How to set-up a Heart Rate Monitor

A heart rate monitor is a very useful application to have on your phone since it can find and track your heart rate at that current time. Keeping track of your heart rate, especially in your elderly years, mostly if there is a cardiac (heart) problem involved. Also keeping track of your heart rate is very healthy, since it helps you know how you are doing maybe while running, exercise etc.

Apple – iPhone

Here is the process to setting up the application on your iPhone, only available for iPhone's with iOS 7.

1. Open the App Store on your phone

2. Install the **Instant Heart Rate** app to your phone

3. Open the **Instant Heart Rate** app

4. Follow the on-screen instructions to measure your heart rate

5. Once your heart rate has been taken, you can see the results.
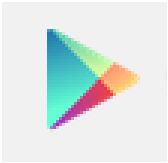
Now the ability to check your heart rate on the go is available for you on your iPhone. ☺

Android Phones

The app on the Android in the exact same application that was installed on the iPhone but compatible with Android.

1. Open the Play Store application

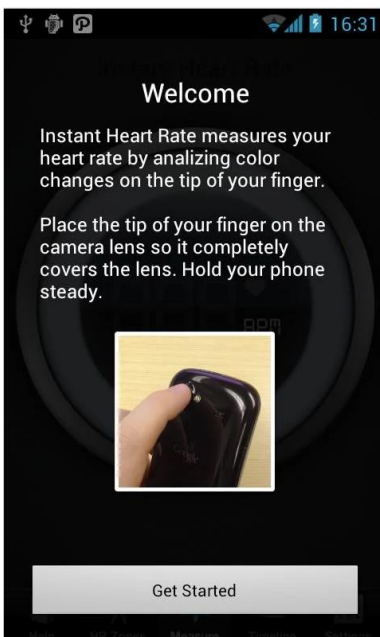

2. Search for **Instant Heart Rate** on Google Play and download the app.

Step 3: Now follow the Setup that is on the application

3. Follow the on-screen instructions to set up the application.

If manual setup is required, refer to steps 3-5 of the iPhone instructions as the app is similar for all phones.