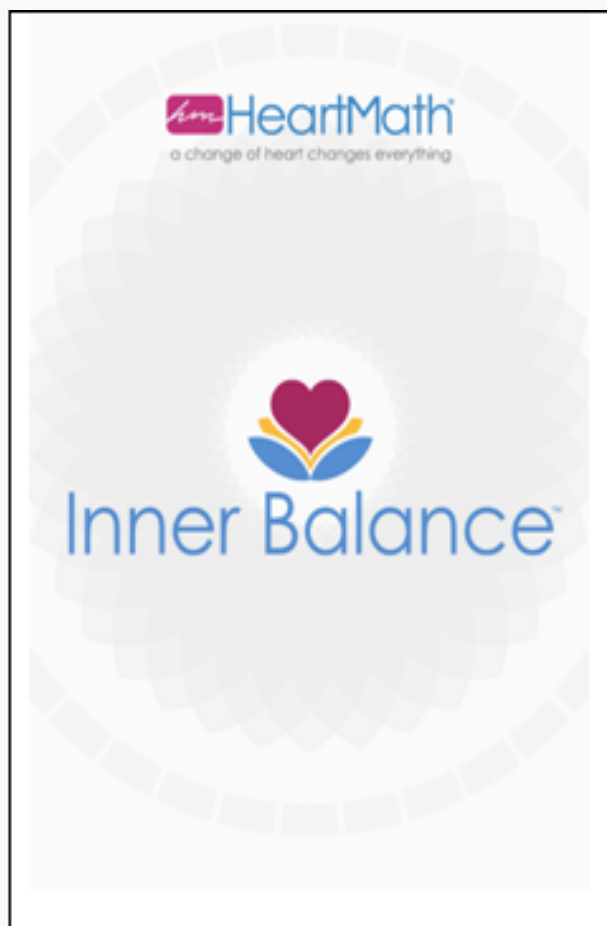


Inner Balance Version 3.7 or newer

We invite you to start on a journey to improve your Inner Balance and the alignment between your heart, mind and body using HeartMath techniques, which have already benefitted hundreds of thousands of people. 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 stressful situations and challenges.



Inner Balance can be installed on both iOS and Android devices. The App Store, Play Store and/or Amazon Store will install the newest version that your device is capable of running.

Android: HeartMath introduced Android compatibility beginning with the 3.8 version of Inner Balance. Android OS 5.0 or higher is required. HeartMath Bluetooth Pulse Sensor is required to run sessions.

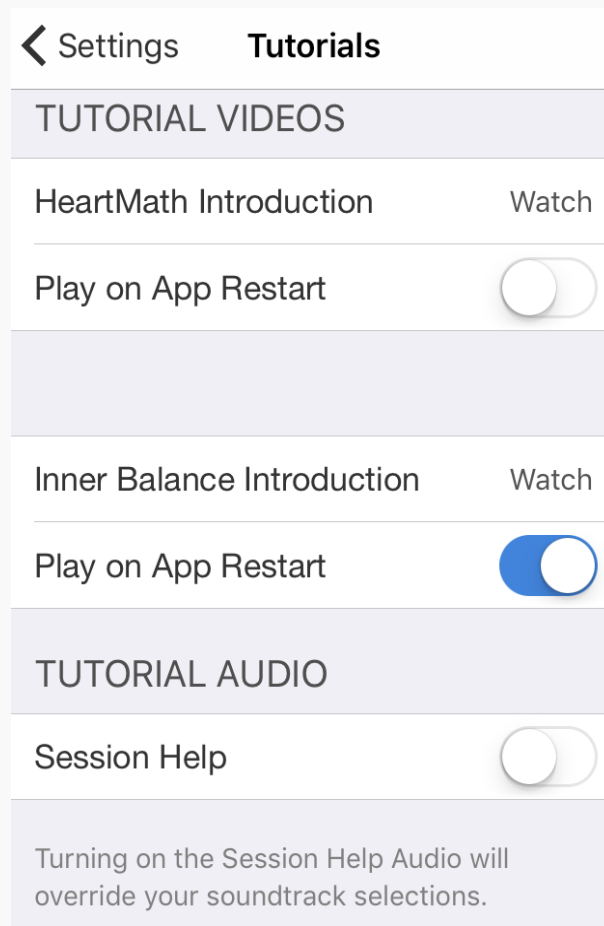
iOS: For Inner Balance 3.10 iOS 10 or higher is required. HeartMath Pulse Sensor either Bluetooth or Lightning connector is also required to run sessions.

The HeartMath Pulse Sensor is required to run sessions in Inner Balance. To purchase a Sensor, tap the Buy Now button from within the app or go to the [HeartMath Store](#). The sensors may also be available through various other retail locations or HeartMath Distributors, Coaches, and Trainers.

First Launch

When launching the Inner Balance app for the first time, you will see welcome and introduction videos.

These tutorials can be run again at any time by going to Tutorials in Settings.




You will be offered an opportunity to set up a HeartCloud account. Setting up an account will enable you to synchronize Session Data across all your devices, earn trophies and receive helpful tips on training!

Rotate between landscape and portrait views now available on iOS devices. Be sure rotate lock is not on in your device settings. Note: On some devices with smaller viewing areas, the bottom toolbar is not displayed in landscape mode nor are the coaching messages.

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

If your iOS device runs Health app [Click here for more information](#)

Help

To access more information, tap the Help Icon  in the upper right of your screen. In Help, you will also find this Inner Balance User Manual. You may wish to save the manual to iBooks, your desktop or location of your choice on your device.

Achievement

The scoring algorithm updates your coherence score every 5 seconds. The achievement score is then also updated at 5 second intervals. At the end of the session the achievement score is the sum of all the individual coherence scores.

Breath Pacer

There are three pacers available and described here for your breathing assistance. The speed of the pacers can be adjusted to your preference in Settings. If you prefer, you may also turn off any of the pacers in Settings.

Mandala - inhale as the colorful breath pacer expands and exhale as it contracts to achieve optimal breathing and coherence.

Chaser - inhale as the shades rise, exhale as it lowers.

Advanced views with the charts and statistical data offer a pacer at the top of the screen. It is a small black dot moving back and forth along the top of the screen.

To read the complete Inner Balance User Manual and save to iBooks, [tap here](#).

Getting Started

Bluetooth Sensors

Do not "pair" the Bluetooth sensor to your phone or tablet in the device settings. Instead, simply launch the Inner Balance App and "bond" the sensor this way through the automatic dialogs presented when tap the start button to run session.

Please charge for 2 hours before first use. With your Bluetooth sensor charged and ready, open the app. Place the ear pulse sensor on the center of your ear lobe. A brief press on the power button will turn it on. Make sure the LED on the sensor is lit. Press the Start button on the Session view of Inner Balance. When you see the scan dialog, select the Inner Balance sensor from the list (ie: HeartMath-HRV-A123). If you are in the vicinity of other HeartMath (bluetooth) sensors, make sure you select the one whose last 4 characters correspond to the identifier label located on the back of your sensor. Note: If you don't see this dialog on further use, tap the Start button. A long press on the power button will turn it off.

[Click here for information on using the Bluetooth sensor in a classroom setting.](#)

Lightning Sensors

Please attach the sensor now to the charger port of your device and clip the ear pulse sensor to the center of your earlobe. Now, tap once to activate the menu bar with the Start and Stop button. Tap Start to begin your session!

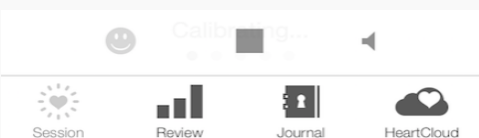
Start or Stop a Session

The Bottom Toolbar is activated by tapping once from any Session view. The Start button is located in the center of the toolbar. If no sensor is connected, tapping Start will prompt a scan for a sensor. Once a Session begins, the button toggles to become a Stop button. You will also find a volume mute/unmute button and the mood emoticon for journals in this toolbar.

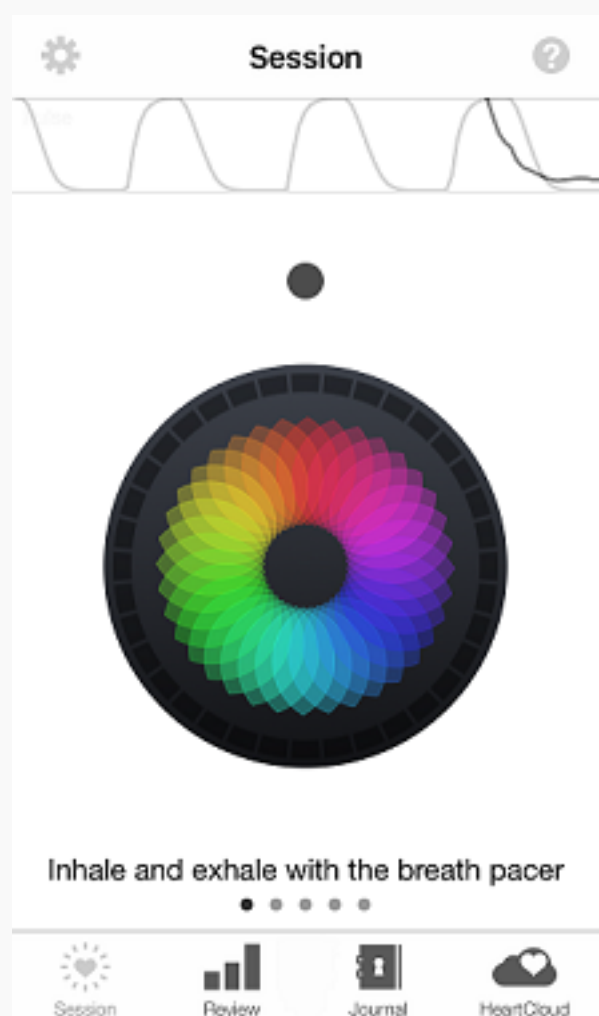
Start button:



Stop button:



Once your Session is running, you will see the first session screen "Mandala". Notice the coaching messages displayed on the bottom of that screen.



