



### **Heart Tech Plus Announces the Release of the HTP HOME App:**

Heart Tech Plus has officially released the HTP HOME app in the iOS App Store and Google Play Store. With the app being iOS and Android compatible, this allows all individuals the chance to take ownership of their health along with collecting and tracking important fitness data to help improve physical fitness and emotional wellness. Heart Tech Plus is committed to help physical educators, fitness instructors, and individuals of all ability levels to take advantage of this game changing technology.

The HTP HOME app allows users to use the Heart Tech Plus platform on an individual level. With the app, users can participate in any physical activity that they choose. If a device has Bluetooth connection, users are able to connect our new heart rate sensor, the Sensr 4.0, to the app and track heart rate and much more.

The HTP HOME app allows users to choose between two different workout types: Heart Rate and Moderate to Vigorous Physical Activity (MVPA) and Steps. With the Heart Rate and MVPA workout, users are able to collect and track data that includes heart rate, MVPA time, calorie expenditure, points, total steps, and average heart rate. The app also has a Recovery button that allows users to track their recovery heart rate to help them determine their current fitness levels. With the Steps workout, users are able to collect and track steps per minute, total steps, points, MVPA time, and approximate distance.

Heart Tech Plus understands that funding can be slim and often hard to find. To help with this, the HTP HOME app can still be used without a heart rate sensor. The app has the capability to have several devices act as a pedometer. The app will convert step rate into MVPA time while still collecting total steps, points, and approximate distance.

With a web portal license, all data will sync to the web portal for easy viewing. For physical educators, students can complete workouts outside of class. Teachers can still collect and view all of this data along with viewing multiple types of reports. This can help physical educators motivate students while holding them accountable at the same time.

There are many studies that show the relationship between physical activity and academic success. Studies also show that physical activity helps the brain. Heart Tech Plus wants to help individuals become more physically active so they can see the benefits.

Below is a user manual for the HTP HOME app that includes an overview of the app, directions, and a tips/troubleshooting page. You can also click on the link(s) below to access introduction and tutorial videos for the HTP HOME app.

Heart Tech Plus is excited to make this new app a positive experience for everyone. Please reach out if you have questions or would like to provide feedback.

Thank you,

The Heart Tech Plus Team

## HTP HOME 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 completed workouts from the HTP HOME app and/or group app.
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- 1) On your mobile device (Android and/or iOS), go to the App Store and/or Google Play Store.
- 2) Search for "HTP HOME." If nothing comes up and/or you can't find the HTP HOME app, search for "Heart Tech Plus."
- 3) Download the HTP HOME app.
- 4) Open the HTP HOME app.
- 5) Logging in for the first time:
  - a. **iOS Devices Only:** You will get an alert stating, "HTP HOME" Would Like to Use Bluetooth. Press "OK."
  - b. To log in (if you have a web portal license):
    - i. Type in your username. This is the same as your web portal's username.
    - ii. Type in your password. This is the same as your web portal's password.
    - iii. Type in your group code.
      - a. The group code is the first portion of your web portal URL before .hearttechplus.com.
        - 1) Example: The group code for htpha.hearttechplus.com would be htpha.
    - iv. Press "SIGN IN."
      - a. The **GUEST LOGIN** is for individuals who do not have a web portal license. These individuals can still use the HTP HOME app by pressing "GUEST" on the login screen.
      - b. **GUEST LOGIN** users will need to submit their first name, last name, and email address. These fields are required. Optional fields are school/organization and state. Press "SIGN IN" once you have provided this information.
  - c. Press "PAIR" to pair a sensor (only if you have a Sensr 2.0 and/or Sensr 4.0); **if you do not have a heart rate sensor, press "SKIP" on the top right corner and go to #6.**
    - i. Turn on your heart rate sensor and press "PAIR."
      - a. **Having trouble connecting your sensor? Go to the Tips and Troubleshooting page.**
      - b. **Android Devices Only:**
        - 1) You will get an alert stating, "Allow HTP HOME to access this device's location." Press "Allow only while using the app."
          - i. This location alert is required so you can successfully pair sensor(s) on Android devices.
        - ii. Check the box next to the heart rate sensor you want to pair and press "CONFIRM."
          - a. Sensr 4.0's will begin with HW706V.
          - b. Sensr 2.0's will begin with TRIO.
        - iii. You will get an alert stating, "YOUR SENSOR HAS SUCCESSFULLY PAIRED."
        - iv. Press "CONTINUE."
- 6) Pedometer Permission: You will get an alert stating, "The app will use your device's pedometer to record steps when no sensors are connected." Press "CONTINUE."
- 7) Allow access to your phone's pedometer:
  - a. **iOS Users:** You will get another alert stating, "HTP HOME" Would Like to Access Your Motion & Fitness Activity. Press "OK."
  - b. **Android Users:** You will get another alert stating, "Allow HTP HOME to access your physical activity?" Press "Allow."

