

HRV Lifestyle Assessment - Device Guide

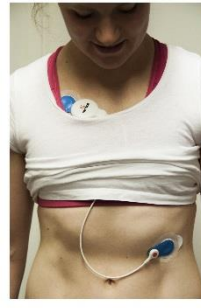
Attaching and Using the Device



1. Attach the electrodes to the cable and device ends.



2. Remove the cover.



3. Attach the device end to the right side of the body under the collarbone. The cable end is attached to the left side of the body on the rib cage.



4. The measurement starts automatically when the device is attached. Make sure the green led is flashing. NOTE: The light is easiest to see in a dark room.

Detach the device during showers, sauna and swimming. It is not allowed to wear the device in the water! Recording continues automatically when you re-attach the device. When you want to end the measurement, simply detach the monitor from your body and remove the electrodes. The device will stop recording automatically.

The electrodes are disposable. Change them at least once per day, for example after taking a shower or if they become loose during the measurement. The glue or electrode paste can irritate your skin, so clean and dry your skin after removing the electrodes. You can also slightly alter the electrode location between days.

Explanations for the Signal Lights

During a measurement



Green led is flashing in sync with the heartbeat.

Bodyguard 2 is recording heartbeat data.



Green and yellow leds are flashing simultaneously.

Bodyguard 2 is recording but the battery is low. Continue measuring but if you are in the middle of your measurement period, please get in touch with your contact person.



Red led is flashing or burns continuously.

Bodyguard's memory is full or the battery has died. Discontinue the measurement and get in touch with your contact person.

While attached to the USB port



Orange led is flashing once per second.

The battery is charging.



Orange led burns continuously.

The battery is fully charged.



Green led burns continuously.

Bodyguard 2 is in communication with the computer.



Green led is flashing rapidly.

Reading measurement data.

Uploading Heartbeat Data and Recharging the Device

- To ensure electrical safety, the device must not be connected to a computer when attached to a person.
- The data is uploaded via Firstbeat compatible software or a browser plug-in. Attach the device to the computer's USB port and open the Firstbeat compatible software.
- Attach the device to the computer's USB port to recharge the battery. The charging begins automatically. Multiple devices can be recharged simultaneously in a USB hub that is connected to the power network.
- Note! Do not recharge multiple devices in a USB hub that is connected to the computer's USB port because all devices might not charge fully. Also, do not store fully charged devices in a USB hub!
- When re-attaching the cable, make sure it goes in the right way (see image on the right) and snaps all the way in.



Technical Specifications

- Rechargeable battery (last app. 6 days)
- Storage capacity app. 20 days
- IP class IP52 (in recording mode)
- Weight 24 g
- Measurement accuracy for heartbeat recording 1 ms (1000 Hz)
- Measurement accuracy for movement:
 - Sampling frequency 12.5 Hz
 - Resolution 8 Bit
 - G-scale 4G
- Data upload and battery charging is done directly via the USB-port.

In case of questions, please check www.biorna-quantics.com/hrvlifestyleassessment or contact testing@biorna-quantics.com