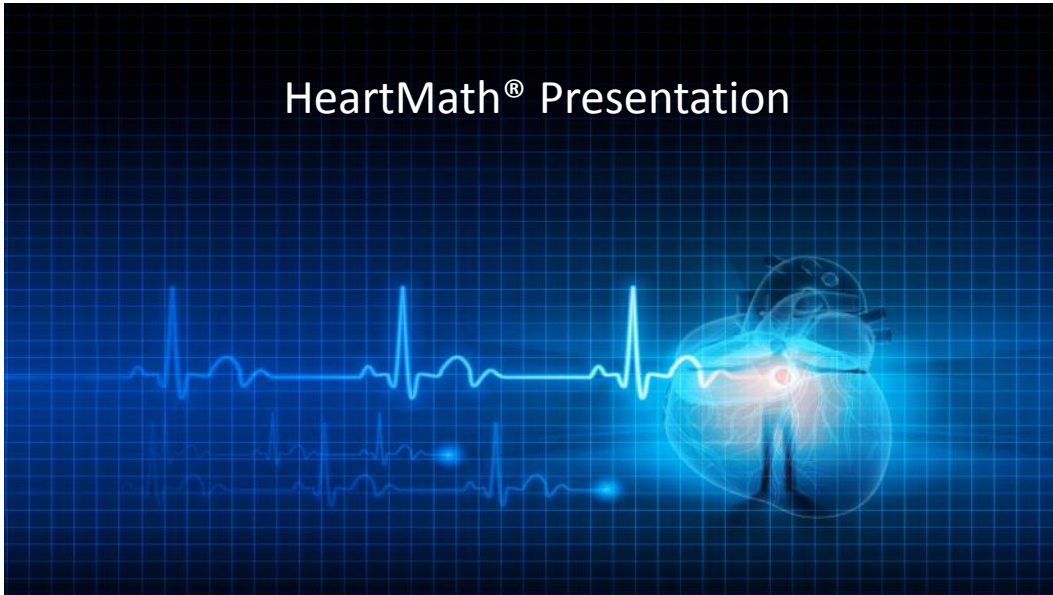


HeartMath® Presentation



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Issue: Stress & Burnout

Healthcare providers and employers are seeing people who are more stressed, overwhelmed and exhausted, leading to health problems and unhealthy decisions.

Solution: Self-Management

We created tools and technologies that reduce stress and build resilience by managing thoughts, emotions and behaviors (self-regulation).

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First Step: Research

Non-profit research center: studying stress, heart/brain function, resilience, health and performance

Breakthrough publication: the American Journal of Cardiology – how emotions affect the ANS.

300 independent peer reviewed publications: Cognitive performance, health care utilization, cardiovascular health, staff retention, PTSD

Spread globally: Corporations, healthcare systems, military, first responders, schools and humanitarian organizations

Consistent data: sustained evidence of reduction of stress and stress-related costs and conditions.

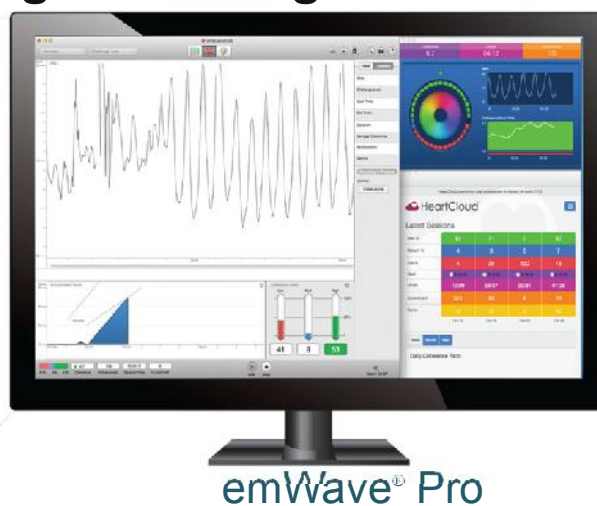
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HRV Coherence Training Technologies

We developed technology that measures HRV and identified an optimal state that improves brain function, health & performance.

