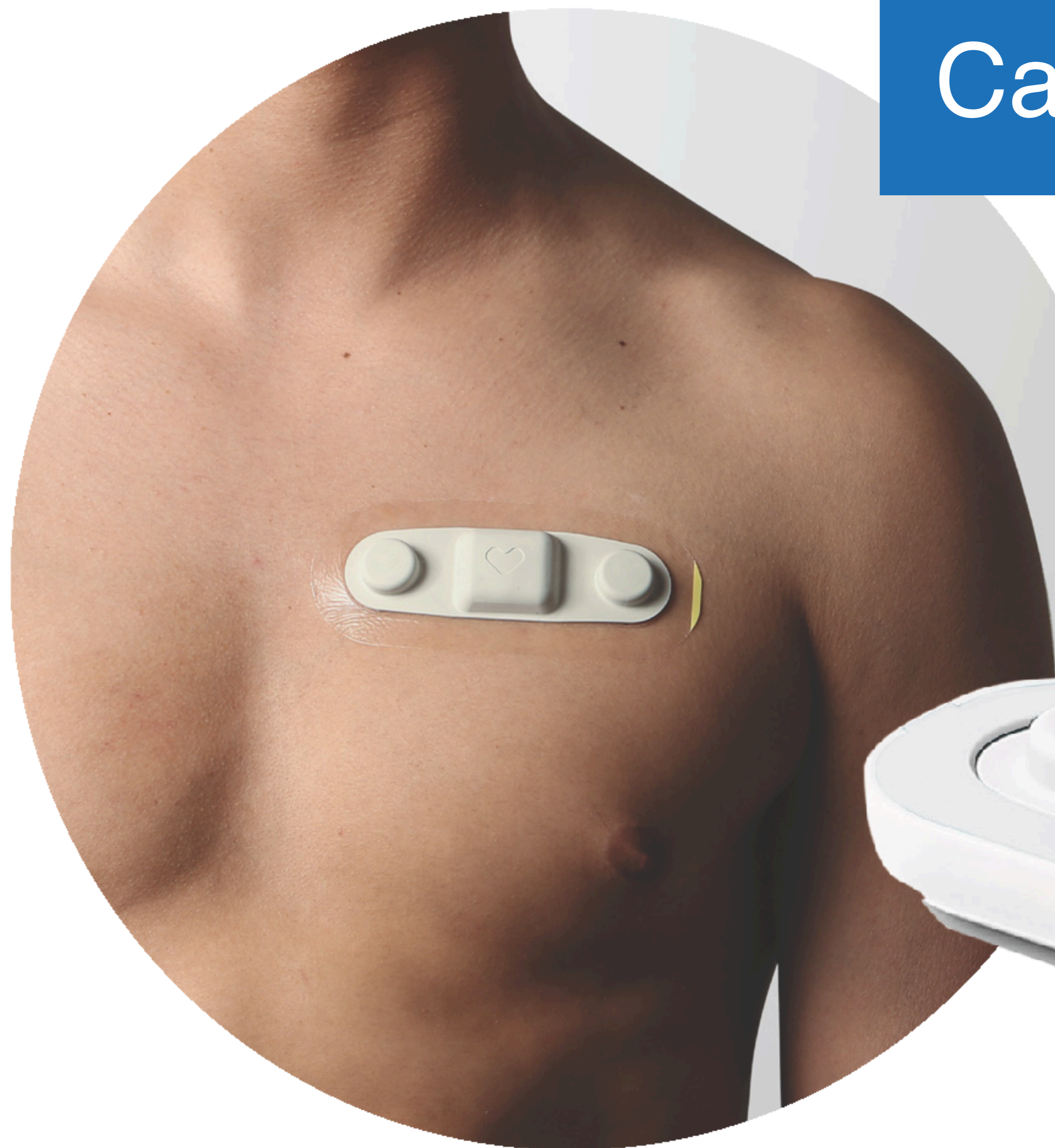




## Cardiowell Biofeedback Patch



### See how daily routines affect your stress and recovery with a simple patch.

Vital Scout is a wearable patch that uses medical-grade ECG sensors to accurately measure stress and recovery levels 24 hours-a-day. With continuous monitoring, Vital Scout provides a more comprehensive and detailed view of how various activities affect your well-being

Learn more at [Cardiowell.io](https://cardiowell.io)






### BEST PRACTICES

**Measure your baseline** by wearing the patch for a minimum of 48 hours to see how your body reacts to different activities throughout the day.

**Take Notes** throughout the day to correlate activities stress and recovery levels. E.g. driving, working out, eating. Note the day/time.

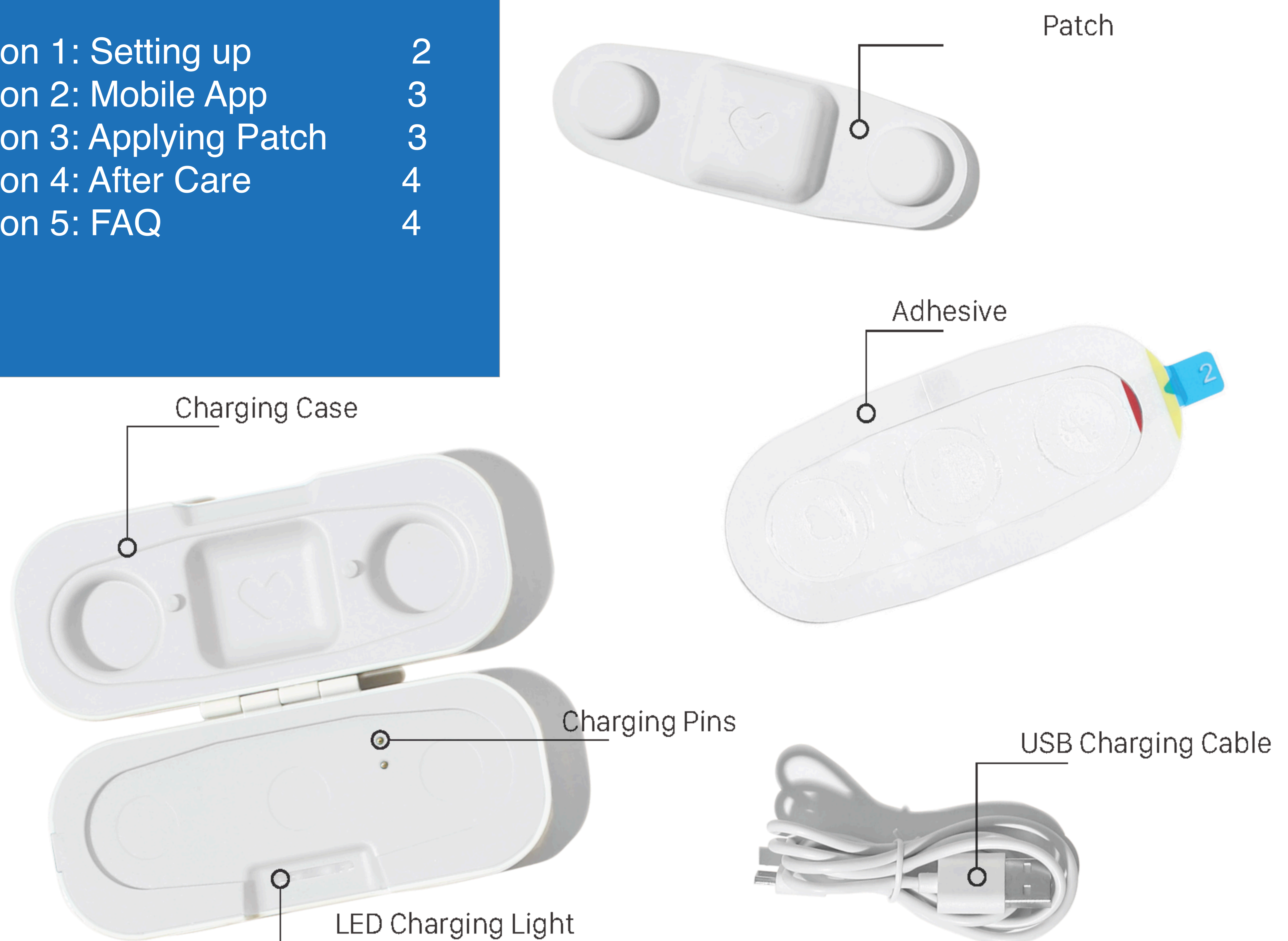
**Make adjustments** if needed, by reviewing your history, altering activities, and reapplying the patch to measure another baseline. Repeat every couple of weeks to help you adjust to a better routine for your well-being.

