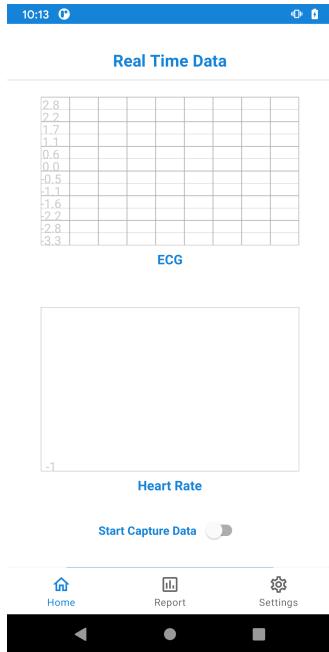


# Health Link User Manual

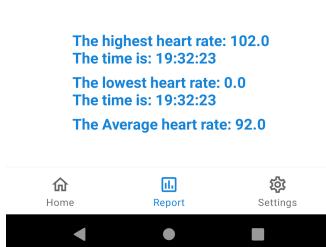
## Brief Introduction

There are 3 pages in our health monitoring application:

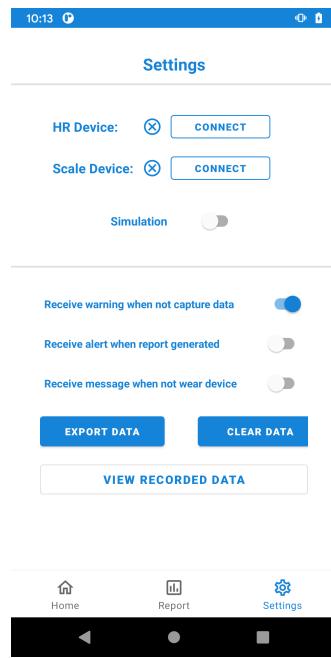
1. Home page: you can see the real time data of ECG and hear rate in this page.



2. Report page: daily, weekly and monthly report of heart rate and weight will be displayed.



3. Setting page: devices connection, personal settings and data exporting function can be done in this page.



## Capture Heart Rate

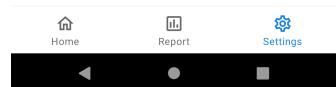
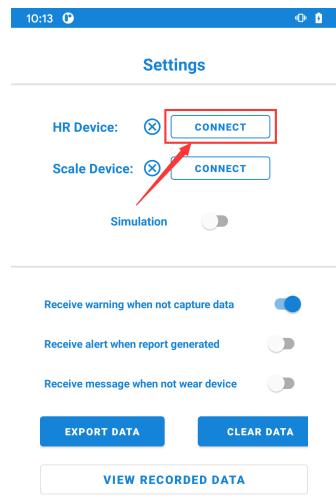
### 1. Wear the device

Wear your Polar heart rate device correctly, make sure it has enough power and be open.

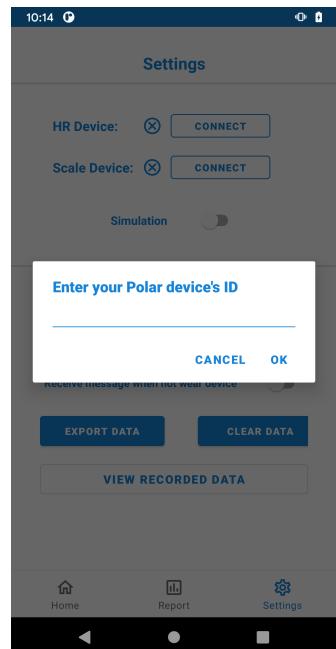


### 2. Connect with device

After wearing the device, open the setting page and click "CONNECT" button for heart rate device