If mood selection is on – it comes up first. Please see Settings on the next page to turn this feature off.

There are several different screens that are active during a training session. You may select between them by sliding from left to right across the device. See Settings to toggle on or off the Session views.

The top of the screen initially shows your Pulse then switches to your Heart Rate Variability (HRV) pattern. Bluetooth users will only see HRV. HRV will show a smooth rhythm, when you are in the state of Coherence* or Inner Balance. The small dot below the HRV rhythm indicates your Coherence Level, red for low, blue for medium, and green for high. The colored display in the center of the screen helps

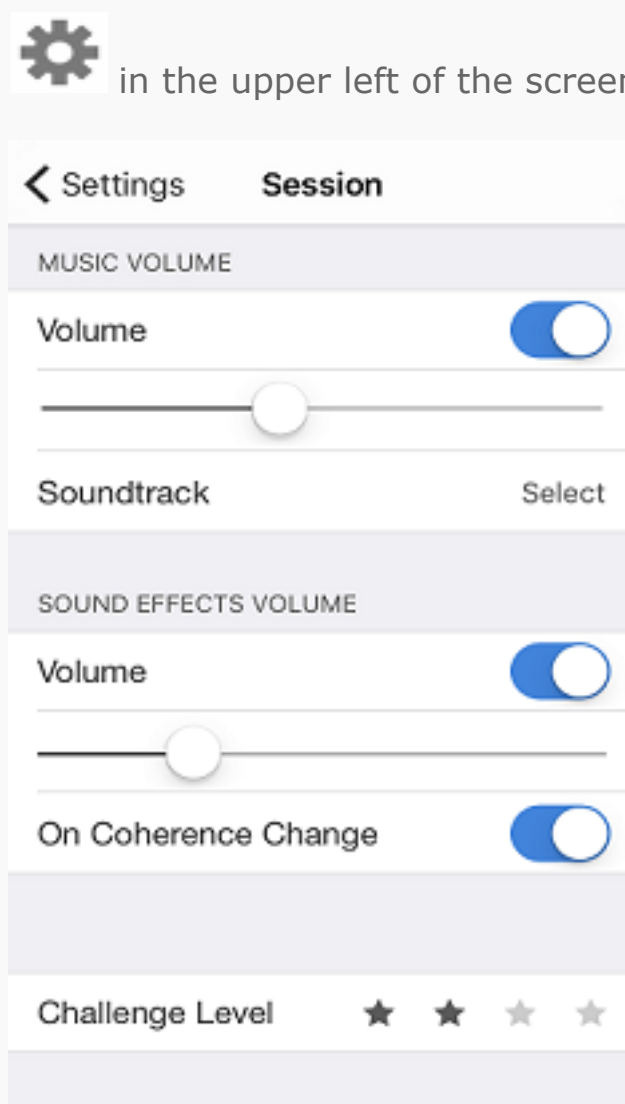
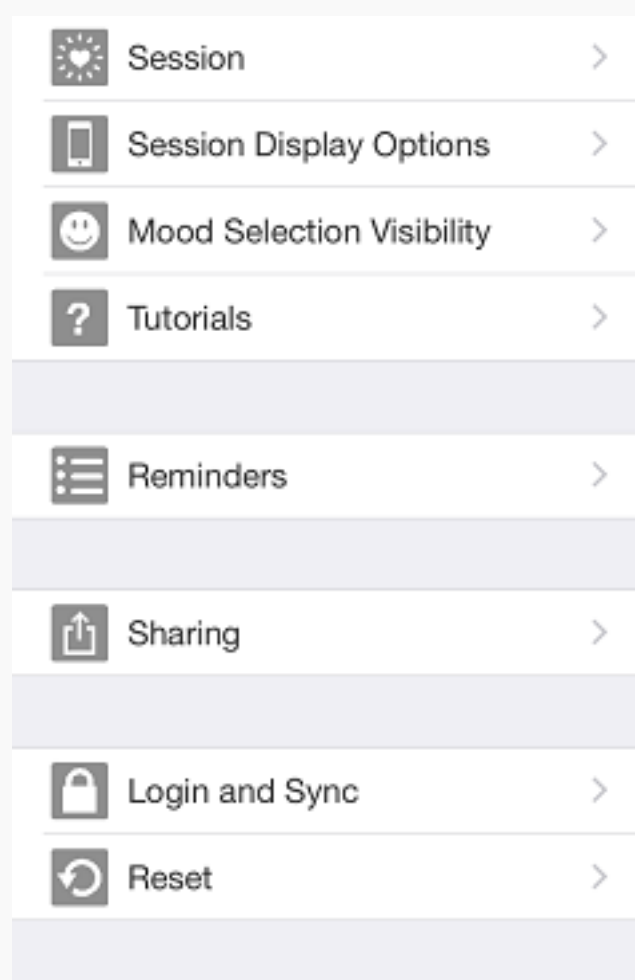
you pace your breath to increase your coherence. The red, blue and green squares on the border of the circle are added every "5" seconds and show you how much time you have spent in low, medium, or high Coherence.

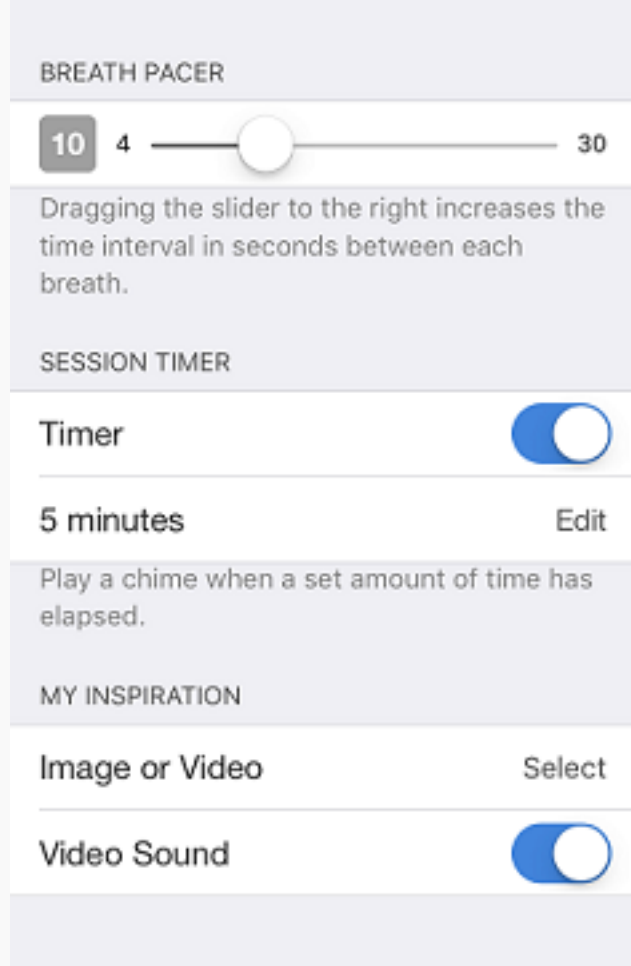
* Coherence is the degree of order, harmony, and stability occurring in your autonomic nervous system and higher brain centers. A more coherent HRV pattern reflects efficient or optimal function, which is related to the ease and flow of energy and information flow in your nervous system, and between your heart and brain. An erratic, incoherent HRV pattern reflects stress and energy drain. The HRV or heart rhythm pattern informs the brain how the heart and body feels and affects brain centers involved in decision-making and your ability to maintain composure, especially in challenging or stressful times.

Is getting into Coherence relaxing? Yes, but Coherence is not relaxation. It is the synchronization of the activity in the parasympathetic and sympathetic branches of the nervous system. It reflects a calm, yet energetically present and aware state. The practice of heart coherence with the Inner Balance app facilitates mental functions. It opens more access to your higher intelligence, and improves focus, creativity, intuition and decision-making. After being in Heart Coherence, we perform better! We feel more confident, positive, calm, yet energized.

Change Any of Your Settings to Customize Your Training Experience

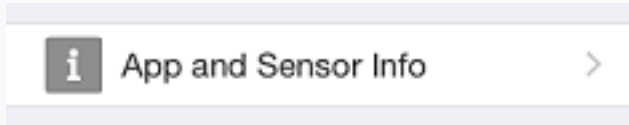
Access the settings by tapping the icon  in the upper left of the screen.





- The first section contains **Session Settings**. This includes an opportunity to make a personal music selection from your libraries and volume controls.
- **Adjusting Sounds:** By default the coherence tones sound every other score, which is about every 10 seconds. These chimes should coincide with every other color tick on the Mandala and Chaser views. It will also chime with every level change. A reward chime happens when you have been in green consistently for 30 seconds, and it will sound every 30 seconds if you remain in green. There is also a high score reward chime, and that happens when you have achieved 60 consecutive scores in green. The Sound effects volume can also be set to generate a tone ONLY when your current Coherence level changes. On some devices a vibrate option is available. In iOS be sure to enable vibrate on ring for the Inner Balance vibrate feature to work.
- **Challenge Level** can be set to one of four levels represented by the number of stars. Start with Challenge Level 1 and increase over time as your training develops.
- **The Breath Pacer** Speed is the speed of movement of the Mandala in screen #1, the Chaser in screen #2 and the Mini Breath Pacer on the top of the other screens. For most people, a setting of one breath cycle every 10 seconds is most effective at increasing heart coherence.
- The **Session Timer** will play a chime at your chosen designated point in time during your session.
- Select an image or video for **My Inspiration** from your personal library to display. Choose one that will evoke a positive or good feeling and motivates you. The first time you ask Inner Balance to load your personal video or image you may see a prompt to allow the app access. If necessary, on an iOS device, go the device Settings, choose Privacy, then choose Photos. Enable Inner Balance's access there.
- In **Session Display Options** you may toggle on or off, each individual Session View. This allows you to skip a view that you do not want to use. You may also close the display of the Coach messages, Mini HRV and Mini Breath Pacer.
- If you prefer a colored background choose that here as well in the Theme section.

