

REVITA5



# WHAT IS REVITA5?

REVITA5 is a health and performance solution that helps manage stress and prevent burnout.

## REVITA5 Includes:

- REVITA5 **Tracker** that helps individuals increase health and performance
- REVITA5 **Group Analytics** that monitor collective trends over time

The rapid pace of corporate life leaves most organizations feeling drained, exhausted, and struggling to stop the financial bleeding related to attrition and health care costs.

With REVITA5's simple and effective **Heart Rate Variability (HRV) Tracker** your employees are able to know exactly where they are at on the spectrum of stress and receive customized lifestyle recommendations to increase their health and performance.

Using REVITA5's **Group Analytics** you will be able to see where the entire company's resilience is at, empowering you to time and support company wide efforts to perfection.



HRV  
SCORE ♡

91 

# The Science Behind Heart Rate Variability (HRV)

Heart Rate Variability (**HRV**) has been used in cardiac medicine for over 50 years. In short, HRV describes the way your heart beat varies.

Contrary to popular belief, the healthy heart does not beat like a metronome but is constantly changing the time between beats in a rhythmic way. These changes are driven by the nervous system, constantly trying to find the most efficient way for the body to operate. When your body is having a hard time establishing equilibrium, your HRV will drop. On the days your body has established equilibrium, your HRV will rise.

You want high HRV because high levels of HRV are associated with resilience, wellbeing, health and performance. This isn't to say that having a day where your HRV drops is bad. It just means that your body needs more time to recover from the prior day's stress.

Taking your HRV daily will allow you to time your efforts to perfection.

Learn to push yourself on the days you have it to give and recover on the days your energetic resources are low.

Do this and you will not only increase your health and productivity, you will become profoundly resilient in body, mind and soul.



# HOW DOES REVITA5 WORK?

Simple.

We get your workforce set up with our REVITA5 Tracker.  
They begin to take their **HRV Scores** daily.

We aggregate the collective data (keeping individual's data completely private, of course).

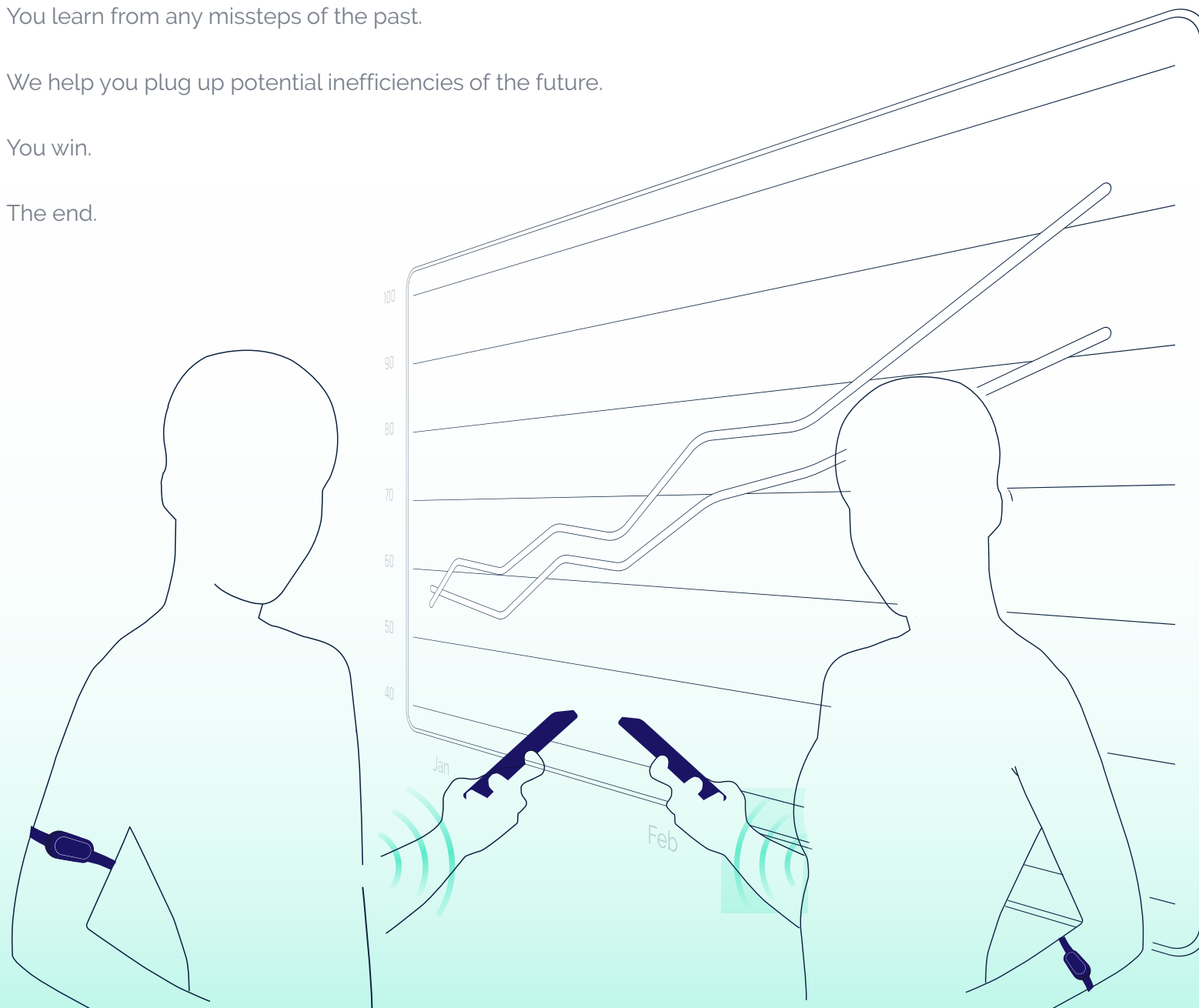
Deliver you **Group Analytics** about how each department's resilience has trended over the last quarter.

