



HTP HOME App Information & Reminders:

1. **The HTP HOME app is both iOS and Android** compatible and can be downloaded in the iOS App Store and/or Android Play Store.
2. When participating in a **Heart Rate & Moderate to Vigorous Physical Activity (MVPA) workout**, a **heart rate sensor is needed** (preferably a Sensr 4.0).
3. **Your Sensr 4.0 can be only paired to one device at a time.** If you try to pair your Sensr 4.0 to an additional device, it will not successfully pair. If you need to pair your Sensr 4.0 to a new device, make sure you “trash” your sensor in the HTP HOME app settings (from your old device) first and then sign out. Then, with your new device, pair your Sensr 4.0.
4. When participating in a **Steps workout** and using your phone as a pedometer, **your phone must have an accelerometer** in order to get proper data that includes steps per minute (SPM).
5. For best results and to get best data, **it is highly recommended to leave your screen on (in the HTP HOME app) when participating in a workout.**
 - a. After extensive testing, it has been determined that the **HTP HOME app produces more reliable data on devices (iOS and Android) with a cellular/data plan.**
 - b. For Android devices, some phones do not work as well when the HTP HOME app is running in the background (when the phone is asleep and/or the app is not on the screen). **When the phone is asleep, data may not be accurate.**
 - c. After extensive testing, the following Android phone models have had good success when using the HTP HOME app while the phone is asleep.
 - i. LG K40, Motorola Moto G Series, Samsung Galaxy Note 9, Samsung S7, Samsung S20+
 - ii. Higher end Android devices are also likely to work when using the HTP HOME app while the phone is asleep.
 - d. After extensive testing, the following Android phone models have not had good success when using the HTP HOME app while the phone is asleep.
 - i. Atom XL, BLU V5, Motorola Moto E, Palm
 - e. After extensive testing with iOS devices, most have had good success when using the HTP HOME app while the phone is asleep. However, **it is still highly recommended to leave your screen on (in the HTP HOME app) when participating in a workout.**
6. During workouts and in workout reports, **distance traveled is based on GPS.** Therefore, when participating in indoor activities such running on a treadmill, distance traveled will not be calculated correctly.
 - a. On that note, in relation to #5, it is highly recommended to leave your screen on (in the HTP HOME app) when participating in an outdoor workout so your map and distance traveled can be accurate.