

# User's Manual



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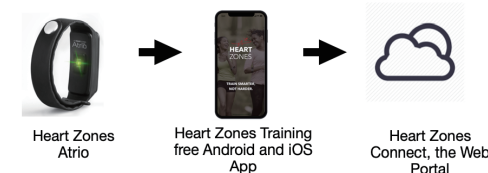
Heart Zones Atrio — The Multi-function Wearable



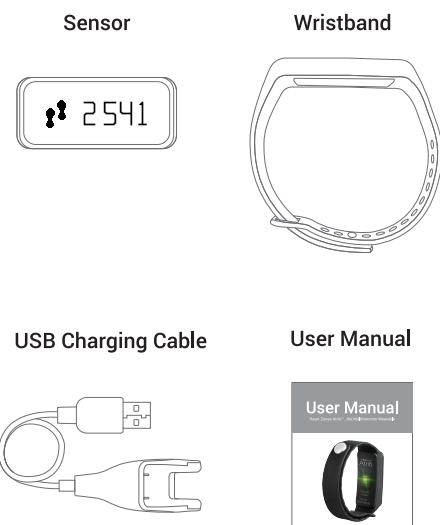
Welcome to the Heart Zones Atrio with 20 different features and functions. The latest version of this User Manual can be downloaded at [http://www.heartzones.com/product\\_support](http://www.heartzones.com/product_support).

When using the Heart Zones Atrio the first time, you need to pair the sensor to your mobile device.

For proper connection, keep your mobile device within 25-40 feet ( 8-12 meters) distance of your Heart Zones Atrio. It is needed to upload your data to the Heart Zones Connect portal. The diagram below shows how your Heart Zones Atrio data is processed. If your account is enabled to use the Heart Zones Connect web portal.



### 1 What's Inside The Box

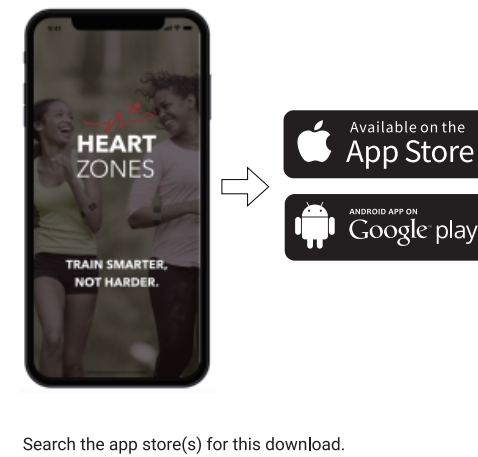


### 2 Charging

- 1 Remove the sensor from the wristband
- 2 Securely slide the sensor into the charging slot matching the copper pins together.
- 3 Connect the USB charging cable to a power supply.

### 3 Download the App

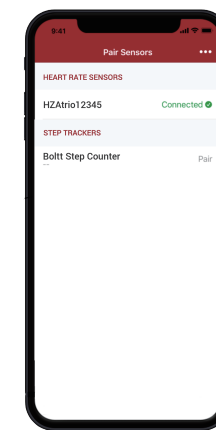
Download the iOS or Android app Heart Zones Training. The Heart Zones Atrio works with other third party apps as well.



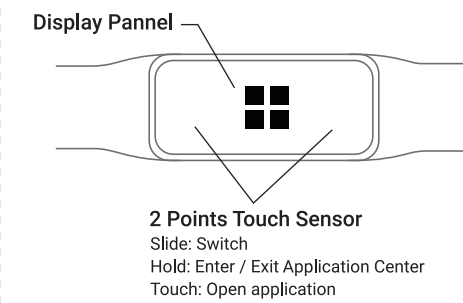
### 3.1 Connect to Mobile App of Choice

Tap the Heart Zones Training app that you just downloaded to open the mobile app.

Pair the sensors to the device within the Heart Zones Training app by tapping on the word "Sensors" (⌘) which appears along the bottom menu bar. Do not go into the Setting in the mobile device - pairing has to be done with the app and not the mobile device.