### HIGHLIGHTS

-  **Monitoring Stress**  
Using heart rate variability (HRV) Cardiowell quantifies your stress to help you improve your wellness.
-  **Tracking Recovery**  
See how breathing exercises, mindfulness and sleep improves your wellness
-  **Comprehensive View**  
In addition to monitoring wellness, you are able to track heart rate, blood pressure and weight.
-  **Data Accuracy**  
Medical grade ECG/EKG sensors deliver the most accurate data.
-  **Comfortable & Continuous**  
The small patch is worn discretely and comfortably under clothing and lasts multiple days on a single charge.

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## 1. Setting Up

### 1.1 Charging the Patch

Patch should be fully charged before use.

USB cable to the charging case and plug in to the charging port.

- If no light appears realign the patch so that the two gold dots on the bottom of the patch align with the two gold pins on the charger. or check the power source.

- If a **red light** appears, the patch is charging.

- If a **green light** appears, patch is fully charged.

### 1.2 Download mobile app

Go to the Apple App Store and search for 'Cardiowell' to download the app. You must download the app in order to use the product. You can then follow the mobile app instructions to continue with the remaining steps.

### 1.3 Create user login

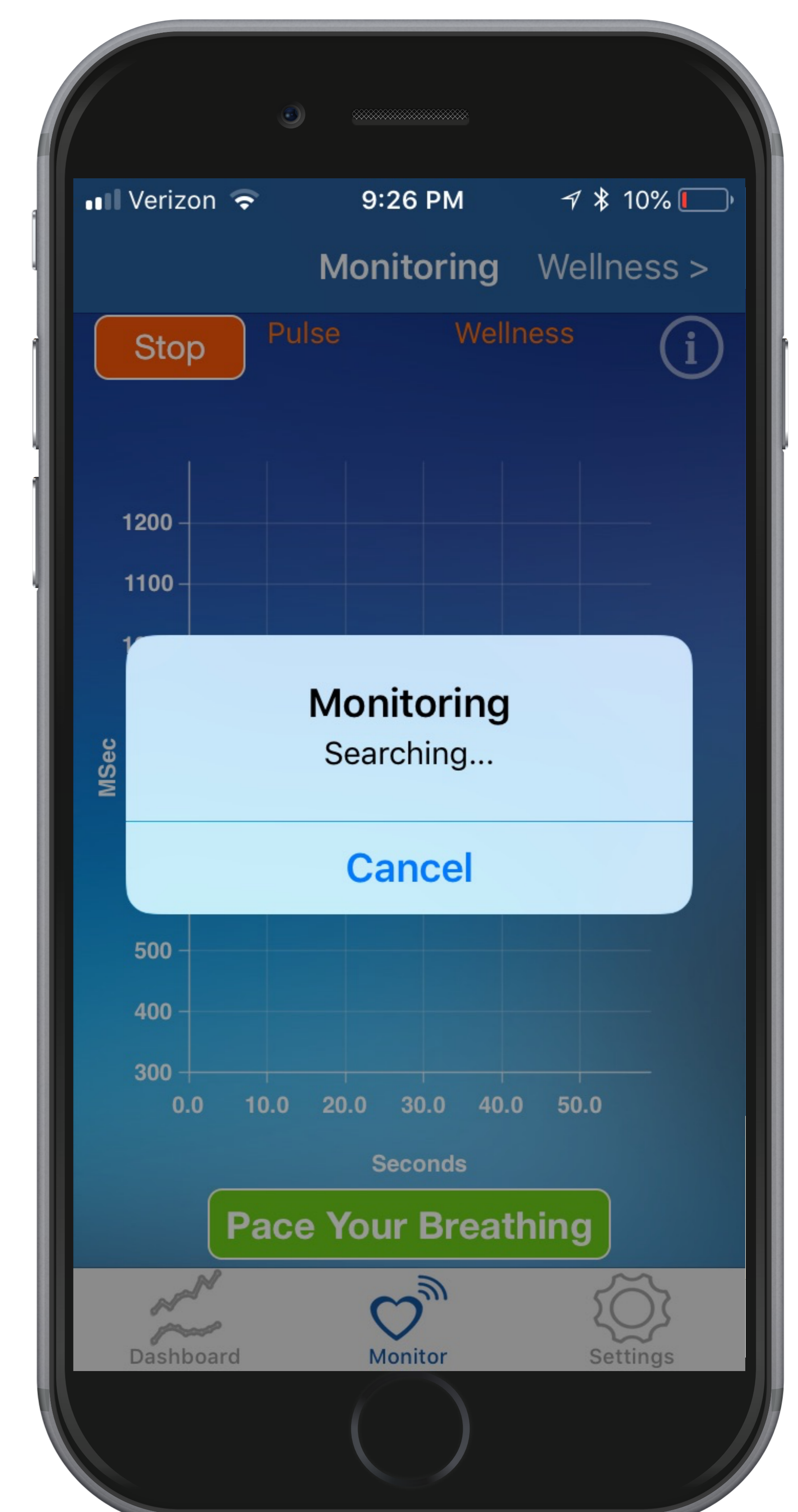
Create an account and enter your profile into the app.

*Note: Cardiowell uses your age to personalize the results.*

### 1.4 Pairing the Patch

Enable Bluetooth on your phone settings.

From the monitoring page, press 'Start'.



## 2. Mobile App

### 2.1. Press Start - Automatic Connection

The Patch will be detected and if there is any data stored on the device, you will be prompted to upload and save the data on line.

### 2.2 Upload and Storage

If you press Yes, please, the data will start to upload to the Cardiowell cloud servers and made available shortly after on the App. Any data uploaded is automatically deleted from the patch.