- **Mood Selection Visibility** has three options that can be toggled on or off to control the pop up: Before a Session, After a Session and On New Journal Entry.
- **Tutorials** Tutorial videos are available on app launch or whenever you would like to view them. We are also introducing an audio tutorial called, Session Help. Session Help provides instruction on how to practice Quick Coherence. Set this audio to play or mute during your sessions here in Settings.
- **Login and Sync** will display the following; use WiFi only for Sync, the email account if the user is set up on HeartCloud with a Log Out option there or a Log In option as well as a Sync Now button.
- **Reset** will wipe the app of all data and restore to initial install condition. If you give your device to another person they may wish to reset and set up their own HeartCloud account.



App and Sensor Information: Here you will find the version of the app and additional sensor information. The Sensor information includes: the type of sensor being used (bluetooth or Lightning) and battery level for your bluetooth sensor. Bluetooth users can clear the previous sensors used by tapping Forget All Sensors.

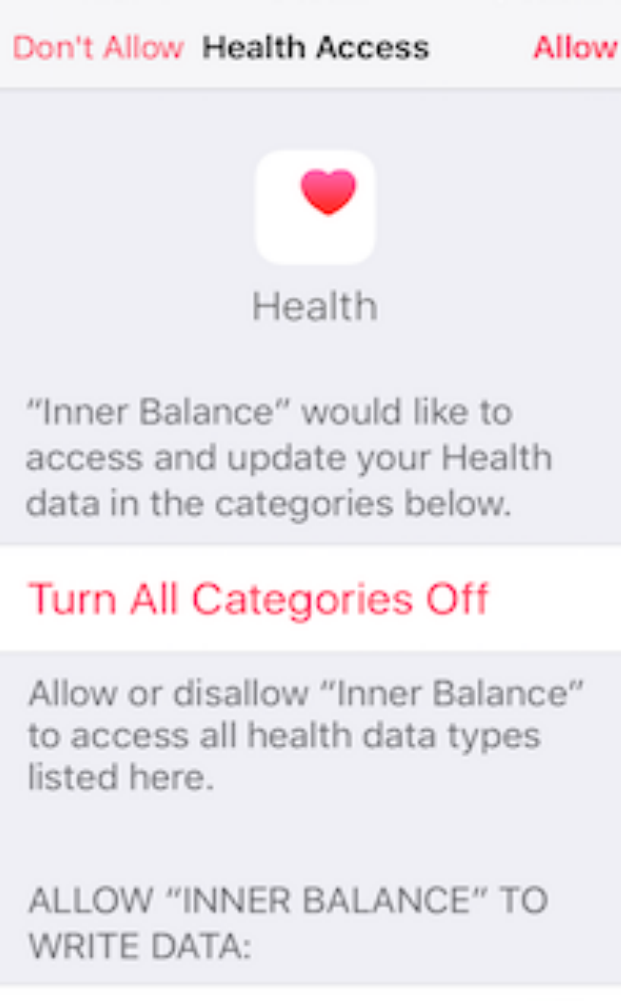
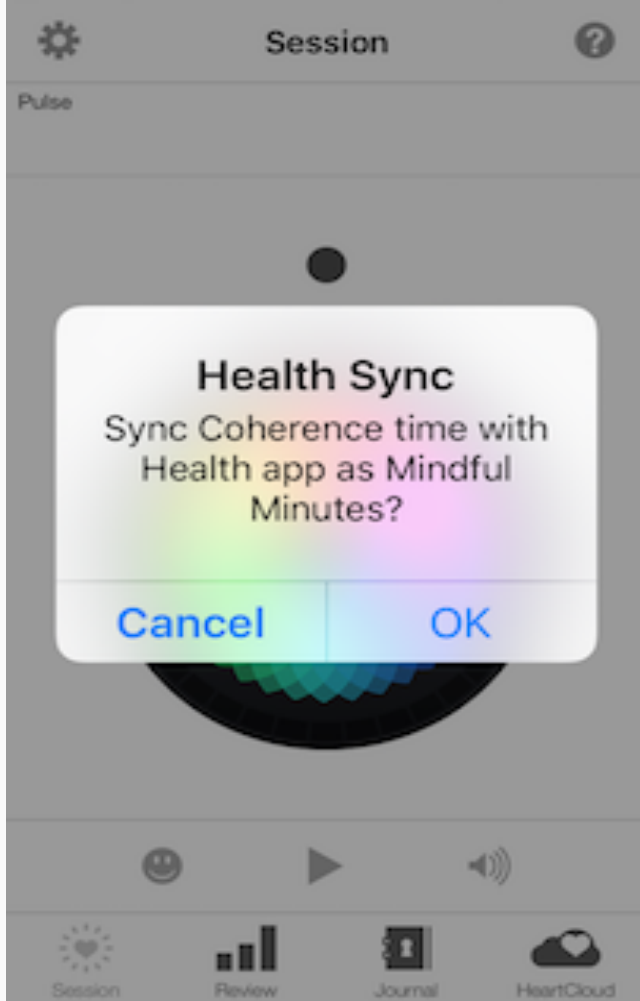
[Click here for information on using the classroom mode.](#)

iOS Health App

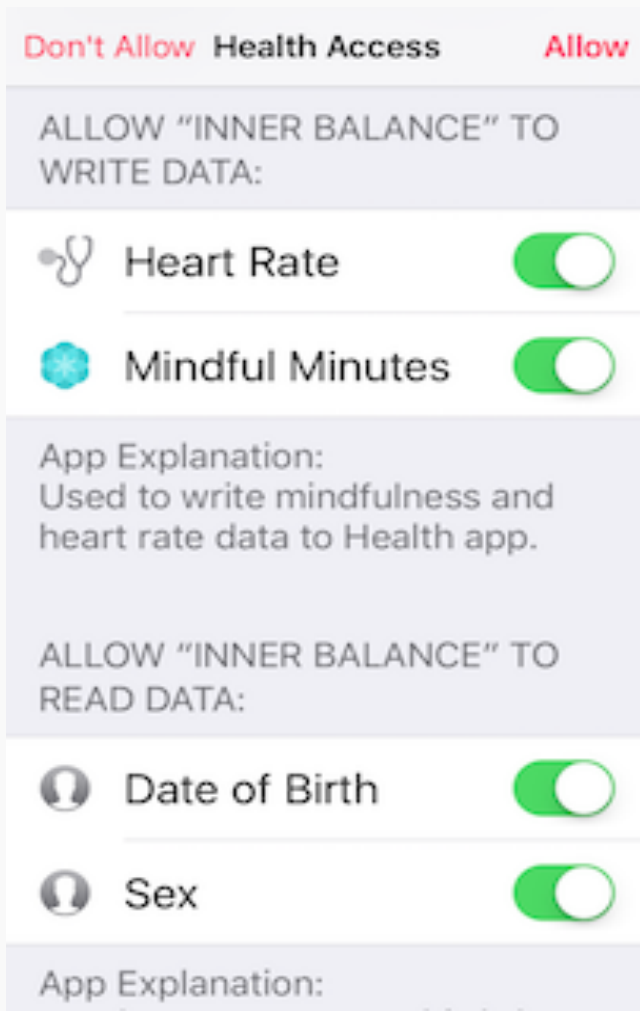
Sync to Health App

To use the Health app, download the latest version of iOS (10.2 or newer) for your iPhone or iPod touch. Using Inner Balance 3.9 or newer you can sync to the Health app.

If your installing Inner Balance for the first time, or have recently updated to the 3.9 version, you will be prompted with the sync to Health App dialogs. If you wish to enable this sync at a later time go to Settings tap Health and then tap Sync with Health app/ Enable the options of your choice and tap allow in the upper right corner.



The health app will display the Inner Balance in these two categories:



Mindfulness

Time spent in medium (blue) or high (green) coherence during a session will be stored as Mindful Minutes



< Mindful Minutes All Recorded Data Edit

MINDFUL MINUTES

5 min	Feb 21, 5:54 PM >
9 min	Feb 21, 10:56 AM >
13 min	Feb 19, 4:31 PM >
9 min	Feb 17, 5:36 PM >
2 min	Feb 15, 4:19 PM >
6 min	Feb 15, 4:18 PM >
5 min	Feb 15, 11:38 AM >
5 min	Feb 15, 10:17 AM >
2 min	Feb 14, 6:16 PM >
4 min	Feb 14, 6:13 PM >
8 min	Feb 14, 5:11 PM >
5 min	Feb 14, 1:46 PM >
15 min	Feb 14, 10:50 AM >

