Performance Monitor

Quick Start Guide

Works with
BodiMetrics Mobile App
FOR APPLE AND ANDROID

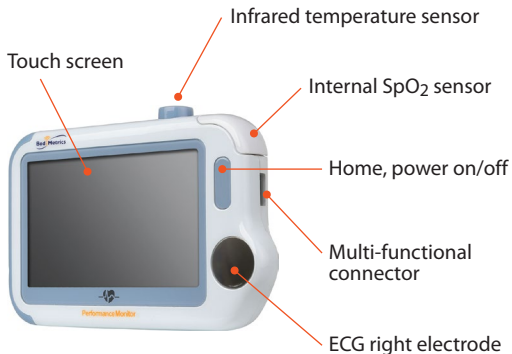Questions? Contact us.

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BodiMetrics

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Welcome to BodiMetrics Performance Monitor!

Touch screen

Infrared temperature sensor

Internal SpO$_2$ sensor

Home, power on/off

Multi-functional connector

ECG right electrode

ECG back electrode

Speaker

ECG left electrode

Neck strap hole

WARNING REMINDERS

This product is not suitable for people wearing a pacemaker or any other internal medical device.

This product is not a medical device and should not be used to diagnose or treat any medical condition.

Do not use device in direct sunlight or in very bright fluorescent lighted areas; no or inaccurate results may occur.

General Navigation

Your device has two main menu screens. Use arrows on right and left of the screen to move between menu screens.

Navigation arrows

Settings

- Press the **Home** button.
- Navigate to second screen by pressing right arrow.
- Press the the **Settings** icon.
- Press the **Date and Time** menu to enter date and time of day. Press arrow at bottom of screen to complete your entry and return to the Settings menu.
- Press the **User Management** menu, then select [+] to add a new profile. Enter information then press [×] to complete.
- Press the **Voice Guide** option to turn ON/OFF voice prompts. Press the **Volume** chart 1 to 3 times to raise or lower volume of voice guide.

On your next visit to your physician's office, or if you have a blood pressure cuff available, you may calibrate your systolic blood pressure as follows.

Press the **Settings** icon. Press down arrow [▼] and then select **SBP Calibration** from the menu. Follow on screen and voice instructions. You need to perform 2 calibrations and the device will inform you of successful completion. Once you calibrate your blood pressure, you will be able to track your systolic blood pressure. *Note*: please recalibrate your blood pressure every 90 days.
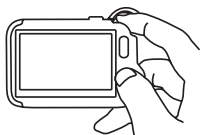
Heart Activity

Press the **Heart Activity** icon on your device screen.

• Before beginning, sit down, relax, hold device gently as shown and rest your arms on a table.

• Stay relaxed during measurement as exerting too much pressure or actively moving may affect conductivity.

• Dry skin or thick calluses may also affect conductivity. Moisten fingers and/or palm to improve conductivity when necessary.
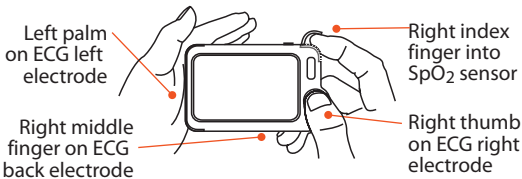
Pulse Oximeter

Press the **Pulse Oximeter** icon on your device screen.

• Gently insert your right index finger under the plastic flap onto the internal SpO$_2$ sensor and relax.

• Do not press down too hard on sensor as it may impact your normal blood flow and cause inaccurate results.

Body Check

Press the **Body Check** icon on your device screen.

Left palm on ECG left electrode

Right index finger into SpO$_2$ sensor

Right middle finger on ECG back electrode

Right thumb on ECG right electrode

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Temperature

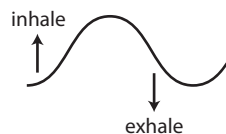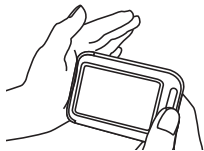Press the **Temperature** icon on your device screen.

• Press the **Body** icon on your device screen.
• Put the **temperature sensor** on temple as shown.
• Press and release the **home** button, then scan toward the forehead.

• The measurement is finished when you hear the **loud** beep.

Relax Me

Press the **Relax Me** icon on your device screen.

inhale

exhale

• Press **User** name or add a new one.

• Before beginning, sit down, relax, hold device gently as shown and rest your arms on a table.

• Stay relaxed during measurement as exerting too much pressure or actively moving may affect conductivity.

• Follow the breathing pattern as shown above, inhaling as the indicator moves upward and exhaling as it moves downward.

• Press the **Home** button to stop the measurement at any time. You will receive your Relaxation Index upon stopping the measurement.

Pedometer

Press the **Pedometer** icon on your device screen.

• Press the **Flag** icon to set a "goal" distance for your steps and fat burn
• Press the **Home** button to stop and calculate.
• Press the **Reports** icon on your device screen.

Reports

Press the **Reports** icon on your device screen.

• Press the individual report icon that you want to review.
• Select the **User** you want to track and the dated report.
• Follow on screen instructions.

Reminders

Press the **Reminders** icon on your device screen.

• Press **User** name or add a new one under **Settings** for new users.

• Press ☐+☐ then enter a task or event. Select day and month of year. **Note:** You can add a new task at any time.

Bluetooth

Press the **Bluetooth** icon on your device screen.

• To communicate between your device and a smartphone you will need to open your BodiMetrics mobile app.

• **Note**: Turn off your Bluetooth when not in use, as it will extend your device's battery life.