

Inner Balance™ for Smartphones



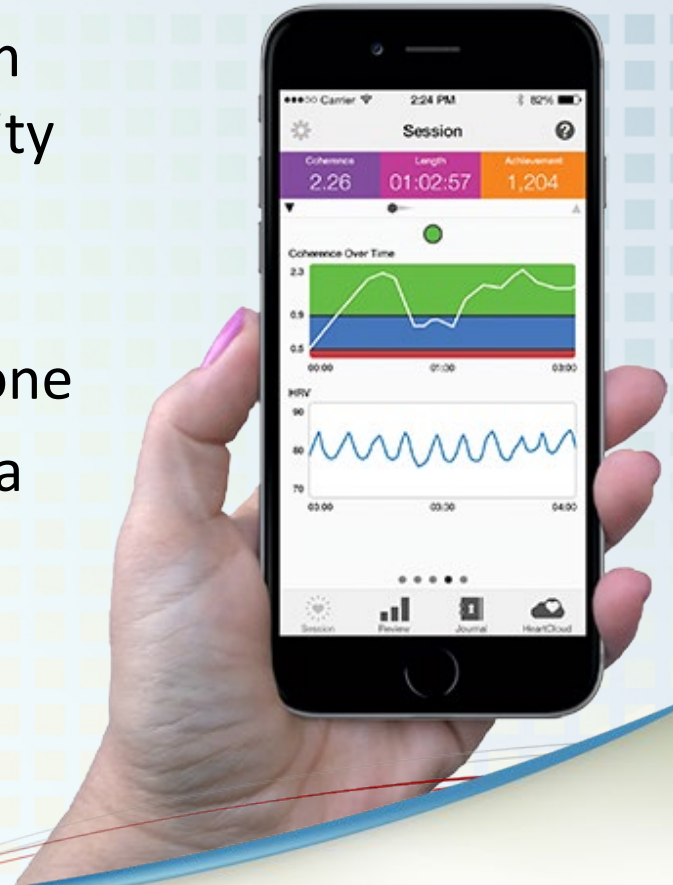
+♥ HeartMath.

+♥ HeartMath® Institute

What is Inner Balance™?

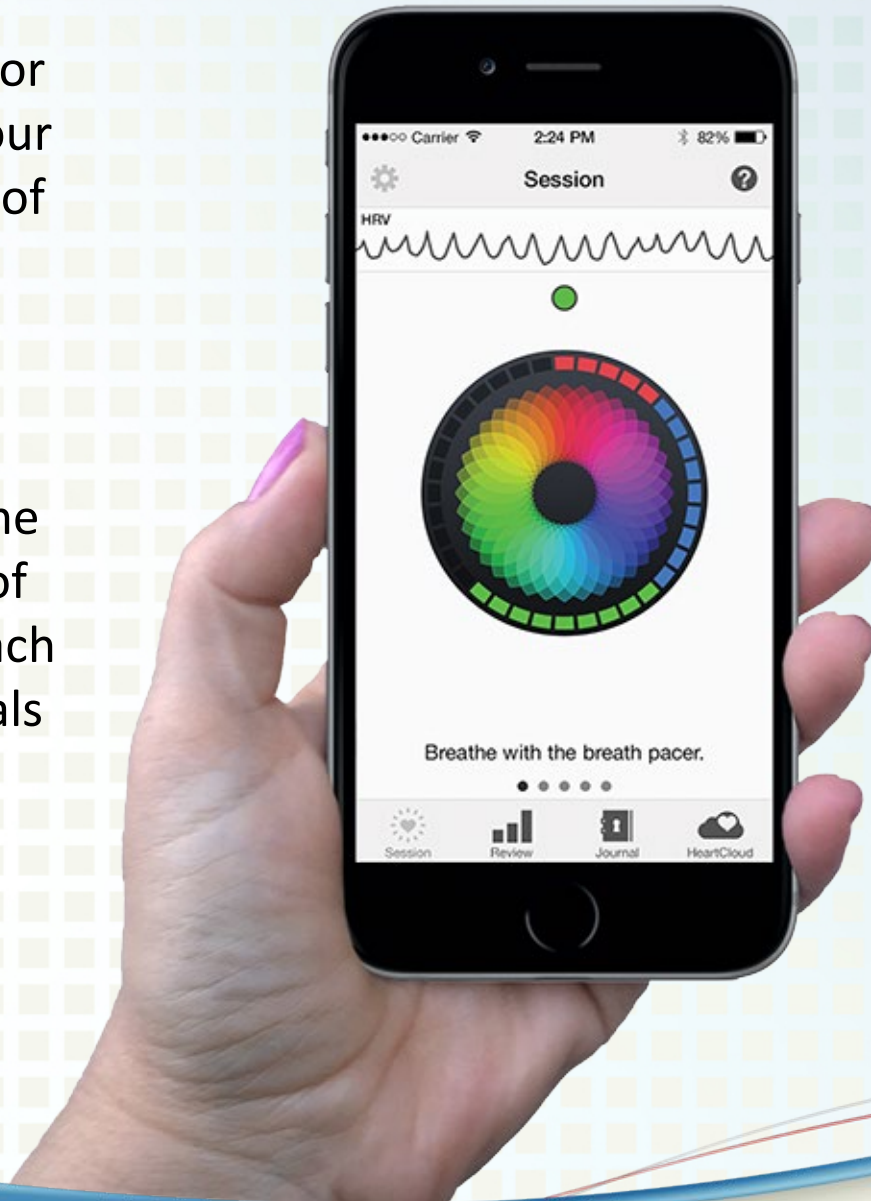
The Inner Balance app and sensor transforms lives by providing real time monitoring.

