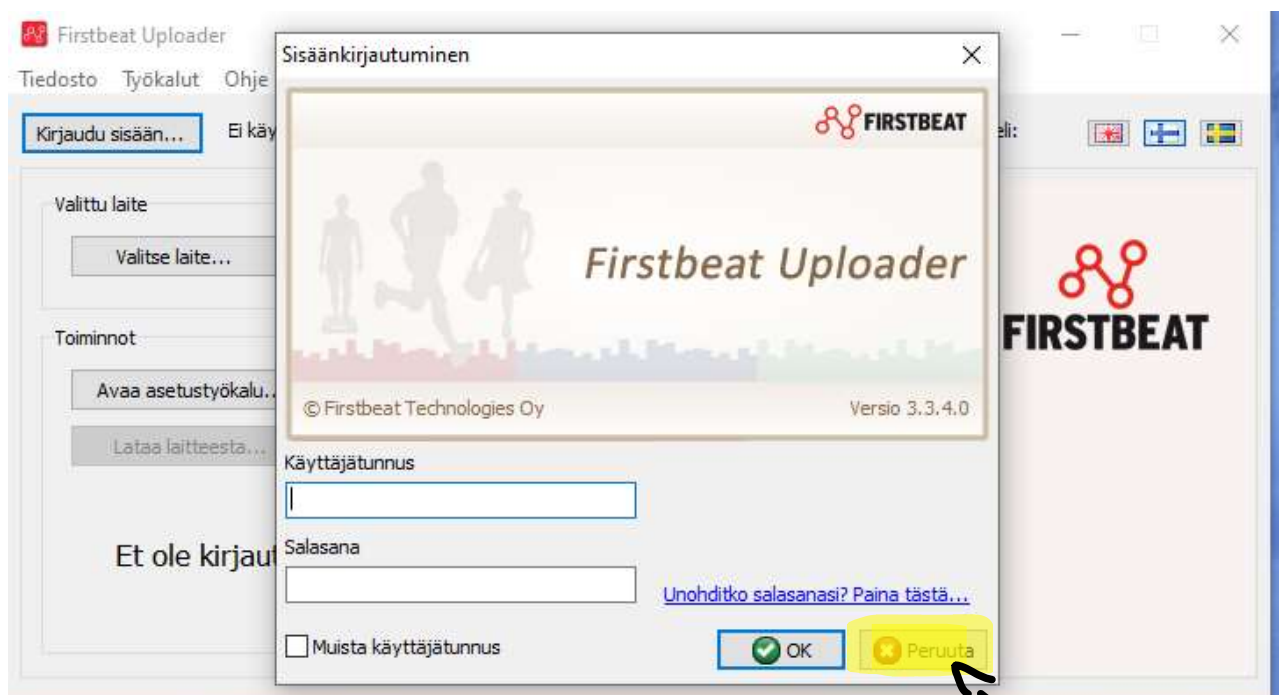




Firstbeat measuring device: Settings and data extraction

SETTINGS AND PROGRAM

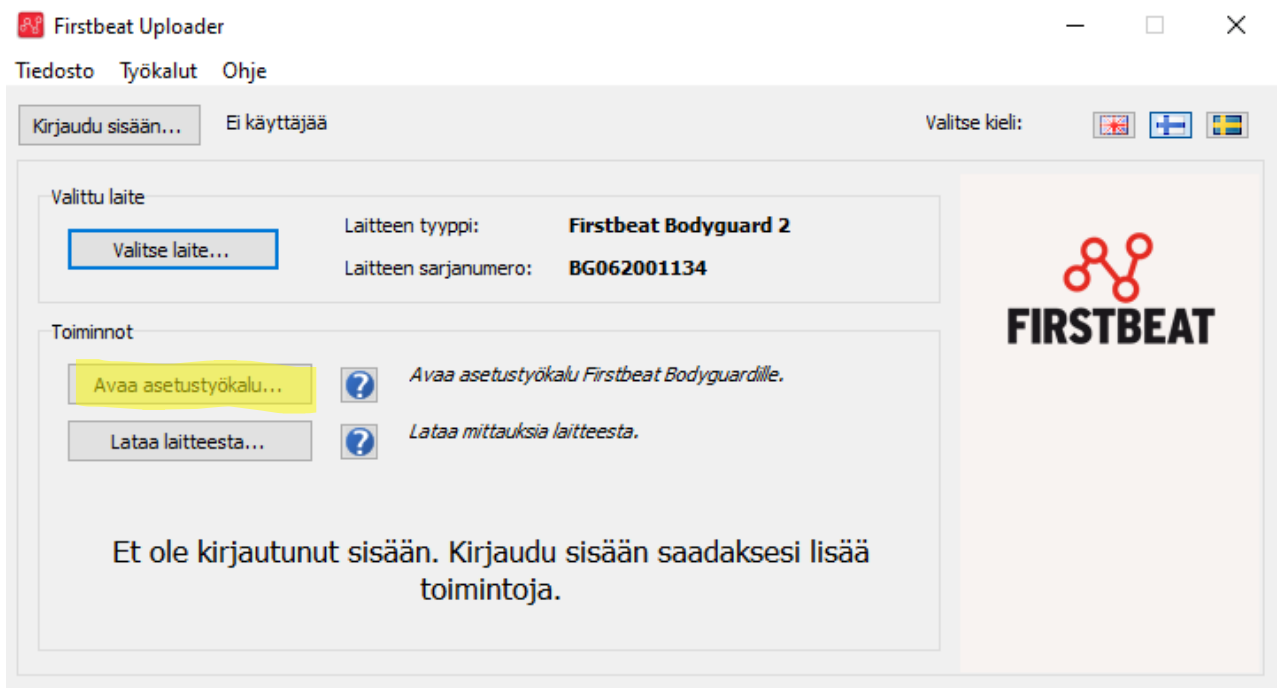
- Launch the program.



