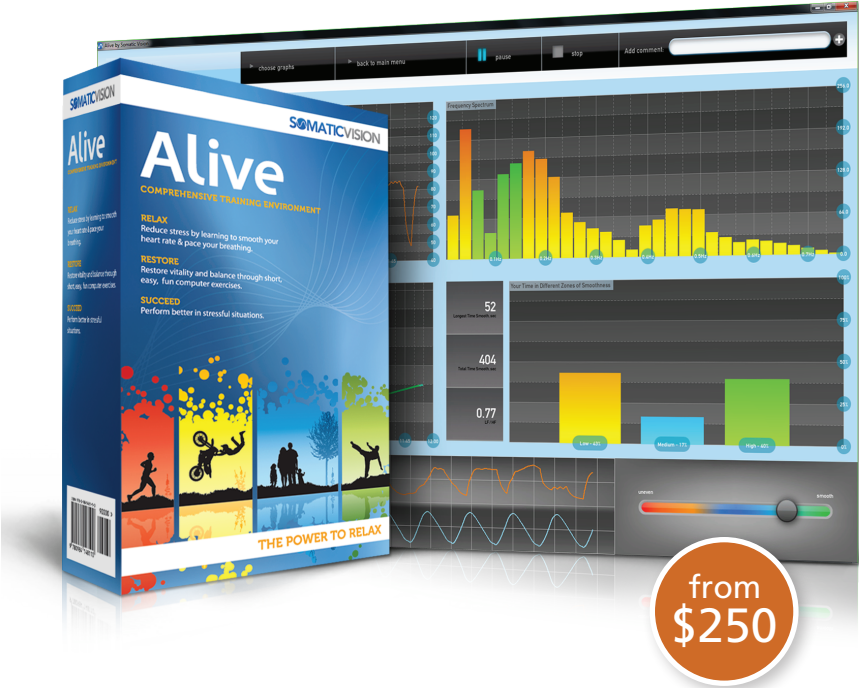| Alive	Alive Clinical Version
Up to 7 User Profiles	**Unlimited** User Profiles
Heart Rate and Heart Rate Smoothness data	Smoothness (HRV) and Heart Rate data **+ extensive Skin Conductance (GSR) graphing** with audio feedback
Heart Rate Smoothness Graph Training	Clinical Graph Training that includes highly customizable graphing with audio feedback: • **Frequency Spectrum Graphing** shows the heart rate power spectrum, to determine which heart frequencies are dominant, how often the user is in the zone • **Accumulated Smoothness Graphing**, including displays of detailed metrics* • **Skin Conductance (GSR) Graphing** — Set starting, target, and baseline skin conductance, with an option to train skin conductance and smoothness simultaneously. Numerous skin conductance statistical displays**
Session Review	**Clinical Session Review**: Review any session with a high level of detail across time and/or by subset of session type: • Heart Rate, Smoothness, Skin Conductance Level and Skin Conductance Stability graphs • Review by session with high level of detail: single and multi-session review by activity or across time • Each graph shows the average, maximum, minimum, session start (first 15 seconds average), session end (last 15 seconds average), change, and percent change statistics for any measure
Automatic Coach Orientation for each new user	**Clinical Control Panel** with direct Main Menu accessibility and ability to reset User stats for any profile
In-game background music	In-game background music **+ ability to select any music** of your own from your hard drive
Free auto-updates as new features are added	**Free** auto-updates as new Clinical features are added, including: Detachable Graph Training module to use on its own monitor as User plays Alive Games, engages in Workshops, and explores Environments
From $149	From $395 (Upgrade $245)

* length of time smooth, % time in each smoothness zone, total time smooth, LF/HF ratio
** stability, min, max and average, audio feedback

