



# healy Watch App Manual



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<https://frequencieshealyourlife.com/> Alan Gough Healy Partner

760-898-5110

EMAIL: [alangough88@gmail.com](mailto:alangough88@gmail.com)

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# healy Watch

## App Manual



### Notice:

Healy Watch is intended to support vitality and well-being, and is not a substitute for medical advice, which can only be provided by a medical professional. The physiological measurements displayed on Healy Watch and in the Healy Watch App are designed to help you develop healthier habits and meet your fitness and wellness goals, to guide you in using the programs available in your Healy, and to alert you to information that may make a consultation with a healthcare provider appropriate. No claims are made that Healy Watch or Healy Watch App readings are diagnostic of the presence or absence of any medical conditions.

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# Introduction

The Healy Watch App is a free app that you can download from the Apple App Store and the Google Play Store. It also has a subscription option, for example for the “Healy Connector” module that connects your Healy Watch App to your Healy and allows you to start the recommended frequency programs from the Healy Watch App in the Healy App. Using “Healy Connector” module, the Healy Watch complements your Healy experience.

To start the App download for the iPhone, please click on the “Download Cloud” icon, see **Figure 0.1**, and for Android smartphones please click on the “Install” button, see **Figure 0.2**.

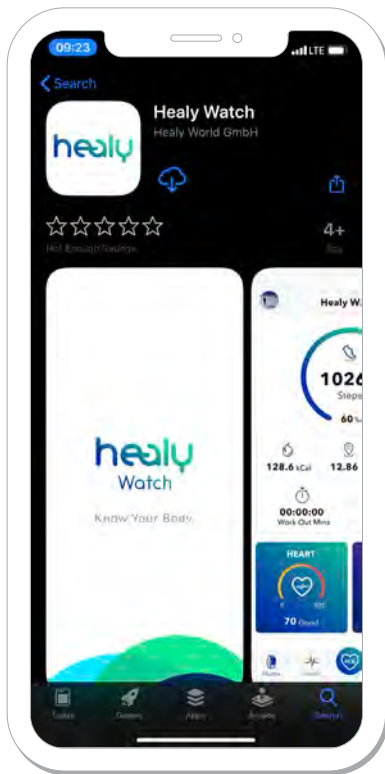


Figure 0.1: Download Apple App Store

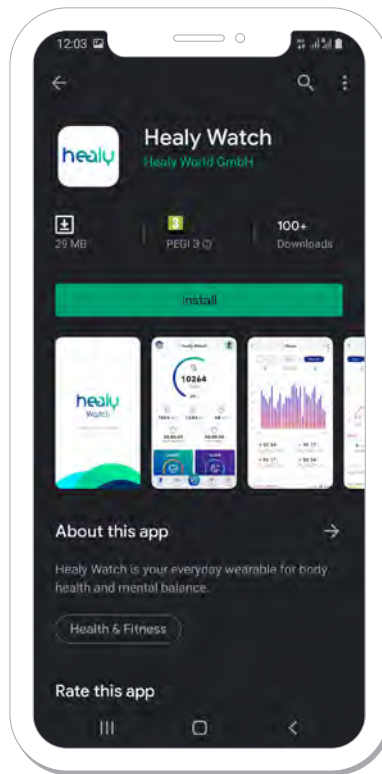


Figure 0.2: Download Google Play Store

Once the download and installation of the Healy Watch App is successfully completed, start the Healy Watch App, see **Figure 0.3**. After doing so, you will be redirected to the login screen, **Figure 0.4**, where you can login with the E-mail address and password you used to register on the Healy website, even if you have never used the Healy Watch App before.

There is no registration process, as we implemented an SSO function (single sign on), allowing you to sign into all our apps and digital platforms with just your Healy World registration data. Before logging in, you will need to read and agree to the privacy statement, terms of use and declaration of consent.

After doing so, you will be able to press the “Login” button, see **Figure 0.5**. In the next step you can connect to your Healy Watch, see **Figure 0.6**.

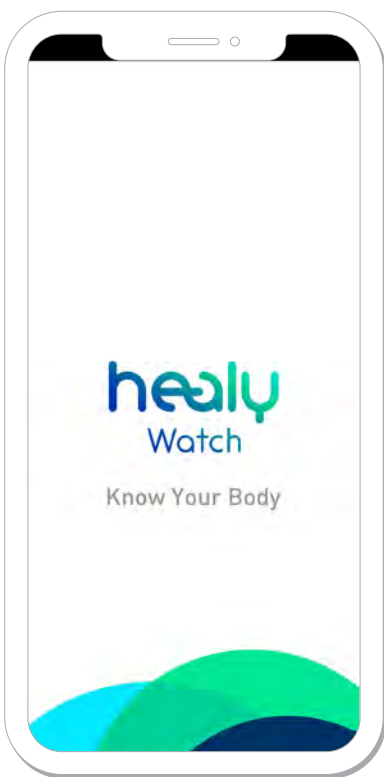


Figure 0.3: Splash screen



Figure 0.4: Login screen

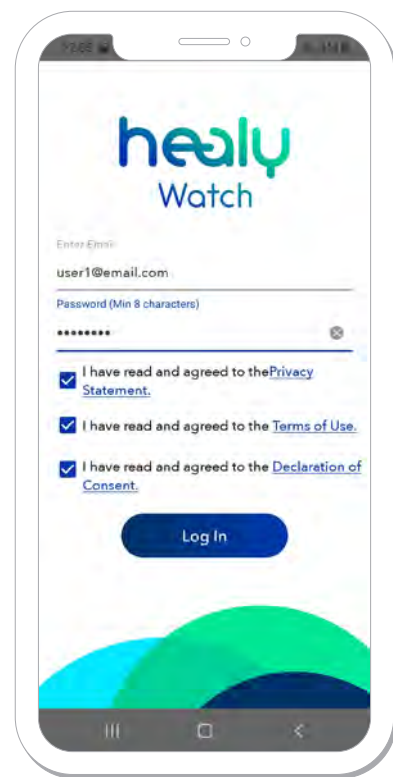


Figure 0.5: Filled login screen

To connect to your Healy Watch, you will need to turn on both Bluetooth and GPS/Location sharing on your smartphone and fully charge your Healy Watch. Once you have done this and connected the device, you will be asked to enter your personal information so that the analysis of your measured data can be customized for you. Such data includes your:

- profile photo, **Figure 0.7**,
- preferred nickname, **Figure 0.8**,
- gender, **Figure 0.9**,
- height (ft/cm), **Figure 0.10**,
- weight (lb/kg), **Figure 0.11**,
- birthday, **Figure 0.12**.

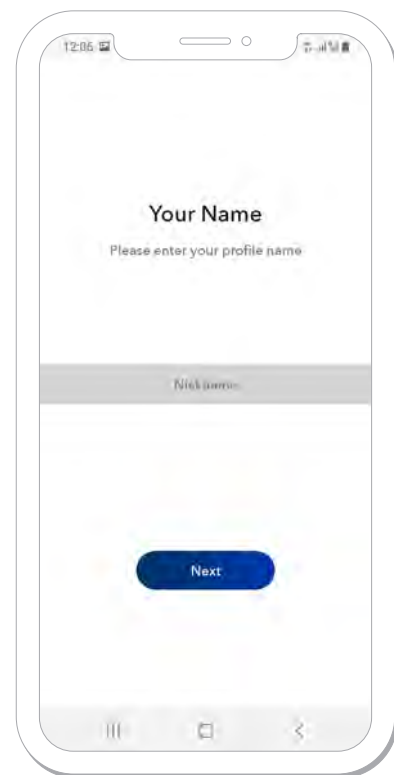
After doing so, you will enter the Home screen where the first step of the app is to synchronize all data from your Healy Watch with the Healy Watch App, see **Figure 0.13**.