- Patented scientifically-validated system uniquely measures Heart Rate Variability (HRV)
- Simple technology for iOS includes an infrared sensor connected to your iPhone
- Sensor clips to your earlobe and takes a pulse reading
- For Android phones: Bluetooth clips to clothing and syncs with app
- May also be used with Tablets



Change in color represents your current state of coherence.

Colored bars represent the amount of time in each level of coherence. Each segment equals 5 seconds.

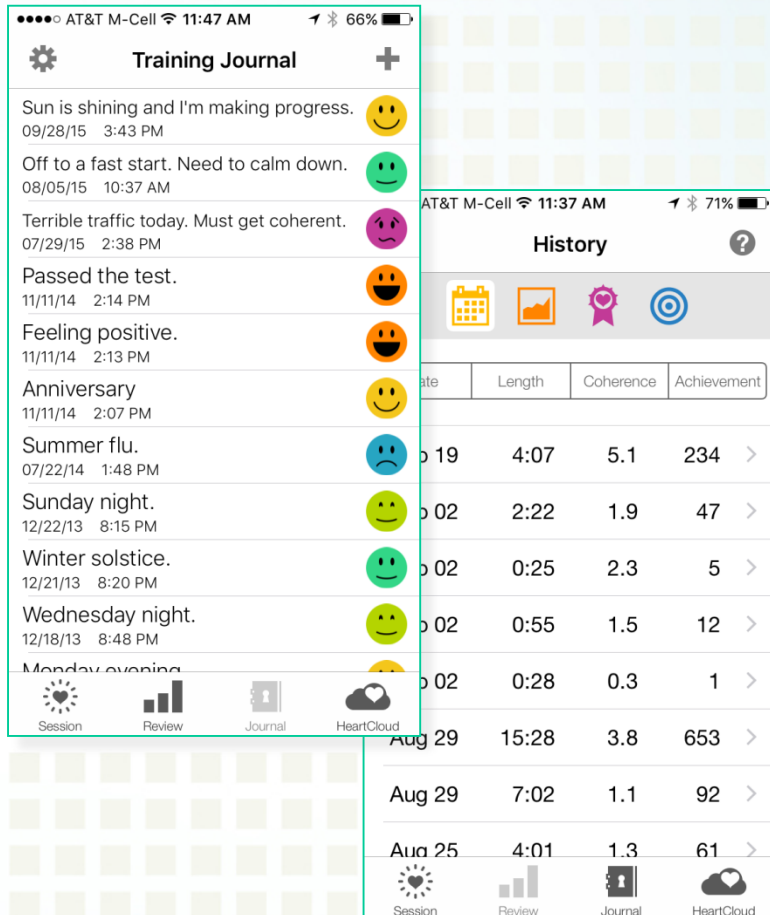


Watch your heart rhythm in real time.

Multiple breath pacers to choose from with calming focal points.

