



angioCode

AngioCode-301

Health Tracker

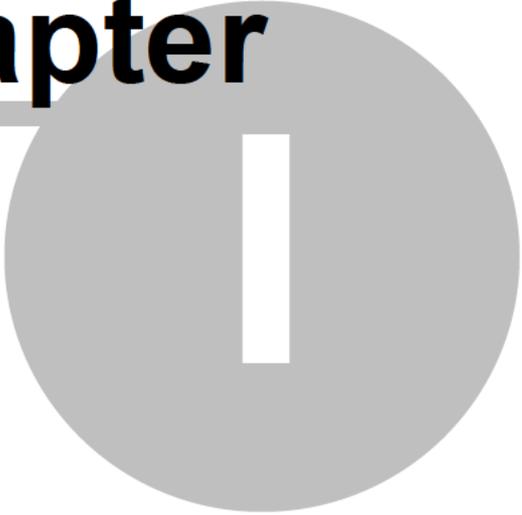
Quick Reference



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Chapter



I

1 Introduction



AngioCode-301

Thank you for purchasing our product!

We hope that the AngioCode-301 device will become a reliable guide to the world of a healthy lifestyle and longevity for you and your family!

The **AngioCode-301** device itself is intended for independent monitoring of the state of the human body, in particular - the assessment of psycho-emotional balance, reserves of the cardiovascular system.

Warning! AngioCode-301 is not a medical device! This is a device for monitoring physiological parameters at home. Any data obtained using the device is for informational purposes only and cannot be used for diagnosis, treatment or therapy. For all questions about the operation of the device, you can contact [Customer service https://angiocode.com/support](https://angiocode.com/support)

The AngioCode-301 device can work offline, under the control of a mobile device with Android or under the control of a personal computer with the Windows operating system.

In offline mode, the device allows running tests and storing their results in the internal memory of the device. These results are available for viewing on the screen of the device itself. Built-in memory provides data storage for at least one hundred tests.

To work together on an Android mobile device, you need to install the AngioCode application on it, it is available by the link https://angiocode.com/en_a301. The description of the mobile application is available in it and by the link https://angiocode.com/en_apdf301. Mobile device requires Android OS 6.0 or later and Bluetooth 4.0 or later.

The device can be connected to a personal computer via a USB cable. On a personal computer, before connecting the device for the first time, it is necessary to install the AngioCode software, it is available on the website https://angiocode.com/en_w301. A description of how to work with a personal computer is available after installing the program. You can download this description by this link

https://angiocode.com/en_wpdf301. The personal computer must be running Windows 10©, Windows 8© or Windows 7©.

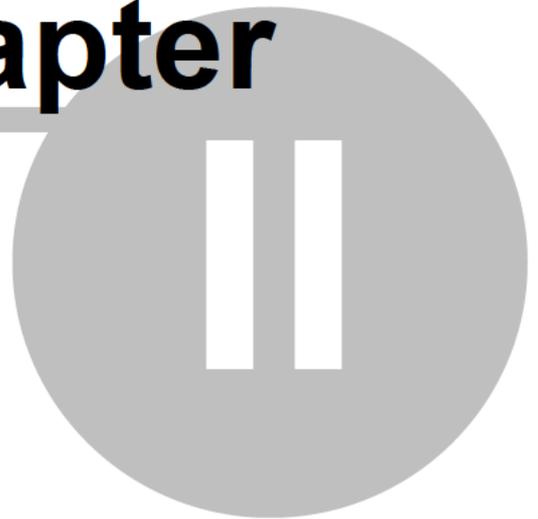
With the help of the AngioCode program and AngioCode application you can copy test data, view test results and graphs of test results over time, delete unnecessary test records from the device's memory, and perform other useful functions.

This brief instruction manual contains information about the most basic functions of the device in offline use. To explore all the features of the product, both offline and accessible via a personal computer or mobile application, please refer to the respective User Manuals.

Minimum knowledge required to use the device:

1. How to turn the device on and off.
2. How to navigate through the device menu.
3. How to set date and time.
4. How to select the desired user number and enter its individual parameters.
5. How to conduct a test and see its results.
6. How to view the results of previous tests.
7. How to evaluate your test results.

