



# Quick Start Guide

## Equipment

You will need the following equipment with relevant specifications to successfully run the Adaptive Resilience App:

### Computing device

<b>Android</b>	Device:	Any Android phone or tablet
	Software:	Android V4.3 or higher
	Storage:	8MB minimum free space
	Internet access:	WiFi [ideally] or 3G/4G.
	App access:	Google account to access Play Store
	Interfaces:	Bluetooth

### OR

<b>Apple iPhone</b>	Device:	iPhone5 or later*
	Software:	iOS V9.0 or higher
	Storage:	30MB minimum free space
	Internet access:	WiFi [ideally] or 3G/4G.
	App access:	iTunes account to access App Store
	Interfaces:	Bluetooth

### Heartbeat interface device

Bluetooth Low Energy [BLE] Pulse Oximeter.

This device uses 2off AAA [MN24000/UM4/xR03] size batteries\*\*

Polar H7 belt

### Headphones (or earphones)

Any good audio hifi quality stereo headphones (or earphones) can be used ideally having as flat as possible frequency response curve from 20Hz to 20kHz.

### Internet connection

We recommend using WiFi connection rather than 3/4G to speed up the downloading process and preserve your data minutes!

**\*N.B.** iPhone7 and later Apple phones, which do not have the standard 3.5mm headphone jack must use an adapter or a good quality compatible wireless headphones. \*

**\*\*N.B.** Single use AAA size batteries with an average rating of 1800mAh will run the pulse oximeter for ~24 hours. PROs – low cost. CONs – only use once. Rechargeable batteries with an average rating of 900mAh will run the pulse oximeter for ~12 hours. PROs – multiple uses. CONs – high capital cost especially with charger. \*



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## Computing device software

Loading the App onto your device and connecting the Oximeter

### Android

1A. Open the App “Play Store”

### Apple

1i. Open the App “App Store”

### **Both Android and Apple**

2. Search for “Adaptive Resilience”

3. Select Adaptive Resilience App and Install

4. Ensure Bluetooth is enabled in your device’s Settings

5. Open the Adaptive Resilience App

6. Select the >RUN option

7. Enter the required information in the pop-up box – your name, email, age and gender.

8. Automatic downloading of two audio files will now occur – shown on pop-up box – this will take between ~2 and 10 minutes dependant on your internet connection speed.

9. Ensure App parameter “Device” is set to “BLE Pulse Oximeter” - you will see the message at the top of the screen “**Looking for Bluetooth device**”.

Do **NOT** use your device’s Bluetooth pairing software to communicate with the Oximeter.

10. Ensure your device and the Oximeter are at least 1m away from any other bluetooth enabled apparatus.

11. Place your Pulse Oximeter on a finger and briefly press the white button. The display will light up and, after a few seconds, show heart rate, oxygen saturation, pulse bar and battery life information.

12. Enter the Pulse Oximeter’s individual three-digit reference ArXXX (written on the side of the Pulse Oximeter device) – you will now see the “**Looking for bluetooth device**” message disappear, and a text box briefly appear with the word “Connected”.

13. Have your ear-/headphones to hand. Ensure the batteries are charged if you have wireless headphones.



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You are now ready to run the App!

Note – it is possible to use the App without the Oximeter or Polar H7 belt [without sensor] for the three trainings.

## Flight mode & Bluetooth

You can avoid receiving calls on your phone during your assessment and trainings by activating the “Flight Mode” in ‘Settings’ on your phone. This will automatically switch off your WiFi and Bluetooth application. You can now override it, by switching Bluetooth back on. Your phone is now in “Flight Mode” but can still access your pulse oximeter and/or your Bluetooth headphones (if applicable).

## DISCLAIMER

The user of the **Adaptive Resilience App**, which includes a psychological (emotional health) assessment (DASS), an Autonomic Health & Performance Assessment, the Resonant Frequency Assessment, the Resonant Frequency Training, Gamma Theta Training 3.0 and the Expert View, agrees that this assessment and training program is designed solely for health improvement, performance management, stress reduction, meditation, self-improvement, learning, and as an aid in motivation, relaxation and experimentation. ***This application is not intended as a replacement for medical or psychological diagnosis and treatment. No medical or psychological claims are intended, express or implied.***

Those meeting any of the following conditions, whether knowingly or not, should not use this application:

- Epileptics
- Pregnant women
- Those wearing a pacemaker

Those who should consult a qualified physician or therapist before the use of this product include:

- Individuals under the influence of medication or drugs
- Individuals who have a history of severe mental illness
- Individuals who have a history of tinnitus

This application is not to be used while under the influence of alcohol or other mood-altering substances, whether they are legal or illegal.

**Finally, DO NOT LISTEN TO ANY AUDIO FILES AND DO NOT LOOK AT THE SCREEN of your ADAPTIVE RESILIENCE APP WHILE DRIVING OR OPERATING MACHINERY.**



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The user of the *Adaptive Resilience App* assumes all risks, waiving any claims against Adaptive Resilience Ltd. or Happy Electronics and its affiliates for any and all mental or physical injuries. The user also agrees to assume liabilities when allowing other persons to access the *Adaptive Resilience App*.

In no case will Adaptive Resilience Ltd. or Happy Electronics and its affiliates or distributors of the *Adaptive Resilience App* be liable for chance, accidental, special, direct or indirect damages resulting from use, misuse or defect of its program, instructions or documentation. The parties shall attempt to resolve all disputes arising out of this agreement in a spirit of cooperation without formal proceedings. Any dispute which cannot be so resolved (other than a request for injunctive relief) shall be subject to arbitration upon written demand of either party. Arbitration shall take place within forty-five days of receipt of the written demand, in London, United Kingdom, or at another location (or in whole or in part by phone or other means) if the parties so agree. The arbitration shall take place before an arbitrator chosen as follows: The parties shall each choose a representative, and the representatives shall choose an arbitrator. The arbitrator shall schedule an informal proceeding, hear the arguments, and decide the matter. Each party shall pay half the costs of the arbitration proceeding. The arbitrator shall not have the authority to award punitive damages or any other form of relief not contemplated in this Agreement. Regarding each issue submitted to arbitration, the decision shall be accompanied by a written explanation of the basis upon which it was arrived. Judgment upon the award, if any, rendered by the arbitrators may be entered in any court having jurisdiction thereof.

***Should you suffer with a mental, emotional or physical health problem, please always take advice from your health care professional and/or therapist.***

This app does not replace any professional advice, diagnosis or treatment, although it may assist you in improving your health, wellness and performance as part of an integrated therapeutic approach.

***Should any of the assessments (DASS or AHA) show abnormal results, you are strongly advised to discuss this with your health professional or therapist.***