

Instructions for measuring heart rate by phone camera

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No need for expensive heart rate devices, users can still monitor their heart rate correctly by Instant Heart Rate application on smart phones. This is one of the best health apps on Android and iOS that everyone should install to preliminarily diagnose their own health status, see normal heart rate or heart rate and record the record of the results. heartbeat.

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Instructions for using the Instant Heart Rate heart rate measurement application

Instant Heart Rate is a tool that measures your heart rate using the camera and flash of your device. This application works according to the principle of observing the color change on the fingertip, then using its own algorithms to produce the most accurate heart rate results for the user. Overall, the app's calculation has the same operation as the pulse rate sensor used in medical devices today.

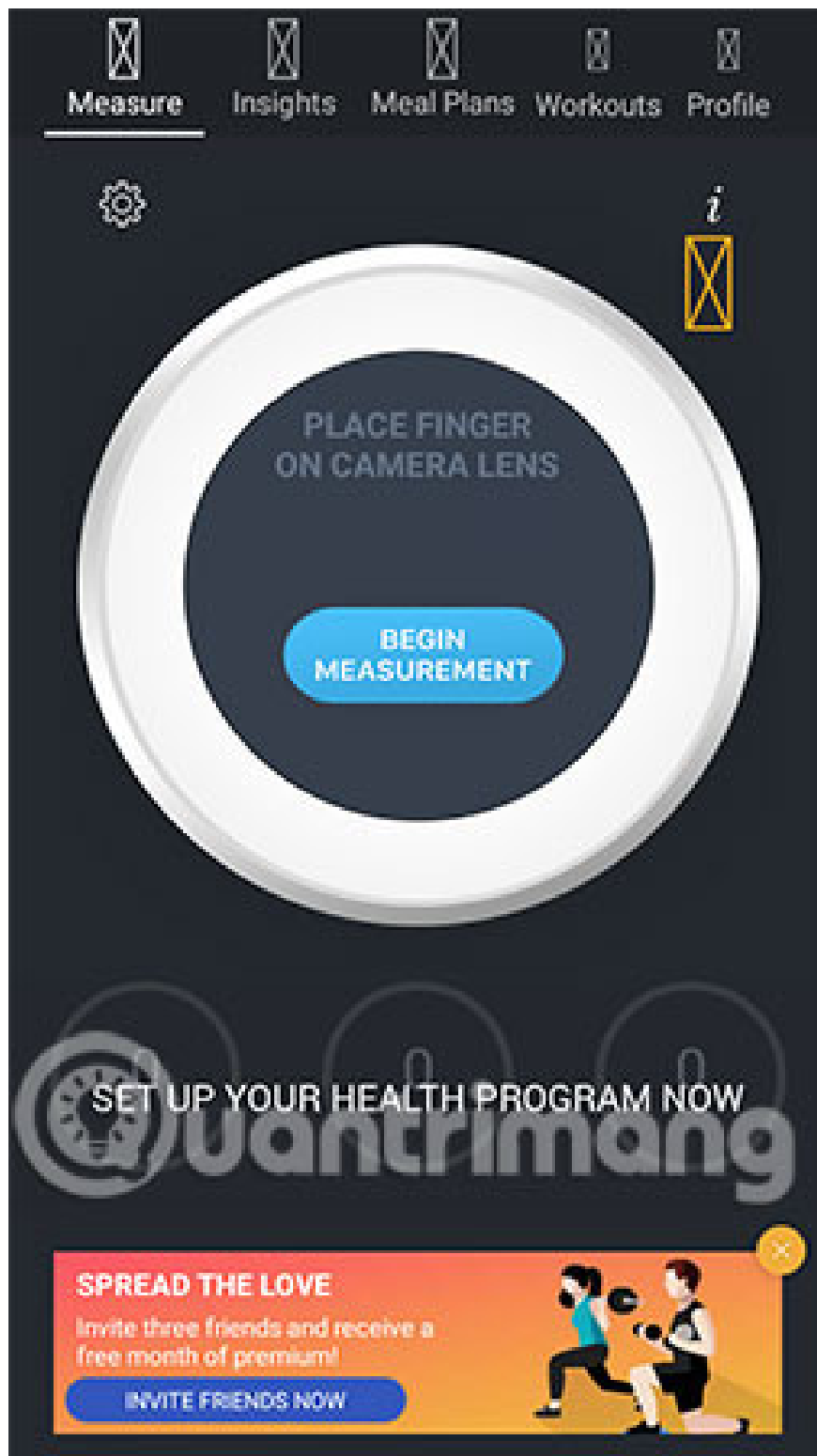
Step 1:

First of all, you need to download and install the Instant Heart Rate application to your device. Instant Heart Rate is compatible with both Android and iOS, please select the appropriate version below.

