

QuickStart Guide for HaloBeat and MRT Sessions in Magnesphere/Halo

Attach Heart Rate Monitor

- Be sure your heart rate monitor is properly attached, and if necessary, use water or water-based lubrication on the electrodes on the chest strap to improve conductivity. If you have a stretchy chest strap (eg. Polar), the electrodes are the smooth spots on either side of the transmitter. If you have a plastic chest strap (eg. 60Beat), the electrodes are outlined on either side of the transmitter.
- Next you need to select and pair your heart rate monitor or patch.
 - From the menu tab select General->Heart Rate Monitors and then select Bluetooth Smart.
- Finally, create an account so that you can upload your sessions.
 - From the menu tab select General->Account Settings->Create Account

Prepare for Magnetic Resonance Therapy (MRT) Treatment in a Magnesphere or Halo

- Be sure the Patient is ready to start their Magnetic Resonance Therapy treatment in the Magnesphere or Halo as these two systems will need to be started near the same time to keep

- them in “sync” with each other.
- Complete the Sign In and Self Test for the Magnesphere or Halo. Have your Patient seated comfortably, we recommend doing both a Pre Treatment Blood Pressure and Post Treatment Blood Pressure reading
- In HaloBeat HRV choose the Protocols or Codes to be used in the MRT Treatment:
 - From the menu tab select General->Halo Protocols->Choose Codes or Protocols to be used>Done

Start HaloBeat HRV Session

- Return to the Monitor screen by selecting “Monitor” in the menu tab.
- Press the Green “Start” button to start your session.
- A “Select a Session Type” pop-up will appear. Press whichever type of session you would like to run (PreTreatment, Treatment, Morning HRV Checkup).
 - PreTreatment: We highly recommend running a 5 minute PreTreatment session, as this tells HaloBeat what your resting and relaxed state looks like. Since everyone is different, we will have better information if you record a Pre Treatment baseline. (Warning: you don’t want to start the Magnesphere or Halo during this HaloBeat session)
 - Treatment: This will take you to the Select Protocol page, where you will choose the “time” and “protocol or code” that you’ll be running contemporaneously with your HaloBeat HRV session. (WARNING: HaloBeat HRV will

immediately begin to monitor Heart Rate / HRV after you choose the name of the protocol or code... so be prepared to immediately start the MRT Treatment session in the Magnesphere or Halo after you start the HaloBeat HRV (so the two Systems will be in sync with each other).

- Morning HRV Checkup: is used to provide general trending information on your HRV and is a 3 minute timed session. This session should be done at the same time each morning and in the same position (lying down, sitting, standing).
- At the top you will see a message saying “Listening for heart Beat,” followed by “Waiting for More Data”. Please note that it may take up to 40 seconds in the “Waiting for More Data” stage before recording will begin.



- If there is a problem with your hardware connection, a message will appear advising you. Please check your chest strap connections if you get this message.

- Once enough data is collected, your heart rate (HR), and heart rate variability (HRV) are displayed.
 - Your HR value is your current heart rate in beats per minute.
 - Your HRV is a number between 0-100 and shows your ability to put the brakes on stressful situations. A high HRV is desirable. Most people will have a baseline HRV between 55 and 90.



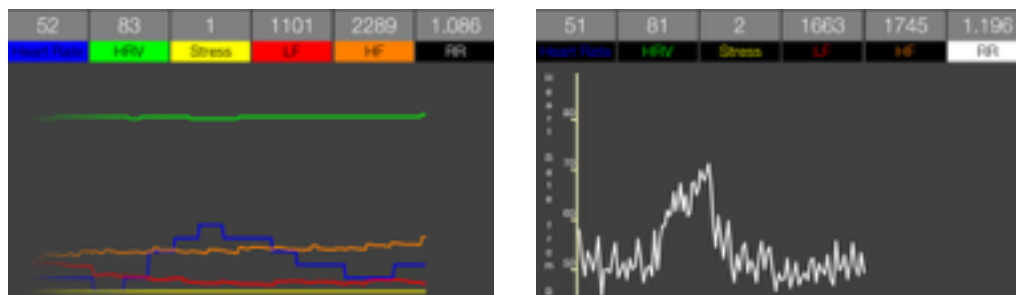
- You can view the stats screen by selecting the stats button below the EKG animation and can toggle between various screens by repeatedly pressing that button.

