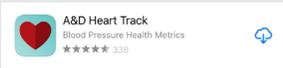


# Heart Track Quick Start Guide



## Set up your account

1. Turn on Bluetooth® on your mobile device.
2. Install the A&D Heart Track app.



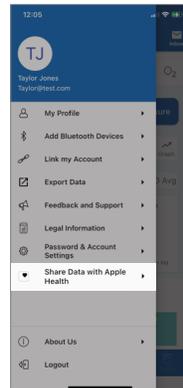
3. Open the app and press the Register button to create a new account.  
Note: if you have a provider code, enter it during this process.



## Enable Google Fit or Apple Health (optional)

Your provider may ask you to enable these settings to allow them to see your measurements in their system.

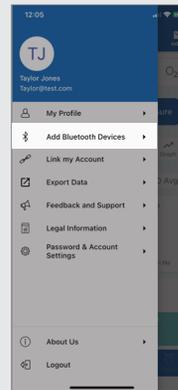
1. Click on the **Menu**  in the top left.
2. Click on **Share Data** with Apple Health or Share Data with Google Fit.



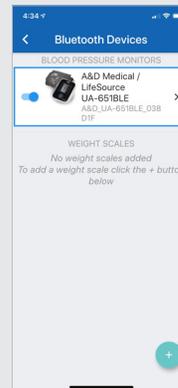
3. Follow the prompts and click the button to save/enable.

## Add bluetooth device

1. Click on the  **Menu** button on the top left.
2. Select **Add Bluetooth Device**, then click on .



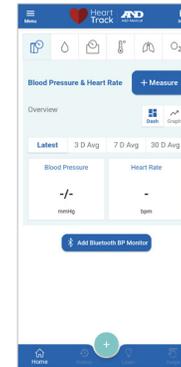
3. Select your device type, then follow the instructions on the screen to pair.



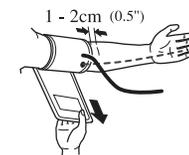
## Take a blood pressure measurement with bluetooth

Note: Follow the same process for other types of Bluetooth measurements.

1. In the Blood Pressure  tab, click **+ Measure**.



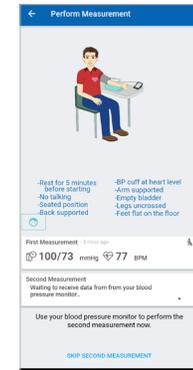
2. Place the cuff on your upper arm.



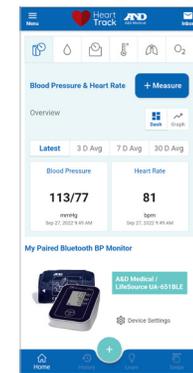
3. Sit comfortably with your arm resting on a flat surface, elevated to heart level, palm up.

4. Press **START** button on the blood pressure monitor.

5. The first measurement will be recorded, and after the waiting period, press **START** on your blood pressure monitor to take the second measurement.  
Note: it is best practice to take two measurements. The app will automatically average them for you.



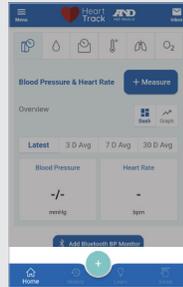
6. The measurements will now show on your dashboard.



## Set up reminders

Get reminders on your device for a series of blood pressure or glucose readings.

1. Click on **+** and then click on **Blood Pressure & Heart Rate** or **Glucose**.

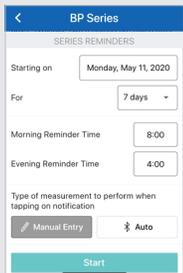


## For Blood Pressure & Heart Rate

2. Select **Start Series**.

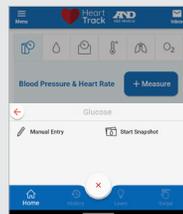


3. Fill out when you want to receive reminders and click **Start**.

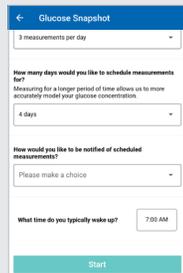


## For Glucose

2. Select **Start Snapshot** for Glucose.



3. Fill out the measurement schedule and click **Start**.



## Record a manual measurement

If you don't have a supported Bluetooth device, you can enter your measurements manually.

1. Click on **+** and select the measurement type you want to enter. If prompted, select **Manual Entry**.



2. Enter the required details.



3. Press **Ok** to save.

## Viewing history

Review previous measurements.

1. Click on the **History** tab at the bottom of the screen.
2. Select the measurement type you want to view in the top ribbon.
3. To see the details for any measurement, click on that measurement to expand or edit. Note: you cannot delete measurements if you are enrolled in a provider's monitoring program.



## Learn

Expert advice on blood pressure and how to manage hypertension.

1. Click on the **Learn** tab at the bottom of the screen.
2. Scroll horizontally to view different topics.



## Swipe averaging

Easily compare blood pressure and glucose measurements across two time periods. This is helpful when you've made changes to medications or your program.

1. Click on the **Swipe** tab at the bottom of the screen.



2. Press and hold on a day until it is highlighted then drag your finger to the desired end date and release. Note: the calendar displays most recent at the top (backwards from a typical calendar).

3. Once you have selected two time periods, the Series will appear on the top of the screen. If you've selected more than two time periods, scroll right or left to view all of your comparisons.