**Figure 0.6:** Connection screen



**Figure 0.7:** Photo screen



**Figure 0.8:** Nickname screen

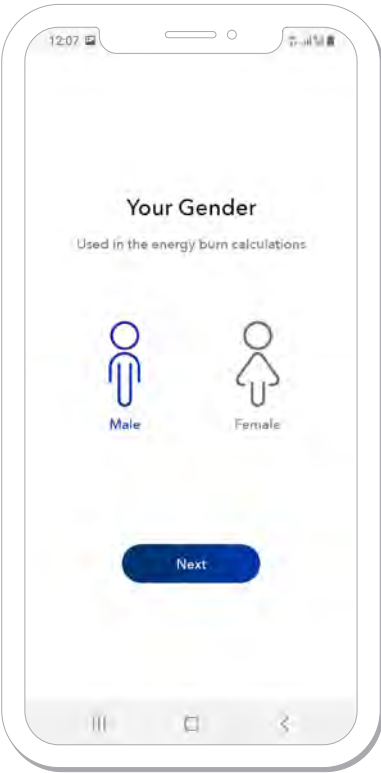


Figure 0.9: Gender screen



Figure 0.10: Height screen

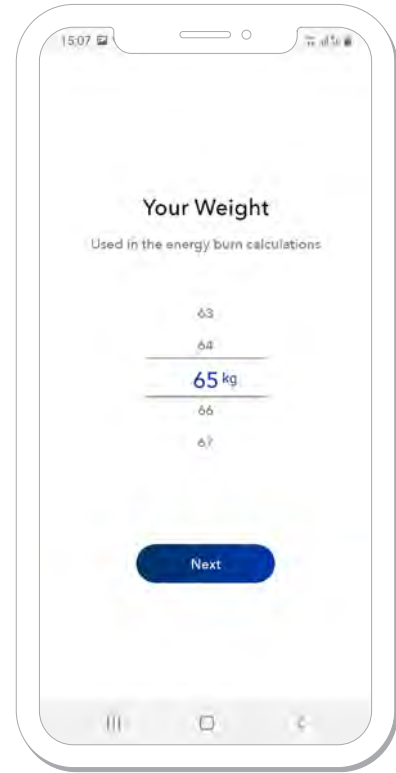


Figure 0.11: Weight screen

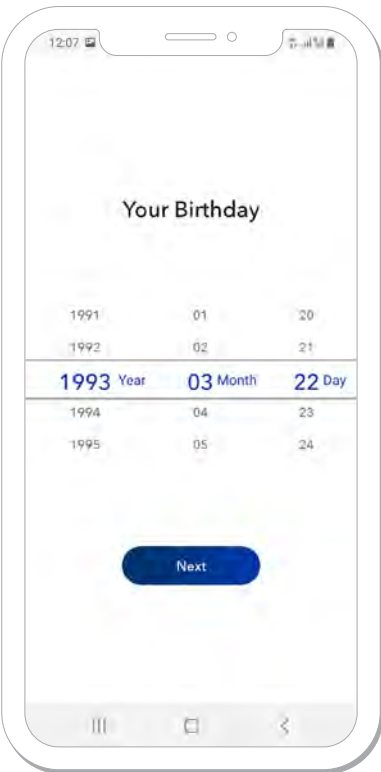


Figure 0.12: Birthday screen

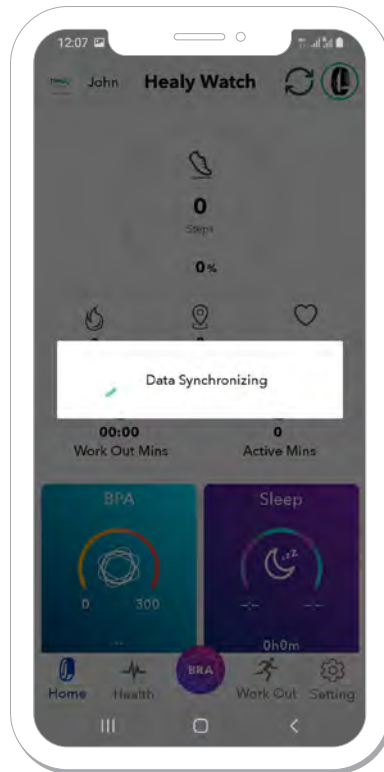


Figure 0.13: Data synchronization

# 1. Home Screen

Once the data from the Healy Watch has been synchronized, you will find it in the Healy Watch App. On the Home screen, you can see all the basic information about your fitness and sleep results for the current day, see **Figure 1.1**. These include:

- steps counter
- burned calories counter
- distance counter
- BPM (beats per minute)/heart rate
- Work Out History
- Active minutes
- HRV (Heart Rate Variability)
- sleep time and condition.

On the top left corner of the Home screen you can see your profile photo; if you press on it, you will be redirected to the “Personal info” section. On the top right corner of the screen you can manually sync the data from the Healy Watch to the app, and if you press on the Watch icon, you will be able to jump to the “Device management” section. On the bottom of the app screen, you can see multiple screen, see **Figure 1.1.:**

- Home screen
- Fitness screen
- BRA (Bioenergetic Rhythm Analysis) screen
- Work Out screen
- Setting screen

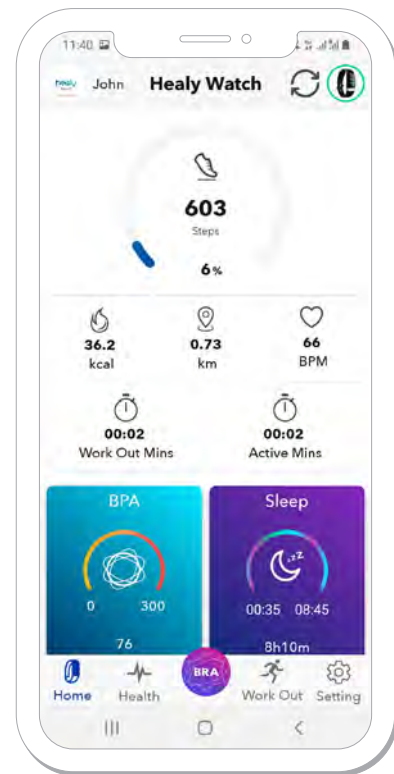


Figure 1.1: Home screen

 [sync data]



## 1.1 Steps Screen

Pressing the “Steps” section on the home screen will lead you to the Steps screen, see **Figure 1.1.1**. You can choose to view the activity trends on a daily, weekly or monthly basis, and below this option there is an option to shift between specific days, weeks or months. The content of this screen can be shared by pressing the “share” icon on the top right corner. The steps counter is based on the precise accelerometer in the Healy Watch. Underneath the number of steps you will see the percentage of your daily steps goal which is set to 10,000 steps by default and can be changed under Device Settings, see **Figure 5.3.12.1**. It also shows you:

- the corresponding calories
- distance
- BPM (heartbeats per minute)
- work out and active times for the day
- a graph showing at what period of the day you made the most steps



Figure 1.1.1: Steps screen

< > [switch]    < > [share]

## 1.2 Calories Screen

Pressing the “kcal” section on the home screen will lead you to the Calories screen, which tells you how many calories you have burned through staying active, see **Figure 1.2.1**. You can choose to view the activity trends on a weekly, monthly or yearly basis and below this option there is an option to shift between specific weeks, months or years. The data from this screen can be shared by pressing the “share” icon on the top right corner. The calories calculation is calculated based on your gender, height, weight, age and activity information.

Underneath the graph, you can see some information about your average calories burned through activity. It displays daily average calories burned and total calories burned for the respective period.

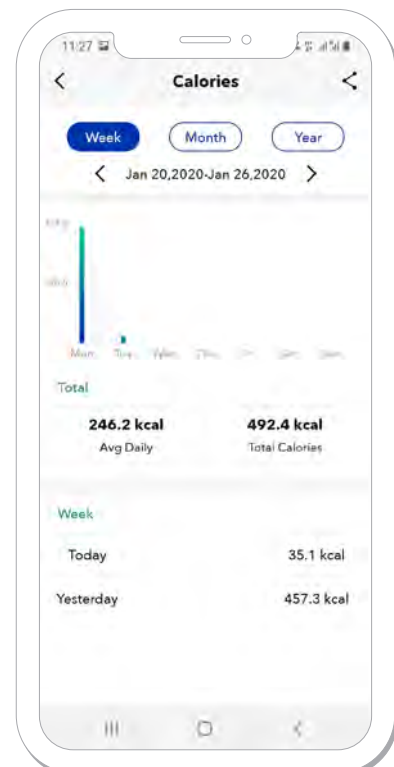


Figure 1.2.1: Calories screen

### 1.3 Distance Counter

Pressing the “km” section on the home screen will lead you to the Distance screen, see **Figure 1.3.1**. You can choose to view the activity trends on a weekly, monthly or yearly basis and below this option there is an option to shift between specific weeks, months or years. The data from this screen can be shared by pressing the “share” icon on the top right corner. The distance calculation is based on your height and steps, where the distance is calculated by the length of your step. Underneath the graph, you can see information about your average distance covered. It displays daily average distance and total distance covered for the respective period.

