



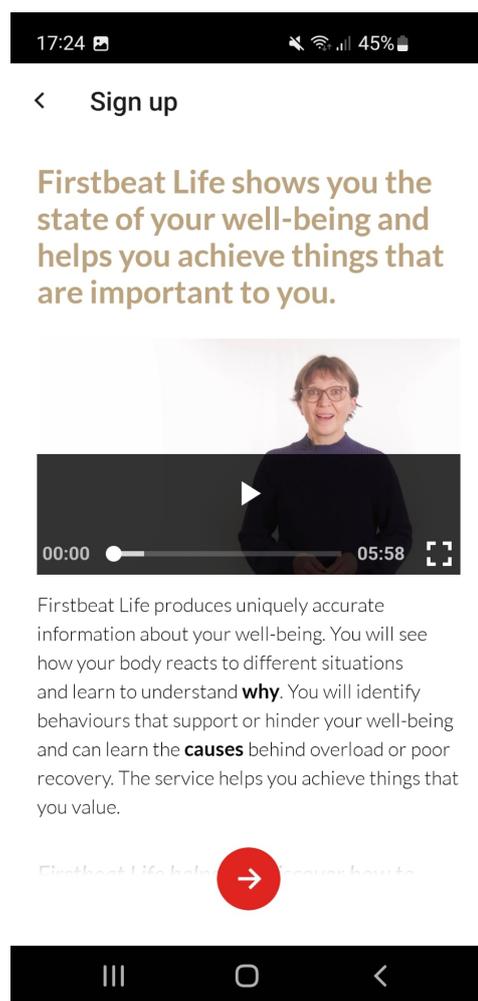
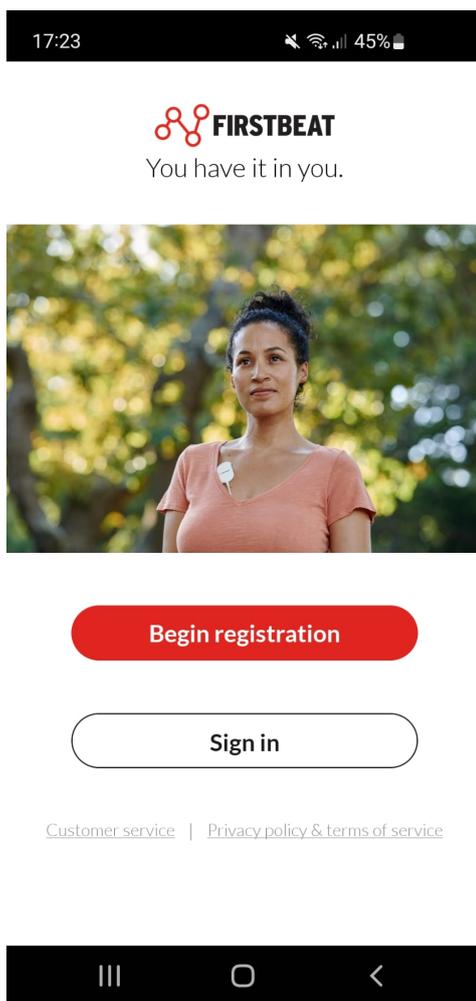
Welcome to the Firstbeat HRV Lifestyle measurement.

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.

