

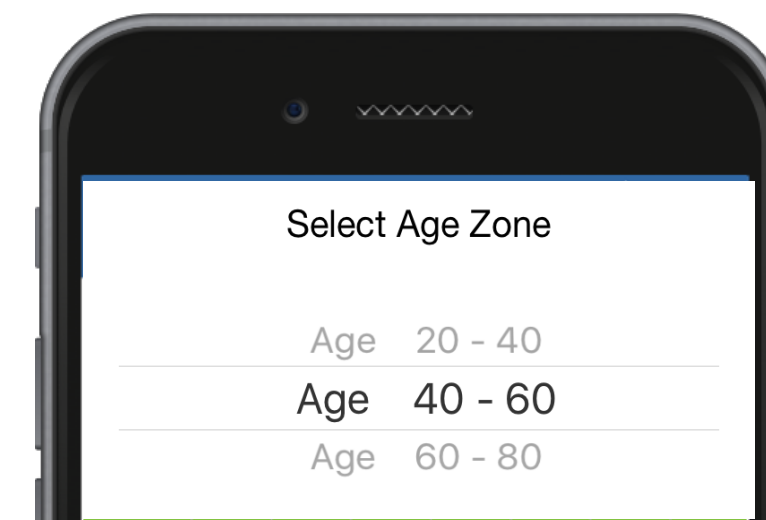
Mindful nudges notify you when your breathing and heart rate are being affected by stress. Set nudges and feedback to meet your preference. The goal is to develop healthy breathing habits throughout the day by being reminded to practice mindful breathing. To improve your wellness, practice breathing at six breaths per minute and become mindful of your situation.

Wellness is a measure of how well your body manages stress. It is naturally higher after sleep and lowers late in the day. Your goal is to increase your wellness levels by improving your breathing and reducing stress.

1

Set Your Age Zone

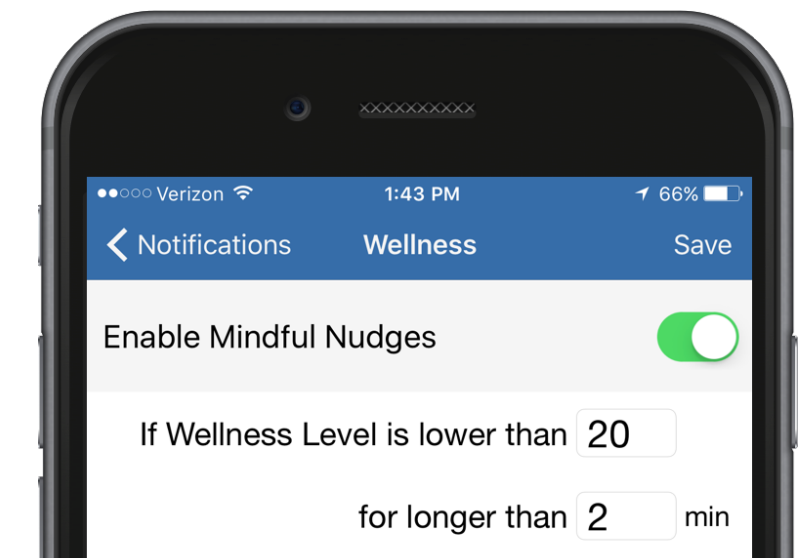
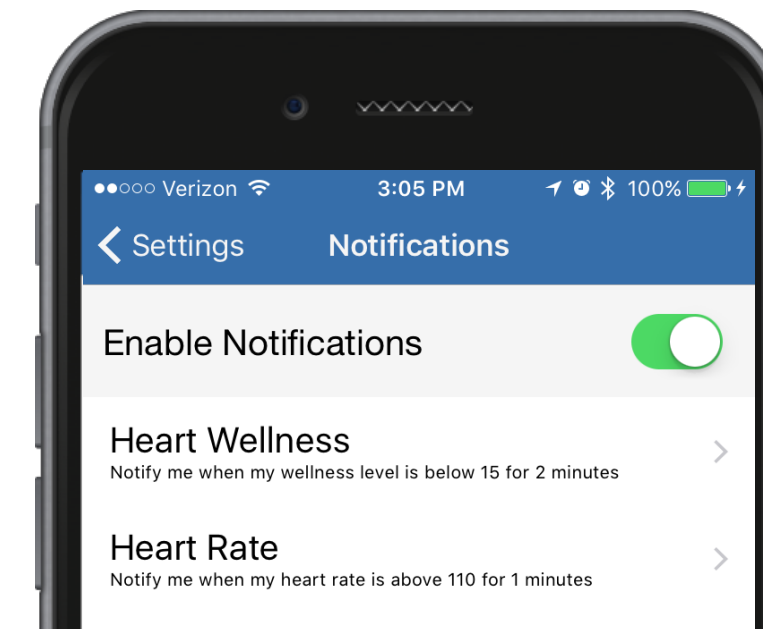
Your wellness levels are highly influenced by your age. Setting your age zone will standardize the color coded wellness bands