### 4 Navigation

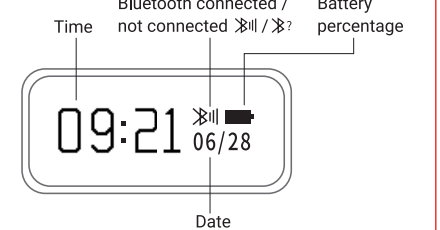


- Swipe the display screen to wake up the sensor. Swipe either direction again to change modes. Tap and hold to enter or exit mode including Windows icon
- The Application Center allows you to make changes to music, camera, communication, and sensor display orientation.
- To save the battery, Heart Zones Atrio turns off in 10 seconds if no activity occurs.

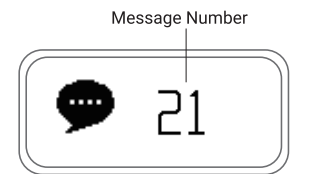
### 4.1 Functions and operations

All of the following actions require connection with the mobile device.

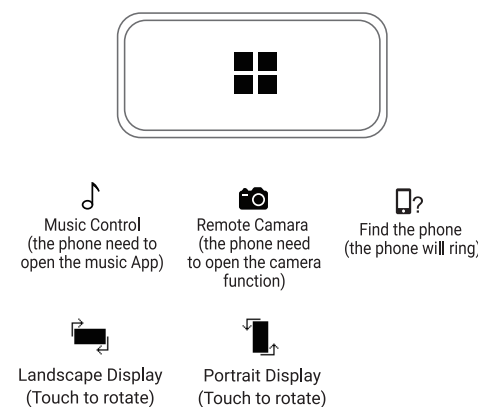
**1. Main Display :** Time of day updated when synced with the mobile device.



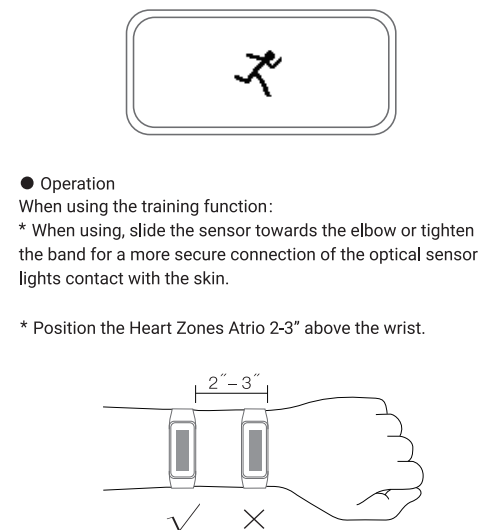
**2. Messages :** The following functions are activated if you tap and hold the display. Swipe to change display options.



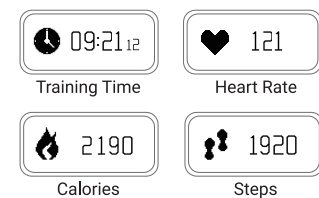
**3. Applications Center :** This includes music control, remote camera, find the mobile device, landscape display, portrait display. Tap and hold the Windows icon to open. Swipe to change modes. Tap and hold to close the Application Center.



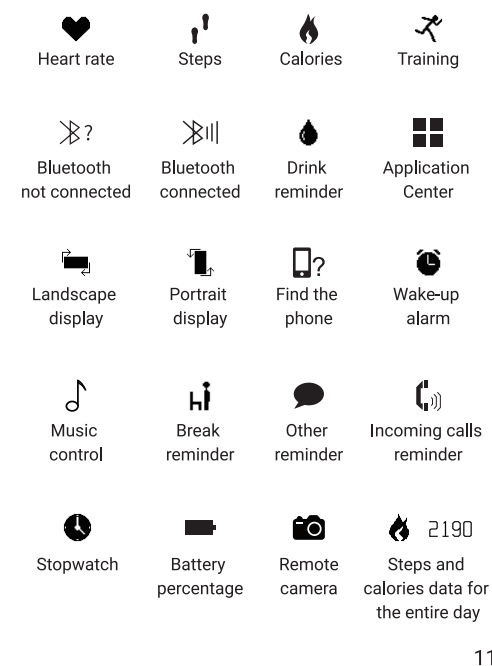
**4. Training Mode :** To enhance accuracy of training data do the following.



