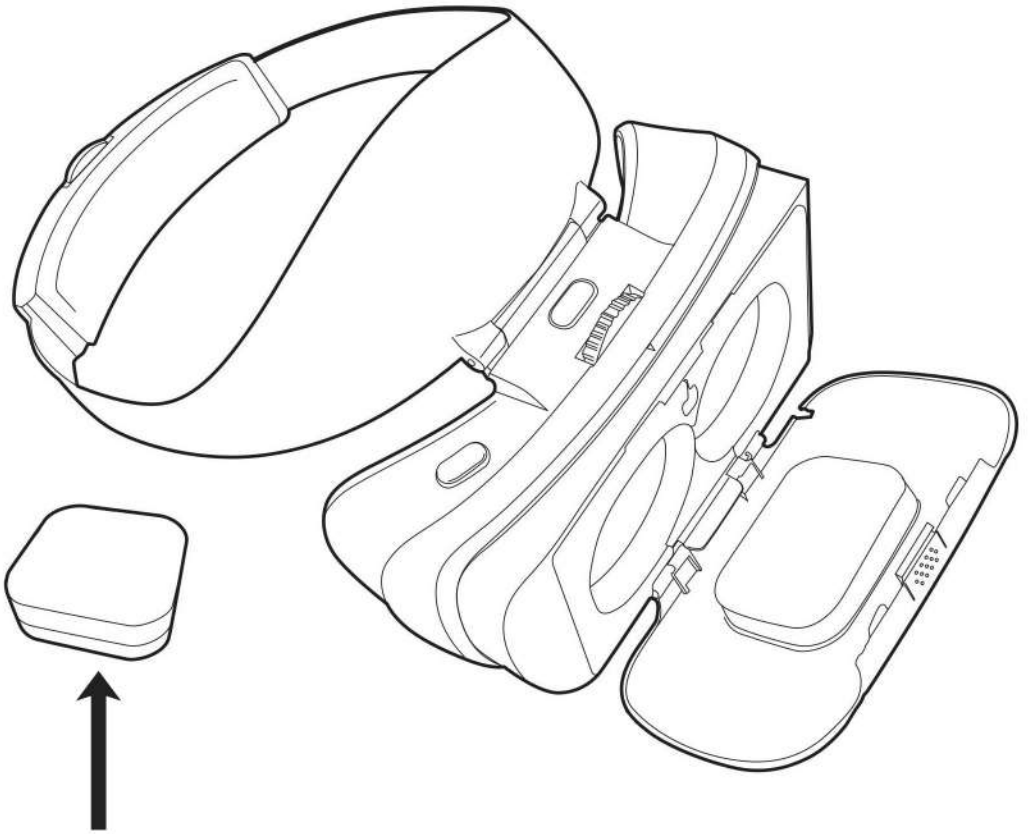


# hemVR



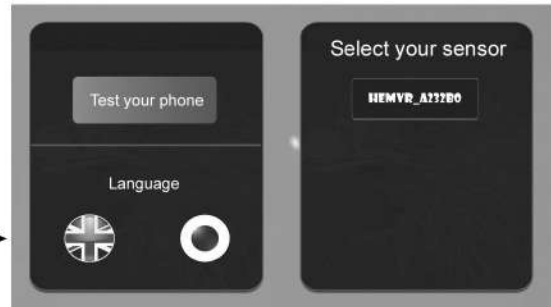
Batteries (CR2477) NOT  
included in the sensor.