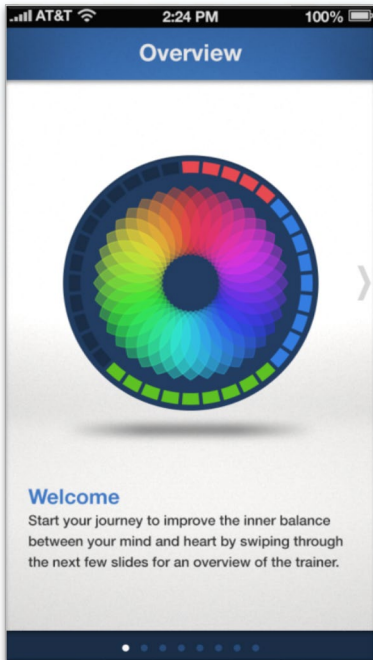
Sync to HeartCloud™ to universally track, earn rewards and share with others.

Features



- **Journal** — Start your personal health journal and track how you feel before and after a session
- **Awards** — As your coherence builds so do the rewards
- **Share** — One click sharing on Facebook and Twitter, or by email
- **History** — Track your history and progression as you monitor and train yourself to respond differently to stress

Launch it...



- When launching the Inner Balance app for the first time, it will display a quick overview of the app's elements.
- Once overview is completed, you will be asked to sign into HeartCloud by creating an account.
 - First time users will be asked for name, email and password.
 - Default value is set to keep you logged in and sync data.
- A Session screen will appear where you can start training.
- Navigate between sections or by swiping the screen.
- Major components of Inner Balance app are controlled through the tabs at the bottom of the screen.

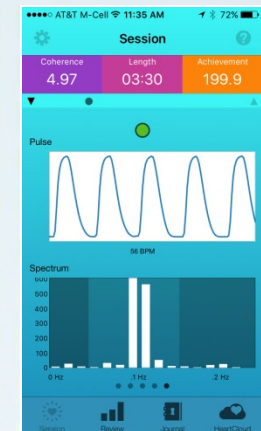
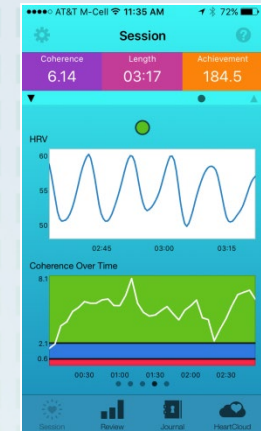
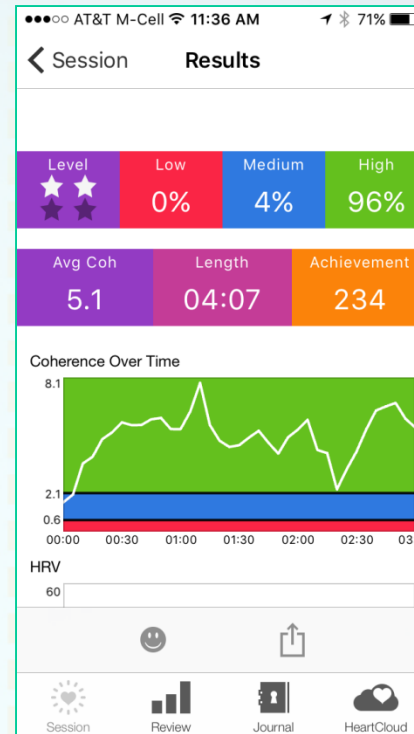
Session Screen

- Tap once on the session screen. To end a session tap twice.
- The sensor calibrates to your system and then the HRV trace scrolls across the top.
- First, focus on the area of your heart and follow the breath pacer.
- Second, engage a positive emotion or recall a time when you felt care or appreciation.
- The “Coach” prompts will help guide you.
- Once completed, the session review screen will display your results.



Detailed Session Screens

- Session screens plot the pulse, HRV, power spectrum and coherence over time.
- A small breath pacer in the form of a moving ball comes up at the bottom of the screen.
- “Coherence” score reflects your level of coherence.
- “Achievement” reflects how you were doing over the whole session. The more time in medium or high Coherence, the higher the Achievement score.



Multiple Session Screens

Multiple Session Screens

Three breathing pacers to help you pace your breath during your sessions.

