

Leverage the Power of Courage Dignity and Honor

Two HRV biofeedback Apps that help police officers take charge, store and recover energy, sustain health and optimize performance, balance the mind and emotions, prevent stress and promote clear thinking for more effective choices.

The Inner Balance™ App & Sensor



The Inner Balance™ App is an innovative approach to improving wellness through training, education and self-monitoring. It helps you change your reaction to stress, gain insights into your shifting moods, create a more positive outlook on life, while tracking your progress.

The HeartMath® App & Sensor



The App translates your heart rhythm patterns into a real-time coherence score that you can use to build your heart coherence. The Inner Balance™ Coherence Plus uses HRV biofeedback and a real time coherence score to synchronize your heart and brain.

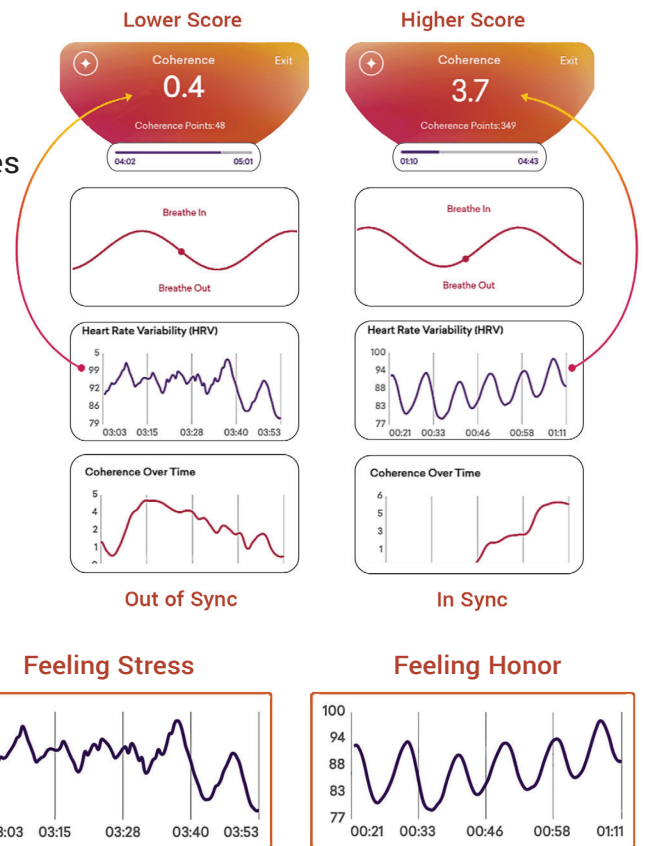
+❤️ HeartMath® Institute

The Inner balance™ Coherence Plus and The New HeartMath® App

Used by elite military units, the HeartMath app translates your heart rhythm patterns into a real-time coherence score that you can use to build your heart coherence. Use HRV biofeedback and a real-time coherence score to synchronize your heart and brain.

- ▶ Sustain clarity and composure in rapidly changing environments
- ▶ Recover and Reset after critical incidents
- ▶ Increase focus and decision-making under pressure
- ▶ Build and strengthen resilience
- ▶ Learn emotional self-regulation
- ▶ Improve reaction times and coordination

Stop draining your energy with depleting reactions to daily stresses – instead, learn to quickly recharge your energy reserves so you can enjoy more of what’s meaningful and important to you.

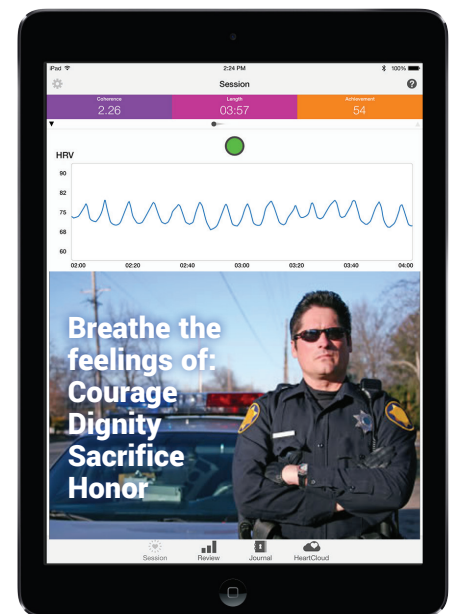


FREE lifetime subscription to the HeartMath App (regular \$79/year).

Inner Balance™

Research has shown that focusing on renewing attitudes, like appreciation, courage and honor, can facilitate the intelligent regulation of physical and emotional energy for maintaining operational stability, clarity and safety for self and others.

Synchronizing your breathing with your heart rhythms while focusing on renewing attitudes, like courage, dignity and honor, has been shown to reduce the negative effects of stress, improve situational awareness, and build resilience with just a few minutes of daily use.



Inner Balance is compatible with iPhone 5 and above, and iPads with Lightning connectors. iPad, iPod, iPhone and iOS are trademarks of Apple Inc., registered in the U.S. and other countries. Inner Balance is a trademark of Quantum Intech. HeartMath is a registered trademark of HeartMath LLC.

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