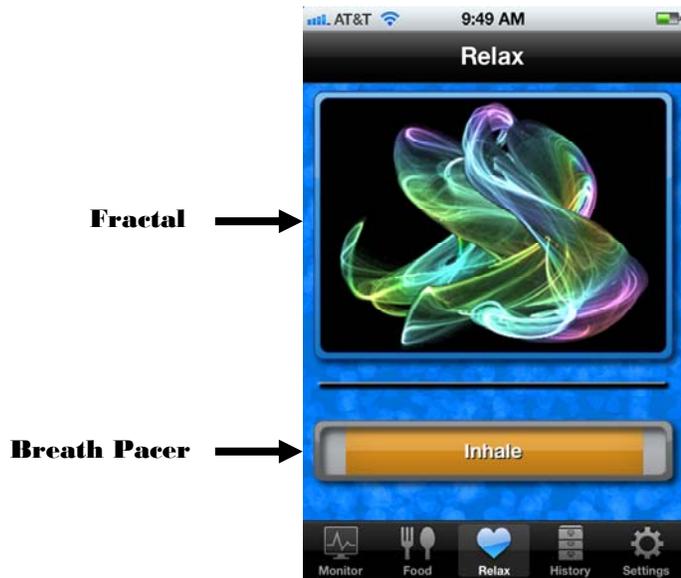


After you press Start, the SweetBeat app will locate your heart rate monitor and begin to process the incoming data (your heart rate RR intervals). After enough data has been received, your HR, HRV and stress levels will be shown in real-time.

While you are running a session, if your stress levels meet or exceed a pre-selected threshold (default is set at red), you will be taken to the Relax Page. Here will be a picture of a colored fractal representing your current stress level and a Breath Pacer. The Breath Pacer is a tool designed to lower your stress levels by encouraging you to breath at a pace that has been shown to balance the nervous system and thus calm you down. The optional audio breath pacer allows you to breath in rhythm without looking at the screen.

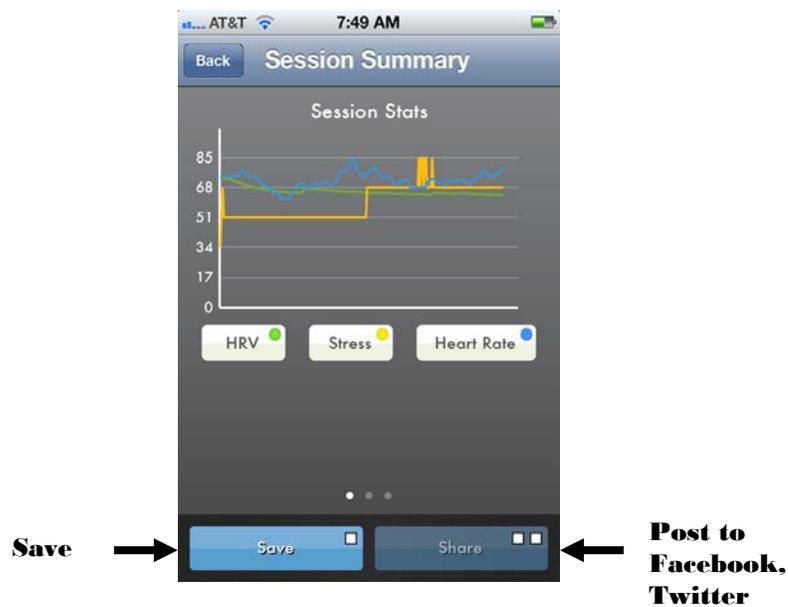
You can replace the fractal images with your own images from your camera roll or photo library.

## Relax Page



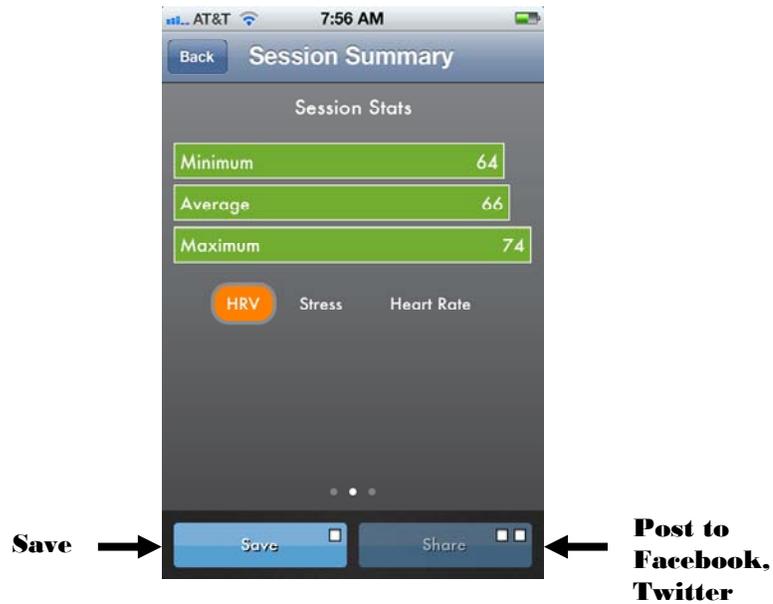
- To return to Monitor Page, press “Monitor” on the tool bar.
- When you want to finish your session, press “Stop”.
- The Session Summary page will appear.

