

User Manual



HEARTB:T

REV 2



INTRODUCTION

Dear Customer, congratulations on buying our HeartBit device!

Please read this user manual carefully. Please make sure to check the latest released version of the manual on the **www.theheartbit.com** website.

INTENDED USE & FEATURES

HeartBit fitness monitoring device is intended to use during physical activity, primarily running and walking. With each heartbeat, an electrical impulse travels through your heart. If these impulses are captured properly, a waveform, so called electrocardiogram can be outlined. This waveform reflects the electrical activity of the heart and from its shape numerous heart specific parameters can be read by a professional (PA or cardiologist). To monitor these parameters not only at rest but during physical activity is extremely important as some heart issues only become apparent during exercise. By using HeartBit on regular basis, the body-worn 3-lead fitness monitoring device your heart's electrical activities are captured, safely stored. Please note do not use HeartBit for any purpose other than as specified in this User Manual. HeartBit device only compatible with HeartBit Multi-Sensor T-shirt.

IMPORTANT SAFETY INFORMATION



Please read the User Manual carefully before using HeartBit device. HeartBit is not a medical grade device thus is not designed or intended for diagnosis of any cardiac conditions or to be a replacement for any type of ECG equipment. Interpretations made by this device are potential findings, not a complete diagnosis of cardiac conditions. All interpretations should be reviewed by a medical professional. Always consult your physician before using HeartBit monitor or you begin or modify any exercise program. Please makes sure to review the latest released version of user manual on **www.theheartbit.com**. Please read through these instructions carefully so you will understand all functions and safety information. We want you to be happy with The HeartBit device. If you have any questions, problems or suggestions, please contact The HeartBit Customer Service at support **info@theheartbit.com** or visit our website.





IMPORTANT SAFETY INSTRUCTIONS

Warning: If possible hazardous situations below are not avoided, user injury or even a fatal accident may occur.

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- DO NOT store in extremely hot, cold, humid, wet, or bright conditions.
 - DO NOT expose to strong electromagnetic fields.
 - DO keep components out of reach of children.
 - DO NOT use the Multi-Sensor Top with too much body hair or very dry skin, a successful recording may not be possible.
 - DO NOT drop or bump with excessive force.
 - DO NOT use to diagnose heart related conditions.
 - DO NOT unscrew the device as it may effect the warranty
 - DO NOT wear during magnetic resonance imaging (MRI), cautery and external defibrillation procedures.
 - DO NOT use in the presence of flammable anesthetics, drugs or pressurized oxygen.
 - DO NOT use the device below age of 18 in the European Union or below age 21 in the United States.
 - DO NOT attempt self-diagnosis or self-treatment based on the recording results and analysis.
 - If skin irritation occurs, please immediately contact with a doctor/physician
 - DO NOT use HeartBit for any purpose other than as specified in this manual
 - HeartBit is not suitable for team sports, ball games or swimming.
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Always consult your physician before using The HeartBit monitor or you begin or modify any exercise program. Please makes sure to review the latest released version of user manual on **www.theheartbit.com**.

PACKAGE CONTENTS

HeartBit device



Charger platform



USB-C cable



CLEANING & MAINTENANCE

When the device is not in use, wipe with soft, lint-free or microfiber cloth if necessary. DO NOT wash it as the HeartBit device is not waterproof.

MULTI SENSOR T-SHIRT WASHING INSTRUCTIONS

- Machine Wash, Cold, Gentle (30 °C)
- DO NOT bleach
- DO NOT wring, dry flat
- DO NOT iron
- DO NOT tumble dry

We recommend to wash the T-shirt before your first workout. Wash it with like colors as during laundering color-bleeding may occurs.





THE HEARTBIT CARDIAC SYSTEM

The complete HeartBit System consists of the followings:

1. Heartbit Multi-Sensor T-shirt

Special training top with built-in 3 bipolar-lead ECG system that monitors heart rhythms.

2. Heartbit Device

By connecting to the T-shirt, the device records and store the electrocardiogram, heart rate and workout data.

3. HeartBit Application

The HeartBit application is available in App Store or Google play for iOS and Android phones and watches (with GPS only) respectively.

The application helps you to perform your workouts, summaries your health and workout data and transfers your raw ECG data to the cloud (Member Zone).

