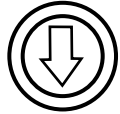# Mobile Instructions

1 Download the App

Search "NuvitaCorSync" in the App Store and download it.

NuvitaCorSync

2 Open the App

Go back to your mobile device and open the NuvitaCorSync app that you just installed.

Create your account by tapping the "Create Account" button on the bottom of the login screen.

CORSYNC

username

password

Sign In

I forgot my password

v 1.4.2

Create Account

3 Enter Group Code

Enter your group code. Tap on the "Continue" button on the bottom of the screen. Complete steps 2 and 3 by entering your info and agreeing to terms.

Cancel **CORSYNC**

Step: 1 - Find your group
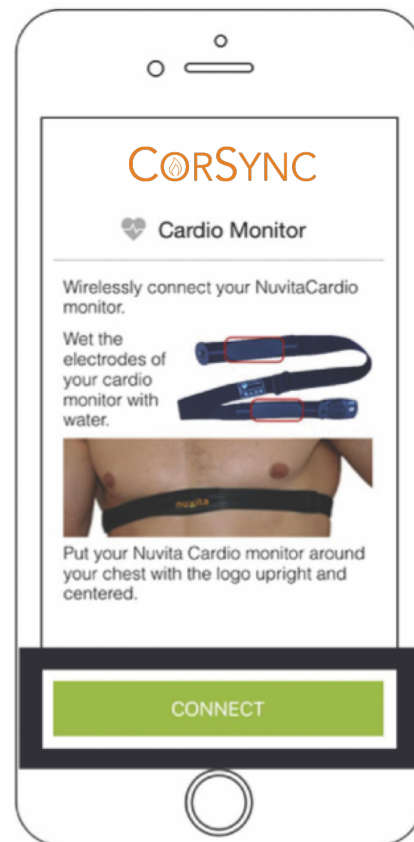
Enter Your Group Code:

Continue
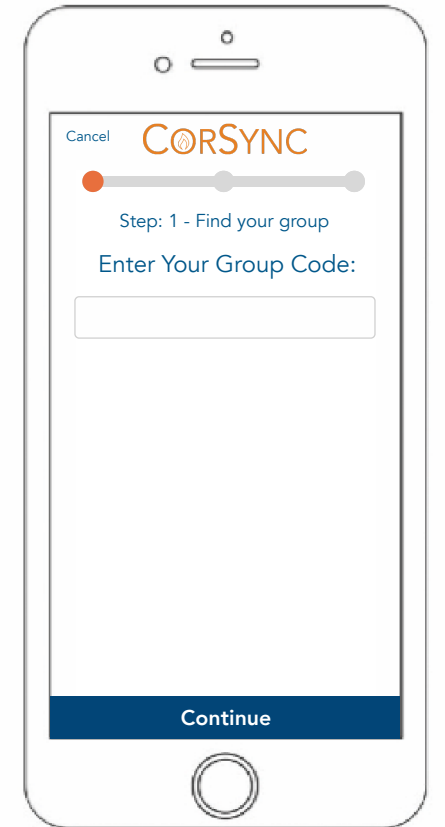
4 Pair the Monitor

When you launch the app for the first time, you'll see an image of the monitor and instructions.

Ensure that you are at least 40 feet away from any other cardio monitors the first time you pair your monitor.

Ensure that you are wearing the monitor and tap the green "Connect" button.

You will see a success message indicating that your device has been paired to your heart rate monitor.

CORSYNC

💙 Cardio Monitor

Wirelessly connect your NuvitaCardio monitor.

Wet the electrodes of your cardio monitor with water.

Put your Nuvita Cardio monitor around your chest with the logo upright and centered.

CONNECT

5 Record Your First Workout

To begin your workout, tap "Start". The timer will start to run and the phone will begin to record the session. The bluetooth range is approximately 40 feet, if your phone is not within this range during your workout it may lose your heart rate.
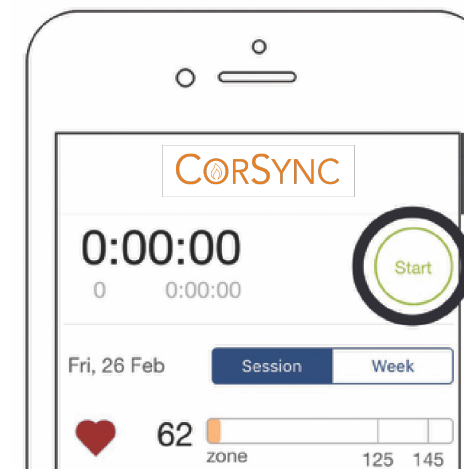
6 Save Your Workout

Once you have finished your workout, return to the NuvitaCorSync App on your phone. Tap "Pause". Now tap "Stop". You'll see a prompt that asks you to "Save Session". Tap save.

CORSYNC

0:00:00

0   0:00:00

Start

Fri, 26 Feb   Session Week

❤ 62   zone   125 145

Congratulations!

You have completed your first workout with NuvitaCorSync and on your way to becoming the Better YOU.

To reach tech support tap the "More" button at the bottom right corner of the screen. Tap the "Help" button for tech support options. Or contact us directly: support@nuvita.com
1-877-283-9730

M-F 9:00 am to 5 pm MST

Device Use

- Wet the cardio monitor electrodes with water well.
- Wear the monitor under your shirt, and against your skin. The strap is worn on the ribcage, below the pectoral muscles or breasts. Make sure the monitor is snug (but not too tight) around your chest. It should not move or slip during use. The Nuvita logo is upright and centered.
- Bluetooth devices have a range of up to 40 feet and they are line of sight. Make sure your phone is within 40 feet.
- Warm up, especially if the air is cool and dry – if your heart rate is reading zero, warm up for one or two minutes to see if it picks up.

Problem Reading HR?

- Make sure the strap is properly positioned, snug and wet with water.
- If the device is not connecting or reading your heart rate:
  - Remove the strap from your chest.
  - Disconnect the Nuvita monitor from the chest strap.
  - Wipe the connection snaps on the monitor with a clean, dry cloth.
  - Re-wet the electrodes on the strap with water.
  - Connect the Nuvita monitor to the chest strap and put it bac on your chest.
- A fluttering shirt (especially synthetic material) may cause static electricity.
- Chest hair can cause erratic HR readings. Electrode jell may help, but be sure to clean the strap after each use if you use electrode jell.
- Ensure proper cleaning of the strap and sensor.

Caring for your HR Monitor

- Disconnect the Nuvita monitor from the strap after each use. Wipe the Nuvita monitor and connectors with a soft towel. Clean the connectors with mild soap and water solution when needed. Do not use alcohol or any abrasive materials. Never put the monitor or strap in a washing machine or dryer.
- Rinse the strap under warm, running water after every use. Hang or pat dry. Do not stretch or forcibly twist/wring the strap. Rough handling may damage the electrodes.
- Wash the strap in warm water after every fifth use. Use a mild soap and water solution. Do not use moisturizing soaps, bleach or fabric softener.
- If you use body lotion or electrode gel you may need to wash the strap more frequently.
- Leave the Nuvita monitor disconnected from the strap except during use.
- Do not store when wet in a non-breathable material.
- Do not expose to direct sunlight for extended periods of time.