### 1.4 Heart Rate Screen

Pressing the “BPM” (beats per minute) section on the home screen will lead you to the Heart rate (HR) screen, see **Figure 1.4.1** and **Figure 1.4.2**. You can choose to view the activity trends on a weekly, monthly or yearly basis and below this option is an option to shift between specific days, weeks, months or years. The data from this screen can be shared by pressing the “share” icon on the top right corner. The heart rate is measured automatically once per hour by default.

The frequency of the measurements can be changed under Device Settings, see **Figure 5.3.11.1**. Below the graph, you can see the average daily HR, lowest HR and highest HR for the chosen period. Heart Rate Range shows you the distribution of your activity levels. You will also get a activity report, ranging from little to excessive, based on the HR levels. To learn more about the heart rate, select the Health menu and press the information icon next to “Heart Rate”.

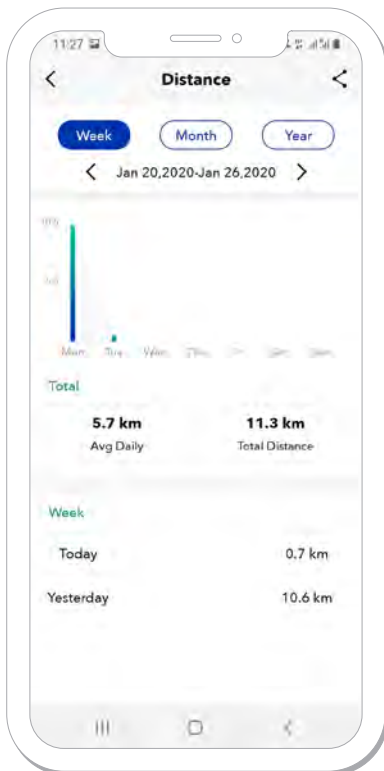


Figure 1.3.1: Distance screen

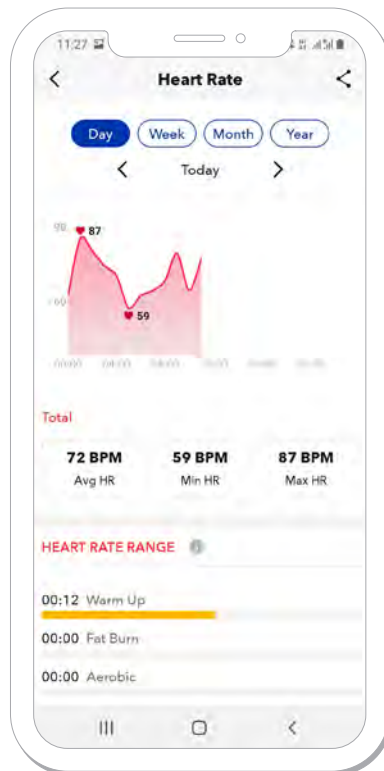


Figure 1.4.1: Heart Rate screen

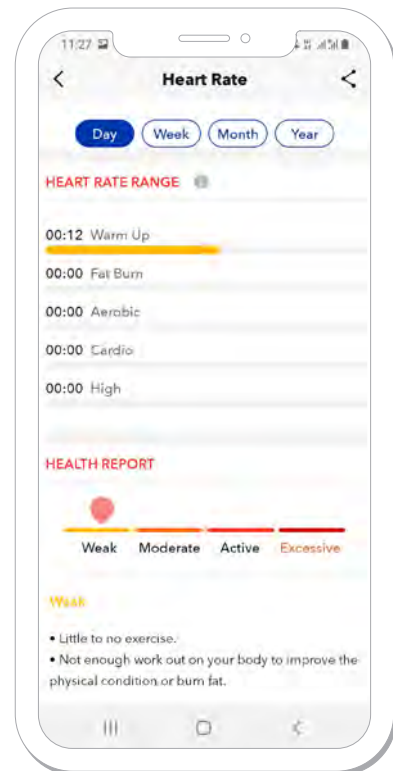


Figure 1.4.2: Continuation of the Heart Rate screen

< > [switch]   < > [share]   ⓘ [information]

## 1.5 Work Out History

Pressing the “Work Out Mins” section on the home screen will lead you to the Activity History screen. On this screen you can review the total exercise time for the current month. It will also show you the specific workouts you did while wearing your Healy Watch as well as any breath sessions you may have performed. There is also more detailed information, like length of work out, day and time of day, calories and average HR during the work out, see **Figure 1.5.1**.

## 1.6 Active Minutes

Active minutes is the time you have taken more than 100 steps per minute. Pressing the “Active Mins” section on the home screen will lead you to the Active Mins screen, see **Figure 1.6.1**. You can choose to view the activity trends on a weekly, monthly or yearly basis; below this option there is an option to switch between specific weeks, months or years. The data from this screen can be shared by pressing the “share” icon on the top right corner. Below the graph you will see some information about average active time during the week, month or year. It also displays the daily average and the total activity time for the chosen period.

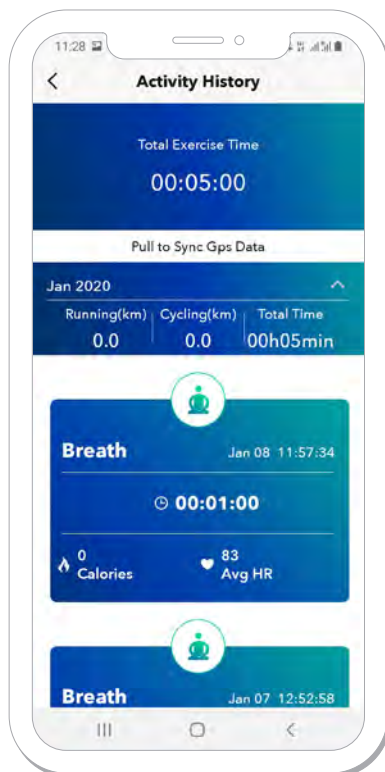


Figure 1.5.1: Activity History screen



Figure 1.6.1: Active Mins screen

< > [switch]   < [share]

## 1.7 HRV Screen

Pressing on the “HRV” (Heart Rate Variability) section on the home screen will lead you to the HRV screen, see **Figure 1.7.1**. The measurement results of the BRA (Bioenergetic Rhythm Analysis) and the heart rate are the main data sources for the “Heart Rate Variability” or “HRV”.

Among other things, the HRV represents an analysis of the relationship between the sympathetic and parasympathetic nervous systems the two components of the autonomic nervous system. Your autonomic nervous system is responsible for whether your body is relaxed or active. Both states are not only natural, but essential; remaining in one of the two extremes for too long can be the cause of various imbalances.

The relationship between activity and relaxation can give you give you insight into your current stress or exhaustion level. The data from the HRV screen can be shared by pressing the “share” icon on the top right corner. On the top you can choose to see your average HRV, minimum HRV and maximum HRV on a daily, weekly, monthly or yearly basis. HRV is measured when you perform the BRA measurement. To learn more about HRV, go to the Health menu and press the information icon next to “HRV”.

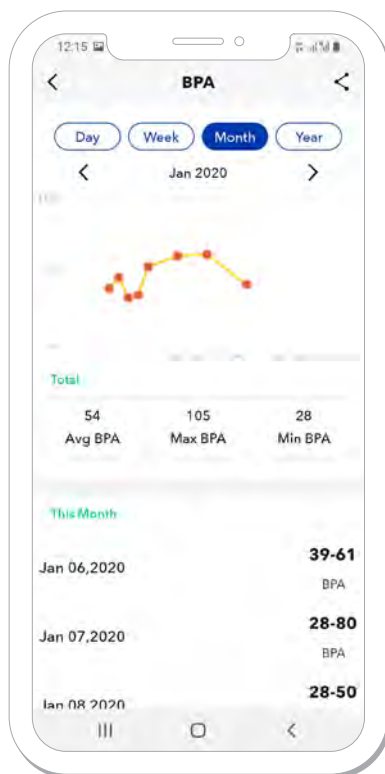


Figure 1.7.1: HRV screen

## 1.8 Sleep Screen

Pressing on the “Sleep” section of the home screen will lead you to the Sleep screen, see **Figure 1.8.1** and **Figure 1.8.2**. The data from this screen can be shared by pressing the “share” icon on the top right corner. Sleep is measured automatically by your Healy Watch whenever it is registering pulse but no (or very little) movement. It is measuring three different levels of sleep:

- deep sleep
- light sleep
- shallow sleep

Once you wake up you can check last night’s sleep data. You can choose among viewing sleep data of the last day, week or month. The app will display the amount of time you slept in hours and minutes, as well as showing a percentage value based on the sleep amount goal you set under Device Settings, see **Figure 5.3.12.1**. It is automatically set to 8 hours. It will also provide you with information about average heart rate values during your sleep as well as further sleep details.