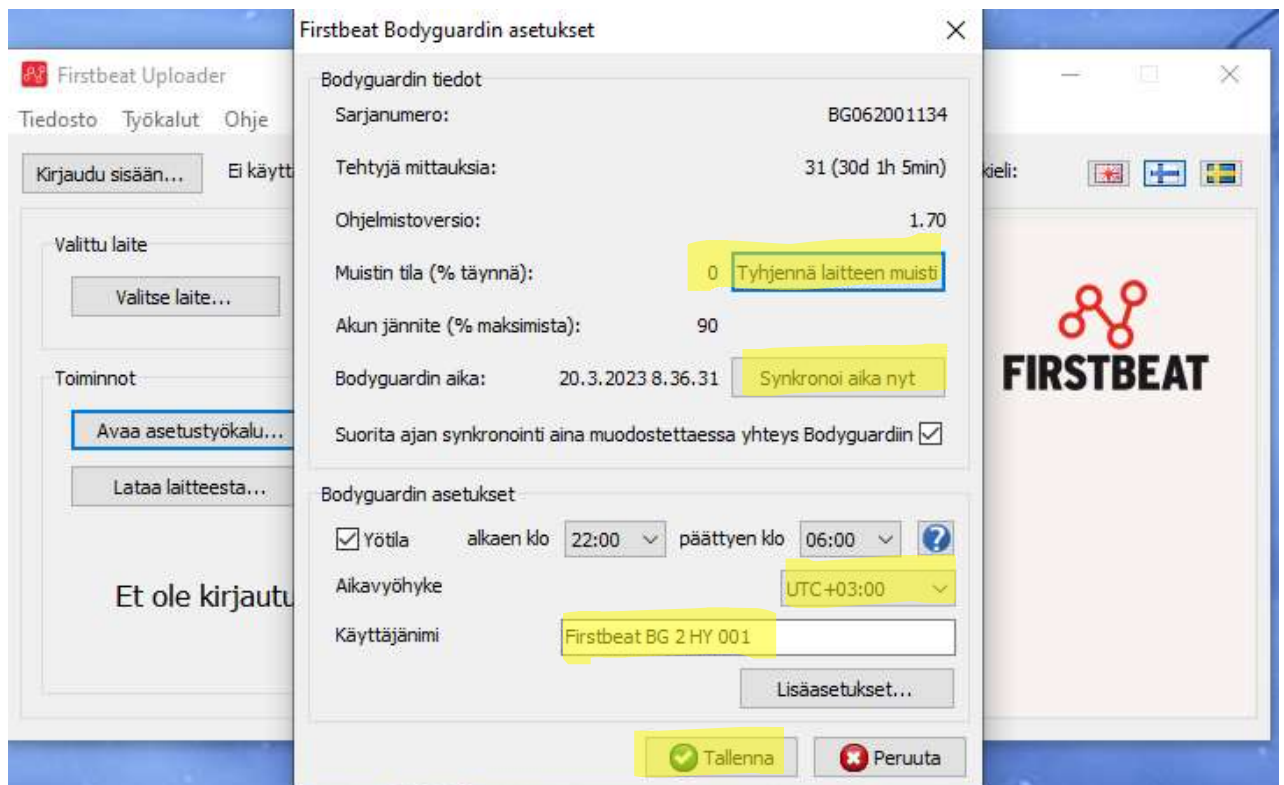
- Select **peruuta**, no credentials are required to use the program



- Attach the device to the computer and press select device (**Valitse laite..**)
- If device was found, you will see the serial number and device name