Health Data Today Sources Medical ID

Vitals

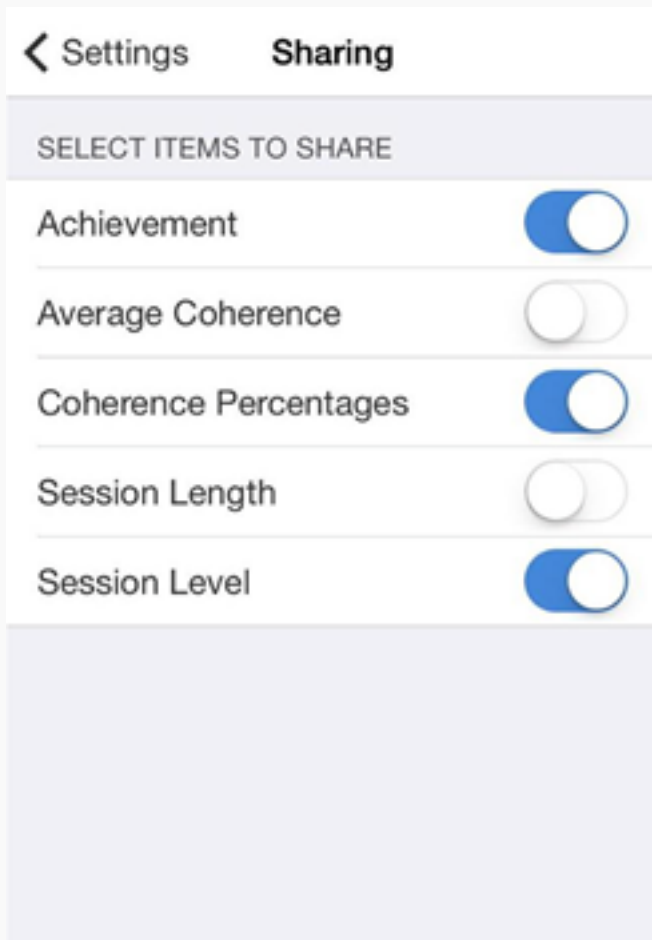
Heart Rate displayed as beats per minute (bpm). An average of the last 10 beats of the session will be stored here.

Social Media and Sharing



Click this icon in the middle of bottom of your screen to access Social Media and share comments on Facebook, Twitter or Email.

Using the Settings Icon, you can select which session metrics you wish to share by toggling on or off:



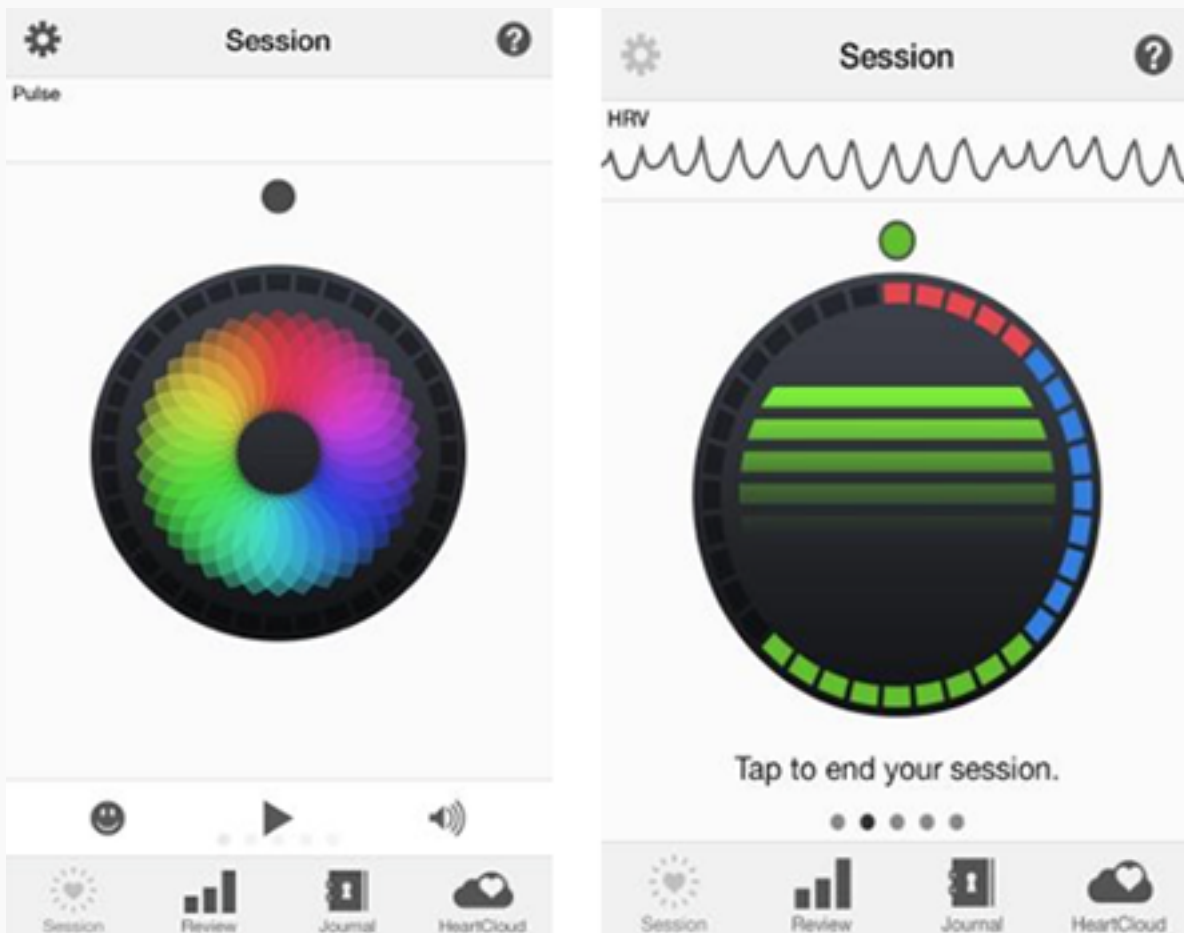
You will need to be logged on to third party applications such as Facebook or Twitter and in some cases allow specific access to share. Note that some third party applications have rules about what can be shared from an application. Facebook for example, may block the metrics.



Run A Session

By default, there are five views you can swipe through while running a session:

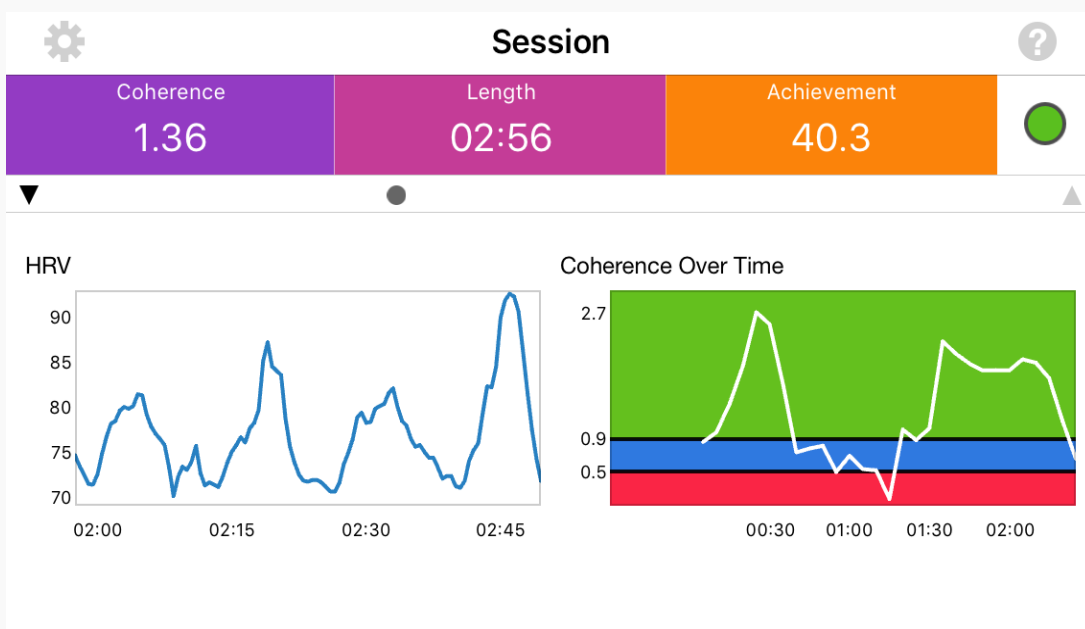
The first two screens are the Mandala and the Chaser. They help pace your breathing, show your coherence level, and display helpful coaching messages.

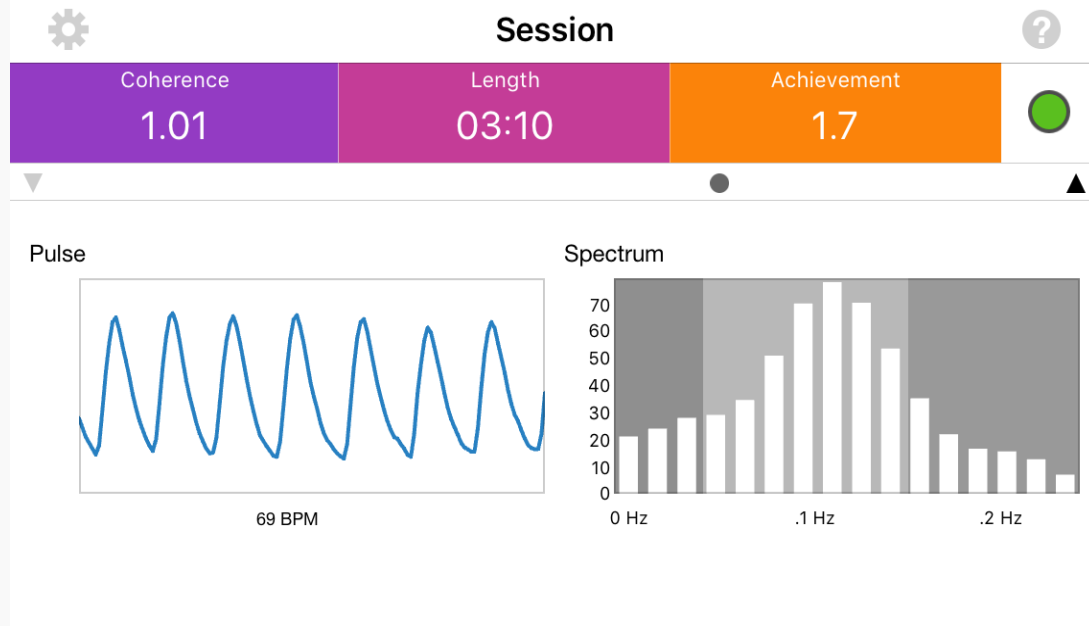


My Inspiration Session screen shows you an image or video to inspire you to higher coherence. These can be customized with your personal image or video from your own library, using Settings as described above.



