



MindMics

## The Heart Health System

# Membership

### What's included?

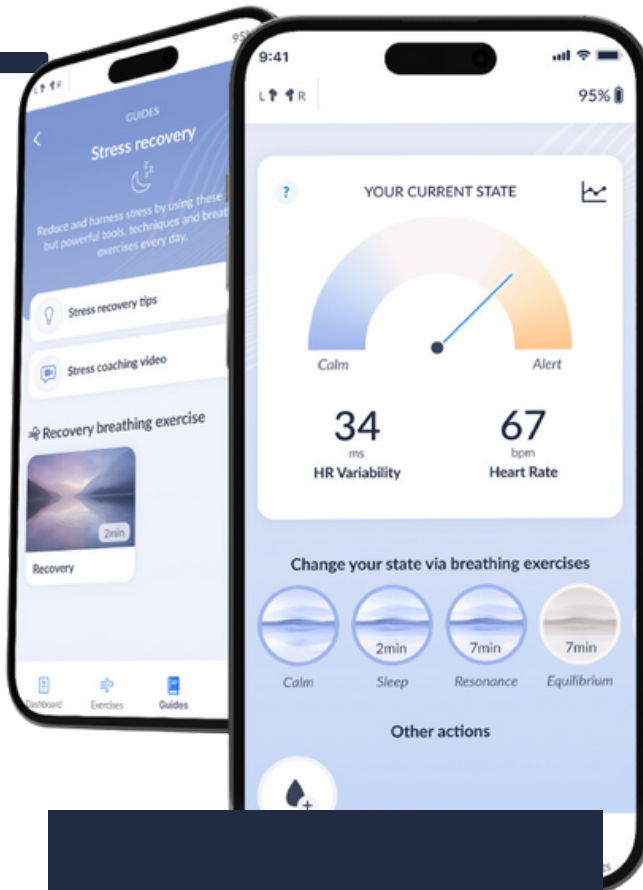
- ✓ **Heart health App**, dashboard and personalized tools.
- ✓ **Infrasonic Earbuds**, music compatible heart health monitoring.
- ✓ **Secure Health Data**, powerful, secure data monitoring and analytics.

12-MONTH MEMBERSHIP

\$30  
per month

Pay \$360 upfront

Wireless Infrasonic Earbuds are yours to keep



MindMics supports individuals in their journey to regain control over their well-being after major health events like heart attacks.

Our comprehensive **Heart Health System** provides practical tools to address the challenges of recovery.

With a focus on **harnessing stress** through the power of breath work and **blood pressure management**, our tailored solutions empower users with actionable steps to actively manage their health and thrive.



## Your heart speaks volumes about your health

With MindMics, you can see the power of positive change in real time.



**E-mail Address**

[sales@mindmics.com](mailto:sales@mindmics.com)



**Website**

[www.mindmics.com](http://www.mindmics.com)



## Introduction

# Why MindMics

MindMics invented in-ear infrasonic hemodynography (IH) technology for reliable heart health data. The clinical studies show 99% correlation between IH and an ECG for measuring the time between heartbeats.

Get comprehensive insights into your cardiovascular health, including *heart rate (HR)* and *heart rate variability (HRV)*.

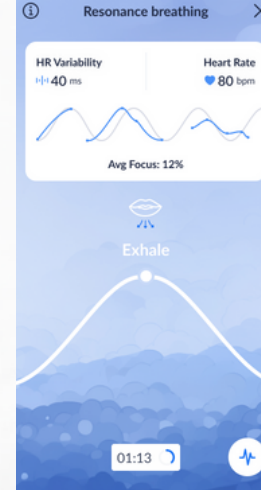
1. **Seamless Integration:** Easily monitor your heart health throughout the day with MindMics Infrasonic earbuds that you can also use to listening to music.
2. **Personalized Solutions:** MindMics understands your unique health journey, providing you with a *dashboard* based on your personal baseline that shows your *physiological states* in real time and guides you toward better stress recovery.
3. **Future-Proof Technology:** At the forefront of health monitoring innovation, MindMics aims to expand its offerings to monitor additional vital signs and detect key cardiovascular diseases. Invest in a future-proof solution that adapts to your changing health needs and be a part of health revolution.

## Harness Stress

# As Easy as Breathing

Resonant breathing (breathing at a slow rate) offers significant benefits for heart health, including improved cardiovascular function, reduced blood pressure, and enhanced overall well-being through stress reduction.

- ✓ **Enhanced HRV:** Resonant breathing boosts HRV, improving the heart's adaptability and overall health.
- ✓ **Reduced Stress:** Resonant breathing triggers the relaxation response, decreasing stress hormones and promoting calmness, leading to a lower risk of heart disease and related complications.
- ✓ **Lower Blood Pressure:** Regular practice of resonant breathing reduces blood pressure, relieving strain on the heart and lowering the risk of cardiovascular diseases.



## Manage Blood Pressure

# Easy does it

No matter the cause of your high blood pressure, you could likely use a better way to manage it, including tips and guides that focus on how to measure and lower it – so you can improve your results over time. Enter our Blood Pressure Guide.