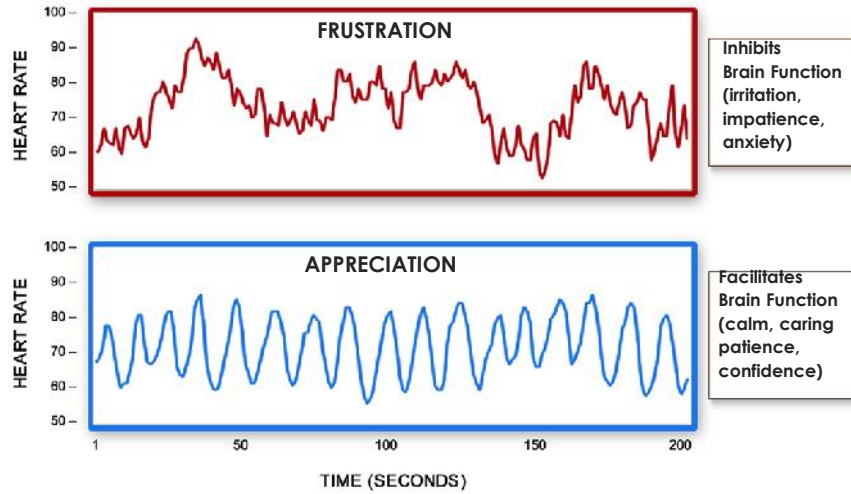
This technology allows people to see a window into their emotional states, and the techniques enable them to shift into the optimum state quickly.



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Emotions and Heart Rhythm Patterns (HRV)



Inhibits
Brain Function
(irritation,
impatience,
anxiety)

Facilitates
Brain Function
(calm, caring
patience,
confidence)

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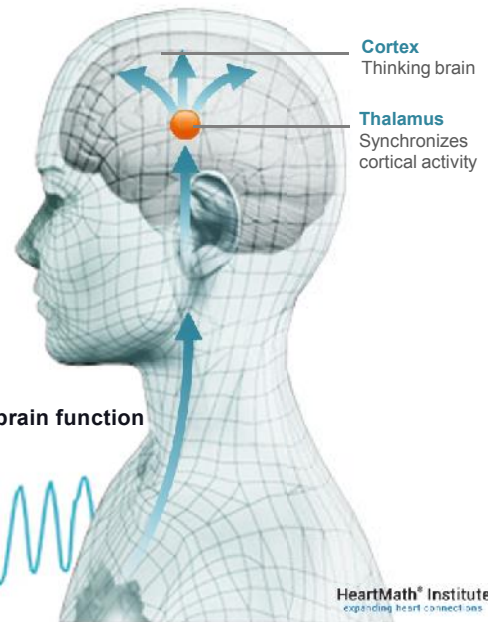
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Heart Rhythms

directly impact physical and mental performance.

Heart rhythms especially affect brain centers involved in decision-making, social awareness, and emotional experience.

Heart rhythms directly affect foresight and our ability to self-regulate.



Incoherence inhibits brain function

Coherence facilitates brain function

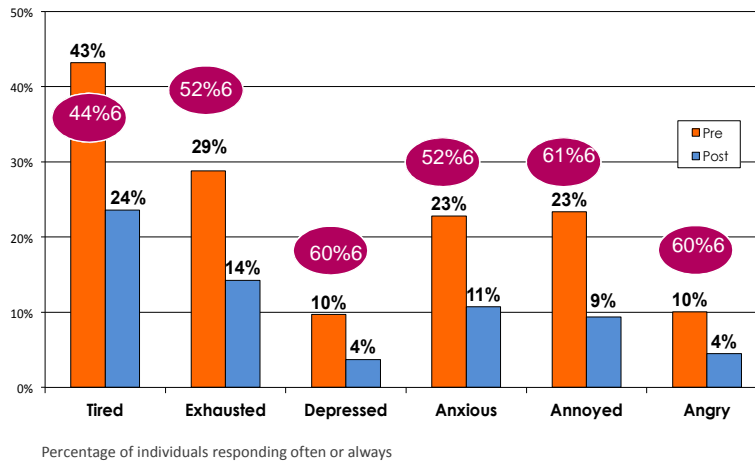


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HeartMath® Institute
expanding heart connections

Improvements in Mental & Emotional Well-Being

Before and six weeks after HeartMath Training
(N=5692 - 33 organizations)