4. HeartBit Member Zone

By logging to the Member Zone on the HeartBit website (<https://theheartbit.com/memberzone/login/>) you can find your electrocardiogram, heart rate and workout data displayed and saved.

USING HEARTBIT FOR THE FIRST TIME

Make sure to read the Safety Instructions before using HeartBit device for the first time!

1

Go to App Store or Google Play to download the HeartBit application (internet connection is required).



2

Fill in the mandatory information. If you have an Apple Watch or Android smartwatch don't forget to connect.

Make sure you register your new device



3

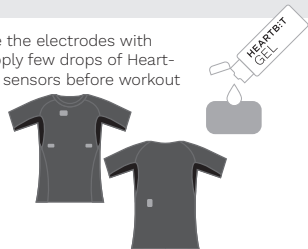
Click HeartBit device settings to register your device

While doing so make sure the device is attached to the charger and its blue light is blinking



4

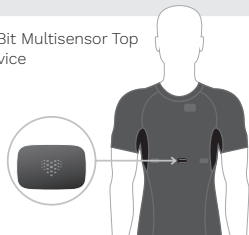
Please moisten the electrodes with water and apply few drops of HeartBit Gel on all sensors before workout



USING HEARTBIT FOR THE FIRST TIME

5

Put on your HeartBit Multisensor Top and attach the device



6

Choose your workout or create a personal training plan



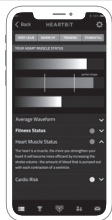
7

Do your best to keep your heart rate in the desired zone



8

Check the summary of your health records after completing your workout



USING HEARTBIT FOR THE FIRST TIME

9

Upload your records to HeartBit Cloud to store your data long term



10

By logging to Member Zone on the theheartbit.com/memberzone/login you can access your raw data



Make sure to read the instructions of the back of the HeartBit gel found in the top's package. HeartBit Gel is a water based conductive gel and intended to reduce resistance between skin and electrodes in order to improve the quality of the signals transmitted to the recording device. Make sure to read the washing instructions provided on the label of the T-shirt.

USING HEARTBIT FOR WORKOUTS – PRIOR AND DURING WORKOUT

1

Choose the right size of the HeartBit Multi-Sensor T-Shirt

It's very important to choose the right size of the T-Shirt. Make sure the t-shirt is tightly fitted on your body and the sensors are contact with your skin (even if you bend over). The more the t-shirt fits your body, the more adherent are the sensors thus the more accurate measurements of your workout can be taken.

3

HeartBit Device

Make sure to charge your HeartBit device using the docking station. To get it fully charge it takes approx. 2 hours (from 0% to 100%). The charging state is indicated by the device's green LED light.

If the device works properly its LED flashes after turning it on. During workout no blinking occurs.

2

HeartBit Multi-Sensor T-shirt

Before you put on the Multi-Sensor T-Shirt make sure to wet the sponge part of the four sensors of the T-shirt (3 on the front, 1 on the back). After watering, apply few drops of the HeartBit gel to all sensors' sponge parts. Put the Multi-Sensor T-Shirt on.

Make sure all sensors are still wet before you start working out and repeat the above steps if needed during your physical activity.

The HeartBit gel coat and the wetting may cause a cool feeling.

4

Phone and smartwatch

If you plan to working out by using your smartphone, start the application on your phone.

If you want to use your smart watch during your workout, start the app on your smart watch.

Either above case is selected, make sure to take that device with you on which the application has been started. Without your phone or smartwatch the app will not be able to record your workout or ECG data.

For the list of compatible smartphones and smartwatches please visit the HeartBit website.

USING HEARTBIT FOR WORKOUTS – AFTER WORKOUT

Uploading your data to HeartBit Member Zone

In order to display your workout and health data in the Member Zone, a synchronization is needed.

We suggest that your phone is connected to the wifi. Due to the big amount of data the synchronization could take up to one third of the total workout time (eg. 20 minutes for a 60-minute run).

Make sure your phone is close to the HeartBit device (within Bluetooth distance, max. 2 meters). It's necessary to keep the constant connection between the two devices as during the synchronization process the application on your phone is going to erase all your recorded data from the HeartBit device and - in the meantime - transfer those to the Member Zone.

