

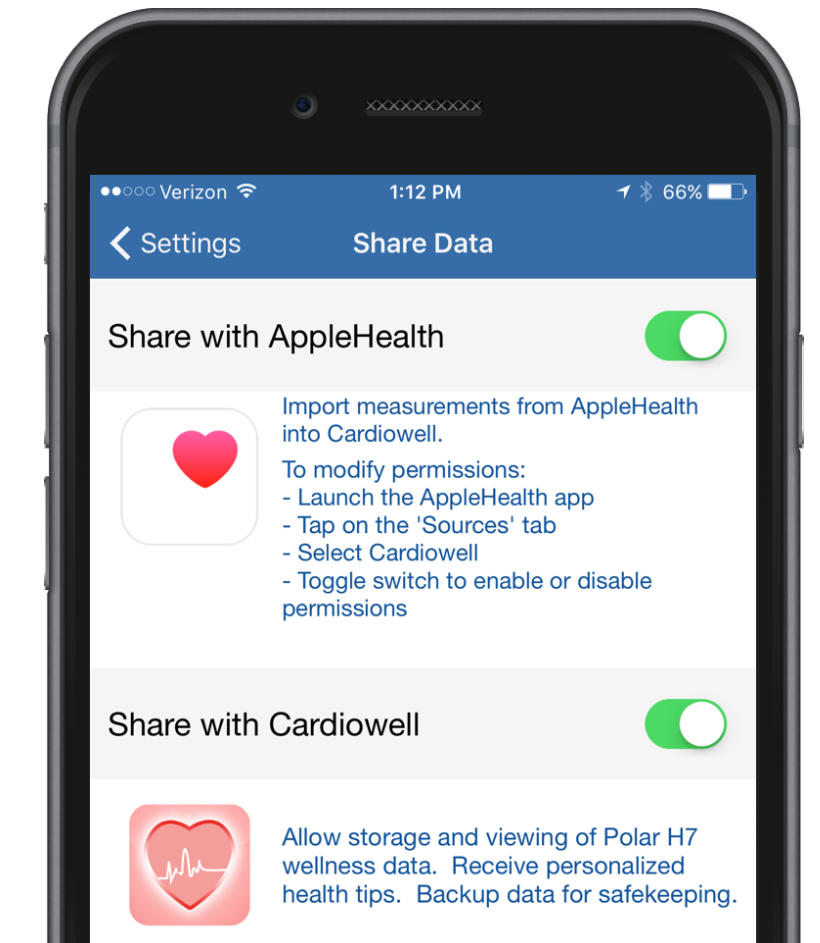
## Quickstart Guide - Wellness Monitoring

The goal is to develop healthy breathing habits throughout the day by being nudged when your breathing and heart rate activity indicate stress. Take time throughout the day to breathe slowly and become aware of your situation.

1

### Create account and share data

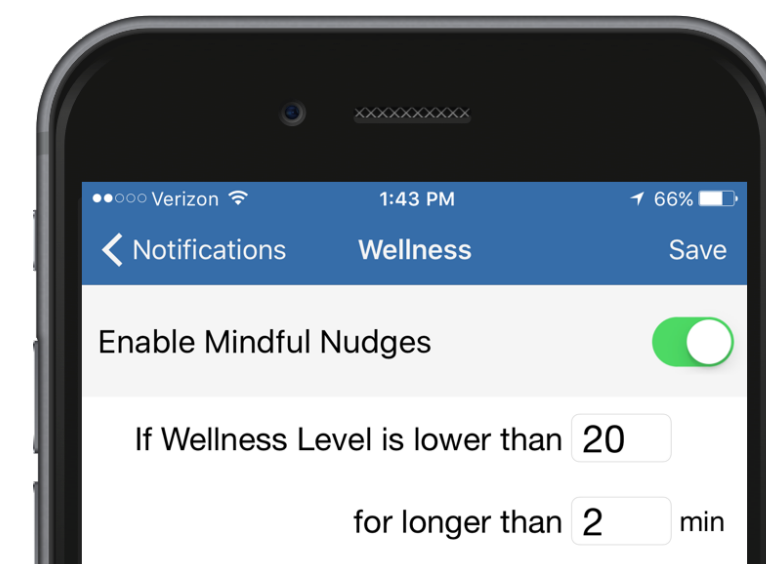
Share with Apple HealthKit to import data from different apps. Share with CardioWell to store wellness and cardioWell's 'always connected' devices.



2

### Enable Mindful Nudges

Mindful nudges notify when you are under stress.



3

### Connect a Polar H7 heart rate monitor

In order to receive real-time feedback on your stress we need to monitor changes in your ECG.



