



SweetWater Health Android User Guide



SweetWater HealthTM
BeatHealthyTM

February, 2016



Starting Up With SweetBeat on Android

Welcome to SweetBeat on Android!

Requirements:

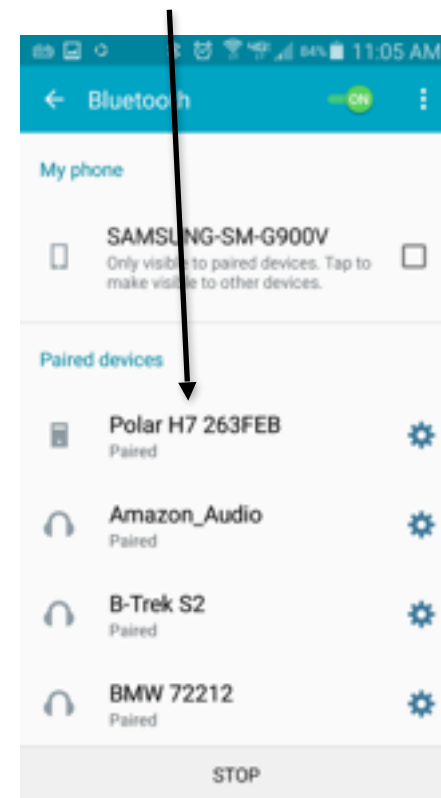
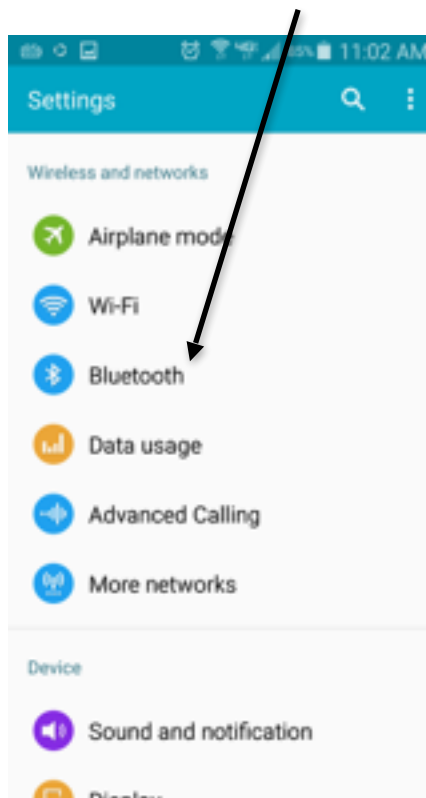
- Android device 4.4 or newer (tablet or phone)
- **IMPORTANT:** Additional hardware is required
 - Bluetooth Low-Energy chest strap heart rate monitor
 - Strap must support RR-Intervals
 - Here is a list of our supported heart rate monitors: <http://www.sweetwaterhrv.com/healthsensors.shtml>



Getting Started

- You have purchased SweetBeat on Android either through the Google Play store, our website or one of our partners' websites
- You will need to pair your heart rate monitor in your device's settings
 - Put on heart rate monitor ensuring “leads” are wet before pairing. You can use either gel or water/saliva.
 - Open device's Settings, find Bluetooth, select monitor. You might have to scan to find it.

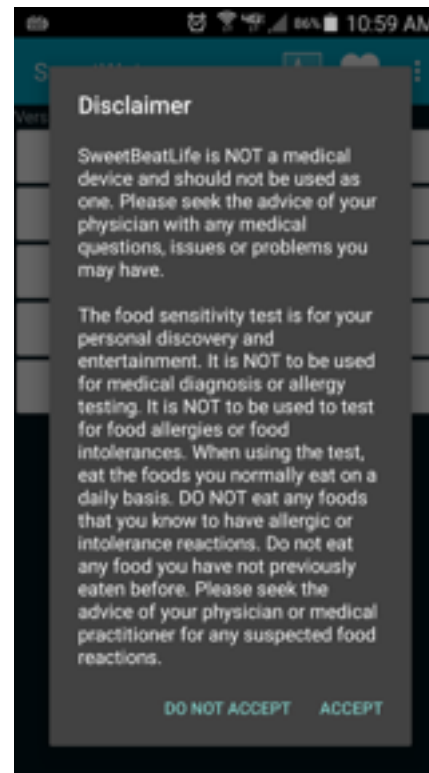
Find Bluetooth Heart Rate Monitor





Getting Started

- Open the SweetBeat App
 - You might have to finish installing if you downloaded it from a website
 - Read over the disclaimer and select “Accept” to continue
- The next screen will ask you to create an account or login:
 - Enter user name
 - Enter password
 - Select either Login or Create
 - It will say logged in above “User Name” once you are done.



