



Interactive Health Technologies, LLC
www.ihntusa.com

IHT Spirit Heart Rate Monitor

FCC Registration Number (FRN): 0037274925

IHT | Interactive Health Technologies
1101 W. 34th St #213, Austin, TX 78705

IHT Spirit Heart Rate Monitor 4.0

1. Introduction

Thank you for choosing the IHT Spirit Heart Rate Monitor. This device is designed to support physical and emotional health by providing real-time feedback on heart rate zones, time in zone (TIZ), and self-regulation activities.

2. What's in the Box

- Spirit Heart Rate Monitor(s)
- Charging case or individual charger(s)
- USB charging cable
- User and Quick Start Guide for downloading the Classroom App or Individual App



3. Device Overview

The Spirit Monitor features:

- OLED display
- LED indicator light
- Comfortable silicone wristband
- Button interface

4. Monitor Display Screens

The Spirit Monitor provides real-time heart rate feedback through both a color-coded pipe light and an on-screen beats per minute (BPM) display, empowering users, especially children, to recognize and regulate their physical and emotional wellness in the moment.

4.1) Real-Time Heart Rate:

Shows current beats per minute (BPM) with a color that reflects the heart rate zone.

- ✓ Blue = Low/Resting
- ✓ Yellow = Elevated/Moderate
- ✓ Red = High/ Vigorous



4.2 Additional Display Screens (Short Press)

In addition to the BPM default display, the device cycles through four display screens with a single short button press:

1. Welcome Screen: Displays the IHT logo and confirms the monitor is active.
2. Goal vs. Actual Time in Zone (TIZ): Shows the session goal (e.g., 24 minutes) alongside the user's actual time spent in the moderate-to-vigorous heart rate zones (Yellow and Red combined).
3. Minimum and Maximum Heart Rate: Displays the lowest and highest BPM recorded during the session.
4. Time and Date: Shows the current date and time.



4.3 Emotional Regulation Display (Long Press)

Pressing and holding the device button for 5 seconds activates the 'BREATHE' prompt, initiating an on-screen guided breathing routine. Upon completion, a checkmark is displayed to confirm the session and log a reflection or emotional reset event. This event is recorded and included in the user's end-of-session summary report.



5. Strap Specifications, Sizing and Care

- **Regular Length:** 205 mm (ideal for elementary students)
- **Large Length:** 300 mm (recommended for secondary level students)

A standard watch band width of 18mm makes it interchangeable with any standard watch band.

Both straps are made from 100% silicone, are latex-free, and utilize a pin-and-tuck closure designed for all-day comfort and secure fit during physical activity.

Strap Care Instructions:

To clean the strap, use a soft cloth dampened with warm water and mild soap, or an organic, skin-safe cleaning solution similar to those found in gentle cleansing wipes (e.g., Porel™-type wipes). Avoid the use of harsh chemicals, heavy solvents, bleach-based products (e.g., Clorox® wipes), or abrasive cleaners. These substances may degrade the adhesive components of the strap and can void the product warranty.

Routine cleaning is recommended to maintain hygiene and preserve the integrity of the strap materials.



6. Charging Your Device

IHT provides two charging options: a bulk charging and storage case with capacity for up to 28 devices, or a single-unit charger for individual use. Each monitor is placed into its designated slot within the charging case. Devices are numbered, inventoried, and assigned to individual users to ensure consistent daily use of the same monitor.

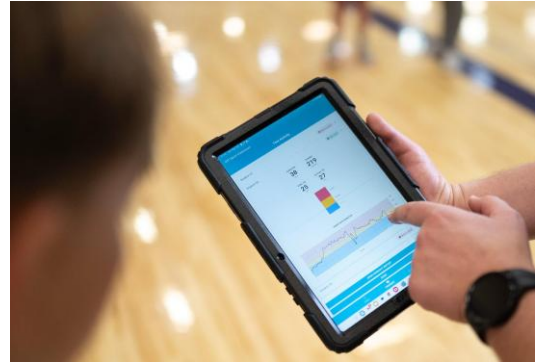
When a facilitator selects a class or group in the software, the system references the device inventory and assigned users. Upon power-up, each monitor automatically uploads the assigned user's personalized heart rate profile, enabling accurate, individualized heart rate monitoring.

Ensure the monitor is properly seated and that the charging connectors are aligned. A charging icon will appear on the display to confirm charging status.



7. Required Software Applications

IHT provides two distinct software applications that are required for basic operation of the device, including powering the device on and off, managing sessions, and accessing user-specific data. Both applications communicate with the monitor via Bluetooth Low Energy (BLE) 5.0 (or whatever version is used), enabling session control and data transfer. The device cannot be powered on or used without one of these apps:



- Classroom App: A dedicated educator-facing application used in school environments to manage users, assign devices, initiate class sessions, and display real-time heart rate data. This app is required to activate devices for group use and is currently available exclusively on Android tablets.
- Individual App: A mobile application designed for individual users to operate the device outside of the classroom environment. It allows users to start and stop sessions, view their own heart rate data, and complete assigned activities. The individual app is compatible with both iOS and Android devices.

Both applications communicate with the device via Bluetooth and are necessary for core functionality. Without one of the apps, the device cannot be activated or used to collect data.

8. Safety Information

- Not classified as a medical device
- Do not submerge in water
- Do not expose the device to excessive heat or direct sunlight for extended periods.
- Avoid dropping the device or subjecting it to strong impact.
- Use only IHT-approved charging equipment.

9. Troubleshooting

- Device Not Turning On: Ensure it is charged. Place it on the charger for a soft reset.
- Battery Not Charging: Confirm contact points in the charger are clean and the USB cable is connected securely.
- Monitor Not Syncing: Restart the app and confirm Bluetooth is enabled on the host device.

10. FCC Compliance Statement

1) FCC Interference Statement (Part 15.105 (b))

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

Howev-er, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

Reorient or relocate the receiving antenna. Increase the separation between the equipment and receiver. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for help.

2) FCC Part 15 Clause 15.21 [Do not Modify warning]:

“Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment”

3) FCC Part 15.19(a) [interference compliance statement], unless the following statement is already provided on the device label:-

“This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

11. Support and Contact Information

For technical support, warranty information, or assistance with setup, please contact IHT:

Interactive Health Technologies (IHT)

1101 W. 34th St #213

Austin, TX 78705

Email: support@ihtusa.com

Phone: (512) 522-9354

Website: www.ihtusa.com

Support Hours: Monday–Friday, 8:00 AM–5:00 PM CT

Warranty Terms: www.ihtusa.com/warranty

Privacy Policy: www.ihtusa.com/privacy