



# POLAR VERITY SENSE

OPTICAL HEART RATE SENSOR

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COMPATIBLE WITH



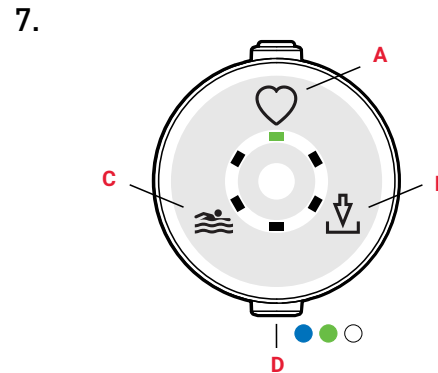
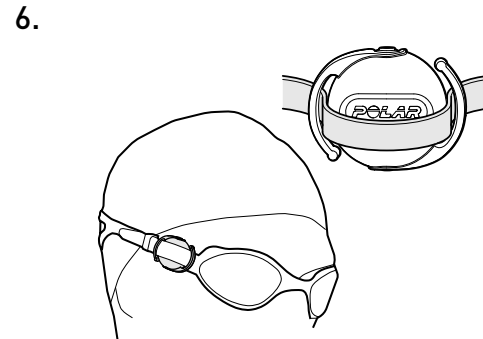
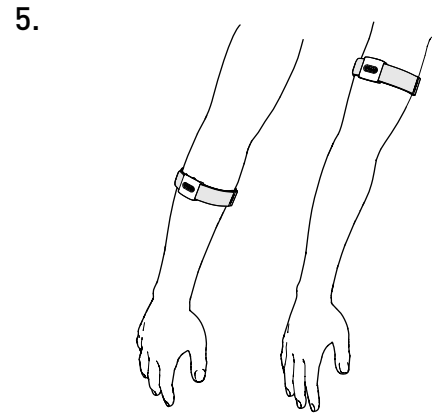
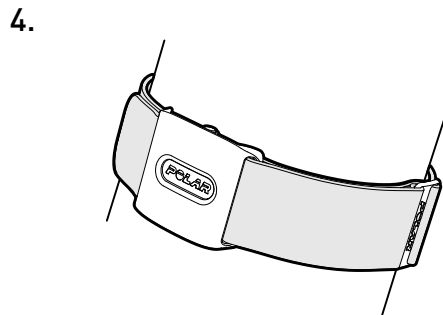
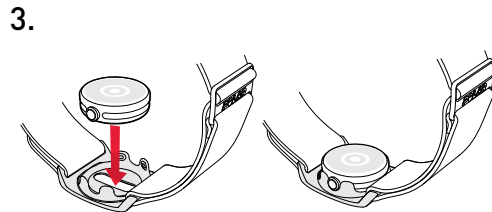
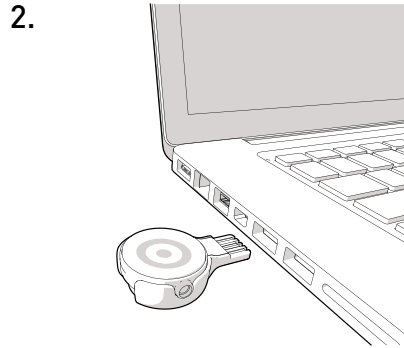
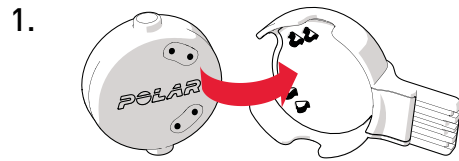
MODEL: 4J

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FIND PRODUCT SUPPORT  
[support.polar.com/en/verity-sense](https://support.polar.com/en/verity-sense)

179XXXXX.00 GEN 10/2020 WINLEE



## ENGLISH

Thanks for choosing Polar! This guide will help you get started with Polar Verity Sense. For more help and product information see [support.polar.com/en/verity-sense](https://support.polar.com/en/verity-sense).