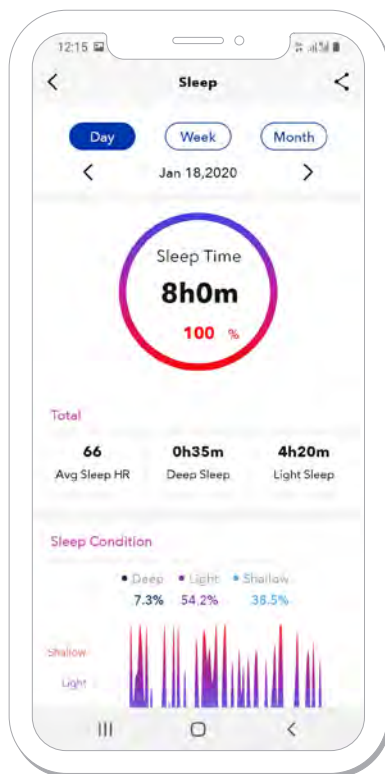


Figure 1.8.1: Sleep screen

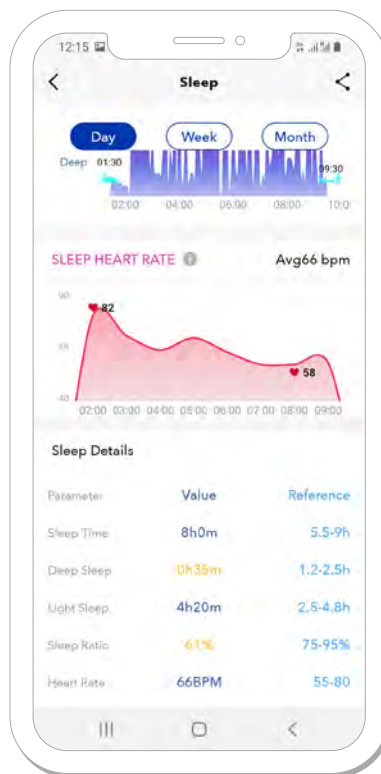


Figure 1.8.2: Continuation of the Sleep screen

## 2. Fitness Screen

The Fitness screen has the following segments, see **Figure 2.1** and **Figure 2.2**:

- Healy Connect
- BRA
- Heart rate
- HRV
- Stress

### 2.1 Healy Connect

The Healy Connect module is subscription based and can be purchased at the Healy Shop website. It has three segments:

- Program
- Meridian
- Schedule

On the Program screen of the Healy Connect module you will see the 6 parameters, based on the analysis of your latest BRA measurement, see **Figure 2.1.1** and **2.1.2**. If you scroll down on the screen, you will find your recommended Healy programs according to your results. They are based on the following 6 vital parameters:

- Heart rate
- HRV
- Stress
- Tension
- Rigidity
- Pressure

The optimal balance of these parameters is in the middle range between the boundaries. All abnormal values are displayed either to the left or right of the central range.

The top 3 parameters represent your physical capacity and balance: the evaluation of your heart rate, your Heart Rate Variability and your physical stress level.

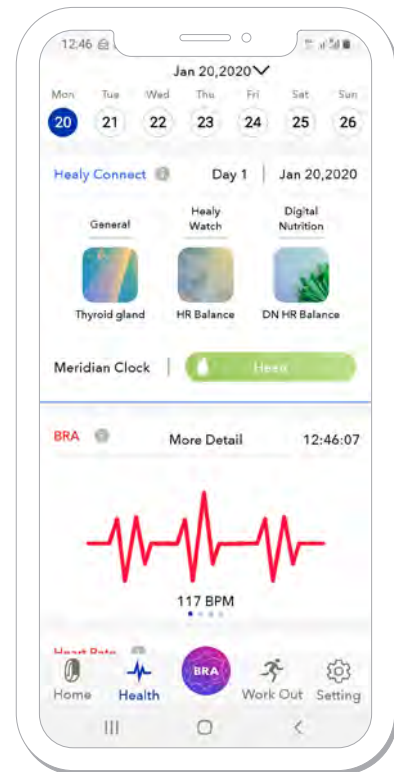


Figure 2.1: Health screen

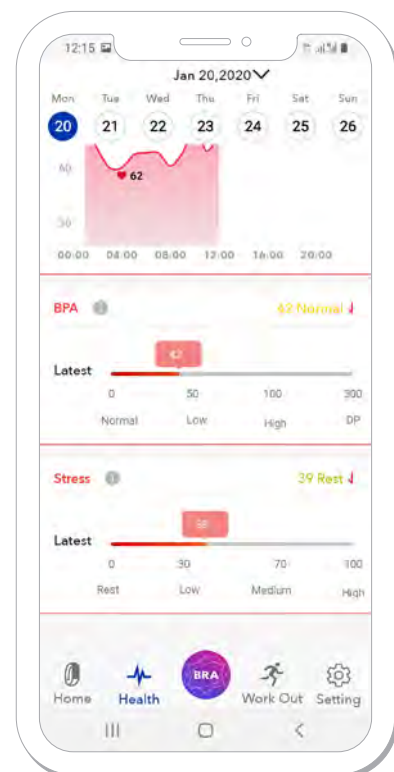


Figure 2.2: Continuation of Health screen

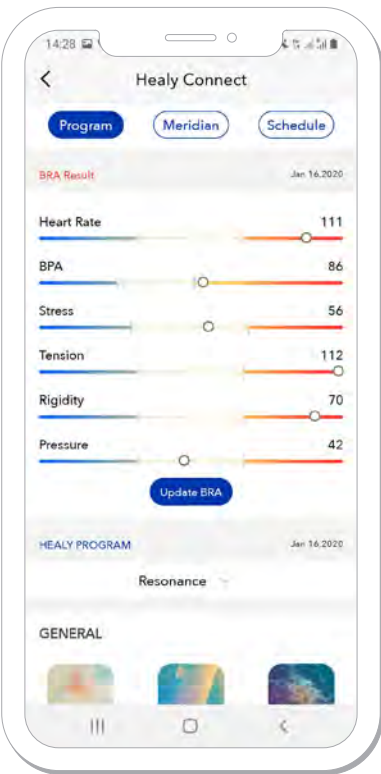


Figure 2.1.1: BRA results

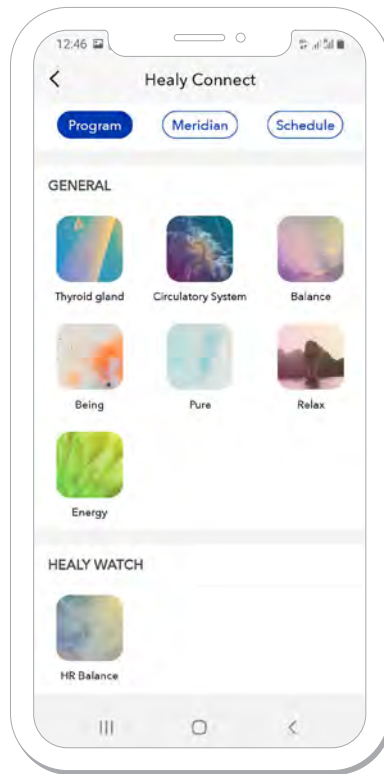


Figure 2.1.2: Healy Connect - Program

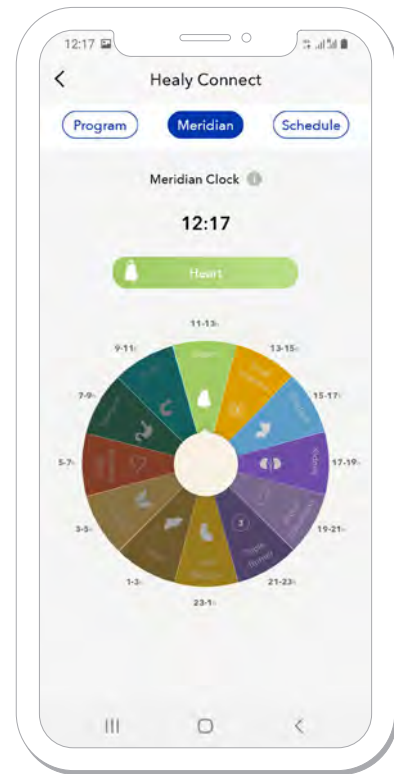


Figure 2.1.3: Healy Connect - Meridian

Choosing your Healy edition will allow you to see the programs that are matching your Healy edition. You can start the recommended programs on the Healy app by pressing on their icon here in the Healy Watch app.

