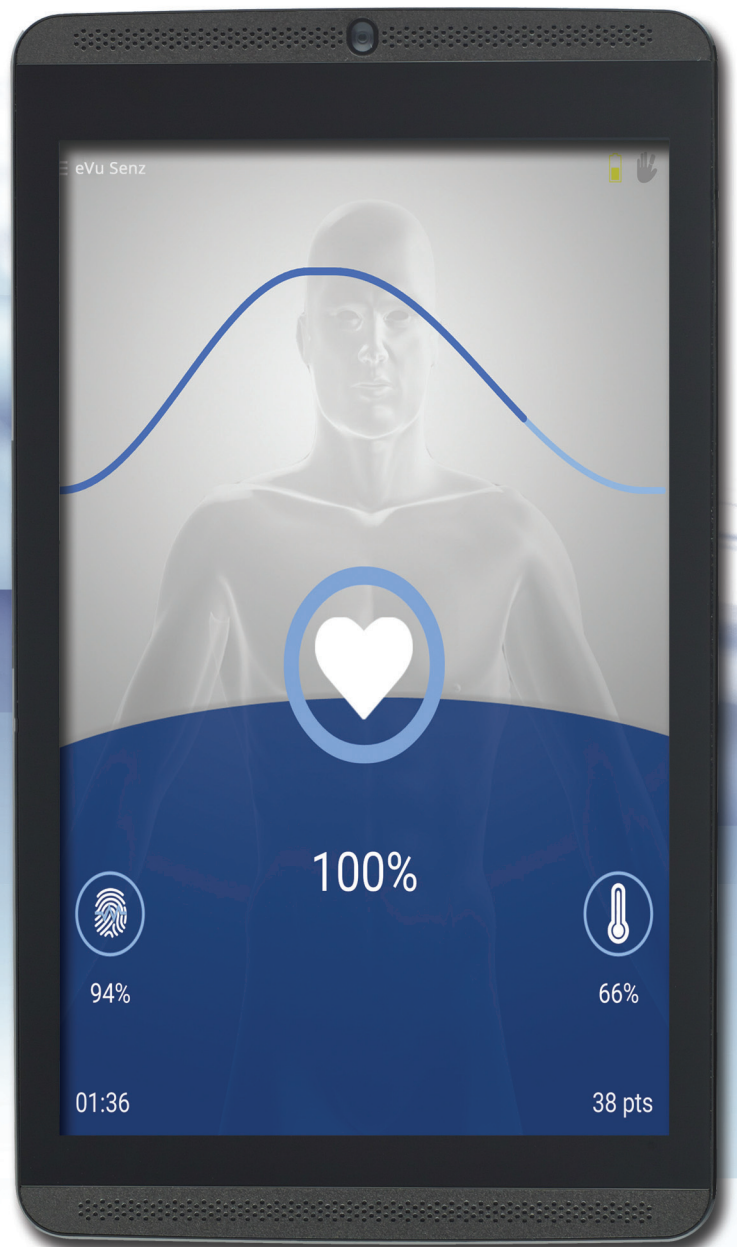


# CLINICAL POWER AT YOUR FINGERTIP



Monitor heart rate variability, skin conductance and temperature using a smartphone/tablet and just one finger.

# A SELF-REGULATION TOOL

For clinical and home use

Your clients already use smartphones and tablets to surf the internet, play games, and read emails. Now, they can use them to improve their health by tuning in to their nervous systems, measuring stress levels, and training their ability to focus, relax and recover.

The eVu TPS<sup>®</sup> sensor is an ingenious tool that relays the user's biometric data to the eVu<sup>®</sup> Senz companion app on an Android smartphone or tablet. Applying the sensor is a breeze because it easily rests on the user's finger, fastened by the accompanying fabric strap. Don't be fooled by its elegant design though, the TPS sensor is a robust measurement device that monitors three well researched modalities of psychophysiological stress: **heart rate variability, skin conductance** and **skin temperature**.

Health practitioners looking for the ideal companion to enhance therapeutic efficacy of office training need not look any further than the TPS. The small, portable nature of the sensor makes it ideal to be loaned or prescribed to clients for home or work training. If they have 5 minutes to spare, they have enough time to practice self-regulation with the TPS sensor.



## eVu<sup>®</sup> Senz App

### Relaxation through paced breathing

eVu Senz is the first in a line of medical apps that promise to revolutionize at-home clinical training with smartphones and tablets. eVu Senz automatically records psychophysiological data and provides three feedback modes - graphical, music and reward points - encouraging users to increase their relaxation response as they follow a breath pacer. The app organizes training into a 10-session program, where performance is scored and compared to a program goal. Training data is saved and reports can be emailed to both users and clinicians, rendering progress and compliance easy to track.



HEART RATE VARIABILITY



SKIN CONDUCTANCE



TEMPERATURE



# SMART TECHNOLOGY

## PAIRED TOGETHER



# HELP YOUR CLIENTS HELP THEMSELVES

Combining in-clinic sessions with home training, gives your clients the best chance of learning valuable self-regulation and stress management skills. The eVu Senz app engages and motivates your clients by providing training plans with incremental levels of challenge. The ability to review previous sessions and measure progress, encourages them to maintain regular practice. The report gives the trainer or therapist a chance to remotely review clients' success and verify their ability to follow prescribed training, all from a smart phone.

Whether anxious at the office, stressed preparing for an exam, or needing to mentally prepare before the game, eVu TPS is readily available to facilitate expert feedback and training.



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FOR MORE INFORMATION

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