

emWavePro[®]

Quick Start Guide for PC and Mac



See registration number on back cover.

Welcome to the world of emWave® Technology.

The patented emWave Technology is designed to help you transform emotional stress, build resilience and increase intuition and performance in all areas of your life.

emWave Technology developed by Doc Childre, is a unique training system based on years of research on emotional stress and performance. It objectively monitors your heart rhythms and displays your physiological level of coherence. Coherence is an optimal state in which the heart, mind and emotions are operating in-sync and in balance which has been proven to have numerous mental, emotional, and physical benefits. With practice you learn how to shift into coherence at will, and readily see and experience changes in your heart rhythm patterns and sense of well-being as you practice the Quick Coherence® and other HeartMath® techniques.

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HeartMath is registered trademark of the Institute of HeartMath.
Quick Coherence is a registered trademark of Doc Childre.
HeartCloud is a trademark of Quantum Intech, Inc.
Inner Balance is a trademark of Quantum Intech, Inc.*

Basics

About this Quick Start Guide

This Quick Start Guide covers software installation on Mac and Windows operating systems plus sensor hardware set up and troubleshooting techniques. It is not intended to cover all the topics or the full functionality of emWave Pro. For more extensive information, access the Library and Help menu within the software or visit our online support center at:

<http://support.heartmath.com>

emWave2® (*Handheld device sold separately*)

If using this software with the emWave2 device, install the emWave Pro software as directed in this manual and when you are ready to run a session, attach your emWave2 device using its USB Charging/Connector Cable and run a session by clicking on the start button on the software. Using the emWave2 device with the emWave Pro software allows multiple users to use this product but will not show the pulse data or the power spectrum. To show this data you will need to connect to this software using the USB Sensor Module included in the full emWave Pro kit.



Installing the Software on a Mac

Mac System Requirements

Mac OS® X 10.7 Lion or later

Some features may not be available on older Operating Systems

Core™2 Duo at 1.8GHz or faster

One available USB Port

Internet Access Required for HeartCloud Access

If your Mac does not have a CD-ROM drive, you can download the emWave PRO Mac installer by going to this URL:

www.heartmath.com/downloads

To install and run the program you need the registration number located on the back of this Quick Start Guide.

When you're ready to install the software, insert the emWave Pro software CD into your CD-ROM drive.

The emWave Pro folder opens with Release Notes and the installation package displayed. If the folder does not open automatically, open a new finder window and, on the left panel under DEVICES, double-click on emWave Pro.

Double-click the *Install emWave Pro.pkg* icon .

Next you will see *Welcome to the emWave Pro* Installer which will guide you through the Installation process. Press continue and read the Release Notes and License Agreement. When you press continue, a pop-up will ask if you accept the License, Disagree or Agree. Press Agree to Continue.

Installation Type is the next step. A Standard Install on “Macintosh HD” is the default Install Location. Click Install to continue.

The installer requires that you type your Administrator password and press OK to continue. Follow the on-screen installation instructions.

The emWave Pro will now configure your installation and copy the files to your computer. Once installation is complete and you have launched the application, we suggest you review the emWave software tour in the library,  which will help you set up the hardware and start a session. The Library also includes resources, tutorials, practice plan, science, links to free training videos and much more.

Note: after installation you may be prompted to download updates. In order to have the most current version of this application, it is strongly recommended that you download the updates.

Installing the Software on a PC

Windows System Requirements

Microsoft Windows® 7 or newer Operating System Preferred

Some features may not be available on older Operating Systems

1.0 GHz or faster processor — recommend Intel® Core™2 Duo at 2.0GHz or faster

1 GB RAM — recommended 2GB or more

One available USB Port

Internet Access Required for HeartCloud Access

If your PC does not have a CD-ROM drive, you can download the emWave PRO Windows installer by going to this URL:

www.heartmath.com/downloads

To install the program you need the Registration Number located on the back of this Quick Start Guide.

When you're ready to install the software, insert the emWave Pro software CD into your CD-ROM drive.

If the installer does not automatically open from the CD-ROM...

Go to *Computer* and double click the CD-ROM icon.

