



bioheart<sup>TM</sup>

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quick guide

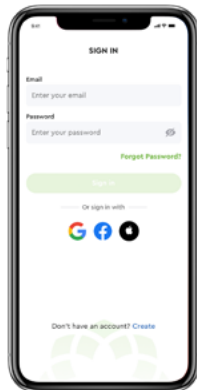
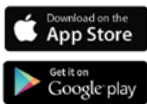


YOUR  
HEART

# SETTING UP BIOHEART

## 1 DOWNLOAD

Download the Bioheart app on the App Store or Google Play store to get started.



## 2 GET STARTED

Create your account in the Bioheart app and verify your email to begin set-up and get connected.

## 3 PAIR

Follow the instructions in the Bioheart app to pair Bioheart with your phone.

### PAIRING TIPS:

- Bioheart's center button will blink **PINK** when ready to pair
- Your phone should be **ON** and have **Bluetooth enabled**
- Bioheart's center button will blink **BLUE<sup>1</sup>** or **GREEN<sup>2</sup>** when paired successfully



- 1. **BLUE** not wearing.
- 2. **GREEN** while wearing.

Having difficulty pairing your device? Refer to the **USER GUIDES** section in the **PROFILE** tab to learn how to pair, restart, or factory reset Bioheart.

If unsuccessful, contact Bioheart Support.



### FIRMWARE UPDATE

Once Bioheart is paired, check the **DEVICE** tab to confirm that the latest firmware update has been installed.

## 4 WEARING BIOHEART



To wear Bioheart, connect the snaps on the device to the strap and wrap it around your chest (**requires direct skin contact**). Adjust the strap as needed.

The device should be at the front of the strap, centered above your abdomen and below your sternum.

### POSITIONING TIPS:

- Power button should be facing down
- Adjust the strap for a snug fit without creating discomfort to ensure a high-quality signal



## 5 USING & RECORDING

Bioheart is always recording.

Use the **HEART RHYTHM** tab to:

- View and record your live heart rhythm
- Create a retrospective snapshot
- Access recent snapshots

A clear signal will look like this .....

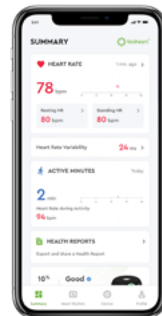


Press the **CENTER BUTTON** on the Bioheart device to:

- Create a live, 1 minute snapshot

Use the **SUMMARY** tab to:

- View historical heart rhythm data and create retrospective snapshots
- Create **HEALTH REPORTS**



## 6

## VIEW HISTORICAL DATA

A **first of its kind** feature made possible by **continuous heart rhythm recording**. If you forgot to take a snapshot while wearing your Bioheart, don't worry. Bioheart lets you view historical heart rhythm trends, zoom in on the timeline, and most importantly, create **retrospective snapshots**\*.

Simply:

1. Go to the **SUMMARY** tab
2. Tap the **HEART RATE** graph (top of screen)
3. Scroll through historical data for a trend you want to create a snapshot for
4. Tap that point on the timeline and select **VIEW HEART RHYTHM**
5. **CREATE SNAPSHOT**





\*Be sure to **SYNC YOUR HEART DATA** on the **SUMMARY** screen in order to view all available historical data.

## 7


## SHARE REPORTS

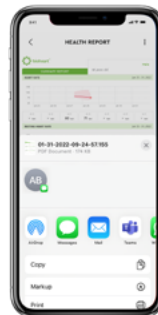
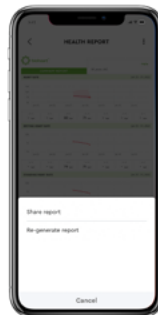
To share your snapshot report:

