

Rewire: Heart + Mind Insight[®]

Product Guide



Introduction to Rewire: Heart + Mind Insight

Welcome to Rewire - Your Path to Stress Mastery



1 Download the Rewire app from the App Store.

2 Turn on your Bluetooth connectable heart rate monitor* and select the Heartbeat tool on the app to connect.



**sold separately*

3 Power on your “smart” heart base to display your real-time heart beat.



The Power of Biofeedback

Understand Your Stress Response System

LEVELS ABOVE OR BELOW BASELINE



Below

Cool colors indicate you are below your resting (baseline) heart rate.

Above

Warm colors indicate heart beats per minute (HBM) are above your resting (baseline) heart rate.

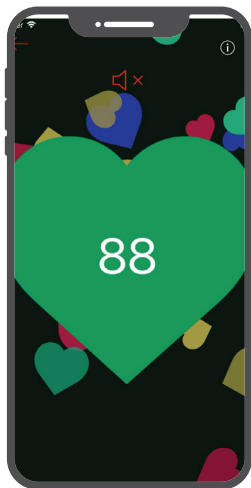
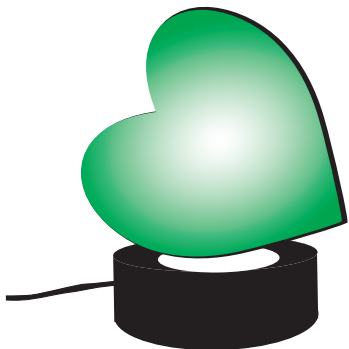
Why Heart Rate Matters

Your Heart Reflects Your Stress Levels



The Simplicity of Heart Rate Feedback

One Simple Metric - Heart Rate is All You Need



Practice Heart Calming Strategies

*No Screens Needed: Focus on Your Breathing,
Not Your Device*



Rewire During High Intensity Training

*Track Your Progress without
Interrupting Your Workout*



Establishing Your Practice

*Two 10-Minute Sessions a Day to
Rewire Your Stress Response®*



The Science Behind Rewire

*How Chronic Stress Impacts
Your Heart and Overall Health*

WEAKENED IMMUNE SYSTEM

ANXIETY

FATIGUE

INSOMNIA

DEPRESSION

DIGESTIVE ISSUES

HEADACHES

MUSCLE TENSION

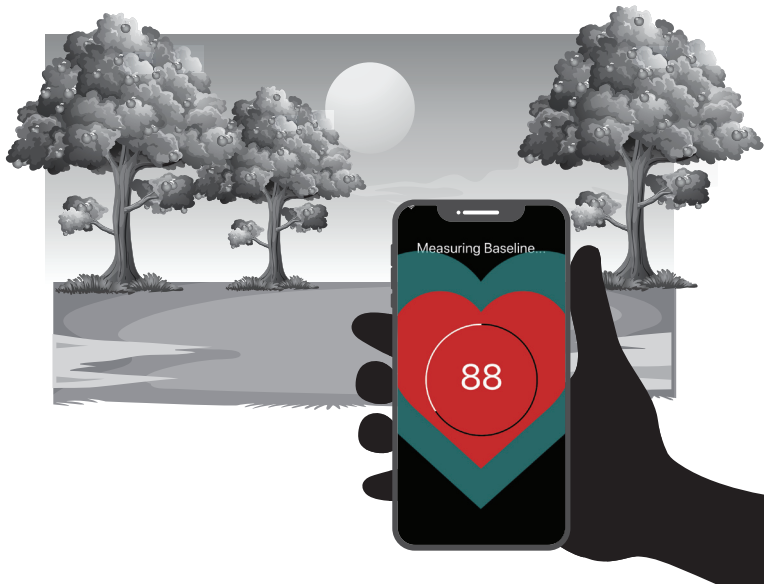
IRRITABILITY OR ANGER

RAPID HEART RATE OR HIGH BLOOD PRESSURE



Real-Time Feedback in Any Situation

*Instant Insights Wherever You Are -
Calm in Your Pocket*



A Tool for Long-Term Stress Management

*Rewire Your Stress Response System
for a Healthier, Calmer You*

