HEART TECH PLUS

HTP Group App User Manual:

New Users:

1) You are going to receive a "Welcome" email from Heart Tech Plus.
    a. This email will inform you of your username.
    b. This email will inform you of your web portal URL.
2) Create your password in the web portal.
    a. Type in your username.
        i. This is in the "Welcome" email you received.
    b. Click on "Forgot Your Password?"
        i. Follow the steps to reset your password.
3) Log into the web portal.
    a. Bookmark this page!
        i. This is where you will be able to see all of your user's data!

Materials & Accessories Recommended and/or Required for the HTP Group App:

1) iOS device (iPhone or iPad, but iPad is best).
    a. A device running iOS 12, iOS 13, or iOS 14 is best.
2) Projector (to display data on the screen or wall).
3) Apple TV (if you want to walk around class with your iPhone or iPad).
    a. This works best so you always know which users to give feedback to. On the iOS device, the user's name will always be displayed to help the instructor/teacher. However, on the screen or wall, the instructor/teacher has the choice to have a user's "nickname" displayed (instead of the user's actual name).
4) iPhone/iPad HDMI adapter (if you don't have an Apple TV and/or would rather have the iOS device plugged into a projector).
    a. Click **here** for an example.
5) iPhone/iPad VGA adapter (if your projector does not have an HDMI input).
    a. Click **here** for an example.
6) Disinfectant wipes (to disinfect Sensr 4.0's and straps after each class).
    a. Click **here** for disinfectant wipes that Heart Tech Plus recommends.
7) Disinfectant wipes refillable bucket (to easily store the disinfectant wipes).
    a. Click **here** for a refillable bucket that Heart Tech Plus recommends.
8) Stickers (to number Sensr 4.0's and each charging area in the charging/storage case).
    a. Click **here** for stickers that you can purchase that Heart Tech Plus recommends.

When Product Gets Delivered:

1) Unbox all Sensr 4.0's.
    a. If you purchased a charging/storage case, you will have several extra Sensr 4.0 charging cables. Keep them!
2) Organize and separate strap sizes (small and large).
    a. Having a separate bin for small straps and a separate bin for large straps works well.
3) Place the Sensr 4.0's in the charging/storage case.
4) Number the Sensr 4.0's and each charging area in the charging/storage case.
    a. Using stickers and placing them on top of each Sensr 4.0 works the best.
    b. Click **here** for stickers that you can purchase that Heart Tech Plus recommends.

1) Log into the web portal.
2) Download the Sensor Set Import Template.
   a. In the web portal, click the settings wheel. Click on "Devices." Click on "Sensor Sets" on the left-hand side. Click on "Import Sensor Sets." Click on and download the "Sensor Set Import Example."
      i. Email Heart Tech Plus if you would rather have the Sensor Set Import Template emailed to you.
3) Fill out and upload the Sensor Set Import Template.
   a. Click **here** for a video tutorial on how to fill out and upload the Sensor Set Import Template.
4) Create classes in the web portal.
   a. In the web portal, click the settings wheel. Click on "Classes." Click on "Create a Class."
   b. Click **here** for a video tutorial on how to create classes in the web portal.
5) Download the Complex Import User Template.
   a. In the web portal, click the settings wheel. Click on "Users." Click on "Import Users." Click on and download the "Complex Import Example."
      i. Email Heart Tech Plus if you would rather have the Complex Import User Template emailed to you.
      ii. Email Heart Tech Plus if you would like detailed descriptions (for each column that needs filled out in the template) along with example students filled out in the template.
6) Fill out and upload the Complex Import User Template.
   a. Click **here** for a video tutorial on how to fill out the template.
   b. Click **here** for a video tutorial on how to import the template.
      i. Please ignore the last portion of the video (1:30-3:11) when it talks about how to add students in each class. Our template now has a "class" column so you can import users into specific classes much easier.

Downloading & Signing into the Group App:

1) On your iOS device (iPhone or iPad), go to the App Store.
2) Search for "FIAH Group App."
3) Download the FIAH Group app.
4) Sign into the group app.
   a. Your username should have been in the "Welcome" email from Heart Tech Plus.
   b. Your passcode/password is what you set it to.
5) Make sure your HUB is updated.
   a. Click **here** for a video tutorial on how to make sure your HUB is updated.

