

Heart Tracker

HOME EDITION



Key Features

- Fully adjustable breath cycle pattern
- Configurable breath training protocols
- Visual and audio feedback
- Tracking achieved training scores
- Detailed training session reports
- Multi-language support
- Unlimited data storage
- Intuitive graphical user interface
- Multiple training screens

Personal Stress Management System

In the USA for non-medical use only

The Heart Tracker is a powerful tool for individuals designed to improve health and mitigate the impact of stress on human body. It implements biofeedback training techniques based on using positive effects of paced breathing that augments healthy respiratory sinus arrhythmia (RSA).

The Heart Tracker training helps improving the body's ability for self-regulation and adaptation. Paced breathing and RSA biofeedback training is a powerful physiological functional exercise that positively impacts the autonomic regulatory function.

This biofeedback training helps to achieve:

- Optimal mental performance
- Maximum creativity and innovation
- Clarity of mind and overall intelligence
- Patience and emotional balance
- Inner functional balance (homeostatis)

Heart Tracker effects on health:

- Reduces stress
- Improves physical and mental relaxation
- Normalizes blood pressure
- Strengthen the immune system
- Improves overall health condition

Contact Information

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The Heart Tracker provides all means necessary for training the body and mind to work more harmoniously. The result is an increase in efficiency and effectiveness of all body functions. The system helps to achieve the highest level of mental and physical performance.

Negative consequences from stress chronically wear down body which often causes psychological or physical problems. The Heart Tracker accurately reflects this physical and psychological imbalance and assists in obtaining and maintaining psycho-emotional homeostasis.

Used unique technologies:

- Breath rate detection
- Cardiorespiratory comodulation
- Patented RSA training algorithm

(U.S. Patent No. 6305943)

Heart Rate Sensor Information

Biocom 3500 Bluetooth Pulse Wave Sensor



Heart Tracker

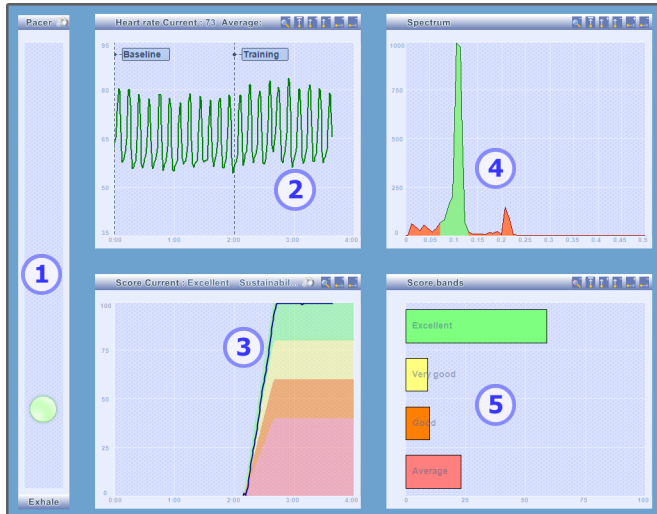
HOME EDITION



Intuitive Training Screens and Reports

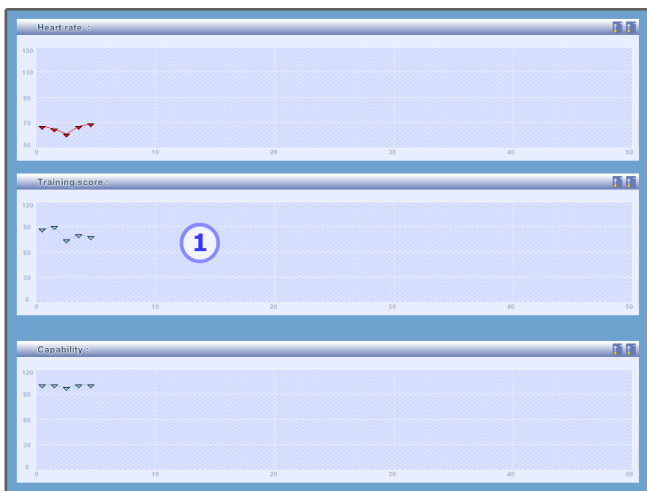
Here are just a few examples of the Heart Tracker biofeedback training screens and reports. Please visit our website for more information.

Training Session Screen



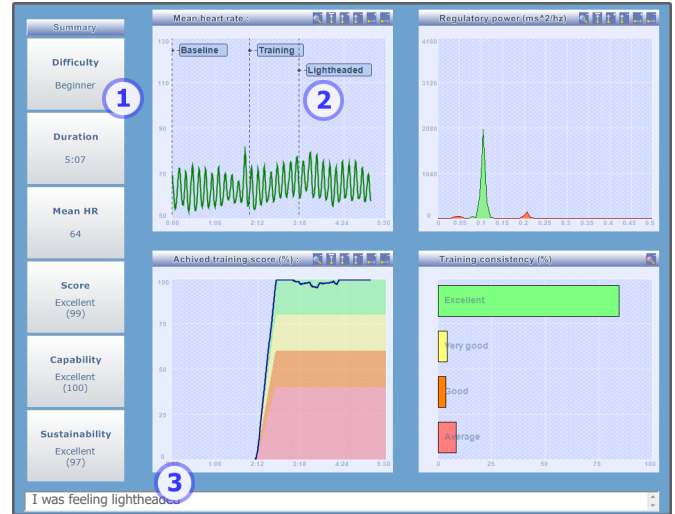
- 1 Pacer guides user's breathing during the session.
- 2 Heart Rate graph shows breath induced waves during the session.
- 3 Training Score graph shows training success during the session.
- 4 Power Spectrum shows a high green peak if training is good.
- 5 Training Consistency shows the breakdown of time when training score was in specific zones of success.

History Report



- 1 Multiple training parameters history graphs show the user's training progress across all training sessions.

Session Summary Screen



- 1 Session summary results shown in numerical format.
- 2 Event marker posted during the training session.
- 3 Post-session comments.

Who May Benefit From Using the Heart Tracker:

- Health Conscious Individuals
- High Risk Occupations Workers
- Military Personnel
- School and College Students
- Hypertensive and Asthma Patients
- Many Others...

System Requirements:

- CPU Intel i5, 2 GHz (or equivalent)
- 8 Gb RAM
- 1024 x 768, 32-bit video
- 2 Gb of free disk space
- Bluetooth LE receiver
- Windows 10/11 or MacOS

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