**Restart the tablet:** Hold down the button on the side for a few seconds to restart

**Software Update:** Check for a tablet update. Settings 🡪 System🡪 System Update

**Check Bluetooth connection:** Settings🡪 Connected devices🡪 Bluetooth. Toggle the switch off and then back on again

**Clear app cache:** Settings 🡪 Apps and notifications🡪 PulseGuard 🡪 Storage 🡪 Clear cache

**Clearing HeartRateData:** Settings 🡪 Storage 🡪 Files 🡪 Documents. Hold down HeartRateData and Delete. Only do this is your app is constantly crashing and if you need the files, please back up to a computer before deleting