## Before you start

Make sure that your phone is VR compatible

1. Type "hemVR" at AppStore or Google Play
2. Install any hemVR app
3. Do "Test your phone" in the app

Tap here for English →



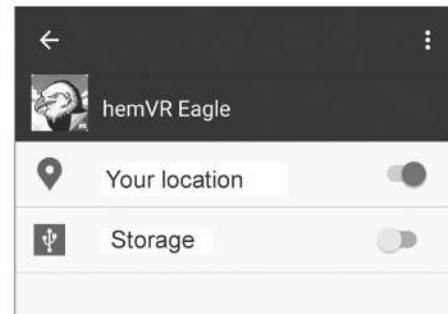
## Phone Setting

*ONLY* Android

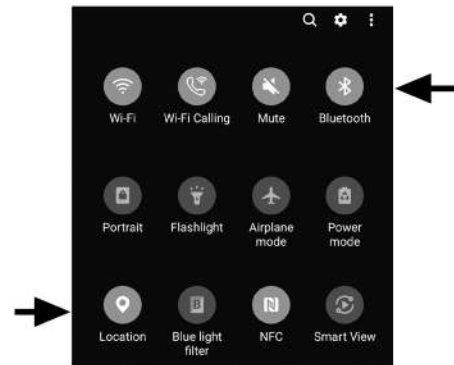
- Settings - General - Apps - Choose hemVR app
- Choose "Permissions" - Turn on "Your location"

\*Some Android have different settings

Android



\*Make sure that "Bluetooth" and "Location" on Quick Settings are also "ON"



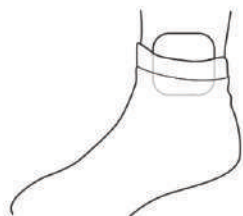
For iPhone, only tap OK for bluetooth usage

# STEP 1

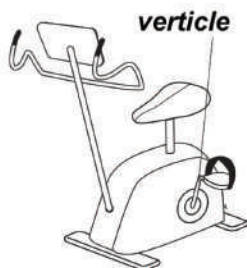
- ① Insert CR2477 battery into your sensor.

\*If you have a problem, visit [hemVR.com](http://hemVR.com) to see video

- ② Place your sensor



The sensor should be **vertical**, then place it in your sock



You can also attach a sensor on crank arm of your bike by taping, but NOT on pedal.

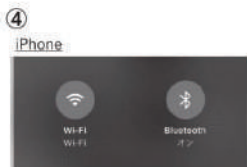
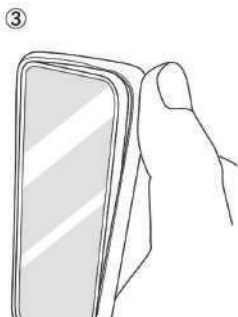
\*if your bike already has a sensor, you don't need to do this.

