



# POLAR VERITY SENSE



**USER MANUAL**

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# POLAR VERITY SENSE USER MANUAL

This user manual helps you get started with your new Polar Verity Sense. For video tutorials and FAQs, go to [support.polar.com/en/verity-sense](https://support.polar.com/en/verity-sense).

## INTRODUCTION

Congratulations on your new Polar Verity Sense!

Polar Verity Sense is a versatile high-quality optical heart rate sensor that measures heart rate from your arm or temple. It's a great alternative to heart rate chest straps and wrist-based devices. You can use it with the armband, swimming goggle strap clip or just place it anywhere snug and firm against your skin. Polar Verity Sense allows maximum freedom of movement and works in countless different sports. As a highlight, Polar Verity Sense records heart rate, distance and pace when you swim in the pool.

You can record your workouts in the sensor's internal memory and transfer workout data to your phone afterwards or you can connect it to a compatible device and follow your heart rate in real time during your workout.

Polar Verity Sense transfers data via Bluetooth® and ANT+. You can use the sensor with dozens of leading fitness apps including Polar Flow app, as well as with Bluetooth and ANT+ compatible training devices. You can stream your heart rate simultaneously to two different receiving Bluetooth devices and as many ANT+ devices as you wish.

Polar Verity Sense comes with a comfortable machine-washable armband, swimming goggle strap clip, USB charging adapter and storage pouch.



## **TAKE FULL ADVANTAGE OF YOUR POLAR VERITY SENSE**

To take full advantage of Verity Sense's features, connect it to Polar Flow, our free app and web service. When the sensor is connected to Polar Flow, you can record your training session using the sensor alone and transfer your training data to Flow app or web service afterwards. You will also get the latest updates for your sensor through Polar Flow. To connect your Verity Sense with Polar Flow, [set it up](#) with the Polar Flow mobile app or in the Polar Flow web service.



## POLAR FLOW APP

Get the [Polar Flow app](#) from the App Store® or Google Play™. Sync your Verity Sense with the app after training, and get an instant overview and feedback of your training results and performance.

## POLAR FLOW WEB SERVICE

Sync your training data to the [Polar Flow web service](#) with the FlowSync software on your computer or via Polar Flow app. In the web service you can plan your training, track your achievements, get guidance and see detailed analysis of your training results. Find all this at [flow.polar.com](http://flow.polar.com).

# GET STARTED

## SETTING UP YOUR POLAR VERITY SENSE

We recommend that you charge the battery before you start using your Verity Sense. If the battery is completely empty, it may take several minutes for the charging to start. See [Batteries](#) for detailed information on charging the battery.



Note that when your Verity Sense battery has enough power it will advertise itself to all compatible receivers nearby.

### CHOOSE ONE OPTION FOR SETUP

A. **On your phone:** Mobile setup is convenient if you don't have access to a computer with a USB port, but it might take longer. This method requires an internet connection.

B. **On your computer:** Wired computer setup is quicker and you can charge your Polar Verity Sense at the same time, but you need a computer available. This method requires an internet connection.



Fill in all the physical details required for accurate training data at once, and get the latest firmware for your Polar Verity Sense.

### OPTION A: SET UP WITH A PHONE AND POLAR FLOW APP

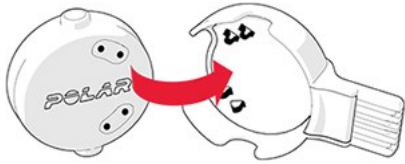


Please note that you have to do the pairing in the Flow app and **NOT in your phone's Bluetooth settings.**

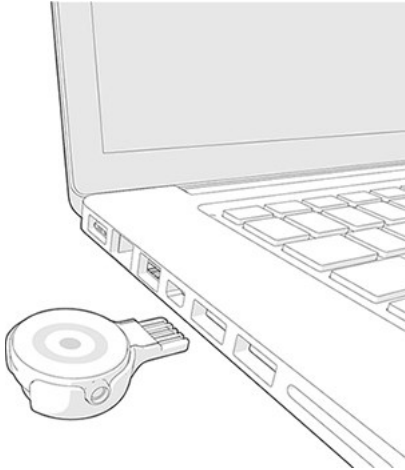
1. Keep your Polar Verity Sense and phone close to each other during setup.
2. Make sure your phone is connected to the internet and turn on Bluetooth.
3. Download the Polar Flow app from the App Store or Google Play on your phone.
4. Open the Flow app on your phone and sign in with your Polar account or create a new one.
5. Turn Polar Verity Sense on by pressing the button.
6. The Flow app recognizes your Polar Verity Sense nearby and prompts you to start pairing it. Tap the **Start** button on the Flow app and follow the on-screen instructions.

### OPTION B: SET UP WITH YOUR COMPUTER VIA FLOWSYNC

1. Place the sensor into the USB adapter with the lens facing up so that the contacts on the sensor and the USB adapter meet.



2. Plug the USB adapter into your computer USB port.



3. Go to [flow.polar.com/start](https://flow.polar.com/start) and install Polar FlowSync data transfer software to your computer.
4. Sign in with your Polar account or create a new one. We'll walk you through the sign-up and setup within the web service.

**After the setup is done, you're ready to go. Have fun!**



## BUTTON FUNCTIONS AND LEDS

Verity Sense has one button that has different functions depending on the situation of use, and how long it is pressed. See below what functions the button has in different modes, and what the different colored LEDs mean.

### BUTTON FUNCTIONS

#### Turn the sensor on/off

- Turn the sensor on by pressing the button shortly.
- Turn the sensor off by pressing and holding the button.

#### Choose the training mode

- [Choose the training mode](#) by pressing the button shortly until the LED next to the desired mode lights up.
- You can check which training mode is locked by pressing the button shortly. The status LED on the side lights up blue in heart rate mode, green in recording mode and white in swimming mode.

