

Focusa App

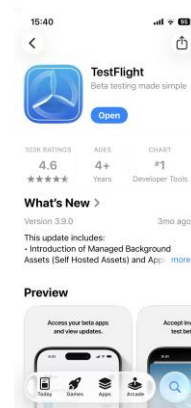
User Manual

1. Introduction

The Focusa app estimates the user's current concentration and stress levels based on health, activity, and sleep information. Biometric data is provided by the Polar H10 chest strap, while activity and sleep data are imported from the iPhone Health app. Additional health data is entered by the user during registration.

2. Installation

To use the app, please first download the **TestFlight** application on your iPhone from Apple Store.



As a member of the test group, you will receive an invitation email from which you can start the download of the Nitaii Focusa (hrvapp) app.

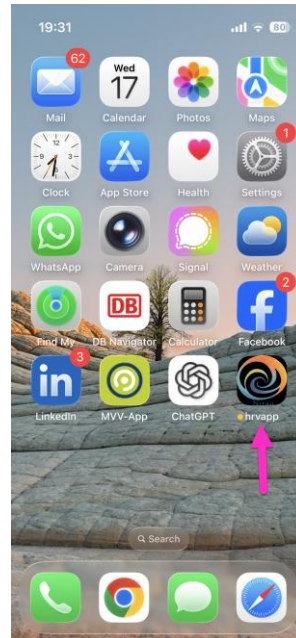


nitaii_focusa_v1 6.0 (2) is ready to test on iOS.

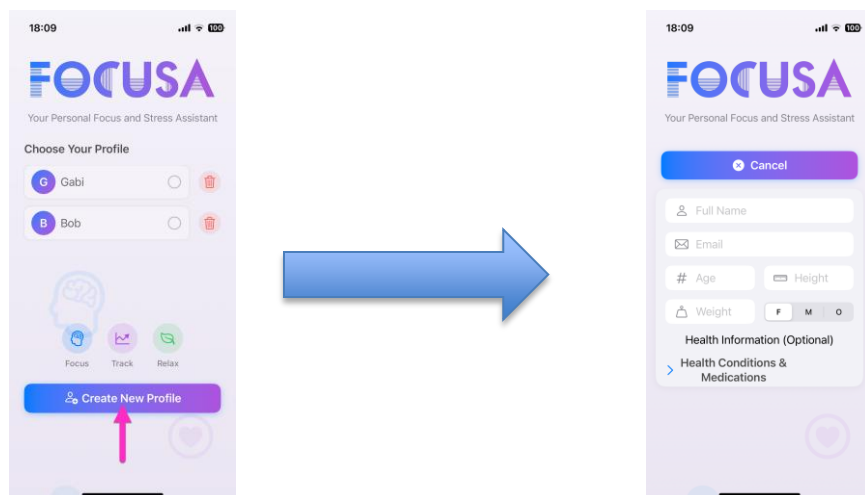
To test this app, open [TestFlight](#) on your iOS device using iOS 18.0 or later and install the update.

3. First Use of the Focusa App

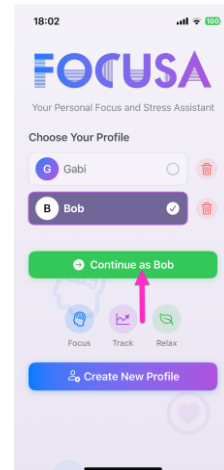
Before using the Focusa app for the first time, please put on the Polar H10 chest strap. Make sure to position the strap correctly on your chest (sufficient skin contact with moisture for accurate readings, and placement close to the heart). Then, tap the Focusa (hrvapp) app icon on your phone.



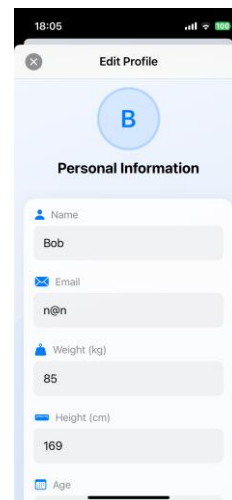
Within the app, please complete the user registration, where you will provide your basic details. Use an email address where you would like to receive your exported measurement data. For the best accuracy, please provide precise health information, as these data are also used by the app when calculating results.



The app stores user data, so during the next session it is sufficient to select the desired name from the user list.

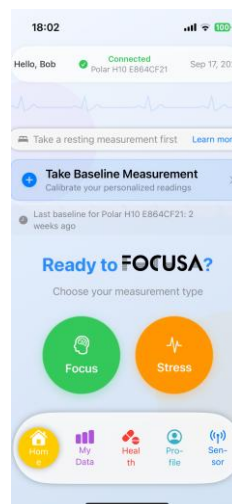


Personal data can be modified later as well under: Dashboard → Profile.



