

Place the tip of your index finger gently on the camera lens.

Make sure your finger completely covers the lens. Hold it steady for at least 10 seconds. Your heart rate will be shown. Give it at least a couple of seconds to stabilize.



Check the next page for tips!

## Useful Tips

On devices without an LED flash, use it with a good lighting. Daylight will work the best. Also, this app works best if you use the end of the fingertip.

Don't press too hard, as this limits the blood flowing into the fingertip.

Hold the device below the level of your heart, not above.

Hold the device steady, and don't move around too much, as this introduces a false signal.

A cold finger also limits the blood flow, making it more difficult to get a result.

## **How it works**

This application tracks color changes occurring on the surface of your fingertip.

With every heartbeat, the color of your skin's surface changes due to an inrush of new, fresh blood.

Instant Heart Rate tracks these changes and calculates your heart rate. It functions similarly to a medical pulse oximeter.

## **Heart rate recovery**

The Heart Rate Recovery measurement tells you how fit your heart is.

It measures how quickly your heart rate drops to a normal rate after it was elevated during exercise.

Normal heart rate recovery is a decrease of 15–25bpm one minute after exercise.

## Viewing charts

Rotate your device to landscape mode to view charts.

Press left or right arrows to change type of chart between Heart Rate and Heart Rate Recovery.

Use horizontal and vertical pinch gestures to zoom in and out of charts.

Tap twice to center the charts on the current date.

## **Disclaimer**

While the results are accurate when used properly this is not a medical device and the results should not be used for medical diagnosis.

Instant Heart Rate uses analytics for error reporting.

# Feedback

Visit our website for more information, feedback or any questions.

Instant Heart Rate

[www.instantheartrate.com](http://www.instantheartrate.com)