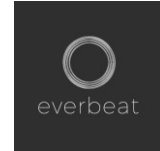




# everbeat: Getting Started



**Congratulations on selecting the everbeat health monitor! And thank you in advance for your feedback on how we can make the product and software better.**



*The everbeat device and associated software are in beta; therefore, you may find obvious problems or obscure ones. Either way, please let us know! In many cases, we have already logged the issue and will be fixing it in the next software release. However, in some cases, you may be the only one in the world who catches a bug! So tell us about any issues you come across, ideas you have to make the experience better, or things that drive you crazy. Send your feedback to [support@grektek.com](mailto:support@grektek.com).*



## everbeat Device Setup

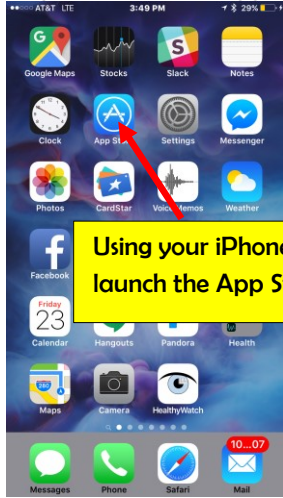
1. Remove the everbeat and its USB charging cable from the box
2. Tap the face of the watch once. The date, time and battery charge indicator will be displayed. If the everbeat has no charge at all, plug the charging cable into any USB connection and connect the other end of the charger to the back of the watch, lining up the dots on the charger with those on the watch.
3. If the watch battery is low, it will display a "charge me" reminder 3 times a day. Charge the watch within the next 24 hours using instructions in step 2.
4. Follow the instructions on the next pages to set up and begin using your everbeat application.

Please note that after you've successfully created a password and user account, you will be logged into screen entitled "Monthly Review". Close this screen and re-open the everbeat application from your iPhone.

If you experience any issues during this setup of the application or with the everbeat itself, please do not hesitate to contact us at [support@grektek.com](mailto:support@grektek.com).

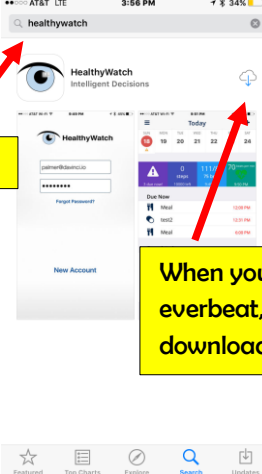
# everbeat Application Setup

## Step 1: Launch the App Store



Using your iPhone, launch the App Store

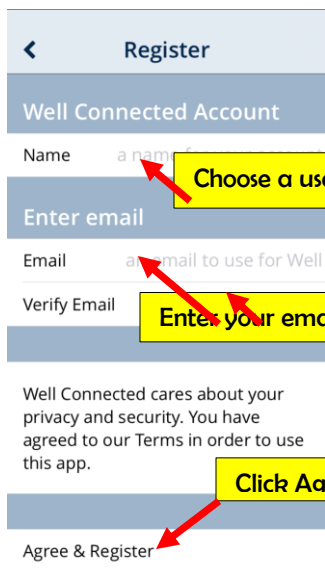
## Step 2: Find the everbeat App by searching for "everbeat", and then download it.



Search "everbeat"

When you find everbeat, download here.

## Step 3: Launch everbeat, select NEW ACCOUNT, accept terms of service, and register

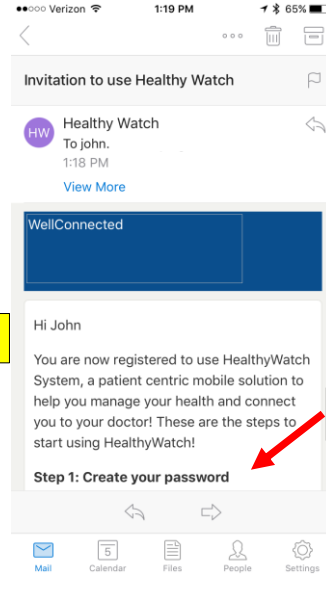


Choose a username

Enter your email address

Click Aaree

## Step 4: Check your email for an Invitation to Use everbeat & click on "create your password".

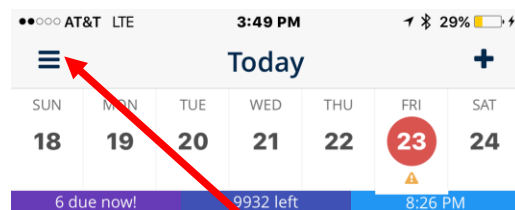


Create password

## Step 5: Launch the everbeat app from your iPhone



## Step 6: Open the main menu



Open the menu here

## everbeat Pairing

**Step 7: Connect to your everbeat**

**Step 8: Pair your everbeat**

Your everbeat device will 'wake up' every 5 minutes and check your heart rate. If everything appears normal, everbeat will go back to sleep. If everbeat senses a potential problem, it will ask you to record your ECG so it can perform a more complete assessment.

## everbeat Recording your ECG

**Step 7: Open ECG Function**

**Step 8: Take your ECG**

- 1) It's best to be seated and relaxed
- 2) Rest your watch wrist across your lap
- 3) Moisten your thumb and first finger on your non watch hand.
- 4) The watch will say, "ECG Ready" - touch RESTART if it doesn't
- 5) Avoid contact between your two hands
- 6) Press firmly with moistened fingers squeezing the two metallic contacts
- 7) Maintain steady pressure on your wrist
- 8) Take deep breaths and hold still until the progress bar reaches 100% - 30 - 60 seconds
- 9) Select RESTART and try again if readings are poor