\*Snugly tighten the wrist band for better connection to the heart rate sensor.  
\*The optical heart rate sensor accuracy varies somewhat between individual. Skin color, hair density, and position can impact accuracy. Position, and how the band is worn, are "the most important" pieces.  
\*Swipe the display until you see the image of the runner. This is the Training Mode.  
\*Tap and hold until heart rate icon appears with the word "Find".  
\*Wait a few seconds until the flashing heart rate icon appears with a heart rate number.  
\*Swipe to view stop watch which starts automatically when you start heart rate mode.  
\*Swipe again to view calories and to view step counting data.  
\*Note: To start recording on your mobile Heart Zones Training app after connecting to the Heart Zones Atrio sensor, choose the mode of Walk/Run or Heart Rate.



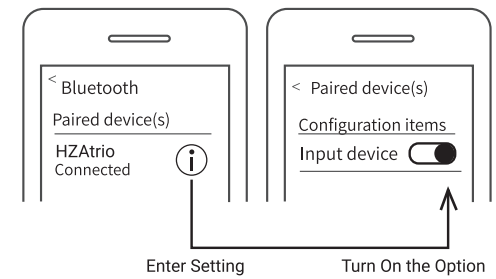
### Glossary of Icons



### 5 FAQ

**Android mobile devices only not iOS devices**  
Messaging, music control, remote camera, find the phone may not work on all Android phones. Remote Camera and Music Control Functionality recommendations for Android devices-only:

1. On the mobile phone, open the Bluetooth setting. Select paired device setting to turn on "input device" option (see picture below).
2. If the phone does not have "input device" option, delete the pairing of the device with the phone. Pair the Heart Zones Atrio again, turn on "input device" option. Again, you must delete the pairing and pair again in the mobile app.



### 6 Specification

- Broadcast Type: Dual signals using Bluetooth or ANT+ with range of about 30 feet (10 m)
- Display: OLED resolution 128\*32
- Battery Life: 7 days if using 2 hours of Training mode daily
- Sensor Info: 3 axis g-sensor, optical heart rate sensor
- Touch Sensor: 2 points touch sensor
- Reminder Type: Vibration
- Charging: 5V charging block

### 7 Disclaimer and Limited Warranty

•The Heart Zones Atrio is subject to change without prior notice due to the manufacturer's continuous development.  
•Heart Zones makes no representations or warranties with respect to this User Manual or operations or descriptions herein.  
•Heart Zones disclaims any and all liabilities related to or arising from third parties' products or services, which may use the data generated by a Heart Zones product.  
•Heart Zones shall not be liable for any damages, losses direct or indirect, arising out of or related to the use of the device or materials described herein.

•Heart Zones warrants the original consumer or purchaser of this wearable that the product will be free from defects in material or workmanship for one (1) year from the date of purchase. The receipt with date of the original purchase is your proof of purchase. This guarantee does not cover normal wear and tear, damage due to misuses, abuse, accidents or non-compliance, improper maintenance, cracked, broken, or scratch displays, or wristband.  
•This product complies with part 15 of the FCC Rules  
•The Heart Zones Atrio is not a medical device. It is not intended to diagnose, treat, cure, or prevent any disease.

### 8 For More Information

Heart Zones | 2636 Fulton Avenue Suite 100 | Sacramento, California | USA | +1 (916) 481-7283 ext 101 | [www.heartzones.com](http://www.heartzones.com) | [staff@heartzones.com](mailto:staff@heartzones.com)

