

# Welcome to HeartCloud™

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## HeartCloud Tour



HeartCloud is more than just a place to view your session data across multiple devices and programs... It's a whole new community that shares achievements, awards and encouragement!

## HeartCloud Account Registration

HeartCloud accounts are free and give you access to an ever-growing community of people actively pursuing a change of heart.

### Account Registration

Please enter an email address and password to create your account.  
Age and Gender are optional.

Email Address\*

Email Address (Confirm)\*

Password\*

Password (Confirm)\*

Select or enter your date of birth:

Required date format: MM/DD/YYYY

Gender

Female

Male

As shown on the Account Registration page above, enter your information:

- Email Address and Confirm it.

*(Please Note: You can only have one HeartCloud account per email address.)*

- Create a HeartCloud specific Password and Confirm it.

*(You can have a login key sent to your email, to reset your password, should you ever need it.*

*Click - Forgot Password on the HeartCloud Login page at [HeartCloud.com](http://HeartCloud.com).)*

- Enter your Date of Birth

- Select your Gender

*(Date of Birth and Gender are not required fields. Enter them only if you wish to do so.)*

To view the HeartCloud Privacy Policy, [Click Here.](#)

Click - Submit to create your account.

Your HeartCloud account is now created...Welcome to HeartCloud!

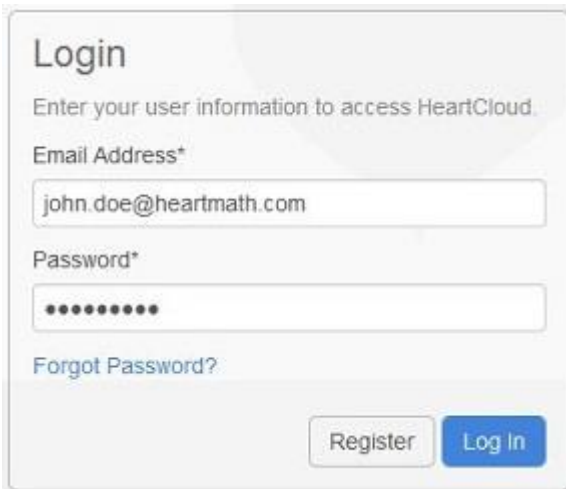
We hope you enjoy the personal and community achievements that you will discover as you move towards your own Inner Balance.

## HeartCloud Login

Now that you have your HeartCloud account, you can access it anytime from the internet by going to <https://heartcloud.com>


Enter the same email and password that you used to create the account.

NOTE: Only one email address may be used per HeartCloud account.



The screenshot shows a login form titled "Login" with the instruction "Enter your user information to access HeartCloud." It includes two input fields: "Email Address\*" containing "john.doe@heartmath.com" and "Password\*" with masked characters. A "Forgot Password?" link is below the password field. At the bottom are "Register" and "Log In" buttons.

## HeartCloud Home Page

Select the HeartCloud icon  from the emWave program or the Inner Balance app to go directly to your HeartCloud account.

The Home page starts with your Latest Sessions displayed.



The percentage of time that you have spent in the 3 levels of Coherence with your latest Sessions is illustrated.

Level - is the challenge level that was used during each Session.

Length - is the amount of time that you ran each Session.

Achievement - is a points system based on the sum of your individual Coherence Scores during the length of a Session.

Device - Shows the device that was used to run your last 4 Sessions.

Latest Sessions				
	Sep 05	Sep 05	Sep 05	Sep 05
High %	37	61	95	92
Medium %	46	10	3	7
Low %	17	29	2	1
Level	★★★★	★★★	★★★	★★★★
Length	10:00	06:00	05:03	07:25
Achievement	658	180	327	427
Device				

## Daily Coherence Ratio

The Coherence average ratios are compiled in a bar graph for easier viewing.

## Daily Achievement Totals

The amount of Achievement Scores accumulated on a daily basis are displayed.

## Top Community Achievement Scores

Regarding the Top Community Achievement Scores...

This area is not about competition, its purpose is to note people who are collectively, making coherence contributions to help create a better world.

Time Period	User	Achievement
Your Achievement	DDaddy	6,771
Last 24 Hours	Nabado	10,023
	Richard D'agular	5,626
	Fernando	4,675
Week	Richard D'agular	107,310
	Nabado	87,150
	Marion	38,879
Lifetime	Nabado	3,141,223
	Khall	1,880,793
	Heart Ambassador	1,708,551

## Achievement scores

The sum of your individual Coherence Scores during the length of a session.

