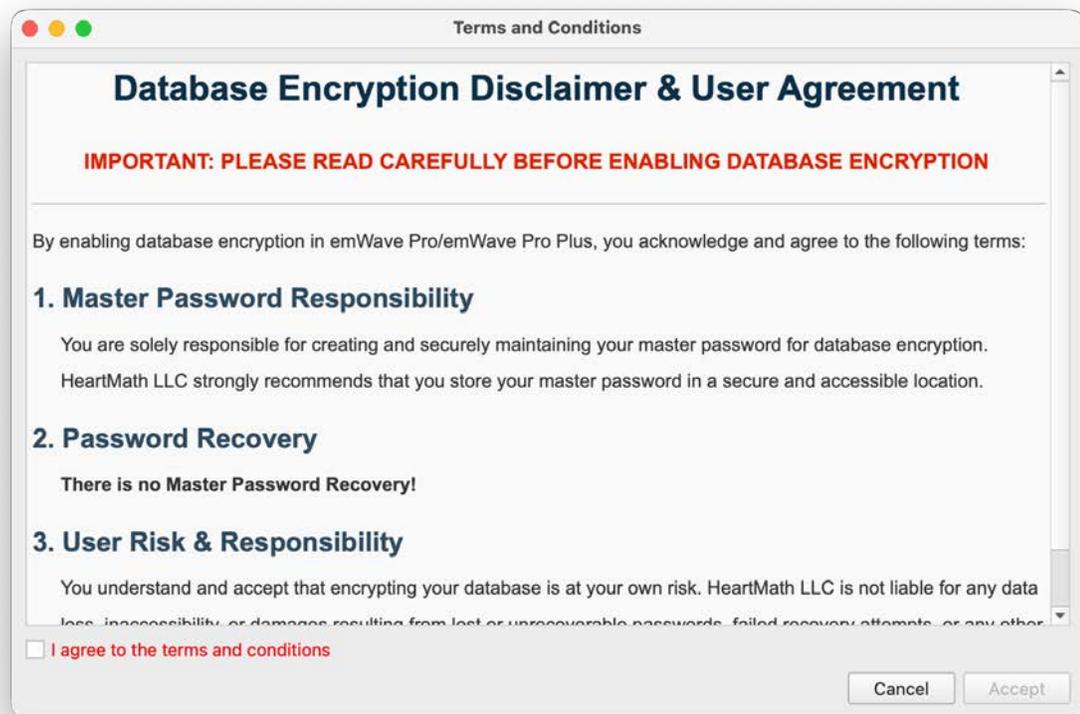# emWave Password Encryption & Security

Introduction

Starting with version 3.16, emWave Pro and Pro Plus now offer password encryption and enhanced database security. This feature is particularly valuable for environments where multiple users share the same computer, such as schools, clinics, hospitals, military, or consultation rooms.

By enabling this feature, your emWave database including all client records and session history becomes password protected. Each time you launch emWave, you'll be required to authenticate access.

This guide provides step-by-step instructions for setting up and managing password encryption and security within emWave.
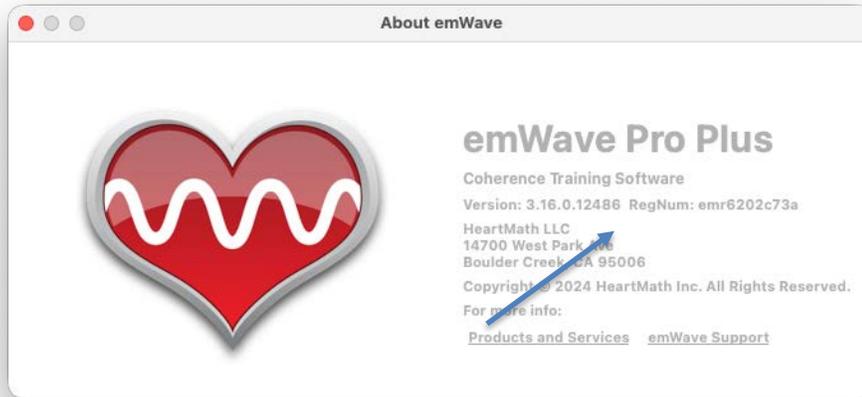

How to Enable Password Encryption in emWave

emWave Encryption feature is available only from version 3.16 and higher

Step1: Ensure you are running emWave version 3.16 or higher.

