

Zoom User Guide

For use with HRV apps powered by SweetWater Health



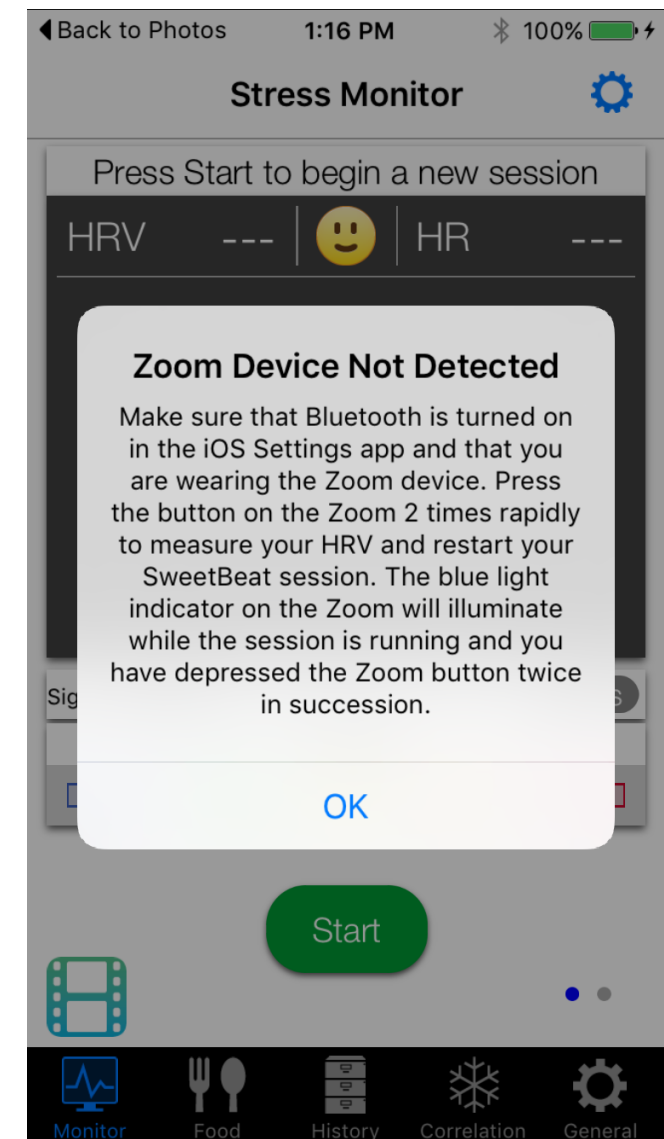
STEP 1: Using SweetWater HRV apps with the Zoom device

- You can purchase the Zoom HRV device at www.zoomhrv.com. SweetWater customers can use promo code ZOOMSB10 for \$10 off the Zoom.
- The Zoom HRV device has been extensively tested to work with the SweetWater HRV family of apps.
- The Zoom is currently **optimized** to work with SweetBeat HRV iOS app. It will work with Android and other white label apps as well. Apps will be updated for the Zoom as soon as possible.
- Please email SweetWater support at support@sweetwaterhrv.com for questions and specific requests regarding the Zoom.
- **STEP 1:** Please refer to the Zoom HRV instruction guide to charge and sync your Zoom device to the Zoom app <https://lifetrakusa.com/wp-content/uploads/Zoom-HRV-Instruction-Manual.pdf>



STEP 2: Pair the Zoom HRV device with SweetBeat HRV app

- Make sure your iPhone or iPad or Android is enabled for Bluetooth in device settings
- In the SweetBeat HRV app go to ->general settings icon on the monitor screen
- **STEP 2:** Go to ->Heart Rate Monitors and tap the Bluetooth Smart icon. The app will look for Bluetooth compatible devices. Press the Zoom device 3 times rapidly. Once the device is discovered, select it and press done.
- If your Zoom device is not paired with the app you will see this pop up screen while trying to run a session.