4

### Start Monitoring

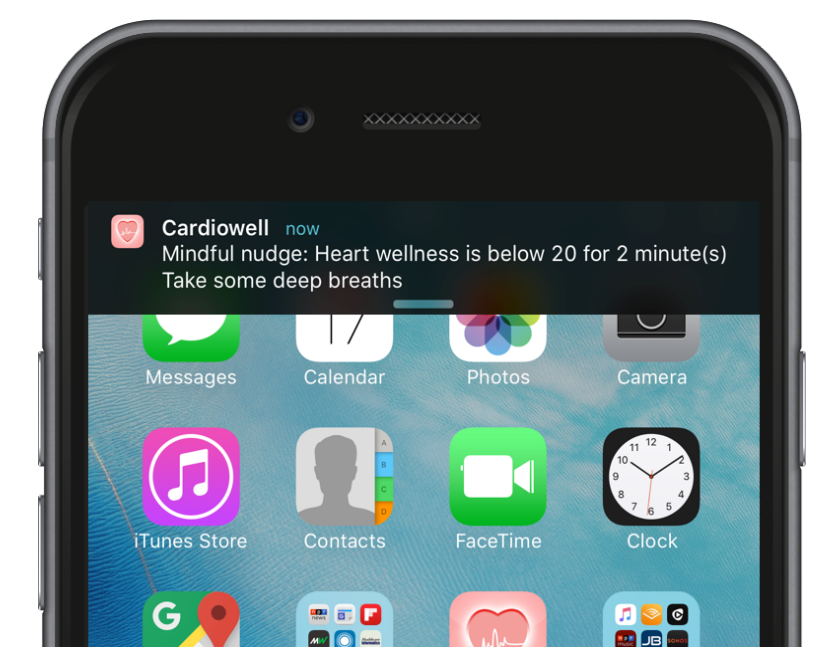
Monitor your Heart Rate Variability and breathing patterns. Receive mindful nudges when you are under stress.



5

### Develop Mindfulness

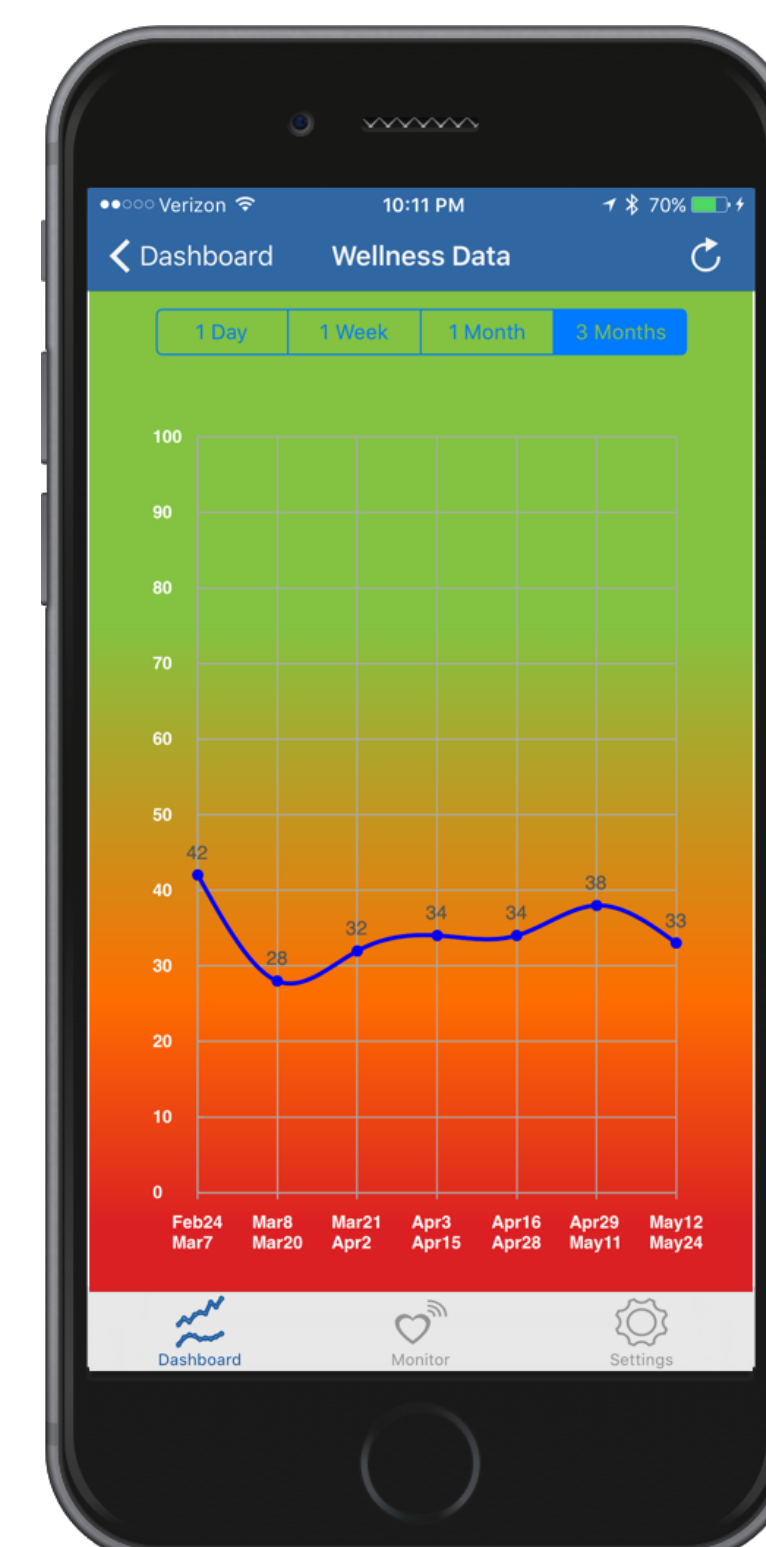
When you get a nudge become aware of your situation. View the Monitoring screen and use the breath pacer to practice breathing at six breaths per minute.



