

emwave® pc

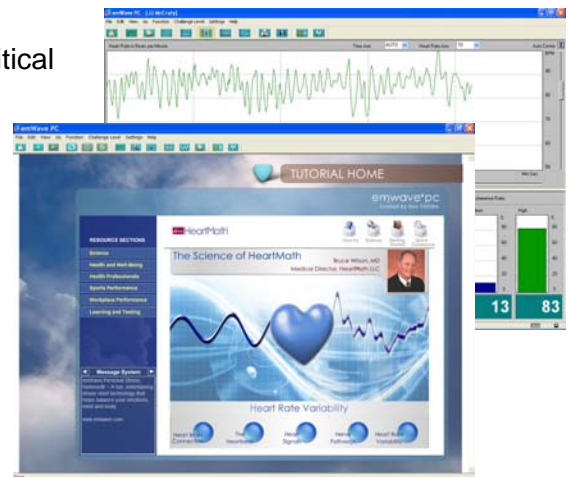
stress relief system

HeartMath® introduces emWave® PC Stress Relief System: biofeedback reinvented as a convenient lifestyle tool for consumers

HeartMath® essentially reinvented biofeedback in 1999 with the first affordable consumer stress-reduction product using heart rhythm feedback, versus brainwave analysis. HeartMath, known for its research-based stress solutions, is now unveiling their new generation software program called **emWave® PC Stress Relief System**, designed to help you reduce stress and reset your inner balance. A revolutionary lifestyle tool, *emWave PC* allows you to effectively gain greater control of your emotions without major life changes. *emWave PC*, formerly the award-winning *Freeze-Framer*® program, offers fresh new features that significantly enrich its benefits and entertainment value. This sophisticated redesign also includes integrated web access and the Coherence Coach™, a proprietary training method.

The *emWave PC Stress Relief System* is based on HeartMath's 16 years of scientific research demonstrating the critical link between emotions, heart function, and cognitive performance. Science has shown that when we experience and sustain heartfelt emotions like appreciation or care, it has a profoundly beneficial effect on our heart, cognitive functions, and overall health.

emWave PC essentially mirrors your emotional state by collecting information from your heart through a USB finger or ear-clip sensor that plugs into your computer. *emWave PC* trains you to achieve a high level of coherence – a measurable state that occurs when the heart, brain, and nervous system are working in harmony. When we activate this state we feel and perform better and can recover from stressful episodes quickly.



The program translates heart rhythm information into user-friendly graphics on your computer screen. As you apply the stress-reducing Quick Coherence® technique learned from the program, you see your heart rhythms change in real time as you move out of stress and into a more balanced, regenerative emotional state.

emWave PC allows you to track your progress and has three colorful interactive games powered by your ability to transform stress into renewed energy. A new feature of *emWave PC* is its Emotion Visualizer™, a practice application that provides stunning images which emit varying degrees of color and movement as you adjust your emotional state.

Additional features include:

- Over 100 pages of educational content with applications for health and wellbeing, sports performance, workplace performance, and more
- Integrated music player and audio feedback
- Web access to online forums, troubleshooter, and knowledgebase
- Comprehensive tutorial and help system
- Live news and update notification window

HeartMath also recently introduced its 2.2-ounce mobile lifestyle tool, *emWave Personal Stress Reliever*[®] (PSR). Using HeartMath's patented heart rhythm technology, *emWave PSR* reads your heart rhythms through its built-in finger sensor and gives immediate feedback, reflecting your emotional state through changing colored lights and sound. It includes a hands-free option and animated instructional CD-Rom that guides you through the Quick Coherence technique.



Over a dozen independent studies utilizing HeartMath's technologies are underway. Respected organizations including Kaiser Permanente, Veterans Administration, and University of North Carolina are exploring the benefits of these technologies with various health challenges including anxiety, stress, ADHD, and hypertension.

The *emWave*[®] products are just two components within the HeartMath System of scientifically-validated stress and performance solutions. The *emWave* technologies are breakthroughs in personal stress reduction and offer unique conveniences that provide consumers with much-needed solutions for taking charge of their stress wherever and whenever they need it.

About HeartMath[®] LLC

HeartMath LLC, a wholly-owned subsidiary of Quantum Intech, is a cutting-edge performance company providing a range of unique services, products, and technology to improve health and well-being, while dramatically reducing stress and boosting performance and productivity. HeartMath's compelling solutions for stress relief have been published in numerous peer-reviewed journals such as *American Journal of Cardiology*, *Stress Medicine*, *Preventive Cardiology*, *Journal of the American College of Cardiology*, *Integrative Physiological and Behavioral Science* and *Alternative Therapies in Health and Medicine*. HeartMath's organizational and healthcare clients include NASA, BP, Duke University Health System, Kaiser Permanente, Stanford Business School, Unilever, and Cisco Systems, as well as dozens of school systems and thousands of health professionals in the US, Australia, and Europe.