

# Clinical power at your fingertip



eVu | TPS



Monitor **heart rate variability**, **skin conductance**, **temperature** and **respiration** using a smartphone/tablet and just one finger

# A self-regulation tool

## For clinical and home use

Your clients already use smartphones and tablets to surf the internet, play games, and read emails. Now, they can use them to improve their health by tuning into their nervous systems, measuring stress levels, and training their ability to focus, relax and recover.

The **eVu TPS®** sensor is an ingenious tool that relays the user's biometric data to the **eVu® Senz** companion app on an Android smartphone or tablet. Applying the sensor is a breeze because it easily rests on the user's finger, fastened by the accompanying fabric strap. Don't be fooled by its elegant design though, the TPS sensor is a robust measurement device that monitors four well researched modalities of psychophysiological stress: **heart rate variability**, **skin conductance**, **skin temperature** and **respiration**.

Health practitioners looking for the ideal companion to enhance therapeutic efficacy of office training need not look any further than the TPS. The small, portable nature of the sensor makes it ideal to be loaned or prescribed to clients for home or work training. If they have 5 minutes to spare, they have enough time to practice self-regulation with the TPS sensor.

## eVu-Senz App



## Relaxation through paced breathing

eVu Senz is the first in a line of medical apps that promises to revolutionize at-home clinical training with smartphones and tablets. eVu Senz automatically records psychophysiological data and provides three feedback modes - graphical, music and reward points - encouraging users to increase their relaxation response as they follow a breath pacer. The app organizes training into a 10-session program, where performance is scored and compared to a program goal. Training data is saved and reports can be emailed to both users and clinicians, rendering progress and compliance easy to track.

### Remote Training

The eVu-Senz app is optimally designed for remote client training using software like Zoom

### Reports

The software can send a PDF report of Reward Training to the clinician via email to track client results and compliance.

### Download from



## Reward View

- Streamlined to be easy for anyone to use, with little or no understanding of psychophysiology.
- Includes a breath pacer and a simple scoring system to gauge relaxation, focus, and recovery.
- Easily toggle focus between heart rate variability, skin conductance, or temperature.
- Three tiers of feedback: graphical, music, and reward points.
- Clients can either follow the user-customizable breath pacer for relaxation, or other exercises provided by their health practitioner.
- Integrated real-time movement artifact detection during training.
- Training data is saved according to individual password-protected client profiles. All saved data can be reviewed.
- Training is sorted into 10 sessions, with whole-program point goals based on difficulty.



## Signal View

- Provides three dual-line graphs showing live data from 6 signals: temperature and skin conductance, respiration, and heart rate, raw PPG waveform and LF HRV.
- Labels for each modality are shown on the top left and top right of the graphs along with the current values.
- Click any dual graph for a full-screen view.
- Signal sensitivity slider allows you to increase/decrease the sensitivity of signals and corresponding tones.
- Time-base slider controls the plotting speed across the graph.
- A wide variety of MIDI-based proportional tone or volume proportional music feedback can be selected for any signal.



# Help your clients Help themselves

Combining in-clinic sessions with home training, gives your clients the best chance of learning valuable self-regulation and stress management skills. The eVu Senz app engages and motivates your clients by providing training plans with incremental levels of challenge. The ability to review previous sessions and measure progress, encourages them to maintain regular practice. The report gives the trainer or therapist a chance to remotely review clients' success and verify their ability to follow prescribed training, all from a smart phone.

Whether anxious at the office, stressed preparing for an exam, or needing to mentally prepare before the game, eVu TPS is readily available to facilitate expert feedback and training.

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thoughttechnology.com | 514.489.8251 or 1.800.361.3651 |  
5250 rue Ferrier, Suite 812 Montreal, Quebec, Canada H4P 1L3