### LED COLORS AND THEIR MEANINGS

#### When choosing the training mode

When choosing the training mode, the status LED on the side lights up blue in heart rate mode, green in recording mode and white in swimming mode. The LED lights that are used for the heart rate measurement also guide you in choosing the correct training mode by indicating which mode is currently chosen:



For more information, see [Choosing training mode](#).

## Battery status

- Battery low: Red LED blinks slowly
- Battery critical: Red LED blinks quickly

## Battery status when charging

When charging, the status LED blinks certain colors to indicate the battery status of the sensor:



Red: 0-9%

Orange: 10-29%

Yellow: 30-79%

Green: 80-99%

Green LED is continuously on when the battery is full.



The sensor syncs automatically with the Polar Flow app during charging if your phone is within the Bluetooth range. The LED blinks blue during synchronization.

## During fitness test

Purple LED blinks once every two seconds.



For instructions on performing the Polar Fitness test with Verity Sense, see the support



document [Polar Fitness Test with Verity Sense](#).

## Other

Syncing:	Blue LED blinks
Updating firmware:	Blue LED continuously on
Error:	Red LED blinks

## PAIRING

### PAIR WITH POLAR FLOW APP

If you've done the setup for your Polar Verity Sense with a phone as described in chapter [Setting up your Polar Verity Sense](#), it has already been paired with your phone.

If you did the setup with a computer, and would like to use your Polar Verity Sense with the Polar Flow app you need to perform one training session using the sensor in recording mode or in swimming mode before it can be paired with the Flow app.

#### BEFORE PAIRING A PHONE:

- Download the Flow app from the App Store or Google Play.
- Make sure your phone has Bluetooth turned on, and airplane mode/flight mode is not turned on.
- Make sure you have recorded at least one training session in the sensor's internal memory by using the sensor in [recording mode](#) or in [swimming mode](#).
- **Android users:** make sure location is enabled for the Polar Flow app in the phone's application settings.

#### TO PAIR A PHONE:



Please note that you have to do the pairing in the Flow app and **NOT in your phone's Bluetooth settings**.

1. On your phone, open the Flow app and sign in with your Polar account, which you have created when setting up your sensor.



**Android users:** If you have several Flow app compatible Polar devices in use, make sure you have chosen Verity Sense as the active device in the Flow app. By doing this the Flow app will connect with your sensor when pairing.

2. Turn the sensor on by pressing the button.
3. Flow app automatically prompts you to pair your Verity Sense. Accept the Bluetooth pairing request on your phone.



We recommend using your Polar Verity Sense with the Polar Flow app but it is also possible to use other applications. For information on pairing your sensor with other applications, see the app developer's instructions.

## **PAIR WITH A POLAR WATCH**

Check the user manual of your Polar watch at [support.polar.com](https://support.polar.com) for specific pairing instructions.

# SETTINGS

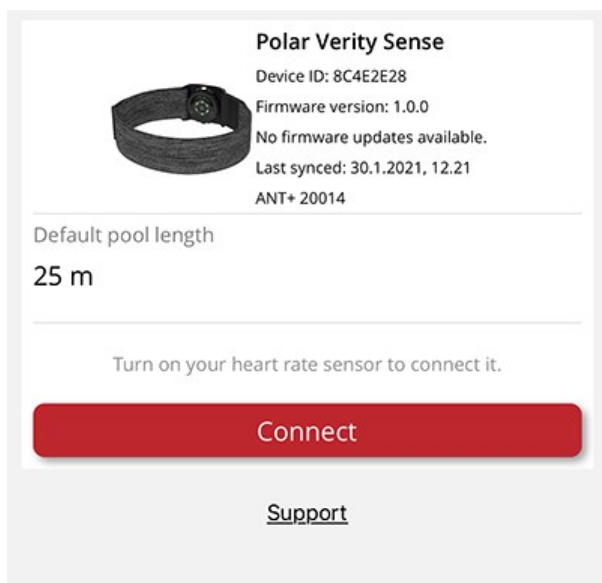
## SETTINGS IN POLAR FLOW APP



Before you can edit the Verity Sense settings in the Polar Flow app, you need to pair the sensor with the app. For details see [Pairing](#).

In the Flow app, go to **Devices** and choose Polar Verity Sense if you have more than one Polar device.

Turn the sensor on to connect it with the Polar Flow app and to view the settings.



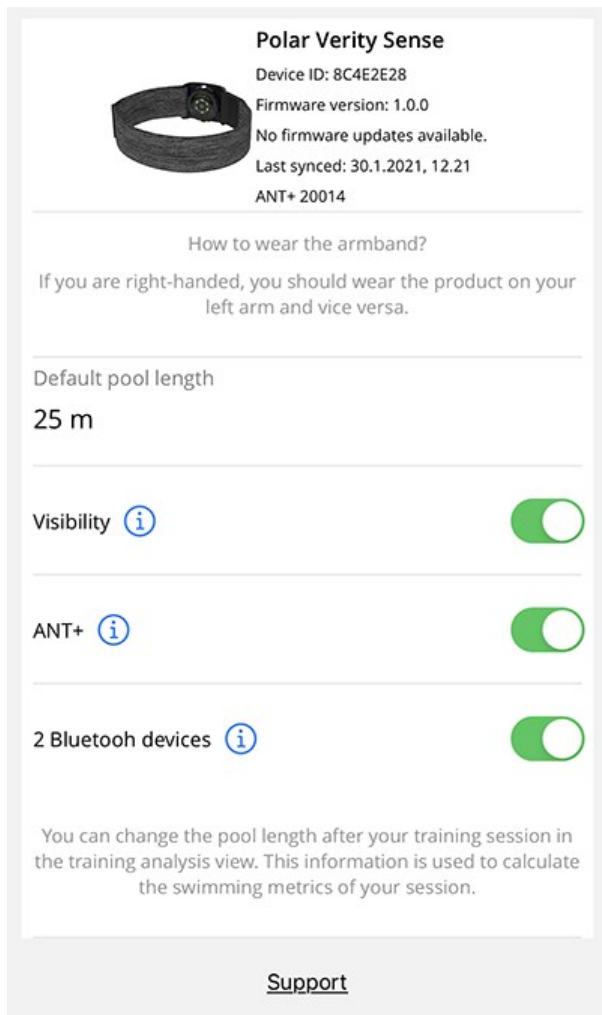
You can edit the following settings:

**Default pool length:** Set the default pool length to be used for swimming distance and pace calculations. Note that you can change the pool length after your swimming session from the training analysis view in the Flow app and web service, and the swimming metrics will be updated accordingly.