Chapter



2 Safety and terms of use

Read the instructions before using the device.

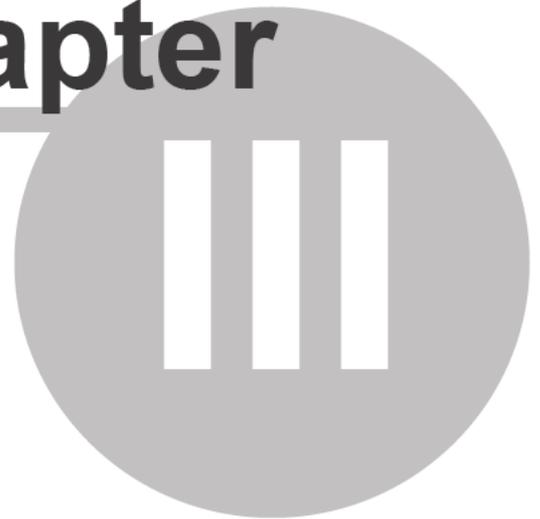
2.1 Safety warning

- **Keep the device out of the reach of children and pets.** To avoid accidents, keep the device and accessories out of the reach of children and pets.
- **Do not use the device in a potentially explosive or flammable environment.** Keep the device switched off at petrol stations and near containers with flammable liquids. Do not store or transport flammable liquids, gases or explosives together with the device, its components and accessories.
- **Have the device repaired only by qualified personnel.** Do not disassemble it yourself.

2.2 Precautions

- Before using the device, read the user manual.
- Do not expose the device to extreme temperatures (below 0 °C or above 45 °C). If the temperature is too high or too low, it will reduce the capacity and shorten the battery life.
- Do not use defective chargers.
- Do not squeeze the device hard in your hand, press the button lightly.
- Avoid getting the device wet. Moisture can cause serious damage to the device. Moisture entering the device will void the manufacturer's warranty.
- Do not use or store the device in contaminated areas. This can cause damage to moving parts of the device and reduce diagnostic quality.
- External shocks and rough handling can cause serious damage to the electronics.
- The action of the electromagnetic field can damage the device. Avoid exposing the device to strong electromagnetic fields.
- Light sources, electronic and household appliances, and wireless phones can interfere with the operation of the device.
- If you bring the package with the device from the cold into a warm room, leave it warm for two hours without opening it. Otherwise, moisture condensation can cause the device to malfunction.
- Handle the device with care, the display is made of glass and can be broken if handled carelessly.
- Do not disconnect the device from the computer, when updating the firmware. Attempting to disrupt the loading process may cause the device to malfunction that can only be repaired by a service center.

Chapter



3 Appearance and design of AngioCode-301 device



AngioCode-301 common view,

There is a display on the front panel of the device. The main units and controls are marked with numbers:

1. miniUSB connector for charging the built-in battery and transferring data to a computer;
2. main control button for turning on the device and controlling it;
3. side button to return to the main menu and turn off the device;
4. charging indicator;
5. sensor with normalized hold-down for finger fixation during the test;
6. stand, needs to be installed to ensure the correct position of the finger;

The device is equipped with a Bluetooth module for communication with mobile devices running Android 6.0 and later.

The built-in rechargeable battery allows dozens of tests to be performed in offline mode.

The AngioCode-301 non-volatile memory can store at least a thousand test results.

Chapter

IV

4 How to turn the device on and off

- To turn on, press and hold the main button for three seconds before turning the device on.
- The splash screen will be displayed and an audible greeting will be played.
- After the splash screen, the home page of the menu will be presented.
- Pay attention to the battery charging icon - if it looks like  or , the battery is discharged and should be recharged before the device can be used. Connect the device to the charger or your computer.
- The device can be turned off via the menu or by long tapping on the side button.
- If you do not perform the test and do not tap any buttons, the device will turn off automatically after 2 minutes.