## Session Summary Page



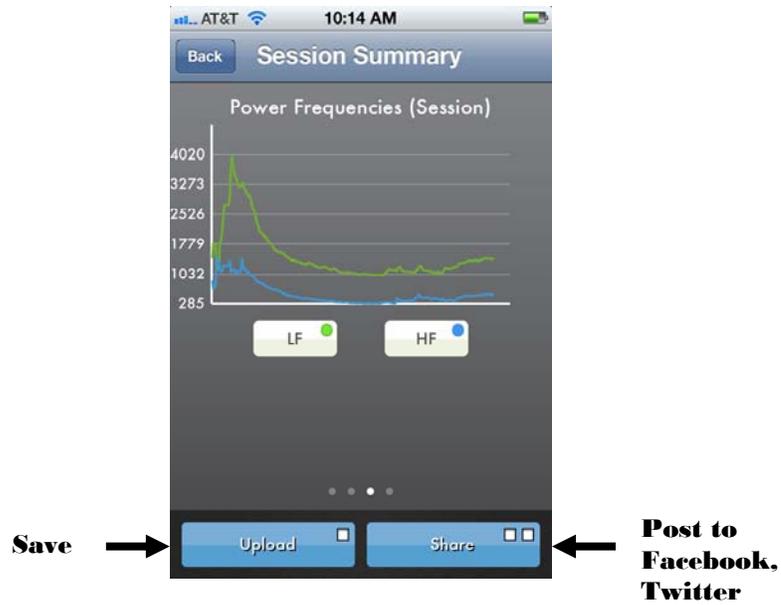
If you scroll to the right (place your finger on the graph and swipe left), a bar graph of either your Minimum, Average, or Maximum HRV, Stress or Heart Rate will appear as shown below.

## Session Summary Page 2



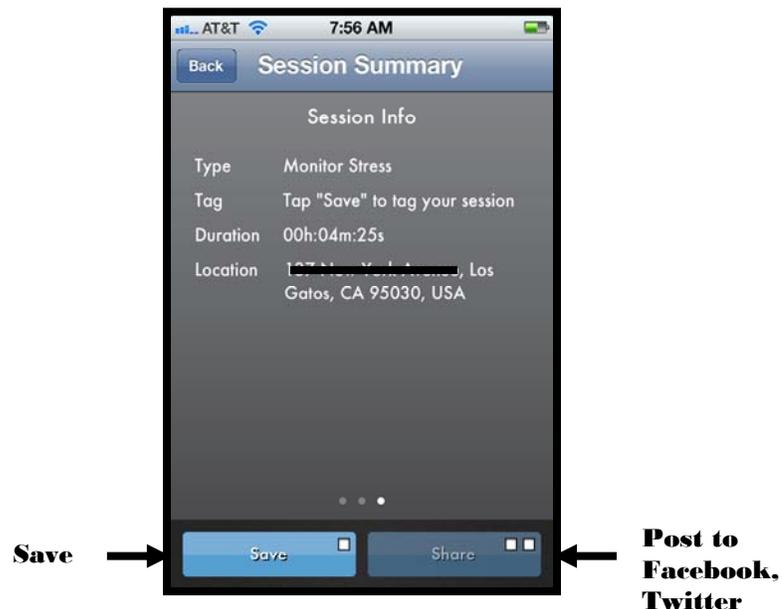
If you scroll to the right (place your finger on the graph and swipe left), a graph of your Power Frequencies will appear as shown below.

### Session Summary Page 3



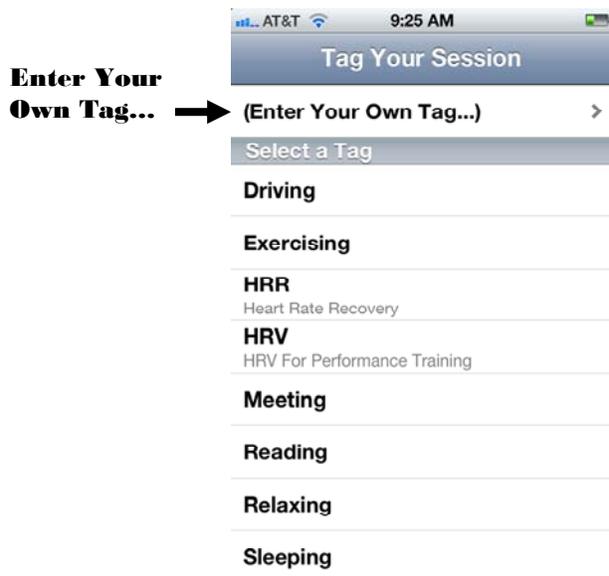
If you scroll to the right (place your finger on the graph and swipe left), your Type, Tag, Duration and Location (of your session) will appear as shown below.

