



Measure Your HRV

Minimize your Health Risk

Keep Your Wellness Life



- ▶ Objective and functional test of your overall health
- ▶ Predictive monitoring of Autonomic Nervous System
- ▶ Help you keep proper lifestyle
- ▶ Check your daily stress level and circulation health



Feature



Heart Rate

Normal range of heart rate is between 60 and 90 beat per minute. But in someone such as athletes, it may be lower.



Body Condition

It indicates your overall condition. It's good when you are healthy and energetic, but it's poor with accumulated physical fatigue



Mental Condition

It indicates the degree of the emotional stress (Anxiety/Worry/Anger/Tension/Lethargy) which is suffering mentally.



Stress Resilience

It indicates the overall health condition of your body. The higher value means a healthier condition which can be more adaptable to the physical & mental stress.



Stress Score

This is the percentage of your body's overall stress which you are taking physically and mentally. The lower the score is the less stress and healthy.

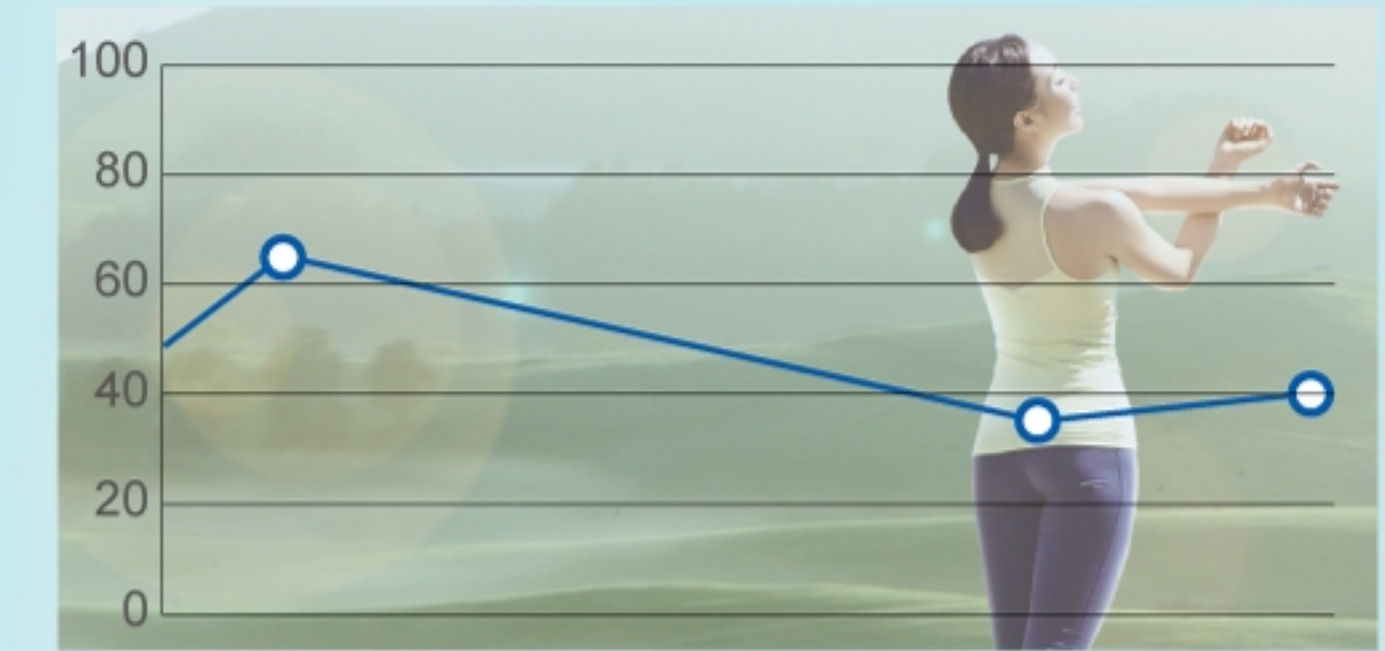


Circulation Health

Circulation Score represents your circulatory health condition. The higher the score is the better circulatory health.



