Getting Started with the IHT Spirit System

A Welcome Guide to Help You Launch with Confidence

Thank you for choosing IHT and welcome to a community helping students build healthier, more self-aware lives.

As a 100% woman-owned small business, we're honored to partner with you. The IHT Spirit System delivers real-time insight into physical and emotional well-being so students can recognize what they feel, respond in healthy ways, and grow with confidence. We're grateful for your trust and excited to support your launch.

1. Start Here: Charge Your Monitors

1. Plug in the charging case.
2. Place each Spirit monitor on the charger:
   - The screen shows a battery icon when charging.
   - If the screen is blank, adjust the monitor until the magnet clicks.
3. Allow up to 5 hours for a full charge.

Battery Tips:

- A full charge lasts up to 20 hours.
- Recharge nightly so everything's ready tomorrow.

2. Set Up Your Account

You should have received an email with your IHT username and instructions to set your password. Didn't receive the email? Email us at support@ihtusa.com or call 512-522-9354 x2.

3. Download the Spirit Classroom App

You'll receive an email with your IHT username and a link to set your password.

Didn't get it?
Contact support@ihtusa.com or 512-522-9354 x2.

Download the IHT Classroom App.

Install on your Android tablet/phone or ChromeOS device.

Device Requirements

For Tablets & Android Phones

- Android 10 or newer (Android 14 recommended)
- 64 GB storage (minimum)
- 8 GB RAM (minimum)
- ChromeOS / Chromebooks

Connectivity

- Bluetooth-enabled device
- Internet required during app use
- Suggested network performance: ≤50 ms ping, ≥5 Mbps down, ≥5 Mbps up

Install

1. Open Google Play
2. Search "IHT Classroom App"
3. Install and sign in with your IHT credentials

IT Setup — Whitelist These Domains:

- ihtspirit.com
- update.ihtspirit.com
- ihtusa.com

For full tech specs, scan the QR code below.

4. What to Expect Next

After your shipment arrives, our Customer Success team will:

- Provide software login credentials
- Schedule a training session tailored to your setting

Questions? Contact IHT Support.

We're so glad you're here and grateful for our partnership. We can't wait to support your journey and see the difference you'll make.

Warmly,

Your IHT Team



All teacher resources
(Videos, Fit & Care, HR chart, Tech Specs, Full Terms and More)

Scan the QR or visit ihtusa.com/start

Interactive Health Technologies, LLC
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