



Inner Balance™
App and Sensor for iOS

Get your heart, mind and emotions
in sync to improve well-being
and performance

Gain insight into
your shifting moods

Learn to focus on
appreciation

Change your
reaction to stress

Track your progress

Journal your
accomplishments

Share and inspire
others

Scientifically
Validated
Technology



Synchronizing your breathing with your heart rhythms while focusing on positive emotions has been shown to reduce the negative effects of stress, improve relaxation, and build resilience with just a few minutes of daily use.

This simple to use technology takes a pulse reading from your earlobe and translates the information from your heart rhythms into graphics on your iOS device.



Inner Balance™ Sensor for iOS

No other technology on the market today tracks HRV coherence at the refined level of the Inner Balance Sensor. Also included are immediate training, education and self-monitoring.

NEW! Now available with HeartCloud™



Inner Balance now syncs with HeartCloud giving you the ability to track universally, earn rewards for your efforts and share with others. HeartCloud can be conveniently accessed at any time from your iOS device or computer.

How it Works

Overview — When launching Inner Balance for the first time, it will display a quick overview of the app's elements. Once you have swiped through the slide show you will be taken to the session screen where you can start training.



Run a session — Plug the **Inner Balance Sensor for iOS** onto your iPhone® and ear, press start, breathe along with the pacer and recall a moment when you felt a positive feeling.

Get real-time coaching — See your Heart Rate Variability and coherence level as you are gently coached through a session.

Track your progress — Inner Balance keeps a history of all your sessions and tracks how you are progressing over time.

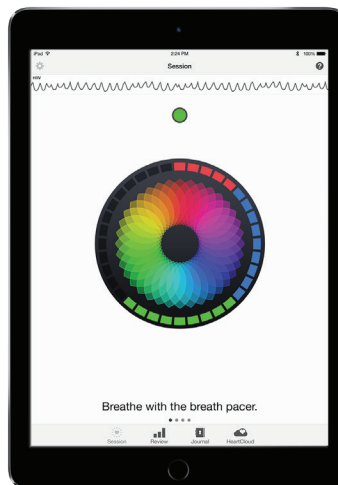
Earn awards — Receive fun, colorful awards for daily activity, coherence level building and life time achievement.

Write about it — Keep track of how you were feeling or what was going on in your world that may have caused you stress or relieved your anxiety in the Inner Balance Journal.

Additional Features:

Multiple breathing pacers including My Inspiration — breathe along with your heart rhythms with one of the three breathing pacers. Two we have designed and My Inspiration you create yourself.

Advanced screens — Advanced screens and charts provide a more detailed view of the changing heart rhythms and amount of time in the “coherence zone”.



Made for

iPod iPhone iPad

| Connector Type | Device Compatibility |
|----------------|---|
| 30-Pin | iPhone® 3GS, iPhone 4, iPhone 4s, iPad® 2, iPad 3, and iPod touch® (4th generation) |
| Lightning | iPhone 5, iPhone 5s, iPhone 5c, iPad mini, iPad (4th generation), iPod touch (5th generation). Not backward compatible. |

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SKU

6400 30-pin Sensor

6415 Lightning Sensor

Sensor Specifications

30-pin Sensor

Size 1-1/8 x 1 x 1/3in
(30 x 20 x 10mm)

Length 56in (142.24cm)

Weight 0.2oz (5.67g)

Lightning Sensor

Length 48in (121.92cm)

Weight 0.2oz (5.67g)

Package Specifications

Box Size 5.5 x 7 x 1.5in
(139.7 x 177.8 x 38mm)

Weight 5oz (141.75g)

For more information
on any of our
products or services
please visit us at
www.heartmath.com.

 HeartMath®

14700 West Park Avenue
Boulder Creek, CA 95006
Phone 800-450-9111
www.heartmath.com

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