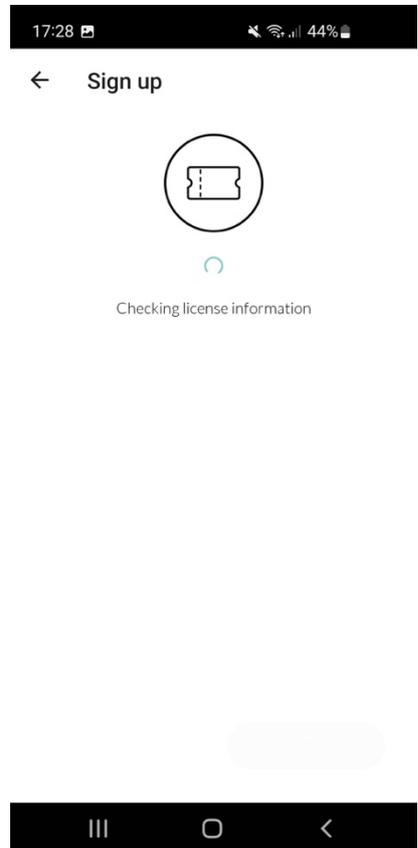
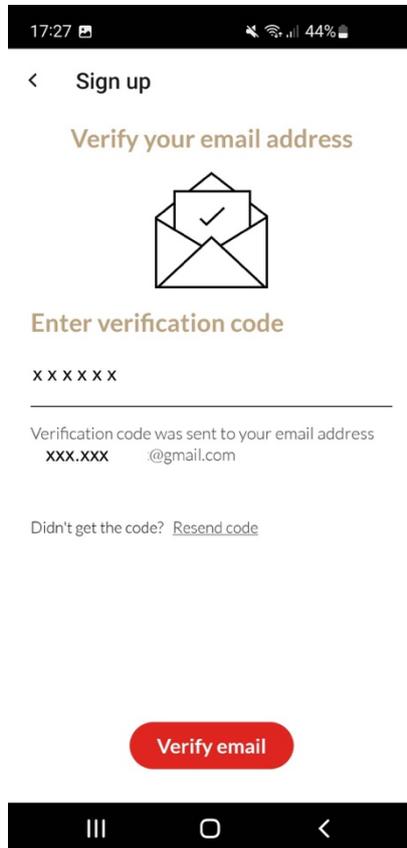
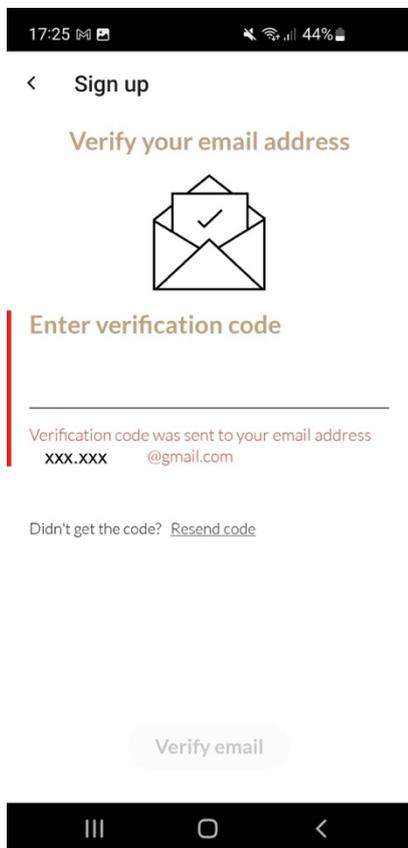
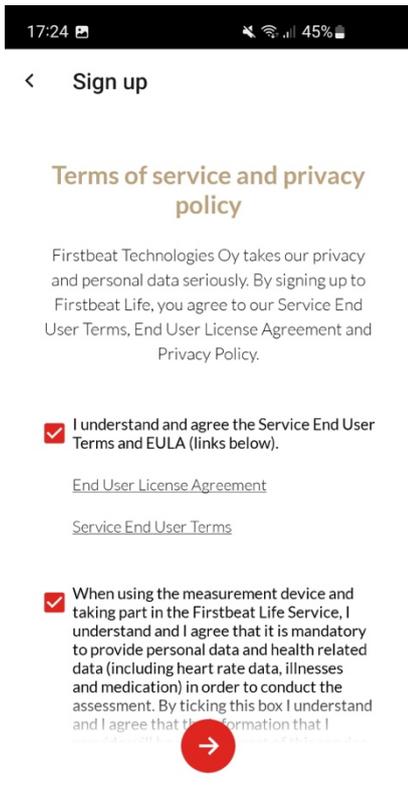
Below is the manual to activate the app, connect the Bodyguard meter via Bluetooth and start the measurement.

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.

