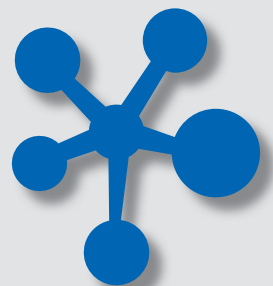




# Optimal Concentration and Mentally Relaxation

The powerful trio for app-based biofeedback / neurofeedback



# The sensor-based body & mind training program for your overall well-being

NIRS-based HEG neurofeedback enjoys great popularity among professional users:

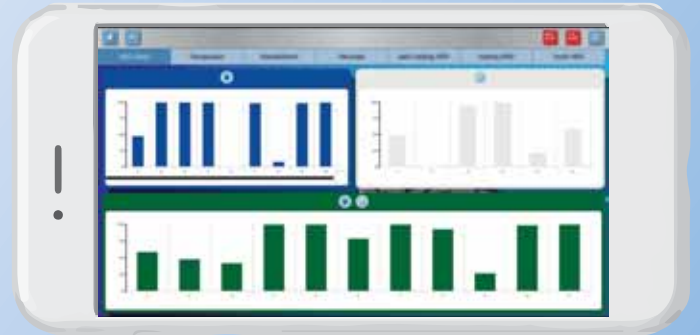


HEG neurofeedback is extremely elegant and easy to implement, especially in comparison to EEG neurofeedback in preparation, execution and evaluation. And the learning process itself is often particularly easy for the trainees: This applies both to the introduction of longer concentration phases and to successful mental relaxation.



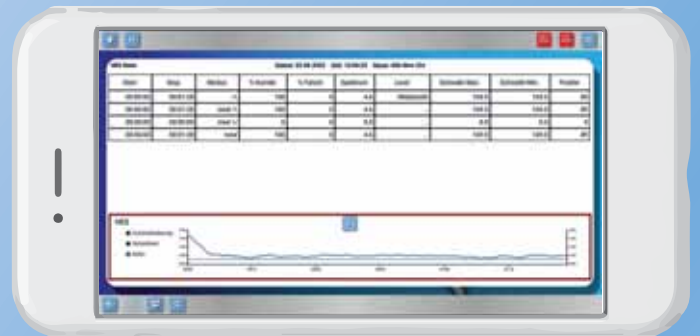
Now HEG neurofeedback training is also available anytime at home or on the go: Thanks to the new MediTECH Body & Mind app with included wireless sensors, training can now be done daily and at any time to enhance concentration and focus as well as for mental relaxation.

It is child's play to switch between the two training variants in the app, which is available for iOS and Android.



The app offers a quick and intuitive training configuration and also allows the management of multiple trainees as well as an admin function with which specifications for the trainees can be set.

The evaluation of the training progress is also already included in the app. Biofeedback and neurofeedback are available individually or in combination for optimal self-training.



For neurofeedback, the HEG neuro sensor is created. For biofeedback you place the TPS sensor comfortably on your finger ... and the training can begin.



The TPS® sensor is a smart sensor that records physical data in real time and reports it back as feedback directly in the Body & Mind app to your smartphone or tablet. If the desired training values are within the target range, the trainees experience their desired video without interruption - otherwise it stops. The application is very simple: The sensor is attached to the finger and the app is starts.



With its small and portable form, the TPS sensor is an ideal home training tool for your clients to improve their personal state of relaxation.



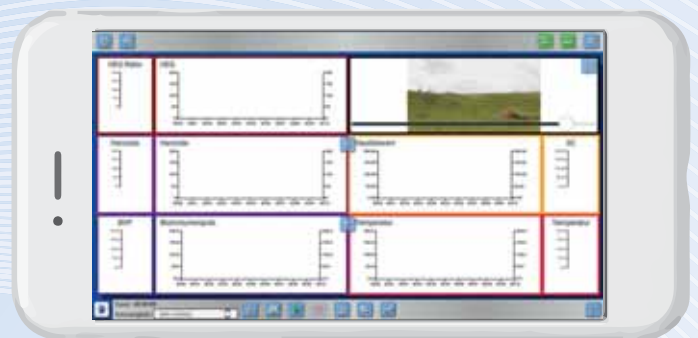
Don't be fooled by the elegant design. The TPS sensor is an extremely reliable and convincing measuring instrument that can be used to simultaneously record and train three different key physiological parameters:

**Skin conductance**

**Skin temperature**

**Heart rate (pulse)**

All three reflect the current level of relaxation and stress.



### ***Facts at a glance***

- Combined training of concentration and relaxation
- Evaluation and storage of progress
- Flexibly selectable videos as feedback for optimal self-training

## What do you need for the training?

In addition to your tablet or smartphone, you will need for the home and / or professional relaxation and concentration training ...

Description	Art.-No.
HEG-neuro headband sensor	8717_V2
TPS finger sensor	8982-V2
Body & Mind app (available for iOS and Android)	Download

For the training you need the app Body & Mind, which you can download for free in the Playstore or App Store.

For download



Android



iOS

Alternatively, you can search directly for „Smart Biofeedback“ in the Playstore / Appstore.

Information about concentration or relaxation training with HEG and TPS:

[focus.meditech.de](http://focus.meditech.de)

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