

Setting up Inner Balance™ Bluetooth® Sensor in Groups

Classroom Mode Training Instructions

In a group or classroom setting where individuals will be starting and stopping Inner Balance Bluetooth Trainer (IBT) sessions at the same time, it is very important to activate “Classroom Mode” in the IBT App Settings. Otherwise, attendees could end up connecting to each other’s sensors and not be observing their own readings.

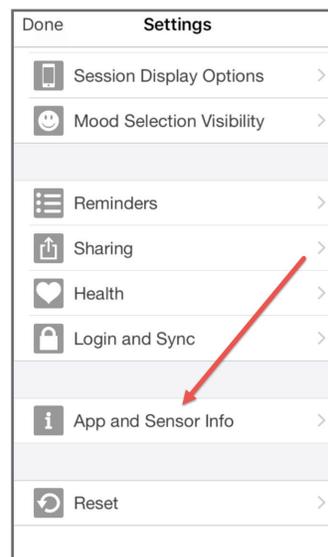
NOTE: Classroom Mode is only available in IBT App v3.9 or higher. If possible, instruct participants new to Inner Balance to download the IBT App prior to the start of class (they do not need the sensor to download the free app if you are planning to distribute the sensors in class).

If participants are already using Inner Balance, instruct them to update to IBT App v3.9 or higher before class begins. These instructions are not needed if your group is using the Inner Balance Lightning (wired) version.

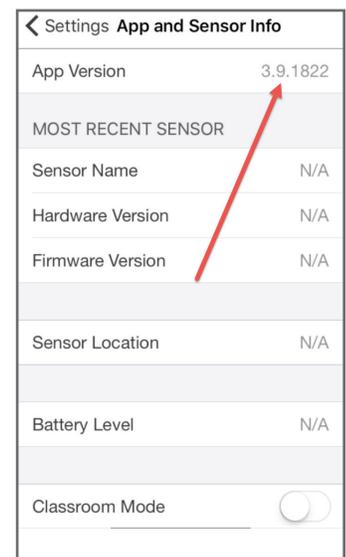
Process Steps

1. Turn on your IBT sensor (blue light blinking)
2. After opening the IBT app on an iOS or Android device, tap on the gear icon ⚙️ in the upper left corner to open **Settings**. In **Settings**, towards the bottom, tap on “App and Sensor Info” as shown in Fig 1.
3. At the top of the App and Sensor screen, have everyone confirm having IBT v3.9 or greater (**Fig 2.**)
4. Towards the bottom of the App and Sensor screen, tap the toggle switch to engage the “**Classroom Mode**” function (**Fig 3.**)
5. Once you turn on Classroom Mode, a dialogue box appears requesting you to enter the ID# from the sticker on the back of your sensor (only enter the 4 or 5 digits following the prefix HRV, for instance, if the sticker reads “HRV-12345”, then you would only enter “12345” in the box.) (**Fig 4.**)
6. Tap “Submit.”

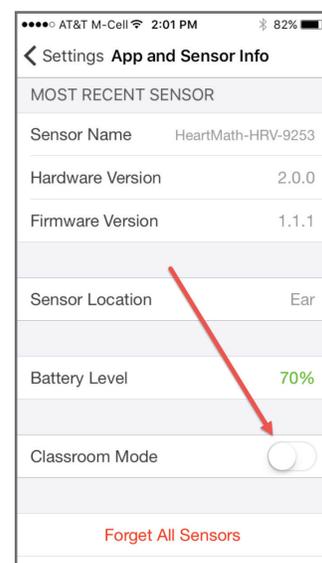
If the participant has already used a different sensor than the one they have in class, the sensor name listed in the app would be different from the current sticker number. In this case, instruct them to turn off Classroom Mode then turn it back on. It will ask if they want to use the last sensor or enter a new one.



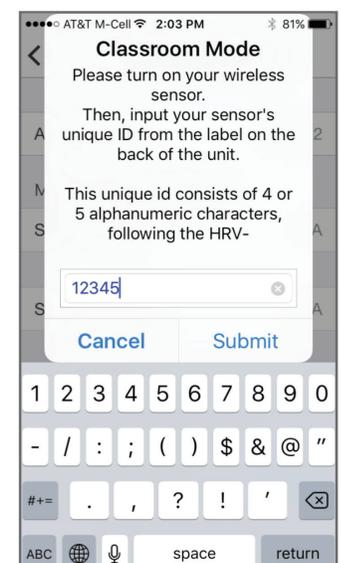
(Fig 1.)



(Fig 2.)



(Fig 3.)



(Fig 4.)

7. Instruct the participants that while Classroom Mode is engaged, IBT will ignore all other sensors except the one corresponding to the ID# you entered. If you personally use multiple sensors, it will be important to turn off Classroom Mode once your group training is complete. If you only use a single sensor, it's fine to leave Classroom Mode engaged all the time.
8. Once everyone has successfully bonded their device, you can continue with the training, run a session and walk through features and functions.

Process in Brief

1. Ask the participants to download or make sure they have the latest Inner Balance app (v3.9 or higher).
2. Turn on sensor (blue light blinking)
3. Ask the participants to note the last 4 or 5 digits from the sticker on the back of their IBT BTLE Sensor (ie: HRV-12345)
4. Have participants open their IBT app, tap on Settings, tap on App and Sensor Info, turn on Classroom Mode and enter the sensor ID# when prompted. Remember, only the last portion – the numbers. Do not enter the preceding text: “HRV-.”

Additional Notes:

- *BATTERY NOTE: The units are shipped with approximately a quarter charge in them - that should last for at least a 4-hour event. You can also charge the units before the training.*
- *On an iOS device (iPhone, iPad, iPod Touch), the IBT App will immediately scan for and lock onto your sensor, so if you have not turned your BT sensor on (blue light blinking) you will receive a “No Sensor Found” dialogue box.*
- *If you have an Android device, the sensor scan will not occur until you return to the session screen and tap the START icon, so your BT sensor does not need to be turned on until ready to begin your session.*