Detail Session screens plot the Coherence Over Time, Pulse and/or Heart Rate in Beats Per Minute, HRV Rhythm, and the Power Spectrum. You will also find (unless disabled in settings) a small breath pacer in the form of a moving ball at the top of the screen.





PLEASE NOTE: For users of the bluetooth sensor only, you will not see the Pulse graph. Instead you will see a larger display of the Beats Per Minute (BPM).

The two views above display a number of metrics for your training. The Score Board includes Coherence, Length (Session) and Achievement. Coherence, in the purple section, is your current Coherence Score. This is a measure of the degree of Coherence in the heart rhythm pattern.

A Coherent heart rhythm is a stable regular repeating rhythm resembling a sine wave at a single frequency between 0.04- 0.24 Hz (3-15 cycles per minute). The scoring algorithm continuously monitors the most current 64 seconds of heart rhythm data and updates the score every 5 seconds.

The more stable and regular the heart rhythm frequency is, the higher the Coherence Score. Scores range from 0-16. Typical scores range between 3.0 -6.5, but values as low as 0.0 and higher than 10.0 are not uncommon. With practice and regular use you will begin to notice your normal Coherence Score Level and how it fluctuates when you have more or less focus and when you experience greater levels of Inner Balance. Use your score range as your guide to setting the Challenge Level and Achievement Goal.

The pink section is the Length of your Session.

The Orange section shows your Achievement. This is the sum of your individual Coherence Scores during the length of a session. It can be improved by achieving higher Coherence Scores and the length of time spent in Coherence during the session. It is the total of all Coherence. The scoring algorithm updates your Coherence Score every 5 seconds during an active session and adds them together giving you a sum which is called Achievement on the app displays. You may want to set a daily Achievement Goal for yourself. An Achievement Score of 300 points per day is a good place to start. This could be accumulated in a single session or split across two or more sessions depending on your schedule or preferences.

On the detail screens you also see these graphs right below the Score Board:

HRV is Heart Rate Variability. This is the normally occurring beat-to-beat changes in heart rate. Analysis of HRV is an important tool used to assess heart-brain interactions and autonomic nervous system dynamics (function, synchronization and balance). HRV is considered a key indicator of aging, cardiac health, resilience and overall well-being.

Coherence Over Time (COT) - COT charts your Coherence Scores over the entire length of the

session. The chart is updated every 5 seconds with each new score. The background of the chart reflects the Coherence Level Thresholds for the current Challenge Level Setting; red = low, blue = medium, green = high. When you achieve higher levels of Coherence Scores, the plot window will auto scale and the red and blue portions will get smaller.

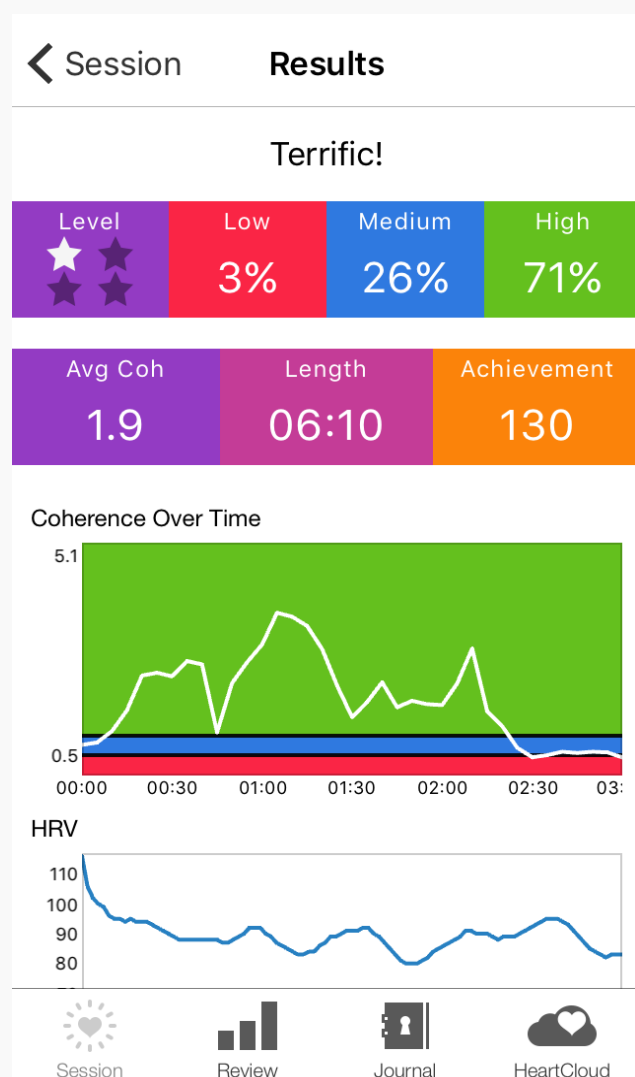
Pulse graph - Pulse data is collected from the sensor and shown on the pulse graph. Please Note: Pulse information will only be displayed when a wired, Lightning connection ear sensor is used.

Beats Per Minute (BPM) Your current heart rate is displayed in beats per minute. The BPM is constantly changing, consistent with your heart rate variability.

Spectrum graph - displays a mathematical transformation of the heart rhythm data into its frequency components. The slowest (low) frequencies are shown on the left hand side of the graph and faster (high) frequencies on the right. As the heart rhythm becomes more Coherent the frequency distribution becomes more concentrated into a signal peak. The Spectrum is updated every 5 seconds.

Stop a Session and Review

To stop your session, tap once to activate the menu bar with the Start and Stop button. Tap Stop to end your session. When the session is stopped, you will see this summary view below. It is similar to the detail of the History views below.



Review Tab

Select the Review Tab to access your session History, Progress, Awards and Goals.

Select a Session from the list to see the Session Report / History Detail. For longer sessions notice you can zoom the left column of BPM (y-axis) on the HRV chart using a pinch out gesture. To reset the chart, double-tap on it.

The image shows two screenshots from a mobile application. The left screenshot is the 'History' screen, featuring a settings gear, a help icon, and a navigation bar with icons for calendar, chart, award, and target. Below is a table with columns for Date, Length, Coherence, and Achievement. The right screenshot is the 'History Detail' screen, showing a level indicator (3 stars), a progress bar for Low (3%), Medium (14%), and High (83%) states, and summary statistics for Avg Coh (1.4), Length (03:11), and Achievement (49). It also contains two line graphs: 'Coherence Over Time' and 'HRV'. Both screenshots have a bottom navigation bar with icons for Session, Review, Journal, and HeartCloud.

Date	Length	Coherence	Achievement
Aug 08	3:08	0.9	32
Aug 08	1:18	1.8	22
Aug 08	3:05	1.4	47
Aug 08	1:42	2.1	35
Aug 04	60:01	1.5	1110
Aug 04	4:28	2.1	13

History Detail Summary:

- Level: 3 stars
- Low: 3%
- Medium: 14%
- High: 83%
- Avg Coh: 1.4
- Length: 03:11
- Achievement: 49

To Delete a Session, tap and slide to the left on the session you wish to delete.

The Coherence Score displayed in the History view is an average of the Coherence Score throughout the entire session. It will differ from the last Coherence Score displayed in the Session view.

Goals, Awards and Progress

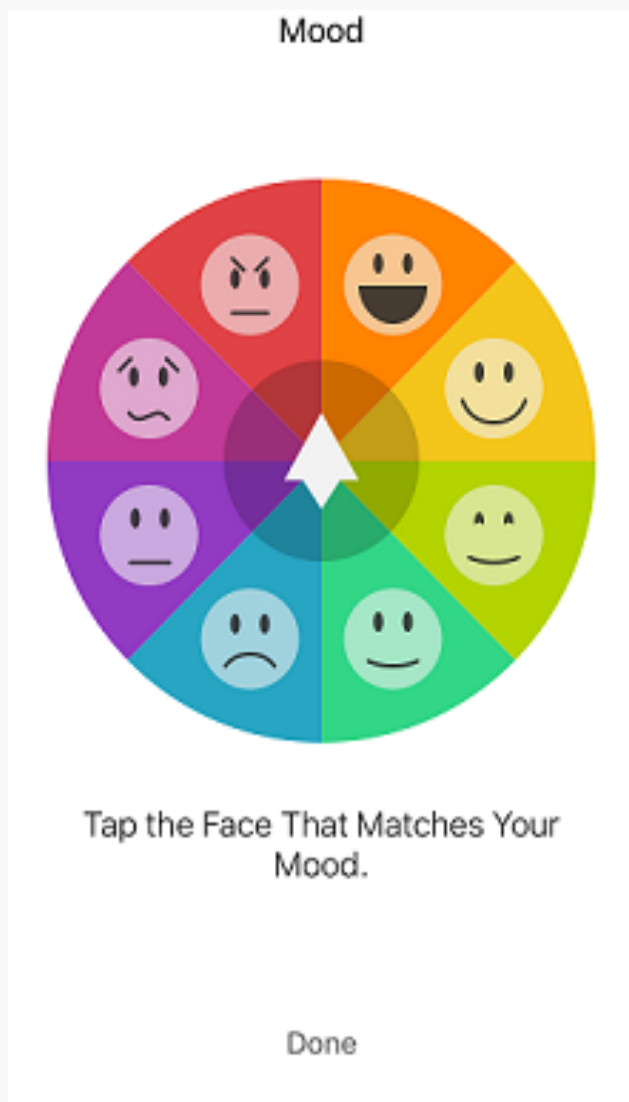
On the Review Tab, tap Goals to see our initial set of personal goals.

