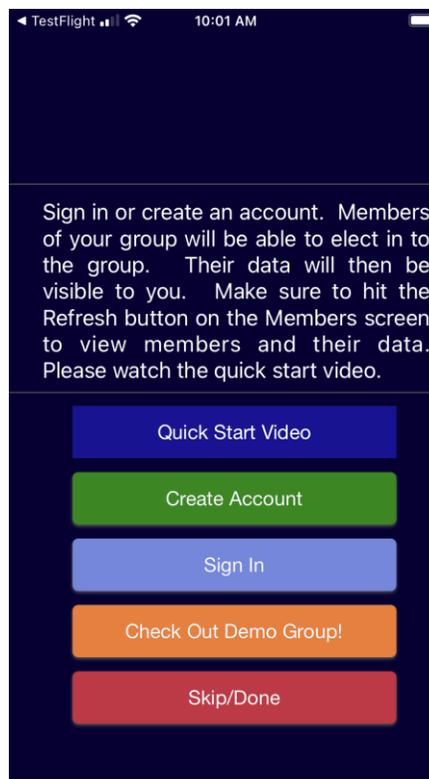




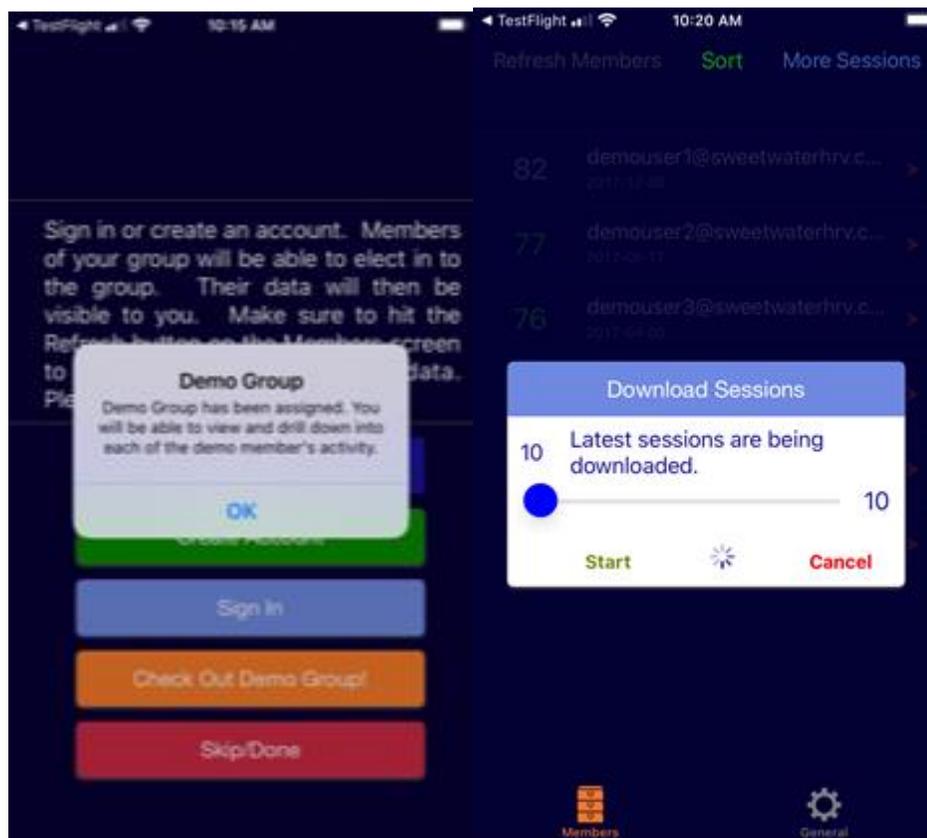
QuickStart Guide for Professional HRV

Launch Professional HRV

- If this is the first time you have launched this app, you will be prompted to acknowledge that this is not a medical device.
- You will then be directed to a screen offering a Quick Start Video or to Sign In/Create an account or check out the Demo Group. We **STRONGLY** encourage you to watch the Quick Start Video. If the video appears too small, double tap the middle of the video to increase the size.



