Hello

INNER BALANCE™
BLUETOOTH®
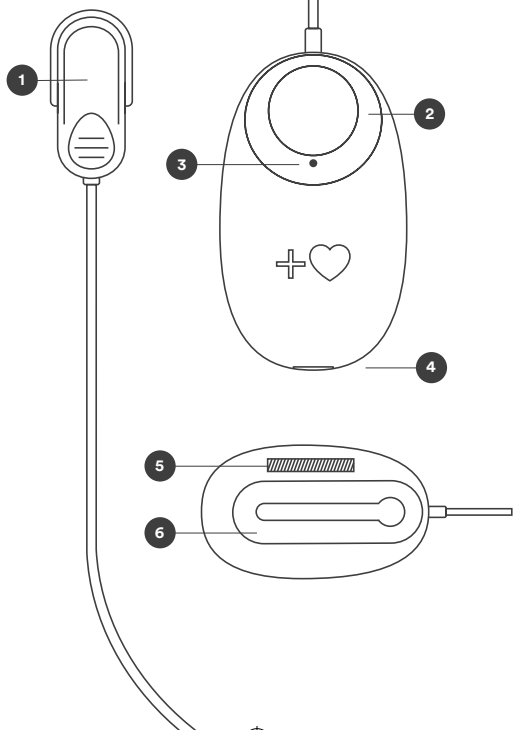
+♥™

**Welcome to your new
Inner Balance® tech product.**

This brief guide shows you how to
pair your Inner Balance product with
your device. Once you start the Inner
Balance app, we'll be right there with
you giving you a quick video tour
of the app's features and what
you can expect.

Add Heart.™

Inner Balance®

1 Ear clip / Ohrclip / Oorclip / Sujeción para la oreja / 耳夾

2 Power button / Einschalttaste / Aan-uit knop / Botón de encendido / 電源按鈕

3 LED light / LED-Licht / Led-lampje / Luz LED / LED 燈

4 USB port / USB-Anschluss / USB-poort / Puerto USB / USB 連接埠

5 Identifier label / Identifikationskennzeichnung / Identificatielabel / Etiqueta de identificador / 識別標籤

6 Clothing clip / Clip zur Befestigung an der Kleidung / Kledingclip / Sujeción para la ropa / 衣夾

Pairing Instructions

1. Attach the USB cord to your Bluetooth® sensor and charge for 2 hours before use.

2. Download and install the Inner Balance App from Google Play for your Android device or from the App Store for your iOS device.

3. With your sensor charged, open the app.

4. Once the Inner Balance app is open, press the power button on the sensor and attach the ear clip to your earlobe. Make sure the LED on the sensor is lit.

5. Select the Inner Balance sensor from the list (ie: HeartMath-HRV-A123). If you are in the vicinity of other HeartMath sensors, make sure you select the one whose last 4 characters correspond to the identifier label located on the back of your sensor.

6. In the app, if you do not see the scan dialog, tap the Start icon on the bottom toolbar to prompt it. If the Start icon is not visible, tap once on the display to bring the toolbar into view.

Now you're ready to begin your Inner Balance experience. Your Inner Balance will automatically pair with your phone in future sessions.

Anschlusshinweise

1. Befestigen Sie das USB-Kabel an Ihrem Bluetooth®-Sensor und laden Sie ihn vor dem Gebrauch für 2 Stunden.

2. Wenn Sie ein Android-Gerät besitzen, können Sie die Inner Balance-App über Google Play herunterladen und installieren, oder wenn Sie ein iOS-Gerät besitzen über den App Store.

3. Wenn Ihr Sensor aufgeladen und bereit ist, öffnen Sie die App.

4. Drücken Sie die Einschalttaste auf dem Sensor und befestigen Sie den Ohrclip an Ihrem Ohrläppchen. Stellen Sie sicher, dass die LED-Diode auf dem Sensor leuchtet.

5. Wenn der Scan-Dialog sichtbar ist, wählen Sie den Inner Balance-Sensor auf der Liste aus (d.h. HeartMath-HRV-A123). Wenn Sie sich in der Nähe anderer HeartMath-Sensoren befinden, stellen Sie sicher, dass Sie den Sensor auswählen, dessen letzte 4 Zeichen mit der Identifikationskennzeichnung übereinstimmen, die sich auf der Rückseite des Sensors befindet.

