



Mobile device set up

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About your new device

Your company-provided activity tracker is called the *Polar Verity Sense*. It's a high-quality optical heart rate sensor that can measure heart rate from your arm or temple for just about any activity. You can record workouts using the sensor's internal memory or you may connect it to the *Polar Flow* app and see your heart rate in real time during your workout.



The Polar Verity Sense transfers data via Bluetooth® and Ant+.

Inside your product box, you'll receive a machine-washable armband, swimming goggle strap clip, USB charging adapter, and a storage pouch.

Your device has a battery life of up to 20 hours of use, meaning you'll only need to charge your device about once every two weeks if you train one hour per day. The device also can record up to 600 hours of training with its built-in memory for those syncing via computer. Your device has a bluetooth transmission range of up to 150m in open range and water resistance up to 50m.

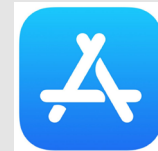
For an overview of your new device, watch this video: <https://www.youtube.com/watch?v=acSsluY3vDw&list=PLkSITQOtDpKi7ntx8xRsSesZoZgd1Mjp6&index=9>



How to download Polar Flow

Our first step in setting up your new device is to download *Polar Flow*. With this app, you will be able to track your activity progress, record workouts, generate reports showing how many minutes you've exercised, see how many calories you've burned, and more. Follow the steps below to download the app to your mobile device.

Step 1: For iPhone, tap on the "App store" icon. For Android, tap on the "Google Play" store.



Polar Flow 4+
Sync & Analyze
Polar Electro
★★★★★ 4.6 • 33K Ratings
Free

Step 2: Type "Polar Flow" in the search bar and download the Polar Flow app by tapping "Get" for iPhone and "Install" for Android. You will need 99 MB of storage for the app.

Step 3: Tap "OK" to allow the app to access your phone's bluetooth and tap "Allow" when prompted to give permission for the app to use your location. You'll need both of these enabled for your app and device to properly work.

Bonus - Updating your app and device: Periodically, Polar Flow will have updates to improve the performance of your app and Polar device. To update your app, open up the app store (iPhone) or Google Play store (Android), search "Polar Flow" and tap "Update" next to the app icon. Keeping your app up to date provides the most seamless experience with Polar Flow and your new device. Mobile devices that run automatic updates will not need to do this step.

To update your device, follow the instructions on this link. <https://support.polar.com/en/manuals/verity-sense/polar-verity-sense-user-manual-english/firmware-update.htm>

*To check your phone's compatibility with Polar Flow, click this link: https://support.polar.com/en/support/polar_flow_app_and_compatible_devices

How to create your new Polar Flow account

To use the Polar Flow app you need to create a Polar Flow account. You may use a company email or a personal one when registering. This is the account that will record your exercise data and send it to Sweet Rewards so you may earn your wellness incentive.

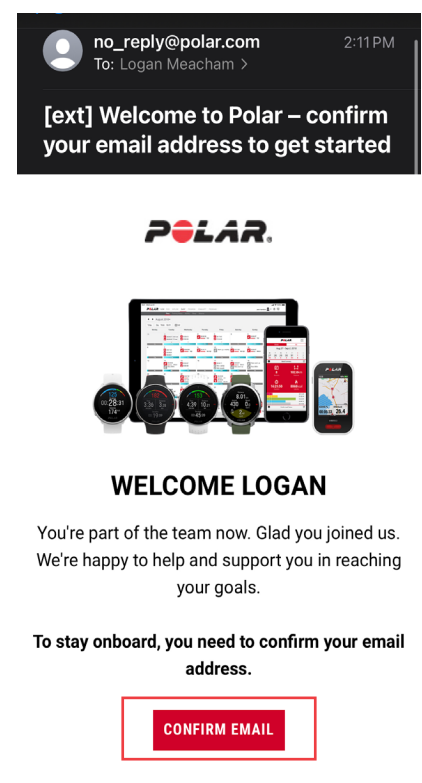
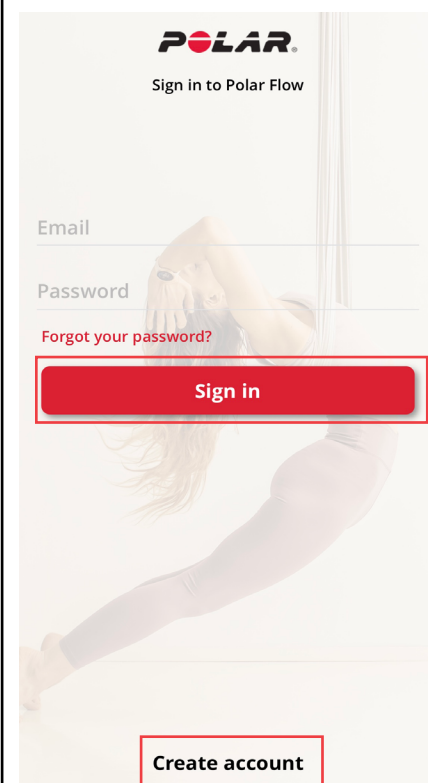
Be sure to write down your email/password somewhere secure for future reference. Once you create your account, you *must* verify it within 30 days via email or it will be locked and you'll have to create a new one with a new email/password.