2

Enable Notifications

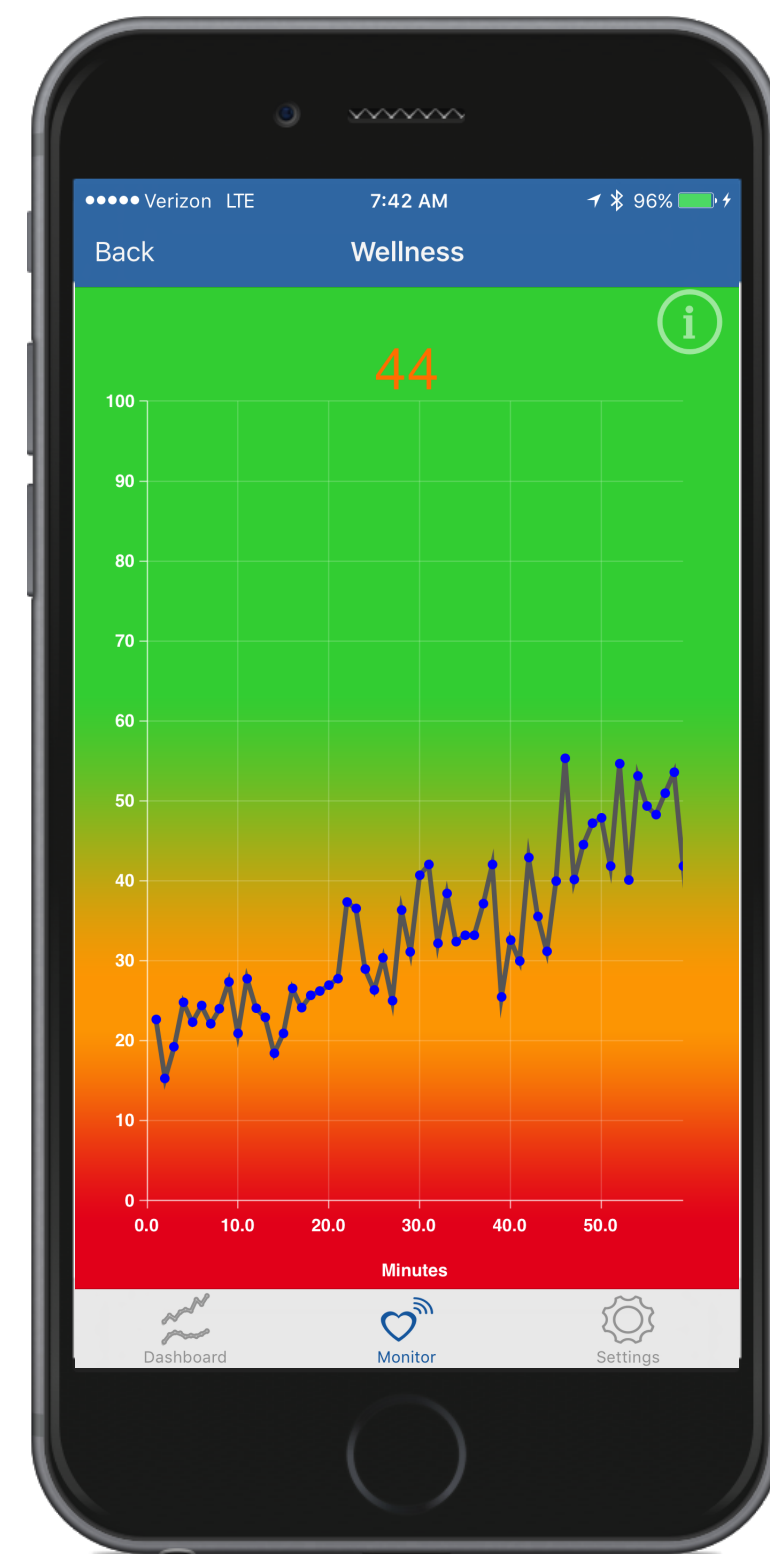
Turn on mindful nudges for wellness and heart rate



3

Enable Mindful Nudges

Setting Mindful Nudge Levels: Start by using the default heart wellness level set for 20 for two minutes. This means that after two minutes of your heart wellness level reading 20 or less, you will get a Mindful Nudge.



