

# Hello

emWave® Pro

Quick Start Guide



HeartMath®



# **Welcome to Your emWave Pro**

**Take charge of your emotional wellbeing.**

**Release Stress**

**Find Balance**

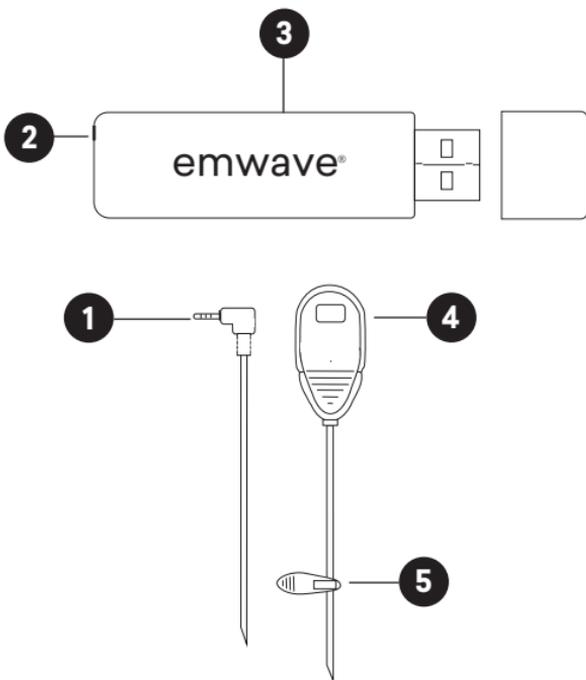
**Build Resilience**

Designed for health professionals and their clients to achieve more meaningful results, the emWave Pro is a unique training system that objectively monitors your heart rhythms and displays the level of coherence – an optimal physiological state where the heart, mind, and emotions align in cooperation and harmony.

Based on over 300 academic papers and recommended by health professionals worldwide, a few minutes of daily coherence practice has been shown to reduce stress, increase energy and resilience, and improve mental clarity and performance.

# Get to know your emWave Pro

- 1 Sensor Jack
- 2 Sensor Port
- 3 USB Module
- 4 Ear Sensor
- 5 Lapel Clip



## Software Installation Instructions

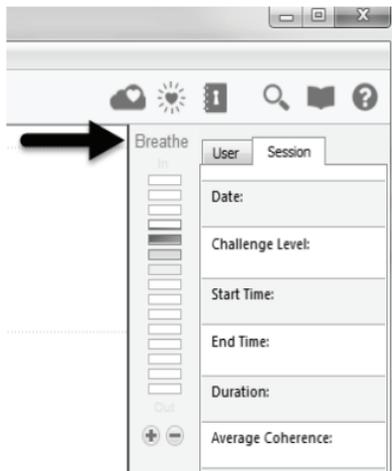
1. On your computer, open an internet browser window and go to [www.heartmath.com/downloads](http://www.heartmath.com/downloads).
2. Download and install the emWave Pro software. *You will need the registration number found on the back of this Quick Start Guide.*
3. Follow the prompts to install the emWave Pro Software.
4. The first time you open emWave Pro, you will be prompted for User Account information used to create the database.
5. Review the **emWave Pro Software Tour** where you are provided with essential information on the basic functionality of your emWave Pro.

To return to the HeartMath® online library at any time, click on the open book icon  in the upper right hand of your main screen.

Close this library window and you will see the emWave Pro platform.

## Start Your First Session

1. Connect your ear sensor jack **1** into the sensor port **2** on the USB module.
2. Plug the USB module **3** into an available USB port on your computer.
3. Clip the ear sensor **4** to your earlobe and attach the lapel clip **5** to your clothing.
5. Press the start button ▶ to begin your first session.
6. Using one of our research-based techniques (see next page), follow the breath pacer and breath a little slower and deeper than normal, but at a comfortable pace.
7. See the red, blue and green colors fill the coherence ratio graph.



# **The Quick Coherence® Technique**

## **Step 1: Heart-Focused Breathing**

Focus your attention in the area of your heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable). Putting your attention around the heart area helps you center and get coherent.

## **Step 2: Activate a Positive Feeling**

Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc., or focus on a feeling of calm or ease.

**Notice how you feel before and after your first session.**

## Build a Healthy Habit

With just a few minutes of daily practice, you can build your resilience and the capacity to quickly reset your emotional state whenever you need to.

**Consistency is the key.** Over time, benefits of practice become more obvious, and you will start to permanently shift your baseline to experience more emotional wellbeing.

## HeartCloud

Track your clients progress from a distance with HeartCloud. To create an account, follow the instructions in the HeartMath Library.

Once your HeartCloud account is created, click on the Review Progress icon  to sync session data across multiple devices.

## Technical Support

For product support information, visit [support.heartmath.com](https://support.heartmath.com).

## **emwavetraining.com**

Visit **[www.emwavetraining.com](http://www.emwavetraining.com)** for more advanced resources.

- One-hour webinar on how to use the emWave Pro with clients and patients.
- 43-minute audio introduction for a full emWave Pro feature overview.
- emWave Pro Practitioner's Guide – 23-page booklet on using emWave Pro with clients and patients.
- Therapist Guide - Using HeartMath® Tools with Clients with PTSD, Addictions, Chronic Pain, Grief and Loss
- Live one-hour phone training sessions for emWave Pro are held on Wednesdays at 2:00PM Pacific time, 5:00PM Eastern time. Call 712-432-0075 access code 651449.
- Additional health professional resources are available at [www.heartmathhealthprofessional.com](http://www.heartmathhealthprofessional.com).

## Advanced Learning and Certification Programs

- **Add Heart Facilitator** – An introductory course for sharing HeartMath with others. This is a great first step in engaging with HeartMath's training programs.
- **Heartmath Interventions Program** – For health professionals who want to add HeartMath emotional self-regulation, stress/anxiety relief techniques and technology to their practice.
- **HeartMath Coach / Mentor Program** – Coaches and mentors learn how to help their clients find intuitive answers and access more energy and balance through the heart.
- **HeartMath Certified Trainer** – Independent and organizational workshop leaders learn to incorporate HeartMath tools and techniques to more effectively activate energy, focus and resilience in their clients.



PLACE SERIAL NUMBER HERE



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