

HEART RATE

Quick Start Guide

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Download the full user guide from <http://www.htc.com/support>

Connecting your UA Heart Rate

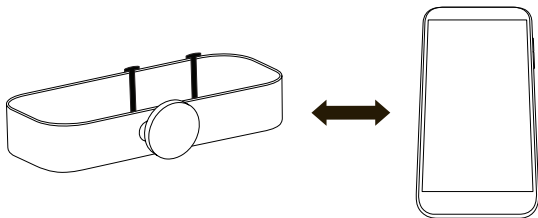
To set up and enjoy all the features of your UA Heart Rate, you'll need to connect it to your phone using the **UA Record™** mobile app.



Download and install **UA Record™**
from the iOS App Store or Google Play store.



Pairing your UA Heart Rate to your phone



1. Launch the **UA Record™** app and create an account.
2. Choose **HEART RATE** from the list of devices to connect.
3. Follow the on-screen instructions to pair your UA Heart Rate to your phone and **UA Record™** account.

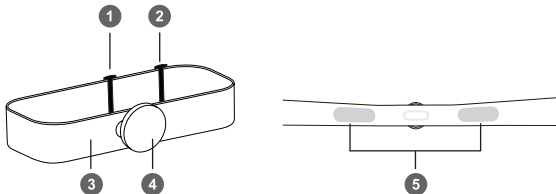
Note:

If you already have the UA Record™ app, sign in and tap the  icon on the 'My Record' page and then choose **HEART RATE** from the list of available devices.

About your UA Heart Rate

Use your UA Heart Rate to track your heart rate zones while you exercise, get more accurate calorie burn stats and sync it with your UA Record™ profile.

Once you start a workout in UA Record™ or on your UA Band, your UA Heart Rate will provide HR data.



1 Strap adjuster

2 Hook

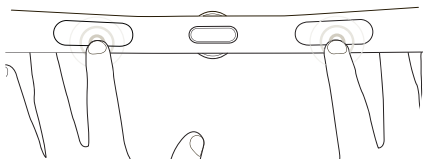
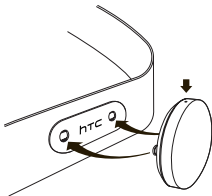
3 Chest strap

4 Heart rate monitor

5 Sensors

Turning on your UA Heart Rate

1. Attach the module to the chest strap. Make sure the dot on the top of the module is facing upwards.
2. Remove the sensor pad covers and then touch both sensor pads on the back of the chest strap. UA Heart Rate turns on with skin contact.



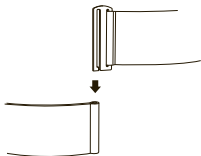
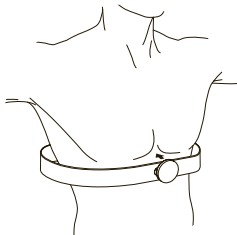
3. A blue light will start flashing on your UA Heart Rate to indicate it is now ready to be paired with UA Record™.

Note:

- If the blue light does not start flashing when touching the sensors on the strap, try moistening your chest strap sensor pads with a few drops of water or saliva and then touch again.
- If your battery power is too low, the UA Heart Rate will be flashing red for 10 seconds after it starts. Your battery will need to be replaced.

Wearing your UA Heart Rate

1. Adjust the chest strap so the length is approximately the same as your chest measurement.
2. Wrap the chest strap around your upper torso just beneath your pectoral muscles.
3. Insert the hook on one end of the chest strap into the loop at the other end.



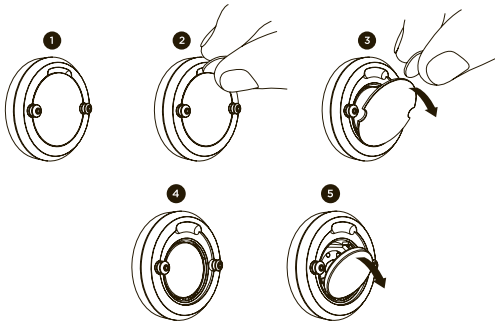
Note:

- Do not fold flat or crease the chest strap. Roll the chest strap to store.
- Remove the Heart Rate module before washing the chest strap.

Replacing your UA Heart Rate battery

If the power on your UA Heart Rate is low, the blue light will not turn on. For optimal performance, replace your battery as described below:

1. Using a coin, open the back battery compartment door on your UA Heart Rate module.
2. Remove the old battery and insert a new battery (CR2032).
3. Secure the battery compartment door back onto the UA Heart Rate module.



Disclaimer

UA Heart Rate is not a healthcare device and should not be used as a substitute for medical care.

Safety Information regarding small children

Do not leave your device and its accessories within the reach of small children or allow them to play with it. They could hurt themselves or others, or could accidentally damage the device. Your device contains small parts with sharp edges that may cause an injury or which could become detached and create a choking hazard. Consult the doctor immediately if the accessories or battery are swallowed.

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