**Visibility:** Choose visibility to make your sensor visible to other compatible devices.

**ANT+:** Turn the ANT+ heart rate transmission on or off.

**2 Receiving BLE devices:** Choose this to let your sensor send live heart rate data to two receiving BLE devices at the same time, for example your Polar watch and gym equipment.



## UPDATING THE FIRMWARE

To keep your Polar Verity Sense up to date and to get the best performance, always make sure to update the firmware whenever a new version is available. Firmware updates are performed to improve the functionality of your sensor.



You won't lose any data due to the firmware update. Before the update begins, the data from your Verity Sense is synced to your Flow account.

### WITH PHONE OR TABLET

You can update the firmware with your phone if you're using the Polar Flow mobile app. The app will let you know if there's an update available and will guide you through it. We recommend that you plug the sensor into a power source before starting the update to ensure a flawless update operation.



The wireless firmware update may take up to 20 minutes, depending on your connection.

## WITH COMPUTER

Whenever a new firmware version is available, FlowSync will notify you when you connect the Verity Sense to your computer. The firmware updates are downloaded via FlowSync.

### To update the firmware:

1. Place the sensor into the USB adapter with the lens facing up so that the contacts on the sensor and the USB adapter meet.
2. Plug the USB adapter into your computer USB port.
3. FlowSync starts syncing your data.
4. After syncing, you are asked to update the firmware.
5. Choose **Yes**. New firmware is installed (this may take up to 10 minutes). Please wait until the firmware update has been finalized before you detach the Verity Sense from your computer.

## RESETTING THE SENSOR

If you experience problems with your Polar Verity Sense sensor, you can reset the sensor back to factory settings. Note that resetting the sensor back to factory settings empties all personal data and settings from the sensor, and you will need to set it up again for your personal use. All data that you have synced from your sensor to your Flow account is safe.

### TO RESET THE SENSOR TO FACTORY SETTINGS

1. Go to [flow.polar.com/start](https://flow.polar.com/start) and download and then install the Polar FlowSync data transfer software onto your computer.
2. Place the sensor into the USB adapter with the lens facing up so that the contacts on the sensor and USB adapter meet.
3. Open settings in FlowSync.
4. Press the **Factory Reset** button.
5. If you use Flow app to sync, check the list of paired Bluetooth devices on your phone, and remove your sensor from the list if it's there.

Now you need [to set up](#) your sensor again, either via mobile or computer. Just remember to use the same Polar account in the setup you've used before resetting.

# TRAINING

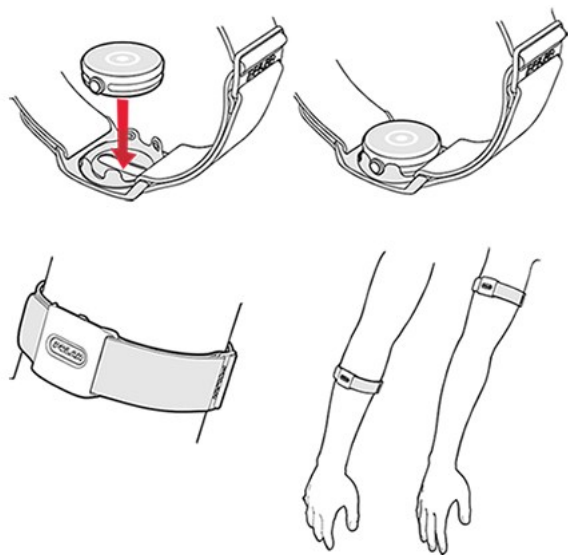
## WEARING YOUR VERITY SENSE

Polar Verity Sense allows you full freedom of movement regardless of your sport. You can use it with the armband, swimming goggle strap clip or you can place it anywhere against your skin where it sits snugly and firmly.

### WEARING ON YOUR ARM WITH THE ARMBAND

To measure heart rate accurately when using the armband, you need to wear the Verity Sense snugly on your forearm or upper arm, not on your wrist.

1. Place the sensor into the armband holder with the lens facing up.
2. Wear the armband so that the sensor is on the underside of the armband firmly against your skin.
3. Wear the Verity Sense in the armband around your forearm or upper arm.