6. Wenn Sie den Scan-Dialog nicht in der App sehen, tippen Sie auf das Startsymbol auf der unteren Symbolleiste, um ihn aufzurufen. Wenn das Startsymbol nicht sichtbar ist, tippen Sie einmal auf die Anzeige, um die Symbolleiste anzuzeigen.

Aansluit-instructies

1. Bevestig de USB-kabel aan uw Bluetooth®-sensor en laad hem vóór gebruik 2 uur op.

2. Download en installeer de Inner Balance app van Google Play voor uw Android-apparaat, of van de App Store voor uw iOS-apparaat

3. Als uw sensor opgeladen en klaar is, opent u de app.

4. Druk op de aan-uit knop op de sensor en bevestig de oorclip aan uw oorlel. Controleer of het led-lampje op de sensor brandt.

5. Selecteer de Inner Balance-sensor uit de lijst (bijv. HeartMath-HRV-A123). Als u in de buurt van andere HeartMath-sensoren bent, zorg dan dat u diegene kiest waarvan de laatste 4 tekens overeenkomen met het identificatielabel op de achterkant van uw sensor.

6. Als u geen lijst (scandialoogvenster) op de app ziet, dan tikt u op het Start-icoontje op de onderste werkbalk om deze op te roepen. Als het Start-icoontje niet zichtbaar is, tikt u eenmaal op het scherm zodat de werkbalk tevoorschijn komt.

Instrucciones de conexión

1. Conecte el cable USB a su sensor Bluetooth®
   y cárguelo durante 2 horas antes de usarlo.

2. Descargue e instale la aplicación Inner Balance
   de Google Play para su dispositivo Android, o
   de App Store para su dispositivo iOS

3. Con su sensor cargado y listo, abra
   la aplicación.

4. Presione el botón de encendido en el sensor
   y conecte la sujeción para la oreja al lóbulo de
   su oreja. Asegúrese de que la luz LED del
   sensor esté encendida.

6. Cuando vea un cuadro de diálogo de
   escanear, seleccione el sensor Inner Balance
   de la lista (es decir: HeartMath-HRV-A123).
   Si se encuentra próximo a otros sensores de
   HeartMath, asegúrese de seleccionar aquel
   cuyos 4 últimos caracteres correspondan a
   la etiqueta del identificador ubicada en la
   parte posterior de su sensor.

5. En la aplicación, si no ve el cuadro de diálogo
   de escanear, presione el ícono Inicio (Start)
   en la barra de herramientas inferior para
   que aparezca. Si el ícono Inicio no está visible,
   presione una vez sobre la pantalla para qué
   aparezca la barra de herramientas.

配對說明

1. 使用之前,請將 USB 線插入您的 Bluetooth® 傳感器,充電 2 小時。

2. 下传並安裝 Inner Balance 應用程式:安卓裝置, 請從 百度 (Baidu) 下传;iOS 裝置,請從 App Store 下传。

3. 在傳感器已充電且準備好的情況下,開啟應用程式。

4. 按傳感器上的電源按鈕,並將耳夾夾在您的耳垂上。確保傳感器上的 LED 亮起。

5. 當您看到掃描對話方塊時,從清單中選擇 Inner Balance 傳感器 (即:HeartMath-HRV-A123)。如果您在其他 HeartMath 傳感器附近,請確保您所選擇的傳感器的最後 4 個字元對應於您的傳感器背面的識別標籤。

6. 在應用程式中,如果看不到掃描對話方塊,請輕擊底部工具欄上的開始圖示,進行提示。如果開始圖示不可見,輕擊一下顯示屏,讓工具欄進入畫面。

Warranty Statement

Limited Warranty

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, and not by the dealer from whom the equipment was purchased.

This Limited Warranty is void if failure of the hardware has resulted from accident, abuse, or misapplication.

What HeartMath will do:

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.

For HeartMath's product knowledge base, technical or warranty assistance, please go to http://www.heartmath.com/support.

FCC Statement

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.
-- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
-- Consult the dealer or an experienced radio/TV technician for help.

✛♥ HeartMath.

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