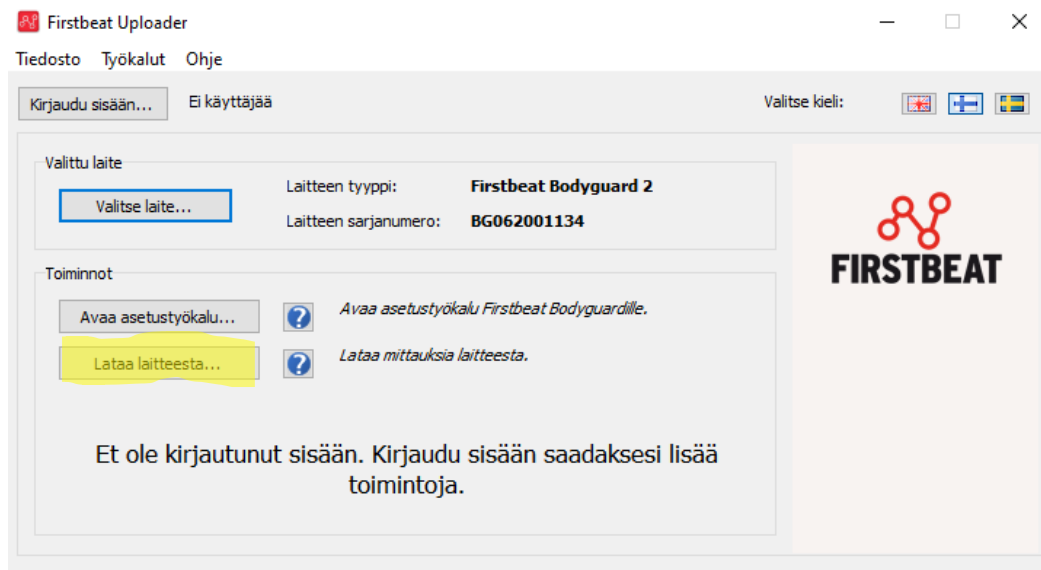
- Select "Open Setup Tool" (**Avaa asetustyökalu..**)



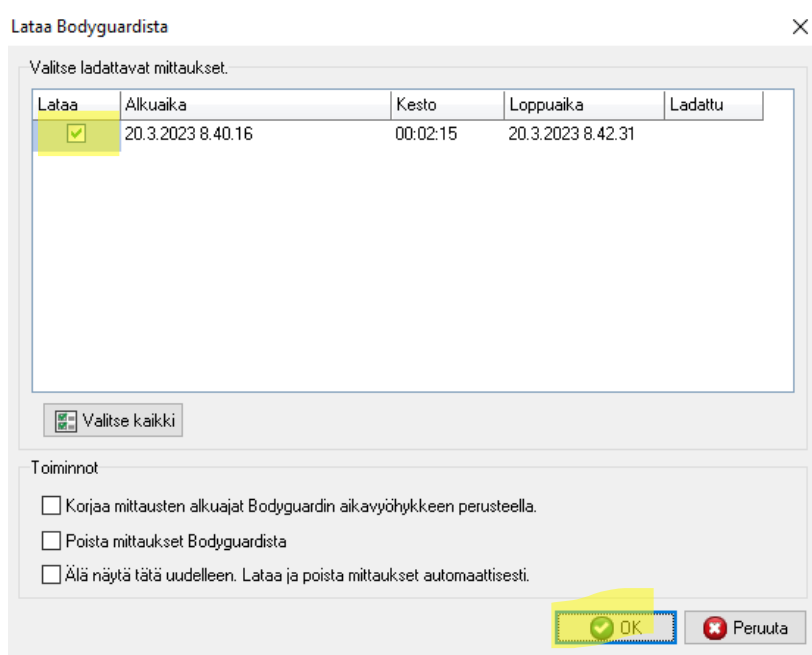
- Check if there is data on the device – **Muistin tila** (should be 0 if new user)
- Clear device memory by selecting **Tyhjennä laitteen muisti**
- Synchronize the time by selecting **synkronoi aika nyt**
- Via **bodyguardin asetukset** can indicate night time where light of device will be dimed
- Make sure that the **time zone is UTC +3**
- Write down participant name/code via **Käyttäjänimi**
- Select **Tallenna**



DOWNLOADING DATA

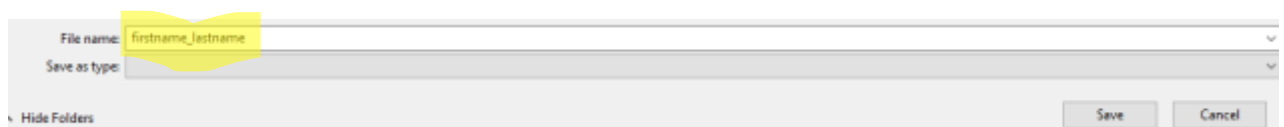


-after you have plugged in and selected your device (previous steps) you select download from device – **Lataa laitteesta..**



-make sure all **lataa** are selected (there will be more than one if the participants took off the device at some point during measuring (e.g. for showering))

-select **ok**



-Create a folder for the examinee and change the default name ("firstname_lastname") to the desired ID or match the identifier