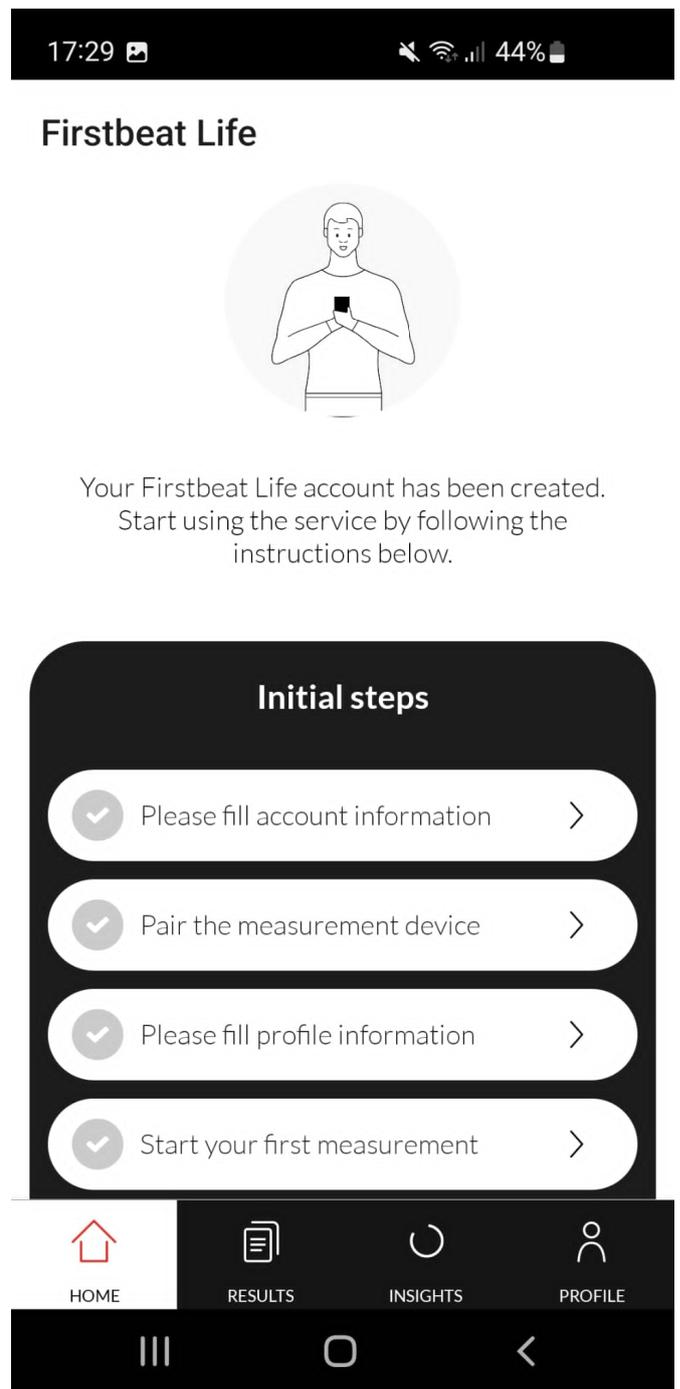


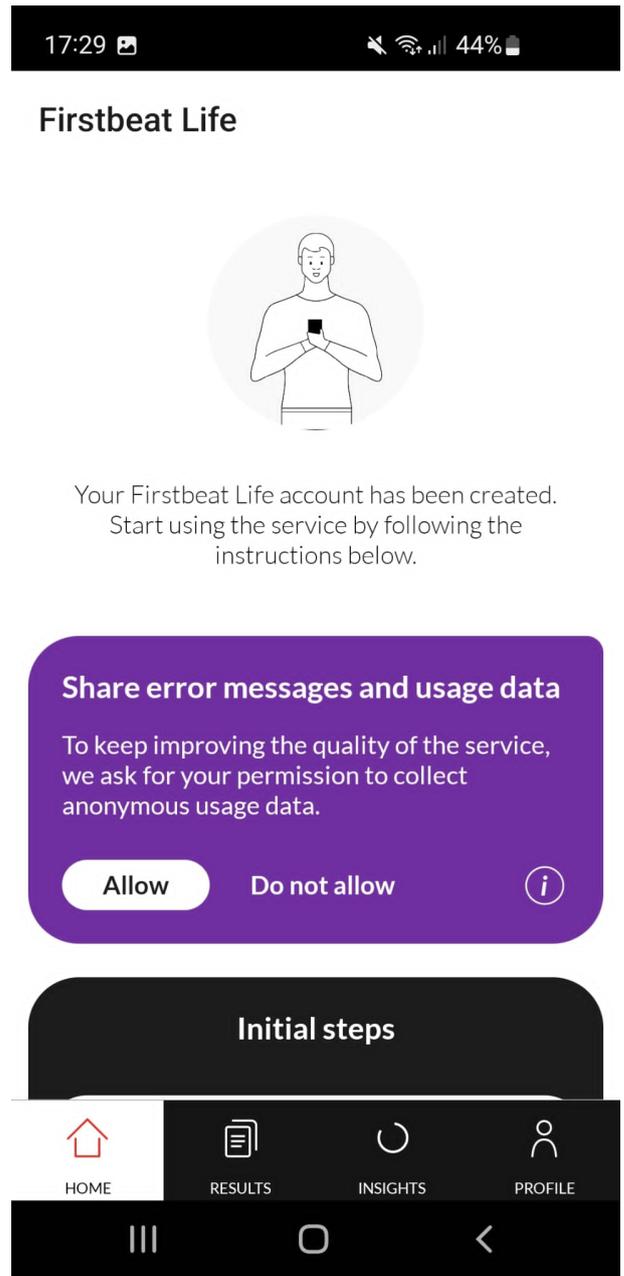
1. In the new screen you agree to the terms of use (the measurement complies with the GDPR privacy conditions). You then activate the