



# VITALAB MANUAL

Last Revision : 27.11.2023

## Table of Contents

<b>Chapter 1 Welcome Screen .....</b>	<b>2</b>
<b>Chapter 2 Menu settings.....</b>	<b>3</b>
<b>Chapter 3 MiniLab .....</b>	<b>4</b>
<b>Chapter 4 Breathe .....</b>	<b>5</b>
<b>Chapter 5 Qi.....</b>	<b>6</b>
<b>Chapter 6 Using the sensors.....</b>	<b>7</b>

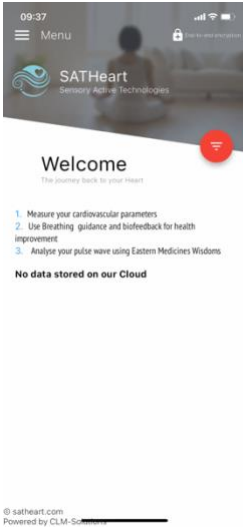
[Back to website](#)





# VITALAB MANUAL

Last Revision : 27.11.2023

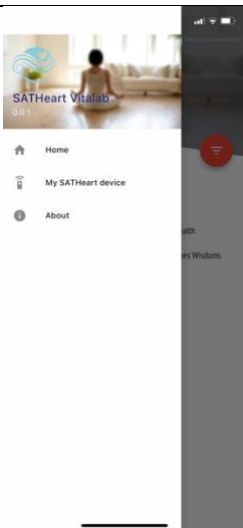
## Chapter 1 Welcome Screen



On the top left you have the Menu  for adjusting the settings. On the right you have the red button  for the App selection.

*On this screen will appear news about SATHeart, Blog news and many more.*

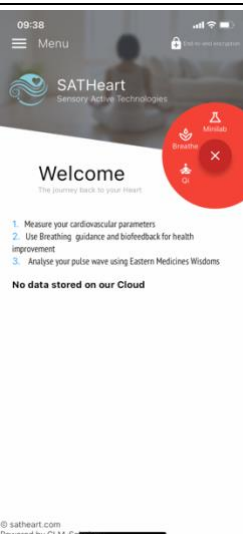
**Note:** the data coming from the sensors (either the phone camera or the external sensor) are encrypted and sent to our secured cloud computer for analysis. Results of the signal analysis are encrypted and sent back to the mobile phone or a web browser. Cloud data are anonymized with a Unique Identification Number which is changing from session to session. **Measurements taken with Vitalab are not intended for medical use and are only designed for general fitness and wellness purposes. Vitalab products are not intended to diagnose, treat, cure, or prevent any disease. Vitalab is not a substitute for medical advice, diagnosis, or treatment. For more information about your personal needs please see a qualified health practitioner.**







In the Menu you have **My SATHeart device** to choose if you want to measure using the phone camera or an external sensor. See [Chapter 2](#).

*On this Menu will appear your measurement history as well as a questionnaire that allows to determine your constitution necessary for SAT metrics to be calibrated.*

**Note:** -



When pressing  you have several options depending on the App version.

- [MiniLab](#)  for measuring your cardiorespiratory vital signs
- [Breathe](#)  for breathing exercises and measure your breathing capacity
- [Qi](#)  for measuring your Qi flow and your Elements

**Note:** -

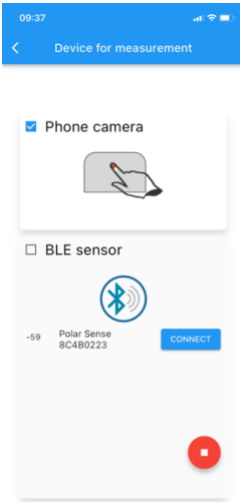
[Back to website](#)



# VITALAB MANUAL

Last Revision : 27.11.2023

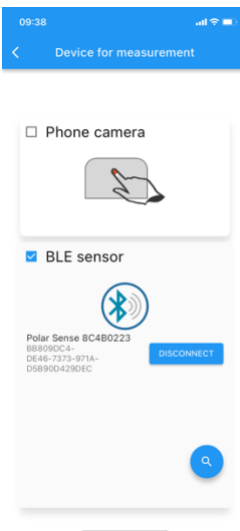
## Chapter 2 Menu settings



When you click on **My SATHeart device** in the Menu, you have two options to measure your heart pulse wave:

- Using the **Phone camera**. See [Chapter 6](#) for details.
- Using an external **BLE sensor**. See [Chapter 6](#) for details.

