Performance Monitor

Quick Start Guide

Works with
BodiMetrics Mobile App

FOR APPLE AND ANDROID

Questions? Contact us.

Toll Free: (844) 744-8800
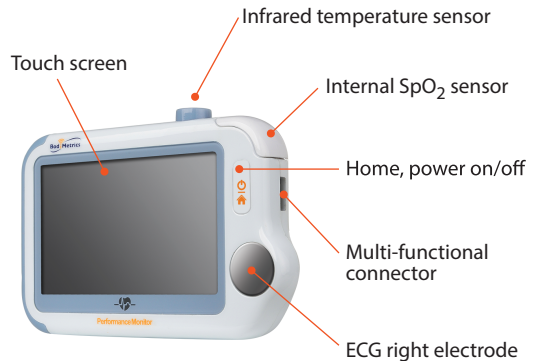
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BodiMetrics

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Powered by **Viatom**

Welcome to BodiMetrics Performance Monitor!

- Infrared temperature sensor
- Touch screen
- Internal SpO$_2$ sensor
- Home, power on/off
- Multi-functional connector
- ECG right electrode
- ECG back electrode
- Speaker
- ECG left electrode
- Neck strap hole

BodiMetrics APP

Before setting up your Performance Monitor, please download the latest BodiMetrics mobile app from Apple iTunes or Google Play stores. It's FREE!

WARNING REMINDERS

This product is not suitable for people wearing a pacemaker or any other internal medical device.

This product is not a medical device and should not be used to diagnose or treat any medical condition.

Do not use device in direct sunlight or in very bright fluorescent lighted areas; no or inaccurate results may occur.

Do not drop your device or submerge it in water; it is not waterproof.

General Navigation

Your device has two main menu screens. Use arrows on right or left of the screen to move between menu screens. You can always return to Date and Time screen by tapping the Home Button.
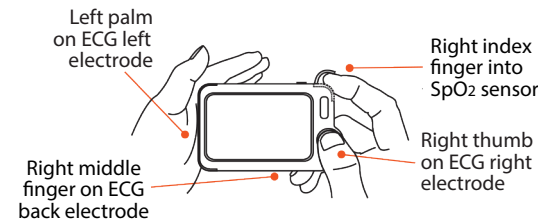
Navigation arrows

Settings

- Tap the **Home** button.
- Navigate to second screen by tapping **right arrow**.
- Tap the **Settings** icon on the second menu screen of your device.
- Tap the **Language** tab to choose what Language you want to use, English or Spanish only.
- Tap the **Date and Time** tab to enter date and time of day. Tap arrow at bottom of screen to complete your entry and return to the **Settings** menu.
- Tap **User Management**, and then select [+] to create your user profile, Enter information requested. The **Id#** is a unique combination of letters and numbers to identify you (1 to 16 characters). Tap [X] box to save.
- Tap the **Voice Guide** option to turn ON/OFF voice prompts. Tap the Volume chart 1 to 3 times to raise or lower volume of voice guide.

How to hold your device so you can take all your vitals.

- Left palm on ECG left electrode
- Right index finger into SpO$_2$ sensor
- Right middle finger on ECG back electrode
- Right thumb on ECG right electrode

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1. Looking at the front of the device on the bottom right there is a round silver sensor. Please place your right hand thumb on this sensor and your third finger (middle finger) on the rectangular silver sensor on the back.

2. On the left side if the device is a long silver sensor. When taking your **Heart Activity**, **Body Check** or **Relax Me** tests place your open left palm against this silver sensor.

3. On the upper right hand side of the device is a small "trap door"; while holding the device with your thumb and third finger as above slide your index finger (finger next to your thumb) under the door.

Heart Activity

How to measure your **Heart Activity (Heart Rate)**

- Before beginning sit down relax hold device as shown and rest your elbows or forearms on a table.
- Stay relaxed during measurement as exerting too much pressure or actively moving may affect conductivity.
- Dry skin or thick calluses may also affect conductivity. Moisten fingers and/or palm to improve conductivity when necessary.
- Press **Heart Activity** icon then tap your name

Note: Please make sure you are touching the (3) silver sensors as outlined above and the device shows your heart activity wave.

Pulse Oximeter

How to measure your **blood oxygenation (SpO2)**

• Before beginning, please sit down and relax. Staying relaxed and not actively moving during your measurement will improve performance.

Tap the Pulse Oximeter icon on your device screen.