- 8) Location Permission: You will get an alert stating, "The app will use your device's location to track your workout progress on a map. For best results enable "Always" in the HTP App Settings." Press "UPDATE SETTINGS" and press "Location." For iOS devices, it is recommended to change the location setting to "Always" and enable "Precise Location." For Android devices, it is recommended to change the location setting to "Allow all the time." Afterwards, go back into the HTP HOME app and press "CONTINUE."
- 9) **GUEST LOGIN** users will have the option to put in their personal information that will include gender, weight, max heart rate, resting heart rate, height, VT1, and VT2. Press "SAVE" on the top right corner. Click "HOME" on the bottom of the screen to get to the Workouts page.
- 10) **Workouts** (On the Workouts screen, tap on a workout option that you want to do).
  - a. **Heart Rate & Moderate to Vigorous Physical Activity (MVPA)**
    - i. Wear the heart rate sensor and make sure it is turned on.
    - ii. Press "Select a Heart Rate sensor." Select the heart rate sensor you want to use. Make sure the heart rate sensor is turned on.
    - iii. Press "Select a Steps sensor." Select the heart rate sensor you want to use. Make sure the heart rate sensor is turned on.
      - a. **If you do not select a sensor for Steps, your phone will be used as the pedometer instead of your heart rate sensor.**
    - iv. Press "CONFIRM."
    - v. Press "START WORKOUT." You will see the following:
      - a. Heart Rate (Beats Per Minute)
        - 1) This is your current heart rate. The background will change colors based on the heart rate zone you are currently working out at.
      - b. Moderate to Vigorous Physical Activity (MVPA) Timer
        - 1) You will get MVPA time when you are working out in the yellow, orange, and/or red zones. This is approximately 60%-100% of your maximum heart rate (MHR).
      - c. Calories Burned
      - d. 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
      - e. Total Step Count
      - f. Average Heart Rate (average heart rate throughout the entire workout)
      - g. Stopwatch (duration of the entire workout)
      - h. "Recovery" Button: Pressing this button will calculate your recovery heart rate based on one minute. You will be able to see this number in your workout report and in the web portal.
    - vi. **"Swiping" left on the bottom** will give you the number of minutes in each zone you are working out at (based on heart rate).
    - vii. **"Swiping" left on the top** will give you your workout map (where you have traveled during your workout).
      - a. **iOS Devices Only:** Your workout tracking line will change colors that will relate to the current heart rate zone you are working out in.
    - viii. Depending on your setting in the HTP HOME app, you will have the option to "HOLD TO PAUSE/FINISH" or "SWIPE TO PAUSE/FINISH." After doing so, you will have an option to "END AND SAVE WORKOUT," "DISCARD WORKOUT," or "RESUME." If you press "END AND SAVE WORKOUT," you will see your Workout Review, which is all data from your workout. Pressing "END AND SAVE WORKOUT" will also automatically upload all data from your workout to your web portal if you have cellular data or if you are connected to WiFi at the time of tapping the button. **GUEST LOGIN** users will not be able to upload data to a web portal.

