

# emWave2

The emWave2 is a portable and convenient way to reduce stress, balance emotions, and increase performance. Used just a few minutes a day, this simple-to-use technology helps you transform feelings of anger, anxiety or frustration into more peace, ease and clarity.

As you practice on the go or at your computer you increase your coherence baseline and your ability to take charge of your emotional reactions. Health, communication, relationships and quality of life improve.

## emWave2 Benefits

- Transform your response to stress and quickly re-balance your mind, body and emotions
- Increase your ability to think clearer, be more intuitive, and make better decisions, especially under pressure
- Improve health, increase resilience and well-being; maintain personal balance
- Decrease stress and burnout in chaotic and changing environments
- Maximize creativity and innovation
- Boost performance and overall intelligence

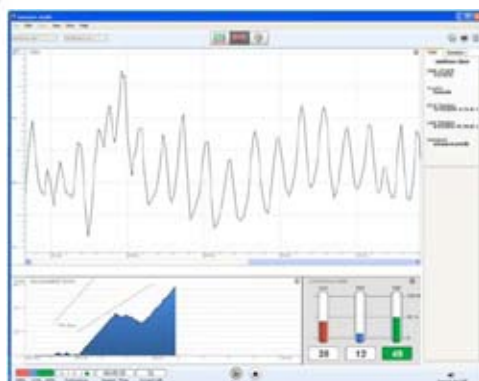
## emWave2 Features

- Use emWave2 on the go as a portable training device and store your sessions for later review
- Run a session while at your computer and watch your coherence through real-time charts
- Store all session information on your computer for future comparison and review.
- Four challenge levels including a challenging Advanced User mode
- Adjustable brightness of the LED displays and audio feedback
- Make sessions entertaining with the coherence building tools



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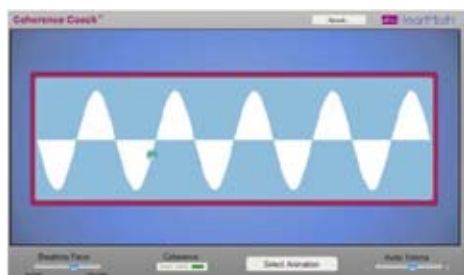
Use on the go or at your computer



Review your sessions through the computer interface that shows heart rhythm and coherence ratios.



Store, review and print your results to share with your health professional.



Use the Coherence Coach® to learn and practice powerful HeartMath techniques proven to transform stress.



Coherence building tools add focus, fun and challenge to emWave2 practice.

## Customer Care

- Free user orientation calls
- Free online training
- Lifetime customer support

## Package Contents

- emWave2 Handheld Device
- USB Connector
- Ear Sensor
- CD with Software Application
- Quick Start Guide

## Package Specifications

- Box Size: 5-5/8" w X 9" h X 2" d
- Weight: 1 pound

| SKU     | Description            | GSA Price |
|---------|------------------------|-----------|
| 6310-CH | emWave2– Charcoal Grey | CALL      |
| 6310-BL | emWave2– Silver Blue   | CALL      |

| System Requirements |                      |           |
|---------------------|----------------------|-----------|
|                     | PC                   | MAC       |
| OS                  | Win XP SP3+          | OSX 10.5+ |
| CD/DVD              | Yes                  |           |
| RAM                 | 1 GB                 |           |
| USB                 | 2.0                  |           |
| Internet            | Required for updates |           |



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www.heartmath.gsamart.com