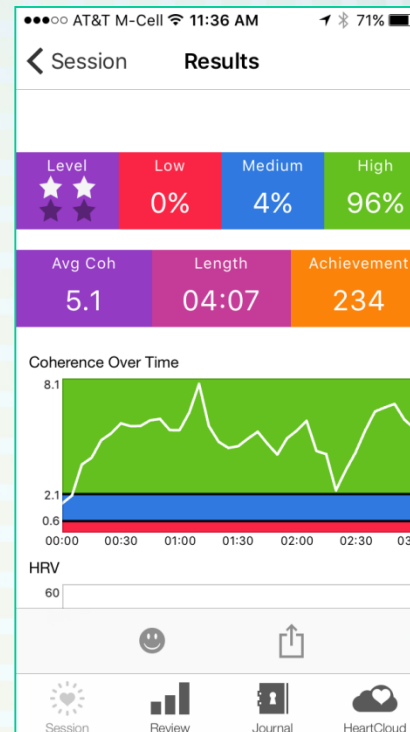
Two session screens are designed and one you create yourself. One is *My Inspiration* which allows you to create your own images and audio.



Review and History Screen

Once a session is ended you will see the Results screen.

Your History can be accessed using the Review tab and selecting from the list of your sessions.



The History screen displays a list of sessions with the following data:

Date	Length	Coherence	Achievement
Sep 19	4:07	5.1	234
Sep 02	2:22	1.9	47
Sep 02	0:25	2.3	5
Sep 02	0:55	1.5	12
Sep 02	0:28	0.3	1
Aug 29	15:28	3.8	653
Aug 29	7:02	1.1	92
Aug 25	4:01	1.3	61

Bottom navigation: Session, Review, Journal, HeartCloud

Journal Screen

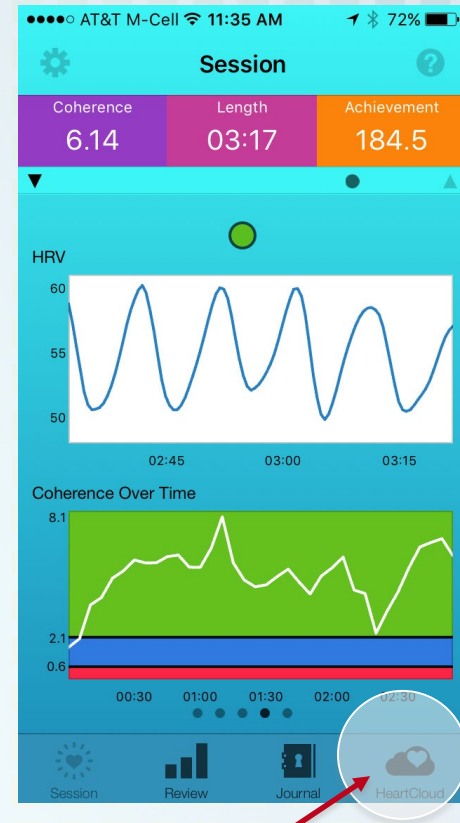
Journal tab allows you to add entries to document your journey and moods. You may tap on the Mood icons to edit them. If they do not have an entry, they will appear grayed out.



Sync all your HeartMath® devices in one location.

Track universally, earn rewards for your efforts and share with others.

Conveniently accessed at any time from your iOS device or computer.