- ③ Remove phone from any protective cover

- ④ Make sure that Bluetooth is ON

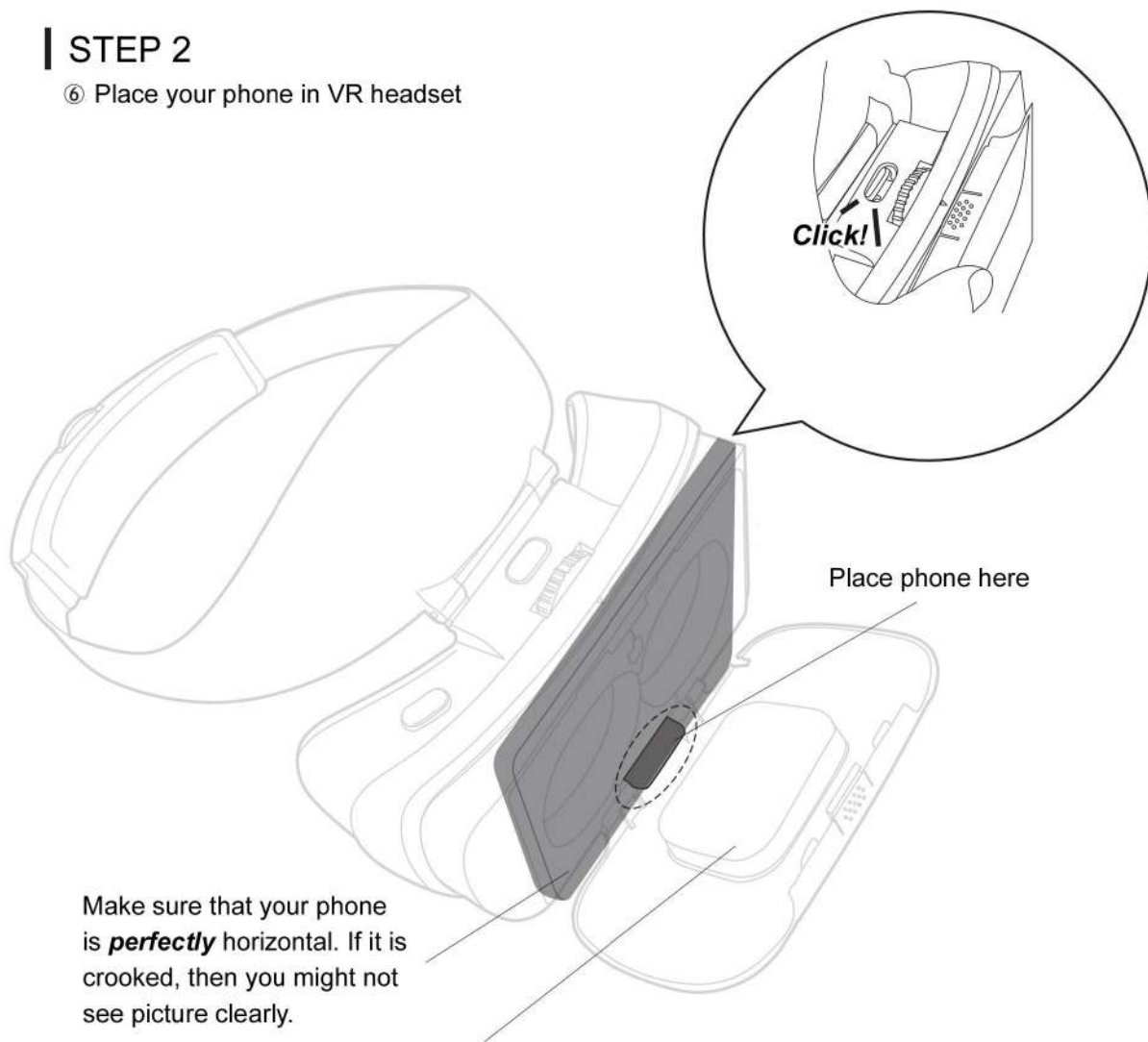
- ⑤ Start hemVR app

**It is strongly recommended to use a headphone/earphone.**



## STEP 2

⑥ Place your phone in VR headset

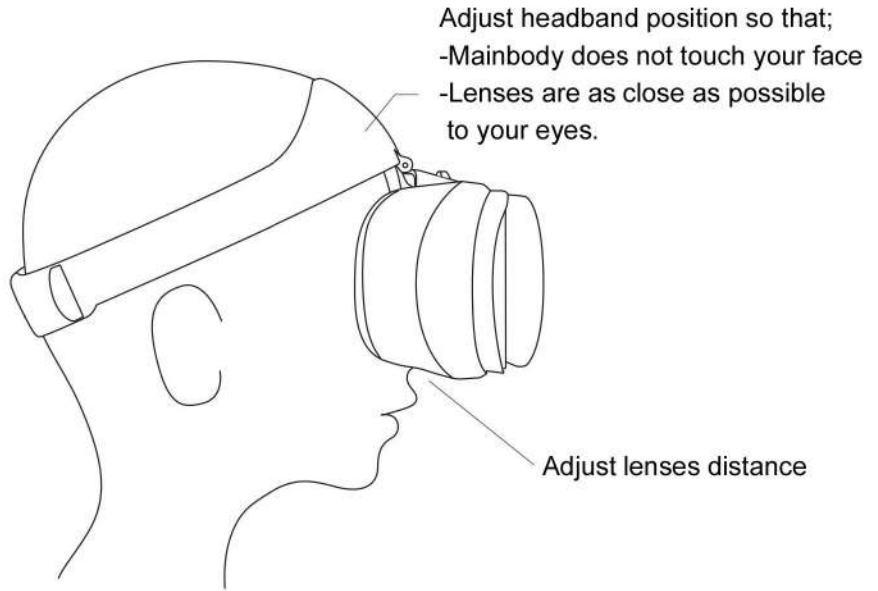


If case is too tight to close properly, shave off some of this sponge.

