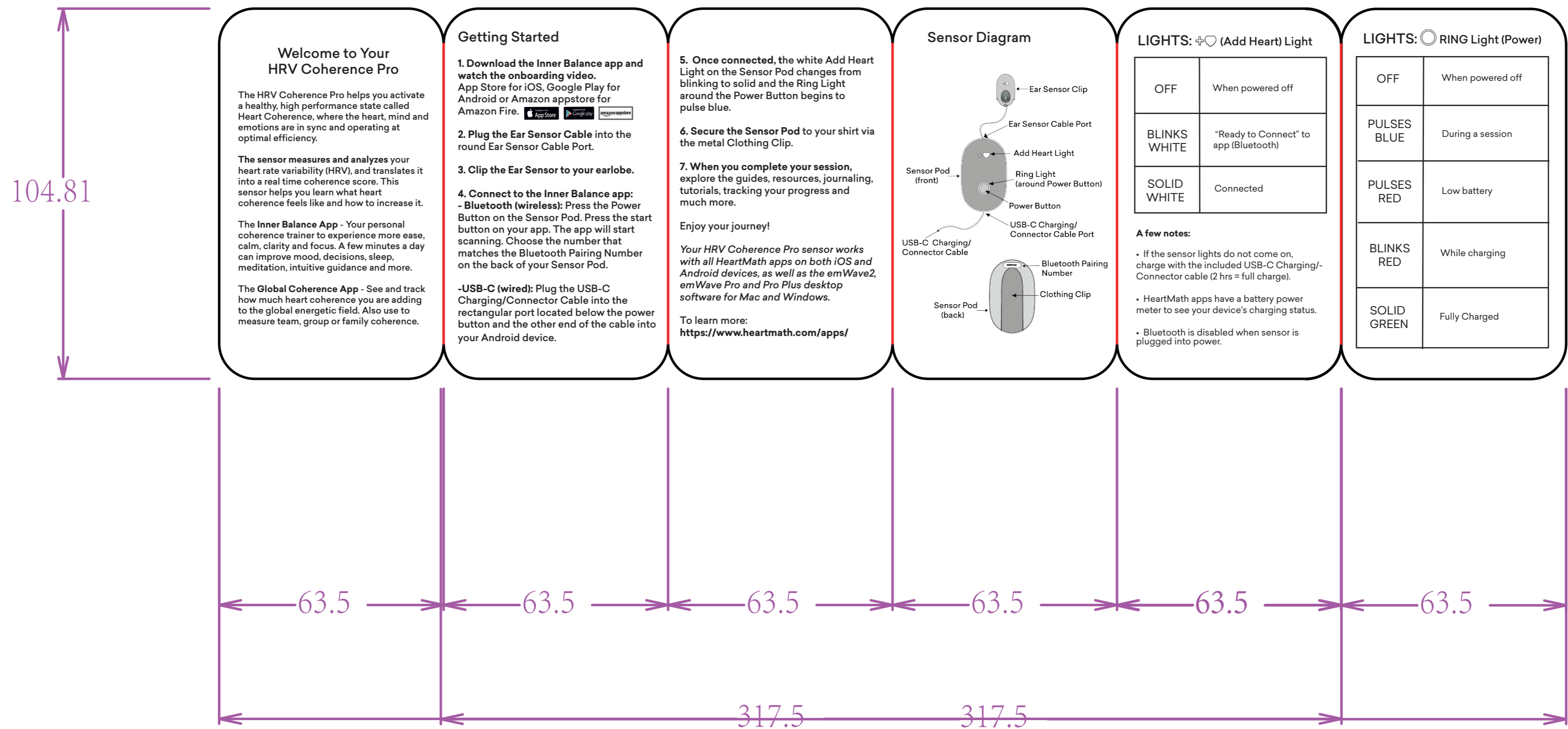


# Booklet-Page 1



## Welcome to Your HRV Coherence Pro

The HRV Coherence Pro helps you activate a healthy, high performance state called Heart Coherence, where the heart, mind and emotions are in sync and operating at optimal efficiency.

The sensor measures and analyzes your heart rate variability (HRV), and translates it into a real time coherence score. This sensor helps you learn what heart coherence feels like and how to increase it.

The Inner Balance App - Your personal coherence trainer to experience more ease, calm, clarity and focus. A few minutes a day can improve mood, decisions, sleep, meditation, intuitive guidance and more.

