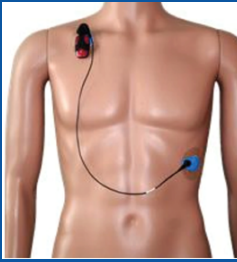


Step Five: Attaching the device



Snap the HRV device, with the electrode lead cord attached, to the electrode below your right collarbone.

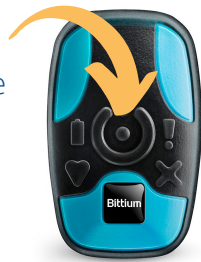
Make sure the device is below the electrode, facing down.

Snap the other end of the lead onto the electrode that is below your left rib cage.



Step Six: Activate and wear the device

Press the **power button and hold it for 2 to 3 seconds**. It will beep when you release the button. It will show a blinking green light in the heart symbol. Look in a mirror to verify the green light is blinking.



Wear the device for **48 hours**. It can be worn in the shower, during exercise and during sleep. If an electrode comes loose or falls off, reattach the device with a fresh electrode. If the electrode lead cord becomes detached from the device, plug it back in.

Step Seven: Detaching and returning the device

After 48 hours, **unsnap the device** from the electrodes.

Peel off the electrodes and discard them.

Turn off the device by holding down the power button for about 5 seconds. **You should hear three beeps.**

With the lead still attached, **wash the device** with soap and water, and dry it.

Pack the pre-addressed, prepaid envelope with the clean device, the electrode lead cord, the charger, and any unused electrodes and exfoliating pads.

Place your envelope in any U.S. mailbox, including your home box.

Thank you!

Contact Us

If you are missing any items or have any questions, email
selah@duke.edu

Using your Heart Rate Variability Monitor



Spirited Life®
Selah

Step One: Get to know your device



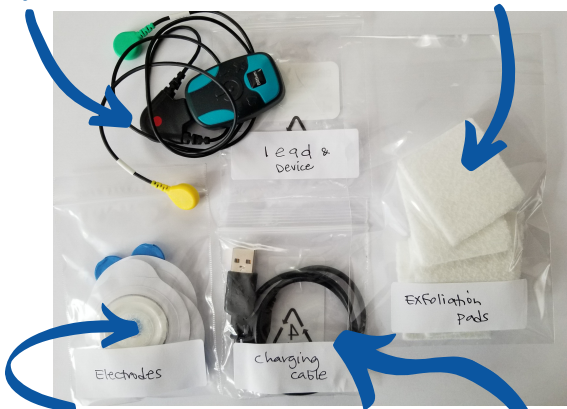
The included device measures electrical signals from your heart. It is connected to your body via two electrodes, one under your right collarbone and one on the lower left side of your rib cage.

The device is waterproof, and you can go about your daily activities, including showering while wearing it.

The **electrode lead cord**

connects to the device and allows measurement of your heart rate.

The **exfoliation pads** help prepare your skin before you apply the electrodes.



You'll attach two **electrodes** to your body. Included are extras just in case you need to replace one.

The **charging cable** plugs into the device and into any USB port.

Step Two: Prepare your device

Before wearing the device, please wash the device with soap and water. Keep the electrode lead connected so water does not get inside the USB plug.

Please **do not** use rubbing alcohol, bleach wipes, or anything other than soap and water; they will damage the device.



In your packet you will find:

Step Three: Check the power

The device's **power button** is in the middle. There are four raised symbols around the button. Those are **indicator lights**. If the battery symbol is blinking blue, it needs to be charged. If there is a red light, it is out of power and needs charging.

To charge the device, connect it to its charging cable, and plug the USB connector into your computer. It should take about **90 minutes** to charge.

Step Four: Attaching the electrodes



Find an area **under your right collar bone** and on your **left side, just under your rib cage**. These are the electrode attachment points. If you have a lot of hair on your chest, please shave a small area for the electrode.

Wash the two spots with soap and water, and dry them.

Gently rub an exfoliation pad on each of the two spots. This removes some of the dead skin cells and will improve the quality of the measurements.

Peel the paper and hard plastic backing from one electrode and **press** it firmly into position just below your right collarbone. **Repeat** with the second electrode, attaching it below your left rib cage.

