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HeartMath® Announces New Software Features in emWave® Desktop 2.1

September 29, 2010 – Boulder Creek, California – Leaders in innovative stress management solutions at HeartMath® continue to show a commitment towards improving people’s well-being with today’s announcement of emWave® Desktop 2.1, the latest version of the award-winning emWave software, a unique technology program for reducing stress and anxiety. HeartMath has a [special coupon code offer](#) on the emWave Desktop 2.1 -- \$60.00 off today through October 15, 2010 .You can get more details on the HeartMath Facebook page at www.facebook.com/heartmath. The emWave Desktop 2.1 software, integrates over a dozen new features improving usability and layout. These new features include:

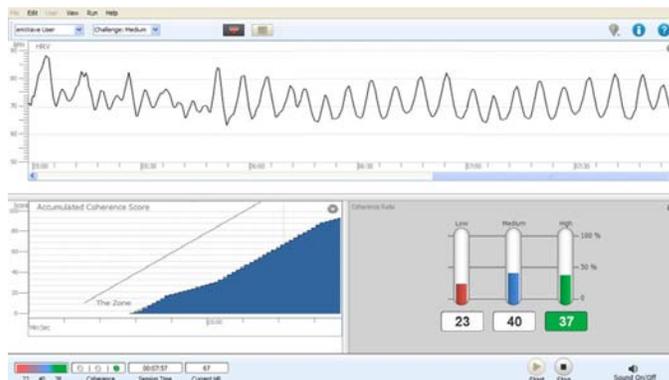
- Improvements to the user interface and general layout on both Mac and Windows versions.
- Add a print banner with names and or company information in the header area of the interface.
- Tags can be added on heart rate variability (HRV) graphs to record important notes.
- Upload your own pictures and view them in a slideshow while running a session with the new feature “My Inspiration.”
- All coaching games and visualizations now run in emWave main user window.
- Library content that will install on the users local machine and be accessible at any time.
- New sound options for soundtracks and volume adjustments.

Catherine Calarco, Senior Vice President of Sales and Marketing for HeartMath said, “These new features add more ease of use for all emWave users and the new ‘My Inspiration’ tool increases the personalization of the program. This updated version also takes into consideration key features requested by our large community of health professionals. In response to their input, we have added features like the print banner that can display important information about the health practitioner or the company for the patient or client. In our continued dedication to provide innovative products, emWave Desktop 2.1 brings new capabilities to hundreds of thousands of consumers and health professionals using HeartMath technologies.”

For emWave Desktop owners who currently have older versions installed on their computer, the new version will automatically install after running the built-in updater.

The emWave Desktop (www.emwave.com), created by Doc Childre, founder of HeartMath, consists of a software program and heart-monitoring hardware used together to help reduce stress and improve emotional resilience. The technology works by collecting heart data through the hardware’s pulse sensor that is connected from the user to a computer. The program then translates information from heart rhythms into user-friendly graphics displayed on the monitor.

As the user applies the stress-reducing Quick Coherence® technique learned from the program’s



tutorial, heart rhythms reflecting stress levels can be observed changing in real time. Research shows the heart is a key component of the emotional system and plays a major role in determining the quality of emotional experiences.

Nearly two decades of research on the relationship between stress and emotions went into developing emWave Desktop. The emWave technologies are recognized as breakthroughs in personal stress reduction solutions and have become widely popular lifestyle tools for consumers and health care providers. HeartMath is known internationally for their scientifically validated stress solutions and was the first to introduce affordable consumer stress-reduction products to help people learn to prevent, manage and reverse the negative effects of stress.

emWave technologies are available through major online resellers, catalogs and HeartMath's Web store (www.heartmathstore.com). The emWave products are part of the HeartMath System of scientifically validated stress and performance solutions. They provide consumers and health professionals with an innovative approach to stress reduction and unique conveniences for taking charge of stress wherever and whenever you need it.

To learn more about emWave Desktop visit www.emwave.com. Stay up to date on HeartMath news and events by joining HeartMath on [Facebook](https://www.facebook.com/heartmath) (www.facebook.com/heartmath), [Twitter](https://twitter.com/heartmath) and [YouTube](https://www.youtube.com/heartmath).

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About HeartMath®:

The HeartMath System (www.heartmath.com) was created by Doc Childre. HeartMath LLC is a cutting-edge performance company providing a range of unique services, products and technologies to improve health and well-being, while dramatically reducing stress. HeartMath clinical studies have demonstrated the critical link between emotions, heart function and cognitive performance. HeartMath studies have been published in numerous peer-reviewed journals such as *American Journal of Cardiology*, *Stress Medicine*, *Preventive Cardiology* and *Journal of the American College of Cardiology*. Their organizational clients include Stanford Business School, Stanford Hospital, Scripps Center for Integrative Medicine and Kaiser Permanente, as well as dozens of school systems and thousands of health professionals around the world. HeartMath's award-winning emWave Technologies include the emWave Personal Stress Reliever and the emWave PC Stress Relief System. The emWave Personal Stress Reliever recently won the Last Gadget Standing People's Choice Award at the 2009 International Consumer Electronics Show, and *Today's Caregiver* magazine's Caregiver Friendly Award®.