**Note:** The **Phone camera** is the default setting when you open Vitalab.



When choosing the BLE sensor, you need to click on the search button and Vitalab will seek for the sensor. When the connection is established, you click **Connect** and it becomes active. If you want to change your mind and choose the Phone Camera, please click **Disconnect** first.

*Other devices compatible with Vitalab will be listed on this screen.*

**Note:** The current available Vitalab BLE sensors are the Polar OH1 and Verity Sense. You can purchase them from internet or directly on the [Polar website](#).

Back to website






# VITALAB MANUAL


Last Revision : 27.11.2023


## Chapter 3 MiniLab

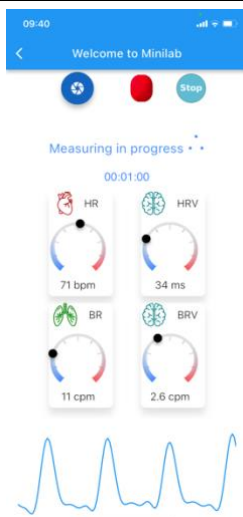




When you choose the **Minilab** from the red button from the screen of 0 , you see a screen with a green radar marked with a **blue dot**. This radar is your Energy Balance from the previous session (see note) which should be interpreted as follows:

- Blue dot is near , you are in Balance
- Blue dot near , you are relaxed
- Blue dot near , you are tense

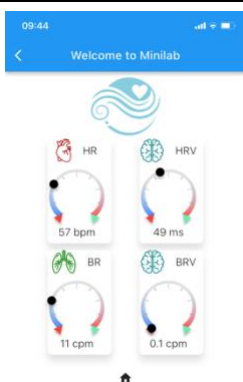
You are now ready to take a measurement: click  and put your finger on a camera. The flash light will automatically turn on.


**Note:** If it is your first time using Vitalab, the Energy Balance **blue dot** is in the middle .



You now see a screen with your blood pulse wave at the bottom and the 4 vital metrics in the middle (more info [here](#)). The top of the screen contains a camera icon  on the left that allows choosing which camera you want to use, and a green icon  on the right to stop the recording. The middle is an image of your finger on the camera which should be **full red** as it measures your blood flow.

**Note:** When using the **Phone camera**, the measurement will take about 60sec when you will see the black dot and the numbers showing up. You can measure as long as you want while staying calm not moving the hand (recommendations to use are in [Chapter 6](#)).



After pressing the green icon , you now see a screen the 4 average vital metrics in and a green and red triangles which indicates the range of these metrics while you performed the measurement (more info [here](#)).

*On this screen will appear how your vital metrics compare with a healthy person of your age and gender.*

**Note:** No medical recommendations or advices will be given as SATHeart is not a medical platform.

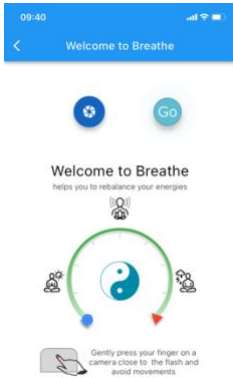
Back to website 




# VITALAB MANUAL


Last Revision : 27.11.2023

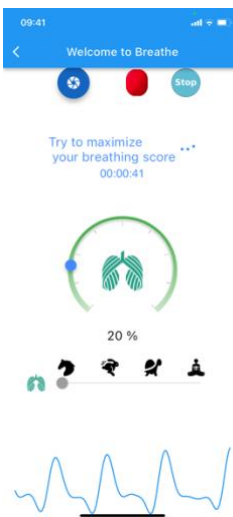
## Chapter 4 Breathe





This is the start screen of Breathe. It shows the Energy Balance of the previous session as in [Chapter 3](#).





You are now ready to take a measurement: click  and put your finger on a camera. The flash light will automatically turn on.

**Note:** If it is your first time using Vitalab, the Energy Balance **blue dot** is in the middle .



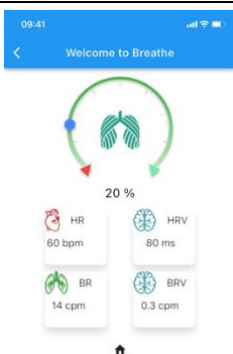
You now see a screen with a green radar surrounding a lung symbol. This radar is the gage of your breathing score (more info [here](#)).


The camera icon  and the green icon  on and the middle image has the same function as in [Chapter 3](#). Below the green radar is a set of 4 symbols. When you click on any of them, a sound breathing guidance will be produced.

			
Rapid	Relatively Rapid	Slow	Very Slow

Just follow the rhythm with inhale and exhale. Your breathing score is indicated by the **blue dot** and the corresponding percentage level. Try to maximize your score for optimal health effects. Below the 4 symbols is displayed your blood pulse wave.