measurement license with the license



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.

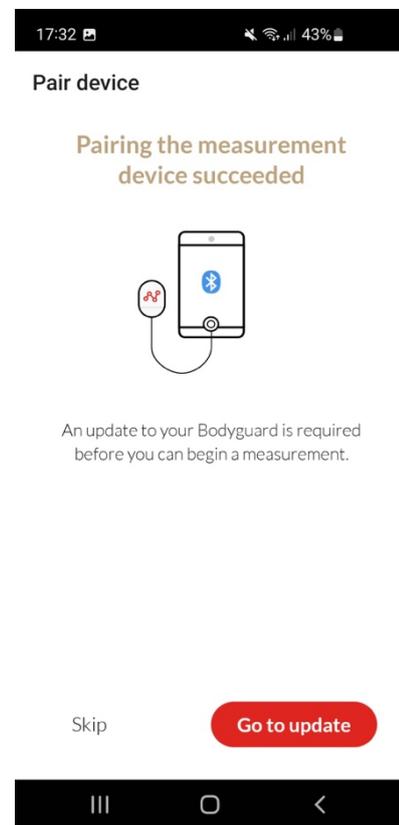
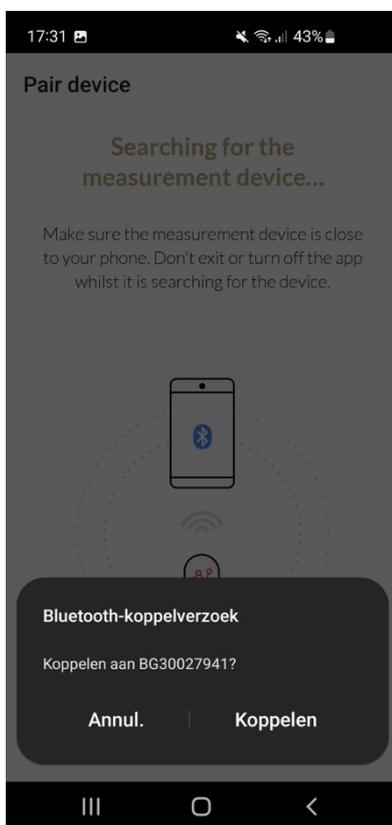
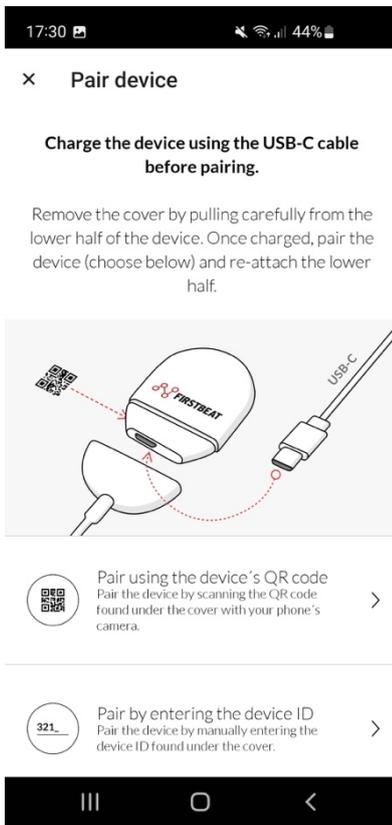