Alive©
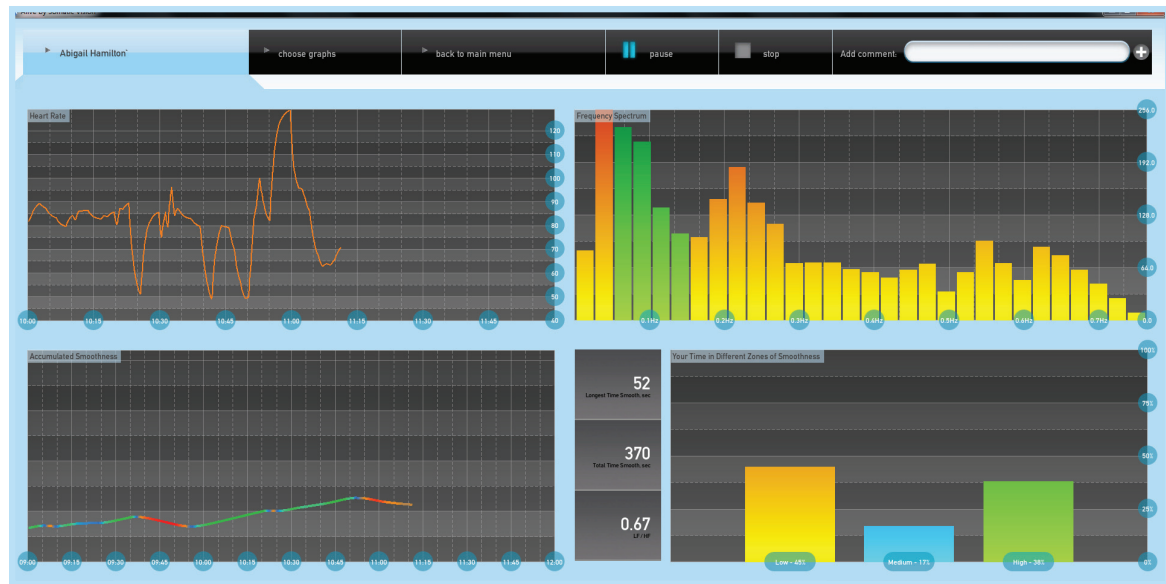
powered by HeartMath®

AND FOR iom®

An effective **biofeedback** solution to further your work with patients suffering from stress or anxiety — as well as with those seeking better overall health and performance.

from $250

- Advanced HRV training & breath coach
- Exciting & fun learning experience with virtual coach
- Alive Community will build motivation
- Inner Tube and Particle Editor for detailed session saving and review
- Scholarship program: Offer discounts on home-use programs
- Exceptional product, sales and marketing support
- Works with HeartMath® emWave® sensor
- Expands the HeartMath experience

To learn more, visit us online at somaticvision.com

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how are you today?

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Absolute Heart Rate Graphing (Alive and Alive Clinical Version) and **Advanced Smoothness (HRV) Graphing** (Alive Clinical Version)

Skin-Conductance (GSR) Graphing (Alive Clinical Version)
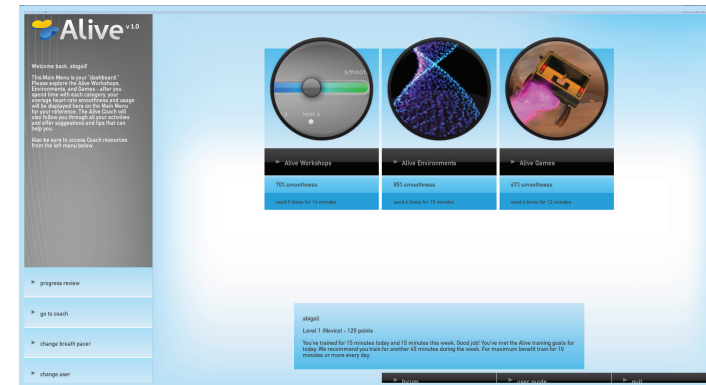
WHY CHOOSE ALIVE?

