



POLAR 4J Optical Heart Rate Sensor User Manual

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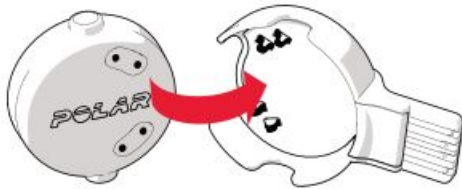
POLAR VERITY SENSE

OPTICAL HEART RATE SENSOR

Getting Started Guide

POLAR®

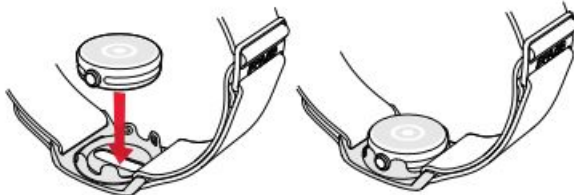
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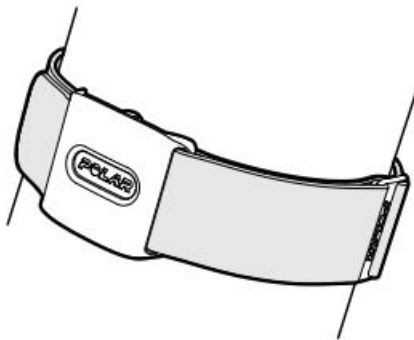
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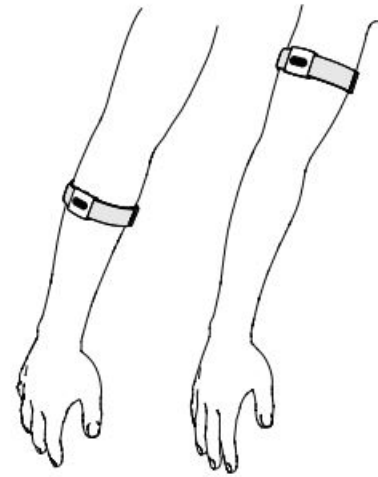
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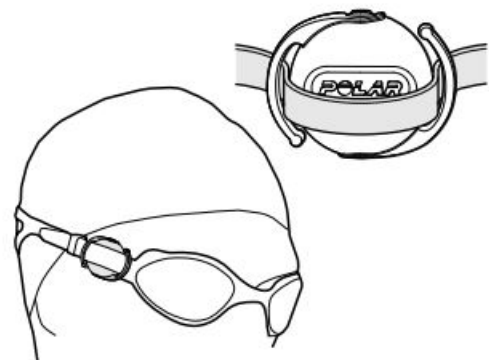
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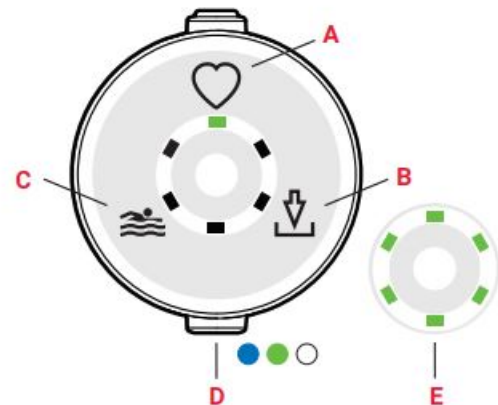
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Thanks for choosing Polar! This guide will help you get started with Polar Verity Sense. For more help and product information see support.polar.com/en/verity-sense.

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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 (picture 2) or USB power wall outlet. Do not charge the device when the charging contacts are wet.

Set up

Download Polar Flow app onto your phone. Turn the sensor 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 the instructions.

You can use the sensor with dozens of leading fitness apps including Polar apps, as well as with Bluetooth and ANT+ compatible training devices. For instructions on pairing the sensor with the app or the training device, see the app developer's manual or the user guide of your training device.

How to wear

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 armband 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. Wear the sensor on your right temple with the button facing up (picture 6). The lens should touch the bare skin of your temple.

Start training

Turn the sensor on by pressing the button. Choose the training mode by pressing the button shortly until the led next to the desired mode lights up (picture 7). Choose (A) heart rate mode to use the sensor with a compatible device or app, (B) recording mode* to record a training session with the sensor, or (C) swimming mode* to record a pool swimming session. When choosing, the led on the side (D) lights up blue in heart rate mode, green in recording mode and white in swimming mode. After your choice, wait until all six leds light up (E) and you can start training. Note that the mode is now locked and can only be changed by switching the sensor off and on again. After training, press and hold the button until the lights are switched off. * Before you can use the sensor in recording or swimming mode, it needs to be linked to your Polar Flow account. This is done during the set up.



The sensor transmits your heart rate signal via Bluetooth and ANT+. You can turn ANT+ heart rate transmission off from the Polar Flow app settings, if you want.

Care instructions

See the armband care label for washing instructions. Treat the sensor with care. Information about materials and technical specifications are available in the user manual at support.polar.com/en/verity-sense.



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 5.0 mW maximum power.



COMPATIBLE WITH



MODEL: 4J
MANUFACTURED BY
POLAR ELECTRO OY
PROFESSORINTIE 5
90440 KEMPELE
FINLAND
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www.polar.com

FIND PRODUCT SUPPORT
support.polar.com/en/verity-sense

Documents / Resources

	POLAR 4J Optical Heart Rate Sensor [pdf] User Manual 4J, Optical Heart Rate Sensor, 4J Optical Heart Rate Sensor, Heart Rate Sensor, Sensor
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References

-  [Polar Flow](#)
-  [Verity Sense | Polar Global](#)
-  [Heart Rate Monitors, fitness trackers and sports watches | Polar Global](#)