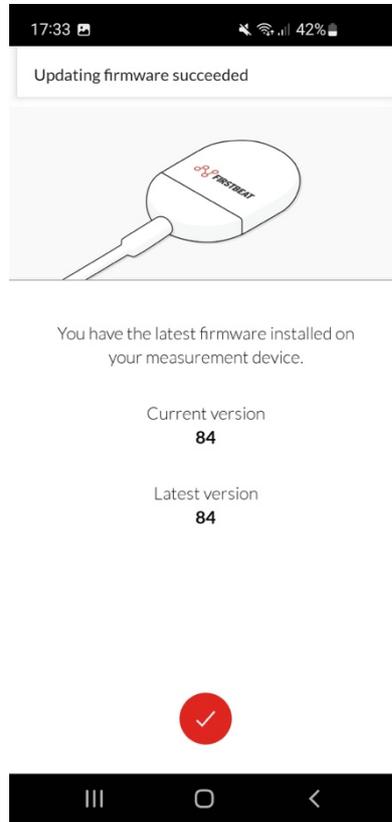
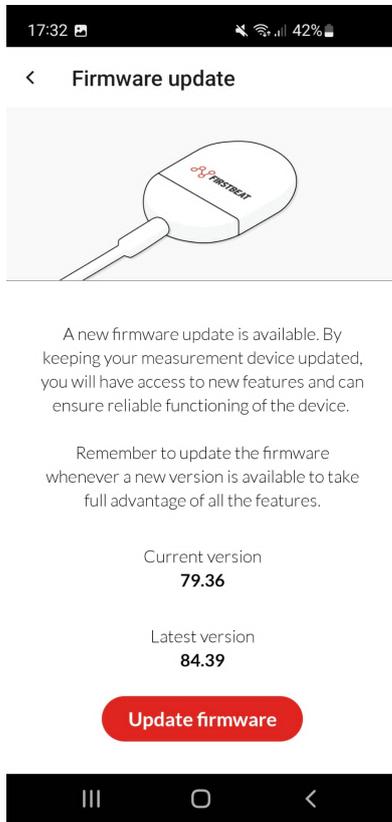
B. Koppel de meter via bluetooth

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).

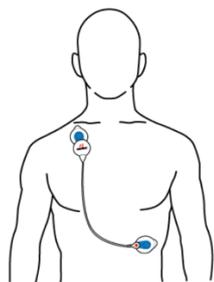


- Sometimes Firstbeat updates the HRV meter. In that case, the app will display a message asking you to install this update. You must then agree and install this firmware. Click on 'Update firmware'. The update is completely automatic and is ready after approximately 2-3 minutes.