· To check this on Windows, open emWave Pro and go to Help and About emWave Pro

· To check this on Mac, go to the emWave Pro menu and choose - About emWave Pro

Step 2: Enable Security and Set Up a Master Password

Start by changing your (EMA or EMX) prefix to the one provided by HeartMath Support

- Mac: In the emWave Pro program, under the emWave Pro menu, Registration item.
- Windows: In the emWave Pro program, Under the Help menu, Registration.
- Use the following schema:
    - o Change **EMX** to **EMS**
    - o Change **EMA** to **EME**
   - o **EMR** does not need a change.

Begin the Encrypted Database Security Procedure

- **Open emWave Preferences on Mac:** Click on the emWave menu at the top left and select Preferences.
- **Open emWave Preferences on Windows:** Click on the Edit menu, then choose Preferences.
- Navigate to the "Security tab" within Preferences.
- Check the box "Security" to enable.
- You will be prompted to enter your computer's login credentials (macOS or Windows password).
- Then proceed to set a Master Password with the following criteria:
    - At least 1 uppercase letter, 1 lowercase letter, 1 number, Minimum of 7 characters, No spaces before or after the password.
    - **The Master Password is not recoverable!**

Once done, click **OK**.

⚠ **Important Note:**

- This security cannot be disabled once activated.
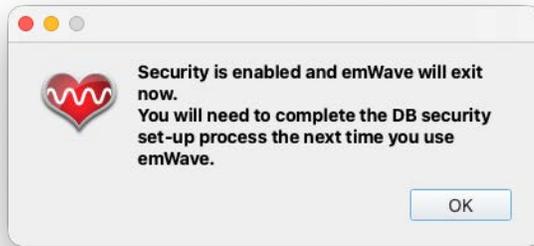- Keep your Master Password secure. If lost, the recovery fee is $250 USD (and success is not guaranteed).
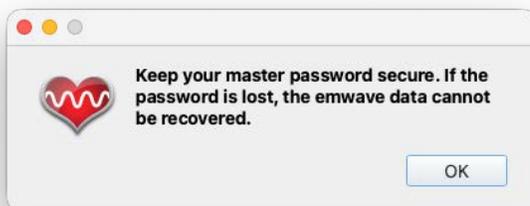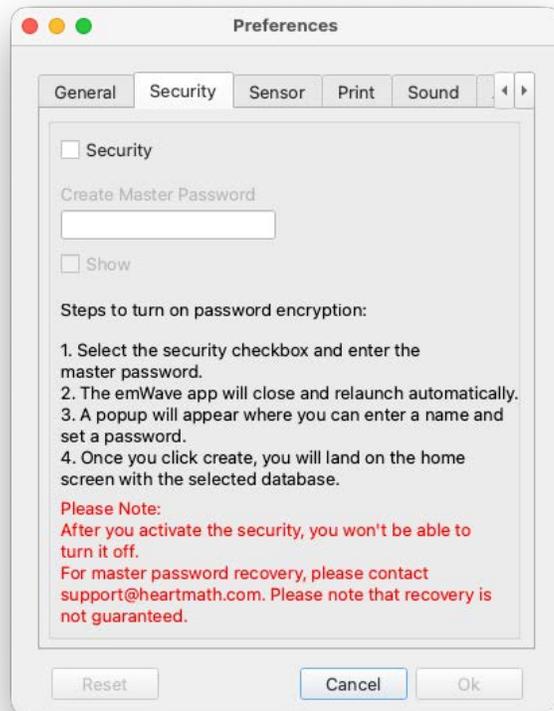
Step 3: Exit Prompt

A popup will confirm:

"Security is enabled and emWave will exit now."