- ix. Scroll all the way down on the Workout Review page. You will have the option to press “DONE” or “DELETE WORKOUT.” If you see “UPLOAD WORKOUT,” there was an error uploading your workout (no internet service and/or cellular data for example) when you ended and saved your workout. You can press this button to retry uploading all data from your workout to your web portal.
    - a. In the top right corner of the Workout Review page, you can press the “share” button and share the image of your Workout Review page with someone through email, text message, etc.
- b. Steps (With a Heart Rate Sensor)**
- i. Wear the heart rate sensor and make sure it is turned on.
  - ii. Press “Select a Heart Rate sensor.” Select the heart rate sensor you want to use. Make sure the heart rate sensor is turned on.
  - iii. Press “Select a Steps sensor.” Select the heart rate sensor you want to use. Make sure the heart rate sensor is turned on.
    - a. **If you do not select a sensor for Steps, your phone will be used as the pedometer instead of your heart rate sensor.**
  - iv. Press “CONFIRM.”
  - v. Press “START WORKOUT.” You will see the following:
    - a. Steps per Minute
      - 1) This is your current approximate step rate. The background will change colors based on your step rate (per minute) you are currently working out at.
    - b. Total Step Count
    - c. Points (refreshes every minute based on step rate)
      - 1) Zone 1: Blue Zone-1 point/minute; 100 SPM or Below
      - 2) Zone 2: Green Zone-2 points/minute; 100-120 SPM
      - 3) Zone 3: Yellow Zone-3 points/minute; 120-140 SPM
      - 4) Zone 4: Orange Zone-4 points/minute; 140-160 SPM
      - 5) Zone 5: Red Zone-5 points/minute; 160 SPM or Above
    - d. Moderate to Vigorous Physical Activity (MVPA) Timer
      - 1) You will get MVPA time when you are working out in the yellow, orange, and/or red zones (based on step rate). This is approximately 120 SPM or higher.
    - e. Distance (approximate)
    - f. Average Heart Rate (average heart rate throughout the entire workout)
      - 1) This will only occur if you selected and wore a heart rate sensor for this workout.
    - g. Stopwatch (duration of the entire workout)
    - h. “Recovery” Button: Pressing this button will calculate your recovery heart rate based on one minute. You will be able to see this number in your workout report and in the web portal.
      - 1) This will only occur if you selected and wore a heart rate sensor for this workout.
  - vi. **“Swiping” left on the bottom** will give you the number of minutes in each zone you are working out at (based on step rate).
  - vii. **“Swiping” left on the top** will give you your workout map (where you have traveled during your workout).
    - a. **iOS Devices Only:** Your workout tracking line will change colors that will relate to the current steps per minute (SPM) zone you are working out in.
  - viii. Depending on your setting in the HTP HOME app, you will have the option to “HOLD TO PAUSE/FINISH” or “SWIPE TO PAUSE/FINISH.” After doing so, you will have an option to “END AND SAVE WORKOUT,” “DISCARD WORKOUT,” or “RESUME.” If you press “END AND SAVE WORKOUT,” you will see your Workout Review, which is all data from your workout. Pressing “END AND SAVE WORKOUT” will also automatically upload all data from your workout to your web portal if you have cellular data or if you are connected to WiFi at the time of tapping the button. **GUEST LOGIN** users will not be able to upload data to a web portal.

- ix. Scroll all the way down on the Workout Review page. You will have the option to press “DONE” or “DELETE WORKOUT.” If you see “UPLOAD WORKOUT,” there was an error uploading your workout (no internet service and/or cellular data for example) when you ended and saved your workout. You can press this button to retry uploading all data from your workout to your web portal.
  - a. In the top right corner of the Workout Review page, you can press the “share” button and share the image of your Workout Review page with someone through email, text message, etc.
- c. **Steps (Without a Heart Rate Sensor & Using Your Phone as a Pedometer)**
  - i. Do not select a Heart Rate sensor. It should say “Select a Heart Rate sensor.”
  - ii. Do not select a Steps sensor. It should say “Select a Steps sensor.”
  - iii. Press “CONFIRM.”
  - iv. Press “START WORKOUT.” You will see the following:
    - a. Steps per Minute
      - 1) This is your current approximate step rate. The background will change colors based on your step rate (per minute) you are currently working out at.
    - b. Total Step Count
    - c. Points (refreshes every minute based on step rate)
      - 1) Zone 1: Blue Zone-1 point/minute; 100 SPM or Below
      - 2) Zone 2: Green Zone-2 points/minute; 100-120 SPM
      - 3) Zone 3: Yellow Zone-3 points/minute; 120-140 SPM
      - 4) Zone 4: Orange Zone-4 points/minute; 140-160 SPM
      - 5) Zone 5: Red Zone-5 points/minute; 160 SPM or Above
    - d. Moderate to Vigorous Physical Activity (MVPA) Timer
      - 1) You will get MVPA time when you are working out in the yellow, orange, and/or red zones (based on step rate). This is approximately 120 SPM or higher.
    - e. Distance (approximate)
    - f. Average Heart Rate (average heart rate throughout the entire workout).
      - 1) Although you will see this tile in your workout, there will be no data calculated since you are not wearing a heart rate sensor. Ignore this tile.
    - g. Stopwatch (duration of the entire workout)
    - h. “Recovery” Button: Although you can press this button, nothing will calculate since you are not wearing a heart rate sensor. Ignore this button.
  - v. “Swiping” left on the bottom will give you the number of minutes in each zone you are working out at (based on step rate).
  - vi. “Swiping” left on the top will give you your workout map (where you have traveled during your workout).
    - a. **iOS Devices Only:** Your workout tracking line will change colors that will relate to the current steps per minute (SPM) zone you are working out in.
  - vii. Depending on your setting in the HTP HOME app, you will have the option to “HOLD TO PAUSE/FINISH” or “SWIPE TO PAUSE/FINISH.” After doing so, you will have an option to “END AND SAVE WORKOUT,” “DISCARD WORKOUT,” or “RESUME.” If you press “END AND SAVE WORKOUT,” you will see your Workout Review, which is all data from your workout. Pressing “END AND SAVE WORKOUT” will also automatically upload all data from your workout to your web portal if you have cellular data or if you are connected to WiFi at the time of tapping the button. **GUEST LOGIN** users will not be able to upload data to a web portal.
  - viii. Scroll all the way down on the Workout Review page. You will have the option to press “DONE” or “DELETE WORKOUT.” If you see “UPLOAD WORKOUT,” there was an error uploading your workout (no internet service and/or cellular data for example) when you ended and saved your workout. You can press this button to retry uploading all data from your workout to your web portal.
    - a. In the top right corner of the Workout Review page, you can press the “share” button and share the image of your Workout Review page with someone through email, text message, etc.

