

QuickStart Guide for Professional HRV

Launch Professional HRV

- If this is the first time you have launched this app, you will be prompted to acknowledge that this is not a medical device.
- You will then be directed to a screen offering a Quick Start Video or to Sign In/Create an account or check out the Demo Group. We **STRONGLY** encourage you to watch the Quick Start Video. If the video appears too small, double tap the middle of the video to increase the size.



- Next we strongly encourage you to check out the demo group. If you do, please follow these steps. If you don't, please skip these steps.
 - When you select Check Out Demo Group, you will be automatically logged in as <u>demo@demogroup.com</u> and sessions will be downloaded.



 Once the sessions are processed you will see a list of accounts associated with the demo group.



- IMPORTANT: The demo account is viewing the results from the Recover Faster App. If you are using SweetBeatHRV/BradBeat or DailyBeatHRV you will view results from those apps.
- Select account <u>demouser1@sweetwaterhrv.com</u> to view sessions for that user and then select a session to view the various screens that include screens unique to the Recover Faster app (not currently supported by Professional HRV).
 - Select Done at bottom of the screen to view next screen.





 Once you have familiarized yourself with demo group, select the "General" settings wheel in the lower right side of the group members screen then select Group Account Settings. You will see the Demo Group credentials and are given the option to delete the account or sign out. The delete function does not work on the Demo account so just Sign Out.

◄ TestFlight المالية 10:27 AM GENERAL		TestFlight III < 10:27 AM ACCOUNT
Group Account Settings	>	
Support	>	You are signed in
About	>	Your Email: demogroup@demo.com
Rate the App	>	Group Name: Demo Group
Contact Support	>	Members Key: demo
HRV Enhancers	>	
		Sign Out Delete Group Account
Members	General	Members General

 Once Sign Out you are offered the option to Create Account or Sign In. • Whether you skipped the demo group or not, you are now offered the option to Create Account or Sign In.

< TestFlight ₁ I 🗢 10:01 AM	< TestFlight ₁II
	< ACCOUNT
Sign in or create an account. Members of your group will be able to elect in to the group. Their data will then be visible to you. Make sure to hit the Refresh button on the Members screen to view members and their data. Please watch the quick start video.	Sign in or create an account. Members of your group will be able to elect into the group. Their data will then be visible to you. Make sure to hit the Refresh button on the Members screen to view members and their data. Please watch the quick start video in General>Support to learn more.
Quick Start Video	
Create Account	Create Account
Sign In	Sign In
Check Out Demo Group!	Check Out Demo Group!
Skip/Done	
	Members General

- IMPORTANT: If you have an existing *individual* account though do not have a Professional account, please choose Create Account and you can use your existing credentials to create the group account.
 - If you already have a Professional account then just sign in.
- Now just provide your athletes/clients/patients your Group Name and Group Key and when you select the "members" icon at the bottom left of the main screen and press "Refresh Members", your *uploaded* member sessions will appear.



- Note: You can delete your account any time from the Account Settings screen.
- Note: If you want multiple groups, you can create another group using your same credentials with different Group Name and Members Key. Be sure to save these different names and keys!!!