Find Your Zone: To identify your baseline resting wellness level, start a 5-minute monitoring session shortly after waking up in the morning. Estimate the average wellness level and set the mindful nudge to 50% of your resting wellness level. Your nudge should be triggered when your wellness levels enter the red zone.

A young or fit person can have a wellness level as high as 80. Older and less fit adults can have wellness levels below 10.

If you receive too many nudges, try

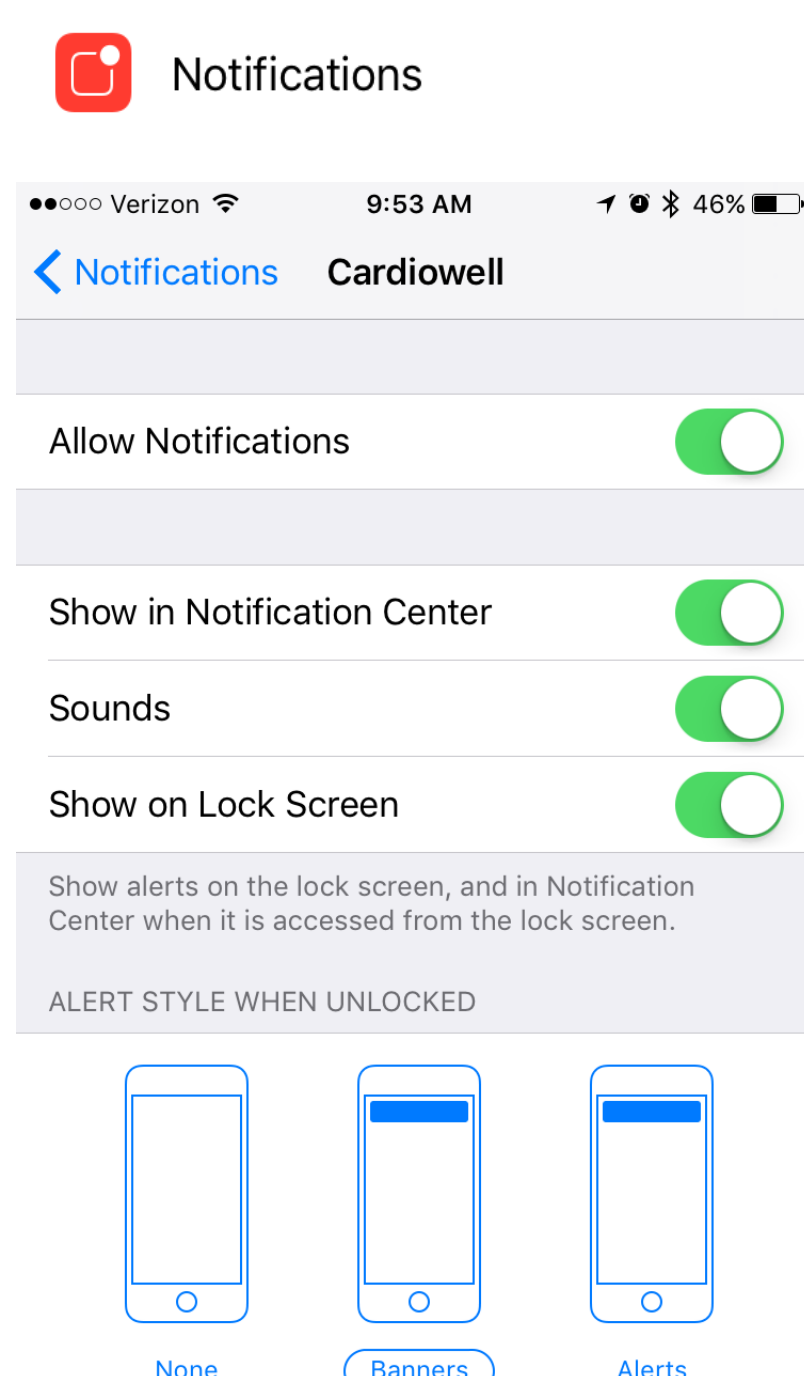
1. Increasing the time interval from 2 minutes to 5 minutes.
2. Reduce the sensitivity of the nudges by lowering the Mindful Nudge level from 20 to 10.