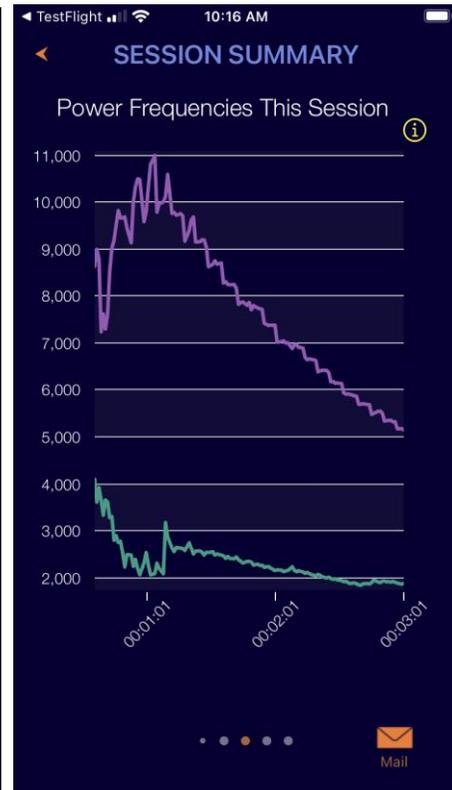
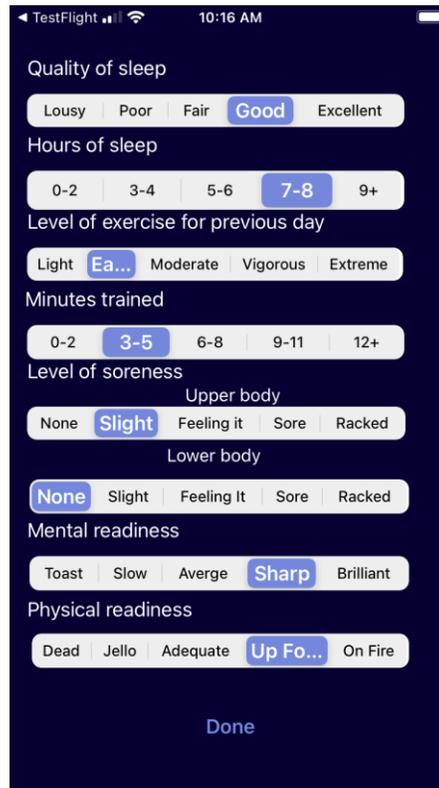
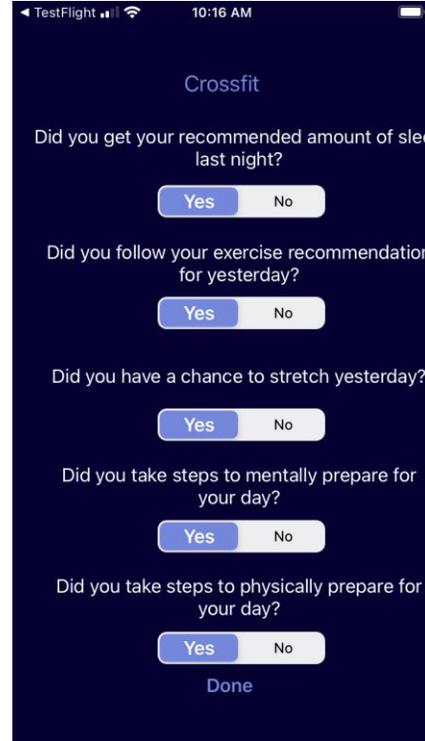
- Next we strongly encourage you to check out the demo group. **If you do, please follow these steps. If you don't, please skip these steps.**
 - **When** you select Check Out Demo Group, you will be automatically logged in as demo@demogroup.com and sessions will be downloaded.



