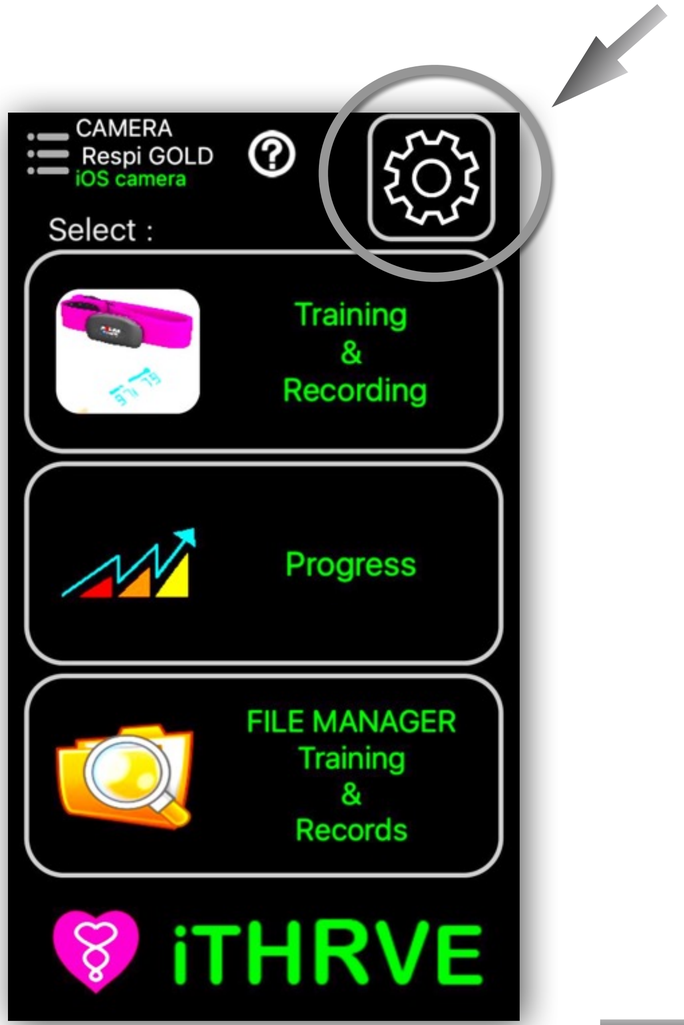
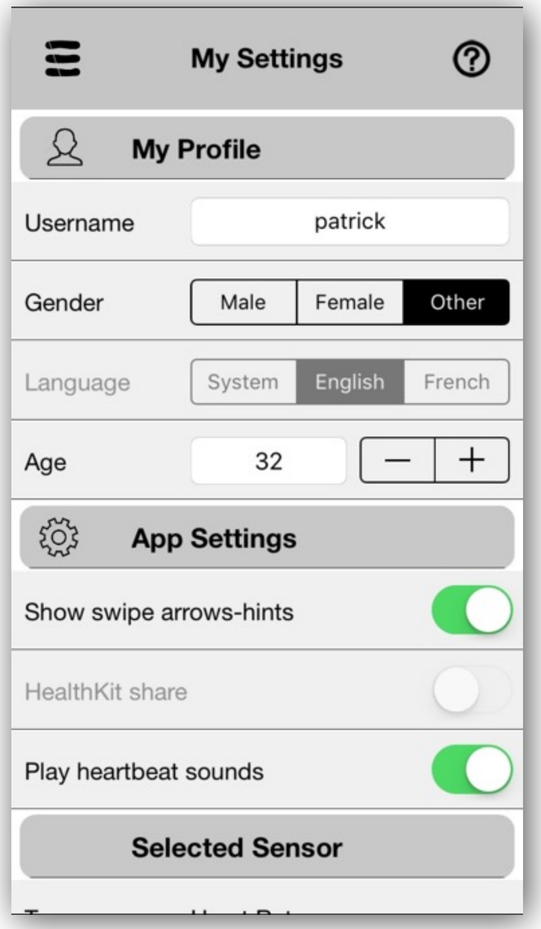
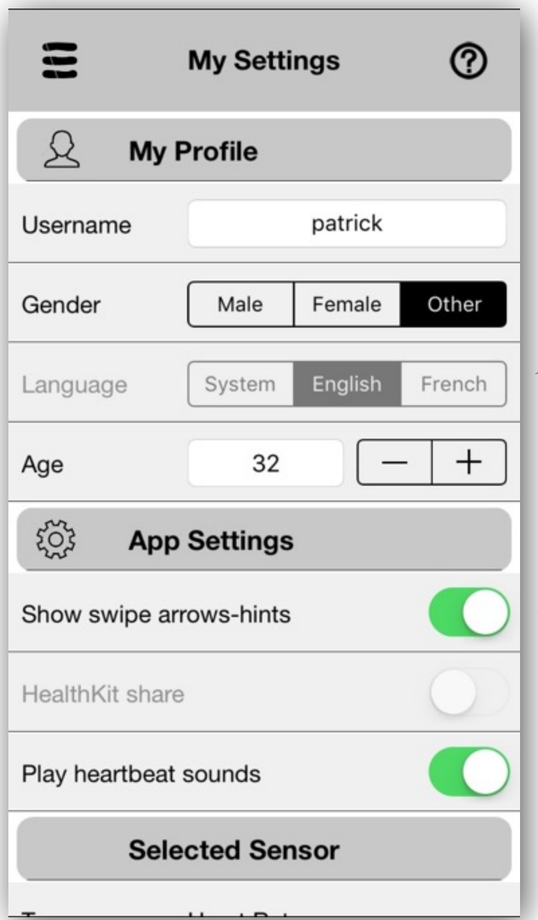