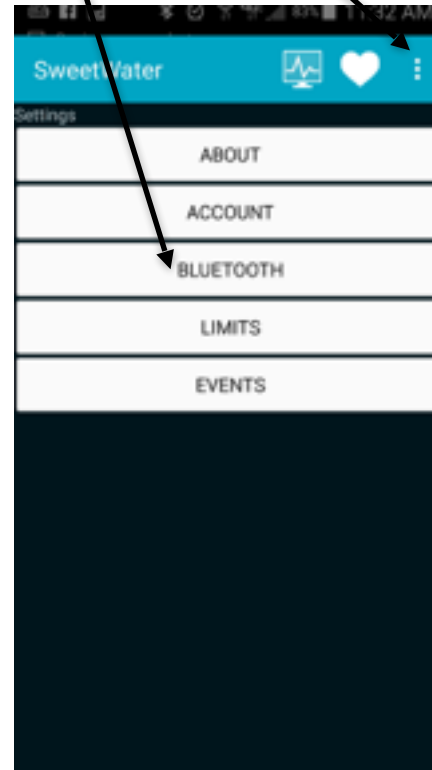


Pair Heart Rate Monitor in App

■ Next you will want to pair your Bluetooth Heart Rate Monitor to your application.

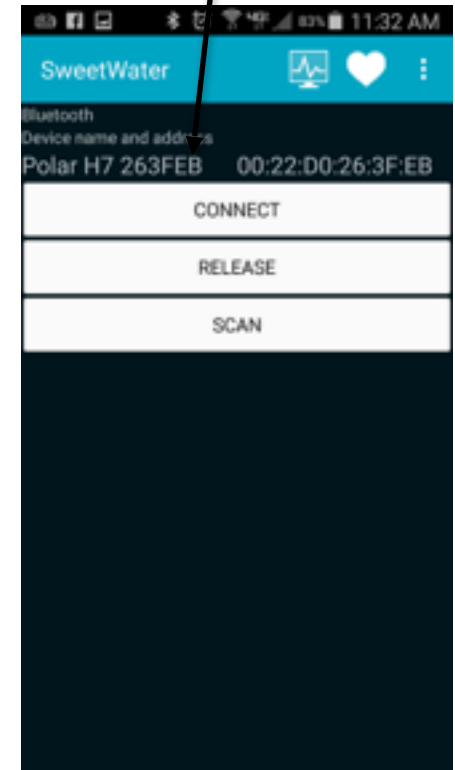
- Select the dots in the top right corner, then select “Settings”
- Select “Bluetooth”
- Select your device
 - If you do not see your device, you will want to “Scan”
 - If you want to disconnect, select “Release”
 - You will see a message above the buttons that explains what is going on

