



Heart rate variability (HRV) & fitness training in one ... EVOKE YOUR POTENTIAL!

All the function without interfering with your daily routine, the Evoke Waveband® is comfortably worn on your wrist, forearm or upper arm for full wireless communication with your phone or tablet. No more bulky chest strap, ear clips or wires! This app powered heart rate monitor works with the Evoke Heart Rate Variability (HRV) Mindja™ app or with over 100 publically available 3rd party fitness apps. Use the Evoke Waveband to monitor and train HRV, heart rate, fitness and more.



FEATURES

- **Real-time Metrics:** shown live via your App including HR, HRV, Stress, Breathing rate, R-R intervals.
- **Heart Rate Variability (HRV):** real-time HRV tracking and display with personal training settings and guides.
- **Motion artifact correction:** automatic movement detection via accelerometers remove artifact while training.
- **Workout Summary:** detailed summaries of HRV and fitness stats to analyze your progress and meet your goals.
- **Route Mapping:** speed, distance and route in map view (with specific 3rd party fitness Apps, network services required).

SPECIFICATIONS

- Bluetooth wireless communication
- Battery life – up to 8 hours
- LED status indicator
- Includes large and small armbands
- Waterproof International Protection Rating IP67
- On-board data storage (with some 3rd party apps)

DEVICES

- Samsung S3, S4, S5, S6, Note 3, Note 4, Nexus Tablets
- Android OS require Honeycomb 3.0 & higher
- Coming soon: iPhone 4S, 5, 5C, 5S, 6, 6+; iPad 2 and up, iPad Mini, Air

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What is Heart Rate Variability (HRV)?

HRV is the term used to describe the changes in time between heart beats. This variability reflects the healthy functioning of the Autonomic Nervous System (ANS) and balance of the neural inputs controlling heart rate. HRV is gives a lot more information than simple heart rate measures, HRV looks at very small changes in heart rhythms that occur in response to everything that happens to us including, stress, anxiety, sleep quality, focus, relaxation and both mental and physical exertion.

Of particular importance in maximizing the benefits of HRV training is determining the personal breathing frequency rate, or the users Resonant Frequency (RF). By training at ones RF the effectiveness of training is enhanced thus improving stress system balance, optimizing blood pressure control, and enhancing Oxygen – Carbon Dioxide exchange.

Evoke’s Mindja™ app is the only mobile app that automates this essential level of RF personalization.

How Does HRV Training Help ME?

HRV training stimulates and exercises the autonomic nervous system (ANS), which is in charge of controlling automatic processes such as heart rate, digestion, respiration, fight-or-flight, sweating, stress and sleep quality. In the same way that physical exercise trains the muscular-skeletal system to increase strength and fitness, HRV training increases mental and physiological strength and recovery.

Research has demonstrated many areas of health that benefit from HRV training, including; reduced physical and emotional stress, anxiety, heart disease, blood pressure, pain, sleep quality, improved mood and mental and physical recovery speed.

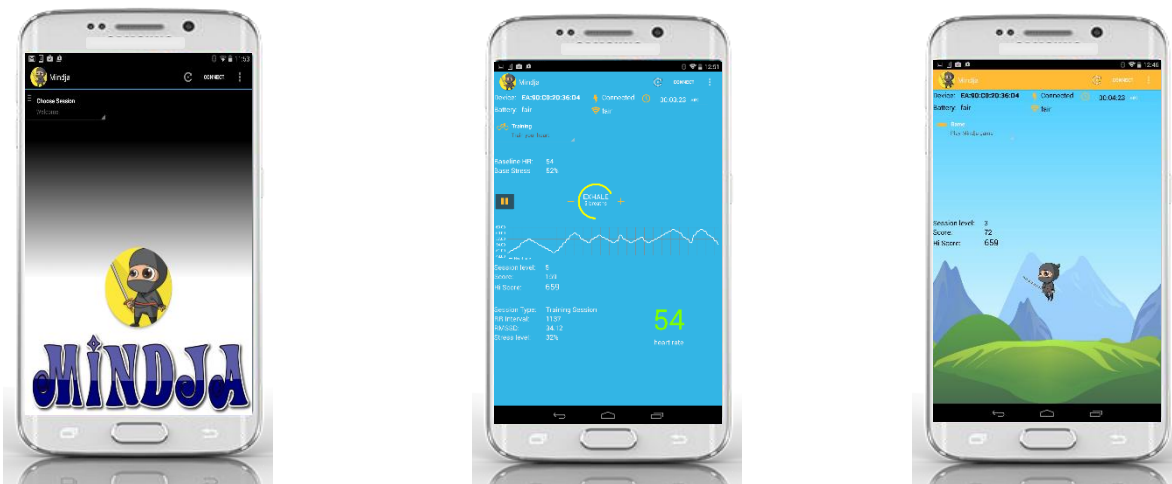
What is Mindja™?

With the Mindja™ Project, Evoke Neuroscience is taking the lead in neuroscience-based personal training by developing mobile apps that personalize HRV training to an individual’s needs.

Proper HRV training requires accuracy in determining the best individual profile for each user to optimize the benefits of the HRV exercise sessions. To be beneficial, each individual must be:

- (1) **ASSESSED** to determine their “Resonant Frequency” (ideal breathing pace)
- (2) **COACHED** through basic breathing patterns
- (3) **PROGRESSED** through challenges to optimize transfer of skills into real-world situations.

Mindja™ factors in these key principles to deliver a HRV App and experience that is science-based, personalized and engaging to optimize personal benefits and encourage long-term use.



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Rev 01/12/2016

