

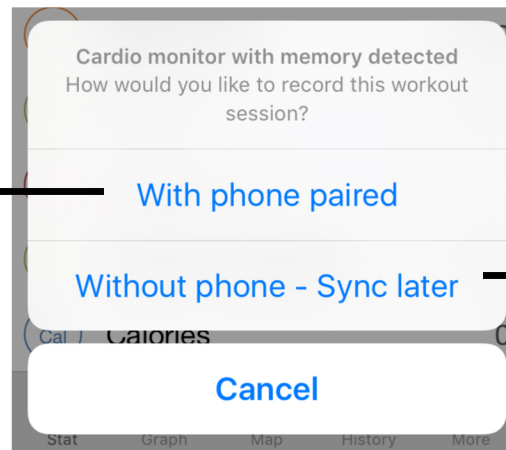
7 CHOICE A: Use Paired Phone to Record Data

You'll see a prompt to choose how you'd like to record your workout session data.

To use your Phone, tap "With Phone Paired".

You can now begin your workout and your phone will record the session using the monitor.

Choice A:



7 CHOICE B: Leave Your Phone Behind - Use Cardio Monitor to Record Data

Once you see the prompt describing how you'd like to record your data, tap "Without phone - sync later".

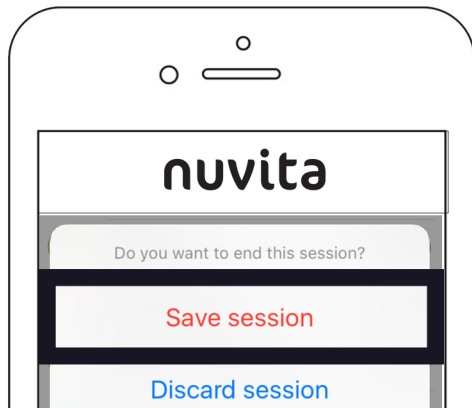
You can now begin your workout and your Cardio monitor will record your heart rate data without the use of your phone.

Choice B:

If You Selected Choice A:

8 Save Your Workout

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



If You Selected Choice B:

8 Sync Your Workout

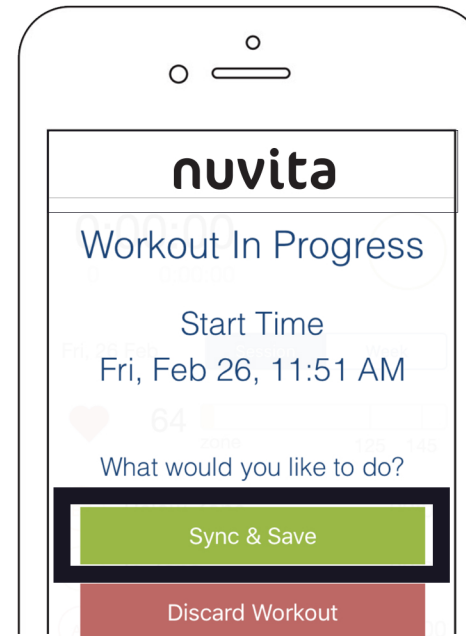
Once you have finished your workout, return to the NuvitaCardio App on your phone and tap "Finish Workout".

You will see a prompt that asks you to "Sync & Save" or "Discard Workout". Tap "Sync & Save".

Your device will now sync the workout from your Cardio Monitor's Memory.

Congratulations!

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



To reach Nuvita tech support, email techsupport@nuvita.com or call 1-877-283-9730 M-F 9:00 AM to 5:00 PM MT.

FCC STATEMENT

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

The grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. Such modifications could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The RF Exposure Compliance distance is less than 5mm.

FCC ID: O4GHRMABM
Model: HRMBLEM