Bluetooth Drop-down menu



Settings Screen

Device status will be listed here

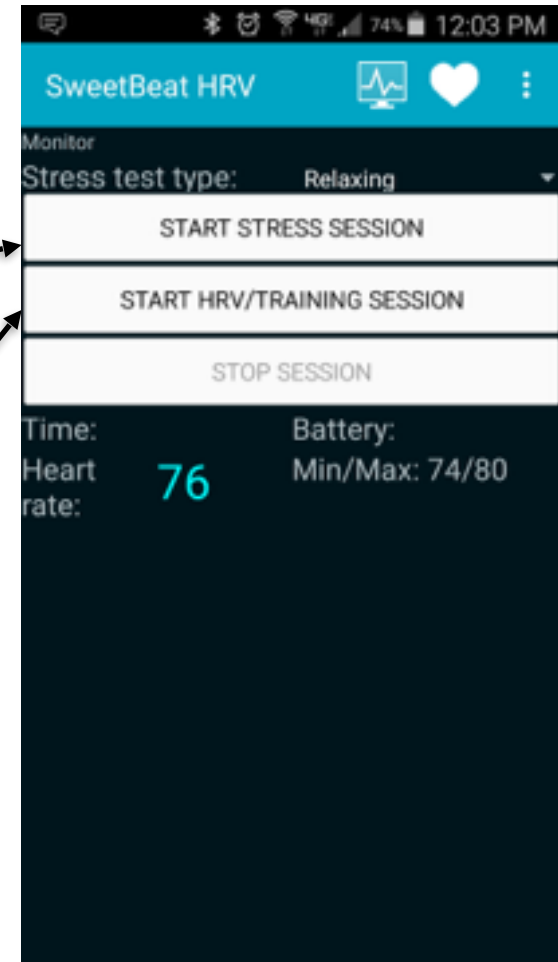


Bluetooth Screen



Run a Session

- Select the Monitor Screen tab
 - If the heart rate monitor is not paired correctly, it will ask you to connect again. If it is, you will see your heart rate populating.
- Select “Stress” to run a regular session
 - Select tag before starting session
 - Press Stop when complete
 - Your session is automatically uploaded and tagged with selected tag
- Run a “HRV for Training” session
 - Performed in the morning before you get out of bed
 - Automatically stops after ~ 3 minutes
 - These sessions will show up in your HRV for Training graph and will automatically have HRV tag



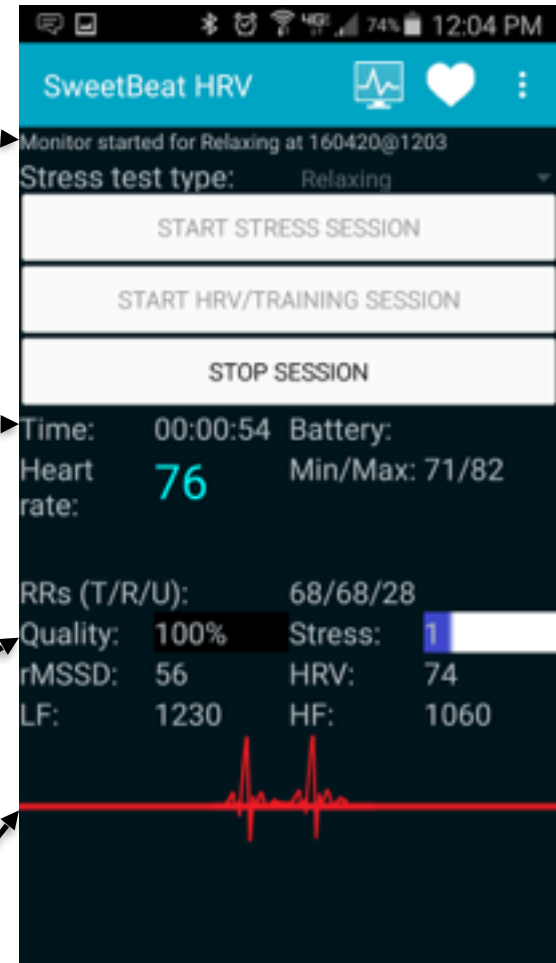
Monitor Screen



Real Time Session Information

- During the session, real time information is displayed
- Please review [HRV Measurement Explanations](#) to understand these parameters.
- Stress session
 - Time counts up and displays session length
 - Stress will go from 1 to 5. 1 being the least stressed and 5 being the most stressed
- HRV for Training session
 - Time will count down to 0
- Session Quality will go from black to red if the quality is not good

Session description



Stress score

Real-time EKG

Monitor Screen



Charts and Graphs

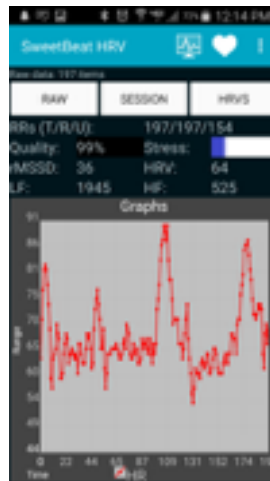
- **Select the 3 dots on the right side, then select “Analyze”**
 - The menu options will be different depending on your screen size. You will either see dots with a drop down or the picture image shown to the right.
 - Raw RRs is the default session view
 - Select Session button to view session details
- The graphs screen will automatically open at the end of an HRV for Training session
 - Select HRVs button to view HRV for Training chart

