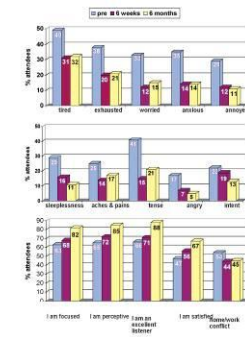




My Wellchoice+ has partnered with HeartMath, the worldwide leader in stress reduction tools and technology. During a period of extreme stress and global economic and uncertainty, the HeartMath solutions are the leading research-based programs to dramatically and measurably reduce employee stress while boosting health, well-being, and performance. The most costly modifiable health risks are stress and depression, with health-care expenditures 46 percent greater for workers reporting high levels of stress.

The HeartMath award-winning programs and emWave® technologies are a comprehensive stress management solution designed to empower your employees and **Produce Measurable Results by:**

- Reducing stress and anxiety
- Improving health and wellbeing
- Increasing mental clarity and performance
- Enhancing their ability to think clearly and make better decisions under pressure



These tools and technologies provide employees with:

- A practical and useful understanding of the physiology of stress.
- The ability to recognize and transform stress that arises in normal day-to-day living.
- Tools and techniques that can be applied *in the moment* when stress is happening and effectively shift the stress response to a healthier behavior.
- An understanding that while challenging situations will continue to arise, they can be met with grace and dignity and not create overwhelm.
- Technology that provides real time feedback to self-monitor and coach new responses for better outcomes.
- Proprietary assessments to measure outcomes.
- A comprehensive, proven, research-based, sustainable program that anchors new behavior.



emWave® -PC based program



emWave® hand held device



The effectiveness of HeartMath’s programs has been proven through 17 years of scientific research. HeartMath’s research studies and client results have been published in peer-reviewed journals such as *American Journal of Cardiology*, *Stress Medicine* and *Journal of Preventive Cardiology*, as well as *Harvard Business Review* and the *Wall Street Journal*.