



## IntelliSense Mindfulness Kit

Enlighten your senses! Find the balance between your heart and mind!



Thank you for purchasing this Merlin Product. Please read the instruction manual carefully before using the product.

The documentation provided will allow you to fully enjoy all the features this unit has to offer.

Please save this manual for future reference.

### Instructions

- 1) Download and install "IntelliSense HRV" app from Google Play or App Store.
- 2) Turn Bluetooth on from your smartphone's settings menu.
- 3) Strap the included Heart Rate Monitor across your chest or attach the Ear-Clip Sensor to one of your earlobes. (Please refer to the included Heart Rate Monitor user manuals for detailed instructions.)
- 4) Run the IntelliSense HRV app and follow the on-screen instructions to log in or to create an account.
- 5) The app will automatically detect and connect to your Heart Rate Monitor.
- 6) From the main screen, click on "Quick HRV Measure" for a quick HRV reading or you can select one of the VR scenes.
- 7) To view a VR scene, open the front cover of the VR headset, place your smartphone in the center of the case, and close the cover to secure your smartphone in place.
- 8) Connect the headphone jack (in the right side of the headset) to your smartphone, and close the cover to secure your smartphone in place.
- 9) Adjust the straps on the headset for a perfect fit.
- 10) Use the adjustment knobs on the side (to adjust the distance of the lenses from your eyes) or the dial at the top of the headset (to adjust the distance between the lenses) until you find a comfortable viewing position.
- 11) Gently pull the headphones outward so that it sits comfortably on your ears.
- 12) To adjust your smartphone's volume in app, use the volume dial at the bottom or press it to answer phone calls.
- 13) You can create your own IntelliSense team or join one of the many teams and keep track of your team's health, score, and overall leaderboard ranking.
- 14) To create or join a team, click on the "Team" icon in the Main Menu.
- 15) Once you create a team, you can invite other users to join your team.
- 16) To invite other users to your team, click on the "Invite" button in the "Team" menu.
- 17) However, you can create only one team at a time. To create a different team, you will have to delete your existing team.
- 18) To delete your team, go to the "Team" menu, and click on "Delete".
- 19) Click on the "Leaderboard" in the Main Screen to check the

- Global Leaderboard and how your team is performing.
- 20) To charge the heart rate monitor ear-clip sensor, use the included charging cable to connect the unit to a USB power source, such as a USB port on a laptop or desktop.

### Maintenance

- 1) Do not pour water or other liquids on the headset.
- 2) Do not apply excessive force when securing your smartphone or while adjusting the straps or built-in headphones.
- 3) Detach the wireless sensor from the strap or the ear clip from the sensor box after every use to avoid battery drainage.
- 4) Ensure that your smartphone is inserted properly.
- 5) Do not use the headset while driving or walking in public places.
- 6) Use the headset only in safe surroundings.
- 7) Stop using the headset if your eyes get strained or you feel dizzy.
- 8) Avoid extended use and take a break every once in a while.

### FAQ

- Q) The screen is out of focus.
- A) Use the knobs on the side as well as on the top of the device to adjust the distance of lenses to the phone's screen as well as the distance between the lenses until the screen is in focus.
- Q) I can't connect to the heart rate monitor.
- A) Ensure that the wireless module has enough charge and that the contacts in the chest strap are clean and a bit damp, while the contacts in the ear-clip sensor are clean. Try restarting Bluetooth in your smartphone and connecting again.
- Q) Heart rate reading is erratic or stays unchanged for a long time.
- A) Ensure that the sensor pads (in the chest strap) are moistened and that they are placed firmly against your skin. If the problem persists, the wireless sensor battery may need replacing.

### LIMITED WARRANTY

Merlin Products are covered by a limited one-year warranty policy. If the product suffers from a manufacturing defect, the customer will receive a replacement if claimed within 15 days of the purchase date. Otherwise, the product will be inspected for possible repair options. The product will either be repaired and returned free of charge, or replaced. All repair services past the one-year warranty period will be charged for any repairs that need to be made.

If the client is located outside the UAE, or is otherwise unable to personally deliver the defective product to our service center or retail outlets, he/she may send it via post at his/her own cost. The repaired/replaced product will then be returned to the client via courier mail at Merlin's cost, as long as the warranty period is still active.

Important: This limited warranty DOES NOT COVER normal wear and tear, accidents, damage during transit, misuse, abuse or neglect. Attempting to disassemble the unit will render the warranty null and void.

### REGISTER NOW

We hope you enjoy the quality of Merlin Digital product. Please take out a few minutes to register your product at [merlin-digital.com/register](http://merlin-digital.com/register) to avail:

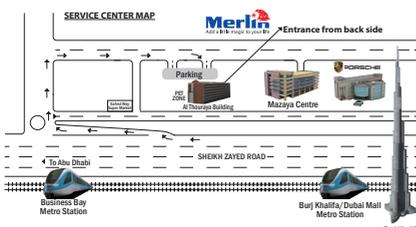
- Special discounts and promotions on other Merlin products
- Exclusive information on new products and innovations
- Reminders about product firmware downloads, updates and upgrades
- Competitions and exciting giveaways

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For enquiries and information call our toll free number **800-MERLIN** (Sat-Thu, 9 am - 6 pm)

Contact our support staff for troubleshooting and any other enquiries relating to your Merlin product by sending an email at [support@merlin-digital.com](mailto:support@merlin-digital.com) and your issue will be resolved within 48 hours.

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