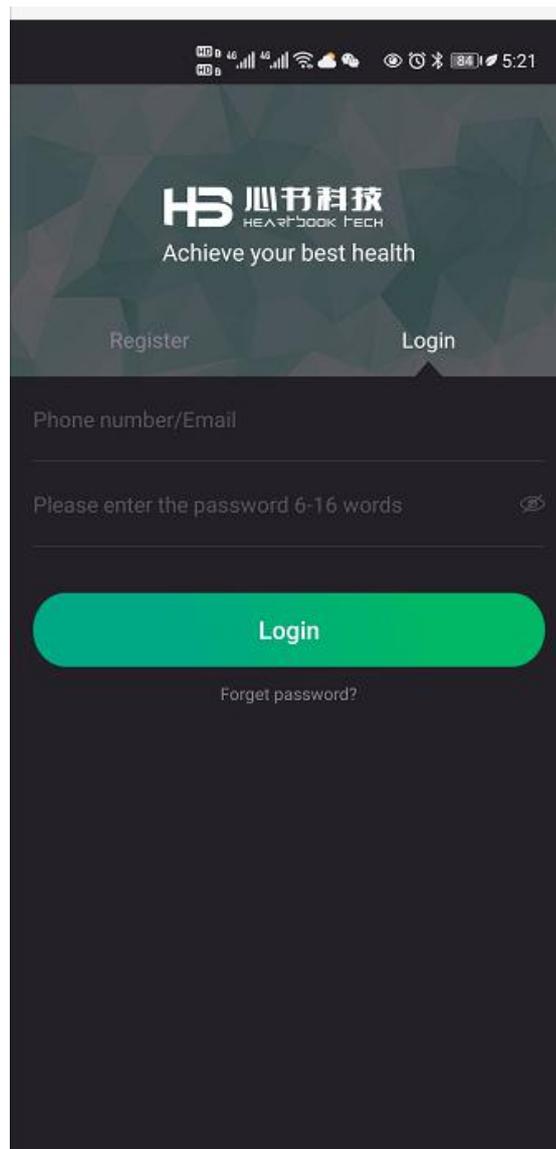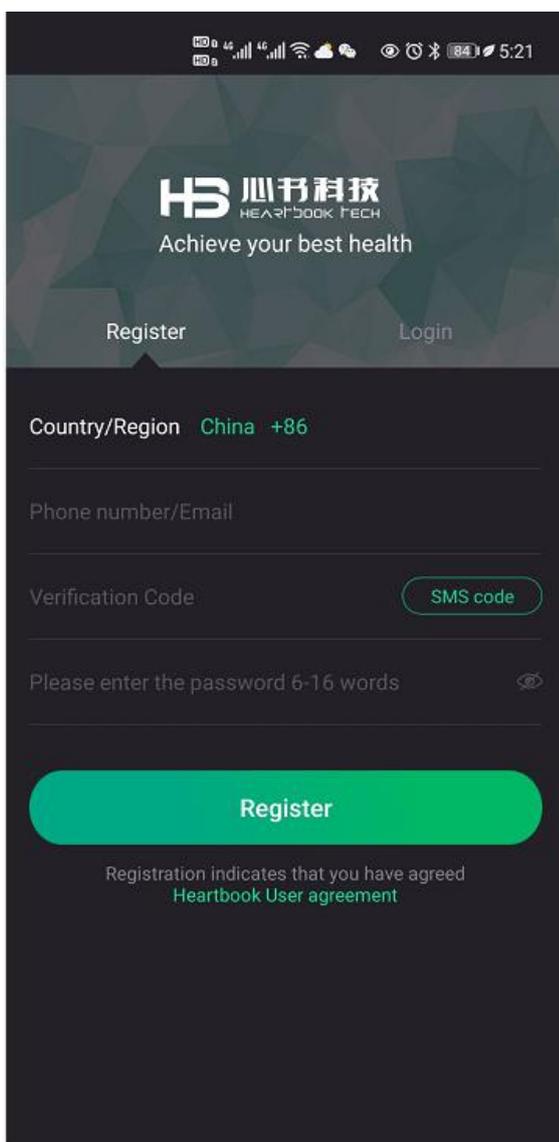**Step 1 :** Download "HeartBook" APP on Google Play or Apple Store, and have it installed on your phone.

Step 2 : Please register by your personal phone number of email, and choose the correct "Country/Region". Save the your passwords well.
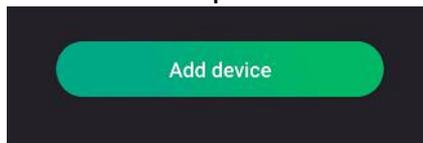
After you register successfully, then log in the APP.