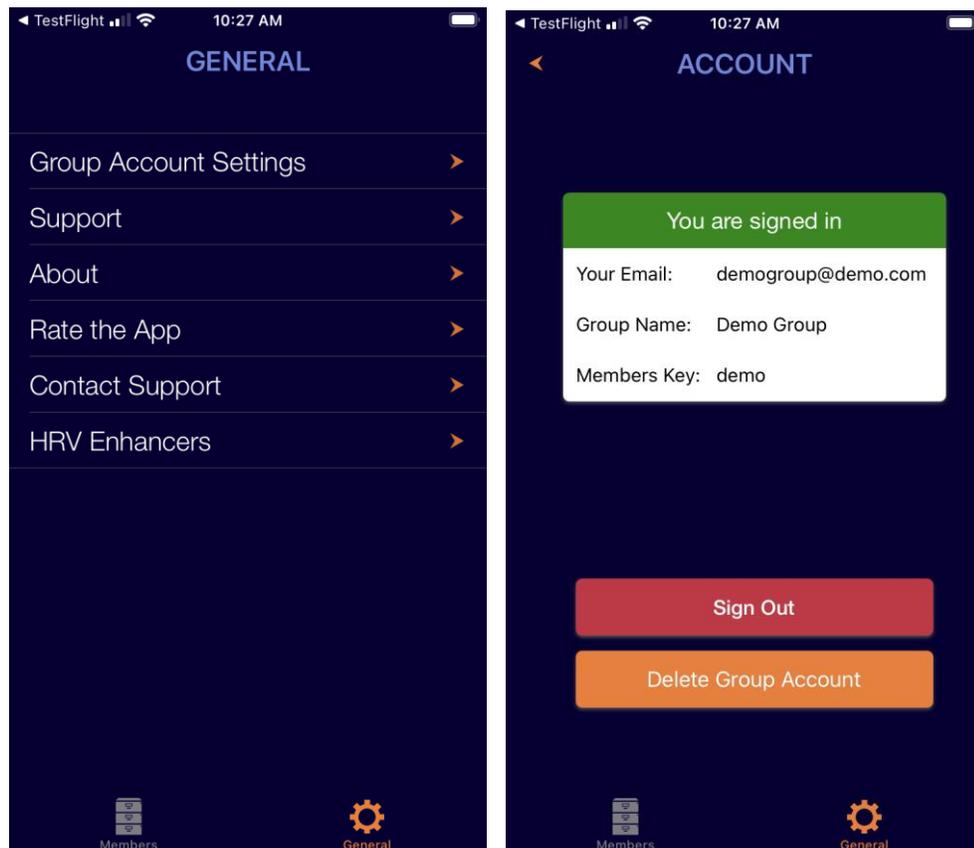
- **Once** the sessions are processed you will see a list of accounts associated with the demo group.



- **IMPORTANT:** The demo account is viewing the results from the Recover Faster App. If you are using SweetBeatHRV/BradBeat or DailyBeatHRV you will view results from those apps.
- **Select** account demouser1@sweetwaterhrv.com to view sessions for that user and then select a session to view the various screens that include screens unique to the Recover Faster app (not currently supported by Professional HRV).
 - Select Done at bottom of the screen to view next screen.