The database security setup will complete the next time you launch emWave.
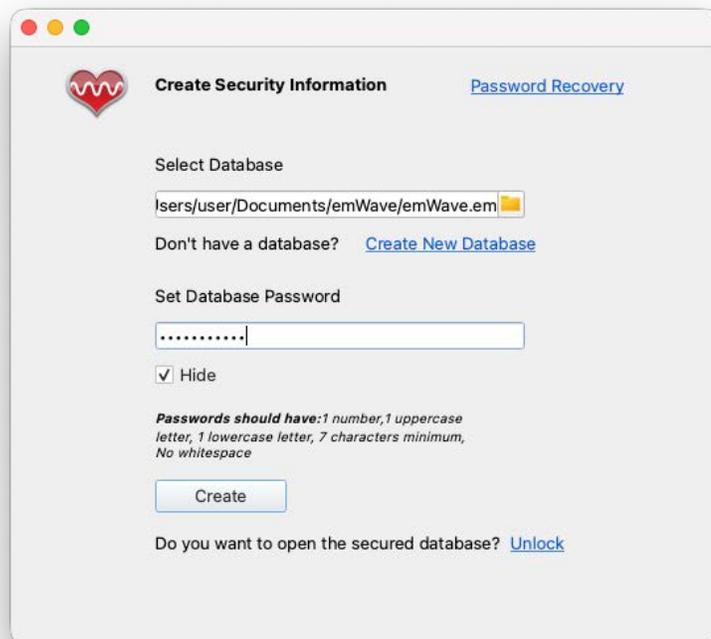

Step 4: Setup Database Password

Open emWave from the desktop or Applications folder.

You will be prompted to create a Database Password (this is different from the Master Password).

- Master Password secures the overall application.
- Database Password is unique to each database file.
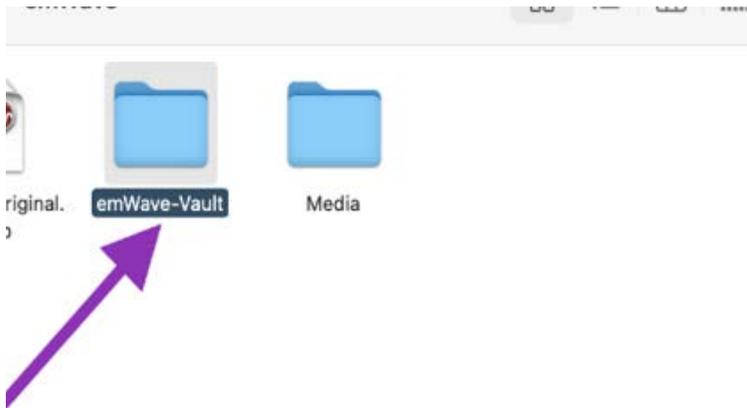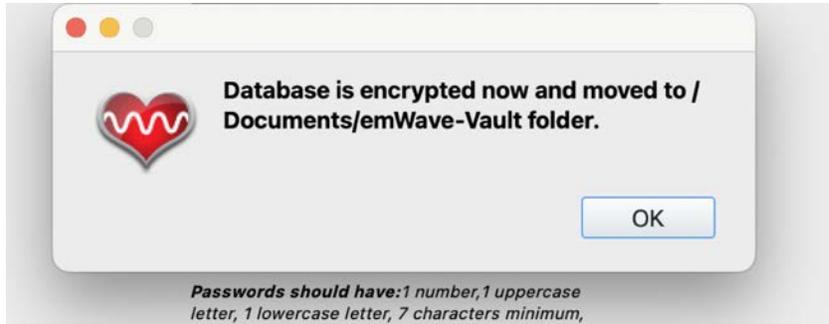- Enter your desired Database Password and click Create.

Step 5: Vault Folder Creation

A popup confirms:

"Database is encrypted and moved to the emWave-Vault folder."

- Your database is now stored securely in:
  - Home/Documents/emWave/emWave-Vault/

Think of this folder as your secure vault where all your databases now reside as encrypted.