Using the HUB:

1) Connect the HUB to your iOS device. You have two options when it comes to using and connecting the HUB. See below.
   a. **With the HUB not plugged into a power source:** Hold in the black button on the HUB. Both the red light and green light will begin blinking quickly. Tap the black button once quickly. Now the green light should just be blinking. This means the HUB is now in standalone mode and can be connected to the iOS device.
      i. On your iOS device, go to Settings. Tap on "Wi-Fi." You should see your HUB listed in the networks. It should begin with "WASP." Press on it and wait for it to connect to the iOS device.
         1. If you don't see "WASP" in your networks, try turning off your Wi-Fi and then turning it back on.
   b. **With the HUB plugged into a power source:** With the HUB off and the USB part of the HUB's charging cable plugged into a power source (wall, computer, battery pack, etc.), plug the micro-

USB part of the charging cable into the HUB. Both the red light and green light will begin blinking quickly. Tap the black button once quickly. Now the red light and green light will blink slowly. This means the HUB can now be connected to the iOS device.

  i. On your iOS device, go to Settings. Tap on "Wi-Fi." You should see your HUB listed in the networks. It should begin with "WASP." Press on it and wait for it to connect to the iOS device.
      1. If you don't see "WASP" in your networks, try turning off your Wi-Fi and then turning it back on.
  ii. This is an excellent way to use the HUB so you never have to worry about the HUB's battery going dead during class.

2) Turning the HUB on/off and how to charge the HUB. See below.
   a. **Turning on the HUB:** Hold in the black button on the HUB. Both the red light and green light will begin blinking. See #1 in this section to learn how to connect the HUB to the iOS device.
   b. **Turning off the HUB:** Hold in the black button on the HUB until you see both the red light and green light flash multiple times. Once you let go, the HUB should be off.
   c. **Charging the HUB:** With the HUB off and the USB part of the HUB's charging cable plugged into a power source (wall, computer, battery pack, etc.), plug the micro-USB part of the charging cable into the HUB. Both the red light and green light will begin blinking quickly. Hold in the black button on the HUB until you see both the red light and green light flash multiple times. Once you let go, only the red light should be blinking. This means that the HUB is charging. Once the red light turns solid, this means the HUB is fully charged.
   d. Click **here** for a video tutorial on how to turn the HUB on/off and how to charge the HUB.

Using the Group App:

Please click **here** for a video tutorial on how to use the group app from start to finish.

1) Sign into the group app.
2) Connect the HUB to the iOS device.
3) On the home screen, tap on the class that you want to start.
3) Confirm the information on the following page (type of class, sensor set, etc.).
4) Press "Start Class."
5) If the HUB is connected to the iOS device, you should see data getting collected on the tiles.
6) Press "START" to begin officially collecting data.
   a. Don't forget this step!
7) Class Types & Views (you will have the option to choose between the following views):
   a. **HR + MVPA (highly recommended):**
      i. Heart Rate (Beats Per Minute)
         1. This is a user's current heart rate. The background will change colors based on the user's heart rate zone they are currently working out at.
      ii. Moderate to Vigorous Physical Activity (MVPA) Timer
         1. Users will get MVPA time when they are working out in the yellow, orange, and/or red zones. This is approximately 60%-100% of their maximum heart rate (MHR).
      iii. Calories Burned
      iv. Points (refreshes every minute)
         1. Zone 0: Gray Zone-0 points/minute; Below 40% of MHR
         2. Zone 1: Blue Zone-1 point/minute; 40%-50% of MHR
         3. Zone 2: Green Zone-2 points/minute; 50%-60% of MHR
         4. Zone 3: Yellow Zone-3 points/minute; 60%-75% of MHR
         5. Zone 4: Orange Zone-4 points/minute; 75%-90% of MHR
         6. Zone 5: Red Zone-5 points/minute; 90%-100% of MHR
      v. Percent of Heart Rate Max
         1. This is a user's current percent of heart rate max they are working out in.