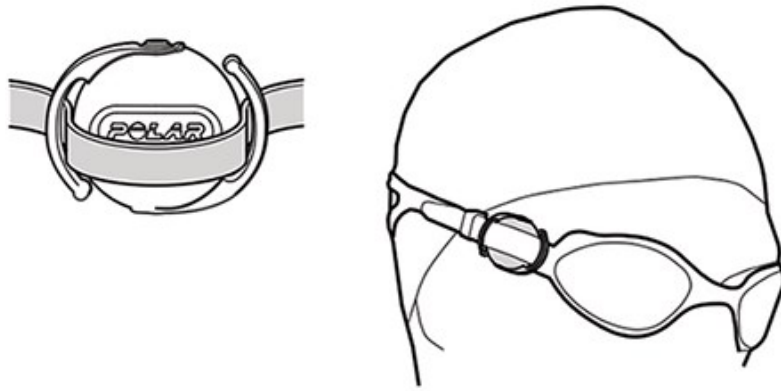


### WEARING WITH SWIMMING GOGGLES

The Verity Sense records your heart rate, distance and pace automatically in pool swimming with the specific swimming mode. Distance and pace calculations are based on the set pool length and detected turns. The sensor detects turns with an integrated gyroscope. **To get the most accurate swimming metrics, it is crucial that you wear the sensor correctly by following the instructions below. If the sensor is worn incorrectly the data gathered from your swim will be flawed.**

1. Place the sensor into the swimming goggle strap clip with the lens facing up.
2. Attach the clip onto your swimming goggles strap. Position the clip onto your swimming goggles strap so that the sensor sits **on your right temple with the button facing up.**





3. The lens should touch the bare skin of your temple. Attach the sensor as far as you can on your temple without getting your hair between the sensor and your skin.

### **OTHER OPTIONS FOR WEARING THE SENSOR**

Generally, you can wear the Verity Sense wherever you feel comfortable and you feel you are getting accurate readings. Just make sure that the sensor is snugly and firmly against your skin, for example under tight-fitting clothing. Note that accuracy from different locations varies from person to person.

You can easily detach the sensor from the holder by pushing through the hole in the holder.



Or, if you want, you can detach the armband from the holder and use the holder alone to attach the sensor anywhere that happens to suit your sport.



Please note that in addition to keeping your sensor in place, the armband holder and the swimming goggle strap clip also have another function: they act as booster antennas, which significantly increase the Bluetooth transmission range. When you need the best possible range, keep the sensor in its armband holder or the swimming goggle strap clip. For details on the Bluetooth transmission range, see [Technical specification](#).

### **CHOOSING TRAINING MODE**

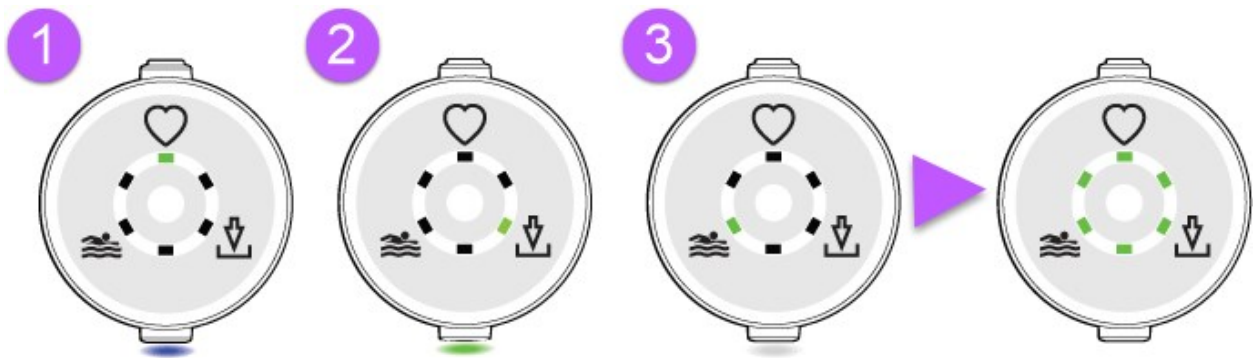
The Polar Verity Sense has three training modes: heart rate mode, recording mode and swimming mode.



Please note that before you use the sensor in recording or swimming mode, it needs to be connected to your Polar Flow account. This is done during the set up. If you haven't done the set up as instructed in [Setting up your Verity Sense](#), you can only use the sensor in heart rate mode.

1. In **heart rate** mode you can connect the sensor to a compatible device or app and follow your heart rate in real time during your training session. For detailed instructions, see [Training in heart rate mode](#).
2. In **recording mode** you can store your training session into the sensor's internal memory and transfer your training data to Polar Flow app or web service afterwards. For detailed instructions, see [Training in recording mode](#).
3. In **swimming mode** the sensor records and stores your heart rate, distance and pace automatically when swimming in a pool. For detailed instructions, see [Training in swimming mode](#).

You can choose the mode after turning on the sensor by pressing the button shortly until the LED next to the mode you want to use lights up. After your choice, wait until all six LEDs light up. The sensor is then ready to measure - just [wear it](#) and start training. Please note that the mode is now locked and can only be changed by switching the sensor off and back on again.



## TRAINING IN HEART RATE MODE



By default, the sensor transmits your heart rate signal simultaneously via Bluetooth and ANT+. You can turn the ANT+ heart rate transmission off from the [Polar Flow app settings](#), if you want. With the Polar Flow app, you can also turn the dual Bluetooth setting on, and then use the sensor simultaneously with two devices, for example with compatible gym equipment and your Polar watch and see your live heart rate in both devices.

Before starting, make sure the Verity Sense is paired with your Polar app or watch. For details see [Pairing](#).

1. Turn Verity Sense on by pressing the button.
2. Choose heart rate mode by pressing the button shortly until the LED next to the heart icon lights up. When choosing the heart rate mode, the status LED on the side lights up blue.



3. After your choice, wait until all six LEDs light up. The sensor is then ready to measure your heart rate.



4. [Wear the sensor](#) and start the session from your Polar watch or app.

After your training session, you can stop the recording from your Polar app or watch. Turn Verity Sense off by pressing and holding the button until the lights are switched off. With the Polar Flow app, you'll get an instant overview of your training straight after your session on your phone. If you used a Polar watch, remember to sync your watch with the Flow app or web service to view the details of your session.

## TRAINING IN RECORDING MODE



Before you can record a training session with Polar Verity Sense, it needs to be registered and linked to a Polar Flow account. This is done during the set up. For details, see [Setting up your Verity Sense](#).