Check out this step by step video before getting started: https://www.youtube.com/watch?v=wiA_ucJV7Y

Step 1: Open the Polar Flow app and tap “Get started”.

Step 2: If you already have an account, enter your email/password and tap “Sign In”. If not, tap “Create Account” and complete the next few pages of questions.

Step 3: Check the email associated with your account for a verification message. Tap “Confirm email” to verify. You’re all done!



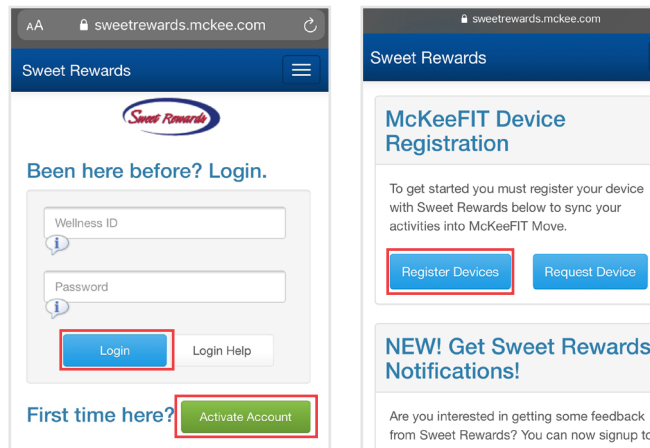
Setting up your Sweet Rewards account

In this step, we will connect your *Polar Flow* account to your *Sweet Rewards* account. If you don't have a Sweet Rewards account, we will cover how to create one. Remember to record your login information in a secure place. If you already have a Sweet Rewards account but have forgotten your password, email sweet.rewards@mckee.com and we will reset it for you.

Step 1.) Go to the Sweet Rewards site
<https://sweetrewards.mckee.com>

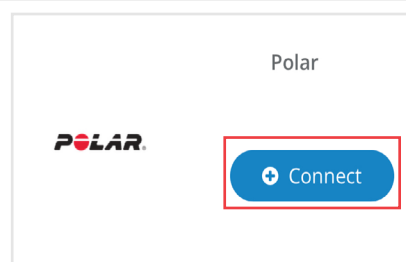
Step 2.) First time users tap “Activate Account”. If you already have an account, log in with your wellness ID and password.

Step 3.) Click “Register Devices” once you are signed in.



Step 4.) Read the authorization form and then tap “Continue to device registration”.

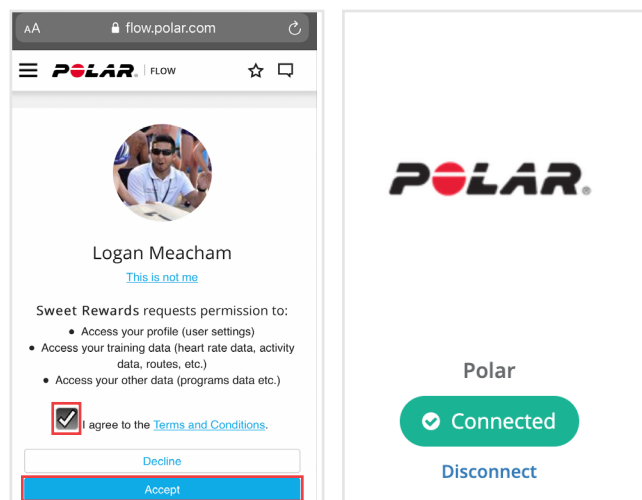
Step 5.) Scroll down to Polar and tap “Connect”. From here, you will enter the same email and password you used to create your Polar Flow account.



Step 6.) Confirm that it is your account, read and agree to the terms and conditions, and tap “Accept”.

Your Polar account will be now connected and all workouts will sync directly from Polar Flow to Sweet Rewards.