CAMERA
Respi GOLD
iOS camera
Select :
Training
&
Recording
Progress
FILE MANAGER
Training
&
Records
iTHRVE

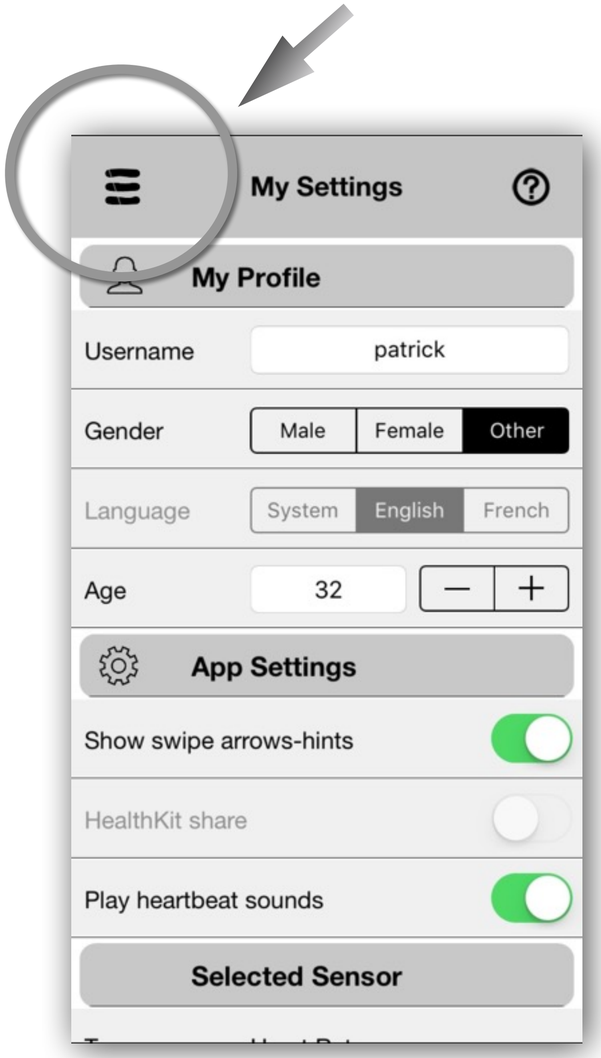

My Settings
My Profile
Username
patrick
Gender
Male
Female
Other
Language
System
English
French
Age
32
App Settings
Show swipe arrows-hints
HealthKit share
Play heartbeat sounds
Selected Sensor