1. Turn Verity Sense on by pressing the button.
2. Choose recording mode by pressing the button shortly until the LED next to the arrow icon lights up. When choosing the recording mode, the status LED on the side lights up green.



3. After your choice, wait until all six LEDs light up. The sensor is then ready to measure your heart rate.



4. [Wear the sensor](#) and start your training session.

After your training session, you can stop the recording by pressing the button until the lights are switched off. Then sync your training session to the Flow app and web service to view the details of your session.



The sensor automatically syncs with the Flow app when you stop the recording if your phone is within Bluetooth range. See [Syncing](#) for more information.



When used in recording mode training sessions are stored under the **Other indoor** Sport Profile. You can change the sport profile by tapping the sport profile icon in the Polar Flow app.

## TRAINING IN SWIMMING MODE



Before you can record a swimming session with Polar Verity Sense, it needs to be registered and linked to a Polar Flow account. This is done during the set up. For details, see [Setting up your Verity Sense](#).

The Verity Sense records your heart rate, distance and pace automatically in pool swimming with the specific swimming mode. Distance and pace calculations are based on the set pool length and detected turns. The sensor detects swimming turns with an integrated gyroscope. **To get the most accurate swimming metrics, it is crucial that you wear the sensor correctly.** For instructions, see [Wearing your Verity Sense](#).

1. Turn Verity Sense on by pressing the button.
2. Choose swimming mode by pressing the button shortly until the LED next to the swimming icon lights up. When choosing the swimming mode, the status LED on the side lights up white.



3. After your choice, wait until all six LEDs light up. The sensor is then ready to measure your heart rate.



4. [Wear the sensor](#) and start your training session.



After your training session, you can stop the recording by pressing the button until the lights are switched off. Then sync your training session to the Flow app or web service to view the details of your session.



The sensor automatically syncs with the Flow app when you stop the recording if your phone is within Bluetooth range. See [Syncing](#) for more information.



If necessary, you can change the pool length setting after your swimming session from the training analysis view in the Flow app and web service, and the swimming metrics will be updated accordingly.

# POLAR FLOW

## POLAR FLOW APP

In the Polar Flow mobile app, you can see an instant visual interpretation of your training and activity data. You can also plan your training in the app.

### TRAINING DATA

Train with live heart rate, track your route and distance and get personalized feedback on every workout. For more information, see the support document [Recording training sessions with Polar Flow app](#).

With the Polar Flow app, you can easily access the information of your past and planned training sessions.

Get a quick overview of your training, and analyze every detail of your performance right away. See weekly summaries of your training in the training diary. You can also share the highlights of you training with your friends with the Image sharing function.

### IMAGE SHARING

With Flow app's image sharing function you can share images with your training data on them to most common social media channels, like Facebook and Instagram. You can either share an existing photo or take a new one and customize it with your training data. If you had GPS recording on during your training session, you can also share a snapshot of your training route.

To see a video, click on the following link:

[Polar Flow app | Sharing training results with a photo](#)

## START USING THE FLOW APP

You can [set up your sensor](#) using a mobile device and the Flow app.

To start using the Flow app, download it from the App Store or Google Play onto your mobile device.

Before taking a new mobile device (smartphone, tablet) into use, it has to be paired with your sensor. See [Pairing](#) for more details.

Your sensor automatically syncs with the Flow app when you turn it off after training if your phone is within Bluetooth range. If your phone has an internet connection, your training data is also synced automatically to the Flow web service.

Using the Flow app is the easiest way to sync your training data from your sensor with the web service. For information on syncing, see [Syncing](#).

For more information and instructions on Flow app features, visit [Polar Flow app product support page](#).

## POLAR FLOW WEB SERVICE

In the Polar Flow web service, you can plan and analyze your training in detail and learn more about your performance.

You can [set up your Verity Sense](#) with your computer at [flow.polar.com/start](https://flow.polar.com/start). There you are guided to download and install the FlowSync software for syncing data between your sensor and the web service, and to create a user account for the web service. If you did the setup using a mobile device and the Flow app, you can log into the Flow web service with the credentials you created in the setup.

### DIARY

In **Diary** you can see your planned training sessions (training targets) as well as review past training results.

### REPORTS

In **Reports** you can follow your development.

Training reports are a handy way to follow your progress in training over longer periods. In week, month and year reports you can choose the sport for the report. In custom period, you can choose both the period and the sport. Choose the time period and sport for report from the drop-down lists, and press the wheel icon to choose what data you want to view in the report graph.

### PROGRAMS

The Polar Running Program is tailored for your goal, based on Polar heart rate zones, taking your personal attributes and training background into account. The program is intelligent, it adapts along the way based on your development. The Polar Running Programs are available for 5k, 10k, half marathon and marathon events, and consist of two to five running exercises per week depending on the program. It's super simple!

For support and more information about using the Flow web service, go to, [support.polar.com/en/support/flow](https://support.polar.com/en/support/flow).

### SYNCING

You can transfer data from your Verity Sense to the Polar Flow app wirelessly via the Bluetooth connection. Or, you can sync your Verity Sense with the Polar Flow web service by using a USB port and the FlowSync software. To be able to sync data between your Verity Sense and the Flow app you need to have a Polar account. If you want to sync data from your Verity Sense directly to the web service, in addition to a Polar account, you need the FlowSync software. If you've set up your Verity Sense, you have created a Polar account. If you set up your Verity Sense using a computer, you have the FlowSync software on your computer.

Remember to sync and keep your data up-to-date between your Verity Sense, the web service and the mobile app wherever you are.



## SYNC WITH THE FLOW MOBILE APP

Before syncing make sure:

- You have a Polar account and the Flow app.
- Your mobile device has Bluetooth turned on, and airplane mode/flight mode is not turned on.
- You have paired your sensor with your mobile. For more information, see [Pairing](#).