Step 3: Long press (for 3 seconds) the power button on the back of the device until the blue light is on.
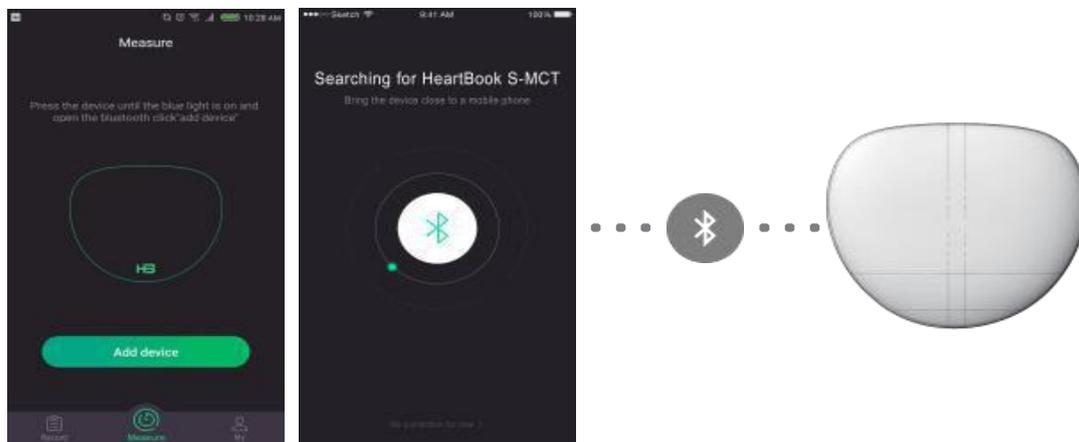

Step 4: Keep the device closer to a cell phone with Bluetooth enabled, and

turn on the APP, then tap [Add device] to scan the device automatically.

Remark: If the scan fails, tap "manual connection" to select nearby devices.
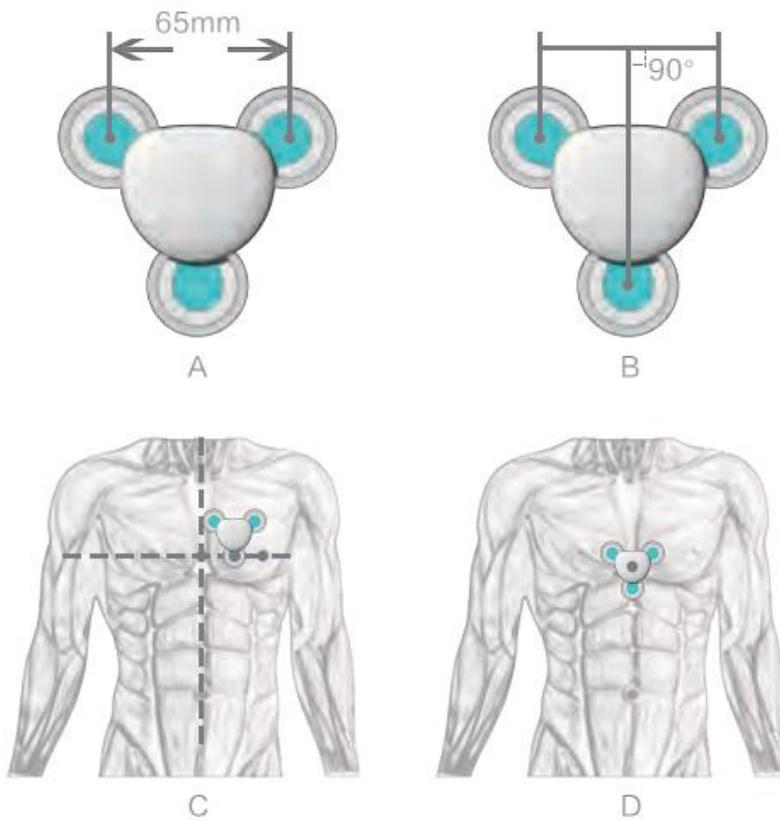
Step 5 : After getting connected successfully, please follow the illustrations for proper electrode assembly and wear as per below figures.
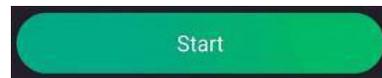

After assembly:

65mm

90°

A

B

C

D

Step 5 : Enter the measurement interface, tap

Start

to start measurement, and tap "Stop"

Stop 00:01:10 Pause

to end the measurement.