### Session Summary Page 4

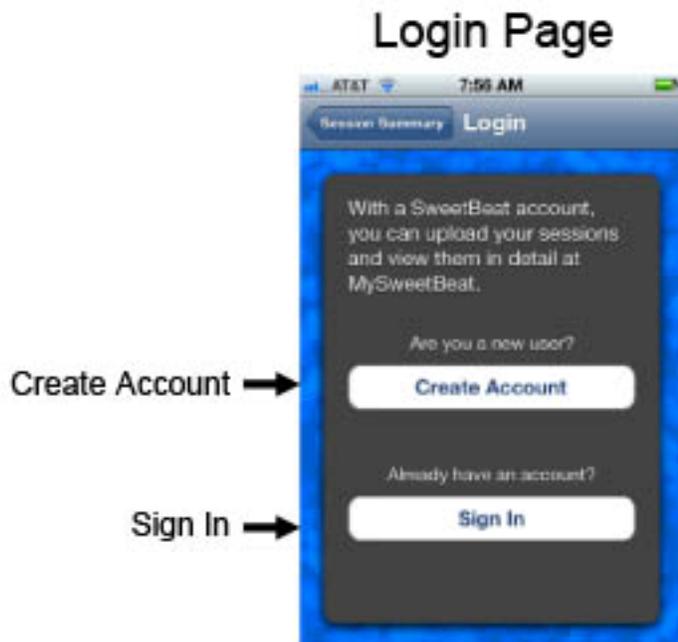


- Press “Save” to save your session.
- The “Tag Your Session” page will appear.

## Tag Your Session Page

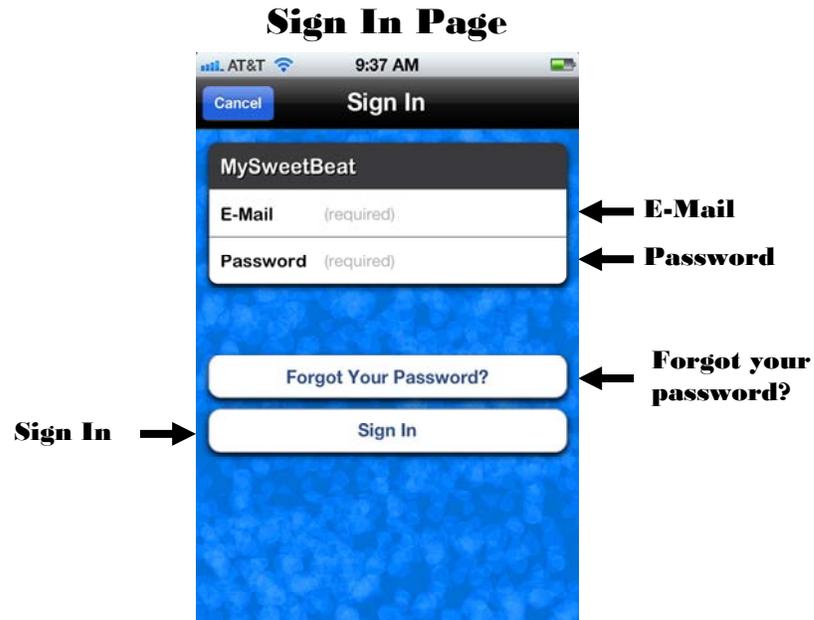


- Choose an activity or enter your own tag by pressing (Enter Your Own Tag...).
- You must login to be able to upload your session into the MySweetBeat database.
- Press “Sign In To Upload”.
- The Login page will appear.



If you have an account:

- Press “Sign In”.
- The Sign In Page will appear.



- Enter your e-mail address and your password.
- Forgot your Password? Press “Forgot Password” and your password will be E-mailed to you.
- Press “Sign In”.
- You are now logged in, and a pop-up will appear telling you that you are currently signed in.
- Return to Session Summary page by pressing “Session Summary” button (next to “Login”).
- Enter a tag by pressing on the white space by tag.
- A keyboard will pop-up enabling you to write your tag.
- Enter what you were doing, where you were, etc.
- Press “Save”.
- Your session is now saved and uploaded.