### Charge

Place the sensor into the USB adapter with the lens facing up so that the contacts on the sensor and USB adapter meet (picture 1). Plug the USB adapter into a computer USB port (picture 2) or USB power wall outlet. Do not charge the device when the charging contacts are wet.

### Set up

Download Polar Flow app onto your phone. Turn the sensor on by pressing the button. Flow app discovers the sensor automatically and guides you through the setup. If you want to use a computer, install Polar FlowSync from [flow.polar.com/start](https://www.polar.com/start), run it, plug the sensor into a USB port and follow instructions.

You can use the sensor with dozens of leading fitness apps including Polar apps, as well as with Bluetooth and ANT+ compatible training devices. For instructions on pairing the sensor with the app or the training device, see the app developer's manual or the user guide of your training device.

### How to wear

**Wear on your arm:** Place the sensor into the armband holder with the lens facing up (picture 3). Wear the armband so that the sensor is on the underside of the armband firmly against your skin (picture 4). Wear the armband around your lower or upper arm, not around your wrist (picture 5).

**Wear with swimming goggles:** Place the sensor in the swimming goggle strap clip and attach the clip onto your swimming goggles strap. Wear the sensor on your right temple with the button facing up (picture 6). The lens should touch the bare skin of your temple.

### Start training

Turn the sensor on by pressing the button. The leds indicate which mode is currently active (picture 7). To change the mode, press the button shortly. Choose **(A) heart rate sensor mode** to use the sensor with a compatible device or app, **(B) recording mode\*** to record a training session with the sensor, or **(C) swimming mode\*** to record a pool swimming session. After your choice, all six leds light up and you can start your training session. The led on the side **(D)** blinks blue in heart rate sensor mode, green in recording mode and white in swimming mode. When you're done training press and hold the button until the lights are switched off.

\* Before you can use the sensor in recording or swimming mode, it needs to be linked to your Polar Flow account. This is done during the set up.

The sensor transmits your heart rate signal via Bluetooth and ANT+. You can turn ANT+ heart rate transmission off from the Polar Flow app settings, if you want.

### Care instructions

See the armband care label for washing instructions. Treat the sensor with care. Remove the sensor from the holder by pushing through the hole in the holder.

Information about materials and technical specifications are available in the user manual at [support.polar.com/en/verity-sense](https://support.polar.com/en/verity-sense).

This product is not a toy. Do not allow children or pets to play with this product. This product contains small components that can be a choking hazard.

The radio equipment operates 2.402 - 2.480 GHz ISM frequency band(s) and 3.0 mW maximum power.



Model number: 4J

## POLAR VERITY SENSE

### English

This product is compliant with Directives 2014/53/EU, 2011/65/EU and 2015/863/EU. The relevant Declaration of Conformity is available at [www.polar.com/en/regulatory\\_information](http://www.polar.com/en/regulatory_information).

### Deutsch

Dieses Produkt erfüllt die Anforderungen der Richtlinien 2014/53/EU, 2011/65/EU und 2015/863/EU. Die zugehörige Konformitätserklärung ist erhältlich unter [www.polar.com/de/rechtliche\\_informationen](http://www.polar.com/de/rechtliche_informationen).

### Français

Ce produit est conforme aux dispositions des directives 2014/53/UE, 2011/65/UE et 2015/863/UE. La Déclaration de Conformité correspondante est disponible à l'adresse [www.polar.com/fr/informations\\_reglementaires](http://www.polar.com/fr/informations_reglementaires).

### Ελληνικά

Το προϊόν αυτό είναι συμβατό με την Ευρωπαϊκή Οδηγία 2014/53/EU, 2011/65/EU και 2015/863/EU. Η σχετική Δήλωση συμμόρφωσης είναι διαθέσιμη στην ηλεκτρονική διεύθυνση [www.polar.com/el/regulatory\\_information](http://www.polar.com/el/regulatory_information).

