omegawave™

QUICK START GUIDE

ABOUT OMEGAWAVE

Thank you for purchasing the Omegawave system!

The Omegawave assessment and guidance system is the only solution available today that quickly provides a holistic view of your body's functional state. Empowered by physiological feedback, you can optimize both your training and recovery.

Omegawave system allows you to:

- Optimize training
- Manage recovery
- Prevent injuries and avoid overtraining
- Track progress

Our clinical grade ECG device takes a two minute recording of the electrical activity of your heart and sends it to our cloud server for physiological analysis. The results are then sent to your Omegawave mobile application.

We help you understand your readiness to train, and the level of recovery from different elements of stress. We then provide you with guidelines for appropriate training for the day. After multiple measurements, you will see how your aerobic condition is responding to your training. All this was previously only available to pro athletes.

The measurement data gives you the confidence to train hard when you are ready, and rest when necessary to reach your goals faster.

BEFORE YOU START

Please check the following:

1. Your ECG sensor matches your device. Check the model number on the back side of the sensor:

- OW-ECG1A is for Apple devices

- OW-ECG1 is for Android devices

2. Your belt size is correct.

   The belt electrodes must be about 15 cm below the armpit level.

3. You have charged the ECG sensor fully before the first use using the supplied USB charger. Connect the USB charger to a your computer to begin the Full charge takes up to 1 hour. The sensor's metal contacts must be aligned with the charger's pins. The red indicator turns off when the sensor is fully charged.

ACTIVATE THE OMEGAWAVE APP

1. Download the application

   Apple

   Download the Omegawave application from the App Store. The app is available for the newer device models, starting from iPhone 3G or iPad 2. If you are using an iPad, you will find the Omegawave application in the iPhone apps category.

   Android

   Download the Omegawave app from Google Play.

2. Activate the application

   Please note that for the app to work you need an active internet connection via mobile data or WLAN.

   Launch the Omegawave app and activate it using the username and activation key received in your order confirmation email.

   Your username is one of the following, depending on your initial registration method:

   - If you have created a new Omegawave account to register, your username is the email address used during the registration.

   - If you have used Google+ to register, your username is the Gmail address associated with your Google+ account.

   - If you have used Facebook to register, your username is the email address associated with your Facebook account.

CONDUCT THE MEASUREMENT

1. Make sure you have an active internet connection via mobile data or WLAN

2. Wet the electrode pads with water

3. Adjust the belt strap

   For accurate results, please ensure that the electrodes are about 15 cm below the armpit level and the belt is fitted tight around your chest.

4. Attach the sensor to the belt

For correct positioning, please ensure that the Omegawave logo is facing up.

.   Apple: Pair the sensor

Go to the Bluetooth settings on your phone and make sure that Bluetooth is switched on. Locate the ECG sensor in the Bluetooth device list. Select the sensor (OW-ECG1A) from the device list to complete the pairing process. This only needs to be done when pairing the sensor for the first time.

5. Conduct the measurement

Lie down and relax. Press "New Measurement" and select the sensor from the list.

Apple

Select the ECG sensor (OW-ECG1A).

Android

Select the ECG sensor (OW-ECG1) from the device list and enter the PIN code (0000) to complete the pairing process. This only needs to be done during the first use.

Update your weight if necessary, then press "Start". The measurement takes around two minutes. The app will signal twice when the process is complete. Your results will be displayed automatically.

You can access your measurement results online for further analysis at:

http://app.omegawave.com/

Your Personal Data will be stored in a secure environment and treated confidentially. For more information about our privacy policy please visit:

http://omegawave.com/privacy

6. After the measurement

After the measurement please remove the sensor from the belt to prevent battery drain. The sensor needs to be charged once a week when used actively.

MEASUREMENT GUIDELINES

1. Put the sensor belt on, lay down and relax
2. Start the measurement
3. Check the results after 2 minutes

When to measure?

- Try to conduct measurements at the same time each day to get the most accurate results. We suggest that you conduct the measurement right before the training session or in the morning, 30-60 minutes after waking up.

Recommendations for maintaining the accuracy of measurement results:

- Breathe normally, without holding your breath or breathing too deep.
- Try to find a quiet place for measurements. Avoid disturbances such as talking or TV.
- Lay down and relax. Rest your hands on your lap or at your sides and wait for approximately two minutes to let your heart rate stabilize before starting the measurement.
- If you sneeze or cough during the measurement, please repeat the measurement process.
- Avoid consuming caffeinated drinks at least 30 minutes before the measurement.
- Avoid conducting the measurement too soon after waking up. Your body needs 30-60 minutes to properly awaken.

COMMON ISSUES

1. My Omegawave application cannot be activated

- Check that your phone has an internet connection.
- Ensure that you are using the correct activation details:
    - Your username and activation code are located in the confirmation email received upon your registration.

2. My phone does not connect to the ECG sensor

- Make sure that your device's operating system is up to date.
- Make sure that the ECG sensor is charged.
- Connect the charger to your computer and place the ECG sensor on the charger to reset it. Make sure that the sensor's metal contacts are aligned with the charger's pins.
- If you are using same ECG sensor with multiple devices (e.g. with your iPhone and iPad), please make sure that Bluetooth is switched off on the second device when conducting the measurement. This will prevent the sensor from connecting to the wrong device.
- If problems persist, please do the following:
    - Go to your device's Bluetooth settings and turn Bluetooth off.
    - Rinse the belt's electrodes with water, put on the belt and attach the Omegawave ECG sensor.
    - Turn Bluetooth back on.
    - Check that the ECG sensor is connected to your phone on the Bluetooth device list. The sensor device name is OC-ECG1 for Android phones and OC-ECG1A for iPhones.

3. **My Omegawave application displays a white screen**

- Please check that your device has an active internet connection via mobile data or WLAN.

  Find information, ask questions and share your ideas on the Omegawave community page:

  http://community.omegawave.com

4. **I get different results on consecutive measurements**

  There is a specific time window that allows for the most accurate reflection of your heart rate variability (HRV). For accurate and consistent results please make sure you let your body enter a calm state by lying still for about two minutes prior to a measurement. To do a repeated measurement, please stand up for a minute to get your heart into its normal state before lying back down and repeating the process.

TAKING CARE OF THE ECG SENSOR

- The sensor needs to be charged once a week when used actively.

- Do not use electrode gel for wetting the belt's electrode pads.

- Do not use the sensor nor the belt underwater.

- Do not put the sensor into a washing machine or a dryer.

- If you use perfume, deodorant or insect repellent, make sure it does not come into contact with the belt's electrode pads.

- Do not leave the sensor or belt exposed to a heat source or direct sunlight.

REGULATORY INFORMATION

WWW.OMEGAWAVE.COM

FB.COM/OMEGAWAVE

@OMEGAWAVE ON TWITTER