Home Page – Show your recent activity and coherence building results

Latest Session Results

Achievement Trends

Leader Board



Latest Notifications and Awards

Full Menu including Tips and Training

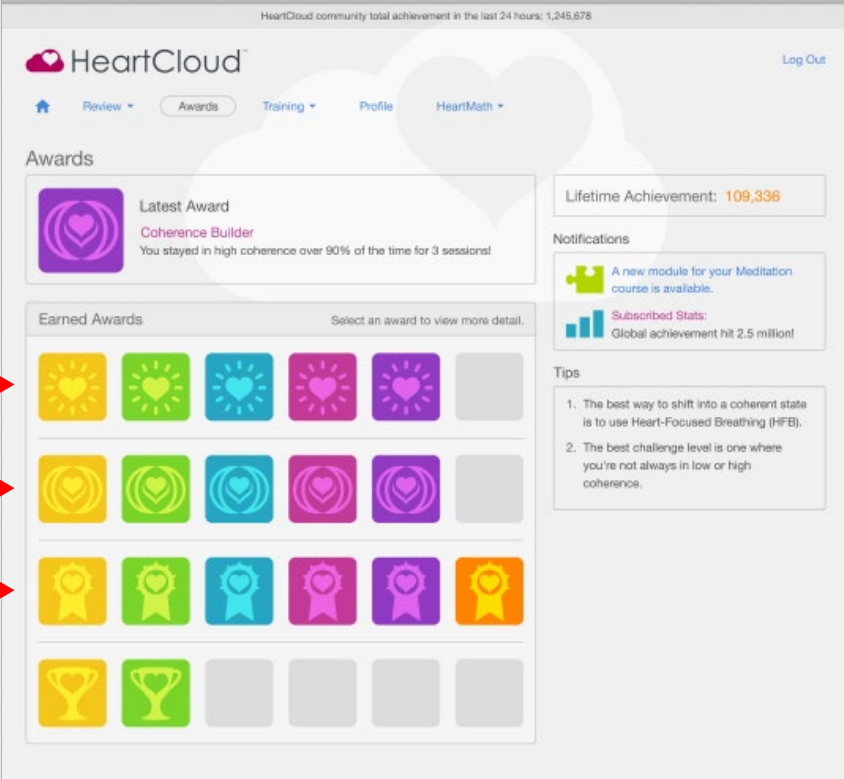


Awards – Keep track of your efforts with awards

Practicing →

Staying in Coherence →

Achievement Points →



HeartCloud community total achievement in the last 24 hours: 1,245,678

HeartCloud™ [Log Out](#)

[Home](#) [Review](#) [Awards](#) [Training](#) [Profile](#) [HeartMath](#)

Awards

Latest Award
Coherence Builder
You stayed in high coherence over 90% of the time for 3 sessions!

Lifetime Achievement: **109,336**

Notifications





























- A new module for your Meditation course is available.
- Subscribed Stats:** Global achievement hit 2.5 million!

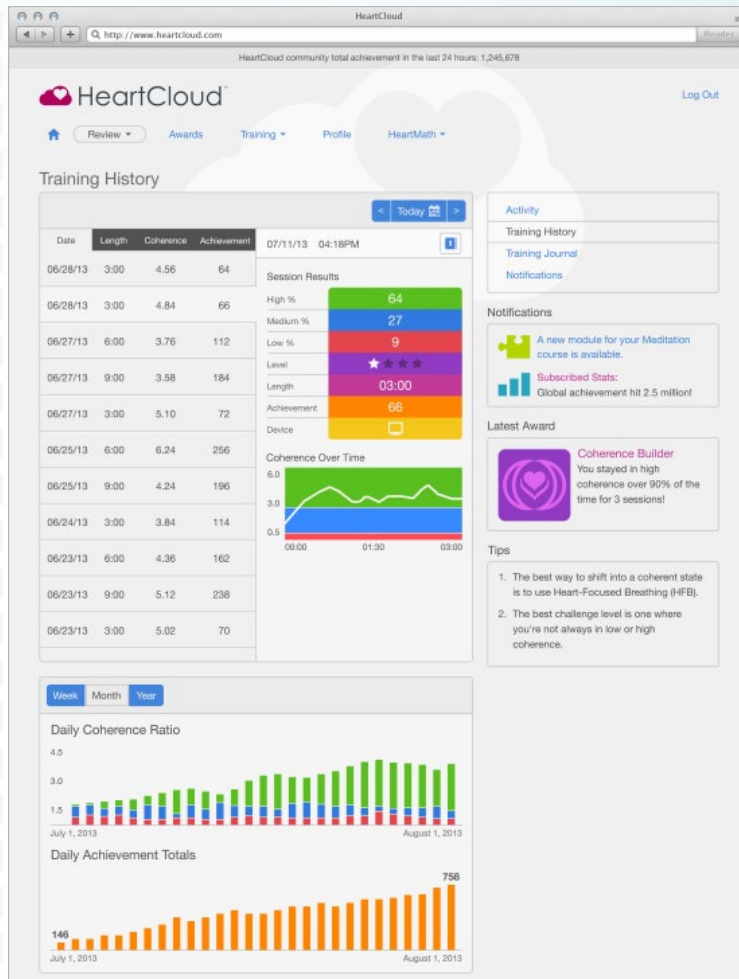
Tips

- The best way to shift into a coherent state is to use Heart-Focused Breathing (HFB).
- The best challenge level is one where you're not always in low or high coherence.