Chapter



V

5 How to navigate the device menu

- The device is controlled by two buttons: the main one, located under the screen, and the side button, located to the right of the screen.
- There are two types of button taps:
 - short - less than one second;
 - long - more than one second.
- *Short tap* on the **main button** moves the cursor to the *next menu item* or the *next input parameter*. Short tap during the test - ends the test.
- *Long tap* on the **main button** moves to the *next menu page*, returns to the *previous menu level*, *changes value of the selected option*.
- *Short tap* on the **side button** quickly moves to the main menu.
- *Long tap* on the **side button** turns off the device.



Chapter



VI

6 How to set the date and time

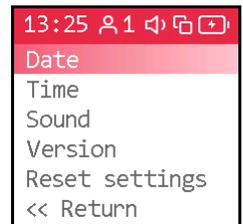
When you turn on the device for the first time, it is important to set the current date and time, because when the test results are saved in the device's memory, the date and time values are fixed according to the device's clock. Correctly setting the device's clock will make it easier to find and analyze stored results.

6.1 Date setting

To set the current date use the *[Device options]*, *[Date]* submenu.



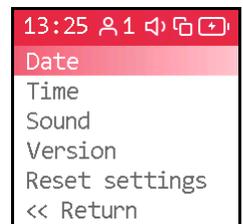
- With short taps on the main button, move the cursor to the *[Device options]* position.
- Tap and hold the button until you get to the general settings submenu.
- Tap and hold the button on the *[Date]* item before proceeding to the date setting.



- Tap and hold the button until tens of years are set.
- Short tap to move the cursor to the years field.
- Tap and hold the button until the current year is set.
- Short tap to move the cursor to the month field.
- Tap and hold the button until the desired month is selected.
- Short tap to move the cursor to the field with the number.



- Tap and hold the button until the desired number is set.
- The next short tap on the main button will take you to the previous menu level.



6.2 Time setting

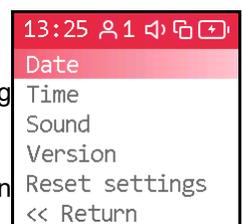
To set the current time use the *[Device options]*, *[Time]* submenu.



- Short taps on the main button move the cursor to the *[Time]* position
- Tap and hold the button until you get to the time settings.
- Tap and hold the button to set tens of hours. Release the button.



- Short tap to move the cursor to the hours field.
- Tap and hold the button until the hours are set.
- Short tap to move the cursor to the tens of minutes field. Long tap to set the desired value.
- Set the minutes in the same way.
- Next, after setting the minutes, a short tap on the main button will cause the transition to the previous menu level.



Chapter



VII

7 How to select the right user number and enter his/her personal data

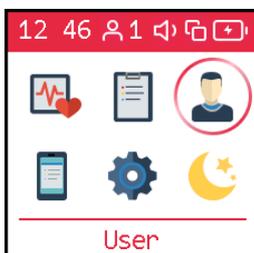
The properties of the vascular system are interconnected with the properties of your body and its condition. As you age, your blood vessels become stiffer. What is normal for a middle-aged person may be a sign of illness for a young person. Another important parameter on which the evaluation of test results depends is the height of the person. For proper interpretation of the test results, they should be correlated with the age and height of the subject.

The device can independently manage up to nine users. You need to set individual values for age and height of them all. Before entering these parameters, select the desired user number.

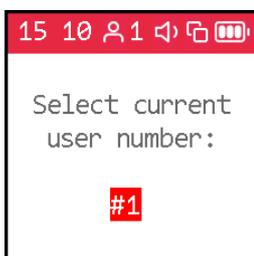
To enter individual parameters, use the *[User]* submenu.

7.1 User number setting

To select the **user number** use the *[User]*, *[Number in database]* submenu.



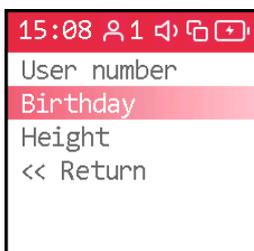
- Short tap on the main button to move the cursor to the *[User]* position on the first page of the menu
- Tap and hold down the button until the *[User]* submenu is displayed.
- Tap and hold the button on the *[Number in database]* item before proceeding to the user number selection.



