POLAR

POLAR OH1

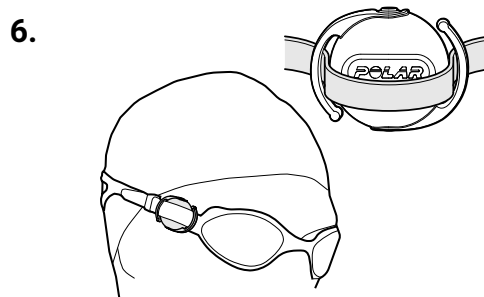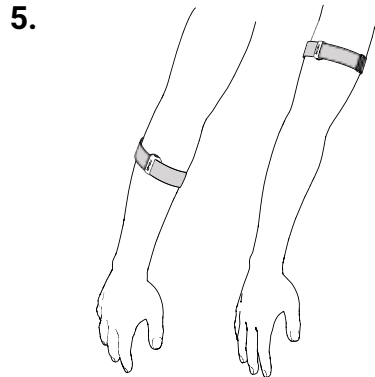### Getting Started Guide

Compatible with

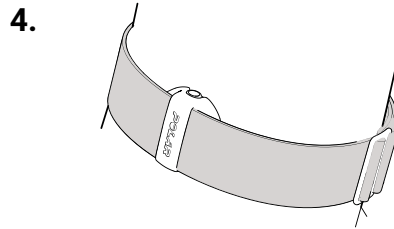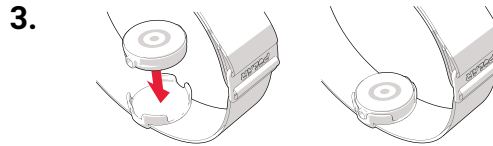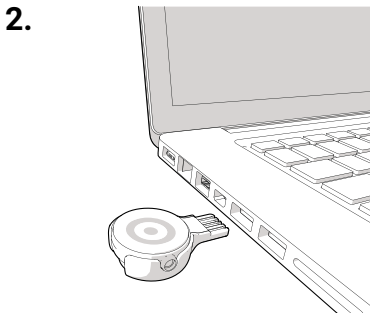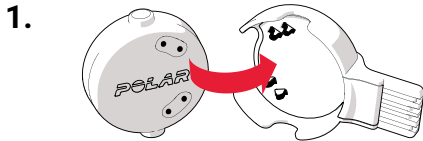**Bluetooth**® ANT+ Model: 2L

Manufactured by

Polar Electro Oy

customercare@polar.com

www.polar.com

Find Product Support
support.polar.com/en/OH1

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English

This guide will help you get started with Polar OH1. For more help and product information see **support.polar.com/en/OH1**. Polar OH1 can be used as a training device that records and stores data or as a heart rate sensor with a Polar wrist unit.

Charge
Place the sensor into the USB adapter with the lens facing up so that the contacts on the sensor and USB adapter meet (picture 1). Plug the USB adapter into a computer USB port or USB power wall outlet (picture 2). Do not charge the device when the charging contacts are wet.

Use with Polar Beat mobile app
Download Polar Beat onto your mobile device. Turn OH1 on by pressing the button. Pair the sensor from Beat settings and follow instructions.

Use with Polar wrist unit
Download Polar Flow app onto your mobile device. Turn OH1 on by pressing the button. Flow app discovers the sensor automatically and guides you through the setup.
If you want to use a computer, install Polar FlowSync from **flow.polar.com/start**, run it, plug the sensor into a USB port and follow instructions. Remember to pair the sensor with your wrist unit. See **support.polar.com** for device-specific pairing instructions.

Wear on your arm
Place the sensor into the armband holder with the lens facing up (picture 3). Wear the armband so that the sensor is on the underside of the armband firmly against your skin (picture 4). Wear the OH1 around your lower or upper arm, not around your wrist (picture 5).

Wear with swimming goggles
Place the sensor in the swimming goggle strap clip and attach the clip onto your swimming goggles strap (picture 6). The lens should touch the bare skin of your temple.

Start training
You can record your training session with your wrist unit, Polar Beat app or with just the OH1 sensor alone. If you want to use the sensor alone, turn OH1 on by pressing the button until the lights are switched on and press the button twice to start the session. When you're done training press and hold the button until the lights are switched off.

ⓘ By default, OH1 sends your HR signal also via ANT+. You can turn it off from the Polar Beat settings, if you want.

Maintenance
See the armband care label for washing instructions.Treat the sensor with care.

Materials
Sensor: ABS, ABS+GF, PMMA, SUS 316 (Stainless steel).

⚠ This product is not a toy. Do not allow children or pets to play with this product. This product contains small components that can be a choking hazard.

The radio equipment operates 2.402 - 2.480 GHz ISM frequency band(s) and 2.0 mW maximum power.