The Meridian screen will show you the Meridian Clock programs which can be run during the particular time of day when the respective organ is most active, see **Figure 2.1.3**.

**Note:** we are using the Traditional Chinese Medicine (TCM) meridian model here, whereas the meridian programs included in the Healy Holistic Health Plus edition are based on the meridian model according to Voll. You can start these programs on the Healy app by pressing on the icon.

Going to the Schedule screen will show you the schedule of recommended programs based on your latest BRA measurement. The programs are ordered in such a way that they can be systematically run during the next 7 days, see **Figure 2.1.4**. You can start these programs in the Healy app by pressing on the respective icon.

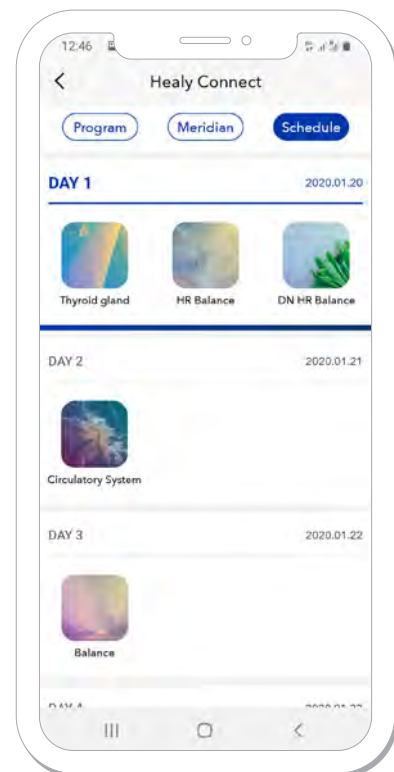


Figure 2.1.4: Healy Connect - Schedule

## 2.2 BRA

The BRA (Bioenergetic Rhythm Analysis) segment on the Fitness screen will allow you to view and access the latest BRA graph based on the last BRA measurement you performed.

## 2.3 Heart Rate

The Heart rate segment will show your Heart rate results from the last BRA measurement you performed. You can also access it in order to see your heart rate trends, see **Figure 1.4.1** and **Figure 1.4.2**.

## 2.4 HRV

The HRV (Heart Rate Variability) segment will show your HRV results from the last BRA measurement you performed. You can also access it to see your HRV trends, see **Figure 1.7.1**.

## 2.5 Stress

The Stress segment will show your Stress results from the last BRA measurement you performed. You can also access it to see your stress trends, see **Figure 2.5.1**.

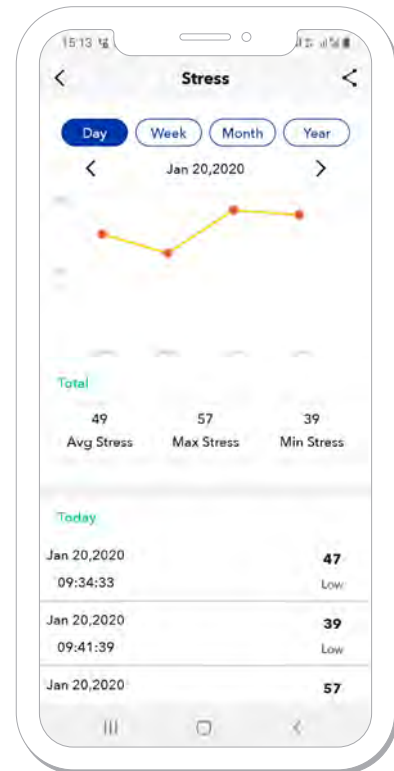


Figure 2.5.1: Stress screen



# 3. BRA Measurement

The BRA (Bioenergetic Rhythm Analysis) measurement is the basis for the HRV (Heart Rate Variability) analysis. Pressing the BRA button on the bottom center of the Healy Watch App will lead you to a short instruction screen on how perform a proper BRA measurement, see **Figure 3.1**. After pressing Start, you will have 3 duration options for the measurement: 1.5 minutes, 5 minutes and 7.5 minutes (a longer measurement time allows a more accurate analysis), see **Figure 3.2**.

After choosing the desired duration, hold your finger on the Healy Watch BRA sensor field under the display. The timer will count down and the HR and HRV measures will appear after a certain amount of time. BRA and PPG (Photoplethysmographie) graphs can be found below the HR and HRV measures, see **Figure 3.3**.

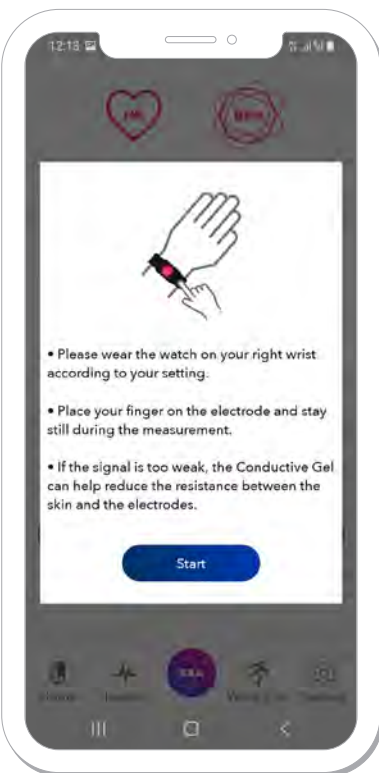


Figure 3.1: BRA measurement info

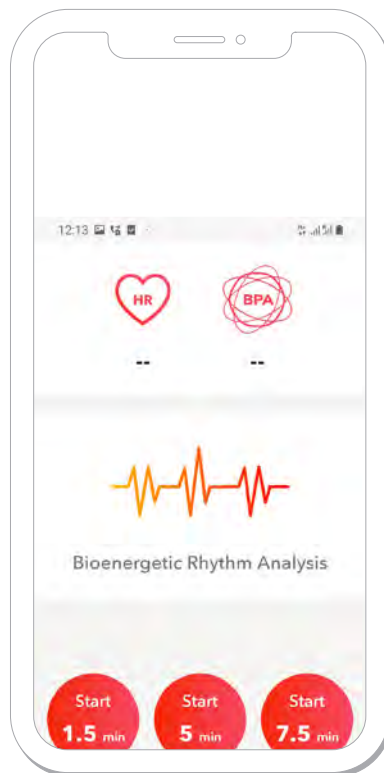


Figure 3.2: BRA measurement screen



Figure 3.3: Running BRA



Figure 3.4: BRA results [\[share\]](#) [\[back\]](#)

The results will be shown automatically when the measurement is completed. You can see a full preview of the BRA graph alongside your HR, HRV and number of breaths per minute. The results can be shared by pressing the share icon on the top right corner of the screen, see **Figure 3.4**. If you go back to the Fitness screen, the 6 vital parameters of this BRA measurement will be displayed, see **Figure 2.1.1**, and the recommended Healy programs in the Healy Connect section, see **Figure 2.1.2**.

# 4. Work Out Screen

The Work out screen allows you to monitor your workouts via your Healy Watch App and your Healy Watch. You can start the workout of your choice in Device Settings – Work Out Types. You can choose up to 5 types of training that will be transferred to your Healy Watch.

By pressing on one of the work out types that is already transferred over to your Healy Watch device, the workout will start and follow the metrics which are specific for that work out type.

Underneath the work out types you can find the workout calendar which is filled with data about your previous workouts, see **Figure 4.1**.