If you don't have an account:

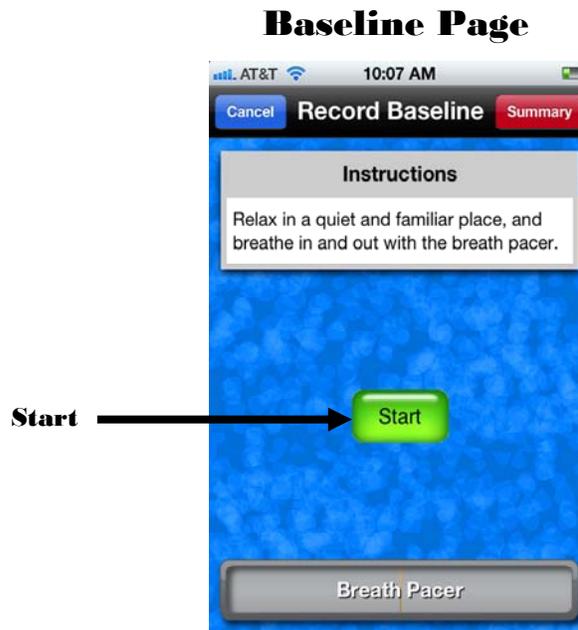
- Press "Create Account".
- The Create Account page will appear.



- Enter your e-mail address by pressing on the white space next to "E-mail".
- Enter your Password next to "Password".
- Enter your Password next to "Confirm".
- Press "Sign Up".
- A pop-up will appear confirming you are signed in.
- Return to Session Summary page by pressing "Session Summary" button (next to "Login").
- Enter a tag by pressing on the white space by tag.
- A keyboard will pop up enabling you to write your tag.
- Enter what you were doing, where you were, etc.
- Press "Save".
- Your session is now saved and uploaded.

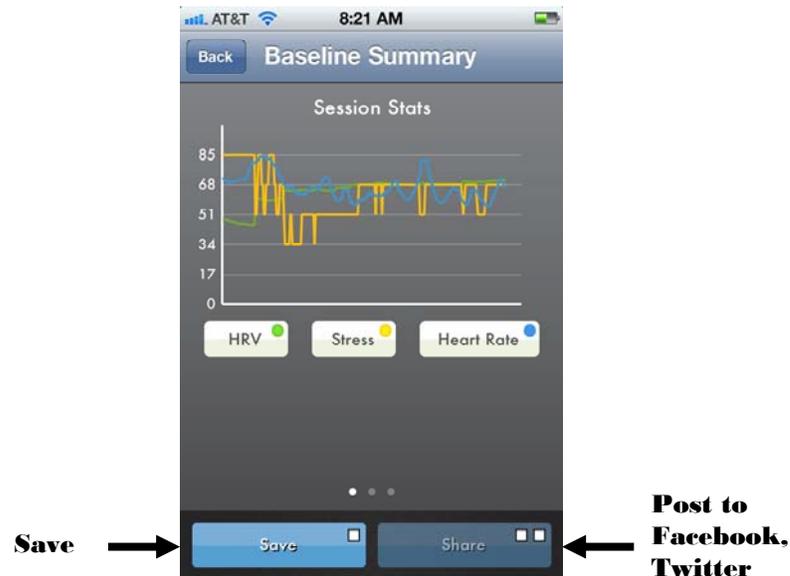
## Creating a Baseline

You will have better results if a baseline session is recorded. Again, the baseline tells SweetBeat what your resting and relaxed state looks like. SweetBeat uses this to find your sensitivity which is used as a factor in determining your stress levels. Find a time when you are feeling good, relatively stress-free and happy to record your baseline session.



- To record a Baseline, press “Start”.
- The SweetBeat App will now locate your sensor, start to process the data, and begin monitoring your stress levels.
- Breathe with the Breath Pacer.
- After 5 minutes, the Baseline recording will stop and you will be taken to the Baseline Summary Page.

## Baseline Summary Page



- Press “Save”.
- The “Tag Your Session” page will appear.
- Choose an activity or enter your own tag by pressing (Enter Your Own Tag...).
- You must login to be able to upload your session into the MySweetBeat database.
- Press “Sign In To Upload”.
- The Login page will appear.

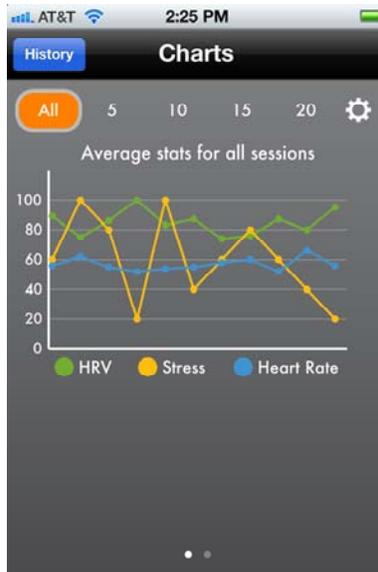
## History Page

- The History Screen is where your saved sessions are accessible.
- The History Screen shows a listing of your saved sessions, with icons indicating the status of upload (the arrow), Facebook post (small f), and Twitter tweets. If these icons are darkened, you have already uploaded or posted these sessions. If they are not darkened, they have not yet been uploaded or posted.
- By selecting a saved session, the Session Summary screen will appear. From there you may upload the session to MySweetBeat, post to Facebook or Tweet your session on Twitter.