*Note: It can take approx. 1 min. to upload 1000 data points (20 min. of data). Data can be uploaded while wearing the device or while in the charging dock. When uploading data while wearing the patch, any data collected from the patch will be stored for uploading the next time.*

### 2.3 Erasing Data

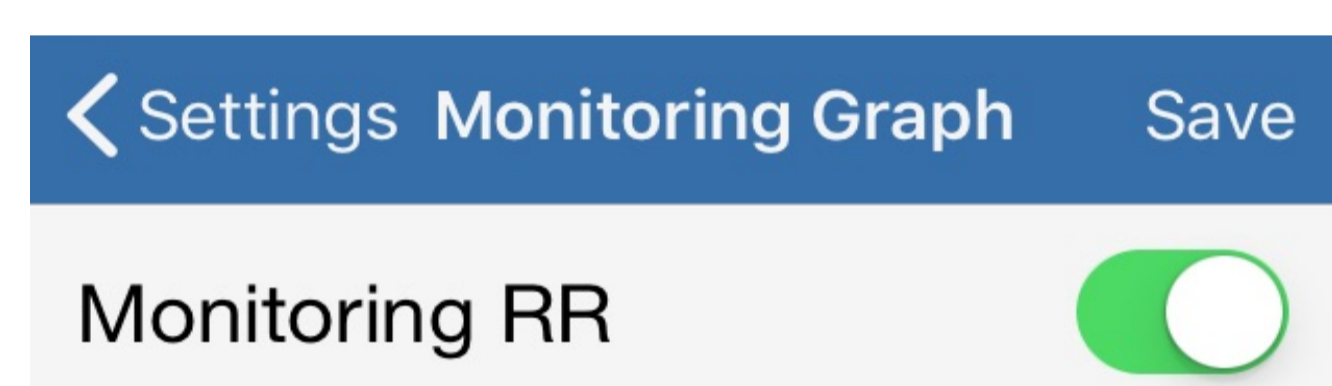
After being prompted to upload any data, you will be prompted to delete any data. Any uploaded data will be automatically deleted. There should be no need to delete data unless you don't want it saved.