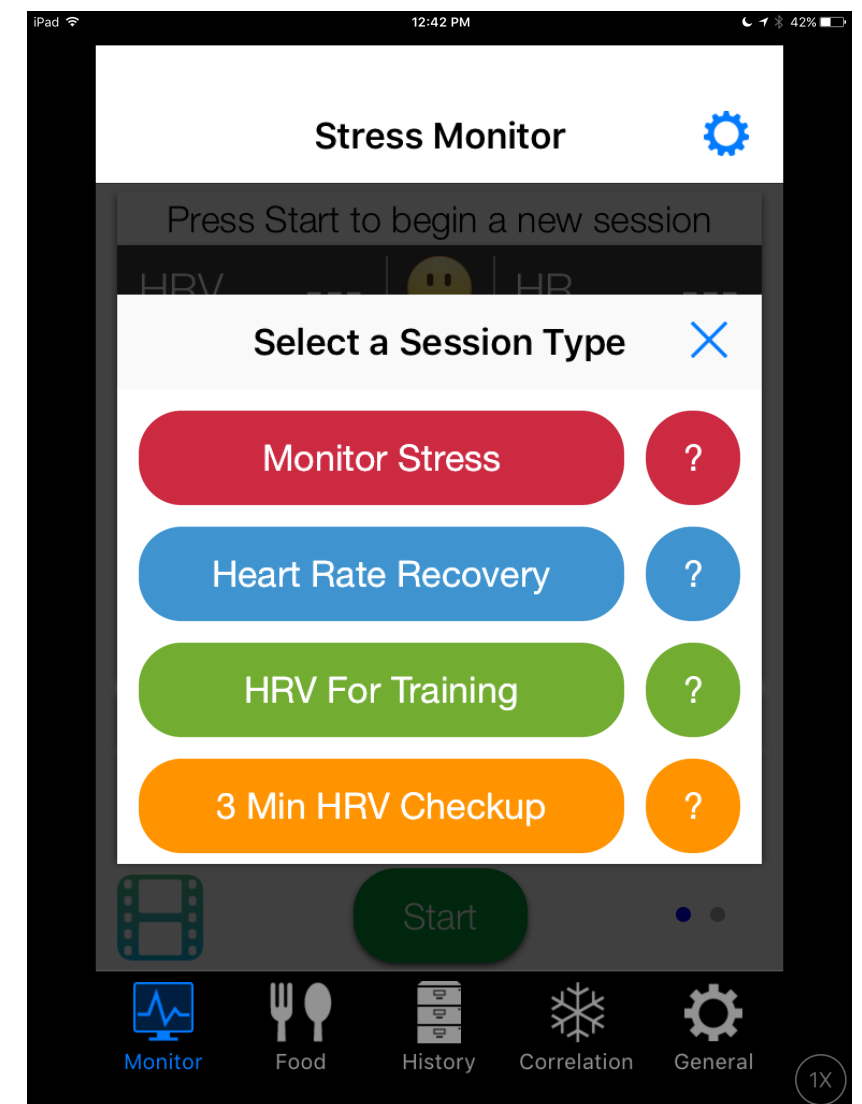
STEP 3: Running an HRV session with the Zoom device

- Go to the Monitor screen to start a session. You may run HRV for Training or 3 Minute Checkup mode with the Zoom.
- Start your HRV session in the SweetBeat app and then tap the Zoom button two times. Tapping 2 times will start the HRV mode on the Zoom. The blue light will illuminate on the Zoom when it's running in HRV mode.
- While running an HRV session, press the STATS button at the bottom right hand corner of the Monitor screen to toggle to the STATS screen. Press the GRAPH button to toggle to the real time graph screen.
- The Zoom will run HRV mode for 3 minutes then disconnect. If you see any red spikes during your session, you will have an incorrect HRV reading due to artifacts of the optical sensor on the Zoom. This is caused by movement while the Zoom is collecting RR data from the sensor on your wrist.
- **YOU MUST SIT PERFECTLY STILL WHILE USING THE ZOOM. NO TALKING, NODDING, OR ANY MOVEMENT FOR THE ENTIRE THREE MINUTES**
- If you see red spikes, stop your session and begin again. Your HRV will be arbitrarily high if you save a session with red spikes from the Zoom.



