

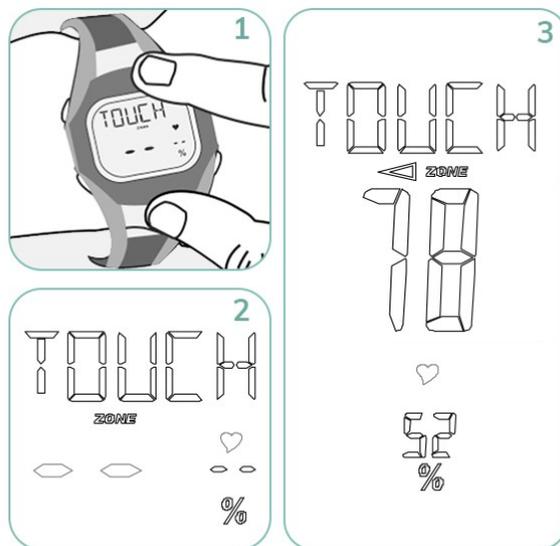
# QUICK START GUIDE

## Measuring Your Heart Rate

- Touch the metal surface of the casing with your index finger or thumb
- Ensure that the back of the monitor is in direct contact with your skin
- Press your finger lightly against the metal surface of the casing for 3-7 seconds continuously
- Note that the heart symbol and two horizontal lines flash in the middle of the display screen during measurement
- The heart rate displayed in beats per minute once it is determined in about 10-12 seconds
- On the right side of the display screen, a percentage value is displayed indicating where your pulse is in comparison to the recommended/set maximum pulse

seconds

- An arrow is visible next to the ZONE symbol, which indicates whether the heart rate exceeds or falls below the set values of maximum and minimum limits
- Remove your finger or thumb to return to the mode last used



For more details on how to use the Beurer heart rate monitor and also access different features, carefully read the instruction manual available for download below

### **REMEMBER**

- People suffering from cardiovascular diseases or those with pacemakers should only use this heart rate monitor after having consulted their doctor. Please consult your doctor about your ideal upper and lower training heart rate, as well as the recommended duration and frequency of the training
- Clean your skin and fingers with soap to ensure better transmission of the signal when measuring your pulse. Wet the tips of your fingers or use a conductive paste in case your pulse is not measured correctly
- Avoid twisting and bending your wrist when measuring. Avoid intense movement during the pulse measurement to get a reliable result
- Avoid contact with suntan lotions or the like, since these can cause damage to the imprint or plastic components
- The HR monitor should be removed for activities, where only hand movements are carried out (e.g. cleaning windows) to avoid incorrect results

**P.S.:** Please consult your licensed Cardiologist/Cardiac Surgeon before ordering this product