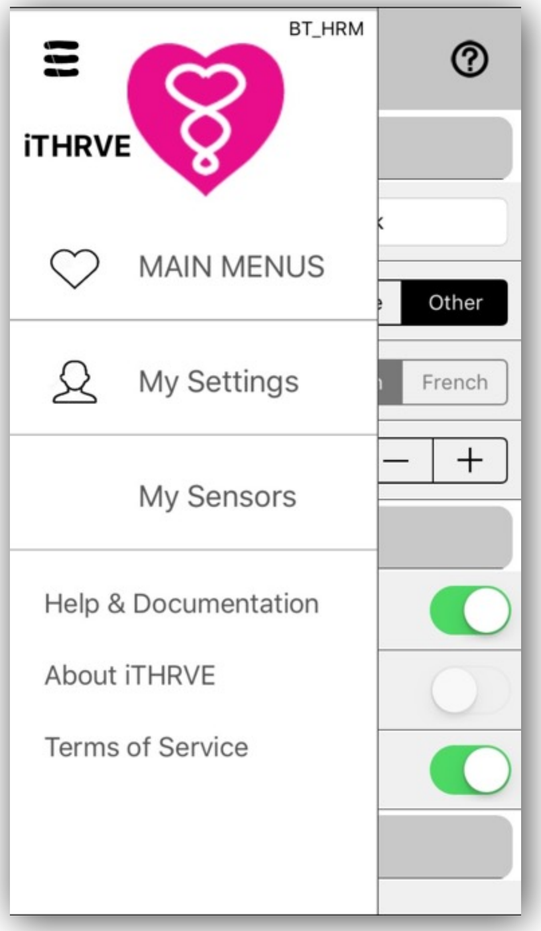


Insert
Your Name, Your Gender & Your Age

Leave the swipe arrows selected.
They will help you during the first uses of the app.

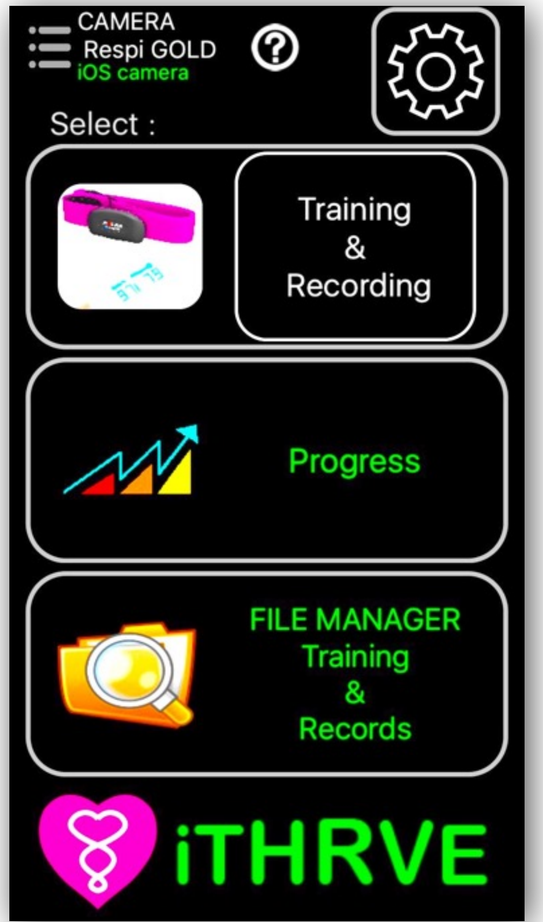
Turn OFF or ON the heart beats sounds. Better to leave them ON for the first use of the app.