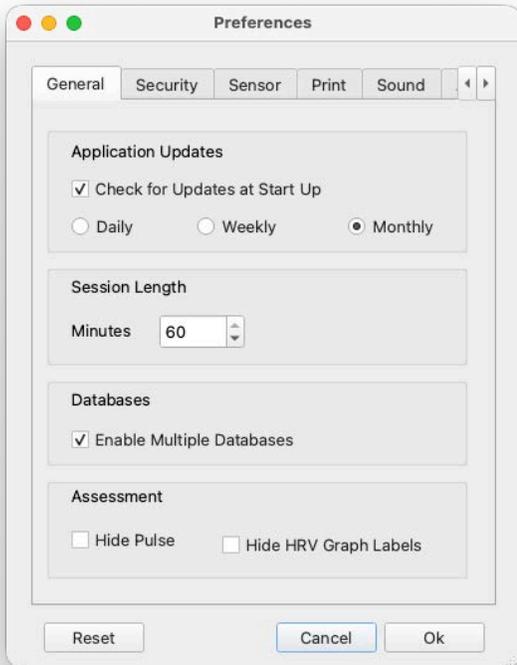**Step 6: Accessing emWave after setting up Security**

Every time you reopen emWave, you'll be prompted to enter your Database Password to authenticate and run.
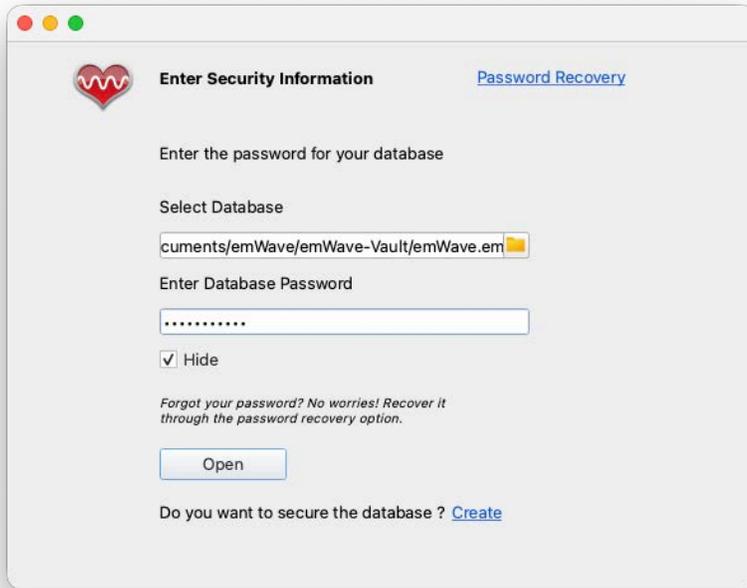
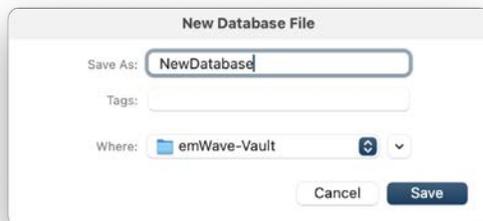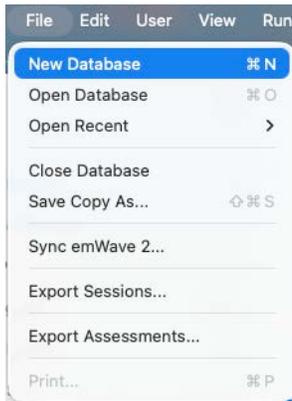## Creating a New Database with Password Security

Step 1: Enable Multiple Databases

- Windows: Edit > Preferences > Enable Multiple Databases.
- Mac: emWave Pro > Preferences > Enable Multiple Databases.

Step 2: Create New Database

- Go to File > New Database.
- Name your new database and save it the emWave-vault folder only.

Step 3: Set Database Password

You will be prompted to create a password for this new database.

- Enter the password and click Create
- The new database will be encrypted and created in the emWave-vault folder
- It always must reside in this folder
- You will then be prompted to set up the first user in the database
- Use File > Open Database to switch between existing databases.
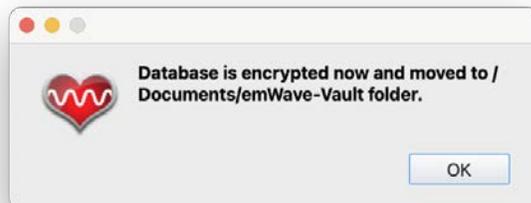
Recovering a Forgotten Database Password

If you forget your Database Password, you can recover it using your Master Password, using the Steps below.

