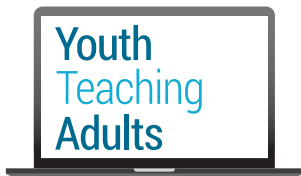




Heart Rate Monitor

Heart Rate Monitor is an app that lets you use your device's camera to check your heart rate.



Presented by



With funding from



Heart Rate Monitor

1

Find the Accurate Heart Rate Monitor App



- Ask your adult learner to open the Play Store. Ask them to search for the app called **Accurate Heart Rate Monitor**
- Ask your adult learner to download Accurate Heart Rate Monitor.
- Wait for the app to be installed. Then ask your adult learner to tap the **open** button to open the app

2

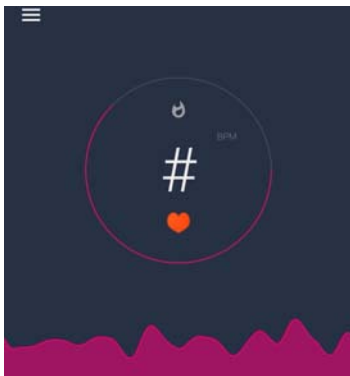
Check the Sensor



- Show your adult learner where the back camera is on their device
- Explain that many smartphone and tablet cameras have a sensor that can read heart rates

3

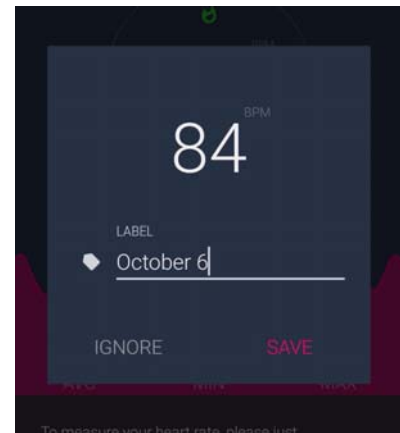
Check Heart Rate



- Explain to your adult learner that the flashlight will come on when they open the app
- The flashlight will show them where to put their finger. Ask them to put the tip of their finger over both the flashlight and the camera.
- Show them the small heart icon in the circle on the app screen. This camera viewer will show them if their finger is covering the sensor
- Explain to your adult learner that they will know their finger is covering the sensor correctly when the app starts measuring their heart rate

4

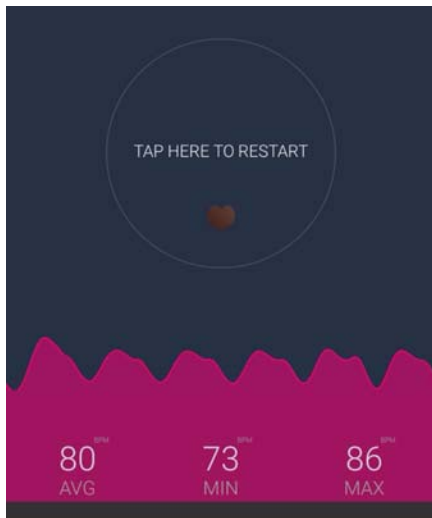
Save Your Heart Rate Information



- Explain to your adult learner that it will take a few seconds for the app to finish tracking their heart rate.
- Explain to your adult learner that these types of heart rate monitors are never 100% accurate. A professional device from the doctor's office will always be the most accurate.
- Explain to your adult learner how to keep track of their heart rates. They can save their scores whenever they take their heart rate
- Ask your adult learner to type today's date under the **label**. Then ask them to tap **save**

5

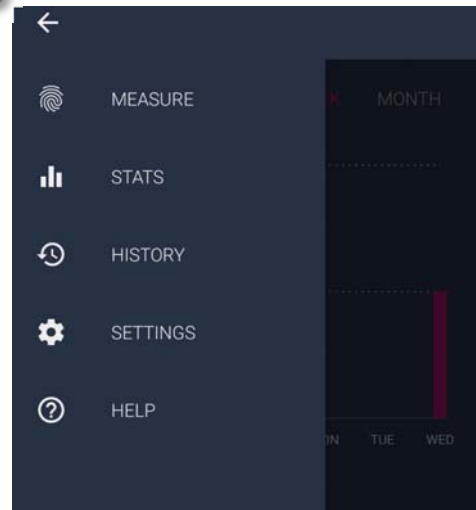
Heart Rate Statistics



- Ask your adult learner to measure their heart rate 3 more times
- Ask them to save the score each time
- Show them their average, minimum and maximum scores

6

Menu



- Ask your adult learner to tap on the 3 horizontal lines at the top left corner of the app. This will open the menu
- Explain to your adult learner that the menu shows them more information about their heart rate. They can also change the settings
- Ask them to tap on **History**. Explain to them that this section shows all of their saved heart rates