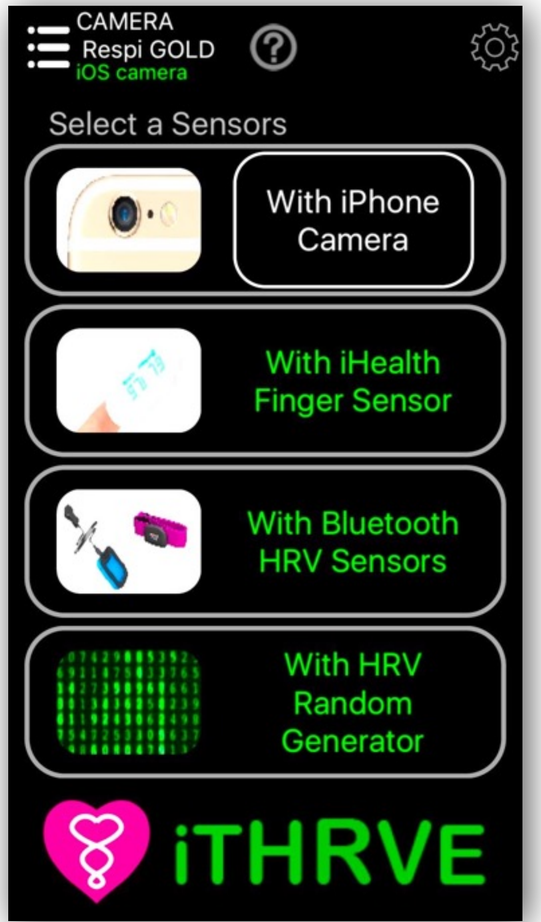

My Settings
My Profile
Username
patrick
Gender
Male
Female
Other
Language
System
English
French
Age
32
App Settings
Show swipe arrows-hints
HealthKit share
Play heartbeat sounds
Selected Sensor


BT_HRM
iTHRVE
MAIN MENUS
My Settings
My Sensors
Help & Documentation
About iTHRVE
Terms of Service

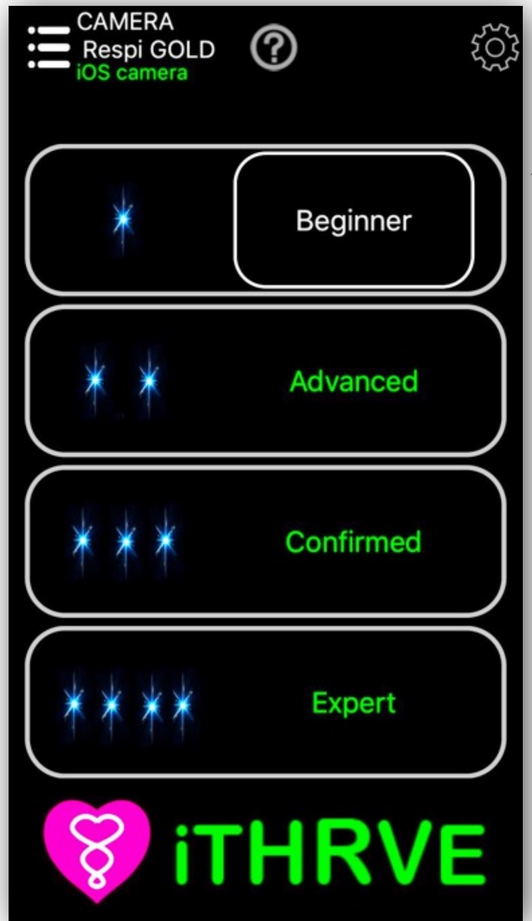
BT_HRM
iTHRVE
MAIN MENUS
My Settings
My Sensors
Help & Documentation
About iTHRVE
Terms of Service
Other
French
CAMERA
Respi GOLD
iOS camera
Select :
Training
&
Recording
Progress
FILE MANAGER
Training
&
Records
iTHRVE

