



WELCOME AT THE HRV LIFESTYLE MEASUREMENT

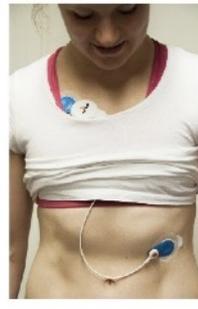
1. De measurement date

We agree on the following measurement dates:

Start _____ 20____ morning / until _____ morning _____ 20____.

The measurement takes place in 3 consecutive days. You start in the morning when you wake up en stop the measurement 3 days later when you wake up.

2. Start the measurement



1. Connect the electrodes to the device and the cable.

2. Remove the protective foil.

3. Connect the device on the right side below your clavicle. The cable is connected left below the ribs. Remove hair to improve the attachment.

4. De measurement starts **AUTOMATICALLY** as soon as the device is attached to your body. Please note: a small green led light will flash (visible in a dark room).

IMPORTANT! The device contain your personal data. If, for whatever reason, you are not able to carry out the measurement, please send the device back to: Biocoherence BV, Planetenveld 23, 3893 GE, Zeewolde, The Netherlands. If you face any problems, place contact Biocoherence Nederland. Our emergency phone number is: +31 6 53580621.

3. During the measurement



Green led light flashes, synchronously with the heart beat.

The monitor is measuring the heart beat.



Green and oranje led light flash simultaneously.

The battery is low, but the device still works. If you just started the measurement, please contact us.



Red led light flashes or is on.

The battery is empty or the memory is full. Data collection is stopped. Stop the measurement and contact us.

Remove the device during showering, in the sauna or during swimming. Contact with water should always be avoided!. The device starts recording automatically when it is reconnected to your body.



Finish the data collection after 3 days by removing it from your body. The measurement stops automatically.

The electrodes are meant for single use. Renew the electrodes 1x per day, for example after showering. Remove any body hair on places where the electrodes are attached. The glue on the electrodes might cause some irritation. Make sure you attach the electrodes on a dry and clean skin. You can also slightly change the position of the electrodes every day.

4. Using the diary.

You receive 1 day before the start of your measurement an automated email from service@firstbeat.fi with a link for access to relevant background information and your online diary. Write down in this diary at least:

- Relevant background information
- Work- and sleeping periods (from the moment going to bed and waking up)
- Illnesses, medication and use of alcohol if applicable.
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We can provide you with more information when you also inform us about the moments you do sport, or experience moments of stress or relaxation (meetings, presentations, a nap, reading books, etc) We need this in order to analyze your date. Accurate data therefore are important. All information provided will be treated confidential and only be seen by our specialist.

5. Sending the device back

Send back the monitoring device in the original and undamaged packaging after the measurement. Do this by certified mail (see our terms of conditions) within 8 hours after the measurement.

When the measurement is carried out under supervision of a therapist, your therapist will also receive a copy of the results. You are responsible yourself to plan a meeting with your expert if you want to evaluate the results.

With kind regards from Biocoherence! Success!!!

Name Specialist:

Name of organisation:



Please fill out this form, and return it to us, together with the monitor!

Name:

Telephone number:

E-mail adress:

Monitor number (*back side monitor, LOT BG* _____):

Actual Measure start date: _____.____.2015 at ____:____ (*hours and minutes*)