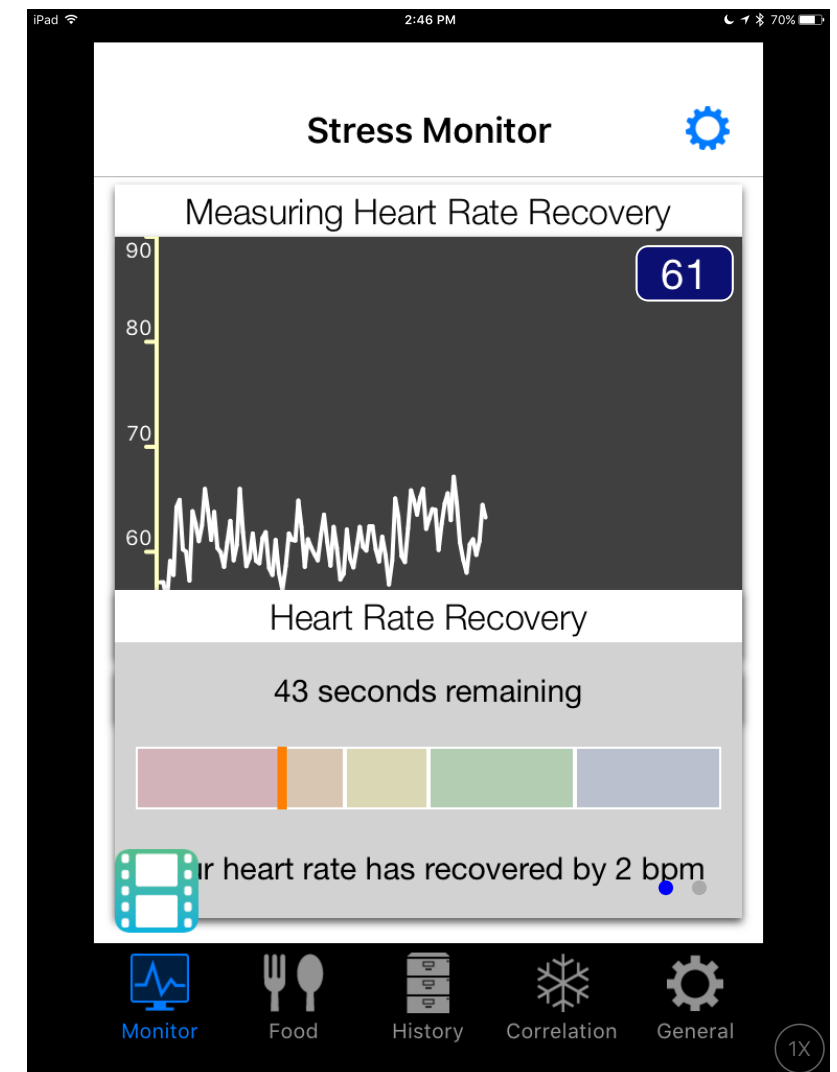
Running NEW 3 Minute Checkup mode with the Zoom device

- Checkup mode is a 3 minute countdown ideally suited for use with the Zoom device. Checkup can be run with any compatible BTLE heart rate monitor chest strap too. The three minute session allows the Zoom user to accurately assess stress and power levels.
- Checkup mode is recommended for use during the day after the HRV for Training session has been run in the morning. Checkup can be run as frequently as needed to assess HRV and stress during daily activities. It can also be used as a quick snapshot of HRV recovery during the day.
- Checkup mode can be run before and after holistic protocols like acupuncture, yoga and meditation to see real time changes in HRV and restored balance of the nervous system. Checkup mode can also be run 30-90 minutes after taking supplements and adaptogens to see the effect on HRV and the body.



Running HRR with the Zoom device

- Heart Rate Recovery (HRR) is a measure of how much the heart rate falls during the first minute immediately after exercise.
- HRR is a measure of fitness and can be tracked over time to see fitness improvements.
- You may run a Heart Rate Recovery session while you exercise or if you are using another fitness app, just before you finish your workout.
- With the Zoom, run HRR mode for one minute while watching the real time graph for clean RR readings. After one minute, stop the session and HRR will begin automatically. After 60 seconds, you can save the HRR session.



Tips for Accurate HRV Measurements with the Zoom

- The Zoom is highly accurate for HR (heart rate) measurements. Using the Zoom app with the Zoom device provides excellent biometric data for workouts, particularly cadence sports like swimming, running and bicycling.
- If you use the Zoom app for workouts, sleep and blue light exposure you may need to re-sync the Zoom to SweetBeat for HRV sessions.
- The Zoom automatically records HRV during the night after the first stage of deep sleep. The Zoom app will also record HRV when you sync if you are wearing the device. The Zoom app will also pull any HRV readings into Vscan whenever you use the HRV mode for SweetBeat. We do not recommend that you rely on the accuracy of these readings unless you know there was no movement during the session.
- We also recommend running your HRV for Training in SweetBeat upon waking since it provides the most accurate measurement of your recovery from your previous day's training and activities.
- Our R&D team is working with LifeTrak to pull workout data, battery info and blue light exposure in SweetBeat! Stay tuned for updates to your SweetBeat app.
- The Zoom device requires additional user interface than heart rate monitor chest straps. Learn the modes, vibrations and indicator lights on the Zoom, and you will be able to run SweetBeat sessions with ease.
- If the connection lost popup is displayed and you have run an HRV session in SweetBeat for at least 2 minutes, you can dismiss the popup and save your session.
- If you have continued difficulties with connectivity, charge your Zoom and re-sync to SweetBeat.