Tap Awards to see any Awards that you achieve.

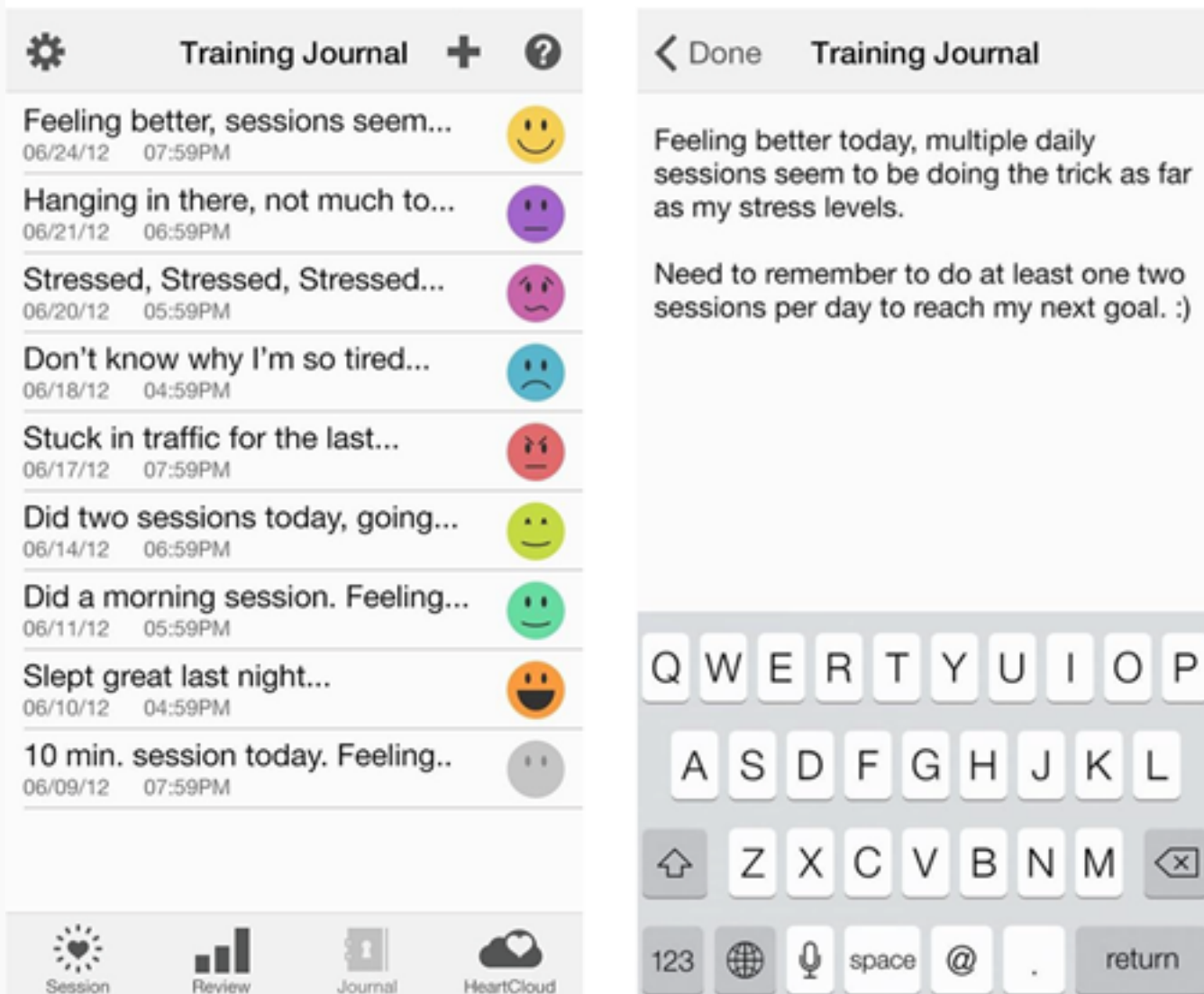
Tap Progress to see a graphical display of your Minutes in Coherence, Achievement, Average Coherence Score and Challenge Levels over time.



Journal



Journal



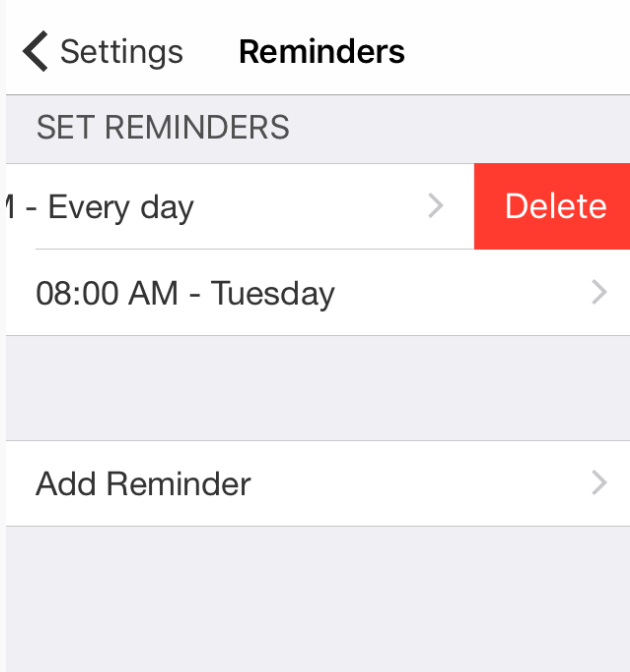
The Mood Selection Visibility is controlled in Settings. By default you can choose the emoticon that matches your mood. You can have it prompt you, when you start a session, stop a session or enter a new Journal entry. If you did not select an emotion, it will display as a gray icon.

On the Journal tab, you can add, edit or delete Journal entries to document your journey and moods. Use the "+" icon in the upper right corner to add new entries. Tap the Edit Entry button to add text. Slide to the left on a Journal entry to delete.

Reminders

Go to Settings to add encouraging "Reminders" to use your Inner Balance. They can be set daily or weekly.

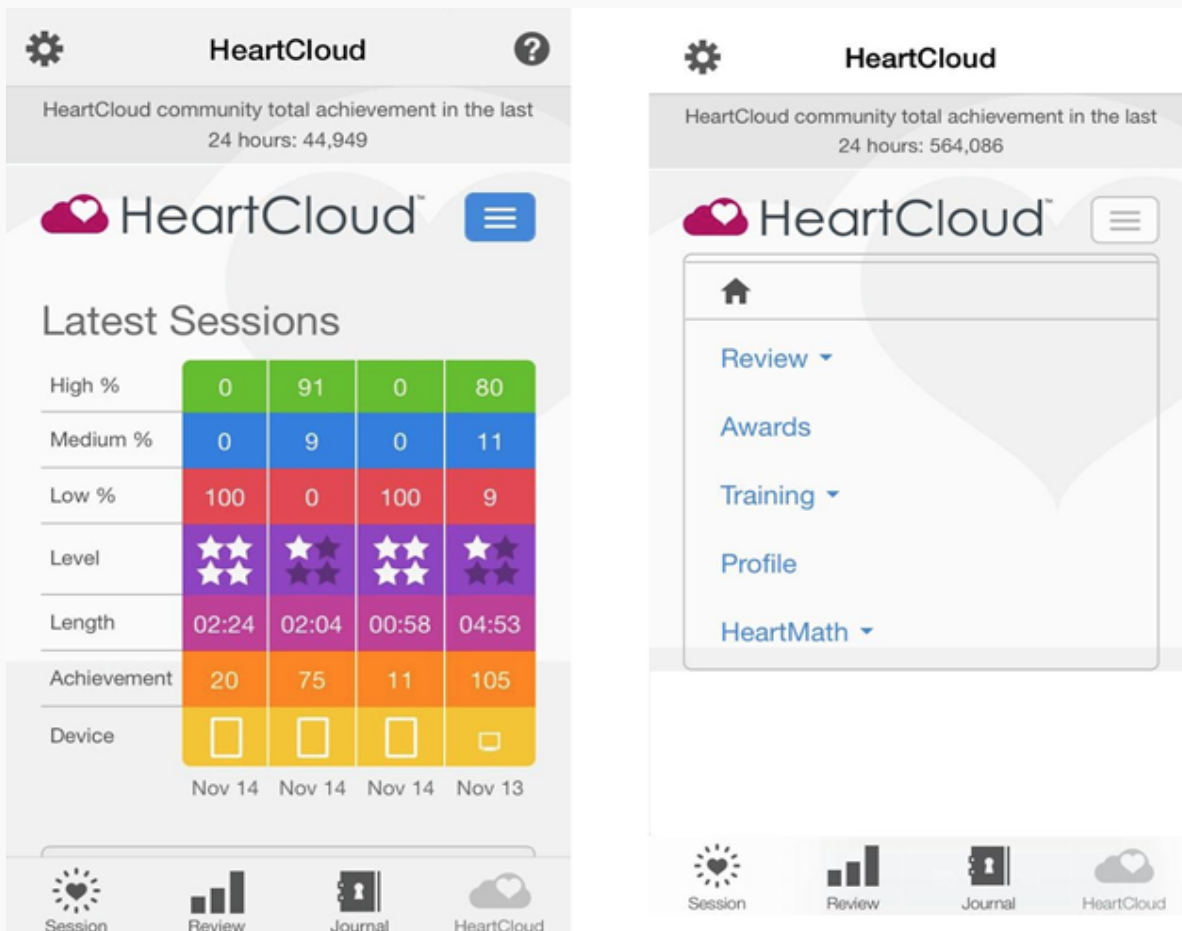
Reminders will be displayed on your device home screen. To delete, slide to the left on the line item of the reminder you wish to delete.