Steps to Recover:

1. Open emWave and select the encrypted database.
2. When prompted for the Database Password, click on the "Password Recovery" link at the top right.
3. Enter your Master Password and click Recover.
4. Authenticate the recovery request using your computer admin credentials.
5. A confirmation will appear:
    - *"Database credentials exported to emWave_DB_creds.csv"*

6. Go to: Documents/emWave/emWave-Vault/
7. Open emWave_DB_creds.csv and find your password.
8. Enter the recovered password in emWave to proceed.
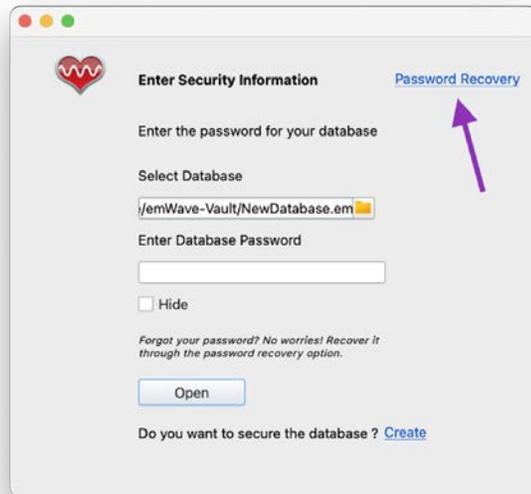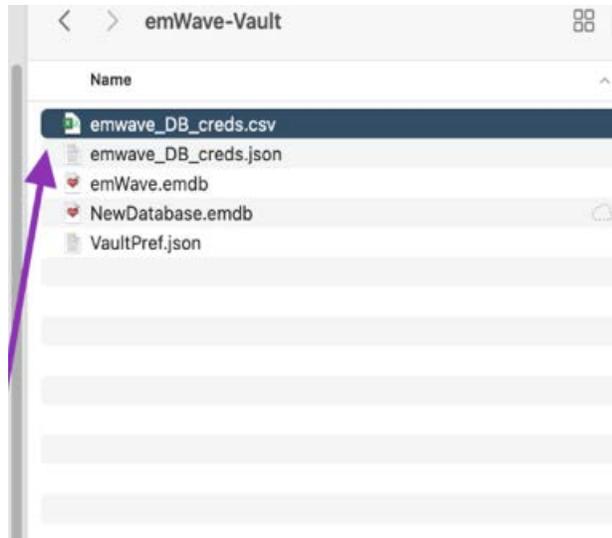
	A	B	C	D
1	DatabaseName	Password	Created Date	SignedIn Date
2	/Users/heartmath/Documents/emWave/emWave-Vault/emWave.emdb	Pa55word	09/06/25 18:31	09/06/25 18:52
3	/Users/heartmath/Documents/emWave/emWave-Vault/NewDatabase.emdb	Pa55word	09/06/25 19:03	09/06/25 19:03

FAQ: emWave Encryption & Vault Folder

Password Requirements

- At least 1 number
- At least 1 uppercase letter
- At least 1 lowercase letter
- Minimum 7 characters
- No leading or trailing spaces
- Best Practices
- Store your Master Password securely

- Regularly back up your .emdb files and exported credential files(json files) in emWave-Vault folder.
- Use strong, memorable passwords

Vault Folder Guidelines

- When you enable security, the emWave-Vault folder is created automatically inside your Documents/emWave directory.
- All encrypted databases, including newly created ones, are stored here.
- If you attempt to encrypt a database with the same name as one already in the vault, it will fail—even if it was originally located elsewhere.
- To use an encrypted database on another system:
- Enable security on that system
- Copy the encrypted .emdb file into its Vault folder
- When a database is encrypted, the encrypted version is stored in the emWave-vault folder, and the original database is renamed to emWave_original.emdb.
- After security is enabled and encryption is complete, make sure to access only the encrypted version located in the emWave-vault folder.
- Once security is enabled, unencrypted databases can no longer be opened.
- If on Mac your cannot open the ".emdb" file directly to launch the emWave app, use the following steps:
  - o Launch emWAve and open the file from the File menu, or
  - o Use the context menu (right or control-click) to use "Open with…" and select the emWave Application.
  - o To make this choice permanent, open "Get Info…", select "emWave Pro " under "Open with:" using the popup, and click "Change All…"

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