1. Navigate to and tap on your desired snapshot
2. Tap on  to view the report
3. Tap on  to share the report



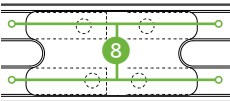
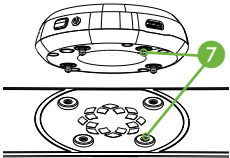
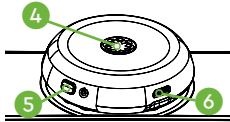
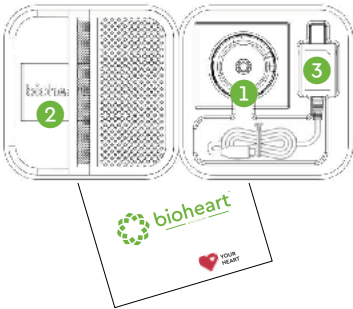
To share your health report:

1. Navigate to and tap on your desired health report
2. Tap on  to share or re-generate the report
3. Tap on **SHARE REPORT**





- 1. Bioheart Device
- 2. Strap
- 3. Bioheart Charger



- 4. Status Light/Center Button
- 5. Power Button
- 6. Charging Port
- 7. 4 Snap Connections for device to strap
- 8. Strap Electrodes

(reverse side of strap)

STATUS LIGHT	INDICATOR	DESCRIPTIONS
Blinking Pink		Discovery mode; Ready for pairing with a new phone.
Slow Blinking Green		Recording heart rate and activity.
Blinking Blue		Bad strap contact or the device is not being worn.
Blinking Orange		Low battery.
Slow Blinking Orange		Charging.
Solid Green		Fully charged.
Fast Blinking Green		Powering ON or OFF.
Fast Blinking Pink		Factory reset; All user data will be deleted.
Solid Orange		Internal error(s).



SYMBOL	DEFINITION
	This is the FCC logo indicating compliance with the FCC rules for wireless devices.
	Follow instructions for use!
	Device is not MRI Safe
	Device is not defibrillator proof.
	Keep dry! Bioheart is not waterproof.
IP22	Protected against solid objects over 12.5mm (e.g., a finger). Protected against falling drops of water when tilted up to 15°.
	Power Button, Resume from Standby mode.

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Bioheart is a consumer device and is not a medical device. Bioheart does not diagnose, treat, cure, prevent or repair any disease. Metrics measured and provided by the Bioheart are an estimation, and may not be completely accurate. They are for reference only. Biotricity accepts no responsibility for any erroneous readings and its consequences. Bioheart is not a substitute for medical advice. If users of the Bioheart are concerned about the metrics obtained from the Bioheart, they should consult their physician directly for further advice. Biotricity disclaims any representation made, whether explicitly or implicitly, which would suggest the accuracy of the data obtained is suitable for clinical interpretation.

Bioheart and its accessories could suffer from interference from external electrical sources. Individuals with a pacemaker or other internal electronic devices within should consult their physician before using the Bioheart. In the event of a medical emergency while wearing the Bioheart, contact a healthcare provider immediately. Biotricity disclaims any liability in such an event. Biotricity will not be liable for damages arising out of the use of Bioheart for unintended purposes.

Bioheart as described herein, and subsequent versions, may or may not be the same as advertised and may or may not differ in features and functionality. Any statements made in this guide in relation to Bioheart, its features, functionality are based on design concepts that the company believe are achievable but the product may be different.

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PROBLEM	SOLUTION
No Power/Low Battery	Recharge the device.
Battery does not last the expected number of hours	Contact Biotricity Customer Service.
*Noise artifacts on the heart rhythm signal and/or Bad contact	Disconnect Charging Device Ensure strap is securely attached to the user (requires <b>direct skin contact</b> ), and that the device is securely connected to the strap via the 4 snap connections. Visit <a href="http://www.bioheart.com/support">www.bioheart.com/support</a>
<i>*some unavoidable noise artifacts may occur during periods of excessive motion</i>	
Any other errors	Contact Biotricity Customer Service.

To update firmware, go to:

**DEVICE ► FIRMWARE UPDATE ► CHECK FOR UPDATE**

## SUPPORT



You can find more tips, tutorials, information about features, and troubleshooting in your Bioheart app under **PROFILE**.

For support and customer service, please contact:  
[support@bioheart.com](mailto:support@bioheart.com)

Need more help? Visit [www.bioheart.com/support](http://www.bioheart.com/support) to view the latest version of the Bioheart Quick Guide.



1.800.590.4155

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