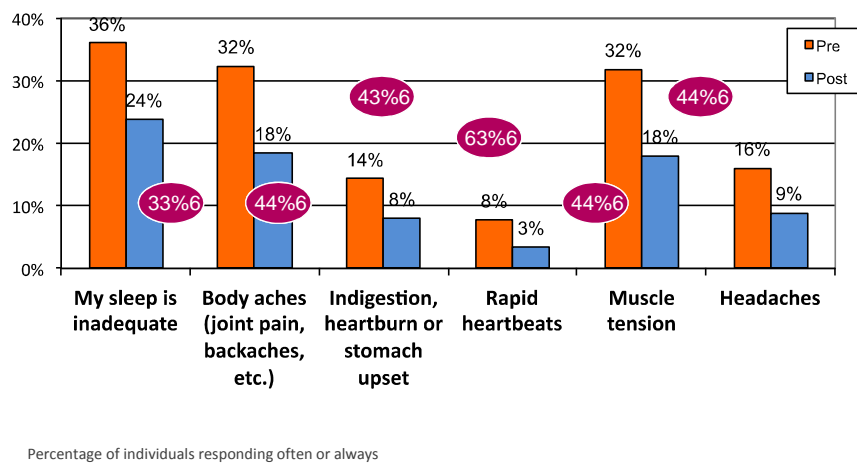


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Improvements in Physical Symptoms of Stress

Before and six weeks after HeartMath Training
(N=5692 - 33 organizations)



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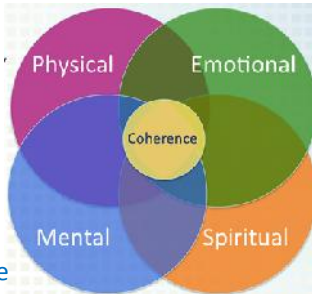
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Summary of Outcomes Published clinical and client case studies

Physical -
Blood Pressure,
Diabetes, Congestive
Heart Failure,
Metabolic Syndrome,
PTSD, Immune System,
Headaches & Muscle
Tension

Mental -
Increased Mental
Clarity, Accuracy,
Creativity and Cognitive
Speed Function.

ROI
Retention
Health costs
Productivity
Engagement



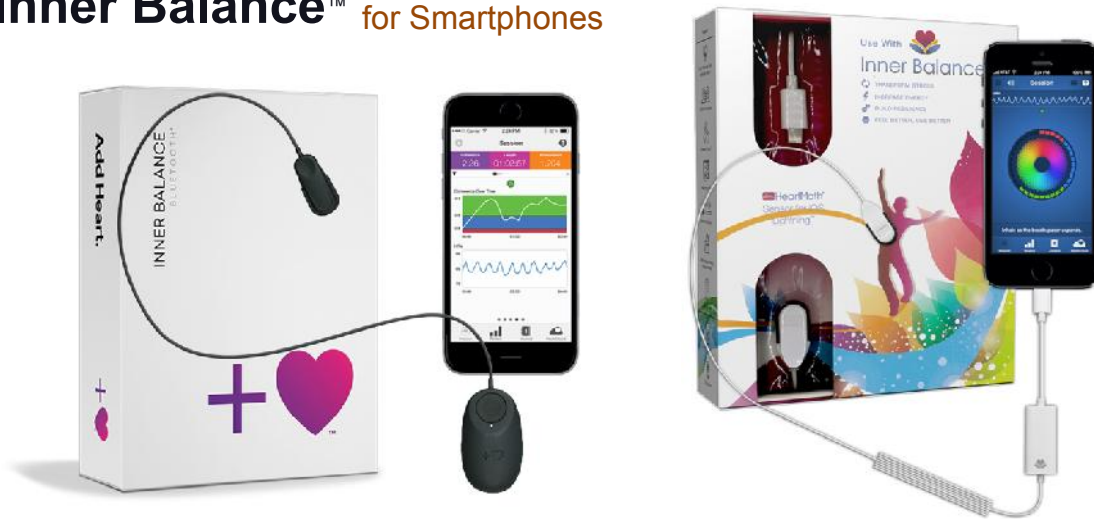
Emotional -
Reduced Anxiety, Anger,
Worry, Fatigue and
Depression. Increased
Engagement, Calm and
Dynamism

Core Values -
Increased Tolerance,
Intuition, Alignment
with Core Values.