1. Download Instant Heart Rate for Android
2. Download Instant Heart Rate for iOS

Step 2:

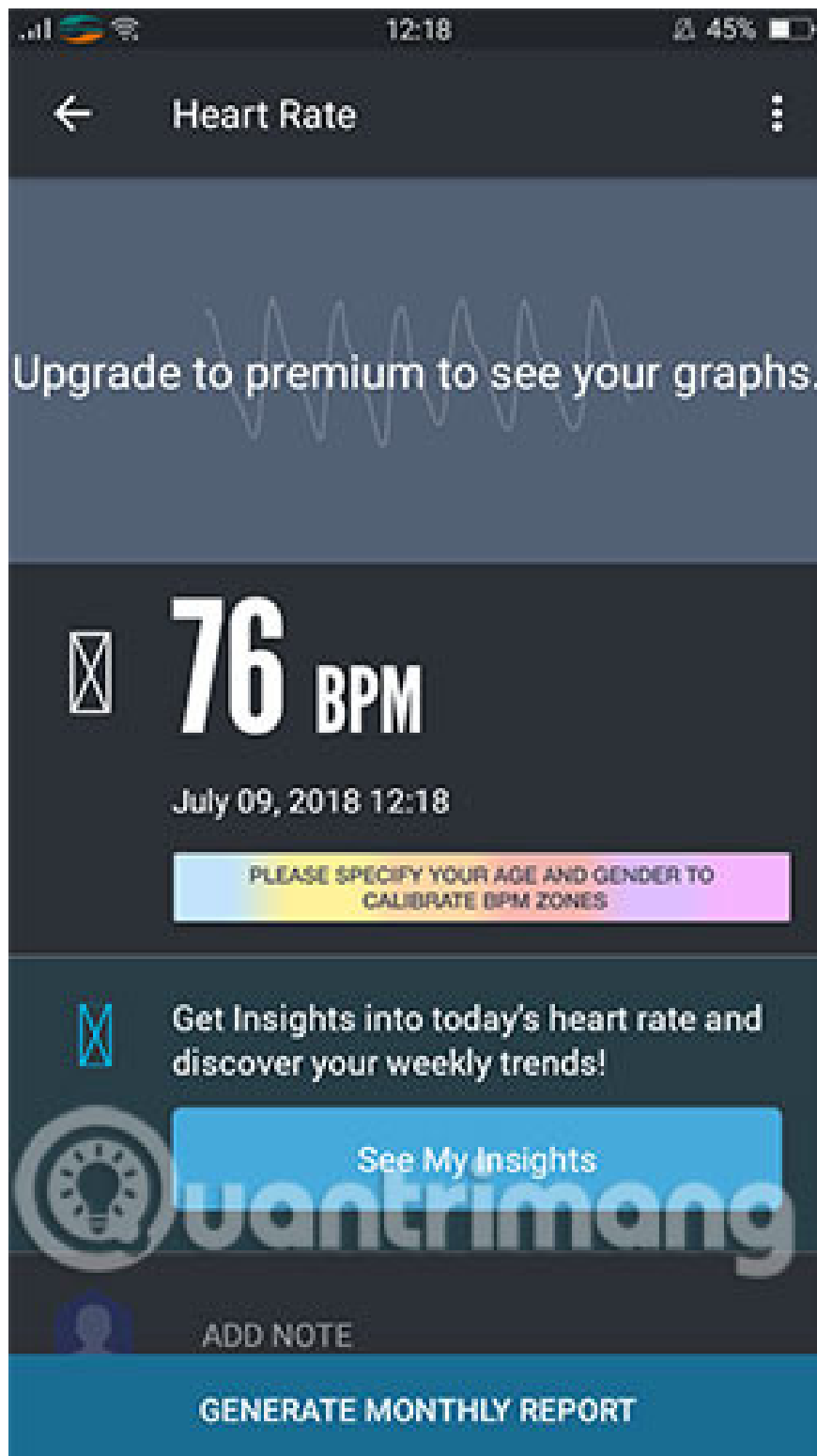
Start up the application, you will see the flash of the machine automatically turn on and ask the user to place an index finger on his left hand to cover the camera of the device.



You try to keep your finger in the camera after about 10 seconds for the application to measure your heart rate. The machine will observe and calculate to give you results right after the measurement is completed.



And as you can see, this is the result we get (76 BPM). This result is commented on the international standard of pulse rate.



Step 3:

You can diagnose health through the heart rate results measured above. Here is the scale as follows:

1. Blue (60): Slow heartbeat.
2. Yellow (60 - 90): Average heart rate.
3. Red (> 90): Fast heartbeat.

After checking your heart rate, you can save your heart rate this time on file, or delete, share it on social networks.

Note:

1. In 10 seconds, you have to minimize your finger shake.
2. The results are only relative and reference, so to be more accurate, you should still rely on the help of specialized medical devices.

So, we showed you how to measure your heart rate with a camera on your mobile phone with Instant Heart Rate tool. Hopefully, you've got a useful health care application to understand your health status and ask your doctor for help if you feel necessary.

Hope you are successful.

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