Sync your data:

1. Sign in to the Flow app with your Polar account.
2. Turn the sensor on by pressing the button.



The sensor automatically syncs with the Flow app when you stop recording a training session if your phone is within Bluetooth range. If your phone has an internet connection, your training data is also synced automatically to the Flow web service.

For support and more information about using the Polar Flow app, visit [Polar Flow app product support page](#).

## SYNC WITH FLOW WEB SERVICE VIA FLOWSYNC

To sync data with the Flow web service you need the FlowSync software. Go to [flow.polar.com/start](http://flow.polar.com/start), and download and install it before trying to sync.

1. Place the sensor into the USB adapter with the lens facing up so that the contacts on the sensor and USB adapter meet.
2. Plug the USB adapter into a computer USB port. Make sure FlowSync software is running.
3. The FlowSync window opens on your computer, and the syncing starts.
4. Completed is displayed when you are done.

Every time you plug in your Verity Sense to your computer, the Polar FlowSync software will transfer your data to the Polar Flow web service and sync any settings you may have changed. If the syncing does not automatically start, start FlowSync from the desktop icon (Windows) or from the applications folder (Mac OS X). Every time a firmware update is available, FlowSync will notify you, and request you to install it.



If you change settings in the Flow web service while your sensor is plugged into your computer, press the synchronize button on FlowSync to transfer to the settings to your sensor.

For support and more information about using the Flow web service, go to [support.polar.com/en/support/flow](http://support.polar.com/en/support/flow).

For support and more information about using FlowSync software, go to [support.polar.com/en/support/FlowSync](https://support.polar.com/en/support/FlowSync).

# IMPORTANT INFORMATION

## BATTERY

At the end of the working life of the product Polar encourages you to minimize possible effects of waste on the environment and human health by following local waste disposal regulations and, where possible, utilizing separate collection of electronic devices. Do not dispose of this product as unsorted municipal waste.

## CHARGING THE BATTERY

The Verity Sense has an internal, rechargeable battery. Rechargeable batteries have a limited number of charge cycles. You can charge and discharge the battery over 500 times before a notable decrease in its capacity. The number of charge cycles also varies according to use and operating conditions.



Before charging, please make sure there's no moisture, dust or dirt on the charging contacts of your Verity Sense and USB charging adapter. Gently wipe off any dirt or moisture. Do not charge the sensor when it's wet.



Do not charge the battery in temperatures under 0 °C/ +32 °F or over +40 °C/ +104 °F or when the USB port is wet.

Attach the USB charging adapter to the sensor **before** connecting the adapter to the power supply.

Don't leave the USB charging adapter connected to the power supply **without** the sensor.

Use the USB charging adapter included in the product set to charge it via the USB port on your computer. You can also charge the battery via a wall outlet. When charging via a wall outlet, use a USB power adapter (not included in the product set).

You can charge the battery via a wall outlet. When charging via a wall outlet, use a USB power adapter (not included in the product set). If you use a USB power adapter, make sure that the adapter is marked with "output 5Vdc" and that it provides a minimum of 500mA. Only use an adequately safety approved USB power adapter (marked with "LPS", "Limited Power Supply", "UL listed" or "CE").

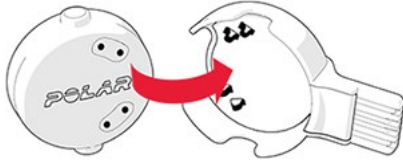




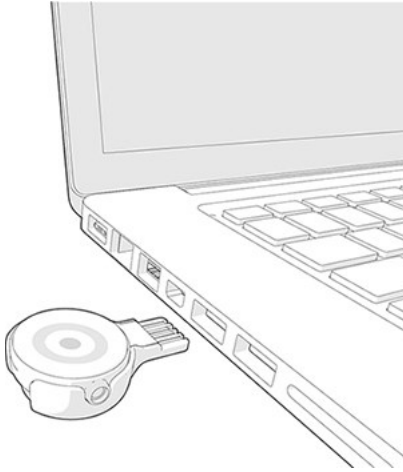
Do not charge Polar products with a 9 volt charger. Using a 9 volt charger can damage your Polar product.

To charge with your computer, just plug your Verity Sense to your computer, and at the same time, you can have it synced it with FlowSync.

1. Place the sensor into the USB adapter with the lens facing up so that the contacts on the sensor and USB adapter meet.



2. Plug the USB adapter into a computer USB port or USB power wall outlet.



If the battery is completely empty, it may take several minutes for the charging to start.



Don't leave the battery fully discharged for a long period of time or keep it fully charged all the time, because it may affect the battery lifetime.

## CARING FOR YOUR POLAR VERITY SENSE

Like any electronic device, the Polar Verity Sense should be kept clean and treated with care. The instructions below will help you fulfill the guarantee obligations, keep the device in peak condition and avoid any issues in charging or syncing.

## KEEP YOUR VERITY SENSE CLEAN

Rinse the sensor after each training session with lukewarm tap water. The sensor is water resistant and you can rinse it under running water without damaging the electronic components. Clean the sensor with a mild soap and water solution when needed. Never use alcohol or any abrasive material (steel wool or cleaning chemicals).

Rinse the armband after each training session with lukewarm tap water. You can wash the armband in a washing machine. Check the label on your armband for detailed washing instructions. We recommend using a wash bag. Do not use bleach or fabric softener.

### **Remember to detach the sensor from the armband before washing.**

You can easily detach the sensor from the holder by pushing through the hole in the holder:



### **Keep the charging contacts of your sensor and USB adapter clean to ensure smooth charging and syncing.**

Keep the charging contacts of your sensor clean to effectively protect your sensor from oxidation and other possible damage caused by dirt and salt water (e.g. sweat or sea water).