Earned Awards

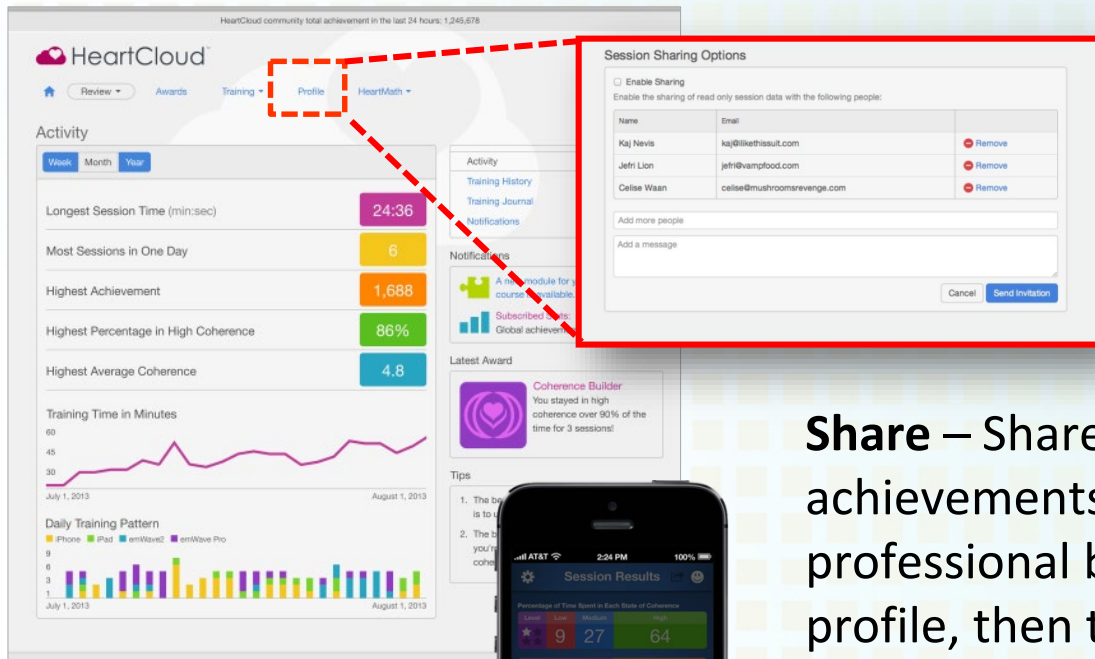
Select an award to view more detail.



History – Track all your session activities and watch your coherence grow

Training – Learn more HeartMath tools and techniques with videos, training guides and simple tools to use

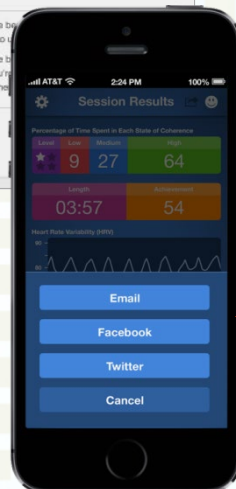


The screenshot shows the HeartCloud web interface. The top navigation bar includes 'Review', 'Awards', 'Training', 'Profile', and 'HeartMath'. The 'Profile' tab is selected. The main content area displays 'Activity' with various statistics: Longest Session Time (24:36), Most Sessions in One Day (6), Highest Achievement (1,688), and Highest Percentage in High Coherence (86%). A 'Session Sharing Options' dialog box is overlaid on the right, with a red dashed box highlighting the 'Profile' tab and the dialog. The dialog has a title 'Session Sharing Options' and a checkbox for 'Enable Sharing'. Below the checkbox is a table of users to share with:

Name	Email	Action
Kaj Nevil	kaj@likethisuit.com	Remove
Jeffr Lion	jeffr@vampfood.com	Remove
Celise Waan	celise@smushroomsrevenge.com	Remove

The dialog also includes an 'Add more people' field, an 'Add a message' field, and 'Cancel' and 'Send Invitation' buttons.

Share – Share sessions, progress and achievements with your health professional by checking the box in your profile, then the sharing menu in HeartCloud.



Share achievements with others from the app.



Thank You

+♥ HeartMath.

+♥ HeartMath[®] Institute