• Gently insert your right index finger under the plastic flap on the upper right hand side of your device.

• Do not press down too hard on sensor as it may impact your normal blood flow and cause less accurate readings.

• The reading will begin once your finger is in place and you will see a "red glowing" light.

Calibrating your Systolic Blood Pressure (SBP)

Your Systolic blood pressure number is the "top number" and Diastolic is the bottom number.

• Please take your Blood Pressure using an arm band or cuff-based Blood Pressure monitor (not included) while seated and relaxed.
• Please write this number down and proceed to SBP Calibration.
• Note: Please calibrate your Systolic Blood Pressure once every 90 days

Systolic Blood Pressure

How to calibrate your SBP on device.

• Tap the **Home** button
• Tap **right arrow** to move to the second menu screen
• Tap **Settings**
• Tap **arrow at bottom right** of screen
• Tap **SBP calibration**
• Tap **your name**
• Tap **Done** to proceed

A **number pad** will appear

Input systolic			
		(mmHg)	OK
1	2	3	4
5	6	7	8
9	0	.	<

• Please enter your **Systolic Blood Pressure** you wrote down and press "OK"
• Now touch all four sensors on your device as pictured.
• The device will begin calibrating your Blood Pressure by itself if you are holding it properly. When complete your Performance Monitor will display "Calibration Successful"
• **Should the SBP Calibration fail**, please turn off your device by holding down the Home button for 3 seconds.
• Turn your device back on by holding the Home button for 1-2 seconds and repeat steps above.

If you are unable to calibrate your device please visit our Support page at **www.bodimetrics.com** and enter "calibrate" in the Search box.

Body Check

How to measure **all your vital signs**.

• Tap the **Body Check** icon then tap your name.
• Before beginning, please sit down and relax and rest your arms on a table. Staying relaxed and not actively moving during your measurement will improve performance. Dry skin or thick calluses may also affect conductivity.
• The reading will begin when your hands are in place and the waveforms show on your screen.

Note: Please make sure you are touching the (4) sensors as shown above and as shown in "How to hold your device".

AirTrace shows real-time display of your ECG wave forms on your mobile phone. Open your BodiMetrics mobile app AND tap AirTrace icon on your device. The device ID number will appear on your phone; select on your mobile app. Hold your device like Heart Activity.
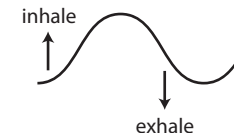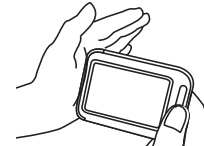
Temperature

Tap the **Temperature** icon on your device screen. Tap User name or add a new one.
• Tap the Body icon on your device screen.
• Put the temperature sensor on temple as shown.
• Tap and release the home button, then scan toward the forehead.
• The measurement is finished when you hear the loud beep.

Relax Me

Tap the **Relax Me** icon on your device screen.

inhale
exhale

• Tap User name or add a new one.
• Before beginning, sit down, relax, hold device gently as shown and rest your arms on a table.
• Stay relaxed during measurement as exerting too much pressure or actively moving may affect conductivity.
• Follow the **breathing pattern as shown above**, inhaling as the indicator moves upward and exhaling as it moves downward.
• Tap the Home button to stop the measurement at any time. You will receive your **Relaxation Index** upon stopping the measurement. The higher the score the more relaxed you are.

Pedometer

Tap the **Pedometer** icon on your device screen. Tap User name or add a new one.
• Tap the Flag icon to set a "goal" distance for your steps and fat burn
• Tap the Home button to stop and calculate.
• Tap the Reports icon on your device screen.

Reports

Tap the **Reports** icon on your device screen.

• Tap User name or add a new one.
• Tap the individual report icon that you want to review.
• Select the User you want to track and the dated report.
• Follow on screen instructions.

Reminders

Tap the **Reminders** icon on your device screen.

• Tap User name or add a new one under Settings for new users.
• Tap + then enter a task or event. Select day and month of year. Note: You can add a new task at any time.

Bluetooth

Tap the **Bluetooth** icon on your device screen.

• First to communicate between your device and a smartphone you will need to open your BodiMetrics mobile app.
• On your mobile app select "Search for Device"
• Select your device serial number from the list to connect
• If there is a new version of device firmware, your mobile app will ask if you want to update? Select Yes.
• Note: Turn off your Bluetooth when not in use, as it will extend your device's battery life.