Before charging, please make sure there's no moisture, dust or dirt on the charging contacts of your sensor and USB adapter. Gently wipe off any dirt or moisture. Do not use any sharp tools for cleaning to avoid scratching. **Do not charge the sensor when it's wet.**

### **Take good care of the optical heart rate sensor**

Keep the optical sensor area clean and scratch-free. Scratches and dirt will reduce the performance of the optical heart rate measurement.

Avoid using perfume, lotion, suntan/sunscreen or insect repellent on the area where you wear the sensor. If the sensor comes into contact with these or any other chemicals, wash it with a mild soap and water solution and rinse well under running water.

## STORING

Keep your training device in a cool and dry place. Do not keep it in a damp environment, in non-breathable material (a plastic bag or a sports bag) nor with conductive material (a wet towel). Do not expose the training device to direct sunlight for extended periods, such as by leaving it in a car or mounted on the bike mount. It is recommended to store the training device partially or fully charged.

The battery slowly loses its charge when it is stored. If you are going to store the training device for several months, it is recommended to recharge it after a few months. This will prolong the battery lifetime.

**Do not leave the device in extreme cold (below -10 °C/14 °F) and heat (above 50 °C/120 °F) or under direct sunlight.**

## **SERVICE**

During the two-year guarantee/warranty period we recommend that you have service 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 further information, see Limited International Polar Guarantee.

For contact information and all Polar Service Center addresses, visit [support.polar.com](https://support.polar.com) and country-specific websites.

## **PRECAUTIONS**

The Polar Verity Sense is designed to measure heart rate. No other use is intended or implied.

The sensor should not be used for obtaining environmental measurements that require professional or industrial precision.

We recommend that you wash the sensor and the armband regularly to avoid any skin problems from a dirty armband.

## **INTERFERENCE DURING TRAINING**

### **Electromagnetic Interference and Training Equipment**

Disturbance may occur near electrical devices. Also WLAN base stations may cause interference when training with the training device. To avoid erratic reading or misbehavior, move away from possible sources of disturbance.

Training equipment with electronic or electrical components such as LED displays, motors and electrical brakes may cause interfering stray signals.

If the training device does not work with the training equipment, it may be electrically too noisy for wireless heart rate measurement.

## **HEALTH AND TRAINING**

Training may include some risk. Before beginning a regular training program, it is recommended that you answer the following questions concerning your health status. If you answer yes to any of these questions, we recommend that you consult a doctor before starting any training program.

- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure or high blood cholesterol?
- Are you taking any blood pressure or heart medication?

- Do you have a history of breathing problems?
- Do you have symptoms of any disease?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or other implanted electronic device?
- Do you smoke?
- Are you pregnant?

Note that in addition to training intensity, medications for heart conditions, blood pressure, psychological conditions, asthma, breathing, etc., as well as some energy drinks, alcohol, and nicotine may also affect heart rate.

It is important to be sensitive to your body's responses during training. **If you feel unexpected pain or excessive fatigue when training, it is recommended that you stop the training or continue at a lighter intensity.**

**Note!** If you are using a pacemaker or other implanted electronic device, you can use Polar products. In theory interference to pacemaker caused by Polar products should not be possible. In practice no reports exist to suggest anyone ever having experienced interference. We cannot however issue an official guarantee on our products' suitability with all pacemakers or other implanted devices due to the variety of devices available. If you have any doubts, or if you experience any unusual sensations while using Polar products, please consult your physician or contact the implanted electronic device manufacturer to determine safety in your case.

If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials in [Technical Specifications](#). If you experience any skin reaction, stop using the product and consult your physician. Also inform Polar Customer Care about your skin reaction.



The combined impact of moisture and intense abrasion may cause color to come off the heart rate sensor's or wristband's surface, possibly staining light-colored clothes. It may also cause a darker color to come off clothing, possibly staining lighter-colored training devices. To keep a light-colored training device glowing for years to come, please make sure the clothing you wear while training does not bleed color. If you use perfume, lotion, suntan/sunscreen or insect repellent on your skin, you must ensure that it does not come into contact with the training device or the heart rate sensor. If you train in cold conditions (-20 °C to -10 °C / -4 °F to 14 °F) we recommend that you wear the training device under the sleeve of your jacket, directly on your skin.

## WARNING

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.

## HOW TO USE YOUR POLAR PRODUCT SECURELY

Data security updates are performed two years onwards from a product's announced end-of-life date. Please update your Polar product regularly, and as soon as the Polar Flow mobile application or Polar FlowSync computer software informs you about the availability of a new firmware version.

Training session data and other data saved on your Polar device include sensitive information about you such as your name, physical information, overall health and location. Location data can be used to track you when you are out training and to find out what your usual routes are. For these reasons use extra caution when storing your device when not using it.

If you use phone notifications on your wrist device, be aware that messages from certain applications will be projected on the wrist device display. Your latest messages can also be viewed from the device menu. To ensure the confidentiality of your private messages, refrain from using the phone notifications feature.

Before handing the device over to a third party for testing or before selling it, it is necessary to perform a factory reset on the device, and to remove the device from your Polar Flow account. A factory reset can be performed with the FlowSync software on your computer. A factory reset will clear the device memory, and the device cannot be linked to your data anymore. To remove the device from your Polar Flow account, sign into the Polar Flow web service, choose products and click the "Remove" button next to the product you wish to remove.

The same training sessions are also stored on your mobile device with the Polar Flow application. For extra security, various security enhancing options can be enabled on your mobile device such as strong authentication and device encryption. Consult the user manual of your mobile device for instructions on enabling these options.

When using the Polar Flow web service, we recommend using a password that is no less than 12 characters in length. If using the Polar Flow web service on a public computer, please remember to clear the cache and browsing history in order to prevent others from accessing your account. In addition, do not allow a computer's browser to store or remember your password for the Polar Flow web service if it is not your private computer.

Any security issues can be reported to [security@polar.com](mailto:security@polar.com) or to Polar Customer Care.