### 2.4 Monitoring HR over time

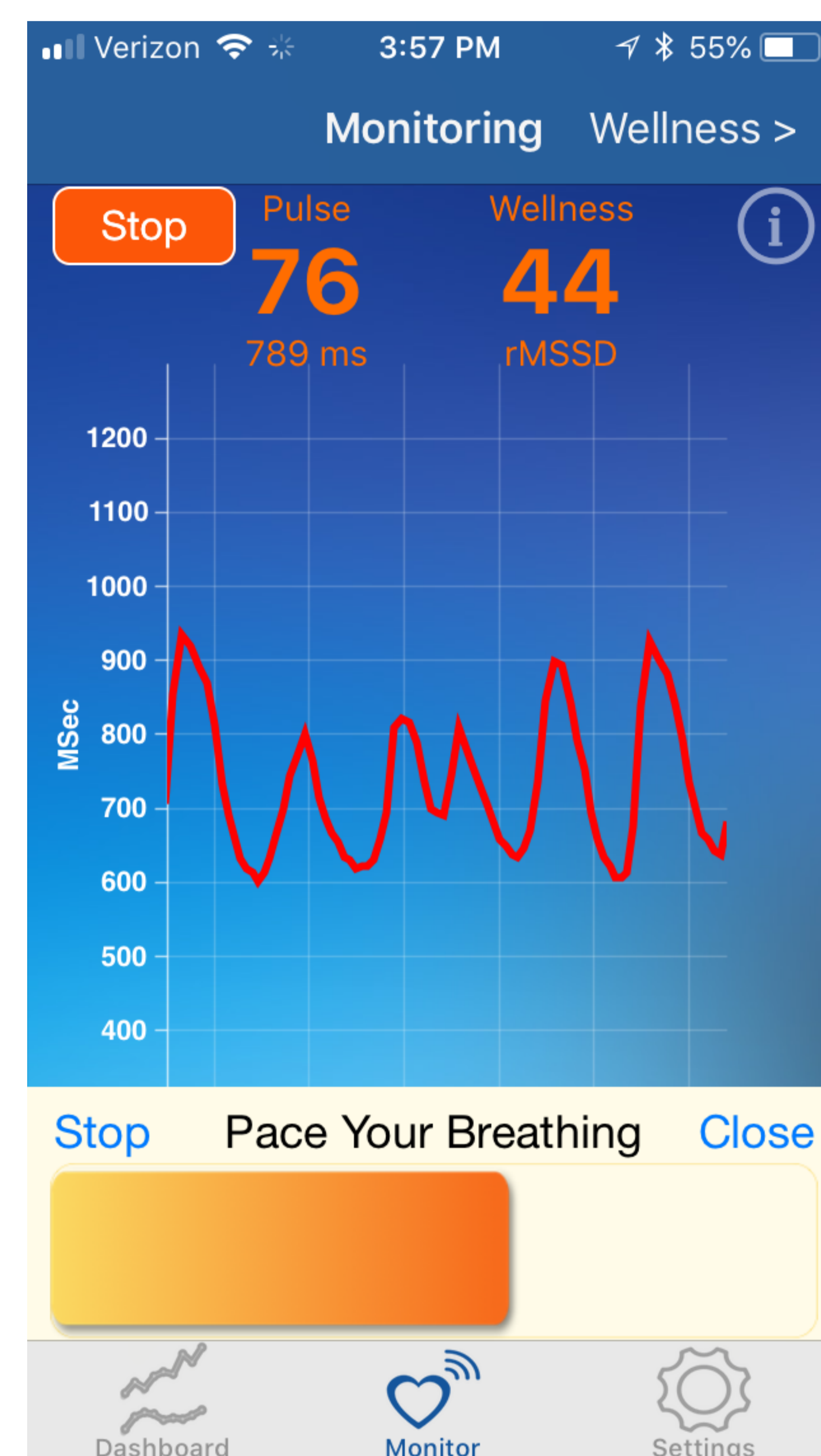
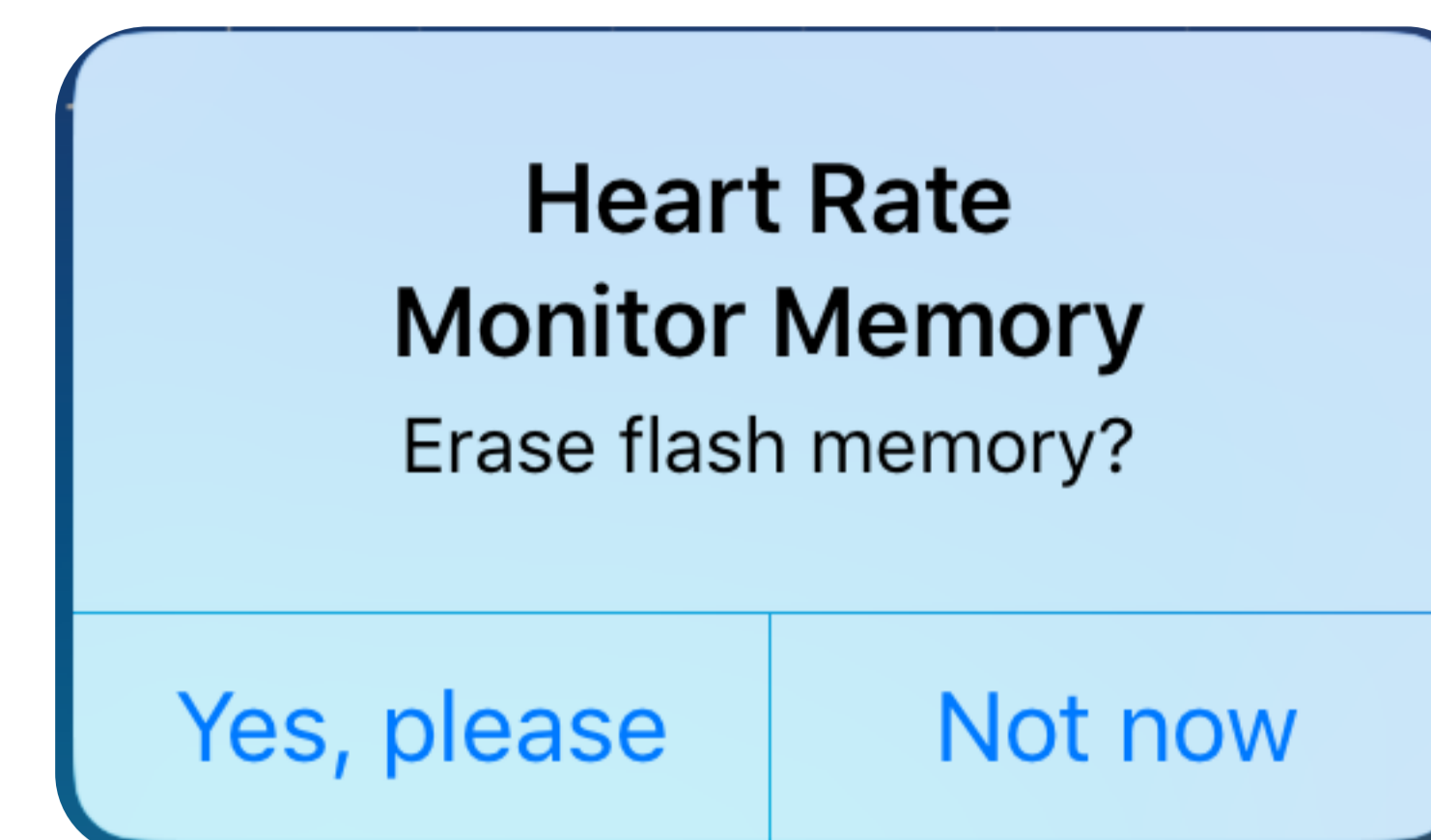
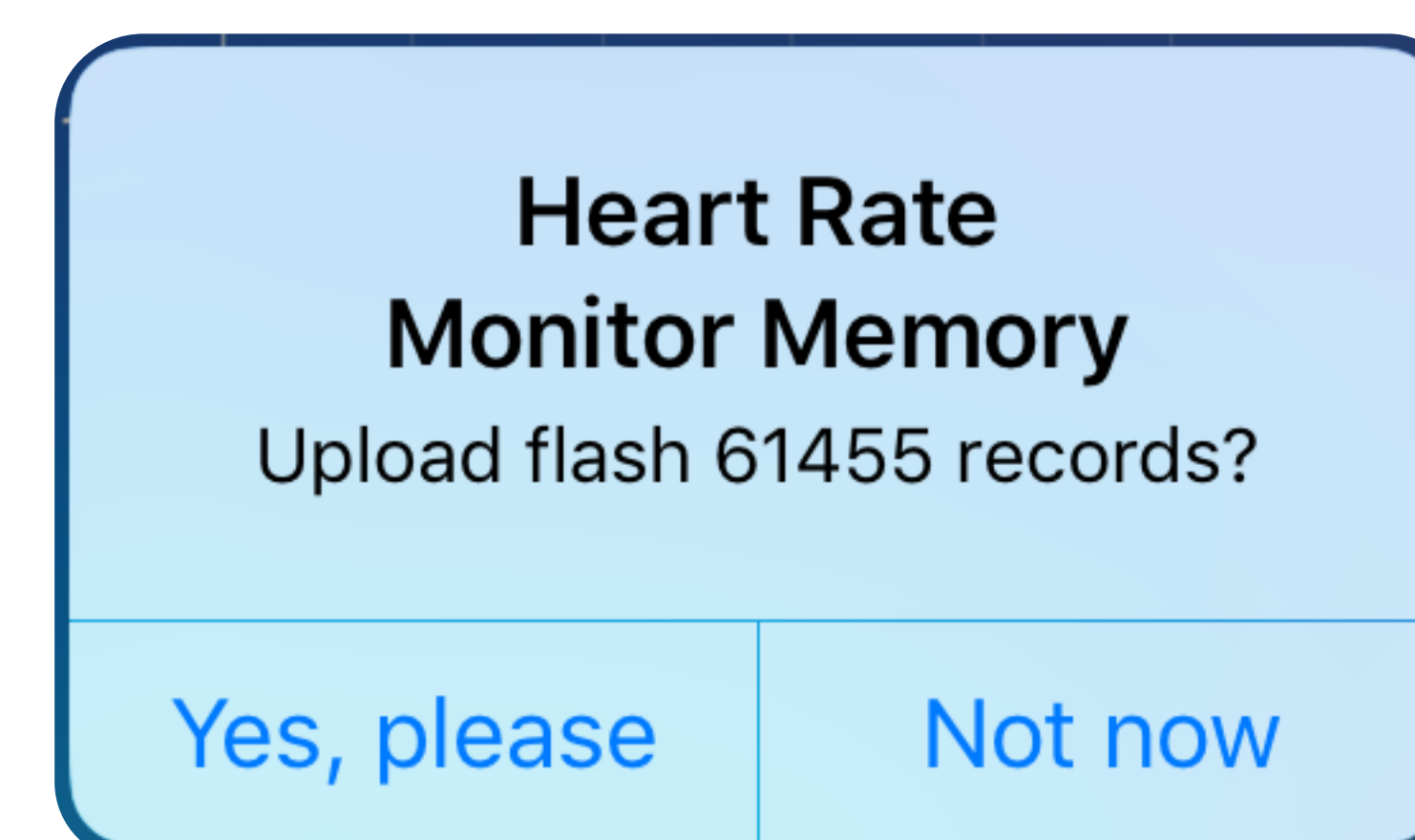
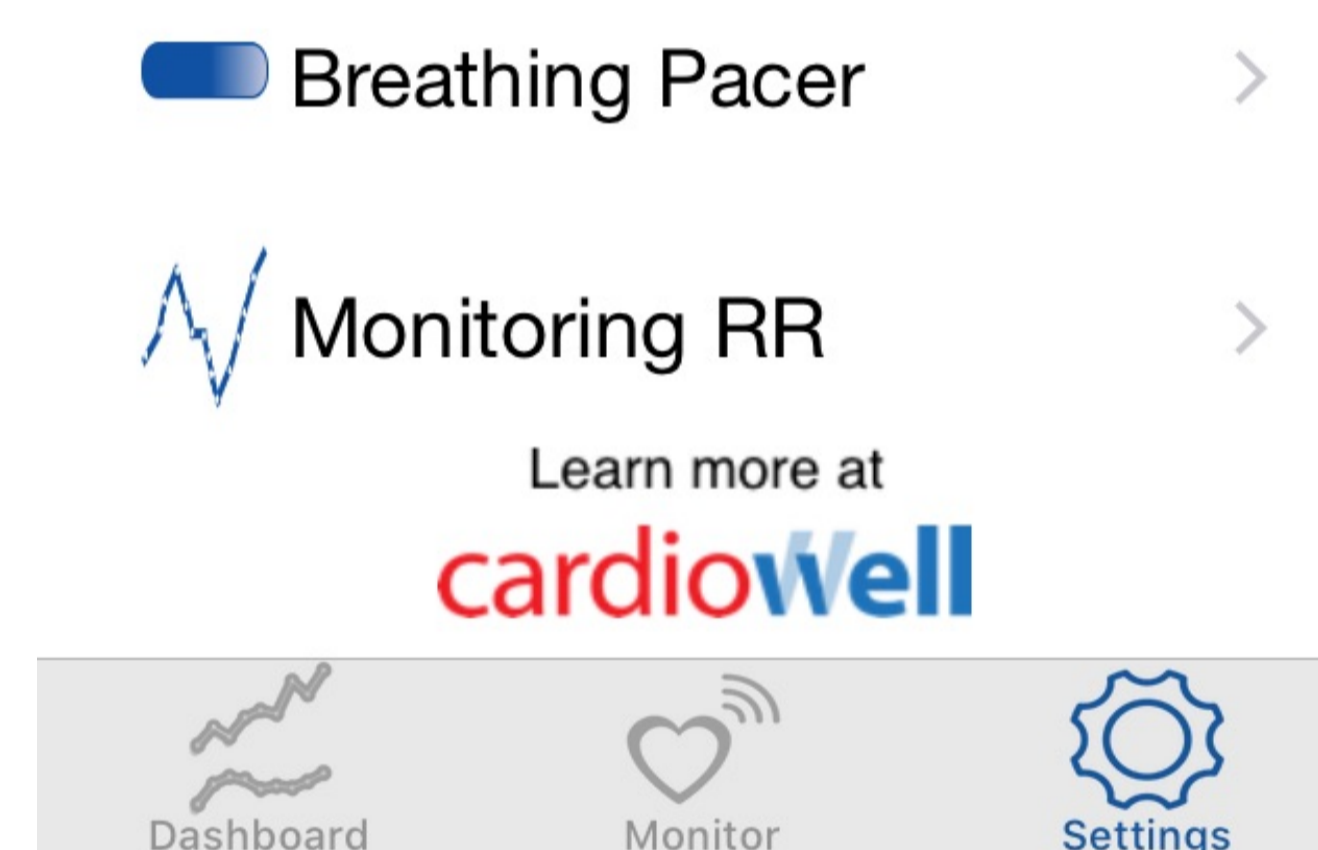
After being prompted to upload and delete memory, the Cardiowell App will begin displaying your heart rate over time. By default it will display changes in your heart rate over time.