### Nederlands

Dit product voldoet aan de richtlijnen 2014/53/EU, 2011/65/EU en 2015/863/EU. De desbetreffende conformiteitsverklaring is beschikbaar op [www.polar.com/nl/wettelijk\\_verplichte\\_informatie](http://www.polar.com/nl/wettelijk_verplichte_informatie).

### Italiano

Questo prodotto è conforme alle Direttive 2014/53/UE, 2011/65/UE e 2015/863/UE. La Dichiarazione di conformità relativa è disponibile sul sito [www.polar.com/it/informazioni\\_normative](http://www.polar.com/it/informazioni_normative).

### Español

Este producto cumple con las Directivas 2014/53/UE, 2011/65/UE y 2015/863/UE. La Declaración de conformidad correspondiente se puede encontrar en [www.polar.com/es/informacion\\_reguladora](http://www.polar.com/es/informacion_reguladora).

### Português

Este produto está conforme às Directivas 2014/53/EU, 2011/65/EU e 2015/863/EU. A respectiva Declaração de Conformidade está disponível em [www.polar.com/pt/informacao\\_regulatoria](http://www.polar.com/pt/informacao_regulatoria).

### Suomi

Tämä tuote on direktiivien 2014/53/EU, 2011/65/EU ja 2015/863/EU mukainen. Asiaankuuluva Vaatimustenmukaisuusvakuutus on luettavissa osoitteessa [www.polar.com/fi/lainsaadannolliset\\_tiedot](http://www.polar.com/fi/lainsaadannolliset_tiedot).

### Svenska

Denna produkt uppfyller direktiven 2014/53/EU, 2011/65/EU och 2015/863/EU. Tillämplig försäkran om överensstämmelse finns tillgänglig på [www.polar.com/sv/gallande\\_bestammelser](http://www.polar.com/sv/gallande_bestammelser).

### Dansk

Dette produkt er i overensstemmelse med direktiv 2014/53/EU, 2011/65/EU og 2015/863/EU. Den relevante Erklæring om overensstemmelse findes på adressen [www.polar.com/da/oplysninger\\_om\\_regulering](http://www.polar.com/da/oplysninger_om_regulering).

### Norsk

Dette produktet er i samsvar med EU-direktivene 2014/53/EU, 2011/65/EU og 2015/863/EU. Den relevante samsvarserklæringen finner du på [www.polar.com/nb/informasjon\\_om\\_forskrifter](http://www.polar.com/nb/informasjon_om_forskrifter).

## Compliance statement

### CANADA

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

Polar Electro Oy n'a approuvé aucune modification apportée à l'appareil par l'utilisateur, quelle qu'en soit la nature. Tout changement ou toute modification peuvent annuler le droit d'utilisation de l'appareil par l'utilisateur.

### Innovation, Science and Economic Development Canada (ISED) regulatory information

This device complies with Innovation, Science and Economic Development Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

This device complies with the safety requirements for RF exposure in accordance with RSS-102 Issue 5 for portable use conditions.

### Avis de conformité à la réglementation d'Innovation, Sciences et Développement économique Canada (ISDE)

Le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Cet appareil est conforme aux exigences de sécurité concernant l'exposition aux RF selon la norme RSS-102, 5ème édition, pour des conditions d'utilisation portable.

### Class B digital device notice

This Class B digital apparatus complies with Canadian RSS-Gen and RSS-247.

Cet appareil numérique de la classe B est conforme à la norme CNR-Gen et CNR-247 du Canada.

CAN ICES-3(B)/NMB-3(B)

### USA

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

### FCC regulatory information

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.

**Note:** 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:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio/ TV technician for help.

This product emits radio frequency energy, but the radiated output power of this device is far below the FCC radio frequency exposure limits. This equipment complies with FCC RF radiation exposure limits for an uncontrolled environment. Nevertheless, the device should be used in such a manner that the potential for human contact with the antenna during normal operation is minimized.