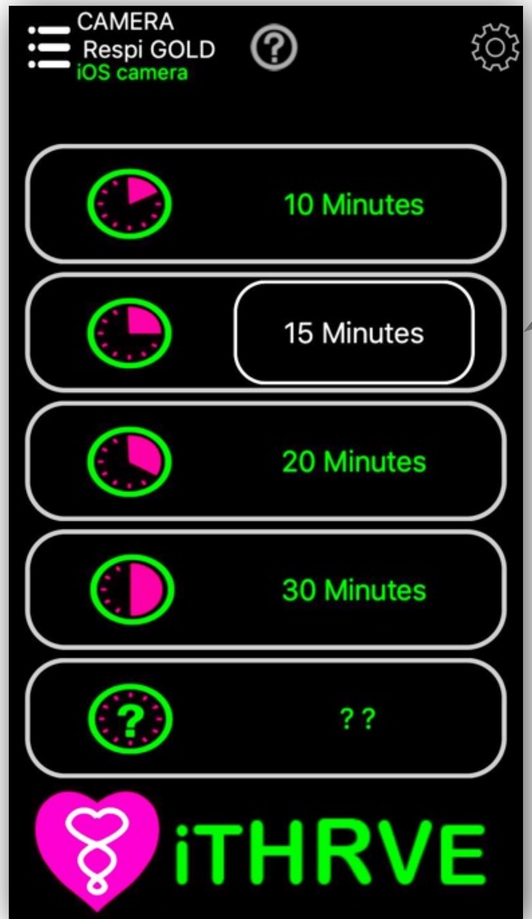
iOS Camera Sensor

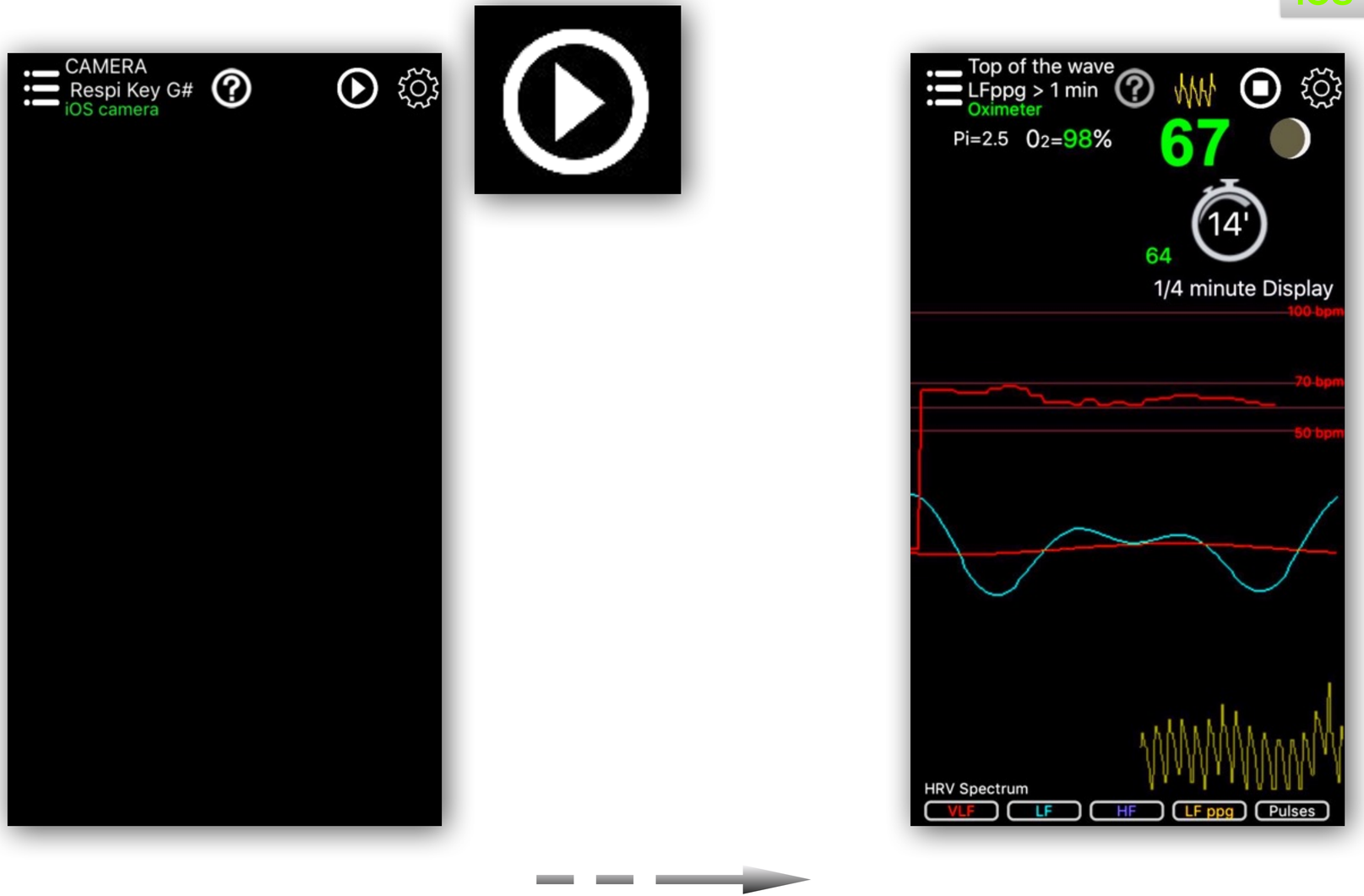




iOS Camera Sensor






CAMERA
Respi Key G#
iOS camera
Top of the wave
LFppg > 1 min
Oximeter
Pi=2.5
O2=98%
67
14'
64
1/4 minute Display
100 bpm
70 bpm
50 bpm
HRV Spectrum
VLF
LF
HF
LF ppg
Pulses