**2.5 Monitoring HRV:** Go to the Settings menu and select RR and press Save to display HRV over time.

**2.6 Breath Pacer:** The default breath pace is 6 breathes per minute. Breathing at 6 breathes per minute results in maximum benefits to the body. Change the rate of the breathe pacer from the Settings menu.



Turning on Monitoring for RR will replace the graph for Heart Rate (Beats Per Min) values on the Monitor page to display RR (in Msec) values. Monitoring will need to be restarted after changing the display values.



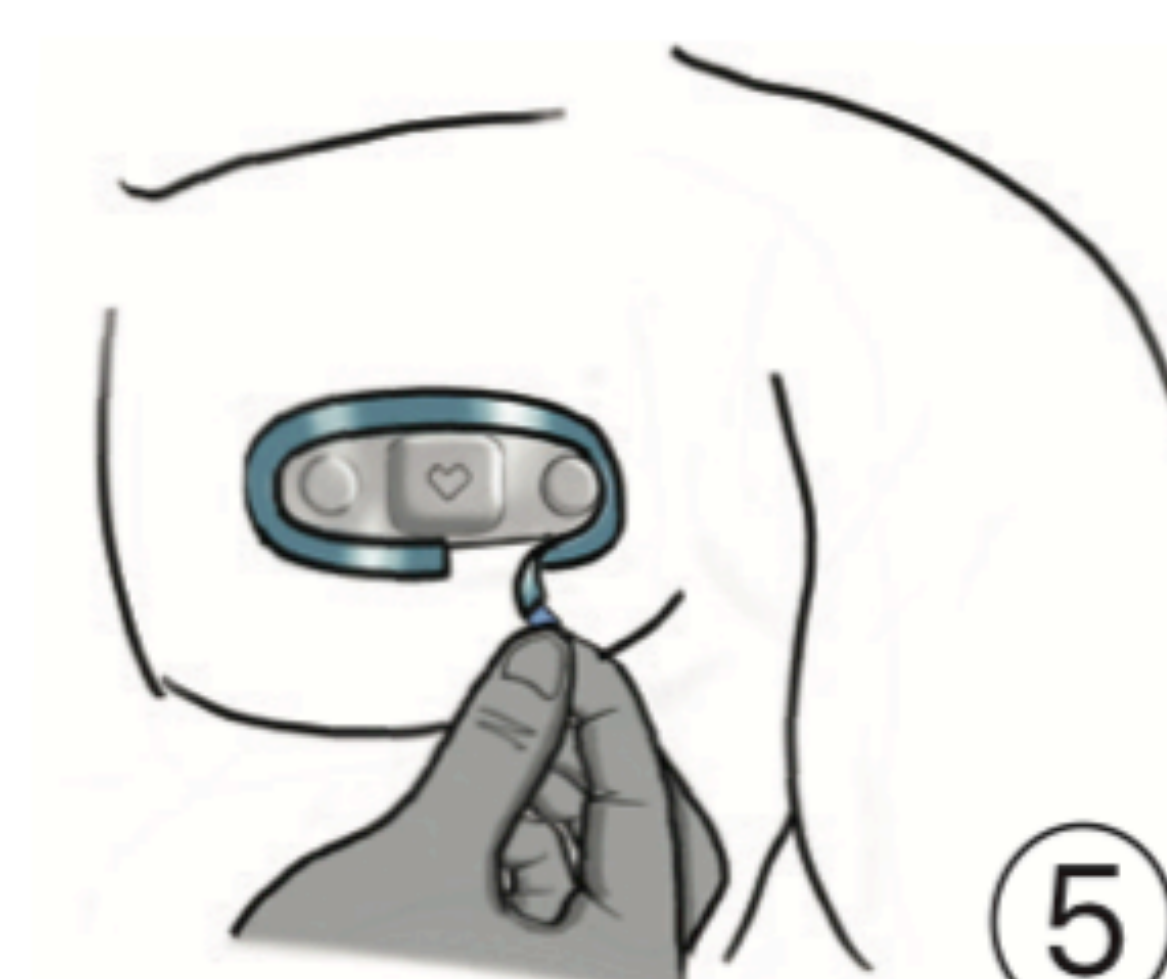
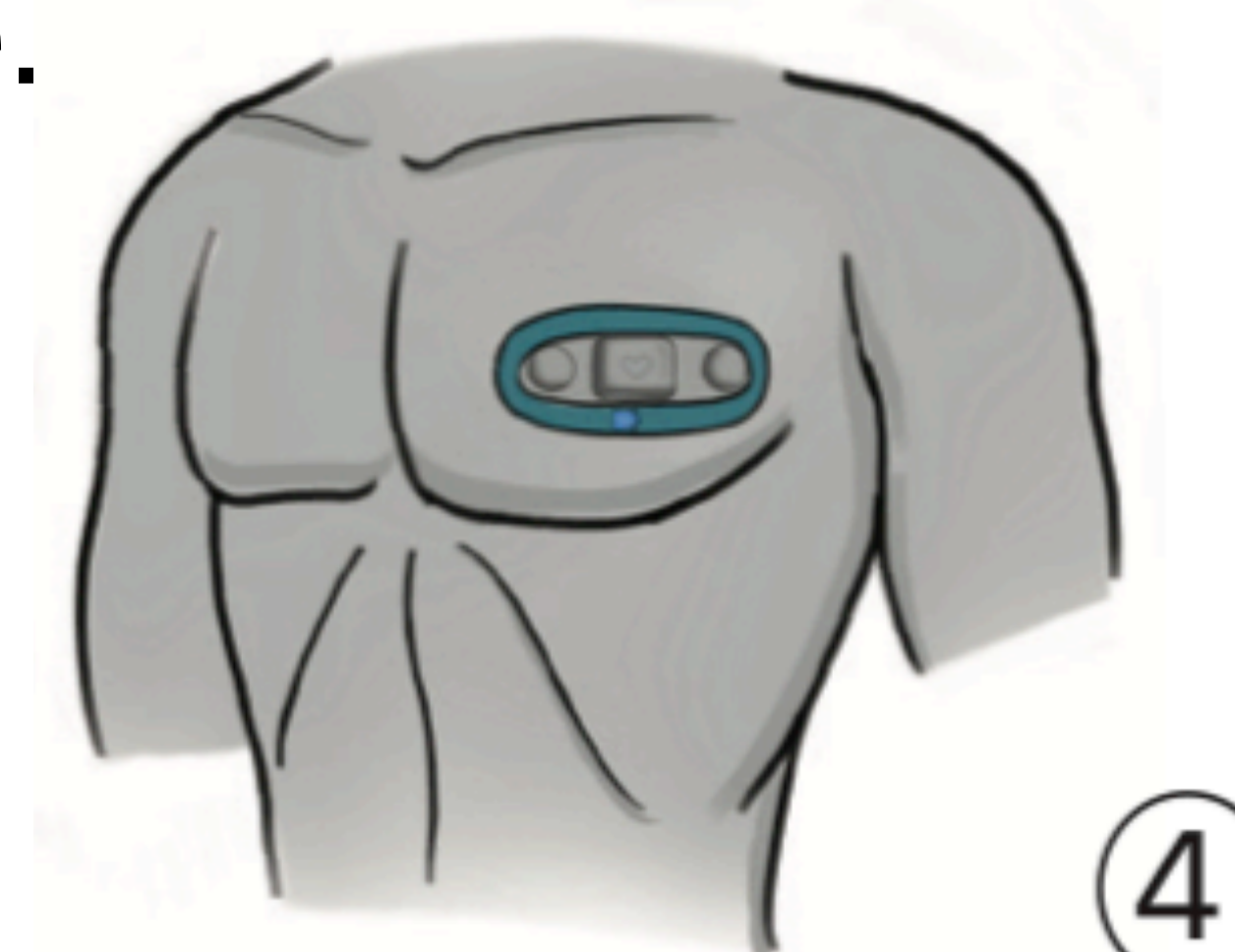
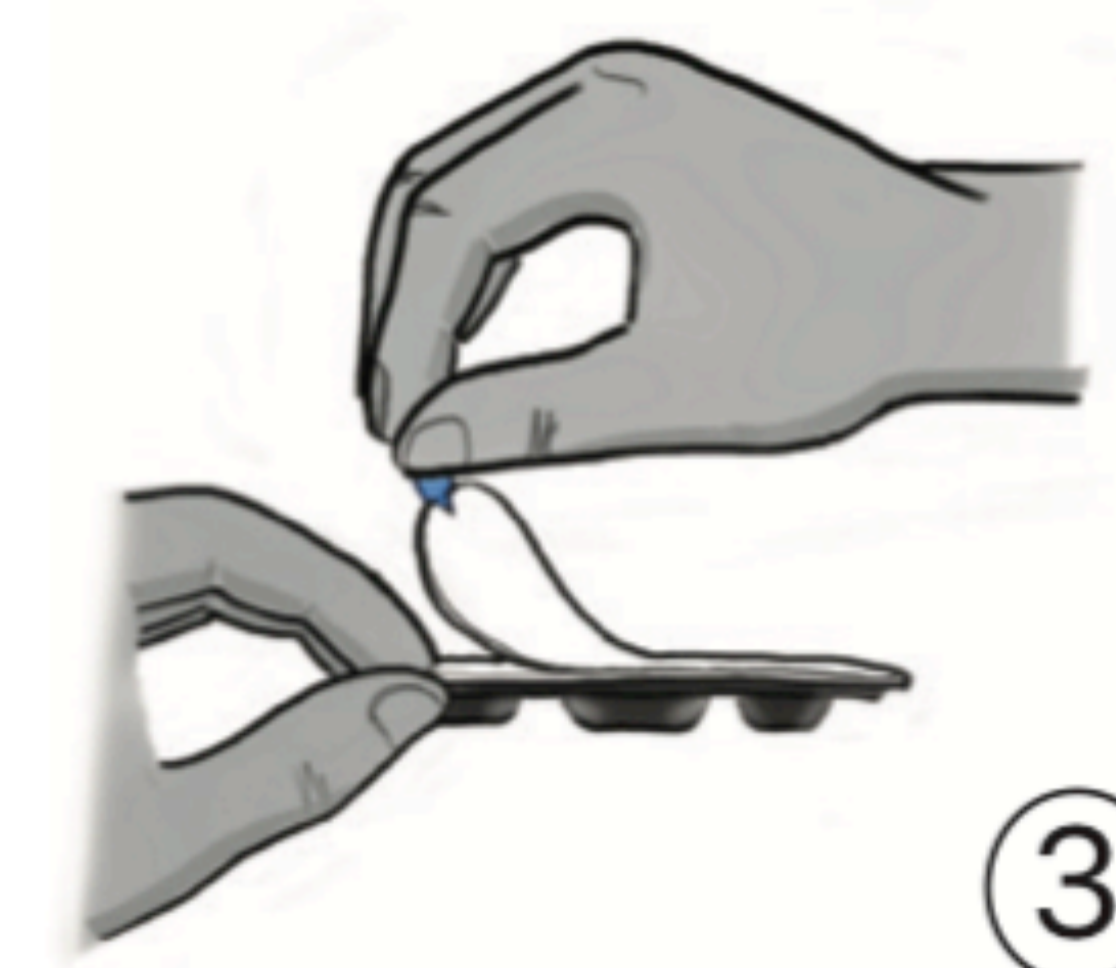
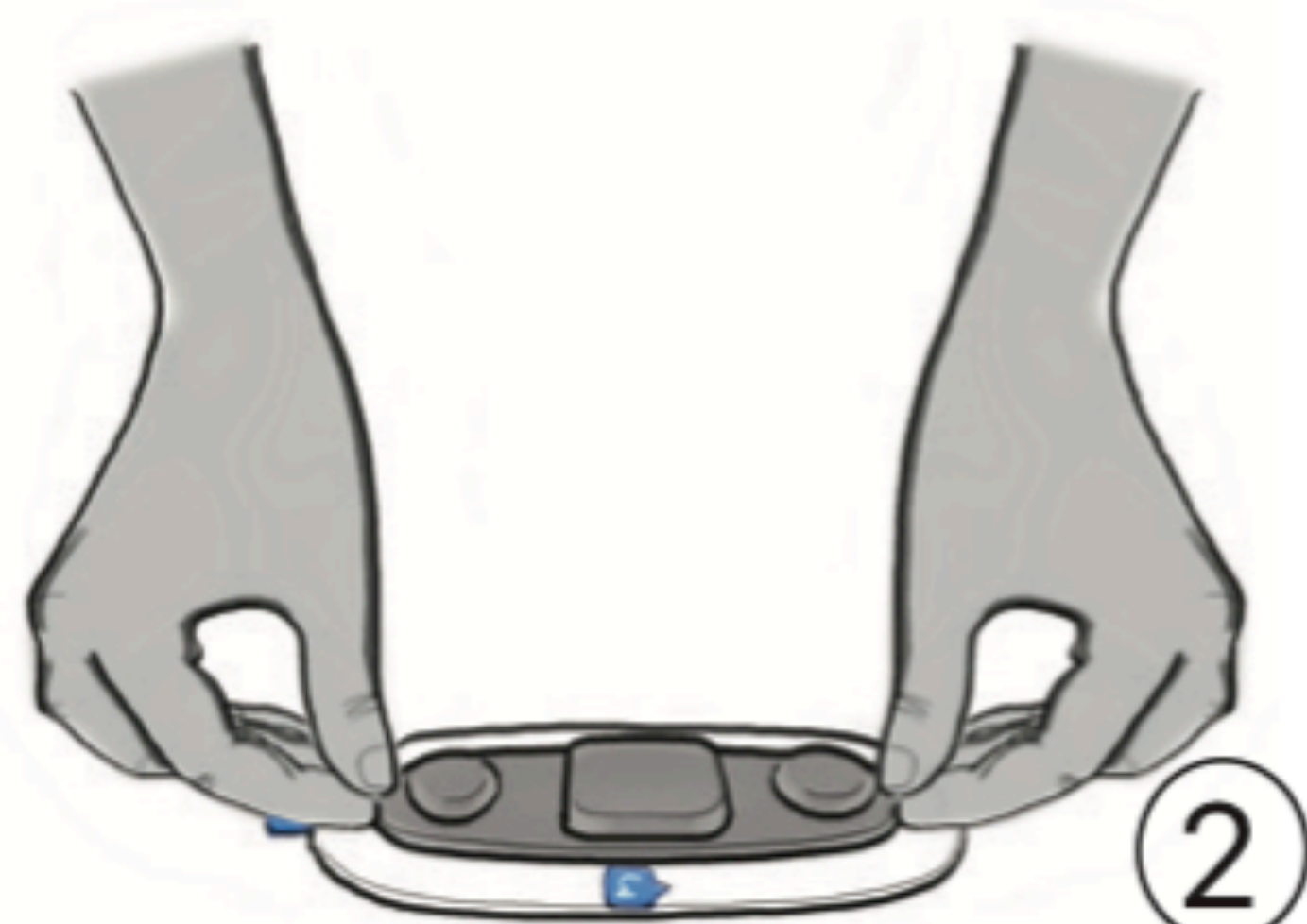
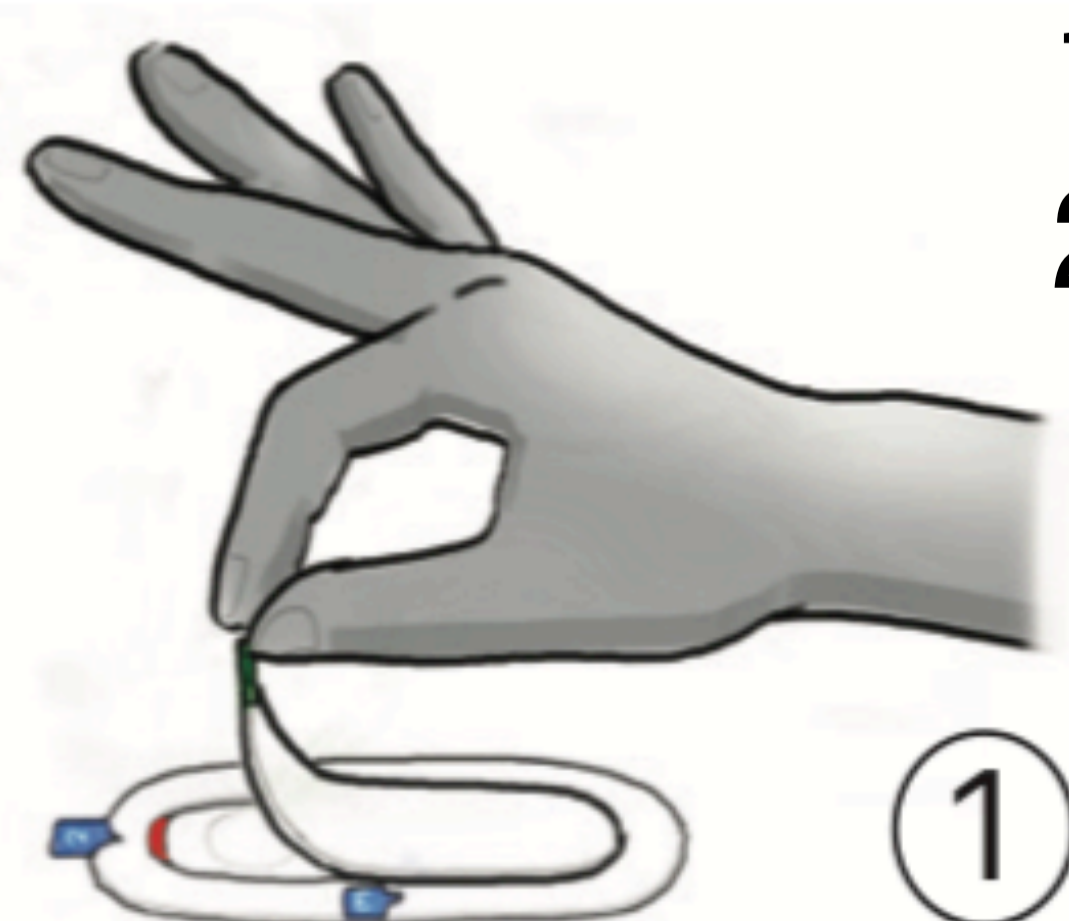
## 3. Applying Patch