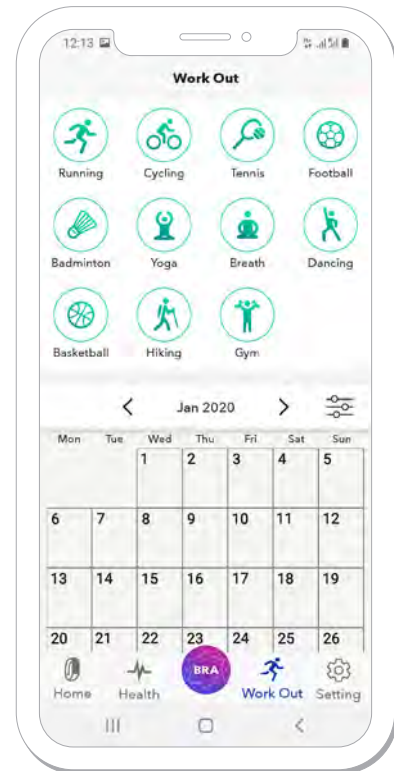


Figure 4.1: Work Out screen

# 5. Settings Screen

The Settings screen will allow you to adjust, enable or disable many features that affect both the Healy Watch App and the Healy Watch. The menu includes the following sections, see **Figure 5.1.:**

- Personal Info
- Device Management
- Device Settings
- Data Sharing
- Firmware Update
- Factory Reset
- Info
- Support / Feedback
- Logout

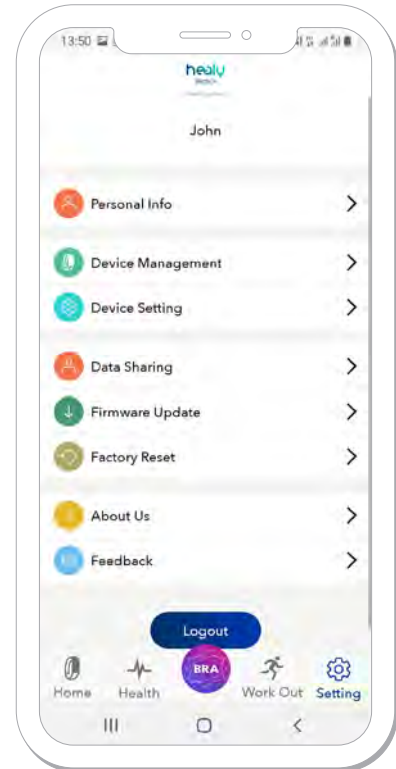


Figure 5.1: Settings screen

## 5.1 Personal Info

The Personal Info screen allows you to change your:

- Profile photo
- Name
- Gender
- Height
- Weight
- Birthday

It also shows your BMI information which is based on some of the previous metrics and allows you to add or remove SOS contacts, see **Figure 5.1.1.** To add or remove an emergency contact, simply type the phone number and name into the respective fields and turn on the SOS function in Device Settings.

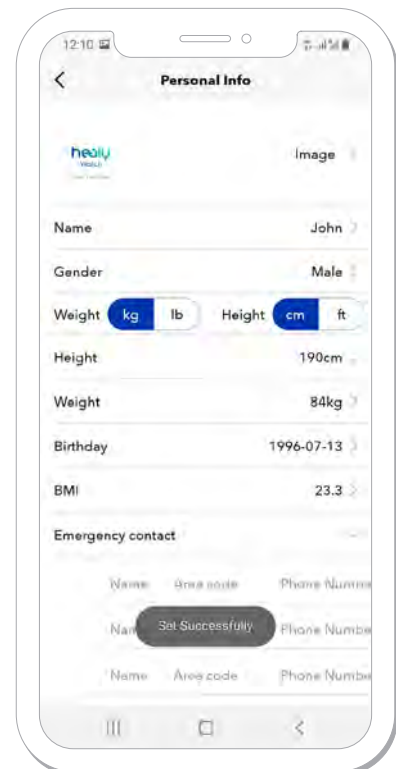


Figure 5.1.1: Personal Info screen

## 5.2 Device Management

Here you can see the Healy Watch firmware and serial number, unpair your Healy Watch and pair another one, see **Figure 5.2.1**. You can unpair your Watch and then pair it again or unpair your Watch and pair the app with another Healy Watch. To unpair the Healy Watch and pair it with another phone remember to also click on “forget device” in the Bluetooth setting of your smartphone. Otherwise the Healy Watch will not be displayed. Pairing with another Healy Watch will make the app show the data from the newly paired Healy Watch. If you want to give the Healy Watch to another person for use in their own Healy account, go to “Settings” and click “Factory Reset”. This will delete all data stored in the Healy Watch and the app. This allows the next user to make a fresh start without synchronizing old data. To pair a new Healy Watch, press the + icon on the top right corner.

## 5.3 Device Settings

The device settings screen allows you to change several functions on the Healy Watch, see **Figure 5.3.1** and **Figure 5.3.2**. You can either choose the default settings or edit any of the present functions.

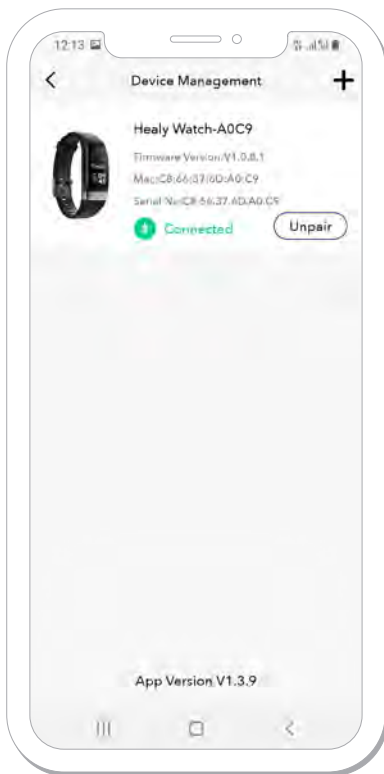


Figure 5.2.1: Device Management screen

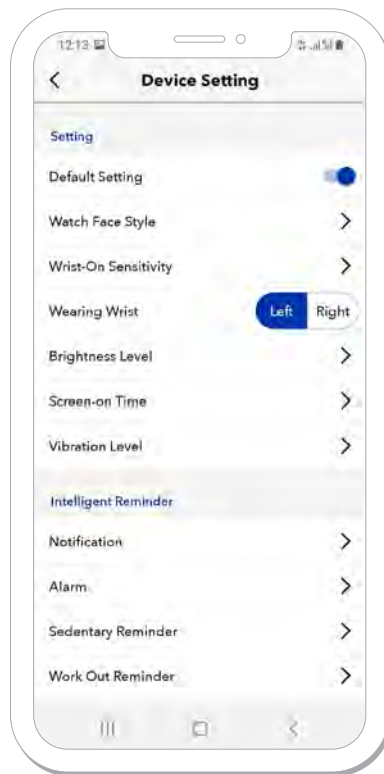


Figure 5.3.1: Device Settings screen

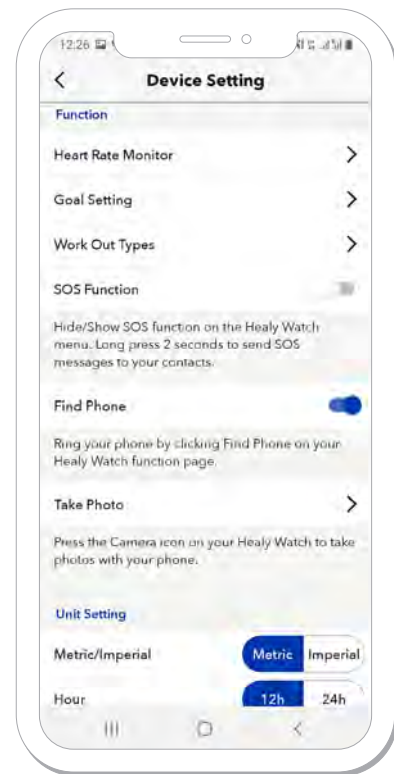


Figure 5.3.2: Continuation of the Device Settings screen

### 5.3.1 Watch Face Style

Watch Face Style will let you change the main screen layout of your Healy Watch, choosing from different screen designs, see **Figure 5.3.1.1**.

### 5.3.2 Wrist-on Sensitivity

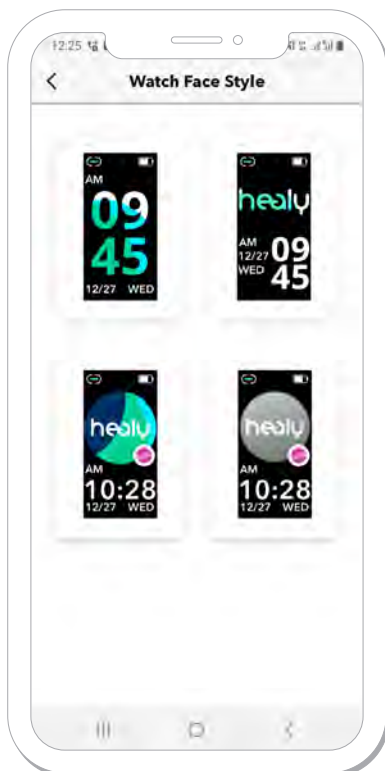
Wrist-on Sensitivity will let you adapt the Watch sensitivity to your wrists movement, which will turn on the Healy Watch display. Higher sensitivity means that it will take a smaller wrist movement for the display to turn on, lower sensitivity means that it will take a more intense wrist movement for the display to turn on, see **Figure 5.3.2.1**.