## 11) Home App Icons:

- a. Home
  - i. This is where you can select particular workouts you want to complete.
- b. Announcements
  - i. This is where you will see announcements that teachers have posted for students. Teachers will create announcements in the web portal.
- c. History
  - i. This is a calendar feature where you can view your six most recent workouts. Dot(s) under a particular day means you completed workouts. By clicking on a particular day, you can click “View Report” to see data from those workouts.
    - a. By clicking “View Report,” your Workout Review page (from that particular workout) will pop up. In the top right corner, you can press the “share” button and share the image of this Workout Review page with someone through email, text message, etc.
    - b. If you have a web portal license and have not yet uploaded certain workout(s) to the web portal, you can press “UPLOAD WORKOUT” in that particular workout’s Workout Review page. If you do not see “UPLOAD WORKOUT,” it means that workout has already been uploaded to the web portal.
- d. Settings
  - i. General
    - a. This is where you can disable/enable audio cues (“workout started,” “workout paused,” “workout resumed,” and “workout complete”) and replace the “SWIPE TO PAUSE/FINISH” button with a “HOLD TO PAUSE/FINISH” button.
  - ii. Personal Information
    - a. This is where you can view your personal information that includes username, first name, last name, email address, grade, gender, max heart rate, resting heart rate, weight, height, VT1 and VT2.
  - iii. Paired Sensors
    - a. This is where you can view all sensors that you have paired. You can also add sensors and delete sensors.
    - b. You can rename your paired sensor(s) by clicking on a particular paired sensor. Make sure to press “SAVE” after renaming a sensor.
  - iv. Permissions
    - a. Pedometer Permissions: By tapping on “Pedometer Permissions,” this is where you can edit and see what the HTP HOME app has access to (location, Bluetooth, motion & fitness, etc.).
    - b. Location: By tapping on “Location,” this is where you can edit and see what the HTP HOME app has access to (location, Bluetooth, motion & fitness, etc.).
    - c. Battery Optimization (Android) or Background App Refresh (iOS):
      - 1) Android Users: For best results, it is recommended to have Battery Optimization disabled. The HTP HOME app should be under the “apps not optimized” list.
      - 2) iOS Users: For best results, it is recommended to have “Background App Refresh” turned on. On the iOS device, go to “Settings.” Click on “General.” Click on “Background App Refresh.” Make sure it is turned on.
  - v. Customer Service
    - a. User Manual: This is where you can get support by clicking on and viewing a user manual for the HTP HOME app.
    - b. Video Walkthrough: This is where you can watch introduction and tutorial videos for the HTP HOME app.
    - c. Contact Us: This is where you can contact the Heart Tech Plus team by visiting the Heart Tech Plus website or sending an email.
  - vi. Sign Out
    - a. This is where you can sign out of the HTP HOME app.

