



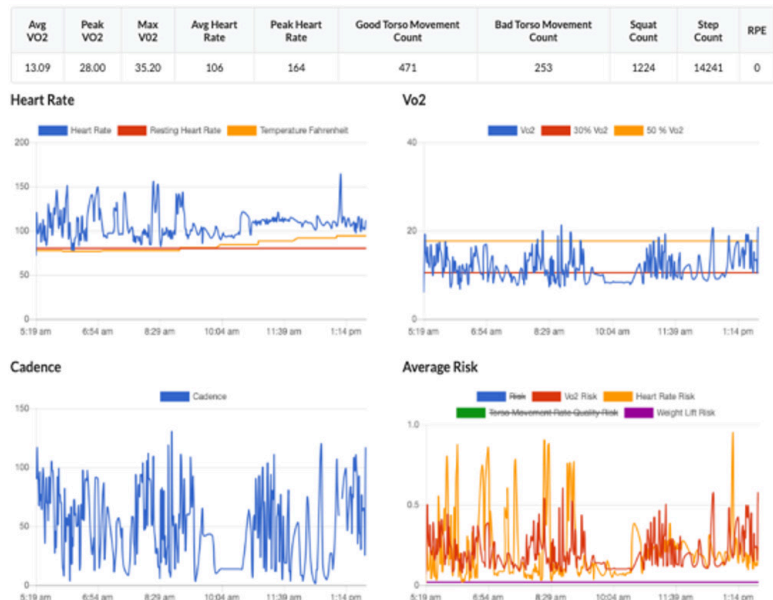
# Haptic Cue Reduces Heart Rate

## SITUATION

### High Heart Rate

Heart rate consistently exceeds 150 bpm, risk exceeds 0.7 according to the “Average Risk” graph.

- Average heart rate = 106
- Peak heart rate = 164
- High heart rate risk levels throughout activity



## INTERDICTION

### Improve Form

Watch provided haptic cues and displayed warnings of bad form so they could improve while at work.

### GoX Labs Boost:

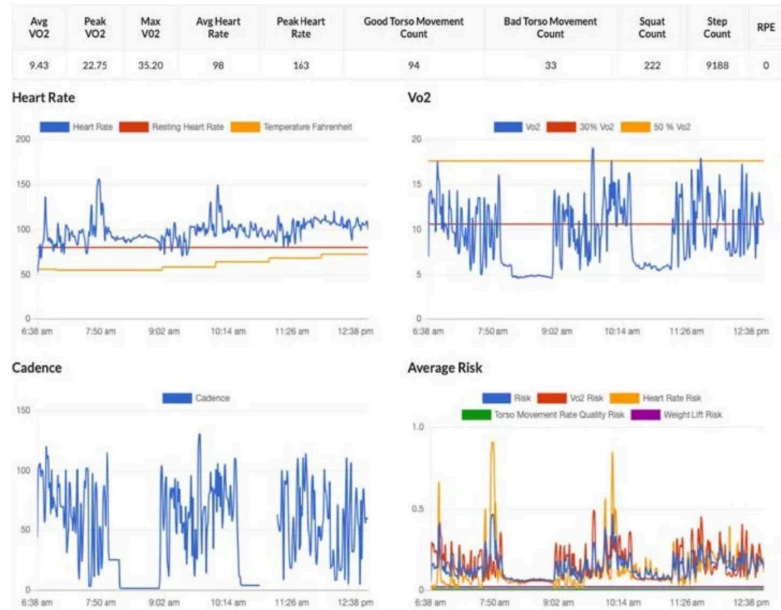
- Samsung Galaxy watch measuring over 20 form, force, fatigue, fitness, performance and environmental factors
- Haptic feedback and display warnings on the watch to drink water, use good form, etc.
- GoX Labs motion pod measuring 3D movement of selected body part such as trunk or arm
- Dashboard providing real-time status risks by groups and workers

## — RESULTS —

### Decrease in Heart Rate

Our client realized:

- Average heart rate = 98
- Peak heart rate = 163
- Heart rate risk level stays more consistently at low level



### How it Works



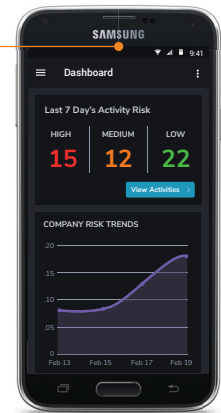
**1** User puts on watch at the beginning of the day.



**2** Critical physiological & biomechanical data collected measures risk shown in green, amber, & red. If risk is too high haptic feedback alerts the worker.



**3** Data is continuously collected on the watch and uploaded to the cloud when connectivity is established via wifi or cellular.



**4** At this time, managers, executives, and workers can view the data from the dashboard on their computer or phone.