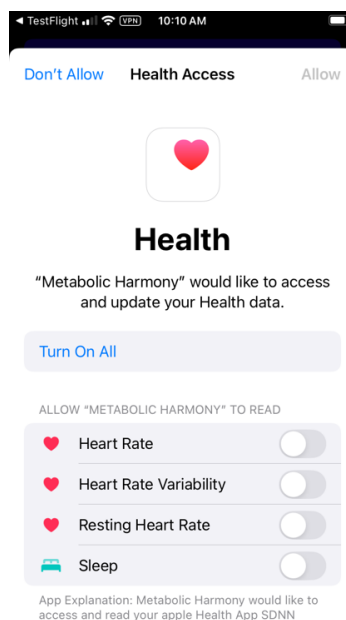


Apple Health Data imported into Metabolic Harmony +

There is a new feature in Metabolic Harmony +! Metabolic Harmony + is now importing your Apple Health data that is captured from your iWatch or other devices which are configured to update data in the Apple Health app.

3 different graphs will be presented to you in Metabolic Harmony +: Resting HR, Average HR and Average SDNN. After you install the update, the first time you select "History". A "HealthAccess" screen will pop up. Select the metrics and tap "Allow". This will grant access to Metabolic Harmony + to access these metrics from your Apple Health app. Please note that Resting Heart Rate and Heart Rate Variability (SDNN) metrics are only available on iPhones running IOS 11 or later and WatchOS 4 or later. Average Heart Rate is supported on the iWatch Series 1 and later.

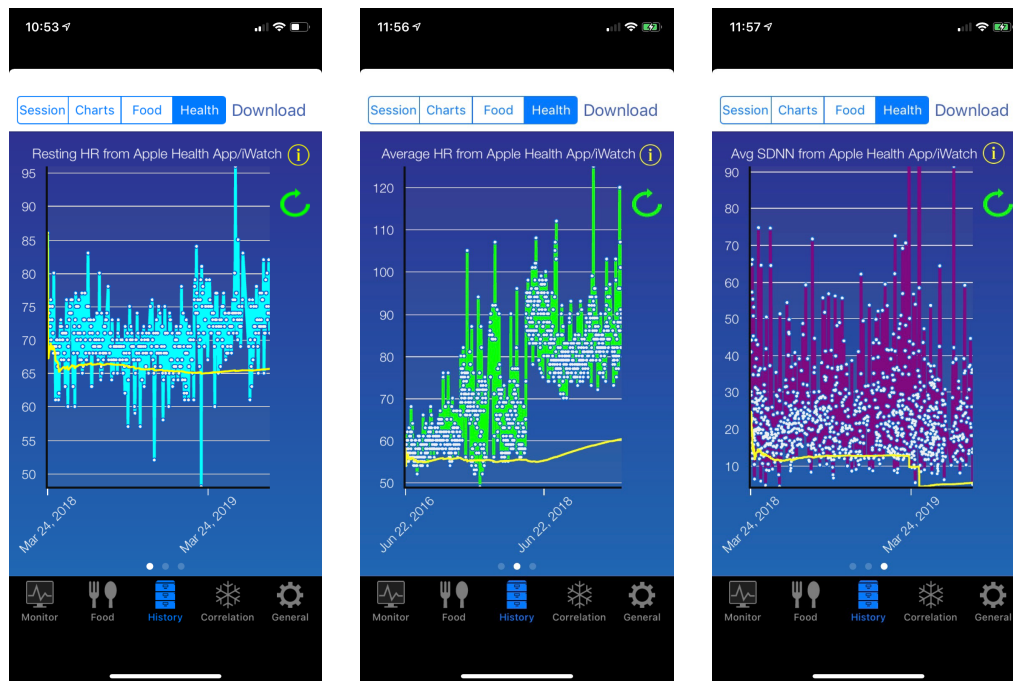
Helpful Hint: Later on, if you do modify or would like to modify the access to your "Health Access" heart categories you need to open the Health App>Sources and select Metabolic Harmony +. Metabolic Harmony + will only show the popup screen and give access to the user once when the updated app is first opened. After that, you need to go directly to the Health app to make access changes.



To access your Health app data in Metabolic Harmony +, go to History. You will now see 4 options on the navigation bar [Session, Charts, Food, Health] at the top of the History screen. Tap "Health" and Metabolic Harmony + will retrieve your Apple Health data that you have authorized access to.

3 graphs will be presented. You can swipe through by swiping at the top, where the title is or at the far-right side beyond the graph. The green arrow on the graph will refresh the Apple Health data presented. The yellow line is a trend line.

Helpful Hint: Don't try to swipe screens with your finger directly on the graph. Swipe at the title or far right edge. Any finger movement when on the graph will be controlled by the advanced graphics container. With the advanced graphics, you have the ability to pinch and zoom along with cross hair functionality which allows you to slide along your data (long press on datapoint invokes the cross hair).



Here is what is important to know: (the real scoop...)

- Metabolic Harmony + is not using any of the Health app data for HRV calculations. RR intervals are used for HRV calculation which are not supplied by the iWatch.
- Metabolic Harmony + is not uploading any heart rate or HRV data calculated to the Health App. We may do this in the future but it just doesn't make sense right now. There is so much data generated by the iWatch that Metabolic Harmony + data would be lost in the crowd.
- You will need to use the green arrow button to refresh the Health data. The graphs are not automatically refreshed when new Apple Health data is available.
- This new feature is a nice way for Metabolic Harmony + users to generate and review their SweetBeat data and view their Apple Health app data in one place.