VITALMONITOR NANO MANUAL

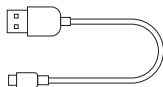# *WELCOME TO VITALMONITOR NANO*

It's great that you've decided to take control of your life. You want to lead a better life, the Vitalmonitor will help you! Like a best friend, it shows you things that you would perhaps rather ignore! Remember: it always has your best interests at heart! Here you can see the contents of your package:
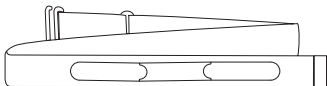

VM Nano

Charger

Charging cable

Chest strap

Manual

Switch on: Moisten the contact points and put the strap on. The Vitalmonitor NANO (VM NANO) switches on automatically.

Note: The VM Nano only switches on as soon as you wear it and it recognizes your heartbeat!

Switch off: Unclip the strap from the sensor at one of the two contact points.

1. take the VM NANO out of the packaging.
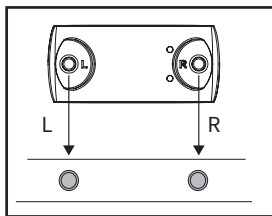
2. download the Vitalmonitor app.

Android: Search for „Vitalmonitor" in the Play Store. iOS: Search for „Vitalmonitor" in the App Store

3. start the app and register.

4. moisten the contact points and place the VM NANO around your chest

5. select the menu item „Measurement" in the app and select „Morning measurement" - the measurement starts now!
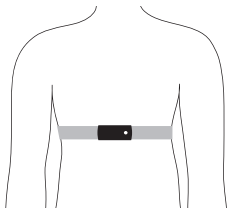
Moisten contact
points.

Connect the VM
NANO to the chest
strap. Note left and
right!

L   R

Buckle the chest strap
comfortably tight
around the chest so
that the contact points
lie well against the skin.

CONNECTION PROBLEMS?

Note that the VM Nano does not have to be paired. Start the app & start the measurement there.

ANDROID:

For the VM NANO to work, the location detection for the Vitalmonitor app must be switched on in Android. Unfortunately, this is necessary for Android so that a Bluetooth connection can be established (under Android, Bluetooth Low Energy is connected to the location services due to so-called beacons (a Google technology that uses small Bluetooth LE transmitters to enable better location determination). Without location services therefore no Bluetooth connection). **We do not query the location.**

CALIBRATION

Regular morning measurements are necessary for system calibration. Only morning measurements count as calibration measurements. The calibration factor shows how well you have adapted the VM NANO to your body using morning measurements. This factor increases by up to 100% with each morning measurement. Without regular morning measurements, the factor decreases.

PORTAL

At www.vital-monitor.com you will find your personal portal at the top right (menu item: „Portal"). The login details are the same as in the app. You can analyze your values even better in the portal. In addition, each individual measured value is explained in more detail (click on the „i" button).

TRAINER ACCESS

If you have a trainer & want to give them access to your measurements, you can add the trainer ID in the app (Settings --> My trainers). Your measured values can then be viewed in the portal. Access for trainers is free of charge. Every trainer must be a Vitalmonitor user.

POWER SUPPLY

The VM NANO has a built-in rechargeable battery. This lasts for 2-3 months with 2 measurements/day (unclip one contact point to switch off). As long as it is charging, the LED lights up red. When it is fully charged, it changes to green. If you do not use the VM NANO, please fully charge the battery every 3 months to prevent it from being damaged.

MAINTENANCE AND CARE

Avoid violent impact, shocks, dust, extreme temperatures or permanent moisture. Such conditions can damage the VM NANO.
If necessary, clean the VM NANO with a damp cloth. Tampering with the VM NANO will invalidate the warranty.

FURTHER INFORMATION

As soon as you register, you will receive a series of emails to help you make the best use of the Vitalmonitor Nano. We also offer online training courses on our website.

QUESTIONS?
PROBLEMS?
SUGGESTIONS?

We can help you!

Give us a call: +43 7229 23030
Write to us: support@vital-monitor.com

VITALMONITOR

NANO

www.vital-monitor.com