HeartCloud

HeartCloud is more than just a place to view your session data across multiple devices and programs... It's a whole active and engaging community that shares achievements, awards and encouragement!

Select the HeartCloud tab to connect and view your Sessions, Goals and Achievement scores. Daily Coherence Ratio, Achievement Totals and Community Achievement Scores are all visible by swiping upward. Your Latest Awards and additional Tips and Announcements are also viewable. Tap the blue list icon to see other HeartCloud options.



HeartMath Bluetooth Pulse Sensor

Do not "pair" the Bluetooth sensor to your phone or tablet in the device settings. Instead, simply launch the Inner Balance App and "bond" the sensor this way through the automatic dialogs presented when tap the start button to run session.

Special Instructions for using BTLE in groups or classrooms

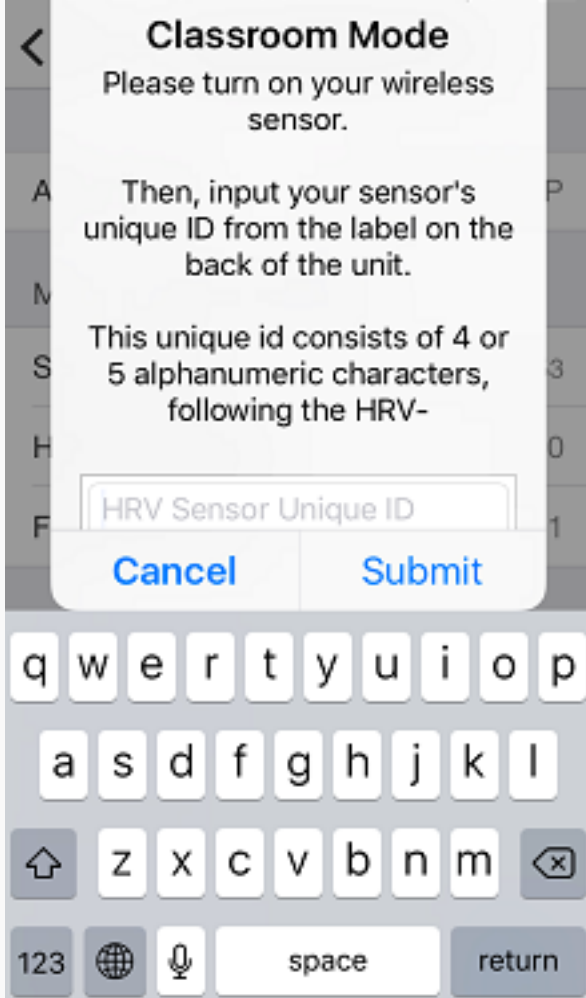
The main purpose of the classroom feature is ensure that once a student bonds to their unique sensor, thier install of Inner Balance will not bond to another btle sensor nearby that might be in advertising mode. The user can still use a lightning sensor to run sessions with no affect on the classroom mode.

When a sensor is bonded to a users install of IB, it is still available to bond to other nearby devices because of the advertising nature of btle. All students in the classroom need to be in classroom mode to avoid this.

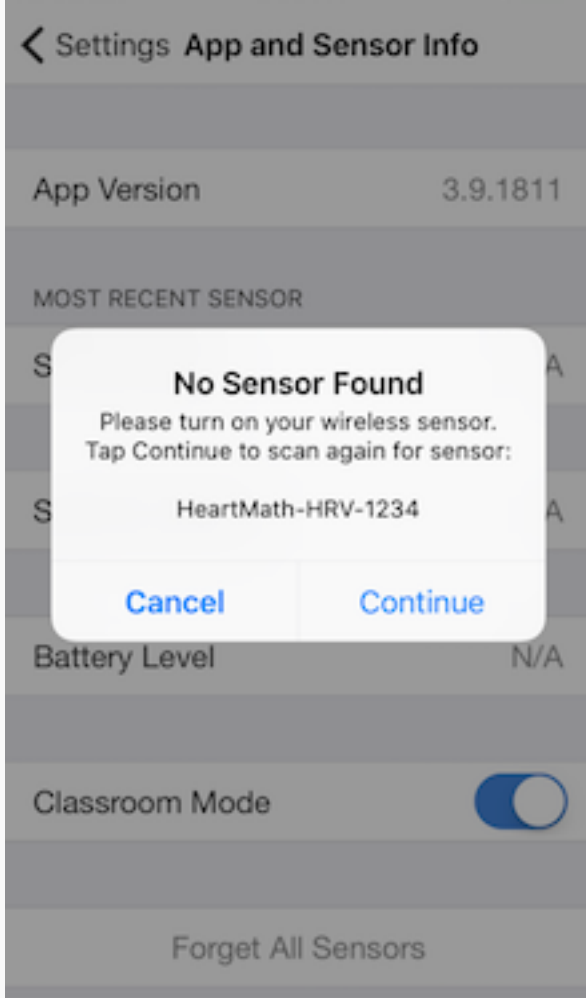
To set up classroom mode, go to Settings -> App and Sensor Info and tap Classroom Mode.



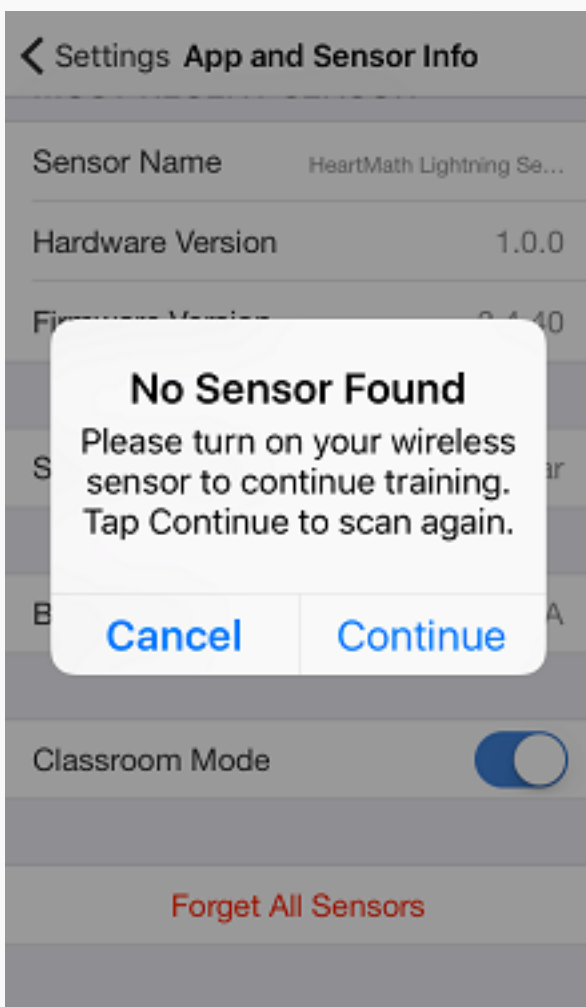
The following dialog will pop up:



- Turn on your sensor
- Enter the 4-5 digit on the back of your sensor
- Tap submit
- Inner Balance will scan for the sensor with that unique id. If that sensor cannot be found by the app, it will present a dialog for you to confirm the ID number you entered. Confirm that is your ID and tap continue. If that is not your ID, tap cancel. Classroom mode will be disabled. Return to step one and try again.



- Close Settings
- On Session View, tap start
- The app should find your sensor and run the session, however, if it does not find that unique sensor, it will say No Sensor Found.
- iOS users can run with a wired sensor at any time.
- To use a different BTLE sensor, return to Settings and disable the classroom feature.



Understanding the lights on the Bluetooth sensor

You will notice there are two LED colors that may display when your sensor is on, blue and red. Of course, when the device is powered off and/or out of battery, there is no light display.

Each time the device is powered on, first you see blue LED light blinking rapidly indicating the sensor is ready to connect to Inner Balance. This state remains for 3 minutes. If the sensor is not connected to Inner Balance, after 3 minutes of trying it will go into standby mode for 1 minute and 15 seconds, indicated by the blue LED light blinking slowly. At 4 minutes and 15 seconds the device will power off to save the battery.

Note, the sensor will not power off while the Inner Balance is running and connected to it. The battery life has been tested to last nearly 80 hours, but something you may want to consider if you leave all devices and apps running most of the time.

The battery will indicate low charge levels first at 20% by a red LED light blinking every 2 seconds, and then at 15% capacity the red LED light will begin to blink every second.

While charging your sensor, you will see the red light blink every 2 seconds until it reaches an 80% charge. It will then start to blink every 4 seconds until it reaches 100% charged when the red LED light will stay a solid red display. The blue LED continues to flash while charging, as it remains ready to connect.

If necessary, or instructed by HeartMath Support, a device can be reset by gently inserting a paperclip or pin into the tiny hole on backside of your sensor until you hear a slight click. In the rare case of an internal error the red LED light will blink rapidly.