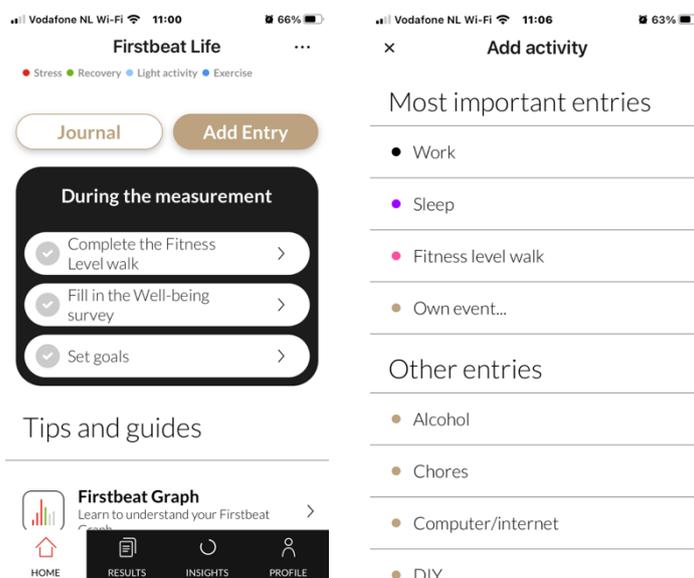


C. Start the measurement on the agreed date in the morning after waking up

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).



Bevestig de monitor rechts onder het sleutelbeen. De kabel wordt bevestigd links onder aan op de ribbenkast.



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.

Well-being survey

Please complete your Well-being survey



Your experience of your own well-being doesn't always correlate with what's happening in your body. Connecting measured data with how you feel helps you understand your well-being in full.



Firstbeat Life

During the measurement

- Set goals
- Complete the Fitness Level walk
- Fill in the Well-being survey

Tips and guides

Firstbeat Graph
Learn to understand your Firstbeat Graph

Tips during the measurement

HOME RESULTS INSIGHTS PROFILE

Firstbeat Life

During the measurement

- Fill in the Well-being survey
- Set goals
- Complete the Fitness Level walk

Tips and guides

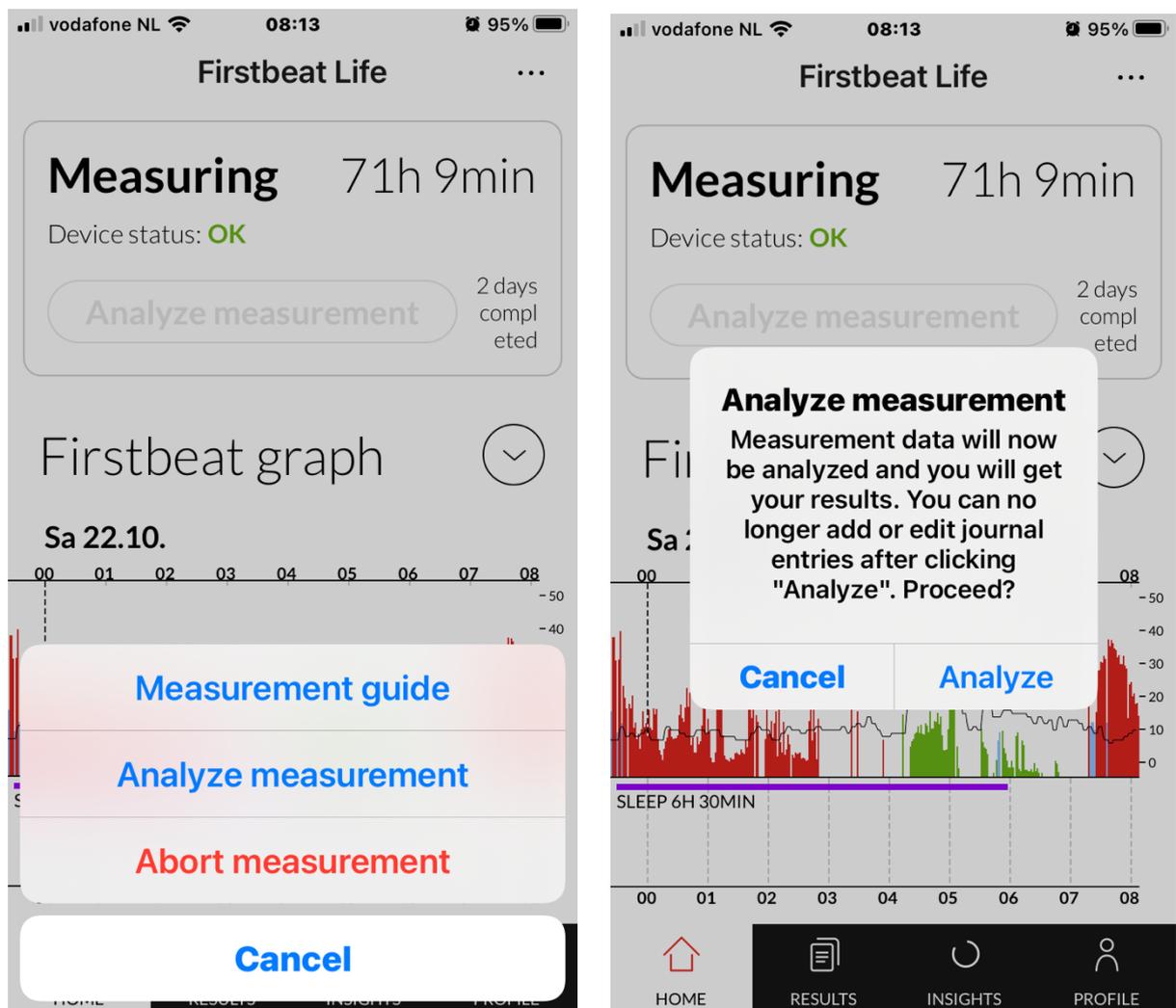
Firstbeat Graph
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Tips during the measurement

