SweetWater Health

Professional HRV FAQ

What Hardware Do I Need?

Professional HRV requires an iPhone or iPad capable of running iOS 16.6 or later.

Can I Create Multiple Groups with Different Members?

Yes. You can create multiple groups using the same username and password while assigning different Group Names and Member Keys for each group.

When Is Professional HRV Most Useful?

HRV is more than a marker for stress — it provides insight into nervous system regulation and overall physiological balance.

When working with athletes, HRV can help guide training and recovery decisions. When working with clients or patients, it provides an objective way to monitor stress levels and track changes over time.

Why Does the Demo Account Include Questionnaires?

The demo account was originally created for the legacy Recover Coach platform and was designed for use alongside the Recover Faster app. Because of that, some questionnaire-based screens may still appear in the demonstration environment.