1

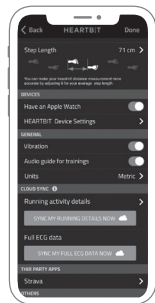
Place the HeartBit device on the charger and make sure its LED is flashing. Make sure that your HeartBit device has been charged at least 40%.

2

Open the application and click on Settings where you can choose from the following two options:

a) By clicking on **“Sync My Running Details Now”** you can upload your running related data such as weather conditions, length, time, map etc. to the Member Zone. In this case your ECG data will not be transferred.

b) By clicking on **“Sync My Full ECG Data Now”** both, the running data (see above at 2.a)) and health data are going to be seen in the Member Zone.






LIMITED WARRANTY

The Manufacturer warrants, to the original purchaser, for a period of one year (1 year) from the initial date of purchase.

This warranty is provided under normal use only, as described in this user manual.

HeartBit products (device and T-shirt) are warranted against defects in material and workmanship. During the warranty period, the company will, at its option, repair or replace products that prove to be defective.



The warranty does not apply to any part of a product that has been altered, repaired, or misused in any way that, in the opinion of Manufacturer, would affect the reliability or detracts from the performance of any part of the product, or is damaged as the result of use in a way or with equipment that had not been previously approved by Manufacturer.

The warranty does not apply to any product or parts thereof where the serial number or the serial number of any of its parts has been altered, defaced, or removed.

Repair or replacement of the HeartBit device does not extend this warranty or begin a new warranty period. When making a claim against this warranty, you will be required to produce an acceptable copy of proof of purchase.

Regarding warranty questions, please contact:

Wearable Health Zrt. Hűvösvölgyi út 42.

Budapest 1021, Hungary

info@theheartbit.com



TROUBLESHOOTING

My HeartBit device is turned on (blinking blue), but when I'm trying to register the device, the application can not found it.

Android: make sure Bluetooth is enabled and try restarting the application (open the Task Switcher and close the application then open the app again)

iOS: make sure Bluetooth is enabled and try restarting the application (press the Home button twice then swipe up the HeartBit application then open the app again)

During an activity the time counter stopped or the displayed values aren't changing.

Android:

1. First try to pause and resume the run
2. If that doesn't help try to restart the application

iOS:

1. First try to pause and resume the run
2. If that doesn't help try to restart the application

ECG data synchronization with the cloud failed

1. Make sure that both the device and your phone are turned on and close to each other
2. Try to upload the data again.

The app can not connect to the HeartBit device.

Check that the serial number of the registered device is the same as the one you are trying to connect to.

- You can check the registered serial number in Settings → HeartBit Device Settings menu (the device has to be turned on)
- You can check the serial number of your device on the bottom of it

Malfunctions

If you suspect malfunctioning of the HeartBit device, please read the next two chapters. As the first step, the Troubleshooting guide provides suggestions for resolving concrete problems. In the chart, you can find the problems and the troubleshooting suggestions. If these suggestions do not solve the problem, the Malfunction management guide helps you/your merchant/distributor in localizing the malfunction as soon as possible.

Please study these chapters in detail in case of a malfunction.

Malfunction: The device cannot be switched on. The suction intensity decreased.

Reason: The plug is not connected. The device switched off due to overuse for security reasons. The HeartBit device got blocked or was incorrectly assembled.



OPERATIONAL REQUIREMENTS

The HeartBit device:


- You must download the free HeartBit App from the App Store for iOS or Google Play for Android
- The first time you use The HeartBit App, an internet connection is required. You must sign up for a free The Heart Bit account via the The HeartBit App.

Apple:

- Operating system iOS 10.0 (or later)
- Apple Watch: watchOS 5.1.2 (or later)



Android:

- Phone operating system: 5.0 Lollipop (or later)
 - Watch with GPS operating system: WearOS 2 (or later)
- 



FAQ

What sports the HeartBit device is recommended for?

- HeartBit is primarily recommended for running, walking (outdoor, indoor). Not suitable for team sports, ball games or swimming!

Why do I need to use HeartBit gel?

- The HeartBit Multi-Sensor Top is recommended to use with water and provided HeartBit gel in the T-Shirt packaging to reduce the resistance between the skin and the sensors before natural sweating (at relaxing status, warm-up session) starts.

Why do I experience GPS deviation?

- There is a minimal difference in the distance on a covered field, on a treadmill or lack of a GPS signal.







HEARTB:T

info@theheartbit.com