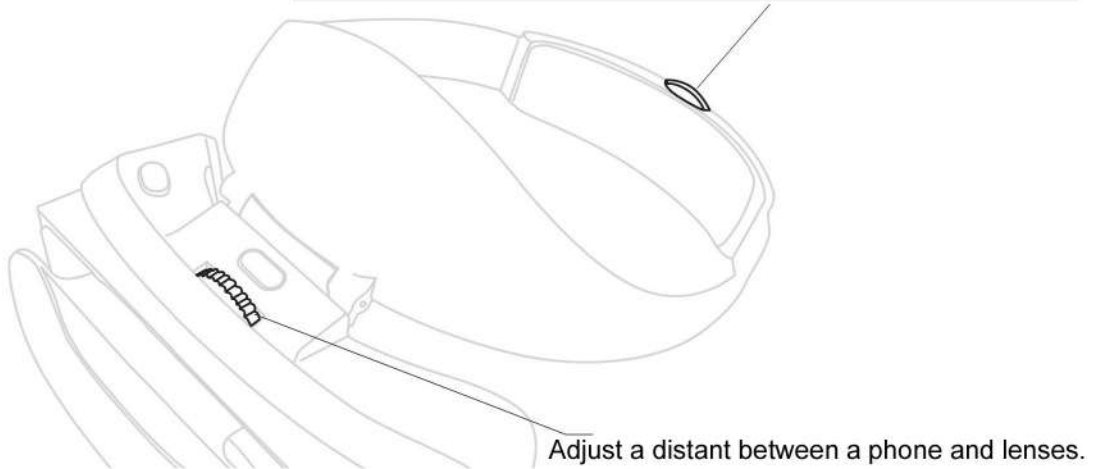
If you close the case too forcefully, it can accidentally open.

## STEP 3

⑦ Wear a VR headset



Do NOT tighten too hard because this adjuster can be broken.  
Do NOT loosen while you wear a VR headset,  
you must remove it from your head first and then loosen it.



## Troubleshooting

### Sensor is not displayed

If sensor name is not shown under “Sensor Selection” although you waited for a while, please try below

1. Close the hemVR app completely, and then restart it. If you go back to home screen or start another app, the hemVR app may be still running in the background. You need to close it “completely”. How to close app completely depends on which type of phone you have, for example, tap on multitask button and swipe up the app. If Unity logo is shown when restarting the app, it means that the app was closed completely. If last seen is shown when restarted, then you did not close it completely.  
If it does not work, please try again.
2. iPhone user, please make sure that when you install hemVR app, tap OK so that hemVR app can use Bluetooth, and please make sure that Bluetooth is ON on your phone.
3. Android user, please make sure below;  
Your Bluetooth is ON  
Your Location is ON  
You gave permission to Your Location “All the time” to each hemVR app
4. Try another hemVR app
5. Uninstall and reinstall the app
6. Restart phone
7. Replace battery (CR2477) in the sensor
8. Make sure that other phone is not connected to the sensor
9. Make sure that there are not many hemVR sensors around (sensor can interfere each other. It has maximum 10m signal range)

### **Sensor was correctly selected but game does not start.**

If indicator in loading screen is not moving for more than 1 minute, please try bellow

1. Close the hemVR app completely and restart it.  
Please refer “Sensor is not displayed” how to close it completely.
2. Uninstall and reinstall the app
3. Restart phone

### **Game started but it does not move**

Close the hemVR app completely and restart it.