0%   Measure   Alarm setting

Abnormal

00 ♥ bpm

--   --

Resp.   Pose

Sliding left to get more information

Start

Record   Measure   Mine

100%   Measure   Alarm set off

Gain 5mm/mV   Speed 50mm/s

Normal heart rate

60 ♥ bpm

41/min   ↑

Respiration rate   Pgesture

Stop 00:01:10 Pause

Record   Measure   Mine
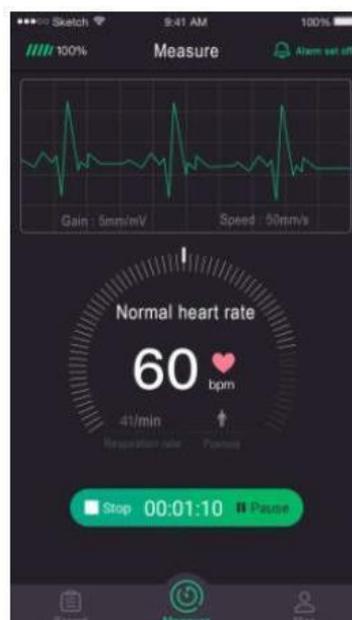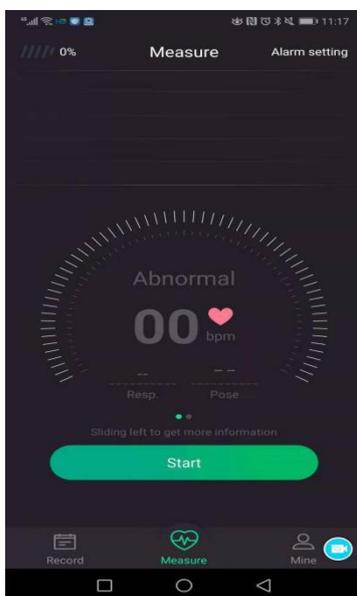
Step 6 : After you choose to stop the measurement, get HeartBook report by steps of : Records ⟹ choose the date ⟹ Report ⟹ Check the report

Holter Monitoring Report

Patient information

Name:sarah   Gender:male   Age:23
Test date:2020-01-09   Physician: Diagnose date:2020-01-09

Statistical analysis of results
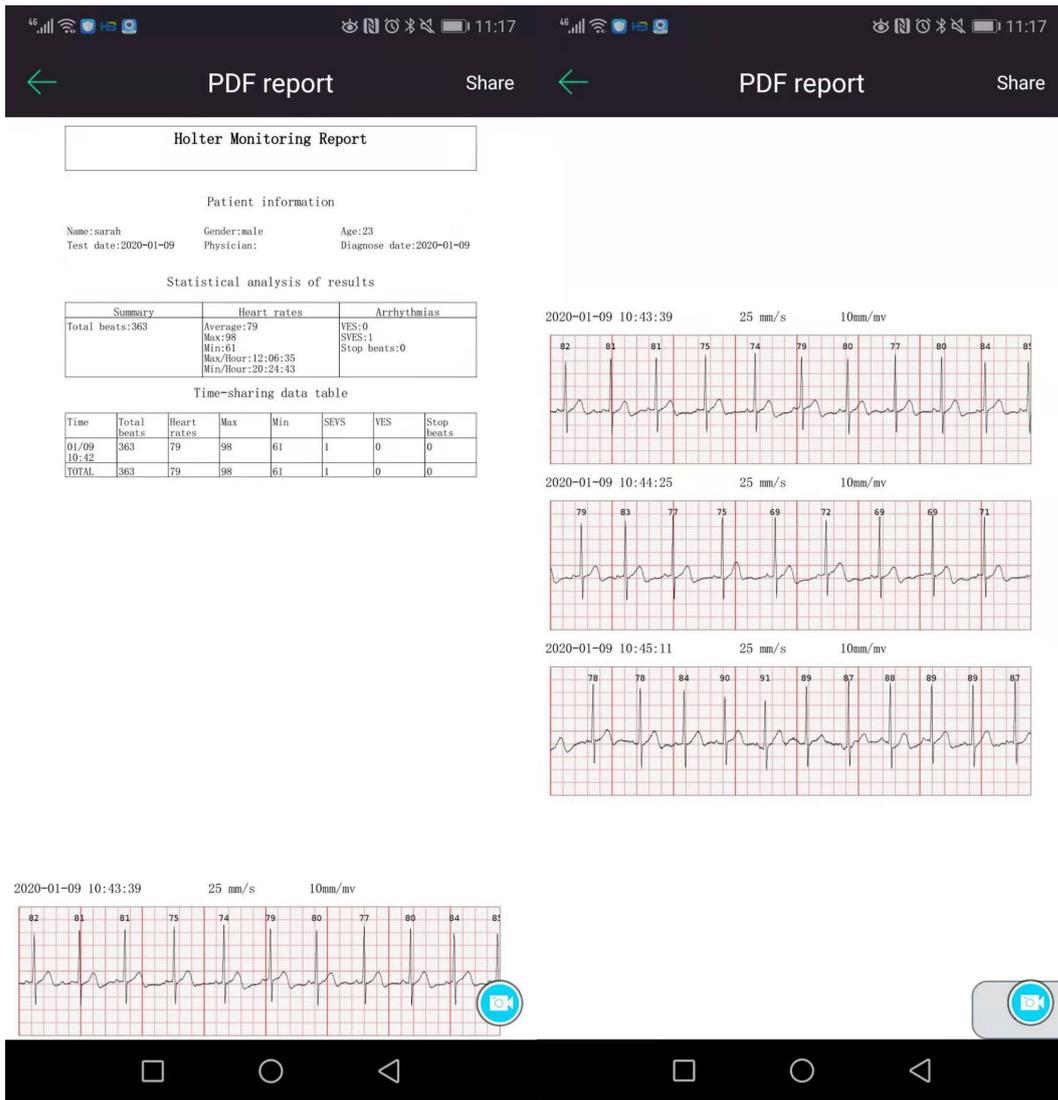
Summary	Heart rates	Arrhythmias
Total beats:363	Average:79 Max:98 Min:61 Max/Hour:12:06:35 Min/Hour:20:24:43	VES:0 SVES:1 Stop beats:0