### 3. Applying the Patch

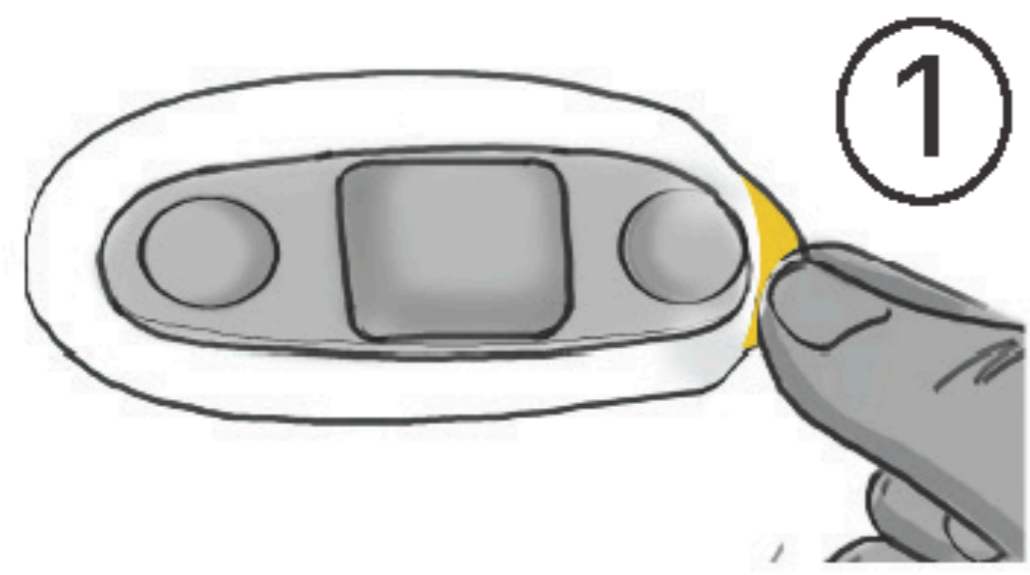
**Skin Preparation:** It is important that the left, upper, middle area of the chest is clean before applying the patch. It's ideal to clean the area with an alcohol swab and shave if needed. Let skin dry completely.