### 5.3.3 Wearing Wrist

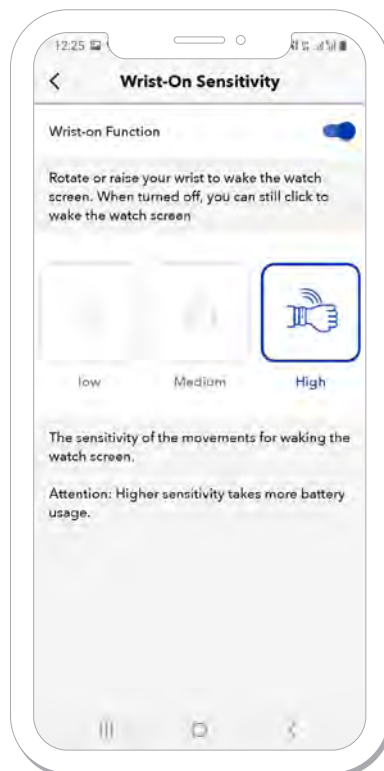
Wearing Wrist will let you choose on which hand you are wearing your Healy Watch, which is important for several functions to work properly, see **Figure 5.3.1**. If it is incorrectly set, the BRA waveform will be upside down.

### 5.3.4 Brightness Level

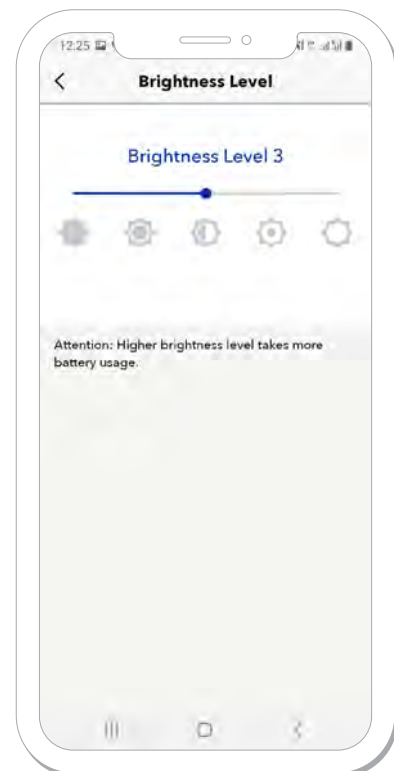
The Brightness Level option lets you increase or decrease the brightness of your Healy Watch display, see **Figure 5.3.4.1**.



**Figure 5.3.1.1:** Watch Face Style screen



**Figure 5.3.2.1:** Wrist-on Sensitivity screen



**Figure 5.3.4.1:** Brightness Level screen

### 5.3.5 Screen-on Time

The Screen-on Time option allows you to increase or decrease the amount of time the Healy Watch display remains turned on after switching on by e.g. wrist movement or touching the display of your Healy Watch, see **Figure 5.3.5.1**.



Figure 5.3.5.1: Screen-on Time screen

### 5.3.6 Vibration Level

The Vibration Level option allows you to increase or decrease the vibration intensity for notifications, alarms and reminders, see **Figure 5.3.6.1**.

### 5.3.7 Notifications

The Notifications option allows you to get notifications directly onto your Healy Watch from the smartphone that is currently paired with your Healy Watch. You can select among the available applications to send notifications to your Healy Watch. If you choose to do so, you will need to grant permission to the Healy Watch App to receive your notifications, see **Figure 5.3.7.1** and **Figure 5.3.7.2**.



Figure 5.3.6.1: Vibration Level screen

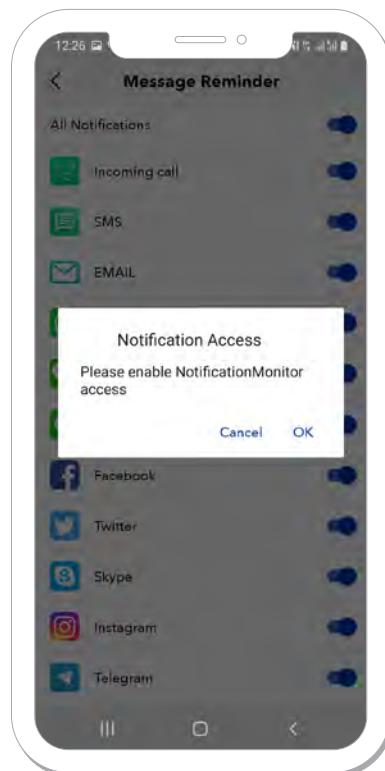


Figure 5.3.7.1: Notification screen

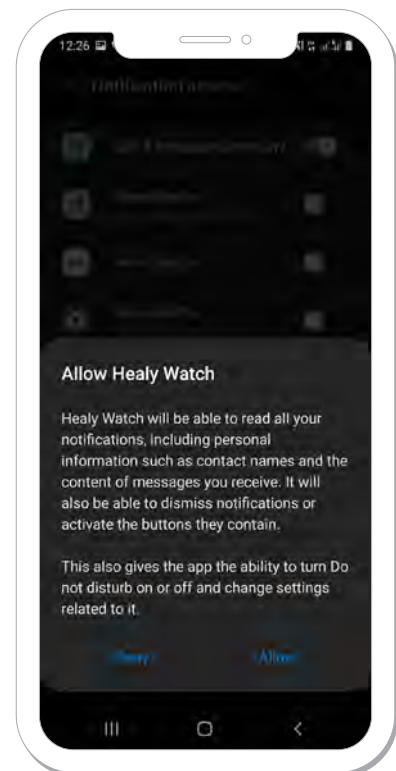


Figure 5.3.7.2: Permission screen

### 5.3.8 Vibration Alarm

The Alarm option allows you to set different types of alarms on your Healy Watch. The alarm comes in the form of a vibration of the Healy Watch, also showing you the time and the kind of alarm on the Healy Watch display, see **Figure 5.3.8.1**. The normal alarm also has a 5 minute snooze function when clicked.

### 5.3.9 Sedentary Reminder

Sedentary Reminder allows you to set up reminders for getting up and moving if you are not moving for a longer period of time. You can edit the frequency of these reminders, see **Figure 5.3.9.1**.

### 5.3.10 Work Out Reminder

Work Out Reminder allows you to set up periodic reminders for working out. The Healy Watch and Healy Watch app track how long you have not entered a workout mode and give you a reminder. You can edit the frequency of these reminders, see **Figure 5.3.10.1**.

### 5.3.11 Heart Rate Monitor

Heart Rate Monitor will allow you to adjust how often you want the Healy Watch to measure your heart rate within a period of 60 minutes, see **Figure 5.3.11.1**.