HRV for Training workout recommendation

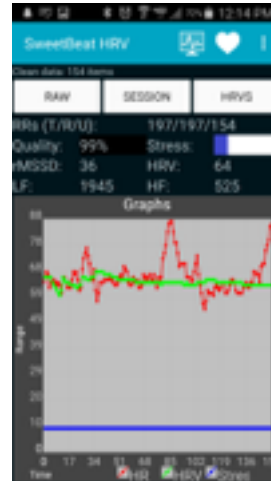
Graphs



Raw



Session Graph

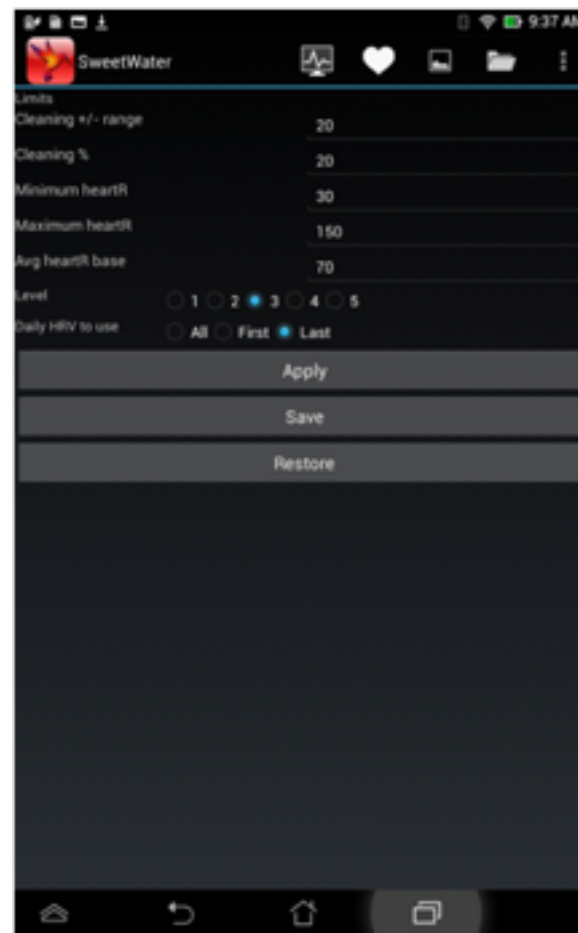


HRVs



Limits screen

- From the Settings screen one of your options is the Limits screen
- We recommend not changing any of these values EXCEPT the “Level” value
- What is “Level”
 - Because many people are chronically stressed, their stress level is always “in the Red”
 - If you are always pegged at red, the value is not useful and you will likely not use it
 - The Level is a personally adaptive scale to help people with chronic stress actually see their stress change and be in the “Yellow”, “Orange” or “Red” (maybe even “Green”)
 - Think of it as a challenge level where Level 1 is beginner and Level 5 is advanced
 - We recommend changing to level 5 and backing off as needed if you are always “in the Red”



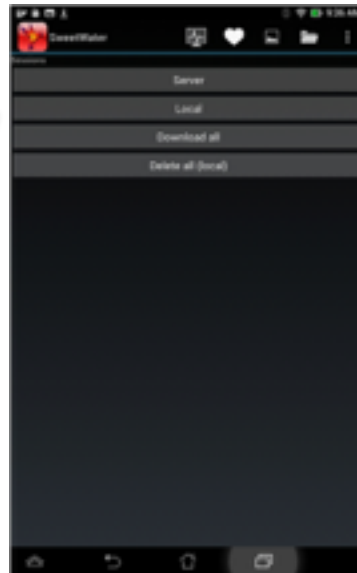
Limits Screen



Viewing Saved Sessions

- Select the History tab
 - Server button
 - Displays all sessions on server
 - Local button
 - Displays all sessions saved on your device
 - **Note:** When selecting a local session, you will have to select “Analyze” again after selecting the session to see the graph
 - Download All
 - Allows you to download all sever sessions to your device
 - Delete All
 - Deletes all LOCAL sessions

History
Screen



Server



Local