Press Start to begin a new session

| | | |
|---------------|-------|------------|
| 138 | 36 | 3.8 |
| LF | HF | LF/HF |
| 14 | 43 | 109 |
| rMSSD | HRV | Heart Rate |
| 27 br/min | 0.579 | 590 cal |
| Respiration | RR | « Energy » |
| 92 °F | 11067 | 0.1 g |
| « Skin Tem... | Steps | Activity |

01:40:17 Graph

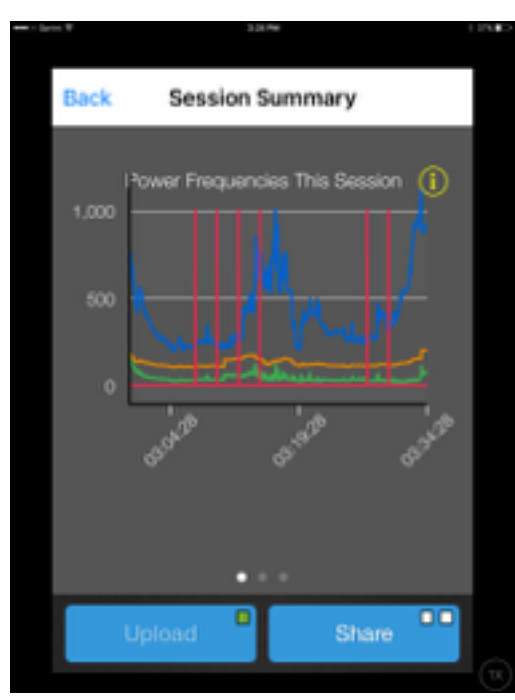
- While a session is running, rotate your iPhone **counterclockwise** to see a landscape view of your beat to beat heart rate (RRs). Press the RR label to enable display of the other metrics. These metrics may be toggled on and off by selecting the desired metric label. Return to the RR heart rate by selecting the RR label.



- To end your session press the “Stop” button. The Session Summary screen will automatically open.

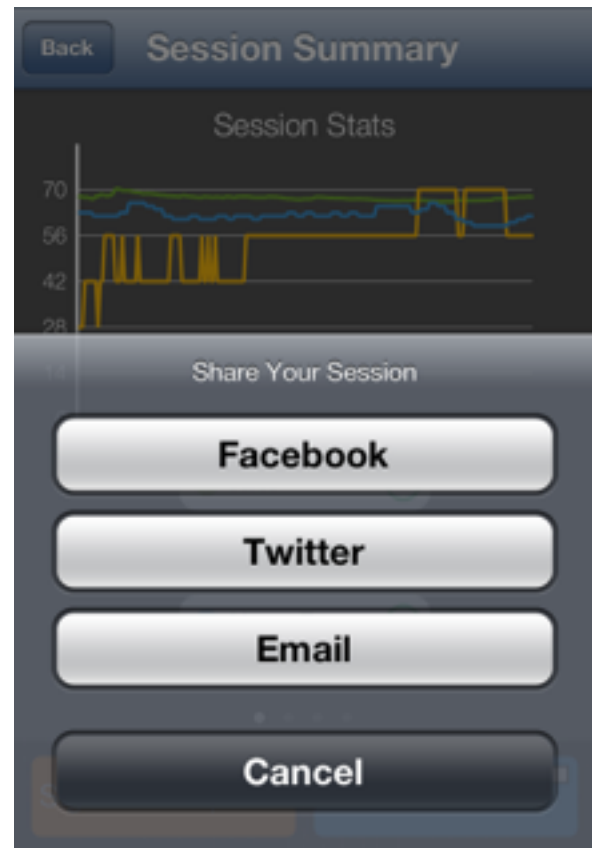
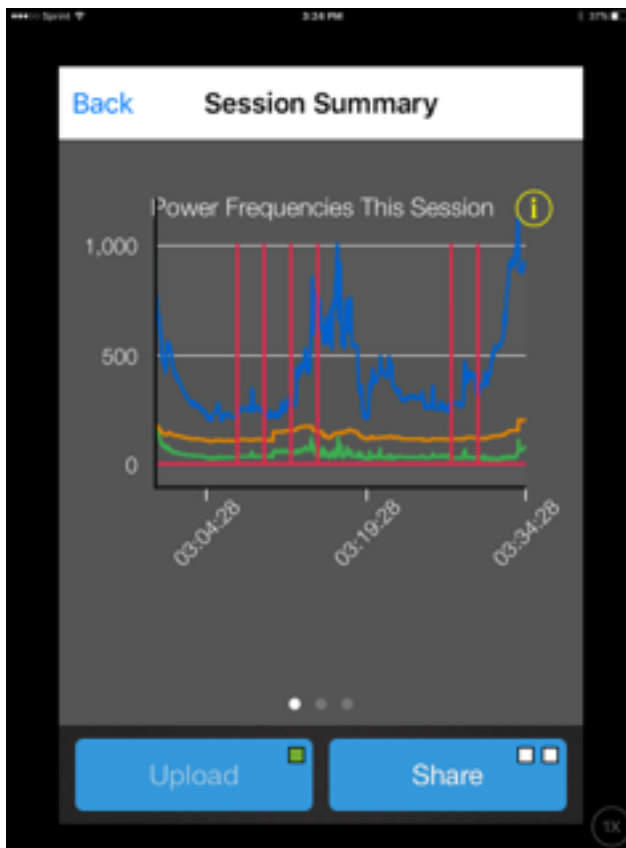
Save Session