Pressing “charts” in the upper left hand corner brings up a graph showing your saved session’s HRV, Sress, and Heart Rate over your last 5, 10, 15, 20 sessions. You may have this graph show only one or two of these three by pressing the “gear” icon and turning ON/OFF any you choose.

## Charts Page



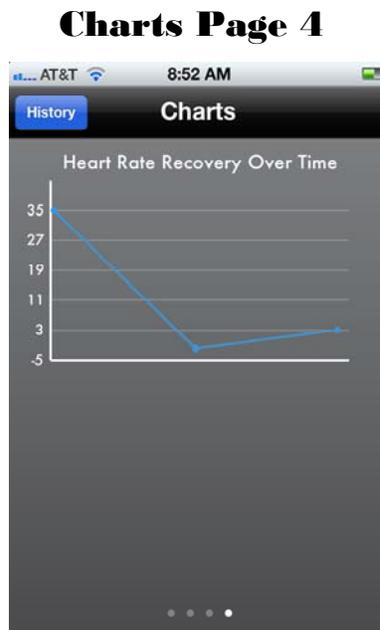
By scrolling to the right, you will bring up a charts page with the average HRV, Stress, or Heart Rate of your saved sessions (with a “canned” tag only) in a bar graph format.



By scrolling to the right, you will bring up a Charts page with the HRV For Training Over Time graph.



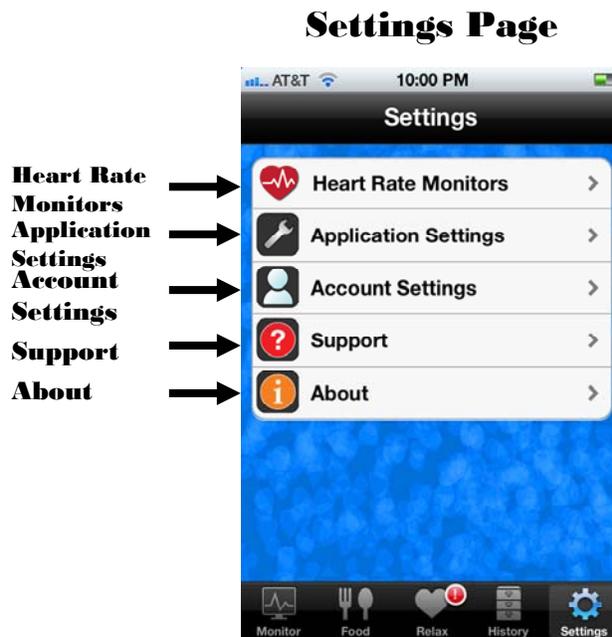
By scrolling to the right, you will bring up a Charts page with the Heart Rate Recovery (HRR) Over Time graph.



## Settings Page

The Settings Page has menus:

- Heart Rate Monitors
- Application Settings
- Account Settings
- Support
- About



### Heart Rate Monitors

Heart Rate Monitors is where you select the heart rate monitor you wish to use.

### Application Settings

Application settings are where you customize your SweetBeat app to run as you desire.

## - Stress Sensitivity

SweetBeat has a default Stress Sensitivity level of 3. Level 1 is the “easiest” level to achieve a low stress output. As the numbers increase to 5, it gets “harder” to achieve a low stress output. If your predicted stress is high when you do not feel stressed, lower the Stress Sensitivity. If you never reach the Yellow or Orange levels, increase the Stress Sensitivity.

### **Stress Sensitivity Page**



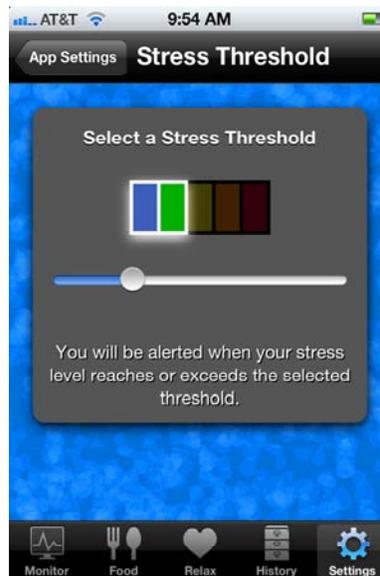
- To change your Stress Sensitivity, simply press the desired level

## - Stress Alerts

If “Stress Alerts” is off, no stress alerts will occur. You will not be taken to the Relax screen if your threshold is met.

“Stress Threshold” is the level of stress at which the alerts will happen. When you are running a session, and your stress levels reach this threshold, you will be taken to the Relax screen and the Breath Pacer and Breath Pacer Audio will run.