The Global Coherence App - See and track how much heart coherence you are adding to the global energetic field. Also use to measure team, group or family coherence.

## Getting Started

1. Download the Inner Balance app and watch the onboarding video. App Store for iOS, Google Play for Android or Amazon appstore for Amazon Fire.

2. Plug the Ear Sensor Cable into the round Ear Sensor Cable Port.

3. Clip the Ear Sensor to your earlobe.

4. Connect to the Inner Balance app: - Bluetooth (wireless): Press the Power Button on the Sensor Pod. Press the start button on your app. The app will start scanning. Choose the number that matches the Bluetooth Pairing Number on the back of your Sensor Pod.

-USB-C (wired): Plug the USB-C Charging/Connector Cable into the rectangular port located below the power button and the other end of the cable into your Android device.

5. Once connected, the white Add Heart Light on the Sensor Pod changes from blinking to solid and the Ring Light around the Power Button begins to pulse blue.

6. Secure the Sensor Pod to your shirt via the metal Clothing Clip.

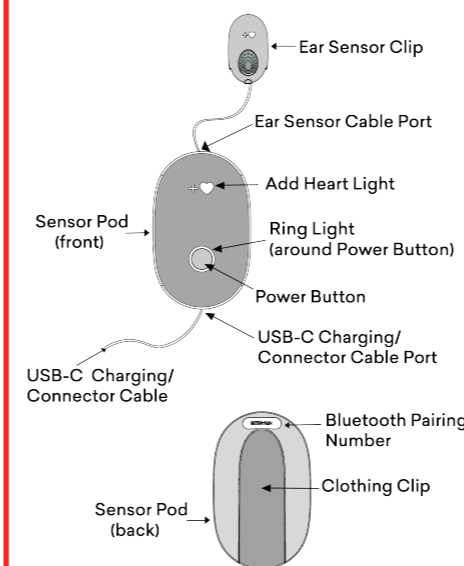
7. When you complete your session, explore the guides, resources, journaling, tutorials, tracking your progress and much more.

Enjoy your journey!

Your HRV Coherence Pro sensor works with all HeartMath apps on both iOS and Android devices, as well as the emWave2, emWave Pro and Pro Plus desktop software for Mac and Windows.

To learn more: <https://www.heartmath.com/apps/>

## Sensor Diagram



## LIGHTS: Add Heart Light

OFF	When powered off
BLINKS WHITE	"Ready to Connect" to app (Bluetooth)
SOLID WHITE	Connected

### A few notes:

- If the sensor lights do not come on, charge with the included USB-C Charging/Connector cable (2 hrs = full charge).
- HeartMath apps have a battery power meter to see your device's charging status.
- Bluetooth is disabled when sensor is plugged into power.

## LIGHTS: RING Light (Power)

OFF	When powered off
PULSES BLUE	During a session
PULSES RED	Low battery
BLINKS RED	While charging
SOLID GREEN	Fully Charged

