

## everbeat QuickStart Guide



This package includes:

- everbeat watch
- everbeat charging stand
- everbeat charger block
- everbeat Quickstart Guide

Refer to the complete Instructions for Use and support documentation:

<https://grektek.com/support>

**Step 1:** Plug your USB charger block into an AC outlet. Connect the everbeat charging stand into the charger block, then place the everbeat watch on the charging stand lining up the metal contacts on the watch with those on the right side of the stand. A full charge takes about 1 hour.

**Step 2:** Download and install the “everbeat” App from the Apple AppStore or Google PlayStore.

**Step 3:** Run the everbeat App to create a New Account; everbeat will send you a confirmation email, unless you already have an invitation from your doctor.

**Step 4:** Open the invitation email and set up your account password.

**Step 5:** Open the everbeat App and log in using the email and password you just created.

**Step 6:** Pair your everbeat watch by selecting the "Connect" option from the main menu -- the bars icon in the upper left-hand corner.

**Step 7:** If you do not see your everbeat watch, try turning your phone's Bluetooth off and on and then refreshing the list.

## **Sleep/Steps**

The everbeat watch will monitor your sleep and your steps when you wear it. Tapping on the 'steps' tile will display the day's record of sleep and steps in 15 minute segments.

## **To Record an ECG**

1. Touch the + icon in the upper right corner of the App and select Heart Monitoring.
2. Select ECG and touch the start button.
3. Once the watch has a heart icon with a flashing ECG symbol, touch the silver electrode with your finger pressing firmly down on your wrist.
4. You will see your ECG recording display on the Everbeat App; remain still until it reaches 100%.
5. You have successfully completed recording your ECG and you can return to the main everbeat menu by pressing 'Back'
6. If you have any health concerns, you should call 911 or contact your health care professional for further instructions.

## ECG Tips

- Rest your arm wearing the everbeat on your lap or other solid surface, making sure the bottom of the watch is firmly touching the skin on your wrist.
- If the watch is not tight on your wrist, try adjusting the wristband or sliding the watch up towards your elbow.
- Moistening the finger that touches the electrode and the skin under the watch can produce a cleaner signal.
- It may take a few readings for the watch to calibrate itself to your body; try recording an ECG a few times and the signal will get cleaner.
- Relax, take deep slow breaths, and try not to talk or move during your ECG.

## **Recording Health Information**

Touch on the + icon in the upper right corner to record:

ECG

Blood Pressure

Oxygen Saturation

Weight

Symptoms

Blood Glucose

Meals

Medications



**FCC ID: 2AW2WEVBT1**

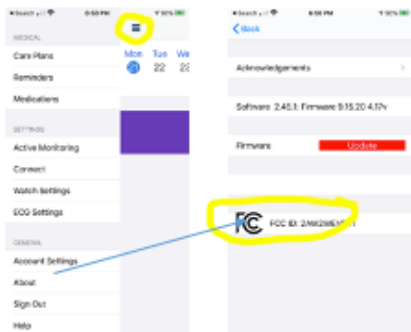
**This device complies with Part 15 of FCC Rules.**

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.

FCC - E Label: Using the Everbeat App: Open the About option from the “Hamburger” Menu on the upper left side:

On the 5<sup>th</sup> line the FCC ID will be displayed:



The everbeat system is not a diagnostic device. If you have any questions or concerns about your health, you should call 911 or consult your doctor. Any information recorded by everbeat will not be resold to any entity. Your health data is only used for the benefit of the patients who use our product.

There is a full user's guide found at:

<https://www.grektek.com/support>

If you have any questions, please send them to [info@everbeat.org](mailto:info@everbeat.org)

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