### **Game is moving although sensor is not moving**

In order to avoid motion sickness, games are designed so that game screen does not stop or it takes time to stop although sensor is not moving. However, a time display on game screen should stop when a sensor is not moving.

### **The screen is out of focus**

1. Make sure that your phone is perfectly horizontal in headset. If it is tilted to one side, image might not be clear.
2. Adjust position of headset on your head.
3. Adjust lenses distance by adjusters on bottom of headset.
4. Adjust distant between a phone and lenses by adjustment wheel.
5. Wait 5 seconds before using it again.

### **The image on the screen is moving randomly or shaking**

Close the hemVR app completely and restart it.

### **Sound problem**

Try other VR apps. Some Android phones seem to have sound problem with any VR apps. In that case, contact phone manufacturer.

## READ THIS INFORMATION BEFORE USING.

-WARNING: CHOKING HAZARD. Small Parts.

- The hemVR is household product. Not for the gym. If many hemVR are used within limited area, signals of sensor, maximum range of 10m, might interfere each other.

-The hemVR should not be used for longer than 20 minutes. Take breaks as needed for your health and for performance of the mobile device.

-Use the hemVR only with stationary indoor exercise bike. Using the hemVR with other exercise machines or for other purposes may result in injury.

- Using the hemVR may cause momentary loss of balance, therefore please do not use the hemVR on any type of exercise bikes which are not very stable, it may cause unbalance or falling down.

-The hemVR should not be used by children under the age of 13.

-The hemVR produces an immersive virtual reality experience that distracts you from and blocks your view of your actual surroundings. For your safety, remain seated on your exercise bike and hold both hands on handlebars and do not get off from the bike while wearing the headset.

-Although some eyeglasses can be worn inside hemVR headset, they should be removed if the user experiences discomfort. If the discomfort continues and these glasses are not removed, this could cause facial injuries.

-If you have poor eyesight, we recommended wearing contact lenses when using hemVR headset.

-Due to immersive nature of virtual reality, do not use the hemVR with a high volume sound, and lower the volume if you can't hear surrounding.

-Do not wear the hemVR without the mobile device.

-Do not leave the hemVR in direct sunlight. Exposure to direct sunlight may cause fire or may cause damage to the mobile device.

-The supplied items are designed only for the hemVR.

-Keep the lenses clean and if the lenses get dirty, clean them with the lens cleaning cloth.

-Take special care to ensure that you and your exercise bike are not near other people, objects, stairs, balconies, windows, furniture, or other items that you can bump into or knock down when using, or immediately after using the hemVR.

-Never wear the hemVR in situations that require attention, such as walking, or driving.

-The connected mobile device should be fully loaded with the newest software and apps.

-The mobile device may become hot when used with the hemVR. When the mobile device detects a high temperature, the quality of the application may be degraded, or apps or the mobile device may be terminated in order to prevent overheating.

-Do not use the hemVR when the mobile device is hot as this may cause burns.

-When the mobile device gets hot, stop using the hemVR until the mobile device has cooled down, and then resume use.

-The mobile device's battery runtime may become shorter than normal when it is used with the hemVR since VR applications may use a lot of device's resources and it may contribute to battery drain.

-You may experience slow performance after extended use to prevent the mobile device from overheating, or if your carrier or



WiFi is slow or out of range.

-The availability of apps and language support may vary by region.

-Remove the lens protectors before you use the hemVR so you can see clearly.

-Do not look directly at bright light while you are wearing the hemVR without the mobile device inserted since it may damage your eyesight.

-The hemVR should be used and stored in locations with temperature of 0°C to 35°C. Using or storing the hemVR outside of the recommended temperature ranges may cause damage.

-If you are allergic to the paint or metal parts on the hemVR, you may experience itching, eczema, or swelling of the skin. If this happens, stop using the hemVR and consult your physician.

