

Metabolic Harmony + QuickStart Guide

Thank you for taking your health into your own hands! Metabolic Harmony + will use HRV along with your subjective information to provide you with daily insights to improve your overall well-being. This QuickStart Guide will walk you through the steps to run your first session which in a nut shell involves:

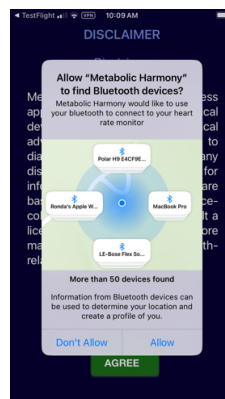
- Launch app
- Answer questions and agree to disclaimer
- Create an account or skip. You can still use app without an account.
- Pair your heart rate monitor
- Run a session while also answering some one-time questions
- At the end of session, answer daily subjective questions
- Review your insights!

Heart Rate Monitor

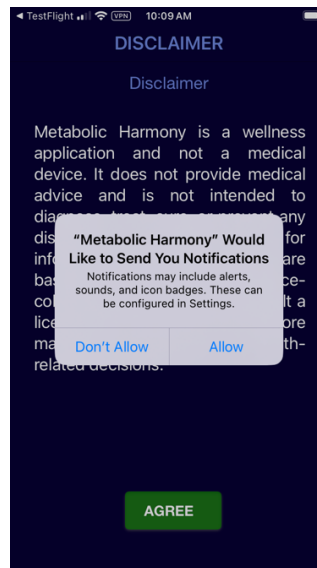
First you need to purchase your heart rate monitor from our list of [supported devices](#). For chest straps be sure it is properly attached, and if necessary, use water or water-based lubrication on the electrodes (the plastic parts of the strap left and right of the transmitter) to improve conductivity.

Launch Metabolic Harmony +

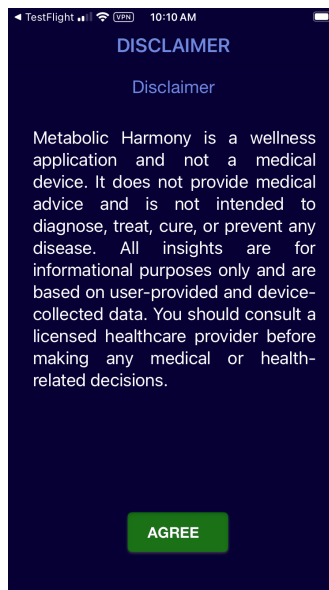
When you first launch the app, you will have several questions and settings to attend to that are only required on the initial launch. The first thing that will come up is a request for permission to access Bluetooth. This is required to connect to your heart rate monitor. Please select “allow”.



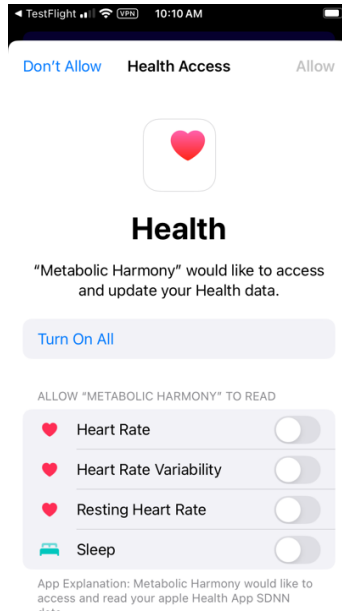
Next you can enable notifications. This will let you set a reminder to do your daily reading. You can change this later in settings.



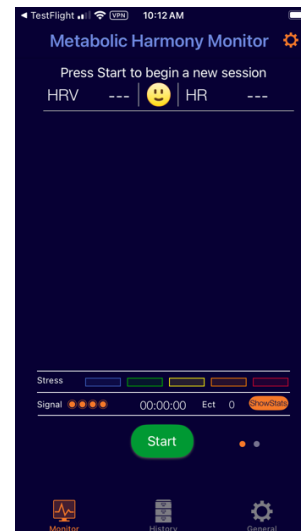
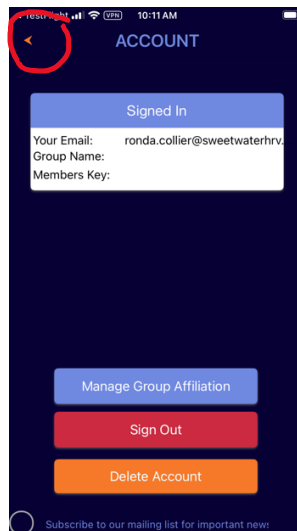
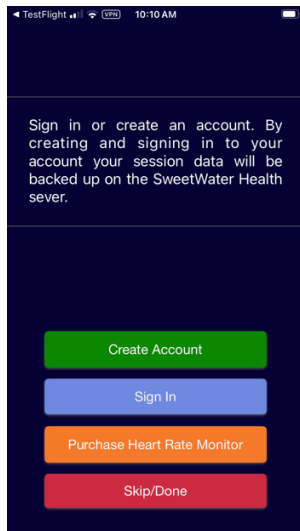
By agreeing to the disclaimer you acknowledge that Metabolic Harmony+ is not a medical device, etc. Please read and accept. You will be unable to use the app if you do not accept.