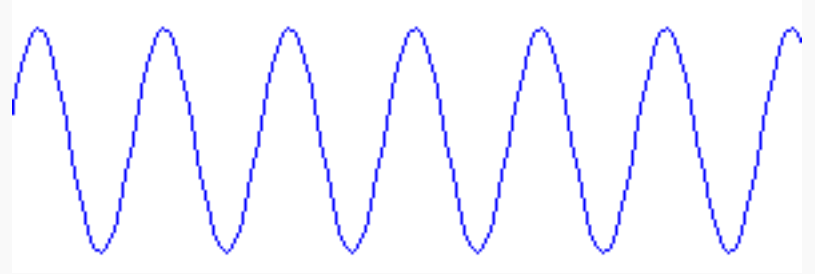
Technical Details

Achievement Score: The sum of your individual Coherence Scores during the length of a session. It can be improved by achieving higher Coherence Scores and the length of time spent in Coherence during the session. It is the total of all Coherence. The scoring algorithm updates your Coherence Score every 5 seconds during an active session and adds them together giving you a sum which is called Achievement on the app displays. You may want to set a daily Achievement Goal for yourself, an Achievement Score of 300 points per day is a good place to start. This could be accumulated in a single session or split across two or more sessions depending on your schedule or preferences.

Heart Coherence: Coherence refers to your internal order or harmony. Increased Coherence enables better balance, greater health, and new levels of creativity, resilience and productivity.

Coherence Indicator: The small colored circle near the top of the Session View. Reflective of your state of Coherence over the last 64 seconds, it indicates your current state of Coherence. Green for High, Blue for Medium and Red for Low.

Coherence Score: A measure of the degree of Coherence in the heart rhythm pattern. A Coherent heart rhythm is a stable regular repeating rhythm resembling a sine wave at a single frequency between 0.04-0.24 Hz (3-15 cycles per minute). The scoring algorithm continuously monitors the most current 64 seconds of heart rhythm data and updates the score every 5 seconds.



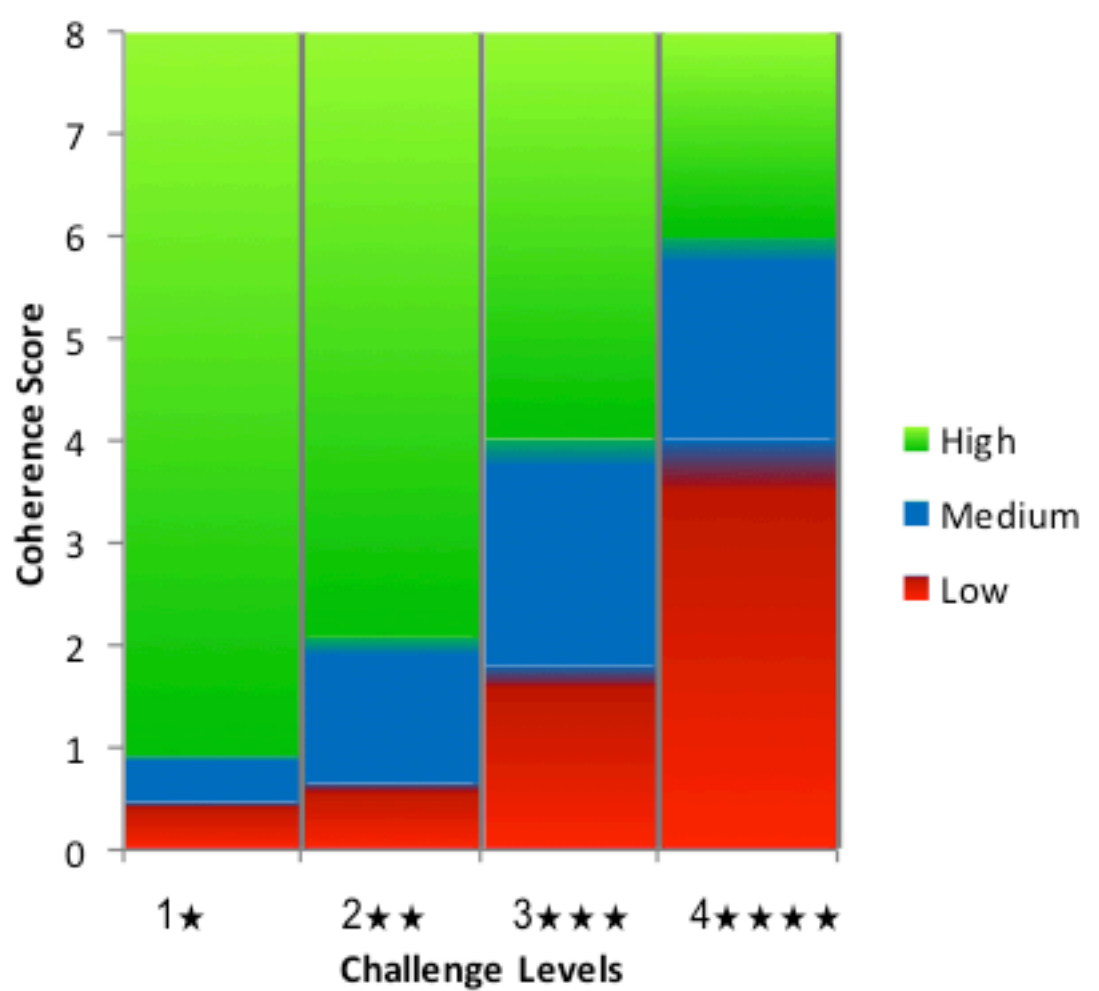
The more stable and regular the heart rhythm frequency is, the higher the Coherence Score. Scores range from 0-16. With practice and regular use you will begin to notice your normal Coherence Score level and how it fluctuates when you have more or less focus and when you experience greater levels of inner balance. Use your score range as your guide to setting the Challenge Level and Achievement Goal.

Coherence Score Guide

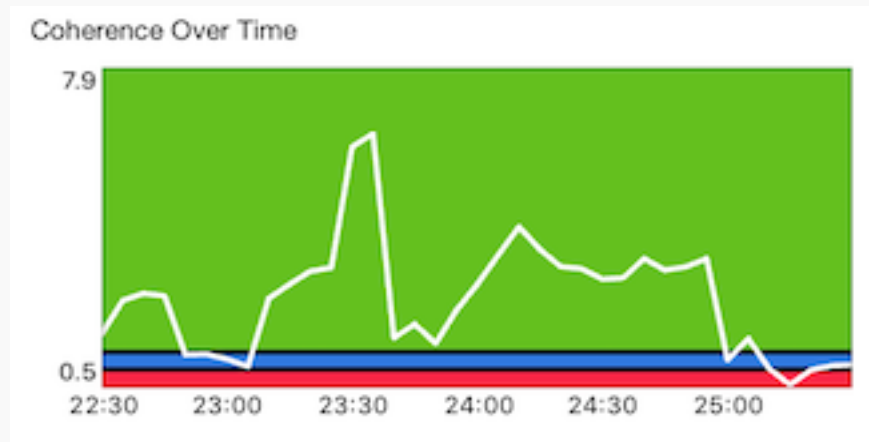
- 0.5 Basic – good beginner level
- 1.0 Good
- 2.0 Very good
- 3.0+ Excellent

Challenge Level: These settings are thresholds for the levels of Coherence that determine if you are in low (red), medium (blue) or high (green) Coherence. There are four different Challenge Levels; 1, 2, 3, and 4. As your Coherence Score rises you shift from one range (low, med or high) to the next. The Coherence Score threshold between the three ranges is gradually increased at a rate of 15% for each higher Challenge Level 1 - 3 and 30% between 3 - 4. The following table and figure shows the threshold setting for each Challenge Level. Coherence and Achievement Scores are not affected by the Challenge Level Setting.

Challenge Level Thresholds		
	Low/Med	Med/High
1★	0.5	0.9
2★★	0.6	2.1
3★★★	1.8	4.0
4★★★★	4.0	6.0



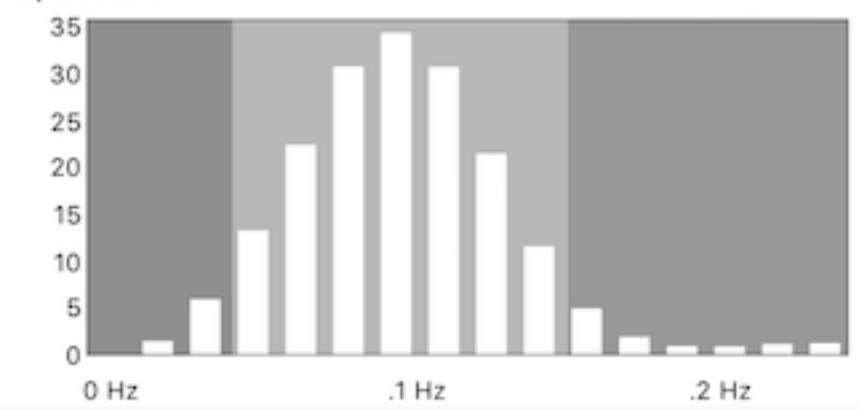
Coherence Over Time is a graphical display that charts your Coherence Scores over the entire length of the session. The chart is updated every 5 seconds with each new score. The background of the chart reflects the Coherence Level Thresholds for the current Challenge Level Setting; red = low, blue = medium, green = high. When you achieve higher levels of Coherence Scores, the plot window will auto scale and the red and blue portions will get smaller.



Heart Rate Variability (HRV): The normally occurring beat-to-beat changes in heart rate. Analysis of HRV is an important tool used to assess heart-brain interactions and autonomic nervous system dynamics (function, synchronization and balance). HRV is considered a key indicator of aging, cardiac health, resilience and overall well-being.

Spectrum: The Power Spectrum is a mathematical transformation of the heart rhythm data into its frequency components. The slowest (low) frequencies are shown on the left hand side of the graph and faster (high) frequencies on the right. As the heart rhythm becomes more Coherent the frequency distribution becomes more concentrated into a signal peak. The Spectrum is updated every 5 seconds.

Spectrum



Updated for release 3.9 on 06.01.17

For additional support, please see the HeartMath Knowledge Base at:

Support: <https://support.heartmath.com>

Or, send your question in email to Technical Support: support@heartmath.com

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