Welcome to the Inner Balance[™] app and the HeartMath[®] community!

We invite you to start a journey to improve the Inner Balance[™] between your heart and mind. On this journey you will gain improved well-being, vitality, clarity of thought, access to your heart's intuition, and a more balanced response to stress.

This app requires the HeartMath Sensor for iOS to function. The HeartMath sensor uses the iPhone[®] and iPad [®] 30 pin connector, and requires an adapter for devices with the Lightning[®] connector. Please attach the sensor to your iOS device, clip the supplied ear pulse pickup to your earlobe and center it securely.





Overveiw:

When launching Inner Balance for the first time, it will display a quick overview of the app's elements.

Navigation between sections in a tab is generally done by swiping the screen. The major components of Inner Balance are controlled through the tabs at the bottom of the screen.

Once you have swiped through the slide show, you will be taken to the session screen where you can start training.



Welcome

Start your journey to improve the inner balance between your mind and heart by swiping through the next few slides for an overview of the trainer.

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Session Screens:

There are several different screens that are active during a training session. You may select between them. Their layout will differ somewhat between the iPhone and iPad.

The top of the screen shows your pulse or Heart Rate Variability (HRV) pattern.

The small dot below the HRV line indicates your Coherence Level, red for low, blue for medium, and green for high.

The large wheel in the middle of the screen helps you pace your breath.

The circular marks show you the different levels of coherence. The number of the marks indicate how much time you have spent in low, medium, or high Coherence.

You will also hear a sound indicating the Coherence level.

Session Inhale as the Breath Pacer Expands. ŵ

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The circle will complete after three minutes of training, and the session will end.

Advanced Session Screen:

The detail session screen plots the pulse, heart rate variability, and the power spectrum from your training in more detail.

You will also find a small breath pacer in the form of a moving ball at the bottom of the screen.

The Coherence Score reflects your level of coherence numerically and is typically a value between 0 and 6.

Your Length reflects your ability to achieve Coherence during this session by reflecting the score over time.

Your Achievement reflects how you were doing over the whole session. The more time spent in medium or high Coherence, the higher the Achievement score.



Review Screens:

At the end of the session, after 3 minutes or a double tap, you will see the Session summary. You can access your history using the Review tab and selecting from the list of your sessions.

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Journal Screens:

The 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 greyed out.

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Feeling better tod	ay, multiple daily session	ns seem to be	Hanging in there, not much to						
Need to remember	er to do at least two sess	sions per day	Stressed, Stressed, Stressed						
to reach my next	goal. :)		Don't know why I'm so tired						
			Husband's an idiot, crashed						
			Did two so 06.14.12	Did two sessions today, going					
			Another d	Another day, but feeling good					
			Eating bacon made my day						
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HeartMath Screen:

Updated regularly, the HeartMath tab provides information on HeartMath's science, products, and tools.

HeartMath was envisioned and inspired by Doc Childre more than 20 years ago to help people reduce stress and become more self-aware, by learning to connect with their inner intuitive guidance: their heart intelligence. The state of internal coherence, where heart-brain and nervous system come into balance and synchronized, has been researched and validated by physiologists, psychologists, and medical doctors across numerous institutions. Increasing coherence and developing compassionate heart-based living not only benefits the health and well-being of individuals, but also improves relationships and increases the efficiency of organizations.



Features that will be updated before release:

- 1. There are over 100 different prompts that will encourage and train users on how to use the HeartMath coherence techniques.
- 2. The mood chooser will pop up both before and after a session so users can see and record how they feel before and after a session. This feature can also be turned off for those who choose not to track their moods.
- 3. Help and feature explanations will be added to every screen.
- 4. Sound prompts will be tied to coherence level.