## Stress Threshold Page

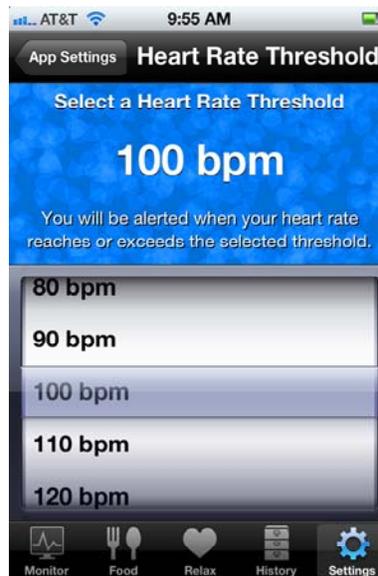


- To change your Stress Threshold, move the dot on the bar to the desired level

### - Heart Rate Alerts

You can use SweetBeat to monitor your Heart Rate. Set the threshold at the limit you want your Heart Rate to rise to. If your Heart Rate meets or exceeds this limit, you will be taken to the Relax screen and the Breath Pacer and Breath Pacer audio will run.

## Heart Rate Threshold Page



- To change your Heart Rate Threshold, spin the wheel to the desired level

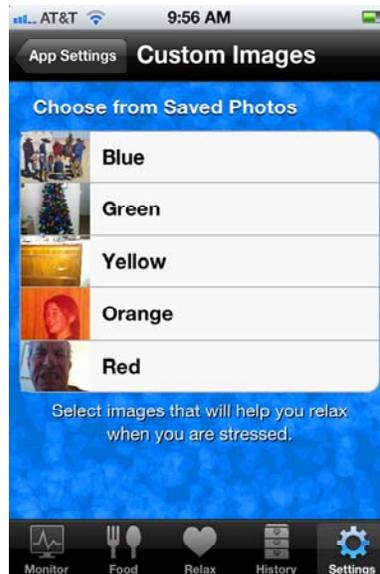
### - Breath Pacer

When you exceed your set Stress Threshold, you will be taken to the relax screen where a breath pacer will prompt you to breath in and out at a pre-determined rate proven to relax you and bring your stress level down. The Breath Pacer may be turned off here. Note that if the breath pacer is off, the audio and vibrate functions will be off as well. If you desire either the audio cue or the vibrate cue to be off separately, simply turn those off.

- Relax Screen

Default Images ON uses the default Fractal Images for the Relax Screen. Default Images OFF uses your own custom images from your Camera Roll.

## Custom Images Page



To use pictures from your camera roll press on the color and your camera roll pictures will pop up. Simply choose a picture by pressing on it and it shall now appear beside the color. This picture will now appear on your relax screen.

## - HRV For Training

The Daily Reminder Page is where you set the time of the day you wish to be reminded to take your daily HRV For Training session. Simply use the “time wheel” to set the time of day and SweetBeat will remind you with an audio alert and a pop-up message on your phone.

### **HRV Training Reminder**

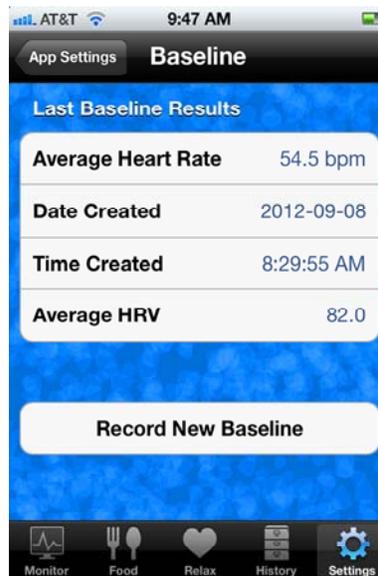


## - Baseline

The Baseline Page shows your last Baseline results. You may also record a new Baseline from this page.

You may want to record a new baseline after you have used SweetBeat for a time and have found your stress results to be lower than when you began.

## Baseline



### Account Settings

Account Settings is where you customize your SweetBeat account.

#### - Login

Pressing "Login" takes you to the Login page. If you are already logged in, this page will show under which identity you are currently logged in. You may also log out from here. If you are not logged in, this page will allow you to log in or create an account.

#### - Persona

## Persona Page

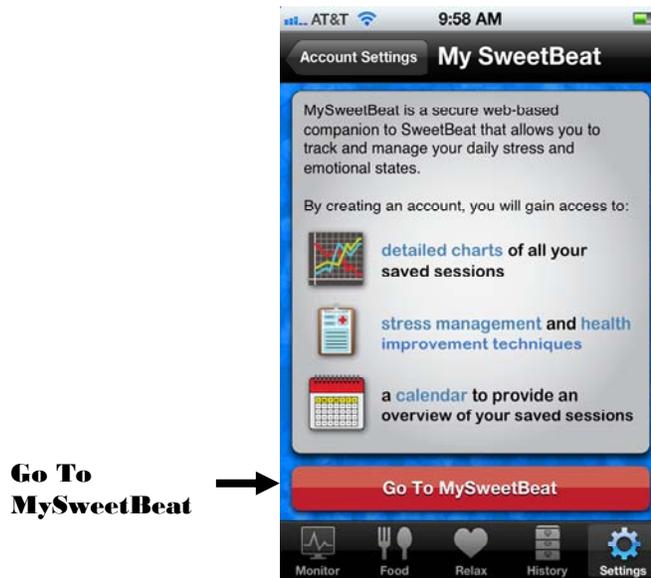


Persona allows you to select traits that best reflect what type of a person you are. This information is used to customize your MySweetBeat experience.