- Tap and hold the main button until the desired user number is selected.
- The next short tap on the main button will take you to the previous menu level.

7.2 Setting the date of birth

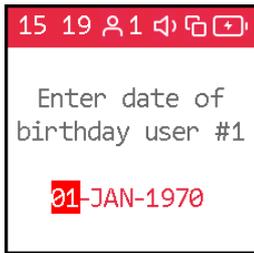
To enter **user birthday** use the *[User]*, *[Birthday]* submenu.



- Briefly tap the main button to move the cursor to the *[Birthday]* item
- Tap and hold down the button until the *[Birthday]* submenu is displayed.
- Tap and hold the button until the desired century is set.
- Move the cursor to the tens of years setting field with a short tap.



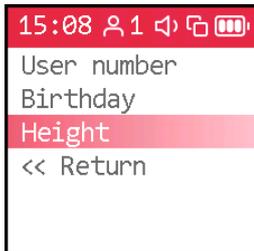
- Tap and hold the main button until you set the tens. Release the button.
- Short tap to move the cursor to the field with the year.
- Tap and hold the button until the desired year is set. Release the button.
- Short tap to move the cursor to the month selection field.
- Tap and hold the button until the desired month is set. Release the button.



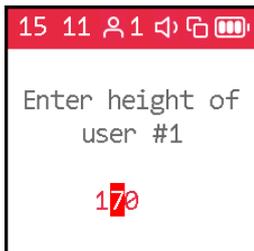
- Short tap to move the cursor to the field with the number.
- Tap and hold the button until the desired number is set. Release the button.
- The next short tap on the main button will take you to the previous menu level.

7.3 Height setting

To set the **user height** use the *[User]*, *[Height]* submenu.



- Short taps on the main button move the cursor to the *[Height]* position
- Tap and hold down the button until the *[Height]* submenu is displayed.
- Tap and hold the button until hundreds of centimeters of height are set.
- Short tap to move the cursor to the position of tens of centimeters.



- Tap and hold the button until tens of centimeters of height are set.
- Short tap to move the cursor to the position of centimeters.
- Tap and hold the button until the centimeters of height are set.
- The next short tap on the main button will take you to the previous menu level.

Chapter

VIII

8 How to start test and view its results

This chapter provides the basic information you need to successfully run the test and get reliable results. For details, please refer to the User Manual.

8.1 Preparing for the test

Rest for at least ten minutes in a warm, quiet room immediately before the test.

Cold hands can result in a low perfusion index value. Warm your hands if necessary.

Dark nail polish may interfere with the operation of the device. If it is not possible to remove the varnish, turn the device 90 degrees so that the sensor light passes by the nail.

8.2 Behavior during the test

To reduce errors during the test, follow the following rules:

- stay calm
- relax your arms, legs, stomach
- breathe easy
- do not move your hand and finger with the device
- don't talk
- don't laugh
- avoid vibration
- exclude bright light

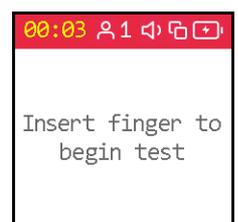
During the test, the device monitors the correct position of the hand and the state of its rest.

In case of violation of the recommended position of the hand, movement, vibration, the device will issue a warning.

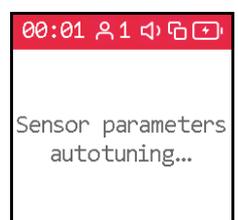
8.3 Conducting a test



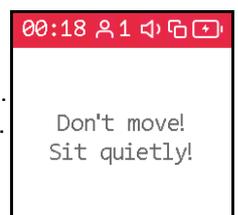
- To start the test, move the cursor with short taps on the main button to the *[Start test]* position.
- Tap and hold the button until you move to the beginning of the test.
- You have ten seconds to place the device on the finger.
- If the finger is not in place within the set time, the test will be aborted.

