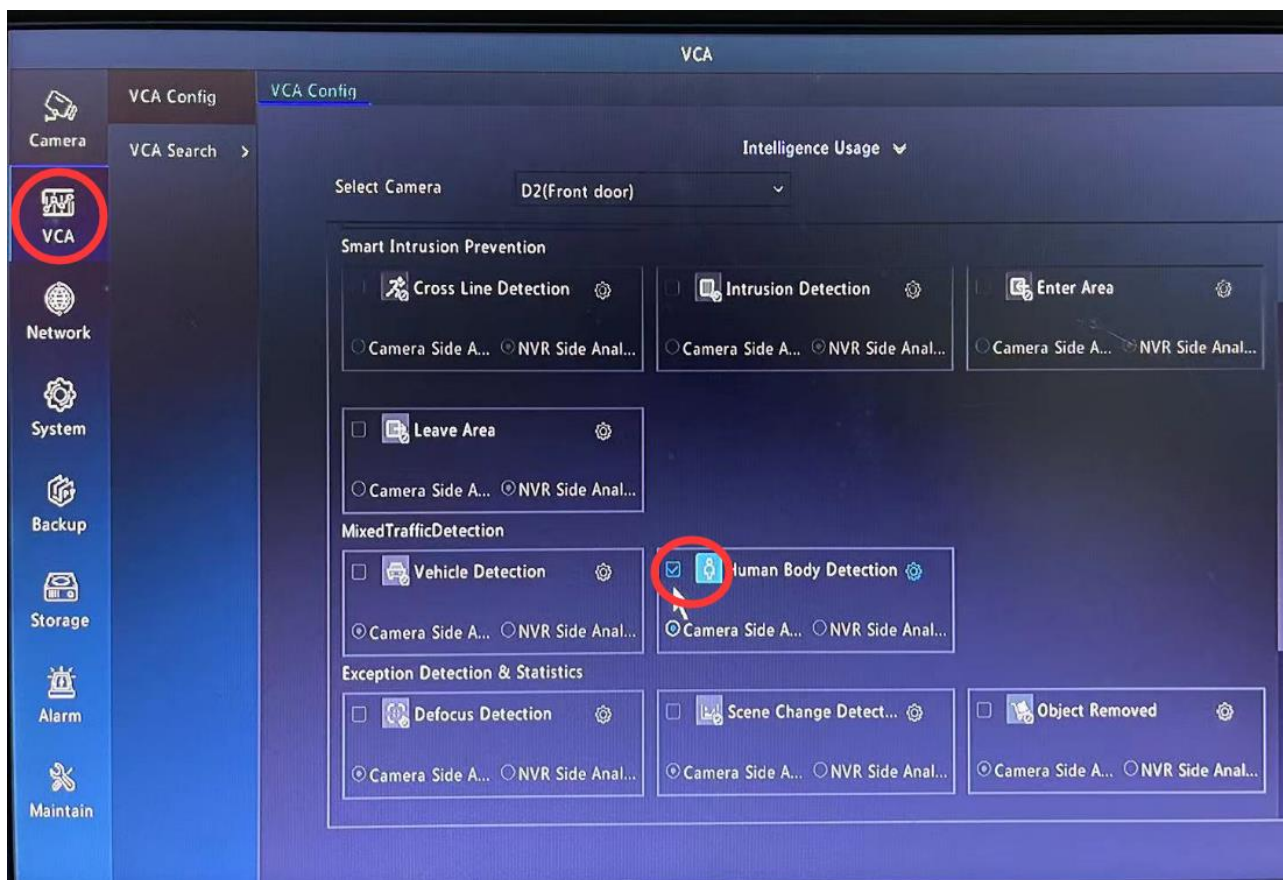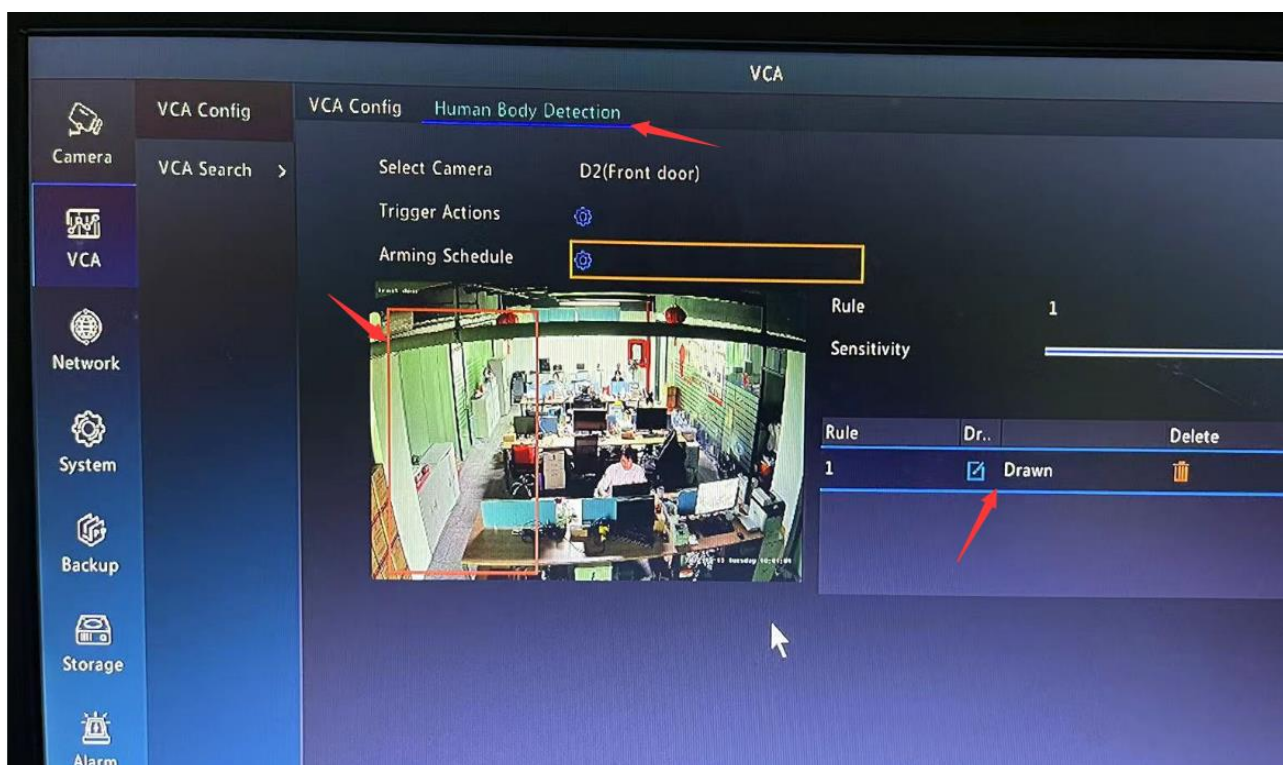# How to set Human Body Detection Notification Only
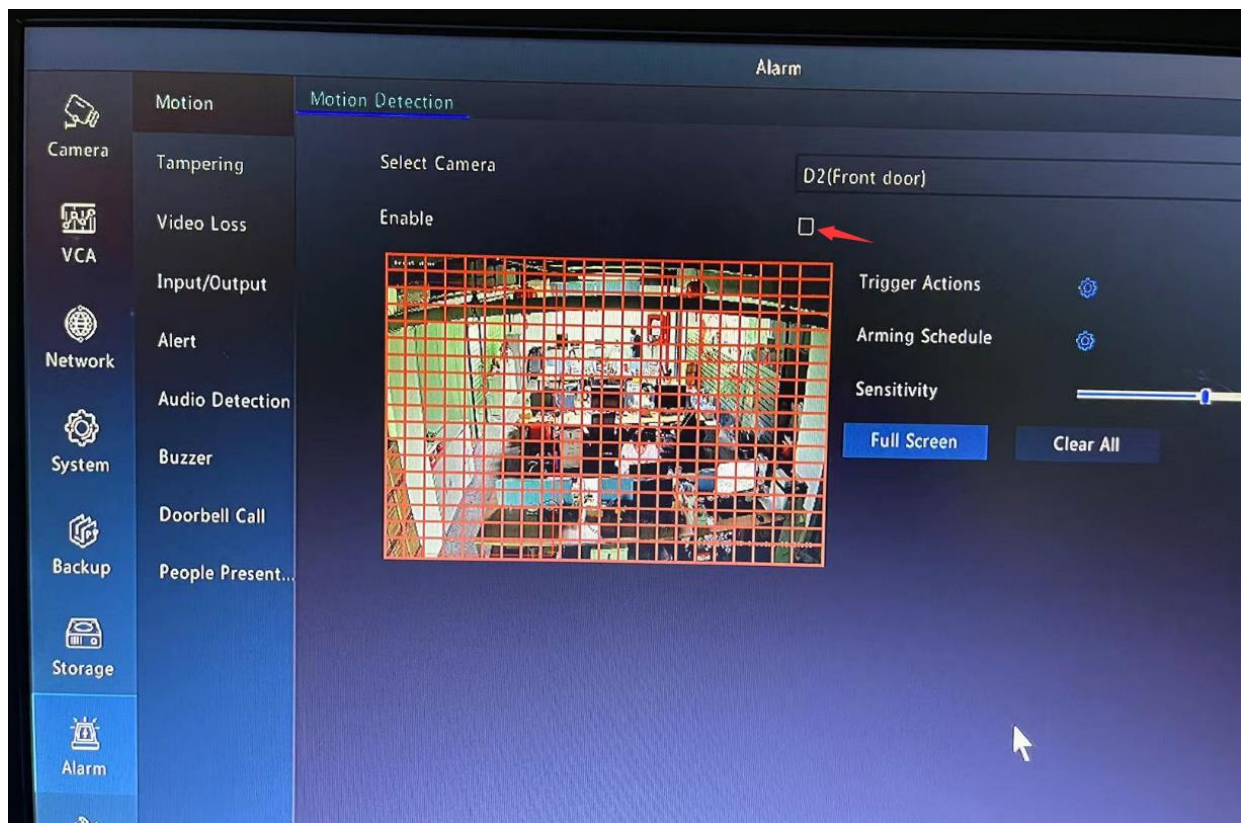
1- Login your NVR. Main Menu>VCA>Human Body Detection (for some previous NVR model, "Human Body Detection" located in **"Alarm"**). Like picture below.
