



Result Guide

Disclaimer

THE ABOVE OUTLINED FACTORS CAN BE SIGNIFICANTLY IMPROVED THROUGH LIFE STYLE CHANGES, EMOTIONAL MANAGEMENT EXERCISES, HEART RATE VARIABILITY TRAINING AND/OR OTHER THERAPEUTIC INTERVENTION.

The Autonomic Health Assessment (AHA), the Emotional Health Assessment (EHA) and the Expert Assessment (EA) are no diagnostic tools. The Autonomic Health Assessment and the Emotional Health Assessment can supplement clinical decision making.

The purpose of the AHA and the EHA is to provide information about your health risk and health potential.

This results of the AHA and the EHA should be supplemented by health-related information.

The AHA and the EHA are not intended to replace the relationship you have with your various healthcare providers. No medical advice is given or implied. Survey results, scores, links to other sites and/or reading the content on this web site are not substitutes for visiting your doctor. We assume no responsibility for how you use the information provided by the Adaptive Resilience App.

Please contact a qualified health professional, if you are concerned about your health. You should always notify a qualified health professional prior to starting any new treatment or with any questions you may have about your medical condition. This assessment is designed for clients age 18 years or older. It is not intended for children.

The results have been produced without any medical information. The autonomic data is best interpreted in the context of the medical history and any clinical diagnosis, if such should exist.

Any interpretation of the autonomic and/or psychological data may have to be complemented by other health assessments that rule out other medical or psychological problems, such as anaemia, under- and over-function of the thyroid, mental health problems. Reports should be interpreted in the context of these basic health assessments. It is advised to consult a health professional in the case of suspected physical or mental illness and report results that indicate a deviation from the healthy statistical norm to rule out any current underlying health problems.

Recommendations:

It may be important to rule out any significant health concerns. A standard blood screen, including FBC, PV, TFT, Ferritin, U&Es, Calcium, intracellular magnesium, suprarenal activity (DHEA, Cortisol) and Vitamin D3 may be indicated. Please discuss this with your health professional, if appropriate.

This App provides a psychological and an assessment of the autonomic nervous system. The interpretation of the results and the recommend interventions are based on international comparison data from clinical research and more than five years of clinical experience of the developer of the App.

I AGREE