- To save your session, press “Save Session”.
- A “Tag Your Session” menu will appear and you may enter a custom tag. Due to HIPPA we utilize a 7 digit alpha numeric tag system so you and Magneceutical Health can coordinate and find this data. Note: Date and time of session will be automatically tied to this tag so no need to replicate that data.
 - First / Last Name initials, last four of phone number, and m for male or f for female. So Mary Smith at 727.4777.1234 is tagged as : ms1234f



- You will see a green box on the Upload screen when your session has successfully uploaded. An orange square indicates that upload failed. If this occurs, please check your internet connection.
- You may share your session on Facebook and Twitter.

- You may also email your RR intervals by selecting the “Email” option.

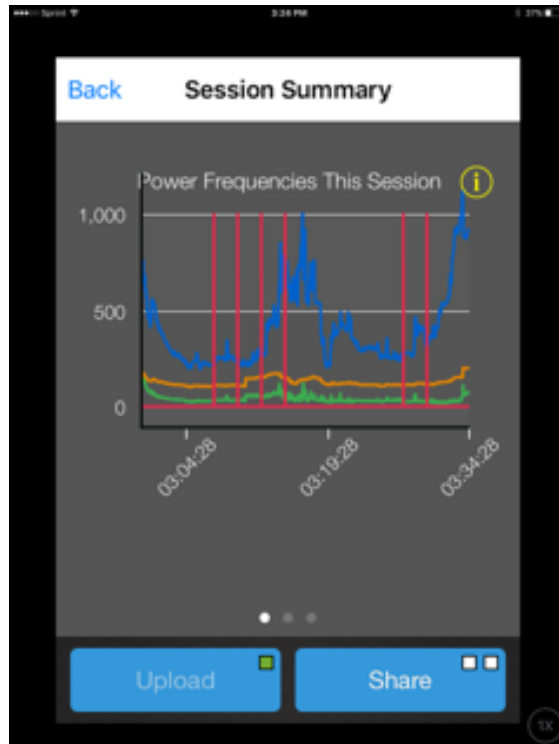


- If you have not already logged in, a message will advise you that your session has been saved locally and not uploaded. Press “Sign in to Upload”. This will take you to the Login screen.
 - From the Login screen select “Sign In” or “Create Account”.
 - Enter your email address, a password, and tap “Sign Up” or “Login”.
 - A message will indicate that you were logged in successfully.
 - Press “Upload”. The session will be saved and uploaded

for your review at your MySweetBeat web portal.

Review and Track Sessions on your iPhone or iPad

- From the menu tab, select History
- In the top banner you have the option to view Sessions.
 - Select a Session to see the data and charts associated with that session. To delete a session, swipe left on a session and press delete.
 - There are 3 screens per session charts, you can swipe left or right to move between the 3 screens.
 - On the “Geek Screen” below you can change between “minimum , avg, or maximum” values for the session.



Review and Track Sessions on HRVCharts.com

- HRVCharts.com is available to view your Patient's session summary in a graphic format that provides more information and allows you to compare different sessions easily. Note this is uploaded immediately after the completion of the HaloBeatHRV session.
 - Open a browser on your choice of PC or mobile platforms.
 - Go to www.HRVCharts.com .
 - Login to your private HRVCharts.com Account.
 - Select Charts and locate the User Session(s) of the Patient you want to review.



- For more information on HRVCharts.com, please see instructions available on the website.