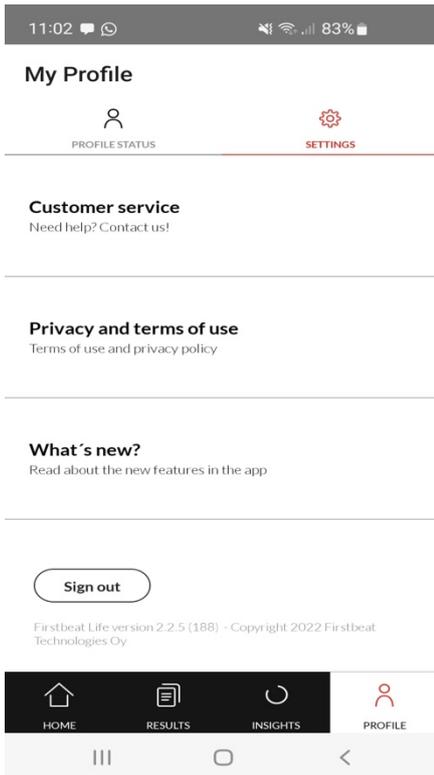
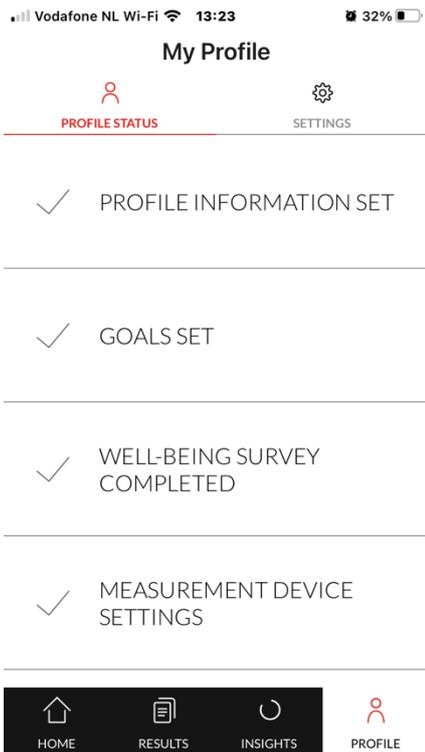
HOME RESULTS INSIGHTS PROFILE

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.



For information.

- 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.