- Improves work, school, and sports performance
- Adults learn to stay relaxed in challenging situations
- Kids relax while playing a familiar-seeming video game
- New games and features always being added
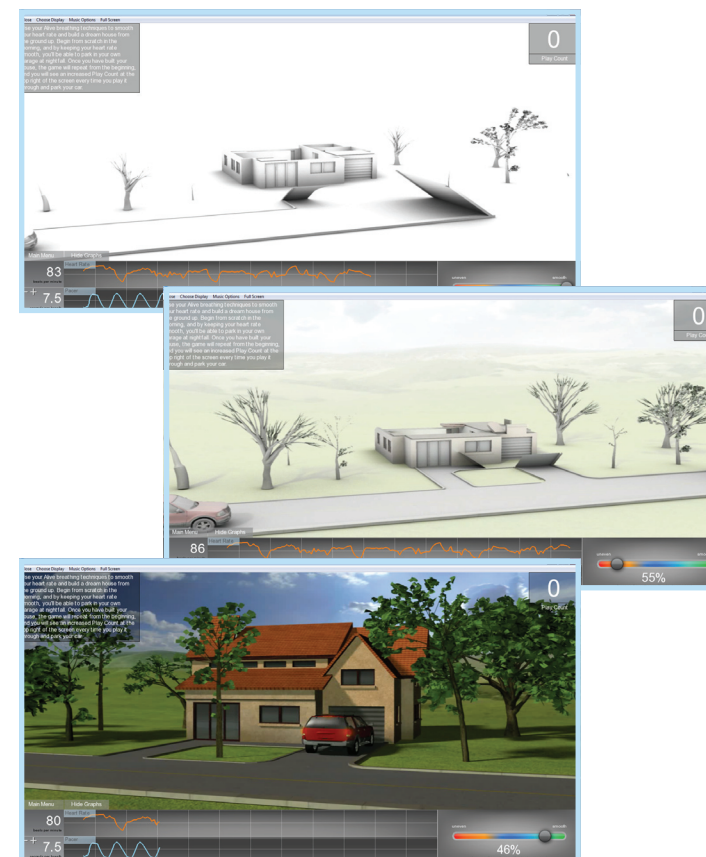
ALIVE FOR CLINICIANS

The Clinical version of Alive supports your work by including advanced Graph Training, Session Review, and many more key clinical features.

See the Alive vs. Alive Clinical Version comparison chart on the back of this brochure

Graphing gives you a sophisticated visual view of your biodata so you can work to increase training time spent in target HRV zones, follow and review your progress, and even add your own notes for events during the session ("recalled being unprepared for a big meeting today" or "mental math").
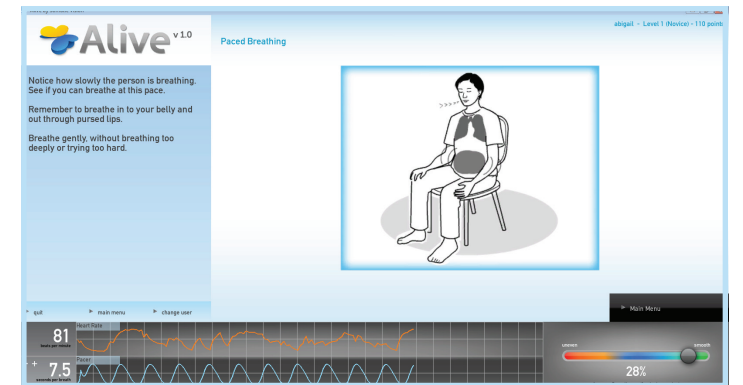
The Alive **Main Menu** is your "dashboard" from which you can choose to play Games, explore Environments, or take Workshops to help you achieve smoother HRV, learn to breathe more evenly, and much more.

From the Main Menu you can also review Session data, create or switch users, access the User Guide, reset your breath pacer, and join in community activities (upcoming feature).

The **Alive Coach** helps you train effectively offering a wide variety of Workshops such as: Advanced Breathing, Graph Training, Progressive Muscle Relaxation, Mindfulness, and more. The Workshops use audio as well as visuals, and offer great flexibility for how they are used. Shown above is the Paced Breathing Workshop, which allows the user to optimize their breathing rate with the help of an animated visual, a breath pacer, and a HRV smoothness graph.

Alive Mini-Games are progressive animations powered by your heart-rate smoothness: Build your **Dream House** (shown above), use your **Green Thumb** to make a hyacinth blossom, Take a **Night Flight** through an exciting city, and much more.

Dual Drive is a full-featured car racing game. Choose and customize your car, then choose a mission. The more you relax, the faster your car goes as you compete with other cars to complete the course. As you improve, challenge yourself by playing in Manual Pilot mode! Great fun for anyone of any age.

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