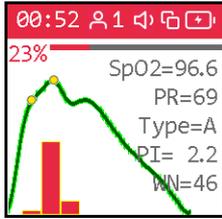


- If the finger is in place, the sensor will be adjusted. In this mode, the timer in the status bar shows the adjustment time.
- Then the test preparation process will begin. The timer shows the preparation mode time.



- The test will not start if the device is in the wrong position or if the behavior is not calm.
- With the correct position and calm behavior, the test will begin.
- Movement during the test will trigger a warning from the device.



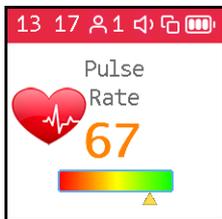


- During data collection, the screen displays the pulse waveform, the number of accumulated waves (Wave), the pulse rate (PR), the pulse wave type, and the perfusion index (PI). The PI value shall be greater than 0.5%, otherwise it is necessary to abort the test and warm hands.
- The end of the test is accompanied by a sound and a message on the device display.
- Pressing the button during the test will abort it and the data will not be saved.
- If the finger is removed before the end of the set time, the test will be aborted and the data will not be saved.

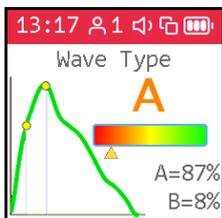
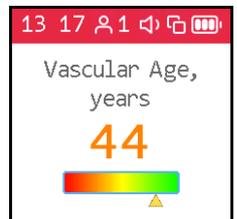


8.4 View test results

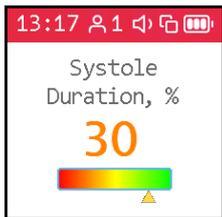
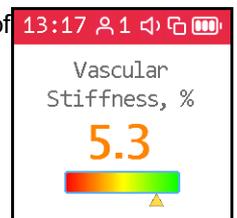
Indicators of the functioning of the body and, in particular, the cardiovascular system are presented on several pages, one indicator per page. After the end of the test, short tap on the main button to scroll through several screens to view all the results.



- With a short tap on the main button, switch the device to the results display mode.
- The page with each of the indicators contains a conditional scale. The position of the mark on the scale is determined by the result.



- The right, green side of the scale corresponds to good values of indicators, superior, or corresponding to age norms.
- The mark on the left, red area of the scale indicates possible problems in the state of the body.



- A short tap on the button displays a page with the next indicator.
- The last short tap on the button displays the first page of the menu.



Chapter



IX

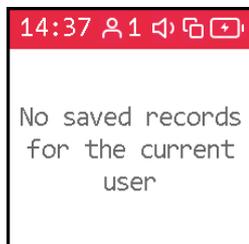
9 View previous test results

Before accessing the saved results [select a number](#)^[18] of the right user.

The results of the last and previously performed tests are available through the *[Results] submenu*. The user number is displayed in the upper status bar. It is for this user that the data from the results database will be provided. To view another user's data [change the number](#)^[18].



- Short taps on the main button move the cursor to the *[Results]* position on the first page of the menu
- Tap and hold the button until the *view results* submenu is displayed. Release the button.



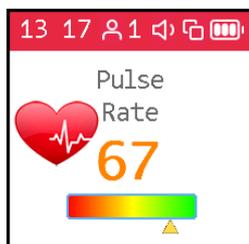
- If there are no result records for the selected user, a message will be displayed: "No saved records for the current user"
- If there are records, you will be prompted to select the one you want to display. The number, date and time of the test are displayed for the selected record.
- To view the current record, select the position ✓
- To delete the current record, select 🗑️



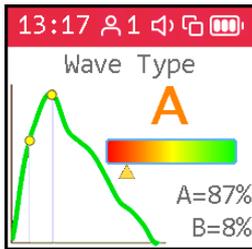
- Short taps on the control button move the cursor to the position:
 - ↑ to go to previous records
 - ↓ to go to subsequent records
- Tap and hold the button until the desired recording is selected. Release the button.



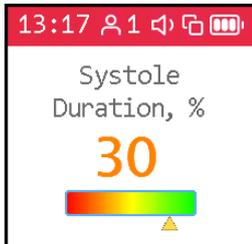
- Short taps on the control button move the cursor to the position ✓
- Tap and hold the button until the results of the selected recording are displayed. Release the button.