4

Configure Notifications for Audio, Visual and Hepatic biofeedback

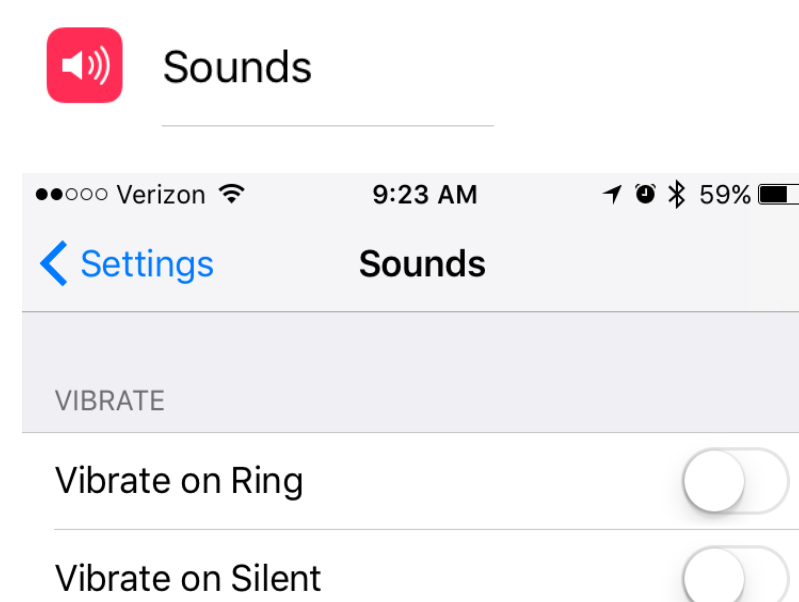
Audio & Visual Feedback

1. Enable cardioWell notifications

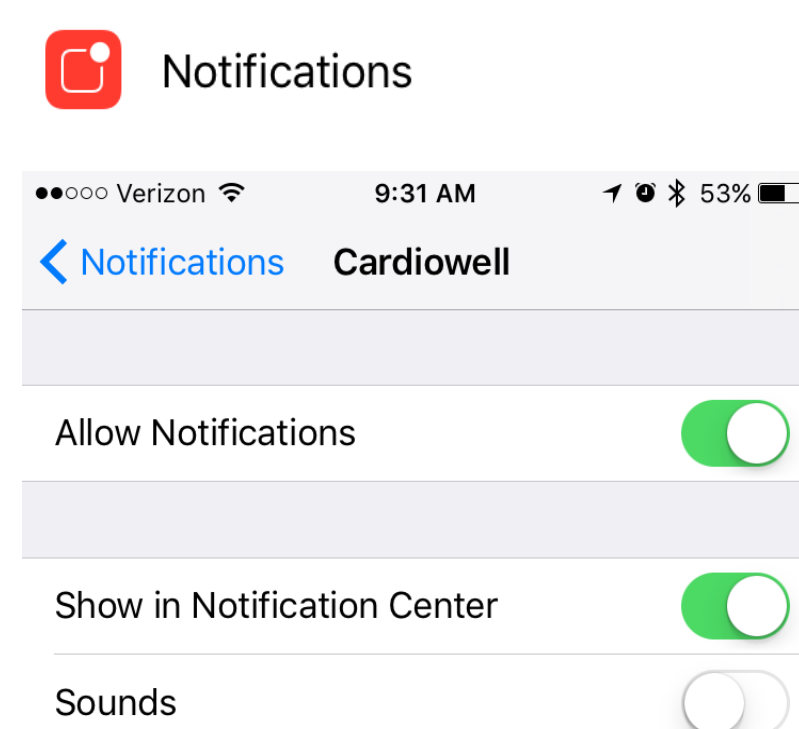


Visual Feedback Only

1. Turn off vibrate in settings menu

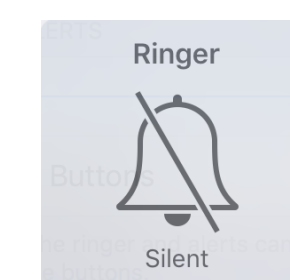


2. Turn off sound notifications



Hepatic Feedback Only

1. Put the iPhone into silent mode by turning off the ringer



2. Enable vibrate setting