iOS Camera Sensor

Heart Rate

Remaining Time

Heart Rate Variability

VLF, LH, HF Waves

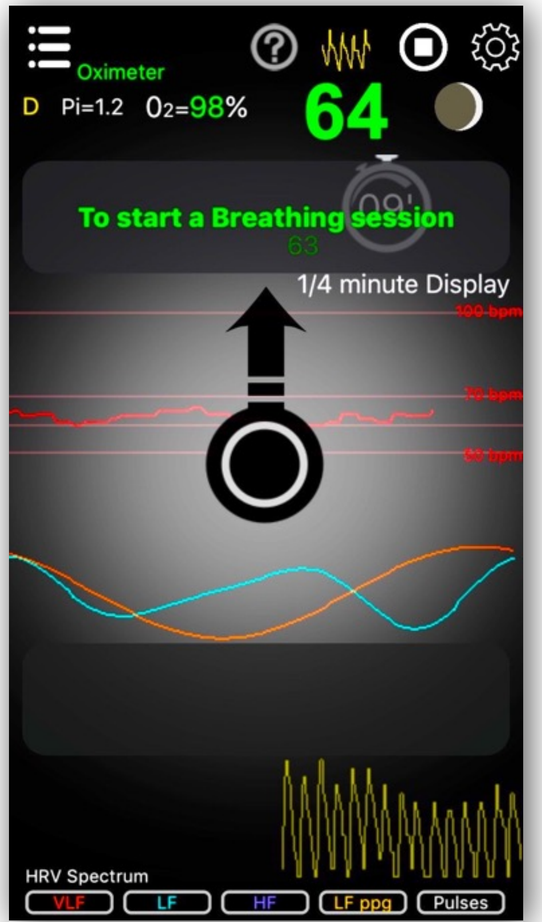
Heart Rate Spectrum

PPG Pulses

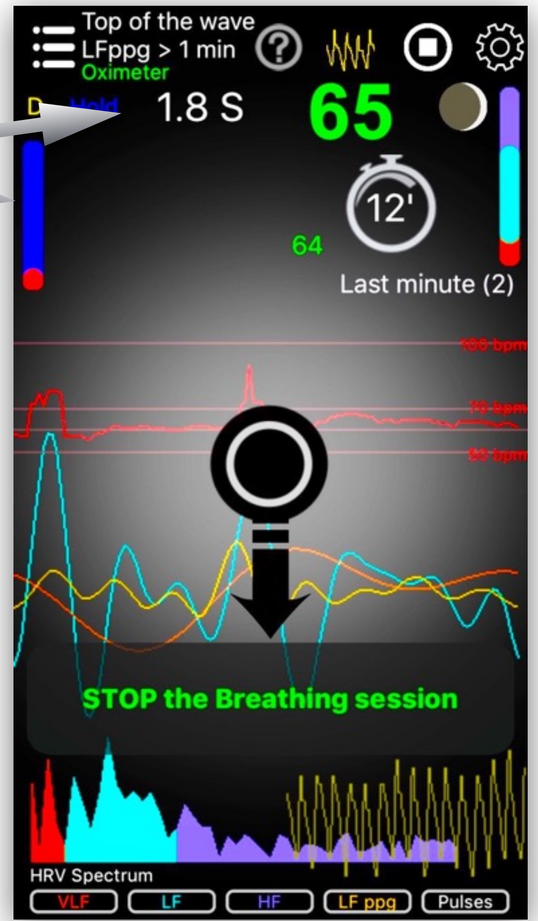
Buttons to show/hide parts of the display

iOS Camera Sensor

To start/stop a breathing session



Breath in/out



iOS Camera Sensor

After 1 minute

Waves & Spectrum

Coherence displays

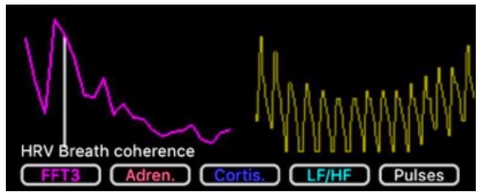
Slide left or right
this part of the screen
to switch between
these 2 display options

iOS Camera Sensor

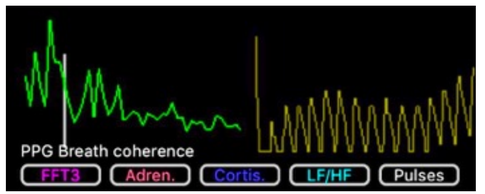
After 2 minutes

Slide left or right
this lower part of the
screen
to switch between
these display options

