



MindMics

The Heart Health System

Membership

What's included?

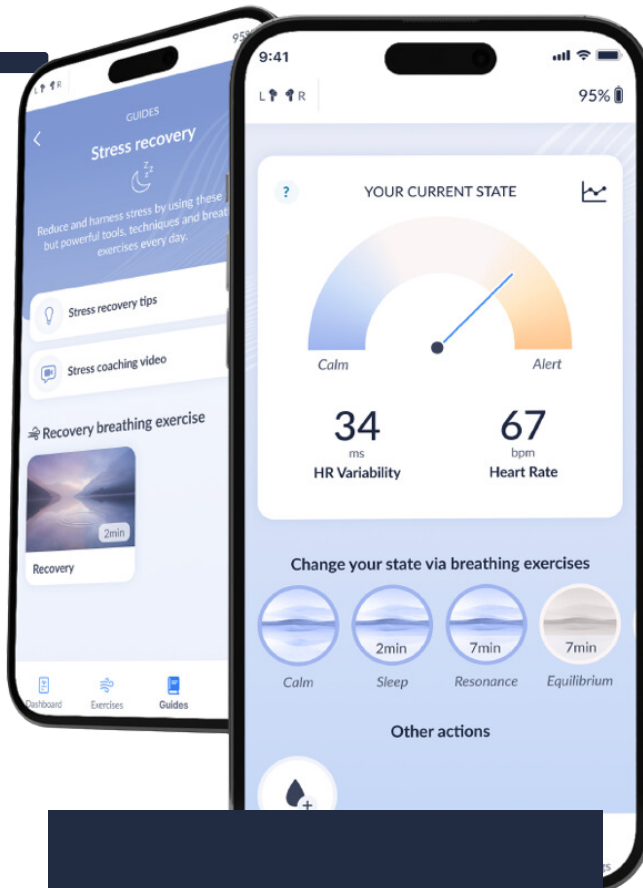
- ✓ **Heart health app**, dashboard and personalized tools.
- ✓ **Infrasonic Earbuds**, music compatible heart health monitoring.
- ✓ **Secure Health Data**, powerful, secure data monitoring and analytics.

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** 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

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Website

www.mindmics.com



Introduction

Why MindMics

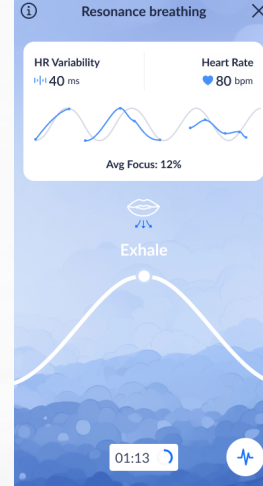
- 1. Precise & Accurate:** MindMics uses advanced infrasonic hemodynography (IH) technology for reliable heart health data, correlating 99% with an ECG. Get comprehensive insights into your cardiovascular health, including *heart rate (HR)* and *heart rate variability (HRV)*.
- 2. Seamless Integration:** Easily monitor your heart health throughout the day with MindMics Infrasonic earbuds that you can also use to listening to music.
- 3. 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.
- 4. 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 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.