Organizational Clients



Inner Balance™ for Smartphones

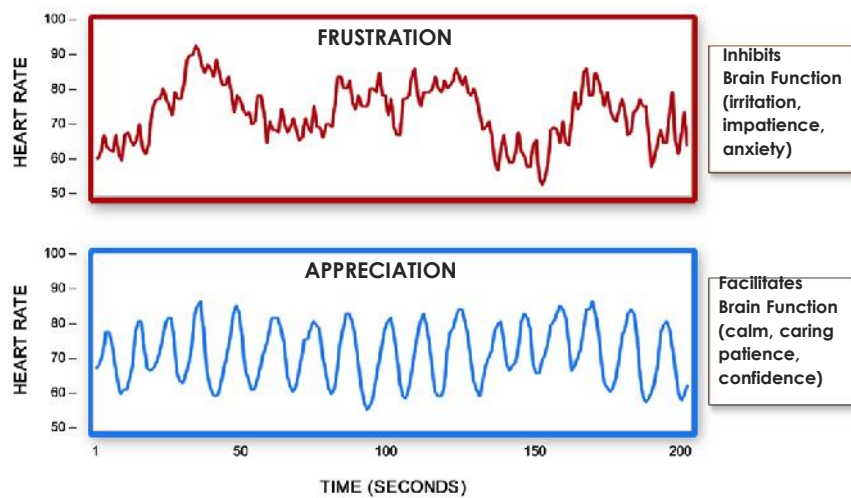


Bluetooth for Android and iOS

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Emotions and Heart Rhythm Patterns (HRV)



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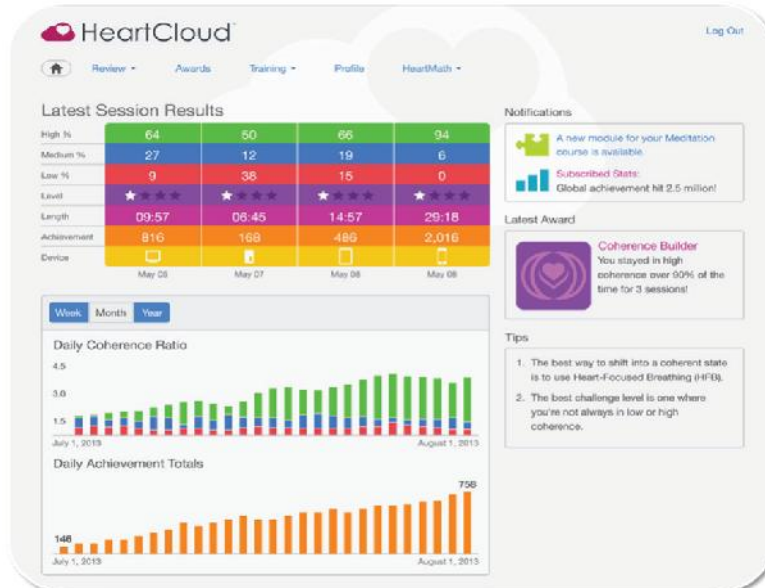
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Inner Balance app Screens for IOS and Android



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Return on Investment

Health Care Claims decreased by **\$130 per member per month**.

Short-term disability claims decreased by **\$309.93 per member per year**

Health Care Expense reduced by **\$585 per person per year**.

Safety/Quality for **220 pharmacists, 40-71% reduction in incidents**.

- Improvements in fatigue, anxiety, time pressure.

Turnover reduction (Duke, Tenet, HCA)

- 1st year Savings: **\$1M, \$2.1M, and \$3.9M**
- Double-digit improvements in the 1st year

Health Outcomes

- Blood Pressure in Hypertensive Employees (Hewlett-Packard)
20% reduction in diastolic and systolic blood pressure.
- Heart Arrhythmias (Kaiser Permanente)
75% of the patients had significantly fewer episodes of atrial fibrillation and **20%** were able to stop medication altogether.
- Diabetes (LifeScan)
30% increase in quality of life metrics; 1.1% reduction in HbA 1c.
- Congestive Heart Failure (Stanford Health)
Increased functional capacity, reduced stress and depression.
- Asthma (Robert Wood Johnson Medical School)
Over 50% of patients experienced a decrease in airway impedance, symptom severity and medication consumption.
- Pain Reduction in Veterans (Dorn VA Hospital, SC)
Reduced pain and emotional distress, and limitations in activity.

Thank you for your attention

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