

# POLAR EQUINE HEALTHCHECK

## User manual

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## Welcome

Thanks for choosing Polar! In this manual, we'll go through the use and care of your Polar Equine Healthcheck. You can download the user manual in German, French, Italian, Spanish, Finnish and Swedish at [support.polar.com](http://support.polar.com).

## Polar Equine Healthcheck Parts

### HANDLE

The comfortable handle ensures a firm grip during use.

### ELASTIC STRAP

The plastic electrode areas on the reverse side of the strap detect the horse's heart rate.

### POLAR H10 HEART RATE SENSOR

The heart rate sensor measures the horse's heart rate in real time and sends the information continuously and wirelessly to a compatible Bluetooth device. See the Getting Started Guide delivered in the package for instructions specific to the H10 heart rate sensor.

### POLAR EQUINE APP

The Polar Equine app gives you a quick and easy readout of your horse's real-time heart rate and ECG. The app is available for Android phones and can be downloaded from Google Play.

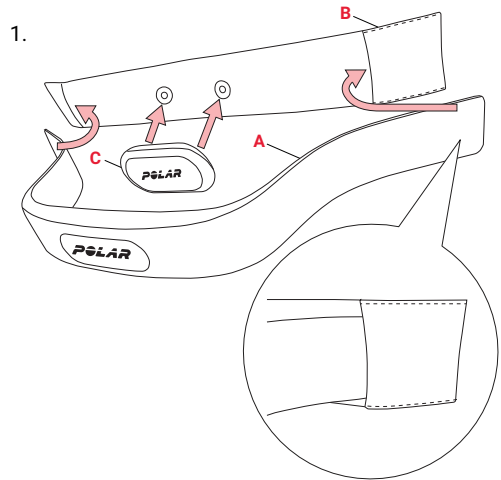
## Using the Polar Equine Healthcheck

1. To assemble the Polar Equine Healthcheck, first place one end of the **handle (A)** inside the fold of the **strap (B)**, and then slightly bend the handle from the other side and slide the other end in place. Be careful not to stretch the strap. Finally, attach the **Polar H10 heart rate sensor (C)** to the strap.
2. Thoroughly moisten the horse's hair from the heart rate measurement area. Also moisten the plastic electrode areas on the reverse side of the strap. To optimize the contact between the horse's skin and the electrodes, contact gel can be used on the electrodes.
3. Place the Polar Equine Healthcheck against the horse's hair.
4. View the horse's heart rate on the **Polar Equine app** on your Android phone or alternatively on a compatible Polar training device.

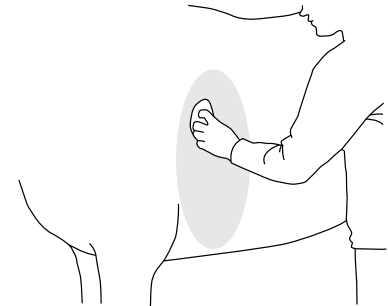


For more information and instructions on using the Polar Equine Healthcheck and app, visit the following support pages:  
[support.polar.com/en/equine-h10-healthcheck](http://support.polar.com/en/equine-h10-healthcheck)  
[support.polar.com/en/equine-app](http://support.polar.com/en/equine-app)

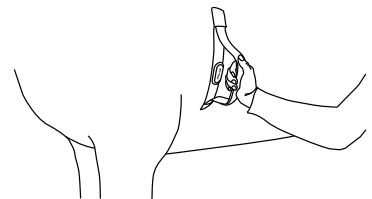
1.



2.



3.



# Troubleshooting

## ABNORMAL HEART RATE READINGS

- Make sure that the strap is firmly against the horse.
- Make sure that the horse's hair is thoroughly moistened from the heart rate measurement area.
- If your horse has long or thick hair, you can clip it from the heart rate measurement area. This greatly improves the heart rate signal quality.
- Accumulated sweat and dirt may interfere with the measurement of the signal from the heart to the transmitter. Check if the strap needs cleaning.
- If the heart rate measurement still does not work, the battery of your H10 heart rate sensor may be empty. See the heart rate sensor's Getting Started Guide (delivered in the package) for instructions on changing the battery.

# Important Information

## CARE AND MAINTENANCE

The following instructions will help you fulfill the guarantee obligations, keep the device in peak condition, ensure reliable measurement and maximize the life span of your Polar Equine Healthcheck.

### Heart rate sensor

Detach the heart rate sensor from the strap after every use and wipe it dry with a soft towel. Clean the heart rate sensor with a mild soap and water solution when needed. Never use alcohol or any abrasive material (e.g. steel wool or cleaning chemicals).

### Strap

Rinse under running water after every use and hang to dry. Clean the strap gently with a mild soap and water solution when needed. Do not use moisturizing soaps, because they can leave residue on the strap. Wash regularly. Check the label on your strap for detailed washing instructions. Do not soak, iron, dry clean or bleach the strap. Do not stretch the strap or bend the electrode areas sharply.

### Storing

Dry and store the strap and the heart rate sensor separately to maximize the heart rate sensor battery lifetime. Keep the heart rate sensor in a cool and dry place. To prevent snap oxidation, do not store the heart rate sensor wet in non-breathing material. Do not expose the heart rate sensor to direct sunlight for extended periods.

## Service

During the 12-month guarantee/warranty period we recommend that you have service, other than battery replacement, done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro. For contact information and all Polar Service Center addresses, visit [www.support.polar.com](http://www.support.polar.com) and country specific websites.

## LIMITED INTERNATIONAL POLAR GUARANTEE FOR EQUINE PRODUCTS

- Polar Equine products are developed and manufactured for the usage in equine sports. Each product endures rigorous testing before it leaves the factory.
- This guarantee does not affect the customer's statutory rights under applicable national or state laws in force, or the customer's rights against the dealer arising from their sales/purchase contract.
- This limited Polar international guarantee is issued by Polar Electro Inc. for customers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for customers who have purchased this product in other countries.
- Polar Electro Oy/Polar Electro Inc. guarantees the original customer/purchaser of this device that the product will be free from defects in material or workmanship for twelve (12) months from the date of purchase.
- The receipt of the original purchase is your proof of purchase!
- The guarantee does not cover the battery, normal wear and tear, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, cracked, broken or scratched cases/displays, modified or altered products or their parts and electrode belt and strap of sensors.
- The guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product.
- Items purchased second hand are not covered by warranty, unless otherwise stipulated by local law.
- During the guarantee period, the product will be either repaired or replaced at any of the authorized Polar Service Centers regardless of the country of purchase.

Guarantee with respect to any product will be limited to countries where the product has been initially marketed.

Regulatory information is available at [www.polar.com/en/regulatory\\_information](http://www.polar.com/en/regulatory_information).



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## Disclaimer

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