



# HeartCloud™

A New Platform for HeartMath® Technology Products

HeartMath technologies – proven to help users quickly release stress and rebalance the heart, mind and emotions

Review Your Progress

Universally Track Sessions

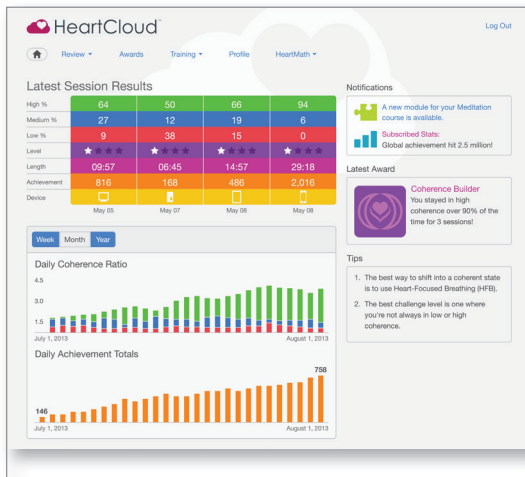
Journal Your Accomplishments

Share and Inspire Others

Conveniently Access at Any Time

HeartMath provides research along with simple, practical and reliable tools and technologies that enable people to align and connect their heart, mind and emotions to produce transformative outcomes — with more flow and less stress.

HeartMath's HeartCloud connects with all of the HeartMath heart rate variability (HRV) monitoring and coherence building technologies including emWave® Pro, emWave2® and Inner Balance™. The new platform helps users build on their training experience, achieve rewards for their success and celebrate their results with others. The components of the platform include:



## Acquire Awards

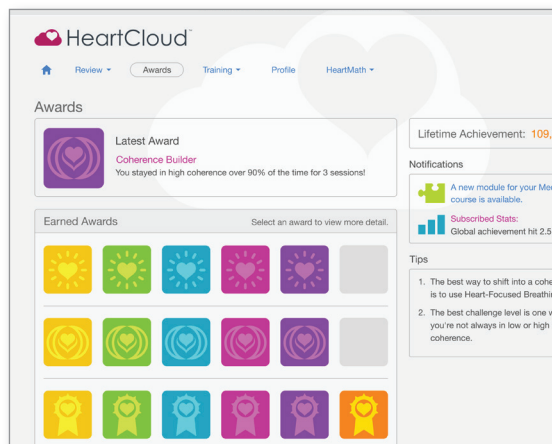
Gamification and engagement features within HeartCloud include awards for completing several sessions or maintaining a high performance level within a session. This is a great way to challenge yourself as skills are practiced. Awards are based on:

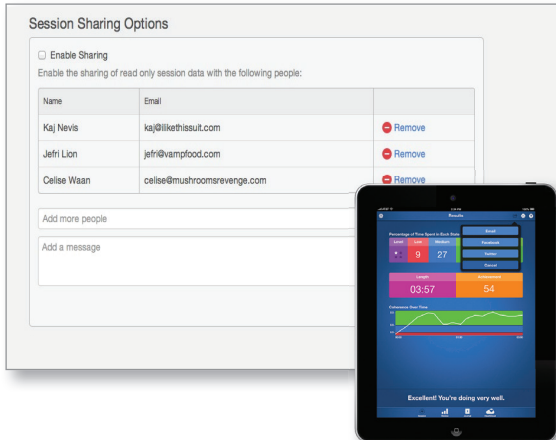
- Practicing
- Staying in coherence
- Achieving points over time

## Home

Once registered, you can log in at any time and access HeartCloud. On the home page you can view fun and colorful charts showing all of your recent activity, daily and average coherence and coherence scores over time. From this page you can also review your:

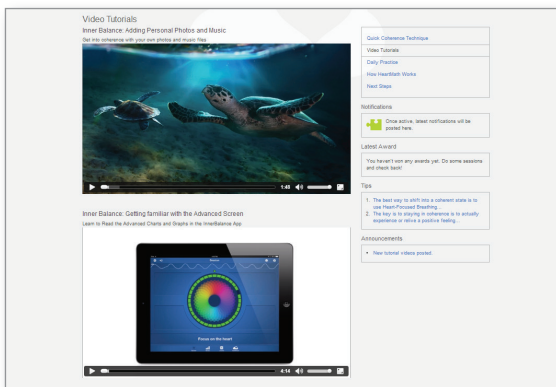
- Session results
- Achievement trends
- Leader board
- Latest notices and awards
- Tips and training





## Journal Accomplishments

Add entries to document your journey and moods during your sessions. You may also edit the Mood icons. If Mood icons do not have an entry, they will appear grayed out.

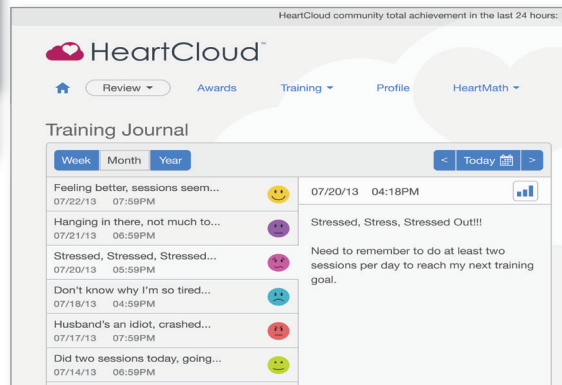


## Training

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

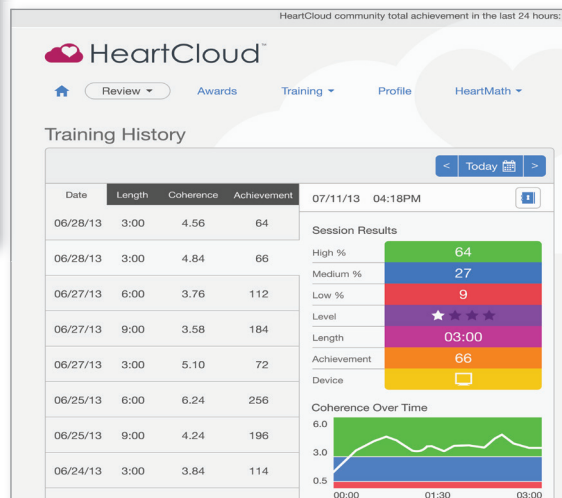
## Share and Inspire Others

HeartCloud enables data sharing to support proactive teamwork, empowering behavior changes and accelerating performance skills. Share sessions, progress and achievements with your friends or health professional.



## History

Allows you to track and review all of your session activities and watch your coherence grow.



With HeartCloud, users acquire skills to transform old stress habits and increase personal balance and resilience using HeartMath's award-winning technologies.

Over 20,000 health professionals and thousands of personal coaches and sport trainers use and recommend HeartMath products to patients and clients.

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