

QUICK-START MANUAL



VITALMONITOR
LISTEN TO YOUR ECG

WELCOME TO VITALMONITOR!

It's great to see that you have chosen to take control of your well-being. The Vitalmonitor will help you to lead a better life . Like a best friend it will show you things you might not want to know, but remember: the Vitalmonitor only wants what's best for you!

THE VITALMONITOR



1 Click = On

2 Clicks = Off

7 Seconds hold = Restart

1. Charge your Vitalmonitor Vital-Sensor.
2. Download the Vitalmonitor App.
Android: Search for “Vitalmonitor” in Play Store.
iOS: Search for “Vitalmonitor” in App Store
3. Start the app and **register**.
4. Put the Vitalmonitor around your chest and turn it on.
5. Choose “Chestbelt” in the Vitalmonitor-App and pair the Vitalmonitor via the app (Android-Code: 0007).
6. Choose “Measurement” in the App and then **“Morning Measurement”** - your first measurement will now start!

CALIBRATION

Regular morning measurements are necessary for calibration. Only morning measurements count as calibration measurements. The calibration factor shows how well the Vitalmonitor is adapted to your body. With every morning measurement the factor rises until it reaches 100%. Without regular morning measurements the factor will drop.

THE PORTAL

Enter **www.vital-monitor.com** into your web browser. There you will find your personal portal (“Login” in the upper right hand corner). The login data is the same as in your app. With the help of the portal you are able to fully analyze your data. Furthermore you are able to see your ECG data. Each measurement is explained by clicking on the “i” button next to each parameter.

COACH-CONNECTION

If you have a trainer/coach and want to give him/her access to your data, you can type in his/her coach ID in your app in the settings-menu (My coaches) . From this moment on, your measurement data is visible for your coach in his/her web-portal. The access for coaches is free.

THE INDUCTIVE CHARGER

Every one to two months you will have to charge your Vitalmonitor (or as soon as the LED on the chest belt flashes red). Place it on the supplied charger. During the charging process the LED will flash red. As soon as the charge is complete it will flash green. When you remove the Vitalmonitor from the charger it will turn on automatically.

MAINTENANCE AND CARE

Avoid external force, shock, dirt, extreme temperatures and constant humidity. Such conditions could damage the Vitalmonitor. Clean the Vitalmonitor with a damp cloth. Do not try to open or tamper with the Vitalmonitor. Doing so will terminate your warranty.

TROUBLESHOOTING

“My chest belt does not connect”

Apple

Do not pair the Vitalmonitor in your bluetooth menu under “My Devices”! If you have already paired it here, then choose the “i” next to “Pulse7 HRM ECG” and “ignore this device”. Now pair the Vitalmonitor in the Vitalmonitor-app in the “Chestbelt” Menu.

Apple & Android

Reset the chestbelt (press the on/off button for 7 seconds). Close all apps in the background (Apple: click the home button 2 times and swipe all apps up. Android: Press the home button for 2 seconds and swipe the apps to the right out of the screen).

“I cannot turn my Vitalmonitor on”

Place the Vitalmonitor on the inductive charger for at least 10 minutes.

MORE INFORMATION

As soon as you register your Vitalmonitor, you will receive e-mails that will help and advise you how to get the most out of your new device.

QUESTIONS, PROBLEMS, SUGGESTIONS?

We are here to help

- **Call us:** +43 7229 23030-11
- **Mail us:** support@vital-monitor.com
- **Chat on our website:** www.vital-monitor.com



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