-Do not use the hemVR in a hospital, on an airplane, or in an automobile that can be affected by radio frequencies since it may result in injury or damage to property.

-Use manufacturer-approved batteries.

-Use for only a few minutes at a time at first, and only increase the amount of time using the hemVR gradually as you grow accustomed to virtual reality.

-You should consult with a doctor before using the hemVR if you are pregnant, elderly, have psychiatric disorders, suffer from a heart condition, have an epileptic condition or have had seizures, have pre-existing binocular vision abnormalities or suffer from a heart condition or other serious medical condition.

-People who are prone to motion sickness in the real world also have a heightened risk of experiencing discomfort while using the hemVR. Such individuals should take extra care.

-Do not use the hemVR if you have symptoms of squint, amblyopia, or anisometropia.

-Immediately discontinue use and consult your doctor before resuming if you or your child experience any of the following health problems or symptoms: Dizziness, similar symptoms to motion sickness, altered vision, eye or muscle twitches, eye strain, loss of awareness, disorientation, seizures, impaired balance, increased salivation, nausea, lightheadedness, discomfort or pain in the head or eyes, drowsiness, fatigue, double vision or other visual abnormalities, or any involuntary movement or convulsion. Resume only on approval of your doctor.

-If any part of your body becomes tired or sore while playing, or if you feel symptoms such as tingling, numbness, burning or stiffness, stop and rest for several hours before playing again. If you continue to have any of the above symptoms or other discomfort during or after play, stop using the hemVR and consult a physician.

-Do not use the hemVR if you are tired, dizzy, light-headed, nauseous, sick, under the influence of alcohol or drugs, or have an impaired sense of motion or balance. Consult a doctor before using the hemVR if you suffer from a serious medical condition.

-Do not drive, operate machinery, or engage in other visually or physically demanding activities that have potentially serious consequences, or other activities that require unimpaired balance and hand-eye coordination until you have fully recovered from any symptoms. Symptoms of virtual reality exposure can persist and become more apparent hours after use.

-Do not use the hemVR until all symptoms have completely subsided for several hours.

-The hemVR can emit radio waves that can affect the operation of nearby electronics, including cardiac pacemakers. If you have a pacemaker or other implanted medical device, do not use the hemVR without first consulting your physician or the manufacturer of your medical device.

-Do not drop or cause an impact to the hemVR.

-Do not use or store the hemVR in areas with high concentrations of dust.

-Do not bite or suck the hemVR.

-Do not expose the hemVR to heavy smoke or fumes.

-Keep the hemVR dry.

- Do not insert the hemVR or supplied accessories into the eyes, ears, or mouth.
- Do not use the hemVR if it is cracked or broken.
- Appearances and specifications are subject to change without prior notice.
- Availability of all accessories is subject to change depending entirely on manufacturing companies.
- Ensure that you have read all warnings carefully before using the hemVR to reduce the risk of personal injury, discomfort, or property damage.
- WARNING: This product may contain chemicals known to the State of California to cause birth defects, or other reproductive harm (California Prop 65). Wash hands after handling.

#### FCC INTERFERENCE STATEMENT

This device has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures: -Reorient or relocate the receiving antenna. -Increase the separation between the equipment and receiver. - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected. - Consult the dealer or an experienced radio/TV technician for help. This device complies with Part 15 of the FCC Rules. Operation is subject to the following conditions:

1. This device may not cause harmful interference, and
2. this device must accept any interference received, including interference that may cause undesired operation.

FCC Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

Important note:

Radiation Exposure Statement:

1. This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users should follow the specific instructions in the user's manual to comply with the FCC rules.
2. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

#### DISPOSAL

This device contains materials that must not be disposed of as household waste. Please check local laws concerning the applicable disposal regulations. Protect the environment by participating in recycling programs.

#### DECLARATION OF CONFORMITY

hemVR declare that the device complies with RoHS 2011/65/EU regulations.