This method also works for Polar, Garmin, FitBit, and Samsung (via Under Armour Record)



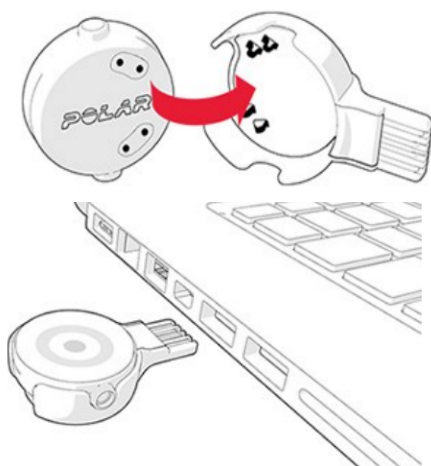
*Visit this link for video instructions: https://www.youtube.com/watch?v=C_RjDeSX-8Dw&list=PLDjkn8ixarxBt3ihSjoe2I2HfKlvGAWfZ&index=1

How to use your device

In these next few sections, we will cover how to (1) charge and pair your device (2) record a workout using a mobile device (3) record a workout without a mobile device and (4) record a swim session.

For the full user manual of your Polar Verity sense, visit https://support.polar.com/e_manuals/verity-sense/polar-verity-sense-user-manual-english/manual.pdf

Charging your battery

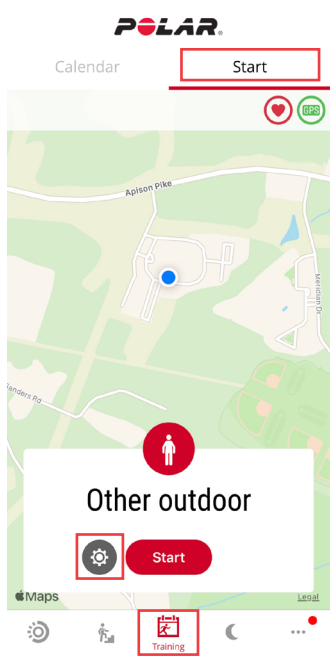


Place the sensor into the USB adaptor with the lens facing up so that the contacts on the sensor and USB adaptor meet (top picture).

Plug the USB adapter into a computer USB port (bottom picture) or USB power wall outlet. The LED light will blink green when it is 80-100% charged.

Do not charge the device when the charging contacts are wet. Do not charge with a 9v charger as using a 9v charger can damage your battery.

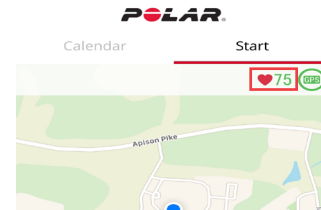
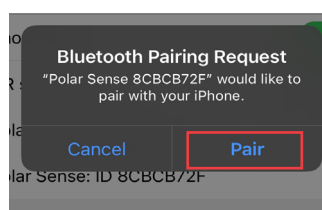
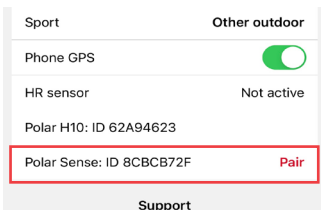
Pairing your device



Method 1: Visit this video to auto pair with your phone. https://www.youtube.com/watch?v=wiA_ucJJV7Y&list=PLkSITQOtDp-Ki7ntx8xRsSesZoZgd1Mjp6&index=5

Method 2: Manually pair with the steps below.

- 1.) Turn on your Polar Sense with the button and open up *Polar Flow*.
- 2.) Tap “training” > tap “start” > tap the settings wheel.
- 3.) Find your Polar Sense in the options and tap “pair”.
- 4.) Tap “Pair” once more to complete the bluetooth pairing request.
- 5.) Once paired you’ll see a live heart rate under the “start” menu.

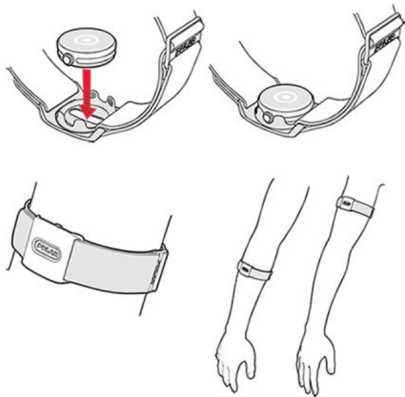


Exercising with your phone

Here is how to use your device to record a workout directly to your phone. Remember, now that your Polar Flow and Sweet Rewards accounts are connected, all of your completed workouts are automatically synced. What this means is once you complete a Polar workout, it will automatically transfer to Sweet Rewards!

Click the link below to watch an instructional video before getting started.

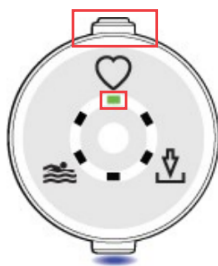
<https://www.youtube.com/watch?v=ilv7de6oFHM&list=PLkSITQOtDpKi7ntx8xRsSesZoZgd-1Mjp6&index=8>



How to wear: Place the sensor into the armband holder with the lens facing up. You can easily detach the sensor from the holder by pushing through the hole on the back of the holder.

Wear the armband so that the sensor is on the underside of the armband firmly against your skin.