- With a short tap on the main button, switch the device to the results display mode.
- Each subsequent short tap on the button will display a new page with the next indicator.



- The page with each indicator contains a three-color scale. The position of the marker on the scale is determined by the indicator score.
- The right, green side of the scale, corresponds to good values of the index, exceeding, or corresponding to the age norms.
- The mark on the left, red area of the scale indicates possible problems in the state of the body.



- A short tap on the button displays a page with the next indicator.
- The last short tap on the button brings up a menu for viewing the database.



- Then you can continue browsing through the user records.
- To return to the main menu, shortly tap the main button to move the cursor to the position ↩, or use a short tap on the side button.
- Tap and hold the main button until you get to the main menu. Release the button.
- To return to the main menu, you can use a short tap on the side button.

Chapter



X

10 How to evaluate your test results on the device

- Pulse rate;
- Oxygen saturation;
- Perfusion index;
- Vascular age;
- Vascular stiffness;
- Pulse wave type;
- Systole duration;
- Stress level.

When displaying the results for each indicator, the device displays the score numerically and on a diagram divided into color zones. The color zones correspond to a qualitative assessment of the values of the indicators:

- **green** - good condition;
- **yellow** - satisfactory condition, but the probability of functional disorders of the body, including disorders of the cardiovascular system, is increased;
- **red** - bad condition, there is a high probability of cardiovascular disease. Reason to visit a specialist and conduct a detailed analysis of risk factors.

Remember that the human body is a complex system with many subsystems and their interconnections. Throughout the life, with the change of seasons, during the circadian cycle, with each inhalation and exhalation there are noticeable changes in the inner state. All these changes are reflected in the pulse features. The organism in its normal state is not in equilibrium, as previously thought, but in a constant journey through the phase space of states, like a river seeking its way within its floodplain. Illnesses, stresses, hardships, joys change the terrain over which the body's condition "journeys". Watching the heartbeat, sometimes you can identify serious problems or significant abnormalities and take action - visit a specialist, adjust the regime, lifestyle.

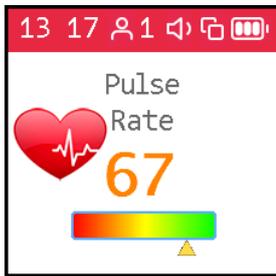
The evaluated indicators represent a view from different sides of the single. Often, an improvement in one is combined with a loss in the other.

Some typical situations:

- Increase in blood pressure, increase in pulse rate - improve the supply of blood to small vessels, and reduce the vascular ageing index.
- Taking vasoactive drugs improves vascular elasticity, reduces the strain on the heart and puts the body in an unaccustomed state, which increases stress levels. After some time - days, weeks, a new set of habitual internal states, a new route of their passage will be established, and the stress index will normalize.

If you want to measure progress over time, do the tests at the same time, in the same posture, in the same condition. To assess a specific impact on your body (e.g. diet change, fitness session, etc.) conduct two tests - a pre-exposure test, then a post-exposure test and use the difference in the results to draw a conclusion about the impact.

10.1 Pulse rate



Pulse rate or the number of heartbeats per minute. The inverse of this value is the pulse wave duration. The device evaluates the duration of each pulse wave, calculates the instantaneous value of the pulse frequency, and determines the average value based on the test results.

This is an important indicator, primarily reflecting the fitness of the body. The higher the resting heart rate, the less trained the body and the cardiovascular system in particular. For those who regularly exercise, the resting heart rate has values in the range of 55-60. It can be assessed as an excellent condition. 60-80 is good, more than 90 is bad.

A more reliable assessment of the fitness of the body can be obtained by conducting load tests.

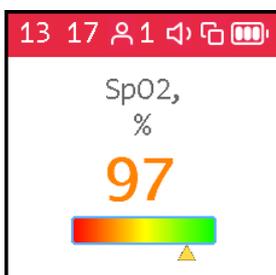
As an option:

1. Determine the pulse rate in a normal resting state.
2. Do 20 squats in 30 seconds.
3. After 3 minutes, reassess heart rate and calculate the difference between the second and first results.

