

# User Guide

## Heart Rate Monitor

### About the application

Monitor your heart rate with this handy application.

If you find any errors please report to: [support@picobrothers.com](mailto:support@picobrothers.com)

### Using the application

First find your pulse, by putting your index finger on your artery either by your wrist or your neck.

Once you start feeling the pulse, press the phones center key for each heartbeat. (touchscreen phones press on the screen).

In order to get an accurate reading you need to press about 5 times.