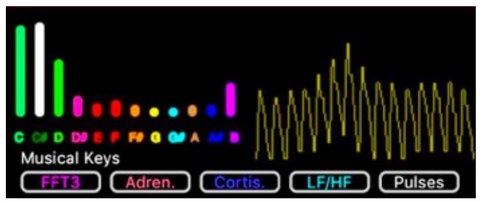
HRV
FFT3
Coherence



PPG
FFT3
Coherence

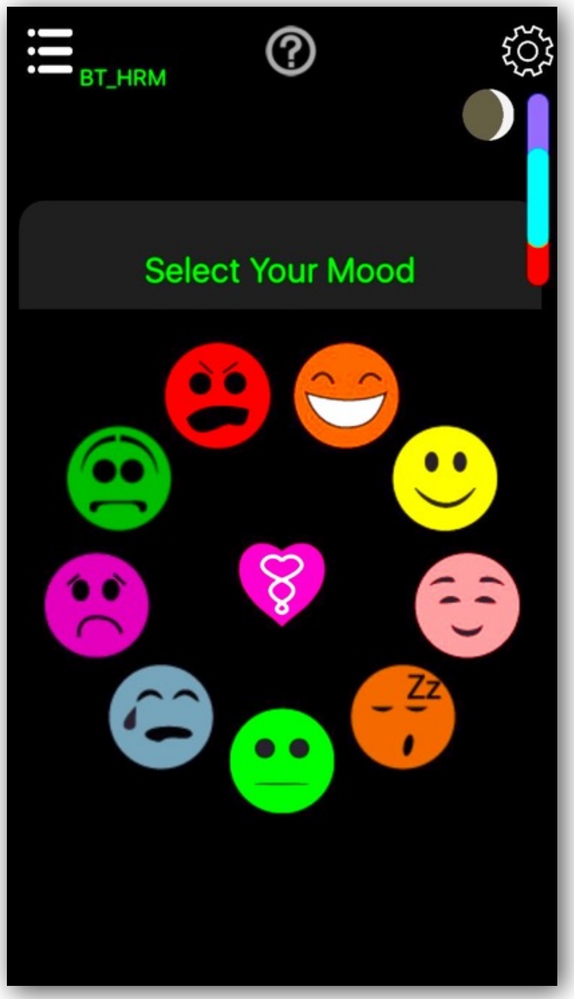
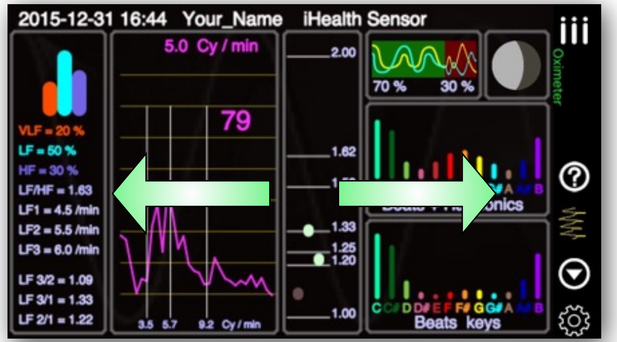
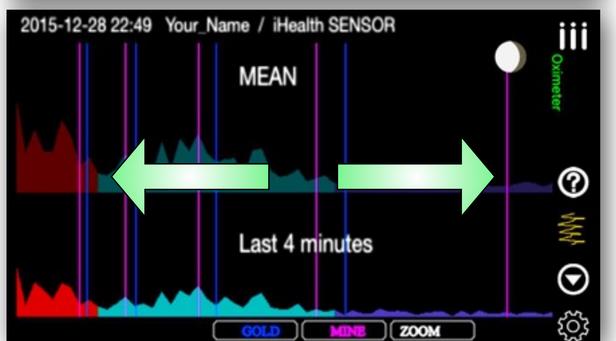


Music
Keys



After minimum 4 minutes

press **STOP**
for analysis

iOS Camera Sensor

iOS Camera Sensor