Time-sharing data table

Time	Total beats	Heart rates	Max	Min	SEVS	VES	Stop beats
01/09 10:42	363	79	98	61	1	0	0
TOTAL	363	79	98	61	1	0	0

2020-01-09 10:43:39   25 mm/s   10mm/mv

2020-01-09 10:43:39   25 mm/s   10mm/mv

2020-01-09 10:44:25   25 mm/s   10mm/mv

2020-01-09 10:45:11   25 mm/s   10mm/mv

Step 7: If you want to see the electrocardiogram, please tap the "Details" on the report interface and you will see as below:

HR details

10mm/mV   25mm/s

00:00:25   00:03:08
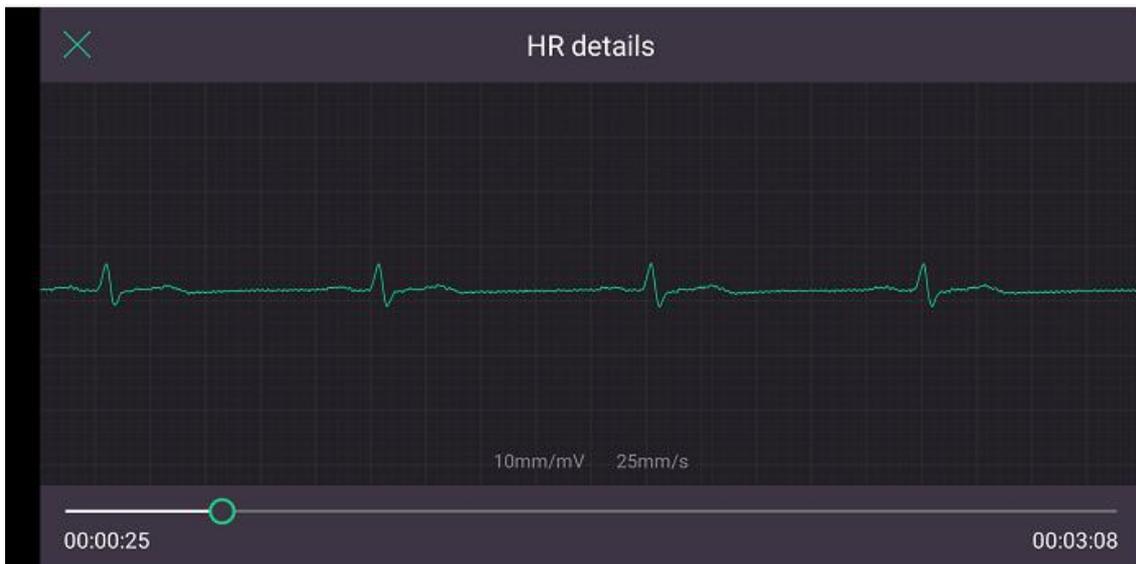
Step 8 : Share the PDF report -- Tap `Share` to share the PDF report by Whatsapp, Email or other media tools you have.