Wear the device in the armband around your forearm or upper arm.

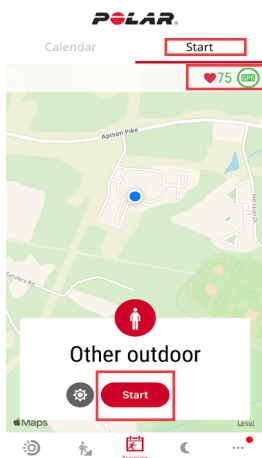


1.) Turn the sensor on by pressing the button.

2.) Wait until all six LEDs light up. The sensor is then ready to measure your heart rate. The status light at the bottom will now be flashing **BLUE**.

3.) Open Polar Flow. Tap “Training” at the bottom of your app. Make sure you see a live heart rate in the top right. Tap the red “start” button to begin your session. Tap “Pause” and “Stop” to end your workout and see your report.

4.) If your device is turned on and you are not seeing a heart rate, click the grey settings button and make sure your device is paired. If not, repeat the “pairing your device” instructions on page 10.

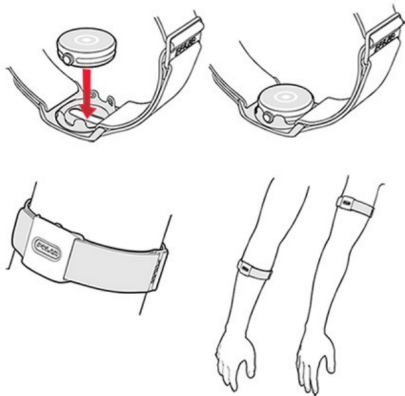


Exercising without your phone

Here is how to use your device to record a workout *without* your phone. This is a great option for those wanting to leave their phone's in the car, a gym bag, or maybe your phone battery is dead. This page will walk you through how to put your device in recording mode along with how to instantly transfer the exercise session to your phone via Polar Flow once you're finished.

Click the link below to watch the video before getting started.

<https://www.youtube.com/watch?v=wT9-6gfkL6s&list=PLkSITQOtDpKi7ntx8xRsSesZoZgd-1Mjp6&index=7>



How to wear: Place the sensor into the armband holder with the lens facing up. You can easily detach the sensor from the holder by pushing through the hole on the back of the holder.

Wear the armband so that the sensor is on the underside of the armband firmly against your skin.

Wear the *Verity Sense* in the armband around your forearm or upper arm.



1.) Turn on the Polar Verity Sense by pressing the button.

2.) Choose recording mode by pressing the button shortly until the LED next to the down arrow icon lights up. When choosing recording mode, the status LED on the side lights up **GREEN**.

3.) After your choice, wait until all six LEDs light up. The sensor is then ready to measure your heart rate.

4.) After your training session, you can stop the recording by pressing the button until the lights are switched off.

The sensor automatically syncs with the Flow app when you stop the recording once your phone is within bluetooth range. Workouts will also be saved as "Other indoor". You can change these by tapping the sport profile icon in the Polar Flow app.

Using your Polar for Swimming

Here is how to use your device to record a swimming workout. The included adaptor connects right to your goggle strap and while in Swimming Mode, your Polar Sense is able to detect your pace and swim distance. Be sure to completely dry your device before charging.

Click the link below to watch the video before getting started.

<https://www.youtube.com/watch?v=ReTE0AMkWIY&list=PLkSITQOtDp-Ki7ntx8xRsSesZoZgd1Mjp6&index=6>

1.) Place the sensor into the swimming goggle strap with the lens facing up. You can easily detach the sensor from the holder by pushing through the hole on the back of the holder.

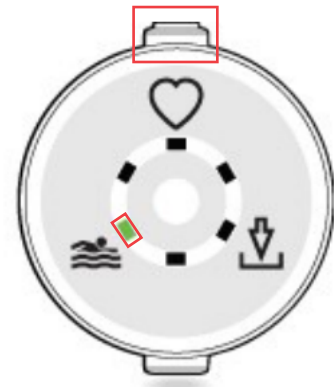


2.) Attach the clip onto your goggles strap. Position the clip onto your swimming goggles strap so that the sensor sits on your right temple with the button facing up.



3.) The lens should touch the bare skin of your temple. Attach the sensor as far as you can on your temple without getting your hair between the sensor and your skin.

4.) Choose swimming mode by pressing the button shortly until the LED next to the swimming icon lights up. When choosing swimming mode, the status LED on the side lights up **WHITE. After your choice, wait until all six LEDs light up. The sensor is then ready and you may begin your swim.**



5.) After your training session, stop the recording by pressing the button until all lights are switched off.

*The sensor automatically syncs with the Flow app when you stop the recording if your phone is within bluetooth range. Rinse your device off with fresh water and dry completely before storing.