## TECHNICAL SPECIFICATION

### POLAR VERITY SENSE

Operating time:	Up to 20 hours of continuous training 16 days when training 1 h per day
Battery type:	45 mAh Li-pol rechargeable battery



Memory capacity:	Up to 600 hours of training
Bluetooth transmission range:	Up to 150m with holder in open range Up to 20m without the holder
Operating temperature:	-20 °C to +60 °C / -4 °F to 140 °F
Materials:	<p><b>Sensor</b></p> <p>ABS, ABS+GF, PMMA, SUS 316 (Stainless steel)</p> <p><b>Armband</b></p> <p>Holder: PA, SUS 316 (Stainless steel)</p> <p>Armband: 71% Polyester, 29% Spandex</p> <p>Fastener: Polyamide</p> <p>Buckle: Zinc alloy</p> <p>Care label: 100% Polyester</p> <p><b>Swimming goggle strap clip</b></p> <p>PA, SUS 316 (Stainless steel)</p> <p><b>USB adapter materials</b></p> <p>PC+ABS, SUS 301 (Stainless steel) Gold plated</p>
Water resistance:	50 m (suitable for bathing and swimming)

Uses wireless Bluetooth® and ANT+™ technology.

## **POLAR FLOWSYNC SOFTWARE**

To use FlowSync software you need a computer with Microsoft Windows or Mac operating system with an internet connection and a free USB port.

Check the latest compatibility information from [support.polar.com](https://support.polar.com).

## **POLAR FLOW MOBILE APPLICATION COMPATIBILITY**

Check the latest compatibility information from [support.polar.com](https://support.polar.com).

## WATER RESISTANCE OF POLAR PRODUCTS

Most Polar products can be worn when swimming. They are not, however, diving instruments. To maintain water resistance, do not press the buttons of the device under water.

**Polar devices with wrist-based heart rate measurement** are suitable for swimming and bathing. They will collect your activity data from your wrist movements also when swimming. In our tests, however, we found that the wrist-based heart rate measurement doesn't work optimally in water, so we cannot recommend wrist-based heart rate measurement for swimming.

In the watch industry, water resistance is generally indicated as meters, which means the static water pressure of that depth. Polar uses this same indication system. Water resistance of Polar products is tested according to International Standard **ISO 22810** or **IEC60529**. Every Polar device that has water resistance indication is tested before the delivery to stand water pressure.

Polar products are divided into four different categories according to their water resistance. Check the back of your Polar product for the water resistance category, and compare it to the chart below. Please note that these definitions do not necessarily apply to products of other manufacturers.

When performing any underwater activity, the dynamic pressure generated by moving in water is greater than the static pressure. This means that moving the product under water subjects it to a greater pressure than if the product were stationary.

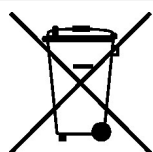
Marking on the back of the product	Wash splashes, sweat, raindrops etc.	Bathing and swimming	Skin diving with snorkel (no air tanks)	SCUBA diving (with air tanks)	Water resistant characteristics
Water resistant IPX7	OK	-	-	-	Do not wash with a pressure washer. Protected against splashes, raindrops etc. Reference standard: IEC60529.
Water resistant IPX8	OK	OK	-	-	Minimum for bathing and swimming. Reference standard: IEC60529.
Water resistant Water resistant 20/30/50 meters Suitable for swimming	OK	OK	-	-	Minimum for bathing and swimming. Reference standard: ISO22810.

Water resistant 100 meters	OK	OK	OK	-	For frequent use in water but not SCUBA diving. Reference standard: ISO22810.
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## REGULATORY INFORMATION



This product is compliant with Directives 2014/53/EU, 2011/65/EU and 2015/863/EU. The relevant Declaration of Conformity and other regulatory information for each product are available at [www.polar.com/en/regulatory\\_information](http://www.polar.com/en/regulatory_information).



This crossed out wheeled bin marking shows that Polar products are electronic devices and are in the scope of Directive 2012/19/EU of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE) and batteries and accumulators used in products are in the scope of Directive 2006/66/EC of the European Parliament and of the Council of 6 September 2006 on batteries and accumulators and waste batteries and accumulators. These products and batteries/accumulators inside Polar products should thus be disposed of separately in EU countries. Polar encourages you to minimize possible effects of waste on the environment and human health also outside the European Union by following local waste disposal regulations and, where possible, utilize separate collection of electronic devices for products, and battery and accumulator collection for batteries and accumulators.

## LIMITED INTERNATIONAL POLAR GUARANTEE

- Polar Electro Oy issues a limited international guarantee for Polar products. For products which have been sold in the USA or Canada, guarantee is issued by Polar Electro, Inc.
- Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of the Polar product that the product will be free from defects in material or workmanship for two (2) years from the date of purchase, with the exception of wristbands made of silicone or plastic, which are subject to a guarantee period of one (1) year from the date of purchase.
- The guarantee does not cover normal wear and tear of the battery, or other normal wear and tear, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked, broken or scratched cases/displays, textile armband or textile or leather wristband, elastic strap (e.g. heart rate sensor chest strap) and Polar apparel.
- The guarantee does also not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product.
- Guarantee does not cover products which have been purchased second hand.

- During the guarantee period, the product will be either repaired or replaced at any authorized Polar Central Service regardless of the country of purchase.
- Guarantee issued by Polar Electro Oy/Inc. does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/purchase contract.
- You should keep the receipt as a proof of purchase!
- Guarantee with respect to any product will be limited to countries where the product has been initially marketed by Polar Electro Oy/Inc.

Manufactured by Polar Electro Oy, Professorintie 5, 90440 KEMPELE, Finland [www.polar.com](http://www.polar.com).

Polar Electro Oy is a ISO 9001:2015 certified company.

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1.0 EN 02/2021