

---

## BHIP Strapless Heart Rate Monitor : User Advice

The strapless HRM's work by monitoring the electrical stimulation of the heart. To get a quick and accurate reading the user has to complete a "circuit" that passes through the watch.

When you first receive your strapless HRM in the post, it may be very cold. Put it on your wrist and allow it to warm up for 5 minutes before attempting to obtain your first HR reading.

Sometimes it may be necessary to slightly moisten the back of the watch or / and the fingers touching the sensors to obtain better electrical contact, although this is not generally required.

The ECG measurement is obtained when you place two fingers from one hand on the two sensors on the top of the watch attached to your opposite arm. This creates a loop across your body, that the watch can now read your heart rate.

The Heart Rate Watch must be properly attached to your wrist in order for the Heart Rate monitor function to work. You cannot get someone else to monitor their heart rate while the unit is on your wrist. The unit will work in a swimming pool, as long as the user has both arms and chest clear of the water. On many people, it is possible to get a heart rate reading by pressing just one button, the one that activates the HR display, this is not guaranteed, but if it works, all the better and more convenient.



Thank you.

**Heart Rate Monitor UK (a BHIP Ltd company)**

[www.heartratemonitor.co.uk](http://www.heartratemonitor.co.uk)

**Tel: 0845 0900 192**

**Email: info@bhi-partnership.co.uk**

---

### BHIP Ltd

**Registered office:** BHIP Ltd – c/o The Office – 20 Kings Lynn Rd – Hunstanton – Norfolk - PE36 5HP

**Directors:** L. E. Barby and T. N. Haskins

Registered in England, Registration number: 4834789  
VAT Reg Number: 817 2493 22