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## Guidelines for HeartMath Software Assessment

### Preparation:

- Review the #10 slide script in your Coach Guide to see how to introduce HeartMath to a client.
- Teach coherence to your volunteer before meeting with the assessor

### Pre-Session – Inner Balance:

- Ensure your phone is charged
- Download the software app, *Inner Balance*
- The main screen looks like a multi-color flower; swipe left to the second screen, which initially looks like a large, black circle with faint horizontal lines; when the program is running, the circle will be filled with red, blue, or green showing the level of coherence, and this is easier to see, especially online
- Practice until you are familiar with the software and can explain to your client:
  - Where the pulse shows up (magenta)
  - Where the Heart Rate Variability (HRV) shows up (black line)
  - Where the coherence level shows up - high (green), medium (blue), and low (red) - (small circle, large circle, additive rectangles around the large circle)
  - Where the graph of the coherence shows up that you will show to your client and describe what was happening during the session

### Pre-Session – emWave:

- Download the software, emWave Pro or emWave2
- Pull up your session screen; turn off the sound function (lower right) and set the challenge level to “low” (upper left).
- Simplify the screen; go to “View” (upper left) and select “Hide Info” and “Hide Breath Pacer”; the screen should only show “HRV” at the top, “Coherence Over Time” at the bottom left, and “Coherence Ratio” at the bottom right

- Practice until you are familiar with the software and can explain to your client:
  - That the session starts with “Calibrating,” when the software is accessing the pulse
  - Where the Heart Rate Variability (HRV) shows up (black line)
  - Where the coherence level ratios show up - high (green), medium (blue), and low (red)
  - Where the graph of the coherence shows up that you will show to your client and describe what was happening during the session

### **Session:**

- Explain the coherence data, the pulse and the heart-rate variability
- Explain that heart-rate variability is jagged and irregular when coherence is low and smooth and regular when coherence is high
- It is not necessary to explain everything on the screen as it is more impactful when you keep it simple
- Ask the volunteer what they will use for feeling appreciation.
- Answer any questions your volunteer may have
  - The assessor may add questions as if they were your client
- Hook your volunteer up to the sensor describing what you are doing as you do it
- Lead a brief session; lead Quick Coherence during the session
- End the session; describe your observations
- Answer any questions your volunteer may have

### **Feedback:**

- You will tell the assessor how you think you did
  - This will be your self-assessment that you can write up later
- The assessor will give you feedback on the session

This typically takes 5-10 minutes for the session and 5-10 minutes for the feedback. However, please set aside 30 minutes in case more time is needed.