

Welcome to the Firstbeat HRV Lifestyle measurement.

You will soon perform a multi-day HRV measurement. You have received an email from Firstbeat via email. In this email you will be asked to download and install the Firstbeat Lifestyle app. Don't have this email? Then check your spam filter. If the email isn't there, go to the app store on your phone, search for "Firstbeat Life" and download the app.

Below is the manual to activate the app, connect the Bodyguard meter via Bluetooth and start the measurement.

A. Download the app (check your email, or search for Firstbeat Life in the app store)

1. Open the app and go to the settings. Click on "Begin registration". You then have the option to see a brief introduction to the measurement, but you can also skip that. Use the email address that we and Firstbeat use to email you.





1. In the new screen you agree to the terms of use (the measurement complies with the GDPR privacy conditions). You then activate the measurement license with the license

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< Sign up	< Sign up	< Sign up
Terms of service and privacy policy Firstbeat Technologies Oy takes our privacy and personal data seriously. By signing up to Firstbeat Life, you agree to our Service End	Add your email address xxx.xxx @gmail.com Use your personal and permanent email address to ensure that you can access your data at all	Set account password W Password must have at least 10 characters.
User Terms, End User License Agreement and Privacy Policy.	times.	contain uppercase & lowercase letters and a number to help ensuring your data privacy.
✓ I understand and agree the Service End User Terms and EULA (links below).	Set account password	Your date of birth
End User License Agreement	<u> </u>	15/04/1992
Service End User Terms When using the measurement device and	Password must have at least 10 characters, contain uppercase & lowercase letters and a number to help ensuring your data privacy.	According to the Terms of Service, any person under the age of 16 is prohibited from signing up and using this service.
taking part in the Firstbeat Life Service, I understand and I agree that it is mandatory to provide personal data and health related data (including heart rate data, illnesses and medication) in order to conduct the assessment. By ticking this box I understand and I agree that the formation that I	Your date of birth $01/01/1985$	÷
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Enter verification code	Enter verification code	Checking license information
Verification code was sent to your email address xxx.xxx @gmail.com	Verification code was sent to your email address XXX.XXX :@gmail.com	
Didn't get the code? <u>Resend code</u>	Didn't get the code? <u>Resend code</u>	
Verify email	Verify email	

code from the email from Firstbeat.

2. After the account has been activated, you give Biocoherence Nederland permission to view the measured data. Biocoherence Netherlands also works in accordance with the GDPR Privacy Conditions. To start the measurement you must enter some personal information ("Please fill account information"). You can also choose whether you give Firstbeat permission to use the data anonymously to improve the app.





B. Koppel de meter via bluetooth

3. You connect the HRV meter to your telephone by sliding the bottom part of the meter loose. (The meter is charged, but if necessary you can charge the meter with the supplied USB-c cable). Please note, make sure that your phone's location settings are turned on. Make sure your Bluetooth on the phone is turned on. Scan the QR code with your phone's camera. After 20-30 seconds the meter is paired via Bluetooth. Linking via the meter's ID code is also possible. Are you unable to connect and does your Bluetooth see the device?

Open the "Profile" tab, click "Pair the measurement device" and follow the instructions. (see pictures).



3. Sometimes Firstbeat updates the HRV meter. In that case, the app will display a message asking you to install this update. You must then agree and install this firmware. Click on 'Update firmware'. The update is completely automatic and is ready after approximately 2-3 minutes.

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< Firmware update	Updating firmware succeeded
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A new firmware update is available. By keeping your measurement device updated, you will have access to new features and can	You have the latest firmware installed on your measurement device.
ensure reliable functioning of the device.	Current version
Remember to update the firmware	84
full advantage of all the features.	Latest version 84
Current version 79.36	
Latest version 84.39	
Update firmware	
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C. Start the measurement on the agreed date in the morning after waking up

4. The measurement is started by clicking on 'Please fill profile information'. This data is needed to calculate the measurement data personally. You attach the HRV with the supplied electrodes. You then start the measurement via 'Start your first measurement' and choose the number of days you measure (default is 3 days). You also keep a log of important events, your sleeping, working and eating moments. ('journal' - the overview, and 'add entry' - adding a new event).



During the measurement you can also complete your "well-being questionnaire". It is also possible to take a "Fitness walk" for 30 minutes (not mandatory, but recommended). You can also set goals based on the preliminary graph results visible in the app.





C. Completing the measurement. (FOLLOW ALL STEPS!!)

- 4. When the measurement is complete after 3 days, do the following:
- Enter the last details in the diary (including the times of your last night) and remove the meter from your body.
- At the very top right of the app ('Home' tab) you will see 3 dots (•••). Click on this, after which you choose to analyze the measurement ('Analyse measurement', continue with 'Analyze'). The app now converts the measured values into a report. You can then view the complete report. The report will be discussed with your professional.



• As a final step, the meter must be disconnected from your app. To do this, click on the 'Profile' tab, then on 'Profile Status', and then at the bottom: 'Measurement device settings' - 'Release pairing'. This will delete your personal data from the meter itself (this step is necessary!). Your Bluetooth connection will also be broken. You can also log out and delete the app from your phone.

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PROFILE STATUS SETTINGS	Device paired for xxxx.xxx @gmail.com	- Sea
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√ GOALS SET	Device ID BG30027941	Releasing pairing should be done when connected to the Bodyguard device so your personal information
VELL-BEING SURVEY COMPLETED	Image: Non-StateImage: Non-StateBATTERY UnknownBLUETOOTH DisconnectedFIRMWARE UnknownImage: Non-StateImage: Non-State	can be deleted from it. If you've lost the device, you can release pairing so you can pair it with another device.
MEASUREMENT DEVICE SETTINGS	Release pairing Selease device pairing if you've lost the device	Release unpairs the device from your account. If you want to use the same device again later you can pair it again
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Customer service Need help? Contact us!		
Privacy and terms of use Terms of use and privacy policy		
What's new? Read about the new features in the app		
Sign out Firstbeat Life version 2.2.5 (188) - Copyright 2022 Firstbeat Technologies Oy		

For information.

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- In the app you can see whether the meter is properly connected, a small light also flashes during the measurement.
- You can follow the measurement 'live' in the "Results" tab. If you do this, the app will synchronize the latest data with the data from the meter via Bluetooth.