If you would like to interface to Apple Health you can turn on all, some or none to import to app. We do not use your data it is for your convenience to see it in Metabolic Harmony +.



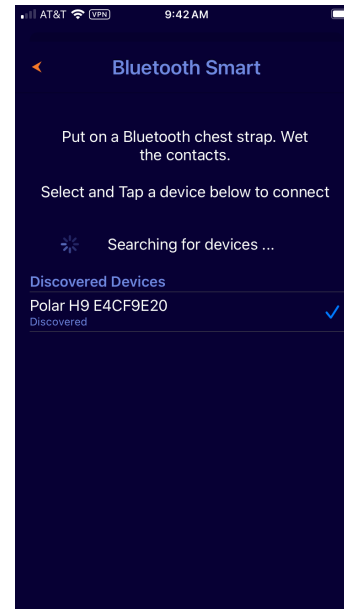
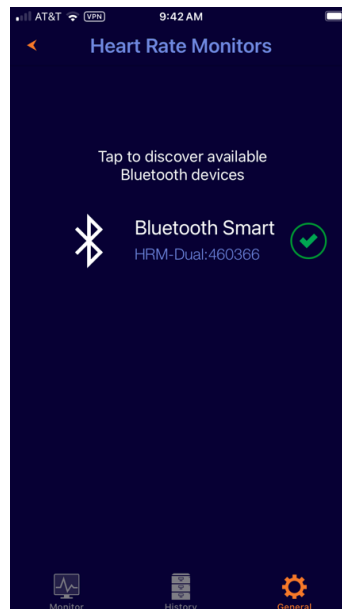
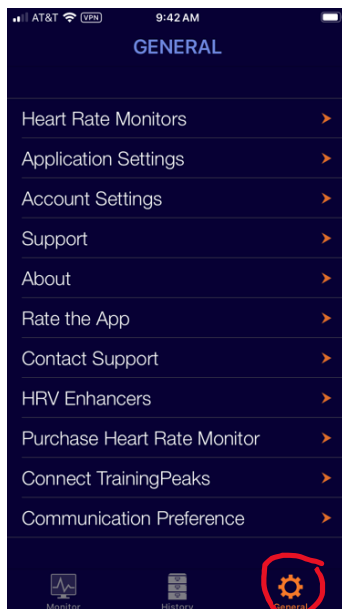
You will then be prompted to create an account. This allows you to upload and save your sessions. An account is not required to use Metabolic Harmony .



If you create an account, you will be given an opportunity to join a group, as offered by your coach or health professional. If you are not part of a group tap the orange arrow at the top left of the screen, then select Skip/Done. You are now on the main monitor screen.

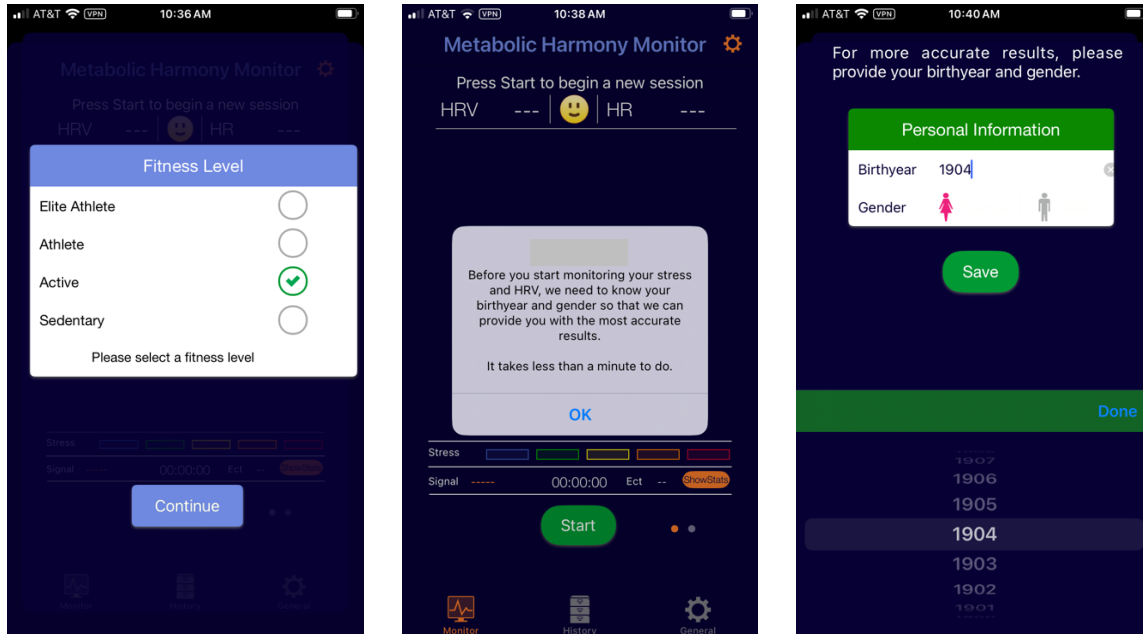
Once you are wearing your heart rate monitor, pair it in the MetabolicHarmony+ app.