Result:

- good fitness - up to 5 beats;
- satisfactory - 5-10 beats;
- low - more than 10 beats.

10.2 Oxygen saturation



Oxygen, inhaled with atmospheric air, is transferred to the organs with the help of a special carrier protein - hemoglobin, which is contained in red blood cells, erythrocytes. The oxygen level in the blood or the oxygen saturation degree of the blood shows how much hemoglobin in the body is in a state associated with oxygen.

Oxygen saturation - saturation (SpO2) of blood hemoglobin with oxygen is a vital indicator, the value of which is determined by:

- pumping function of the heart
- ability of the lungs to oxygenate the blood
- state of hemoglobin - oxygen carrier

Normally, almost all hemoglobin is associated with oxygen, while the hemoglobin saturation with oxygen varies in the range from 96% to 99%. A steady decrease in the saturation level below 95% can be observed with disorders in the respiratory and cardiovascular systems.

With chronic diseases of the heart and lungs, a decrease in this indicator may indicate an exacerbation of the disease, in such situation, one should seek medical help. A decrease in the level of saturation of hemoglobin with oxygen against the background of a cold, flu, acute respiratory viral infections, pneumonia and other lung diseases may indicate a complicated course of the disease.

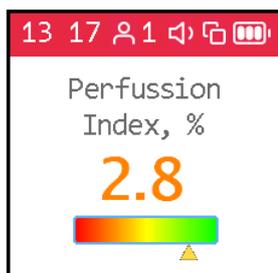
The saturation level indicator is important for people with chronic lung diseases, including chronic bronchitis.

When performing a study, it should be taken into account that a number of factors can lead to an error in assessing the level of oxygen in the blood. Such factors include the presence of a manicure, especially with the use of dark shades of varnish, the movement of hands or trembling of the fingers during the examination, the presence of a strong external light source - solar or artificial, and the close proximity of sources of strong electromagnetic radiation, such as mobile phones. The low temperature in the study room can also lead to errors in the SpO₂ assessment.

There may be slight individual fluctuations in the saturation level. To correctly interpret the score for this indicator, several tests should be performed. This will reveal the individual characteristics of fluctuations in the level of oxygen in the blood, and will help to correctly interpret certain changes in the future.

A sharp decrease in SpO₂ by 3-4% of normal values can be a sign of the development of diseases such as influenza or pneumonia.

10.3 Perfusion index

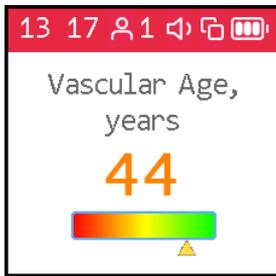


PI (Perfusion Index) - perfusion index, is a technical indicator. It reflects the level of the useful signal available for processing by the device. Values less than 1.0 indicate an insufficient signal level. The reason for this may be cold hands, too dark nail polish, pathology of the arteries. In this case, the test results may be unreliable.

If the filling index is less than 1.0, the device will issue a warning about the possible unreliability of the test results. Depending on the reason for the decrease in the perfusion index, it is possible to recommend:

- warm hands;
- turn the device so that the light of the sensor passes under the nail and not through it;
- change hand.

10.4 Vascular age

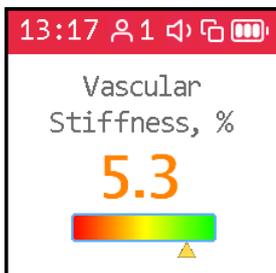


If your vascular age is less than the passport age, then this is good. A constant significant excess of the vascular age over the passport age may be a recommendation for consultation with a specialist. At the same time, you can note a decrease in vascular age against the background of an increase in blood pressure and pulse rate.

It is important to record this indicator at a certain time of the day, on the same hand, better the working one - right for a right-hander, left for a left-hander.

A good time to evaluate this indicator is considered to be the morning hours from 9 to 11.