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<p><b>Make Practice a Habit</b></p> <p>With practice, you'll feel calmer, more centered and focused – and enjoy a 'carryover effect' into your next activity. You will access more intuitive discernment to make better decisions.</p> <p>This self-empowering technology uses heart rhythm feedback to tell you when you're on the right track. A quick and easy 3-5 minute session a few times a day is enough to make a meaningful difference.</p> <p>To access additional free training resources go to:</p> <ul style="list-style-type: none"> <li> <b>The HeartMath Experience 90 minute free online video program</b> <a href="http://www.heartmath.com/experience">www.heartmath.com/experience</a></li> <li> <b>Free Product Tutorial videos</b> <a href="https://www.heartmath.com/heart-math-technology-free-training/">https://www.heartmath.com/heart-math-technology-free-training/</a></li> </ul> <p><i>Je HRV Coherence Pro-sensor werkt met alle HeartMath-apps op iOS- en Android-apparaten, evenals de emWave2-, emWave Pro- en Pro Plus-desktopsoftware voor Mac en Windows. Meer informatie: <a href="https://www.heartmath.com/apps/">https://www.heartmath.com/apps/</a></i></p>	<p><b>Instructies</b></p> <ol style="list-style-type: none"> <li>Download de Inner Balance App en bekijk de onboard-ingvideo. App Store voor iOS, Google Play voor Android of Amazon appstore voor Amazon Fire.</li> <li>Sluit de Oorsensorkabel aan op de ronde Oorsensorkabel-poort.</li> <li>Zet de Oorsensoreclip op je oorlel.</li> <li>Verbind met de Inner Balance App: - Bluetooth (draadloos): Druk op de aan-/uitknop op de Sensor Pod. Druk op de startknop van je app. De app begint met scannen. Kies het nummer dat overeenkomt met het Bluetooth-koppelingnummer op de achterkant van je Sensor Pod.</li> <li>USB-C (bedraad): Sluit de USB-C oplaad-/aansluitkabel aan op de rechthoekige poort onder de aan-/uitknop en sluit het andere uiteinde van de kabel aan op je Android-apparaat.</li> <li>Zodra je het hebt aangesloten, verandert het witte lampje "Hart Toevoegen" op de Sensor Pod van knipperend naar continu brandend en begint het ringlampje rond de aan-/uitknop blauw te knipperen.</li> <li>Wanneer je klaar bent met het gebruik, bekijk de gidsen, bronnen, journaling, tutorials, het bijhouden van je voortgang en nog veel meer.</li> </ol> <p>Geniet van je avontuur!</p> <p><i>Je HRV Coherence Pro-sensor werkt met alle HeartMath-apps op iOS- en Android-apparaten, evenals de emWave2-, emWave Pro- en Pro Plus-desktopsoftware voor Mac en Windows. Meer informatie: <a href="https://www.heartmath.com/apps/">https://www.heartmath.com/apps/</a></i></p>	<p><b>Instrucciones</b></p> <ol style="list-style-type: none"> <li>Download the Inner Balance App Descárgate la app Inner Balance y mira el video de iniciación. App Store para iOS, Google Play para Android o Amazon appstore para Amazon Fire.</li> <li>Enchufa el cable del sensor del oído en el puerto redondo del cable del sensor del oído.</li> <li>Engancha la pinza del sensor de oreja a tu lóbulo.</li> <li>Conéctate a la aplicación Inner Balance- Bluetooth (si cables): Pulsa el botón de encendido del Sensor Pod. Pulsa el botón de inicio de tu app. La app comenzará a escanear. Elige el número que coincida con el número de emparejamiento Bluetooth que aparece en la parte posterior de tu Sensor Pod.</li> <li>USB-C (con cable): Enchufa el cable de carga/conector USB-C en el puerto rectangular situado debajo del botón de encendido y el otro extremo del cable en tu dispositivo Android.</li> <li>Una vez conectado, la luz blanca "Add Heart" del Sensor Pod pasará de parpadear a ser sólida y la luz del anillo que rodea el botón de encendido comienza a parpadear en azul.</li> <li>Como termines tu sesión, explora las guías, los recursos, el diario, los tutoriales, el seguimiento de tu progreso y mucho más.</li> </ol> <p>¡Disfruta de tu viaje!</p> <p><i>Tu sensor HRV Coherence Pro funciona con todas las aplicaciones de HeartMath tanto en dispositivos iOS como Android, así como con el software de escritorio emWave2, emWave Pro y Pro Plus para Mac y Windows. Para saber más: <a href="https://www.heartmath.com/apps/">https://www.heartmath.com/apps/</a></i></p>	<p><b>Anleitung</b></p> <ol style="list-style-type: none"> <li>Lade dir die Inner Balance-App herunter und schau dir das Einführungsvideo an. Die App findest du im App Store für iOS, bei Google Play für Android oder im Amazon Appstore für Amazon Fire.</li> <li>Stecke das Ohrsensorkabel in den runden Ohrsensorkabelanschluss.</li> <li>Klemme den Ohrsensore-Clip an dein Ohrhäppchen an.</li> <li>Verbinde die Inner Balance App - Bluetooth (drahtlos): Drücke die Einschalttaste am Sensor-Pod. Tippe nun auf die Starttaste in deiner App. Die App beginnt mit dem Scannen. Wähle nun die Nummer, die mit der Bluetooth-Kopplungsnummer auf der Rückseite deines Sensor Pods übereinstimmt.