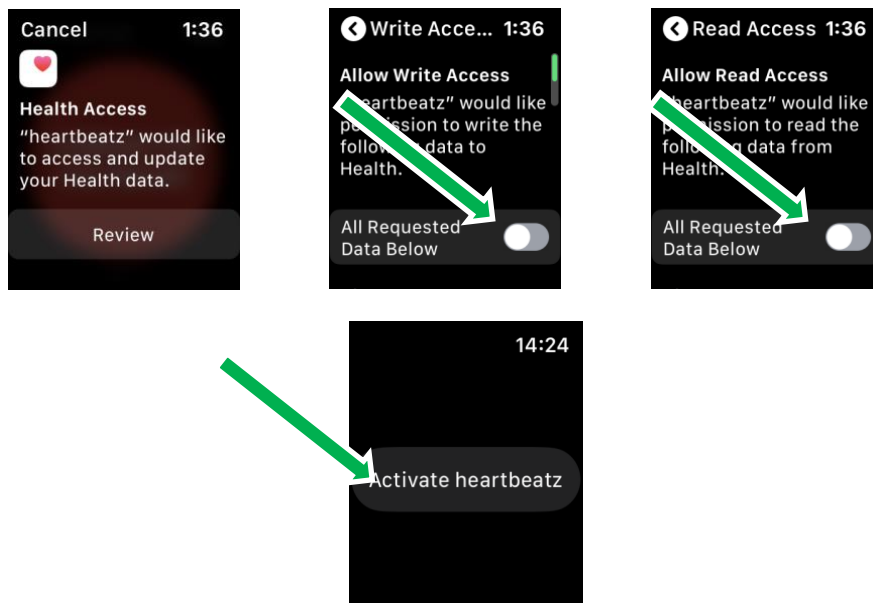


heartbeatz Quick Start Guide

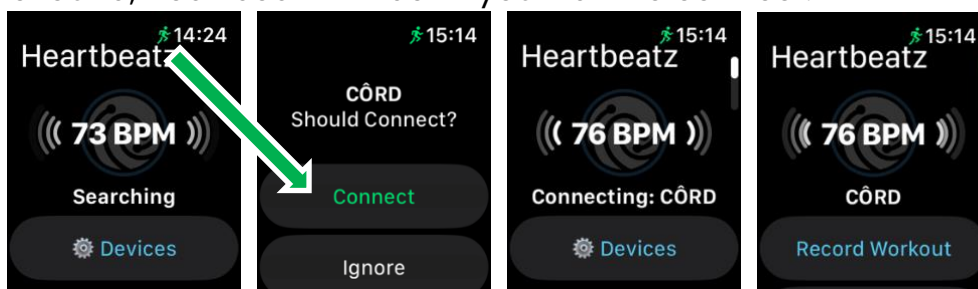
Getting Started

1. In the Watch app on the device you have your Apple Watch connected to, search for heartbeatz and download the app. Be sure to enable **ALL** health and Bluetooth permissions or heartbeatz will **NOT** work.
2. With your heartbeatz enabled NPE device positioned close to your Apple Watch, open the heartbeatz app on your Apple Watch and select 'Activate heartbeatz'.



Please note: it is best to have the device almost touching the watch for this initial pairing. Once paired, you will only need to be within standard Bluetooth range.

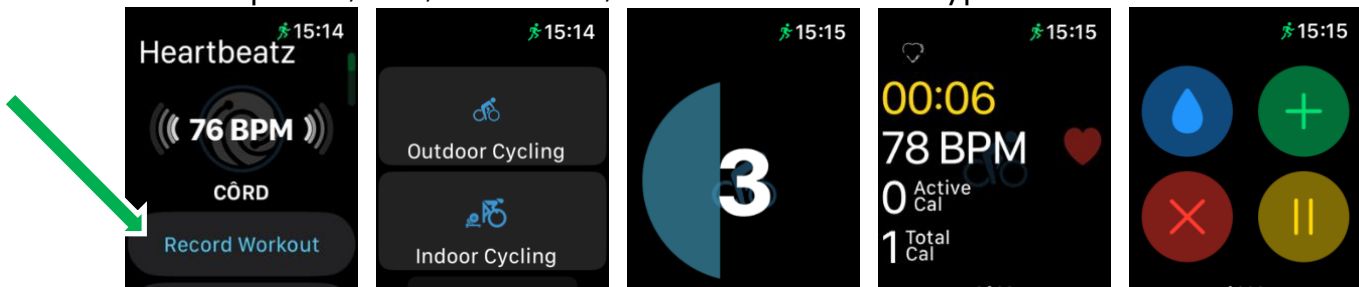
3. Once you select 'Activate heartbeatz' your watch should automatically begin searching for a heartbeatz enabled NPE device. Once a heartbeatz enabled device is found, heartbeatz will ask if you want to connect.



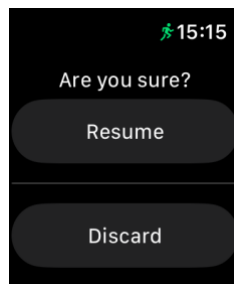
Please note: The prompt to connect only happens during the initial pairing process, after that heartbeatz will automatically look for, and connect to, the last heartbeatz device used.

4. At this point there are 2 options.

1. You can broadcast your heart rate from this screen if you do not wish to record workout data. *Please note: In this mode there is no way to water lock the watch.*
2. If you would like to record the workout to your health kit and close your rings, select 'Record Workout'. From here, the app flows very similarly to the native Fitness app. If you swipe left in the workout, you will find the options to pause, end, water lock, and add a workout type.



5. When you end the workout, you will be prompted with the option to save or discard the workout data.

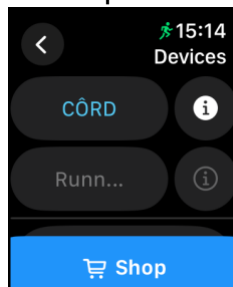


Other Important Tips:

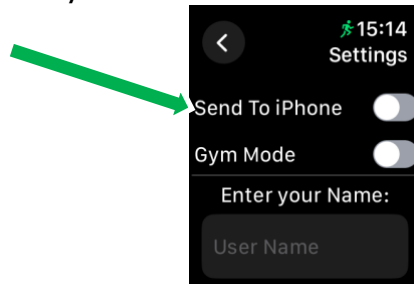
1. Where to Keep heartbeatz

1. You should make sure your heartbeatz is within Bluetooth range of your Apple Watch, typically 30 to 50 feet. You should also make sure your heartbeatz is within 15–20 feet of your fitness equipment.

2. If click into devices to see what devices are paired, to forget a device, or just because you are curious, you will see a 'SHOP' button. This is only needed for heartbeatz Connect Pro when NOT connecting to a personal device. You do not need to purchase a subscription for use with heartbeatz PÔD, CABLE, Runn, WYÛR, CÔRD, STÎC or other Home Fitness product from NPE.



3. For heartbeatz PÔD and CABLE users that wish to broadcast their heart rate via Bluetooth, you will need to use the companion iPhone app. To use this app, navigate to 'Settings' in the heartbeatz Watch app and toggle on 'Send to Phone' and you should see your heart rate show up on the heartbeatz iPhone App.



More Help!

For more help visit our Help Center at: npe-inc.zendesk.com

There you will find:

- More heartbeatz app features
- FAQs

For Customer Support contact support@npe-inc.com