- Select the General tab at the bottom of the main screen
- Select Heart Rate Monitors
- Select Bluetooth Smart
- Then select your device

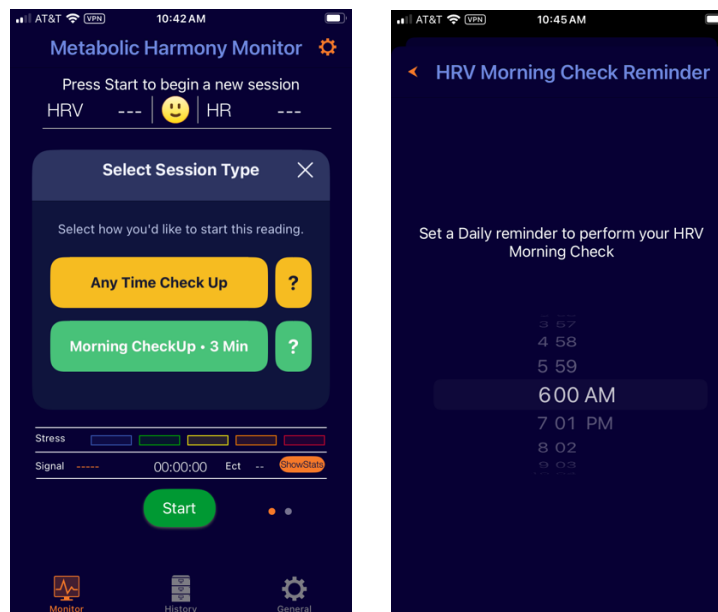


Start Session

- Return to the Monitor screen by select “Monitor” in the menu tab
- Press the Start button to start your session.
 - You will be prompted to enter your fitness level the first time.
- Press Start again.
 - You will be prompted to enter you birth year and gender only on the first use. Because HRV varies with age and gender, this will help the algorithm give you better insights.

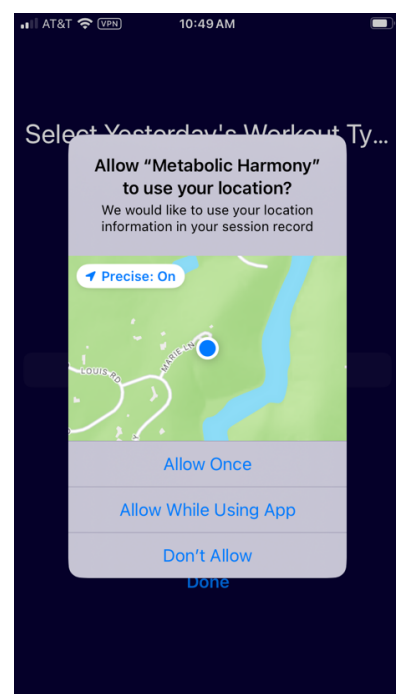
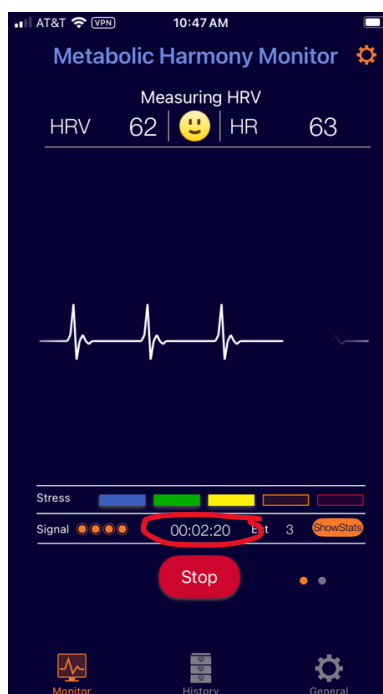
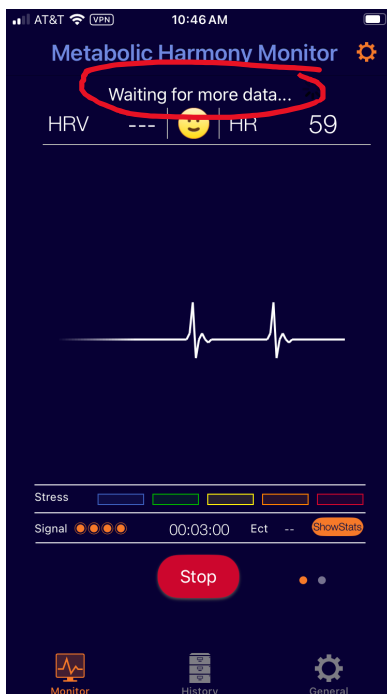