b. **Heart Rate:**
   i. Heart Rate (Beats Per Minute)
      1. This is a user's current heart rate. The background will change colors based on the user's heart rate zone they are currently working out at.
   ii. Points (refreshes every minute)
      1. Zone 0: Gray Zone-0 points/minute; Below 40% of MHR
      2. Zone 1: Blue Zone-1 point/minute; 40%-50% of MHR
      3. Zone 2: Green Zone-2 points/minute; 50%-60% of MHR
      4. Zone 3: Yellow Zone-3 points/minute; 60%-75% of MHR
      5. Zone 4: Orange Zone-4 points/minute; 75%-90% of MHR
      6. Zone 5: Red Zone-5 points/minute; 90%-100% of MHR
   iii. Calories Burned
   iv. Zone
      1. Gray Zone: Zone 0.0
      2. Blue Zone: Zone 1.0
      3. Green Zone: Zone 2.0
      4. Yellow Zone: Zone 3.0
      5. Orange Zone: Zone 4.0
      6. Red Zone: Zone 5.0
c. **HR + Step Rate:**
   i. Heart Rate (Beats Per Minute)
      1. This is a user's current heart rate. The background will change colors based on the user's heart rate zone they are currently working out at.
   ii. Steps Per Minute
      1. This is a user's <u>current</u> steps per minute rate. Depending on their pace, this number can change frequently.
   iii. Calories Burned
   iv. Points (refreshes every minute)
      1. Zone 0: Gray Zone-0 points/minute; Below 40% of MHR
      2. Zone 1: Blue Zone-1 point/minute; 40%-50% of MHR
      3. Zone 2: Green Zone-2 points/minute; 50%-60% of MHR
      4. Zone 3: Yellow Zone-3 points/minute; 60%-75% of MHR
      5. Zone 4: Orange Zone-4 points/minute; 75%-90% of MHR
      6. Zone 5: Red Zone-5 points/minute; 90%-100% of MHR
   v. Zone
      1. Gray Zone: Zone 0.0
      2. Blue Zone: Zone 1.0
      3. Green Zone: Zone 2.0
      4. Yellow Zone: Zone 3.0
      5. Orange Zone: Zone 4.0
      6. Red Zone: Zone 5.0
d. **HR + Steps:**
   i. Heart Rate (Beats Per Minute)
      1. This is a user's current heart rate. The background will change colors based on the user's heart rate zone they are currently working out at.
   ii. Total Steps Taken
   iii. Calories Burned
   iv. Points (refreshes every minute)
      1. Zone 0: Gray Zone-0 points/minute; Below 40% of MHR
      2. Zone 1: Blue Zone-1 point/minute; 40%-50% of MHR
      3. Zone 2: Green Zone-2 points/minute; 50%-60% of MHR
      4. Zone 3: Yellow Zone-3 points/minute; 60%-75% of MHR
      5. Zone 4: Orange Zone-4 points/minute; 75%-90% of MHR

      6. Zone 5: Red Zone-5 points/minute; 90%-100% of MHR
    v. Zone
      1. Gray Zone: Zone 0.0
      2. Blue Zone: Zone 1.0
      3. Green Zone: Zone 2.0
      4. Yellow Zone: Zone 3.0
      5. Orange Zone: Zone 4.0
      6. Red Zone: Zone 5.0

8) **Backside of Tile:** By single tapping on any user's tile, you will be able to see the backside of all tiles which will tell users how many minutes in each heart rate zone they have exercised in. To get back to the front side of the tiles, single tap on any user's tile.

9) **Double Tapping on a User's Tile:** You can double tap on any user's tile and be able to see their information including name, nickname, gender, grade, height, and weight. Although the app allows you to edit this information, it is highly recommended that you make these changes in the web portal and not the app.

10) **Recovery Button:** Pressing the "START RECOVERY" button will calculate user's recovery heart rates based on one minute. Both the user and the instructor/teacher will be able to see this number in the workout report and in the web portal.

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Ending Class & Viewing/Uploading Data to Web Portal:

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1) As class is about to end, press "PAUSE" in the group app.
2) Press "STOP, and SAVE." The app should take you back to the home screen.
3) Turn off the HUB.
4) On your iOS device, go to your Wi-Fi settings and connect to your Wi-Fi network.
5) Go back into the group app.
6) Press "Upload Workouts" on the home screen.
7) Next to the class you just ended, press "Upload Workout." You will get a "Success" message if the data has been uploaded successfully.
8) If time permits, log into the web portal. Click on "Reports" and then click on "Class Session." If you see the class (that you just uploaded) in the web portal "spinning," that means it is currently processing all of the data. If you refresh the page after 10-15 minutes, you should be able to click "View Report" next to that class to see all of the data.
  a. If your data successfully uploaded to the web portal, go back to the home screen on the group app. Press "Upload Workouts." Next to the class that you just uploaded, "Uploaded" should be grayed out. Swipe left and press "Delete."
    i. Deleting workouts (after you have confirmed they have been uploaded to the web portal) is highly recommended.
  b. If your data did not successfully upload to the web portal, make sure you are connected to Wi-Fi and press "Uploaded" next to the class (in the "Upload Workouts" section of the group app). You will get an alert stating that uploading again will result in duplicate workouts. If you are sure your data did not initially upload, press "Continue."
9) Once data begins getting uploaded to the web portal, you will be able to generate multiple types of reports.
  a. In the web portal, you can click on "Reports" and then "Class." Click "View Report" under the class you want to view. On the top of this page, you are able to set any date range that you'd like and see data of all users in the class (within that date range).
  b. In any date range report, you are also able to check boxes of the users that you want to email that data to. Once boxes are checked, you will have the option to download the batch report and/or email the reports to users.
10) **Resync:** In the group app, if you press "Settings," you will see a "Resync" button. This is <u>very</u> important to press when you make changes in the web portal and want those changes to show up in the group app (or vice versa).