10.5 Vascular stiffness



Here the sign in front of the number is important. If it is negative, then this rather indicates the preserved elasticity of the arteries. The greater the negative value of the stiffness percentage, the better the condition of the large arteries.

The normal values of this indicator depend on the age of the subject: in the age category from 18 to 35 years, a negative value from -40% to -5% is considered the norm. In the age category over 40 years, the norm ranges from -5% to 5%. For people older than 55 years, positive values of this indicator are typical. Of course, the ageing process is irreversible and inevitably leads to a gradual increase in vascular stiffness, but regardless of your age, you should strive to reduce the vascular stiffness index through a healthy lifestyle.

For a correct assessment of this indicator, it is necessary to first set the real age of the user in the device.

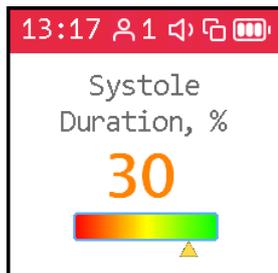
10.6 Pulse wave type

Pulse waves are divided into three types according to their shape.

Wave type C indicates a good condition of the arterial wall, type B indicates a satisfactory condition, and type A indicates an unsatisfactory condition. It is not uncommon to see more than one type of waves in a test. In this case, the higher the percentage of type C waves, the better.

- Wave type C is observed in young people up to 30 years old.
- Wave type B is observed in people over 40 years old, with a small probability of having health problems or temporarily in overworked conditions.
- Wave type A is observed in the elderly people over 55 years, but can also be encountered in younger people, with the likelihood of impairment or temporarily, with overworked conditions. In young people, wave A is often found in chronic sleep deprivation.

10.7 Systole duration



The ratio of systole duration to total cardiac cycle duration (ED%) reflects the characteristics of the myocardial work cycle.

Systole is the time of tension and work of the heart muscle, diastole is the time of relaxation, recovery, blood supply. The approximate ratio of systole to pulse wave length in the normal range is 1/3 or 33%. When the heart rate increases, the duration of the cardiac cycle shortens mainly due to diastole. Sometimes the systole duration increases up to 50% or more, entering the zone of myocardial instability. To assess this index, methods have been adopted to convert the systole duration to the value expected at a pulse rate of 60 beats per minute.

The ED% values are characterized by the following qualitative intervals:

- less than 25%: pronounced decrease of systole duration. Increased risk of complications;
- 25% - 29%: moderate decrease in systole duration. Tendency toward an increased risk of complications;
- 29% - 40%: normal systole duration;
- 40% - 43%: moderate excess of systole duration over normal. Decreased heartbeat stability, risk of arrhythmia.
- more than 43%: pronounced excess of systole duration over normal. Significant decrease in the heartbeat stability, increased risk of arrhythmia.

The boundaries of the assessment of this indicator for women can be shifted by +1%, for men by -1%. Or rely on the averages given.

Exceeding the systole duration is associated with a decrease in the heartbeat stability and increases the risk of arrhythmia. Sustained reduction in systole duration may accompany increased risks of cardiovascular complications.

Causes of systole duration exceeding the norm may be:

- Myocardial infarction;
- Reduced myocardial contractility;
- Enlargement of the left ventricular myocardium;
- Congenital peculiarities of the body;
- Certain medications taken;
- Alcohol abuse;
- Lack of potassium, magnesium;
- Low-protein diet.

10.8 Stress level



The indicator reflects the state of the centers that regulate the mode of operation of the body and the cardiovascular system in particular. Values less than 150 indicate a good, balanced state of regulation. Exceeding this threshold value indicates an excessive tension of regulatory mechanisms, and an index value of 900 or more indicates pronounced dysregulation.

The indicator is calculated based on the analysis of the distribution of the duration of pulse waves.

- 50 ... 150 - norm
- 150 ... 500 - stress, physical activity, fatigue, decrease in reserves with age
- 500 ... 900 - angina pectoris, psychophysiological fatigue, significant stress
- 900 ... 1500 - significant violation of regulatory mechanisms

Comment: With arrhythmias, serious violations of the respiratory function, this indicator is not applicable. The result obtained in this case gives a falsely low indicator of stress.

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