**Applying adhesives:** The Patch adhesive has 3 numbered tabs:

1. Peel the first adhesive liner using tab #1
2. Carefully place the patch on top of the tacky side of the adhesive.
3. Use tab #2 to carefully peel the second liner of the adhesive.
4. Place the bottom side of the patch onto the recently cleaned chest area. Press the patch onto the recently cleaned chest area. Press the patch firmly and around the outer layer of the adhesive.
5. Carefully remove the third liner with tab #3. A transparent film will be revealed. Make sure there are no open air pockets.

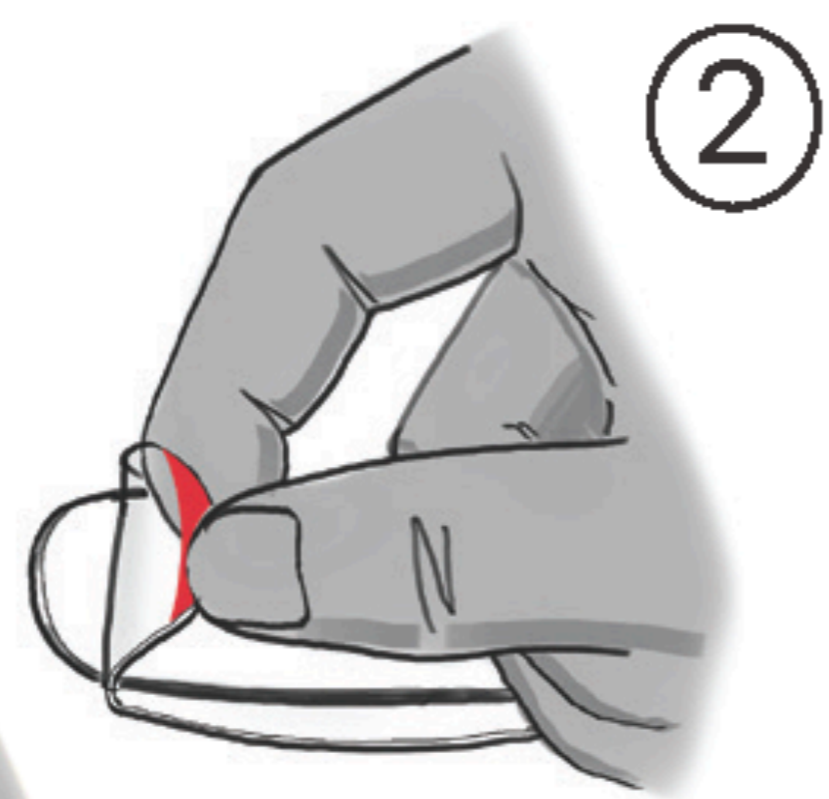


## 4. Aftercare



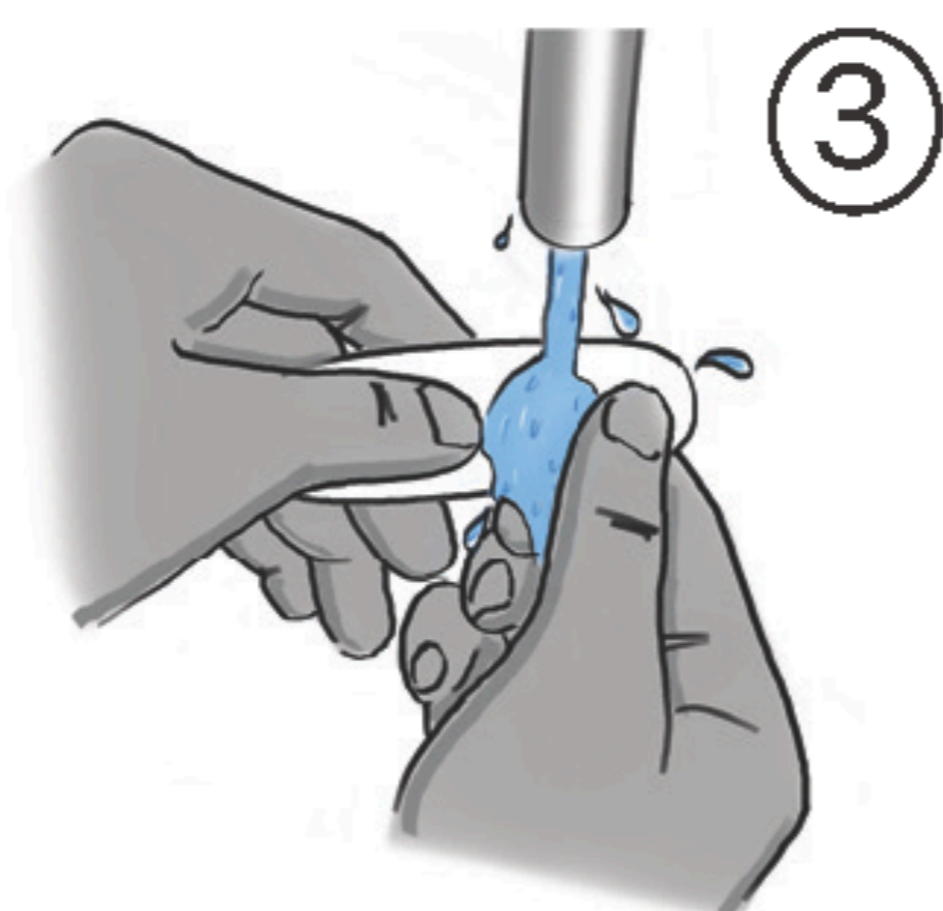
### 3.1 Removing patch from body

Remove the patch from chest by pulling from the **yellow** tab of the adhesive



### 3.2 Remove adhesive from patch

Remove the adhesive from the patch by peeling from the edge using the **red** tab. Dispose the adhesive, *do not reuse this adhesive.*



### 3.3 Clean patch

Clean the patch with warm water. Rub off any residue with your fingers, wait for patch to dry completely. *Do not submerge in water.*

### 3.4 Recharging the patch

When placing patch in the charger to recharge align the two dots on the patch with the two pins on the charger to properly have the patch charged

④

*Remember to align the gold dots with the charging pins!*



## 5. FAQ

### Q. How is a chest patch more accurate than wrist worn devices?

A. *Cardiowell uses medical-grade ECG sensors and is worn directly on the chest to provide more accurate readings in comparison to wrist-worn devices, which commonly use optical photoplethysmography (PPG) sensors.*

### Q. How is stress and wellness derived?

A. *Our bodies autonomic nervous system (ANS) controls activation levels of the body. Increased activation levels in the body indicate stress. Using HR and HRV we can assess your ANS functions to determine your stress and wellness levels.*

### Q. How often does the adhesive need to be replaced?

A. *In general, the adhesive does not need to be replaced until you need to recharge the patch, or if it has been damaged by water or other factors.*

### Q. Can I shower with the Cardiowell patch on?

A. *The Wellness patch is water resistant but we do not recommend submerging the device in water as it may distort accuracy or damage the page.*

for more FASs see: <https://www.cardiowell.io/faq-1/>