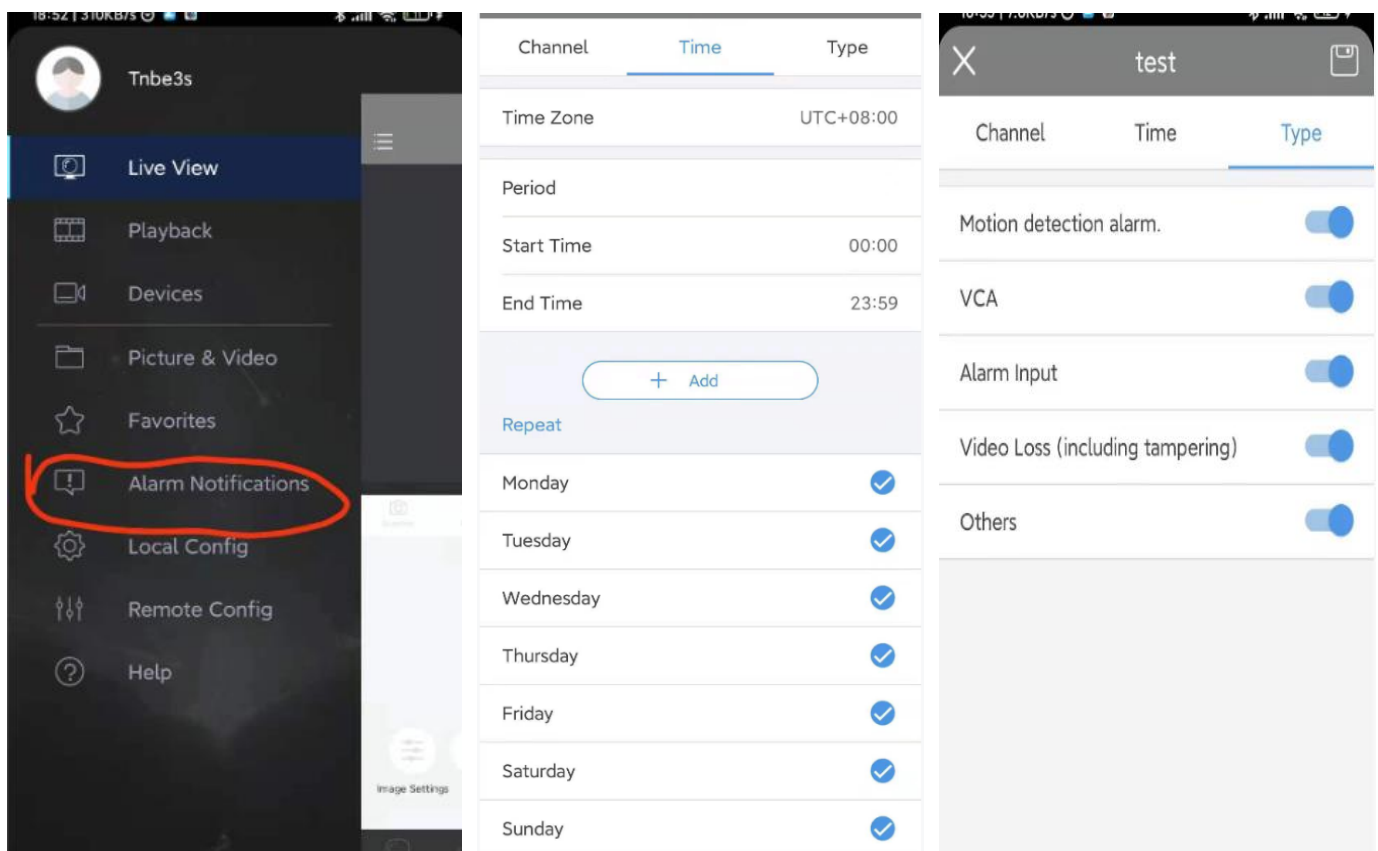

2. Select "Human Body Detection", and set the area and schedule as your preference. Like picture below.

3- Login "Alarm" menu, find "Motion Detection", and disable the "Enable" check box. Like picture below.

4. Login your Guard Viewer App. Select "Alarm notifications", Choose the date and time and alarm type that don't need to reduce the notifications.

5- And now we can check that all alarm notifications came with Human Body Detection Only.

2022/12/13 09:53:23 (UTC+08:00)

Human Body Detection Alarm(373)

From My Devices Front door Device

2022/12/13 09:51:05 (UTC+08:00)

Human Body Detection Alarm(373)

From My Devices Front door Device

2022/12/13 09:44:15 (UTC+08:00)

Human Body Detection Alarm(373)

From My Devices Front door Device

2022/12/13 09:41:42 (UTC+08:00)

Human Body Detection Alarm(373)

From My Devices Front door Device

2022/12/13 09:41:25 (UTC+08:00)

Human Body Detection Alarm(373)

From My Devices Front door Device