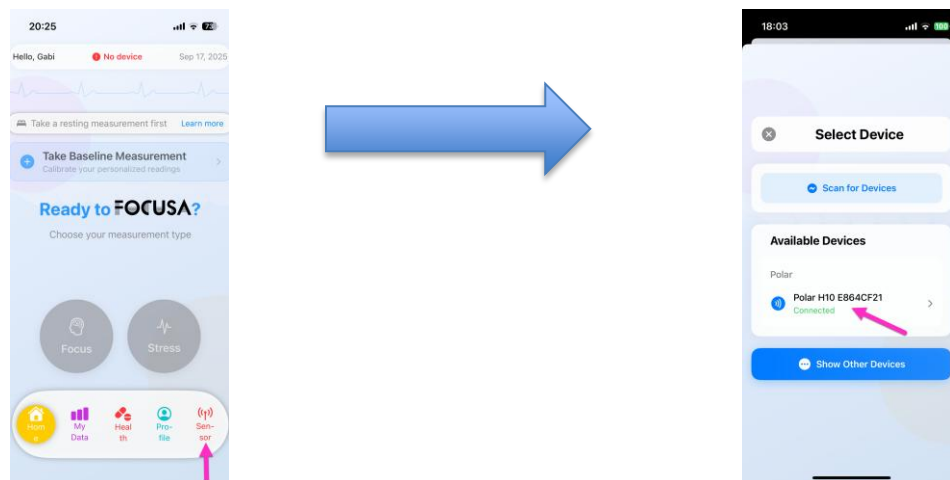
4. Connecting the Chest Strap

After registration, the dashboard screen will appear. The app automatically connects to the Polar H10 chest strap. If the connection is successful, the device name appears in green at the top of the screen, and the dashboard measurement buttons switch from grey to active colors. The Bluetooth connection typically takes 1–2 seconds after the dashboard (Home) screen is displayed.



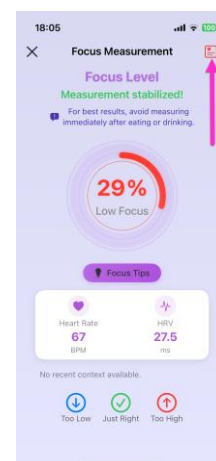
From the dashboard, you can navigate to the measurements (large orange **Stress** and green **Focus** buttons). In addition, the bottom icon bar provides access to different settings: personal data under the **Profile** menu, medication and health condition data under the **Health** menu, Bluetooth connection and devices under the **Sensor** menu, and data management under the **My Data** menu.

The app stores user data, so during the next session it is sufficient to select the desired name from the user list. Please note that measurements are only possible when a Bluetooth sensor device is connected. If the connection does not happen automatically, you can set it manually: **Sensor** → **Select Device** → **Polar H10**.

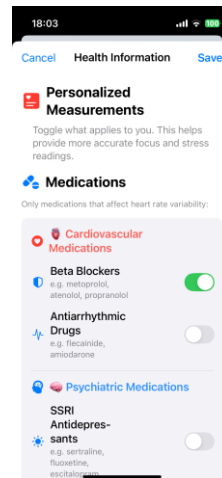


5. Measurements

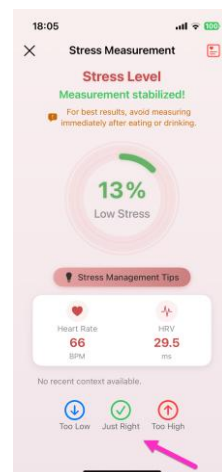
Focus and stress measurements provide real-time feedback about your current state.



On the measurement pages, you can also enter information about medication intake or health conditions.



At the bottom of the measurement screens, feedback buttons are also available. These allow users to indicate if they find the measurement result inaccurate. Such feedback is taken into account by the app to improve future measurements.

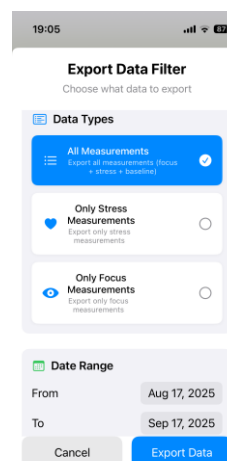


6. Exporting Data

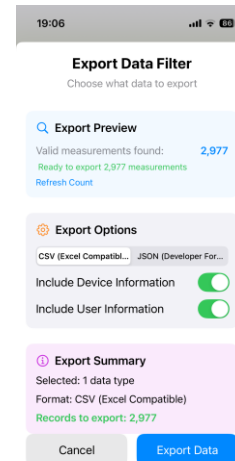
Data export is available under: Dashboard → My Data → Export Data. Options:

- Export all measurement data
- Export only focus measurement data
- Export only stress measurement data

You can also filter data by time interval (from-to), and the app displays the number of data points to be exported.

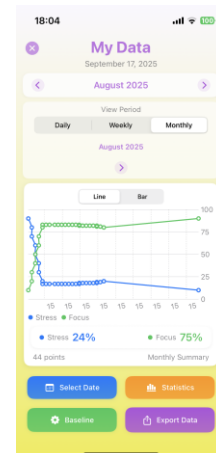


The **export review** will display how many data entries are included in the export. The exported data will be sent to the email address provided during registration. Export format options include **CSV** and **JSON**.

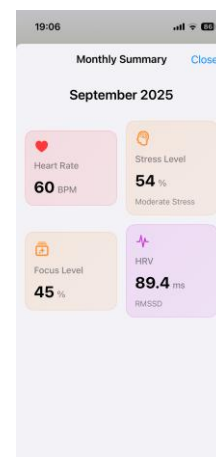


7. Statistics

On the **My Data** page, you can view visualized trends from your measurements. These statistics are available in daily, weekly, and monthly summaries.

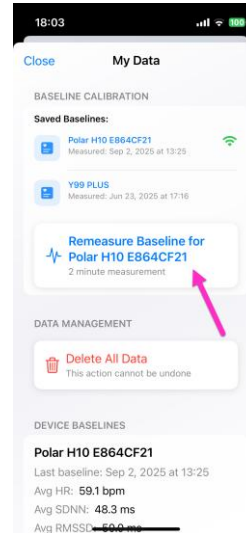


Statistical averages are also provided in numerical form. Access them under: **My Data → Statistics**.



8. Baseline Measurement

It is recommended that the user performs a baseline measurement in a calm morning period before starting other measurements. This serves as a useful reference for future comparisons. You can start the baseline measurement either via the dashboard button or through: My Data → Baseline.



The app also stores previous baseline measurements, which can be accessed on the baseline measurement page.