The trend of each parameters



Test Result

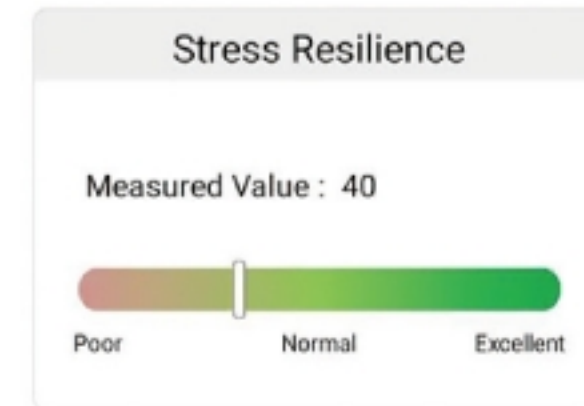
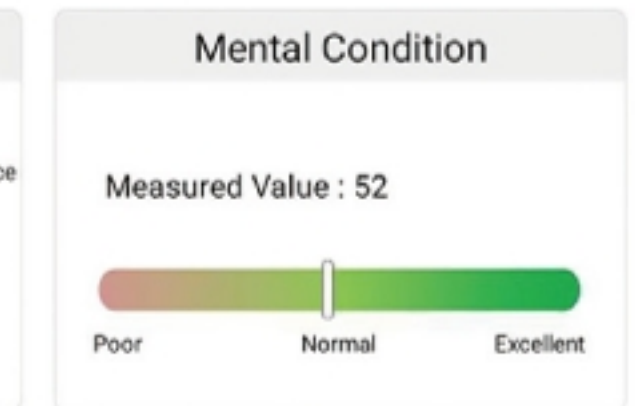
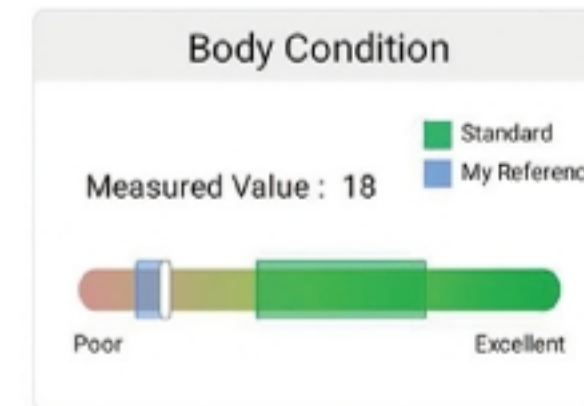
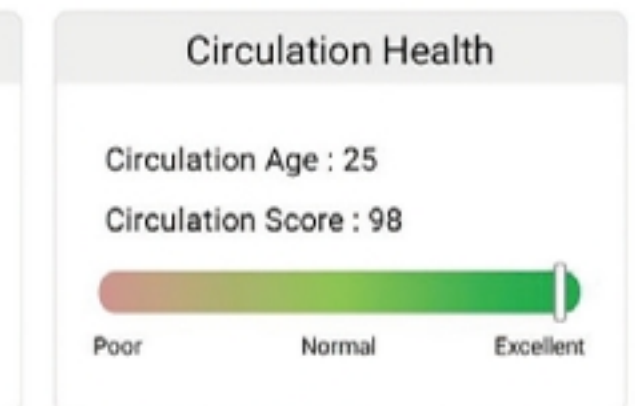
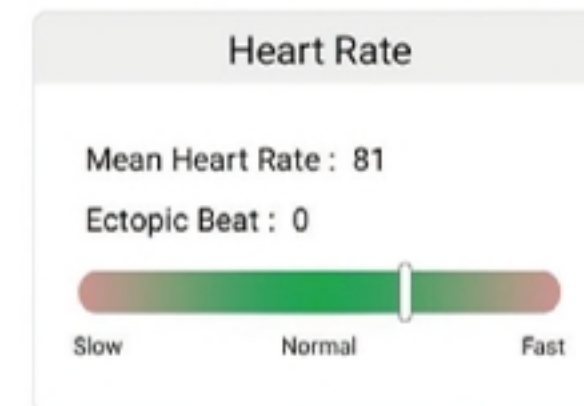
Sharing of result paper



Test Report

DATE: 2020-03-11 10:59

Name	Jaekun Kim	Age	52
Gender	Male	Reference Type	Asia





Measurement Principle

HRV (Heart Rate Variability)

It is a tool to analyze ANS (Autonomic Nervous system)

By analyzing moment changes of heart rate, it measures ANS activity.

Stress Resilience

It is assessed by ANS activity.

ANS regulates internal organ like "cardiac function", "gastrointestinal movement", "respiration", "hormones", and "body temperature", etc. ANS is not controlled by the brain, but independently controlled according to changes in the external environment, mental and physical stress.

Body Condition

PNS (Parasympathetic Nervous System, RMSSD) accumulates and restores the body's energy.

Body condition is analyzed by the RMSSD of HRV, which evaluates current parasympathetic nerve function.

Mental Condition

It is assessed by SNS (Sympathetic Nervous System) / PNS(Parasympathetic Nervous System) Ratio as mental stress makes imbalance between SNS and PNS. It is seized by SNS/PNS ratio.