It can be improved by achieving higher Coherence Scores and the length of time spent in Coherence during the session. It is the total of all Coherence. The scoring algorithm updates your Coherence Score every 5 seconds during an active session and adds them together giving you a sum which is called Achievement on the app displays. You may want to set a daily Achievement Goal for yourself, an Achievement Score of 300 points per day is a good place to start. This could be accumulated in a single session or split across two or more sessions depending on your schedule or preferences.

## Home Page Tabs:

[Review](#)

[Awards](#)

[Training](#)

[Profile](#)

[HeartMath](#)

## Review

-Activity

Your HeartCloud activity can be viewed by the Week, Month or Year.

All of your Session activity, percentage of High coherence and highest average coherence percentage is displayed.

Utilizing the illustration of your Training Time in Minutes can help you plan your daily regimen. The Daily Training Pattern is an illustration of the amount of Sessions that you ran and the device you used. You may find this useful in planning your daily regimen based on the device you have available and when you find the most time to use it.

### -History

Each individual Session is logged here in your History. You can view the results by clicking on the Session.

The Sharing tab indicates Sessions that you wish to share with your practitioner or via Social Media.

### -Journal

The Journal represents any comments and Mood Selections that you may have attributed to individual Sessions.

### -Notifications

Any time you receive an Award, you will get a notification and the Award will be displayed in your Awards collection.

Clicking on the award link will take you to the Awards page.

## **Awards**

Each of the Awards are given as milestones relating to your progress.

If you run your cursor over each one you will see a description of each Award.

The Awards in Gray are goals yet to be achieved...Collect them all!

## **Training**

### -Quick Coherence Technique

This can be a wonderful place to start!

Begin with the Heart Focused Breathing and elevate your Coherence to new highs by activating a positive or renewing feeling.

### -Video Tutorials

The Video's represented here are designed to illustrate a more in-depth use of the Inner Balance app.

### -Daily Practice

Featuring a training video that encourages you to set up a routine to use your Inner Balance Trainer. By doing this you set a new coherence baseline and it helps you to get the maximum benefits from this life-enhancing technology.

### -Next Steps

Here you learn about the various HeartMath trainings that are available for a deeper understanding of the HeartMath systems and techniques.

## **Profile**

### -Account

Your - Online Profile - for your HeartCloud account is displayed.

You can edit your User Information, change your Screen Name or manage the way you receive email and iOS notifications.

If you would like to turn this feature off, uncheck the appropriate box.

Choose an appropriate Screen Name to display your achievements on the Top Community Achievement Scores.

### -Security

The login email for your account is shown.

You may change your password at any time using this form.

NOTE: Make sure you save your changes for this to take effect.

## -Sharing

If you are using the social media feature, it will be indicated here.

There is also a feature of HeartCloud that allows you to share any or all of your recorded Session data with anyone that you choose, but they must have emWave PRO (only) to be able to use this feature. By creating a specific password only for the person you are sharing with, you are providing read-only access to your Session data. It allows them to see the Sessions you wish to share and is an excellent opportunity for a more personalized sharing experience.

To learn more about the Sharing feature, [Click Here](#).

## **HeartMath**

### *-About HeartMath*

By providing an insight into the HeartMath mission and using this opportunity to describe the HeartMath organizations, the user gains an understanding of why HeartMath was created and where our vision for the future lies. Our work in education, business companies, nationally recognized healthcare institutions and individual people in all walks of life, is making a difference around the World.

### *-Science & Research*

The science of Heart Rate Variability (HRV) is widely known. However, understanding the individual's ability to influence and control it is now coming to light.

This page provides an insight to HRV in a way that educates and encourages you to apply the HeartMath techniques to your personal life.

In illustrating to you the benefits of applying these techniques, we are inviting you to take positive steps towards better health, mental clarity and improved emotional control.

### *-HeartMath Products*

The use of multiple HeartMath products has proven to enhance your personal journey and provides a greater chance of success.

### *-FAQ's*

The most popular questions regarding the HeartMath apps, programs, sensors and general information are answered here.

**For additional support, please see the HeartMath Knowledge Base at:**

Support: <http://support.heartmath.com>

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