6

### Track your wellness levels

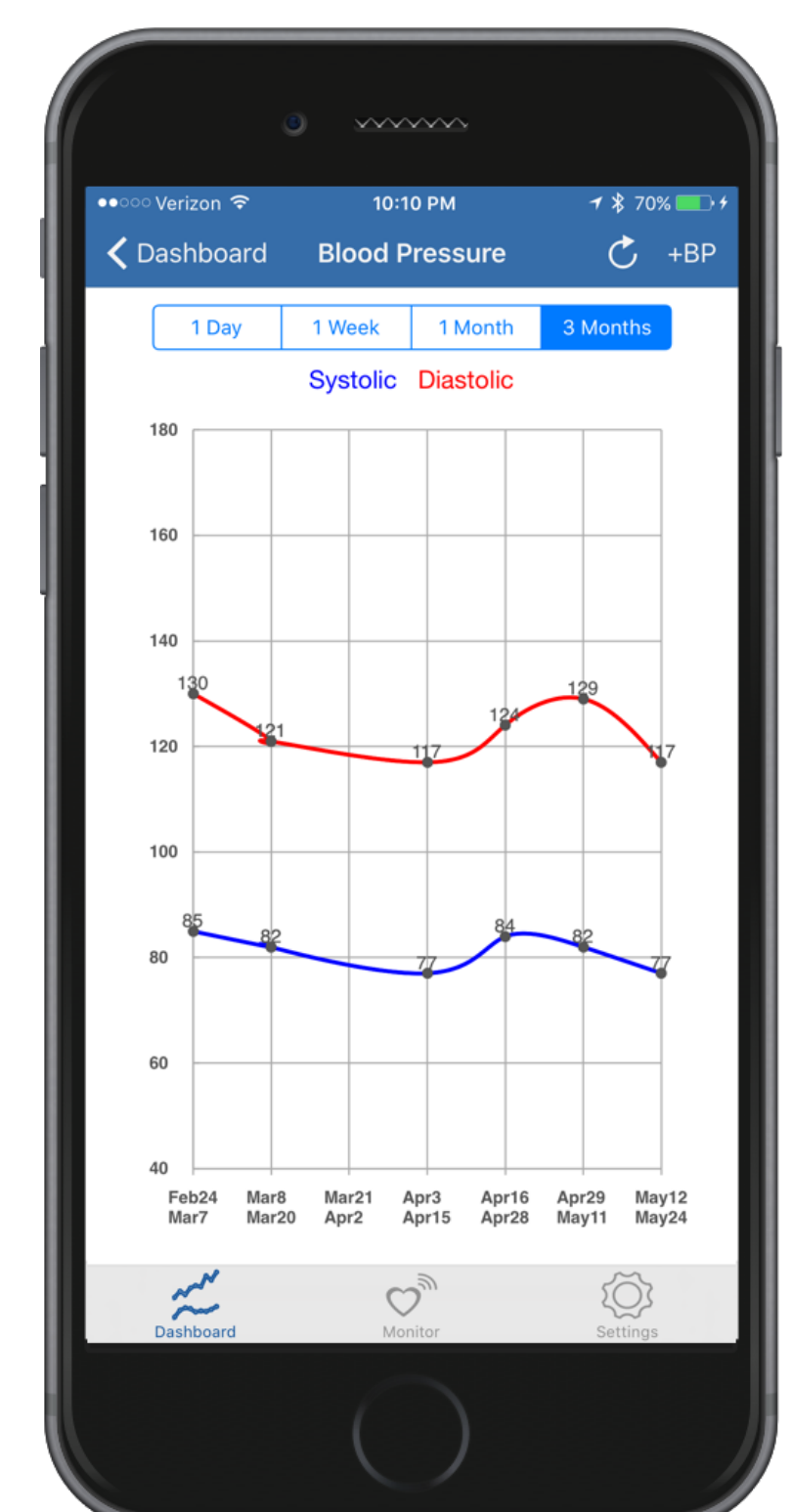
Know when your wellness levels rise and fall to better understand how your overall health changes over time.



7

### Track your blood pressure

Manually add or automatically import blood pressure readings from Apple HealthKit supported devices. Use one of CardioWell's 'always-connected' blood pressure devices to making tracking your blood pressure easy.



Tip: Set your wellness age zone and adjust mindful nudge settings to better fit your lifestyle