- MySweetBeat

The My SweetBeat Page allows you to go to the MySweetBeat website where you can track and manage your daily stress and emotional states. If you have an account and are logged in, when you upload a session the data is sent to our secure website. Here you can look at graphs of your sessions that are saved in a calendar format.

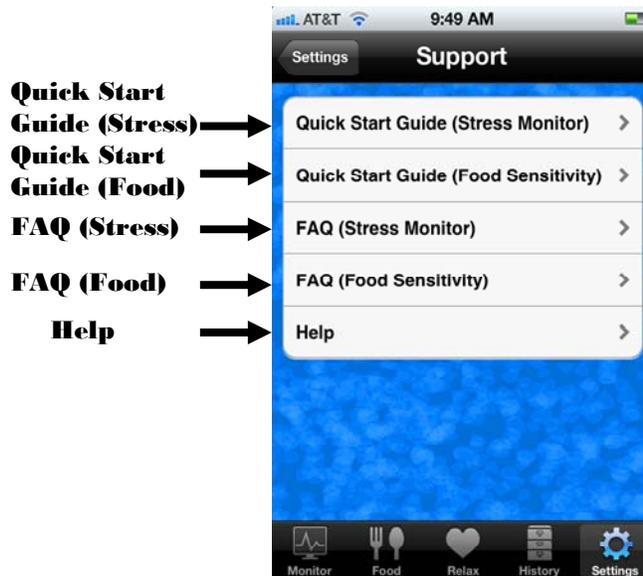
## My SweetBeat Page



## Support

Support is where you will find information on how to run the SweetBeat app.

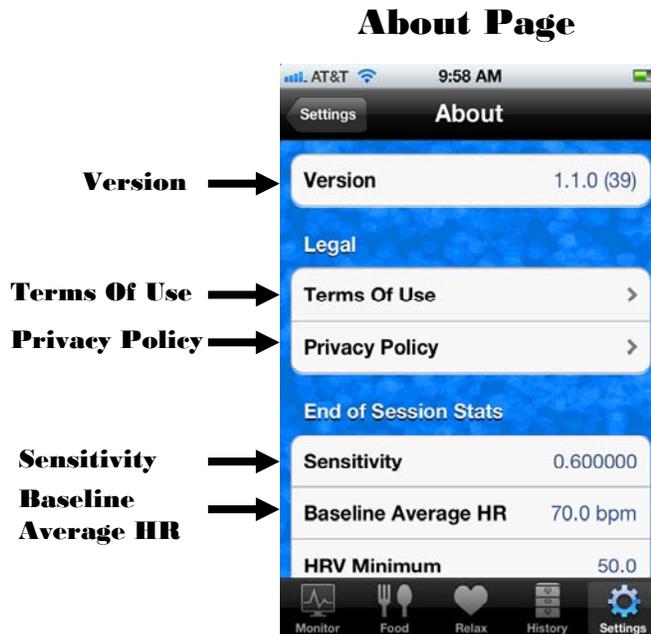
## Support Page



- The Quick Start Guide (Stress Monitor) will bring up an easy-to-read document detailing how to quickly run a stress session and save the results.
- The Quick Start Guide (Food Sensitivity) will bring up an easy-to-read document detailing how to quickly run a Food Sensitivity session and save the results.
- The FAQ (Stress Monitor) will bring up a document with Frequently Asked Questions about the Stress App.
- The FAQ (Food Sensitivity) will bring up a document with Frequently Asked Questions about the Food Sensitivity App.
- The Help will bring up a document describing the SweeBeat App in more detail.

## About

The About page shows the current SweetBeat software Version, Legal documents, End of Session Stats and Reset Stats.



- Version

The Version is the software version of your SweetBeat app.

- Legal

The Terms Of Use is a legal agreement between the user and SweetWater Health, LLC.

The Privacy Policy states SweetWater Health's commitment to maintain each member's right to the privacy, confidentiality and security of their personal information.

- End of Session Stats

The Sensitivity is the custom number generated by your sessions and/or baseline sessions. This provides custom sensitivity levels based on your unique physiology. Note the default value is 0.600000 and will change automatically to reflect your custom value.

The Baseline Average HR is the average heart rate of your last baseline session.