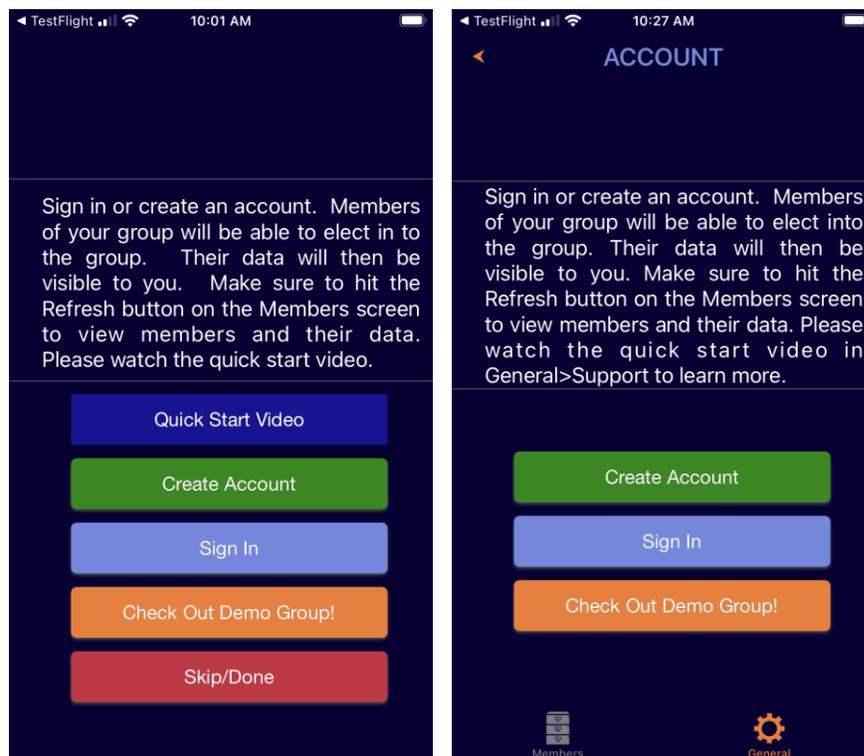


- **Once** you have familiarized yourself with demo group, select the “General” settings wheel in the lower right side of the group members screen then select Group Account Settings. You will see the Demo Group credentials and are given the option to delete the account or sign out. The delete function does not work on the Demo account so just Sign Out.

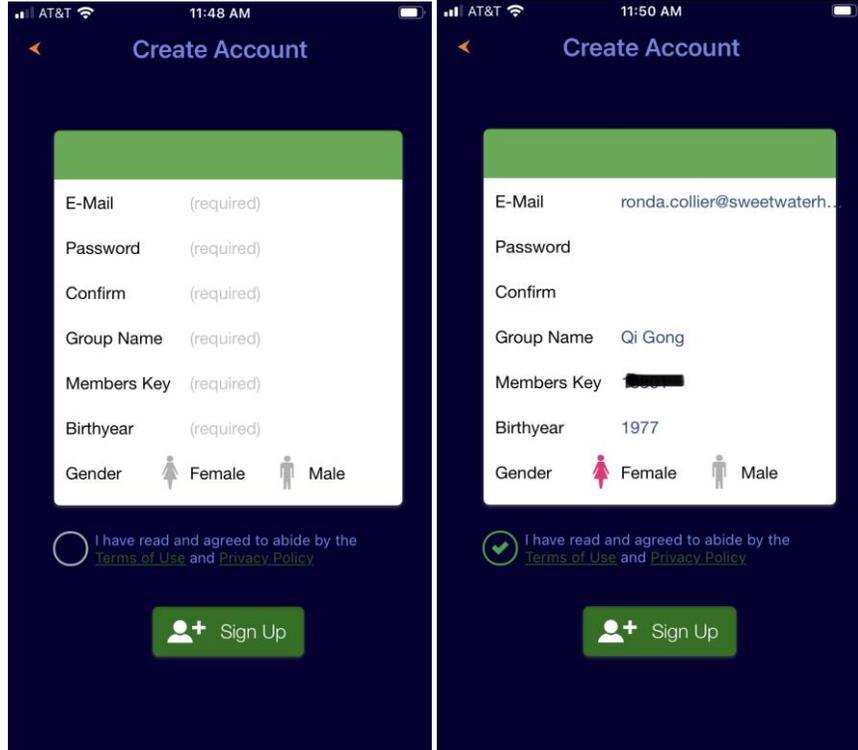


- **Once** Sign Out you are offered the option to Create Account or Sign In.

- Whether you skipped the demo group or not, you are now offered the option to Create Account or Sign In.



- **IMPORTANT:** If you have an existing *individual* account though do not have a Professional account, please choose Create Account and you can use your existing credentials to create the group account.
 - If you already have a Professional account then just sign in.
- Now just provide your athletes/clients/patients your Group Name and Group Key and when you select the “members” icon at the bottom left of the main screen and press “Refresh Members”, your *uploaded* member sessions will appear.



- Note: You can delete your account any time from the Account Settings screen.
- Note: If you want multiple groups, you can create another group using your same credentials with different Group Name and Members Key. Be sure to save these different names and keys!!!