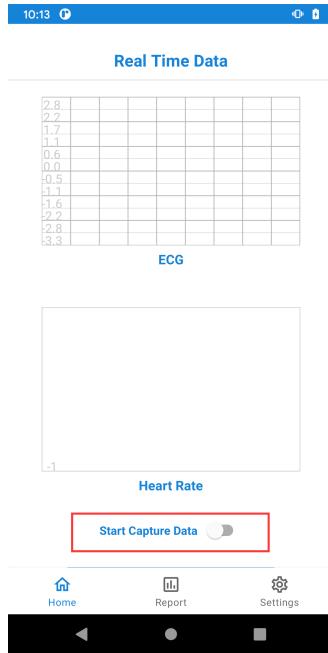


Then input device's ID which can be found in Polar device

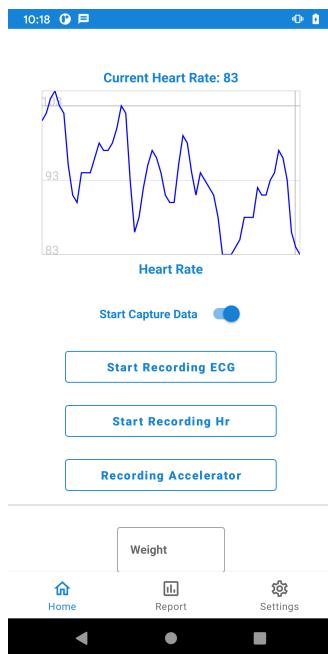


### 3. Start capture data

Back to home page, and open the "Start Capture Data" switch

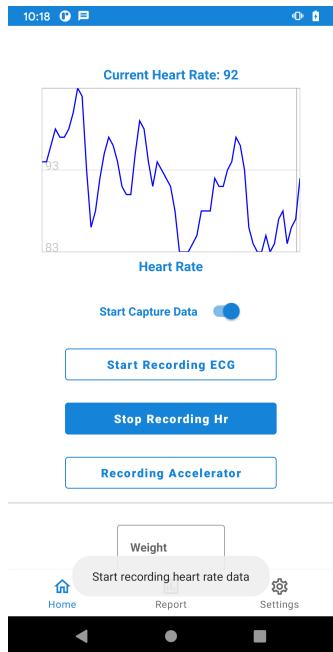
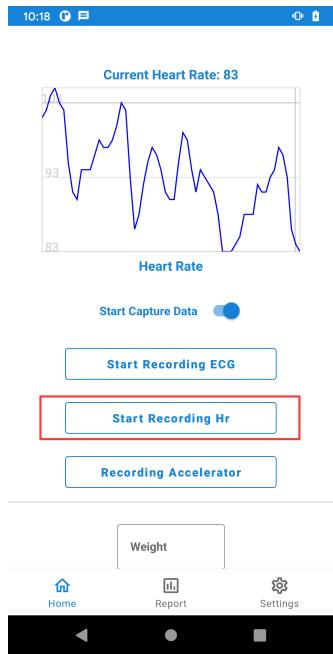


Now the system could capture you heart rate data, and display it as a chart



### [optional] Record heart rate data

Click the "Start Recording Hr" button, the system will start recoding your heart rate data.

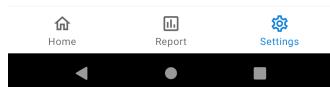
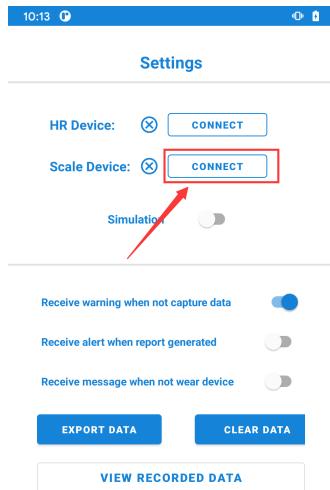


After you click "Stop Recording Hr" button, the system will export data that recorded as a ".csv" file in your mobile phone.

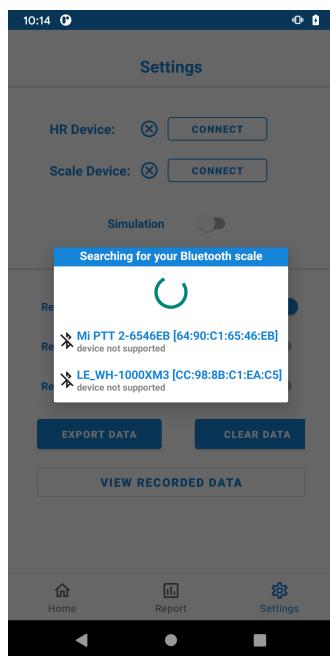
## Measure Weight

### 1. Connect with device

Open the setting page and click "CONNECT" button for Scale device



Then the system will search and show connectible devices, choose the right one [photo here]



## 2. Stand at scale device

After connecting, you need to stand at scale device.

## 3. Measure data

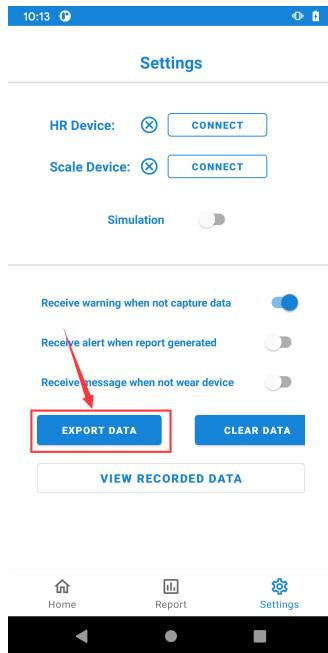
The measurement of your weight data will be transferred to this system

## View Health report

## Export data

All of the heart rate data that the system captured will be stored temporarily in your mobile phone, you can export these data if needed.

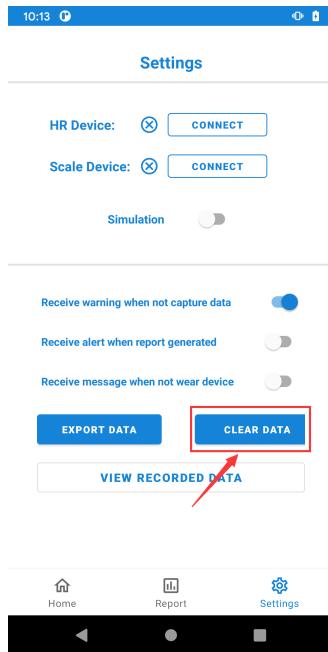
Click "EXPORT DATA" button in settings page.



## Clear data

If you want to clear all of data that have been captured, you can click "CLEAR DATA" button in settings page.

This operation will reset the database, which means all of data that include heart rate, weight and health report will be cleared.



## View exported data

Click this button in setting page