**Note:** When using the Phone camera, the measurement will take about 60sec when you will see the black dot and the numbers showing up. You can measure as long as you want while staying calm not moving the hand (recommendations to use are in [Chapter XXX](#)).



After pressing the green icon , you now see a screen the 4 average vital metrics in and a green and red triangles which indicates the range of these metrics while you performed the measurement (more info [here](#)).

*On this screen will appear how your vital metrics compare with a healthy person of your age and gender performing a breathing biofeedback exercise.*

**Note:** No medical recommendations or advices will be given as SATHeart is not a medical platform.

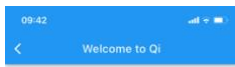
[Back to website](#)




# VITALAB MANUAL


Last Revision : 27.11.2023

## Chapter 5 Qi









This is the start screen of Qi. It shows the Energy Balance of the previous session as in [Chapter 3](#).




You are now ready to take a measurement: click  and put your finger on a camera. The flash light will automatically turn on.

**Note:** If it is your first time using Vitalab, the Energy Balance **blue dot** is in the middle .

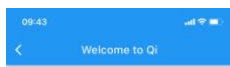



You now see a screen with a green radar surrounding a Yin-Yang symbol. This radar is the gage of your Qi flow (more info [here](#)). The camera icon  and the green icon  on and the middle image has the same function as in [Chapter 3](#). Below the green radar is a set of symbols representing 4 different sounds depending on your goal and liking:





			
Relax garden	Focused work	Brain reSync	Relax sleep

Your measured Qi flow is be indicated by the **blue dot** and the corresponding percentage. Low Qi is indicated by , average Qi by  and maximum Qi by .

**Note:** When using the Phone camera, the measurement will take about 60sec when you will see the black dot and the numbers showing up. You can measure as long as you want while staying calm not moving the hand (recommendations to use are in [Chapter 6](#)).



After pressing the green icon , you now see a screen the 4 average Qi flow in and a green and red triangles which indicates its range while you performed the measurement (more info [here](#)). Below the green radar, the 4 [elements](#) indicates your body and mind states.

			
Wind 64 %	Fire 12 %	Water 28 %	Earth 14 %

*Personal recommendations of lifestyle will be provided on this screen.*

**Note:** The 4 elements are derived from the three vital energies of Ayurveda and Tibetan medicine. They are relative to your personal constitution which is determined by answering a questionnaire. **No medical recommendations or advices will be given as SATHeart is not a medical platform.**

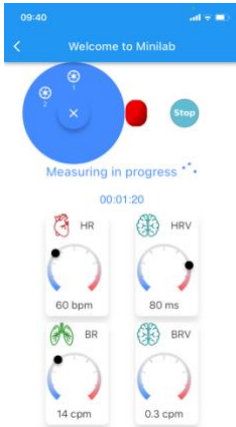
[Back to website](#)




# VITALAB MANUAL















Last Revision : 27.11.2023

## Chapter 6 Using the sensors

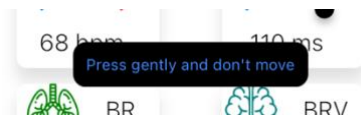


When using the **Phone camera**, there are few things to be aware of. First you can choose which camera you want to use. The top of the screen contains a camera icon  which when pressed, list all your cameras on your phone. Choose the one that is closed to the flash light and which give the best pulse wave shape (see below)

**Note:** The **Phone camera** is the default setting when you open Vitalab.

When using the **Phone camera**, the blood pulse wave is measured using the light shining into your finger skin and reflected back to the camera. The blood wave *quality* is dependent on your position, motion, and finger pressure on the camera. On the left panel you have few examples of good and bad waves. Please play a bit with the camera sensor to catch the best wave as possible. Failure to have a good quality signal will results in showing a message on your phone as below and will reset the algorithm.



**Note:** The current available BLE sensors are the Polar OH1 and Verity Sense. You can purchase them from internet or directly on the [Polar website](#).



When using the Polar OH1 or Verity Sense. Follow the instructions on the Polar package. We recommend to place the sensor on: the finger, upper arm or the calve. Connect the sensor as explained in [Chapter 2](#). while at rest or with gentle movements.



**Note:** The current available Vitalab compatible BLE sensors are the Polar OH1 and Verity Sense. You can purchase them from internet or directly on the [Polar website](#). **SATHeart do not guarantee a good signal quality at other body locations as mentioned above.**

Back to website 