</li> <li>USB-C (per Kabel): Stecke dein USB-C-Ladekabel in den rechteckigen Anschluss unter der Einschalttaste und das andere Ende des Kabels in dein Android-Smartphone.</li> <li>Sobald die Verbindung hergestellt ist, wechselt das weiße Herz-Licht auf dem Sensor-Pod von Blinken zu permanentem Leuchten und das Ring-Licht um die Einschalttaste beginnt blau zu pulsieren.</li> <li>Befestige nun den Sensor Pod mit dem metallenen Clip an deinem Shirt.</li> <li>Sobald du deine Session beendest, kannst du die Guides, Quellen, Aufzeichnungen, Tutorials, die Verfolgung deines Fortschritts und vieles mehr ansehen.</li> </ol> <p>Viel Spaß dabei!</p> <p><i>Dein HRV Coherence Pro Sensor funktioniert mit allen HeartMath-Apps auf iOS- und Android-Geräten sowie mit der emWave2, emWave Pro und Pro Plus Desktop-Software für Mac &amp; Windows. Erfahre mehr unter: <a href="https://www.heartmath.com/apps/">https://www.heartmath.com/apps/</a></i></p>	<p><b>Instructions</b></p> <ol style="list-style-type: none"> <li>Téléchargez l'application Inner Balance et regardez la vidéo d'accueil. App Store pour iOS, Google Play pour Android ou Amazon appstore pour Amazon Fire.</li> <li>Branchez le câble du capteur auriculaire dans le port rond du câble du capteur auriculaire.</li> <li>Fixez le clip du capteur auriculaire à votre lobe d'oreille.</li> <li>Connectez-vous à l'application Inner Balance - Bluetooth (sans fil): Appuyez sur le bouton d'alimentation de l'oreillette. Appuyez sur le bouton de démarrage de votre application. L'application commence à scanner. Choisissez le numéro qui correspond au numéro de jumelage Bluetooth à l'arrière de votre Sensor Pod.</li> <li>USB-C (avec fil): Branchez le câble de chargement/connexion USB-C dans le port rectangulaire situé sous le bouton d'alimentation et l'autre extrémité du câble dans votre appareil Android.</li> <li>Une fois la connexion établie, le voyant blanc "Add Heart" du capteur passe de clignotement à la lumière fixe et l'anneau lumineux autour du bouton d'alimentation commence à émettre des impulsions bleues.</li> <li>Fixez le Sensor Pod à votre chemise à l'aide de la pince à vêtements métallique.</li> <li>Lorsque vous aurez terminé votre session, explorez les guides, les ressources, le journal, les tutoriels, le suivi de vos progrès et bien plus encore.</li> </ol> <p>Profitez de votre voyage !</p> <p><i>Votre capteur VRC Coherence Pro fonctionne avec toutes les applications HeartMath sur les appareils iOS et Android, ainsi qu'avec les logiciels de bureau emWave2, emWave Pro et Pro Plus pour Mac et Windows. Pour en savoir plus : <a href="https://www.heartmath.com/apps/">https://www.heartmath.com/apps/</a></i></p>	<p><b>Warranty Statement</b></p> <p><b>Limited Warranty</b> The pulse sensor and peripheral accessories are warranted to the original owner for a period of One Year from the date of purchase against defects in manufacturing by HeartMath, Inc. or its authorized distributors. This Limited Warranty is void if failure of the hardware has resulted from accident, abuse, or misapplication.</p> <p><b>What HeartMath will do</b> If the pulse sensor develops a defect within the one year period, the sensor will be repaired or replaced with a new or thoroughly reconditioned and inspected unit. Proof of purchase is required. If proof of purchase is missing or product was not purchased new, the warranty will be based on the manufacture date of the pulse sensor. For peripheral accessories, a One Year warranty only applies if purchased new and proof of purchase is provided.</p> <p>For HeartMath's product knowledge base, technical or warranty assistance, please go to <a href="http://www.heartmath.com/support">http://www.heartmath.com/support</a>.</p> <p><b>FCC Statement</b> Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: 1) This device may not cause harmful interference, and 2) this device must accept any interference received, including interference that may cause undesired operation. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures: - Reorient or relocate the receiving antenna. - Increase the separation between the equipment and receiver. - Consult the dealer or an experienced radio/TV technician for help. RF Exposure Information The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure condition without restriction.</p> <p><b>HeartMath - 14700 West Park Avenue, Boulder Creek, CA 95005</b> <a href="http://www.heartmath.com">www.heartmath.com</a> - <a href="mailto:info@heartmath.com">info@heartmath.com</a></p> <p><small>©2018-2023 HeartMath. HeartMath is a registered trademark of Quantum Intech, Inc. For all HeartMath trademarks go to <a href="http://www.heartmath.com/trademarks">www.heartmath.com/trademarks</a></small></p>						
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