- Press Start to select session type. Select “Morning Checkup”.
 - Morning CheckUp will be your usual selection for daily insights. It is a 3 minute session performed while still in bed or shortly after rising
 - Any Time Checkup lets you do an HRV session for longer than 3 minutes, any time of the day.
 - On your first session, Select Reminder time.

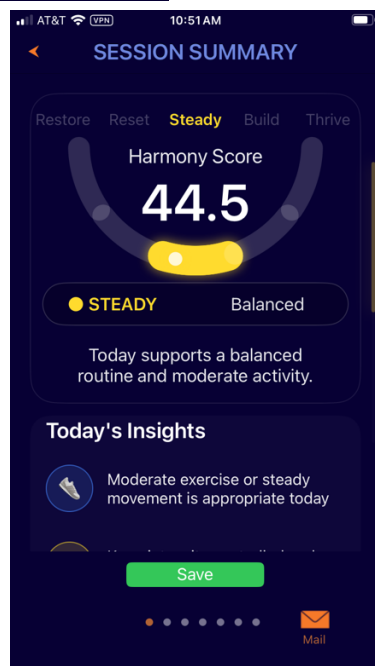
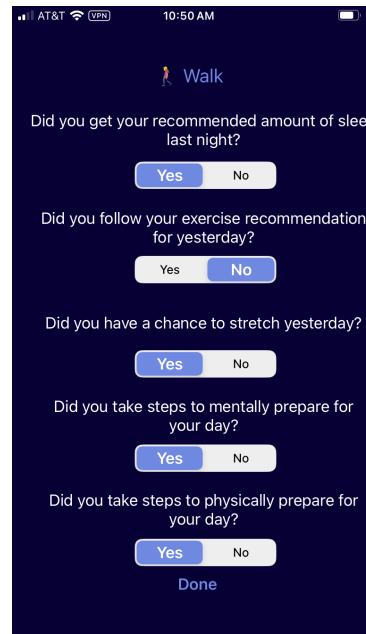
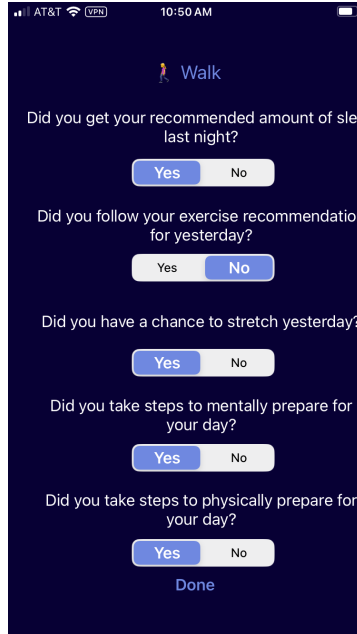
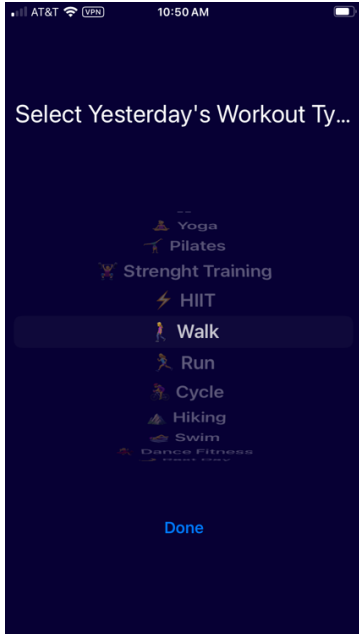


- Ok we are finally there! Press Start and select Morning Checkup.

- You will see the heartbeat animation along with other information. When you first start a session, the app needs to collect some heart rate data before it can display HRV or stress information. This happens every session.
- Once enough data is collected, you will see an HRV value and the stress bar will display between relaxed blue and higher stress red. Also the 3 minute counter will start counting down.
- At the end of the first session, you can select whether you want to record your location. This is a one and done question that can be changed later in settings. This can help you if you travel a lot and want to know where you slept!



- At the end of your 3 minute Morning Checkup, you will be presented with a few screens of questions that are used to create your daily insights. Once you have answered these, your insights screen is available to help guide your day.



That's it! You have taken the first step into a new and more vibrant you!