Circulation Health

It is assessed by analyzing APG(accelerated photoplethysmography)

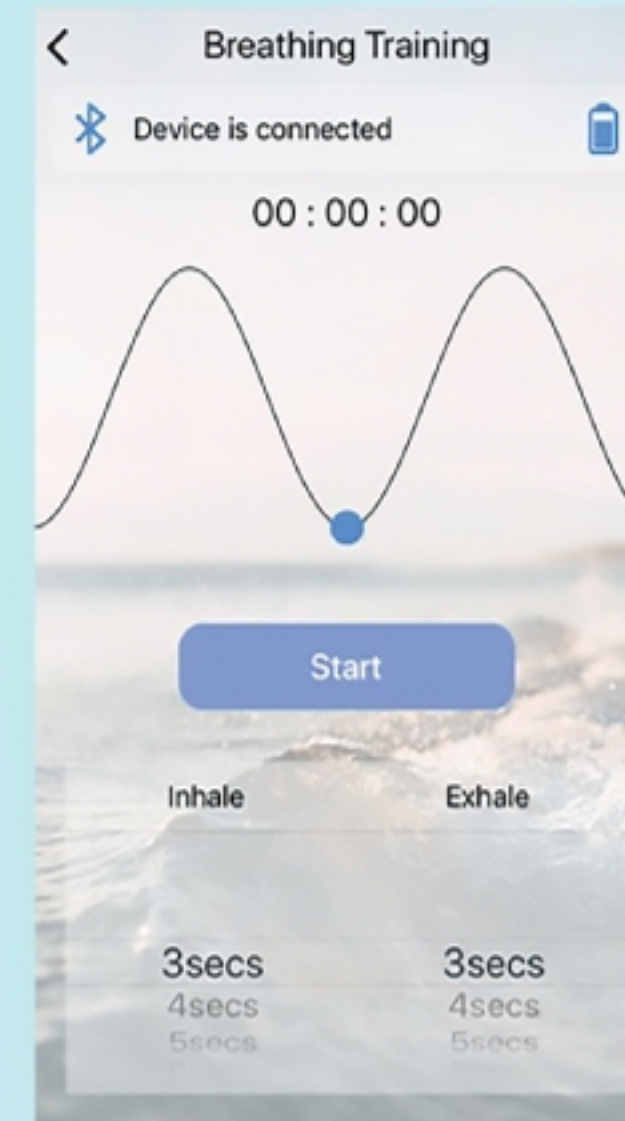
After transforming the PTG waveform to APG waveform, UMON seizes vascular health and blood circulation by analyzing APG waveform.



Breathing Training



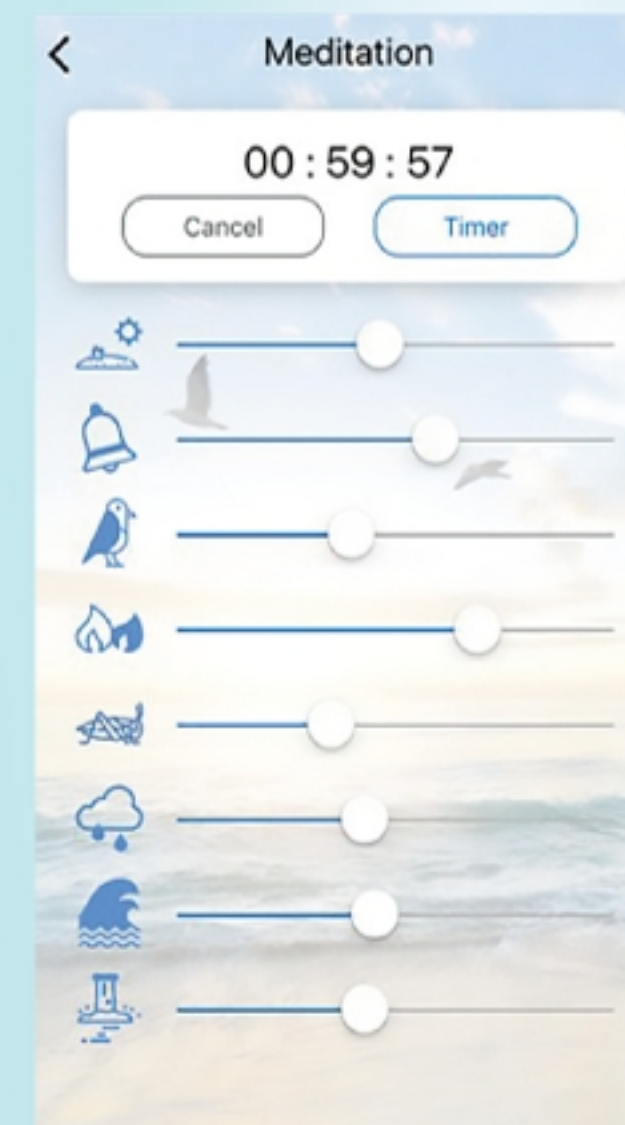
- Stabilizing of your mind and body
- Improvement of autonomic nervous function



Meditation



Have meditation time with nature sounds



Specification

Recommended Specification & O/S

- Android Ver. 4.4.2 and above
- iPhone 4s & iPad 3 and above

Connectivity & Power

- Bluetooth (BLE 4.0 and above)
- USB TYPE-C
- Rechargeable Lithium Battery (3.7v dc)

Measurement Time

- 60~70 sec.

Parameters

- Mean Heart Rate, Ectopic Beat
- Body Condition
- Mental Condition
- Stress Resilience
- Stress Score
- Circulation Health



As wellness product, UMON is not used for medical purpose.



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