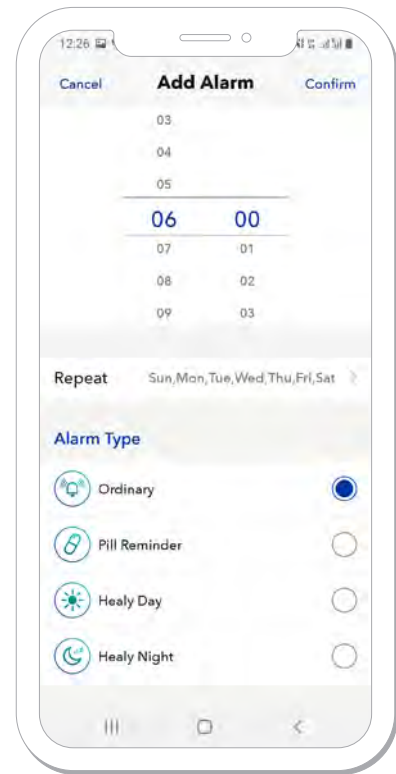


Figure 5.3.8.1: Alarm screen

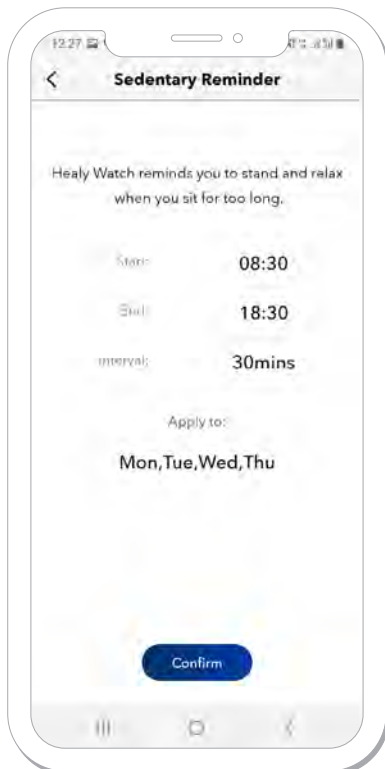


Figure 5.3.9.1: Sedentary Reminder screen

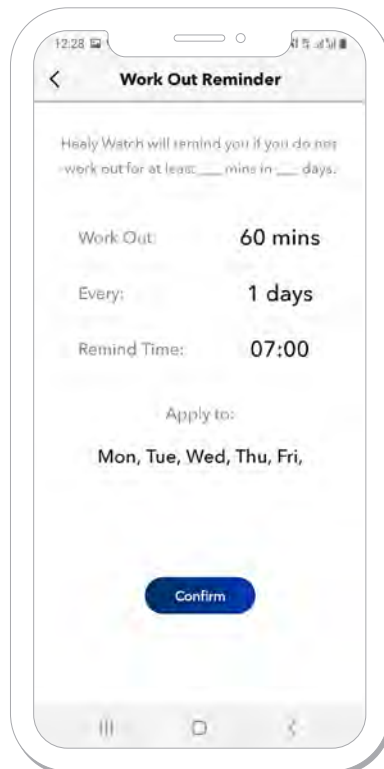


Figure 5.3.10.1: Work Out Reminder screen



Figure 5.3.11.1: Heart Rate Monitor screen

### 5.3.12 Goal Settings

Goal Settings allows you to change your daily goals for steps and sleep. The default is set to 10,000 steps and 8 hours of sleep a day, see **Figure 5.3.12.1**.

### 5.3.13 Workout Types

Workout Types allows you to choose your 5 favorite workout types should be available on your Healy Watch. You can start them either through the App or through the Healy Watch, see **Figure 5.3.13.1**.

### 5.3.14 SOS Function

Turning on the SOS function in the app will make the SOS function appear on your Healy Watch device. If you have previously set up some emergency contacts, press and hold the SOS “button” on the Healy Watch display for 5 seconds will send a message to the emergency contact with your location information if the GPS is active on your smartphone, see **Figure 5.3.2**.

### 5.3.14 Find Phone

Turning on the Find Phone function will allow you to search your smartphone using your Healy Watch by playing a sound on your smartphone. This function only works if your smartphone is paired to your Healy Watch. If you wish to search for your phone via the Healy Watch device, you can do so by going to Functions – Find Phone, see **Figure 5.3.2**.

### 5.3.15 Take Photo

The Take Photo function allows you to take photos using the Healy Watch, see **Figure 5.3.2**. You can remote control the smartphone camera by clicking on the camera icon on the Healy Watch display. By doing so your smartphone will take a picture.

### 5.3.16 Unit Settings

Unit Settings allows you to change the units in the Healy Watch app. You can choose between imperial and metric systems and between 12h and 24h time display, see **Figure 5.3.2**.

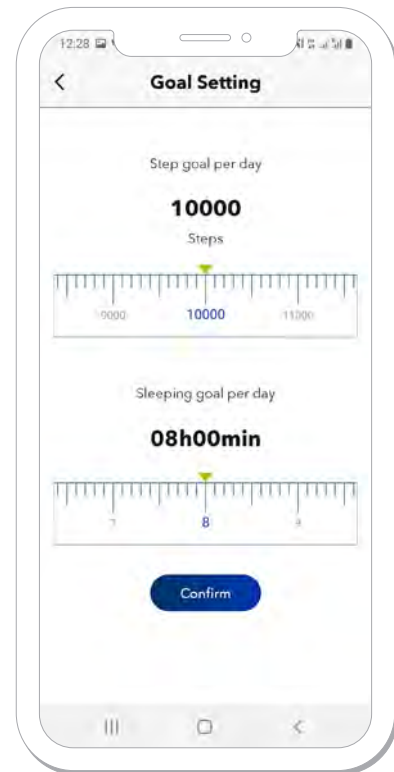


Figure 5.3.12.1: Goal Settings screen

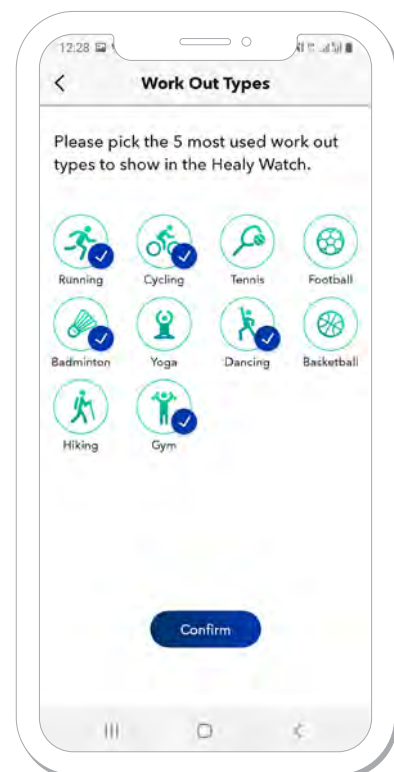


Figure 5.3.13.1: Work Out Types screen



## 5.4 Data Sharing

The Data Sharing option allows you to share your Healy Watch measurement data with other apps.

## 5.5 Firmware Update

Pressing on Firmware Update will check if there is a firmware update available for your Healy Watch. If there is an update pending, it will pop up and you can update the Healy Watch firmware.

## 5.6 Factory Reset

The Factory Reset option will allow you to delete all data and all firmware updates from your Healy Watch and the Healy Watch App, resetting it to the state before you first used it.

## 5.7 Info

The Info screen provides you with the Terms of Use, Privacy Statement and Declaration of Consent. You can also see the current version of your Healy Watch App. Pressing on the App version number, e.g. 1.3.9, see **Figure 5.7.1**, will allow you to save the App logs for the past 7 days for sharing with Healy support.

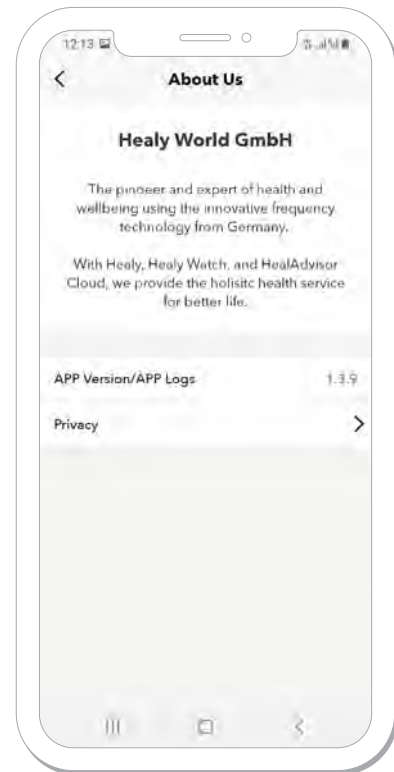


Figure 5.7.1: Info screen

## 5.8 Feedback

The Feedback section allows you to contact Healy World support directly from the Healy Watch App, see **Figure 5.8.1**.

## 5.9 Logout

Pressing "Logout" button will log you out of the Healy Watch App and redirect you to the login screen, see **Figure 0.4** and **Figure 0.5**.

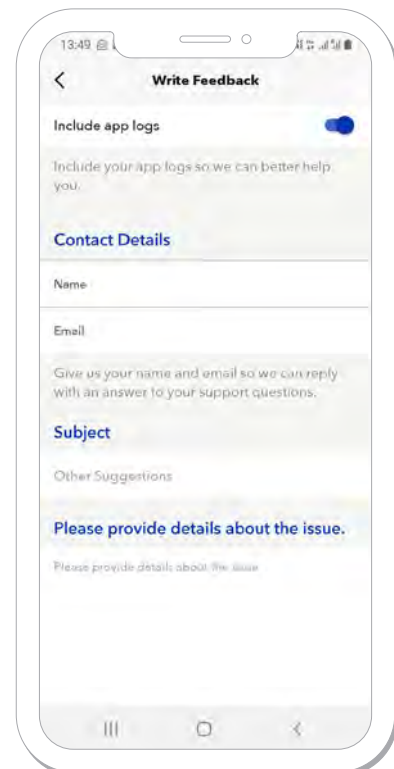


Figure 5.8.1.: Feedback screen



Frequencies for Life

Healy World GmbH | Potsdamer Platz 1 | 10785 Berlin - Germany  
T. +49 30 54905949-1 | [www.healyworld.net](http://www.healyworld.net) | [info@healy.de](mailto:info@healy.de)