## **HTP HOME App Tips & Troubleshooting:**

- 1) **Pairing Sensors:** Having trouble pairing your sensor? Go in the following order until there is a solution.
  - a. **IMPORTANT NOTE: A sensor can only be connected to one device at a time.** Is your sensor currently connected to another device? If so, you need to do one or all of the following:
    - i. On the other device that you are not using (that the sensor is connected to), make sure the HTP HOME app is completely closed (including in the background). Then, on the other device you want to use, press "Settings" in the HTP HOME app. Press "Paired Sensors." With the heart rate sensor turned on, press "ADD SENSOR" and press "PAIR."
    - ii. On the other device that you are not using (that the sensor is connected to), you can remove the sensor in the HTP HOME app. Press "Settings." Press "Paired Sensors." Click the trash can icon next to the sensor you need to remove. Then, on the other device you want to use, press "Settings" in the HTP HOME app. Press "Paired Sensors." With the heart rate sensor turned on, press "ADD SENSOR" and press "PAIR."
  - b. If you are getting an error message, make sure your sensor is turned on. If it is on, try turning off your sensor. **Immediately** after turning your sensor back on (when the lights on the sensor are blinking fast), press "Retry."
  - c. In the HTP HOME app, press "Settings." Press "Paired Sensors." Do you see your heart rate sensor in the list?
    - i. If so, click the trash icon next to the sensor so you can remove it. With the heart rate sensor turned on, press "ADD SENSOR" and press "PAIR."
    - ii. If not, with the heart rate sensor turned on, press "ADD SENSOR" and press "PAIR."
  - d. Delete/uninstall the app.
  - e. Restart and/or hard reset your device.
  - f. Reinstall the app.
    - i. This can help if the app is crashing randomly as well.
  - g. Go into your device settings. Turn off Bluetooth. Turn it back on.
- 2) **Android Specific Tips & Troubleshooting:** go in the following order until there is a solution.
  - a. Are you trying to use the HTP HOME app while it is running in the background and/or while the device screen is off? If so, make sure battery optimization is turned off. On the Android device, go to "Settings." Press the search icon and type in "battery opti." Depending on your device, click on "Optimize Battery Usage" or "Battery Optimization." Click on "Optimize Battery Usage" again (if applicable). Make sure the HTP HOME app is under the "apps not optimized" list.
  - b. Restart your device (hold in the power button and tap on "Restart").
  - c. On your device, go to your home screen where you see the HTP HOME app icon. Press and hold on the icon. Tap on "App Info." Depending on your device, click on "Storage and Cache" or "Storage." Click on "Clear Storage" and "Clear Cache."
  - d. Uninstall the HTP HOME app.
  - e. Reinstall the HTP HOME app.
  - f. Upon installing and logging into the HTP HOME app, make sure you allow and/or accept all alerts including Bluetooth, pedometer permissions, and location access.
  - g. In the HTP HOME app, click "Settings." Click on "Permissions." Click on "Location." Click on "Permissions." Make sure "Location" and "Physical Activity" is under "Allowed."
  - h. On your device, go to "Settings." Press "Device Care." Press "Memory." Press "Clean Now." When completed, it will show as "cleaned."
- 3) **iOS Specific Tips & Troubleshooting:** go in the following order until there is a solution.
  - a. Are you trying to use the HTP HOME app while it is running in the background and/or while the device screen is off? If so, make sure "Background App Refresh" is turned on. On the iOS device, go to "Settings." Click on "General." Click on "Background App Refresh." Make sure it is turned on.
  - b. Hard reset your device.
    - i. On newer models (iPhone 8 and newer): Quickly press and release volume up. Quickly press and release volume down. Press and hold the side button until you see the Apple logo.
    - ii. On older models: Hold in the menu button and the power button at the same time until you see the Apple logo.
  - c. Uninstall/delete the HTP HOME app.
  - d. Reinstall the HTP HOME app.
  - e. Upon installing and logging into the HTP HOME, make sure you allow and/or accept all alerts including Bluetooth, pedometer permissions, and location access.
  - f. In the HTP HOME app, click "Settings." Click on "Permissions." Click on "Pedometer Permissions." Make sure all of the settings, including location, are enabled. The location setting should be set as "Always."
  - g. On your device, turn off your WiFi.
  - h. On your device, go to "Settings." Click on "General." Click on "Reset." Click on "Reset Network Settings."