Double click on the *Setup emWave Pro.exe* application

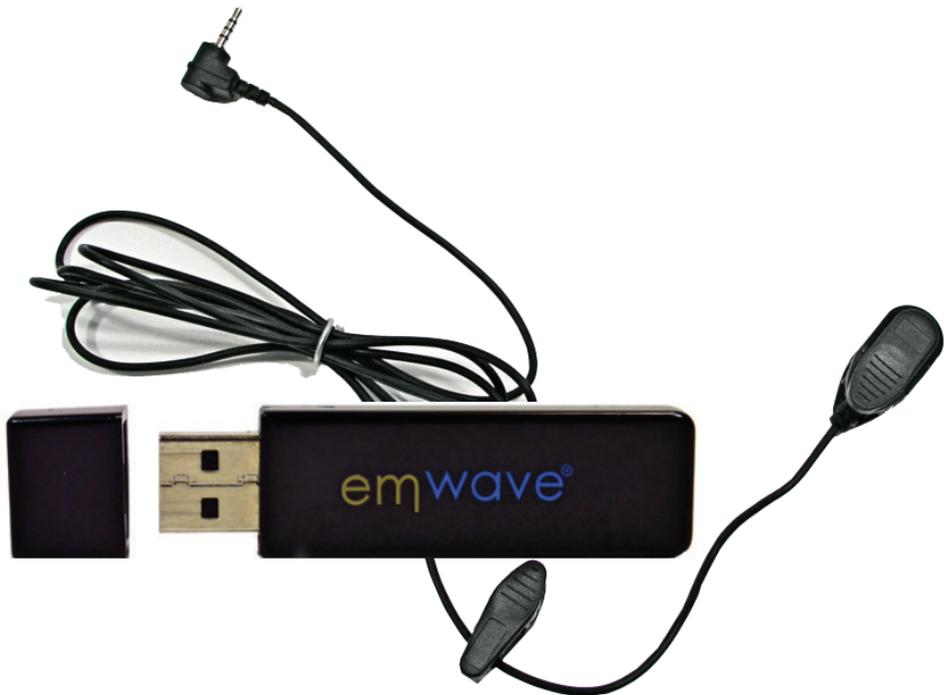
The Install program for emWave Pro will open. Click Next to begin the installation.

Read the License Agreement. To continue you must accept the terms by clicking on the accept button below the terms.

The Installer is a simple application that will only take a few minutes to install the program. Once installation is complete and you have launched the application, we suggest you review the emWave Software Tour in the library,  which will help you set up the hardware and start a session.

Note: after installation you may be prompted to download updates. In order to have the most current version of this application, it is strongly recommended that you download the updates.

emWave USB Module and Ear Sensor included in the full emWave Pro kit.



Installing the Hardware

Make certain your computer is turned on, you have installed the emWave Pro software, and you have the following hardware:

- USB Sensor Module
- emWave Ear Sensor
- emWave Finger Sensor (*sold separately*)

Step 1: Connect the ear sensor cable to the USB module and plug it into an available USB port on your computer.

After the connection is established, the lights on the USB Module briefly illuminate while it performs a self-test. After the self-test is completed, the LED light on the USB Module goes off and remains off until you begin your session.



USB Sensor Module

2. Connect the Ear Sensor

Clip the ear sensor to your earlobe and the lapel clip to your clothing. Slide the lapel clip along the wire to a comfortable position. You might have to reposition the sensor to get accurate pulse detection. The ear sensor should be attached directly to your earlobe. The ear sensor detects your pulse more easily if your ear is warm. You can warm your ear by briefly covering it with your hand before clipping on the sensor.

Note: You can also use the emWave finger pulse sensor instead of the ear sensor. Go to the HeartMath online store to see the available sensor devices.
www.heartmathstore.com.



Additional Help

Help Files



emWave Pro is designed with extensive self-contained Help Files that cover a variety of detailed topics to assist in your use of the product. To access the Help Files click on the help icon.  To find a topic you can look through the *Contents* and *Index* or use the *Search* function.

Online Support Center

The online support center provides extensive information to answer your questions.

To access the online support center go to the Help menu and click Support Online. It is also available at: www.heartmath.com/support.

In the support site, use the Knowledgebase or search function to find the answer to your question.

Note: Fill out the form at the bottom of the page if you want to submit any questions to the online support center.

Troubleshooting and Tips for Getting an Accurate Pulse Reading with emWave

If you are having trouble getting a correct pulse reading on the Heart Rhythm Display when starting an emWave Session, the following troubleshooting tips will help ensure that you get an accurate reading. For complete instructions on preparing and running a session, please read the emWave Software Tour located in the Library.

1. Make sure the ear sensor cable is securely connected to the USB module. The post on the ear sensor cable should be fully inserted into the USB module.
2. Ensure that the USB module is securely plugged into a USB port on your computer.



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3. The ear sensor should be attached directly to your ear-lobe. The ear sensor detects your pulse more easily if your ear is warm! You can warm your ear by briefly holding it with your hands before clipping on the sensor.
 4. You may need to move the sensor to another part of your earlobe to get a good reading. After repositioning the ear sensor, it may take a few seconds to register your pulse.



5. For best results getting a reading, please be still and quiet. Talking or moving reduces the accuracy of the sensor. Taking a few deep breaths before attaching the ear sensor may help you to relax and get a good reading.
6. When you see a pattern in the HRV Display similar to this, you are recording accurate data.



For complete instructions on preparing and running a session, please review the emWave Software Tour located in the Library.



HeartCloud

Signing up with HeartCloud allows you to synchronize your progress with other devices, earn trophies and receive helpful tips on training.

HeartCloud™ is a cloud technology platform available for the hundreds of thousands of HeartMath technology products users. HeartCloud offers users of emWave Pro®, the emWave2® and the Inner Balance™ App/ Sensor gamification and session data to build on their experience using HeartMath's heart rate variability (HRV) monitoring and coherence training technologies. Users now also have the added benefit of syncing their HeartMath technology devices and accessing all their session data in one location via the HeartCloud.



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emWave Pro-QSG-0514