



Autonomic Health Assessment (AHA)

This assessment measures the rhythmic activity of your autonomic nervous system. It can give you an understanding of your **health risk and health potential; how strained you are; how well you recover; and how flexible, adaptable and youthful your organism is** (heart rate variability is reduced with age, prior to developing and during severe physical and/or mental illnesses).

We recommend performing an AHA before starting any of the three trainings:

- 1. To help choosing the most appropriate training at a time***
- 2. To create a baseline to allow for monitoring the impact the training has on your health, wellness and capacity to perform over time.***
- 3. To monitor changes in regard of health risks and health potential***

The assessment is performed over a period of 5, 10 or 20 minutes, during which your heart rate variability will be measured and analysed.

The default is 5 minutes, but 10 or 20 minutes can also be chosen for higher accuracy. We recommend that you preferably use one duration, for example 5 minutes, for most assessment, to be able to compare the different measurements over time when tracking the impact of your training or other interventions on your health, wellness and performance.

The best time for the assessment is after rising / before breakfast; and after supper / before bedtime.

The assessment should be done before or at least 2 hours after food intake, caffeinate drinks and nicotine.

Alcohol and recreational drugs should also be avoided before the assessment.

You may want to do the assessment for comparison and monitoring once every 1 to 2 weeks at the same time of the day.

The results of your AHPA will give you information about:

- your current health risk and health potential (HR, SDNN)***
- the flexibility and adaptability of your organism (SDNN)***
- the vitality of your autonomic nervous system (VLF)***
- your capacity to recover (HF)***
- the overall strain on your organism (LF)***
- the relationship between strain and recovery (LF/HF)***
- your ability to engage and achieve states of happiness and sustainable peak performance (MF/LF)***

You will be able to export the results of your health and performance assessment into an Excel spreadsheet or a PDF file to keep track of your health improvements or training progress, and you will be able to share this information with your coach or therapist. The information can also be uploaded and stored in the cloud.

We recommend performing this assessment once a week, at the same time of day, under the same conditions and preferably in the morning after getting up in order to get an accurate result.



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In order to get a more reliable baseline assessment, you may decide to do the assessment 2x daily (am and before bedtime) as there are fluctuations throughout the day (circadian rhythms).

You must sit still and avoid any hand movements, whilst performing the assessment. It is advised to rest for 5 minutes sitting on a chair, before starting the assessment. During the assessment try to rest, keeping your eyes open, and staying awake, whilst your mind stays calm and neutral.

For higher accuracy you can also use the Polar H7 belt instead of the Pulse oximeter.



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AUTONOMIC HEALTH ASSESSMENT INSTRUCTIONS

Enable Bluetooth on your phone.

Open the Adaptive Resilience App.

When you use the app for the first time, enter the three digits of the serial number of the Oximeter into the app (e.g. AR023 – enter '023').

Switch on the sensor and allow the App to connect with the sensor (Pulse Oximeter).

Or alternatively allow the app to connect with the Polar H7 belt.

(Chose the sensor in the 'Device' section)

On the menu, chose Autonomic Health Assessment.

Set the time to 5 minutes, 10 minutes, or 20 minutes. The default is 5 minutes however, 10 or 20 minutes can be chosen for better accuracy.

Sit in a comfortable chair for the full length of the assessment.

Do not stand, lie down, get up or walk!

REQUIREMENTS FOR ACCURATE MEASUREMENT & ANALYSIS

When to conduct the measurement:

Try to conduct the measurement at the same time of the day to ensure accuracy when you compare different measurements, since HRV is known to have circadian rhythm, due to the changing of our ANS balance (day/night).

Preferably the assessment should be done **in the morning immediately after waking.**

Alternatively, you may conduct the assessment 2x daily in the morning and before going to bed (at least two hours after food).

The appropriate environment will:

Avoid bright lights and too much noise.

Maintain comfortable room temperature.

Before the measurement:

Avoid food, caffeine or smoking for at least 2 hours before the measurement.

In fact, best do the measurement before drinking caffeinated drinks or alcohol.

Avoid the measurement right after a meal (wait 2 hours after a meal).

Rest for 5 minutes before starting the measurement.

Remove your manicure while being measured with the finger sensor.

During the measurement:

Maintain a comfortable sitting position.

Don't move or talk during measurement.

Do not move your hand whilst measurement.

Don't close your eyes or fall asleep.

Respiration should be in your normal and resting state.

Don't control your breathing intentionally.

Do not watch TV, listen to the radio or read.



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HOW TO VIEW AND UNDERSTAND YOUR RESULTS

Your results are displayed in the *Autonomic Health Assessment History* at the end of each assessment. You will find the normal reference ranges in the second column. All **normal results are displayed in green colour**; all reference ranges **outside the normal range are red**.

For explanation of the results of the Autonomic Health Assessment please refer to the “Result Guide” in the ‘Information’ section.

Please discuss any abnormal values with your health care professional, as they could (but do not have to) indicate an underlying health problem (e.g. thyroid problems, diabetes etc.).

How to Track Your Progress

You will see several columns with autonomic data allocated to the date and time of the assessment displayed next to each other. This will allow you to track any trend and improvement.

Export of Your Results to the Cloud Server

All results are automatically stored on a secure cloud server.