

## General Screen

### Heart Rate Monitors

This is where you choose your Heart Rate Monitor. If you try to start a session without choosing one, you will be automatically asked to choose one that's "discoverable".

### Halo Protocols

This is where you choose from the entire list of available protocols and codes those that you want to be able to easily reach during the "treatment" session setup. When a protocol or session is highlighted "Blue" then you'll be able to select it during the "treatment" session setup. (Note you can choose multiple protocols or codes, and "un choose" them if you like)

### Application Settings

- Morning Checkup

- Allows you to set a time to be reminded to perform your daily HRV Checkup session.
- Allows you to turn OFF/ON the Daily Reminder.
- Allows End of Session Alert to be turned OFF/ON.

## Account Settings

- Login
  - From the login screen you may “Create Account”, or “Sign In”.
  - After signing in you may “Go to MySweetBeat” which will take you to our website, “Sign Out”, or log in to your Achievement account with “Achievement login”.

## Support

- Quick Start Guide (HaloBeat HRV)
  - This screen gives a short overview of the HaloBeat HRV Application.
- FAQ (HaloBeat HRV)
  - This screen provides answer to Frequently Asked Questions about the HaloBeat HRV Application.

- Help
  - This screen gives you information about the HaloBeat HRV Applications and provides troubleshooting tips.

## About

- Version
  - This shows the software version of the HaloBeat HRV Application.
- Legal
  - This shows the Terms of Use and Privacy Policy of the HaloBeat HRV and web application.
- End of Session Stats
  - Sensitivity: This shows the Sensitivity factor generated by your sessions and/or your baseline session. This provides custom sensitivity levels based on your unique physiology. Note the default

value is 0.6 and will change automatically to reflect your custom value.

- Baseline Average HR: This shows your average heart rate from your last baseline session.
  - HRV Minimum: This shows the lowest HRV level you have recorded in all of your saved sessions.
  - HRV Maximum: This shows the highest HRV level you have recorded in all of your saved sessions
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- Reset Stats
    - Reset Sensitivity: This will reset your sensitivity factor to a default value of 0.6.
    - Reset Baseline Average HR: This will reset your baseline heart rate.
    - Reset HRV Minimum: This will reset your lowest recorded HRV level to the default of 50.
    - Reset HRV Maximum: This will reset your highest recorded HRV level to the default of 70.
    - Delete Auto-Save Files: This will delete any sessions that were automatically saved.

