



Instructions

## BEFORE THE MEASUREMENT

Please check that you have received an e-mail from [service@firstbeat.fi](mailto:service@firstbeat.fi) to start the Lifestyle Assessment. Follow the instructions. Please note that the measurement is not recommended if you have a fever.

## STARTING THE MEASUREMENT

Start the measurement within a week of receiving the device. It is recommended to start the measurement in the morning after you wake up. The measurement period is 3 days and 3 nights, and, during that time, you should fill the electronic measurement journal.

## DURING THE MEASUREMENT

Change the electrodes once per day, for example, after a shower. You can change the electrode location on your skin slightly, if they irritate your skin. In case of serious skin irritation, we recommend stopping the measurement. For more information, please see [firstbeat.com/faq](https://firstbeat.com/faq).



### SIGNAL LIGHTS

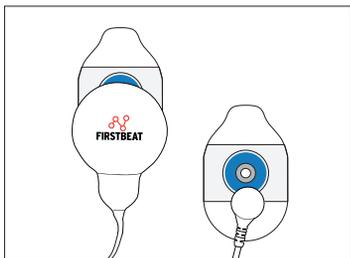
When the green LED is flashing the device is recording heartbeat data. If you see other colors or no lights, check our FAQ [firstbeat.com/faq](https://firstbeat.com/faq). Please note that the flashing light can be hard to see in bright daylight.

## AFTER THE MEASUREMENT

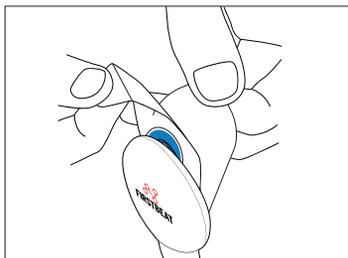
1. Stop the measurement after the 3-day period by detaching it from your body. The measurement ends automatically.
2. Return the device using the return envelope, or as agreed.
3. Fill in the requested information before returning the measurement device.
4. You will get a report and feedback of your result from your service provider.



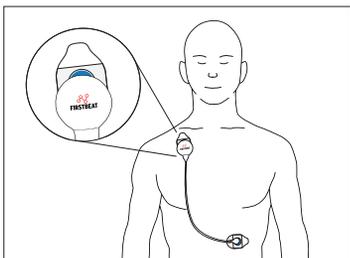
Remember to fill your journal to get the most out of your assessment result!



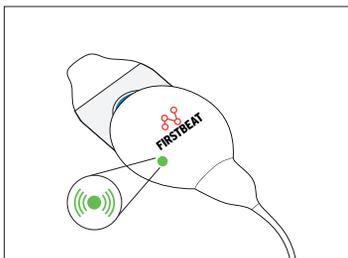
1. Attach the electrodes to the snaps in the Bodyguard 2 device.



2. Remove the protective covering of the electrodes. Ensure that your skin is dry before you attach the electrode. Shave off body hair from attachment sites.



3. Attach the device to the **right** side of the body below the collar bone. The other end is attached to the **left** side on the rib cage.



4. The measurement starts automatically when the device is attached. Make sure the green light is blinking. Note! The light is easiest to see in the dark.



**It is not allowed to use the device in water.** Detach the device during shower, sauna and swimming. The measurement continues automatically when you re-attach it.

In possible problem situations: Please check out our FAQ [firstbeat.com/faq](https://www.firstbeat.com/faq)