- Reset Stats

Reset Sensitivity resets the sensitivity to 0.600000. You may want to reset the sensitivity value for a number of reasons. For instance if you want a friend or family member to run a session and you want them to generate their own sensitivity level.

Reset Baseline Average HR simply resets the Baseline average HR.

Delete Auto-Save Files will delete all your saved history. You may want to do this to free up space on your iPhone, iPod, etc. Your data will always be available on the website as long as you have an account.

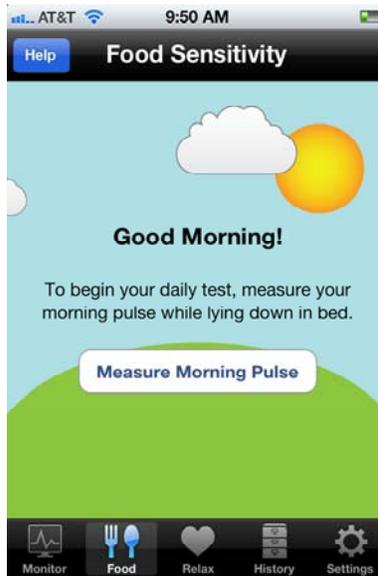
## Food Sensitivity Test App:

To get to the Food Sensitivity Test press the “Food” icon on the task bar from the monitor page.



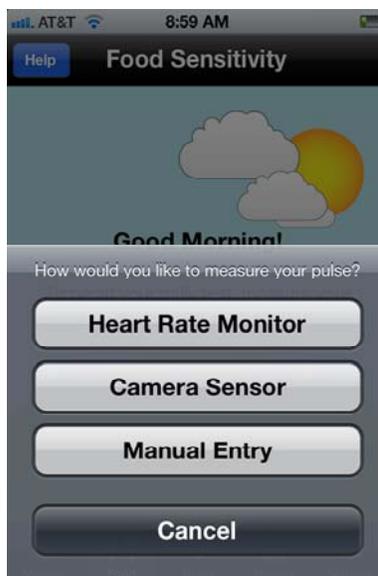
Pressing the “Food” icon will bring up the Food Sensitivity Page.

## Food Sensitivity



Pressing “Measure Morning Pulse” brings up “How would you like to measure your pulse?” pop-up. (Note that Camera Sensor is only available on the iPhone 4, 4S or 5).

## Pulse Measurement



Press Heart Rate Monitor to use a Chest Strap Heart Rate Monitor.

Press Camera Sensor (if using an iPhone 4, 4S or 5) to use the Camera to take your pulse.

Press Manual Entry to enter your pulse manually.

If using a Heart Rate Monitor, the “Searching for Heart Rate Monitor” will appear on the screen as the SweetBeat App looks for your Heart Rate Monitor. When it is found, a 60-second count-down timer will appear as the App takes your pulse.

If using the Camera Sensor, the “Camera Sensor Instructions” will appear on the screen telling you to place your left index finger at a 45 degree angle over the camera and flash. After you have done this, the App will detect your finger (this may take a minute) and start to record your pulse.

If using Manual Entry, instructions on how to find your pulse will appear. After finding your pulse, press “Measure Pulse” to begin the 60-second count-down. After the 60 seconds has elapsed, enter your pulse.



- Press the “Add Meal” Plate at the bottom of the Food screen.
- Type in the foods you will be eating.
  - Type the first food you will be eating.
  - Press “return”.
  - Type in the next food.
  - Press “return”.
  - When you have all the different foods, press “Done”.
- SweetBeat will take your pulse before you eat.
  - On the “Ready for Your 1<sup>st</sup> Reading” screen press “Measure My Pulse”.
- After your pulse is taken, eat as usual!
  - If your pulse is elevated prior to eating, a warning will be issued.
    - An elevated pulse before eating may invalidate the session.
    - If you exercise, please be sure your heart rate recovers before doing a

- food sensitivity session.
  - You may have been exposed to something else you are sensitive to such as dust or dander



- When you have finished eating, press “I’m Done Eating”.
- SweetBeat will take your pulse 3 more times at 30-minute intervals and display your heart rate at each interval.
  - SweetBeat will remind you with a pop-up when these 30-minute intervals occur.
  - You may use your phone as usual during the food session
  - If you are wearing a chest strap the readings will happen automatically
- SweetBeat will deliver a score of X (if a sensitivity was detected) or a green check mark (no sensitivity) at the end of 90 minutes.



- When complete, touch the plate for a summary of that session

- You may test another meal by selecting a new “clean” plate.
  - If you run out of clean plates, swipe the table cloth to set the table with more clean plates.

#### Take your nighttime pulse

- SweetBeat will want to take your pulse once in the evening, preferably at bedtime.
- SweetBeat will remind you with a pop-up when it is evening.

If Sweetbeat detects a sensitivity to a meal, try eliminating some of the foods you have eaten and do another test. By the process of elimination, you can determine what foods affect you negatively.