You learn from any missteps of the past.

We help you plug up potential inefficiencies of the future.

You win.

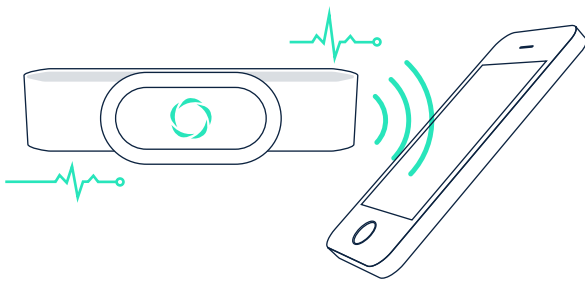
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# THE REVITA5 TRACKER

The REVITA5 Tracker will guide your workforce into the ideal lifestyle recommendations based on their HRV Score.

How does the REVITA5 Tracker work?



## ASSESS

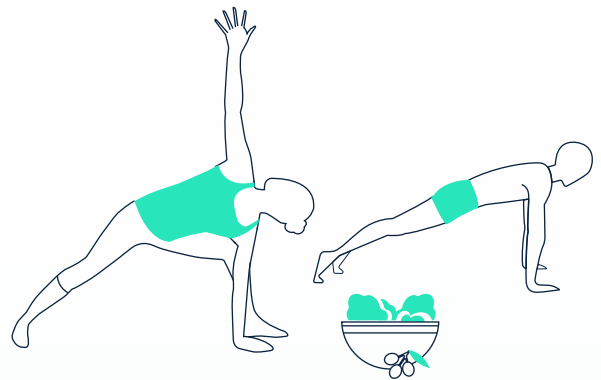
**Take your HRV Score.**

Take a 1-minute HRV assessment and receive daily advice based on your energetic needs. If your HRV is LOW you rest if it's HIGH you go hard. Simple as that!

## ACT

**Follow the daily advice.**

Based on your HRV Score, you will receive customized lifestyle recommendations to boost your Score. They are simple to execute and highly effective.



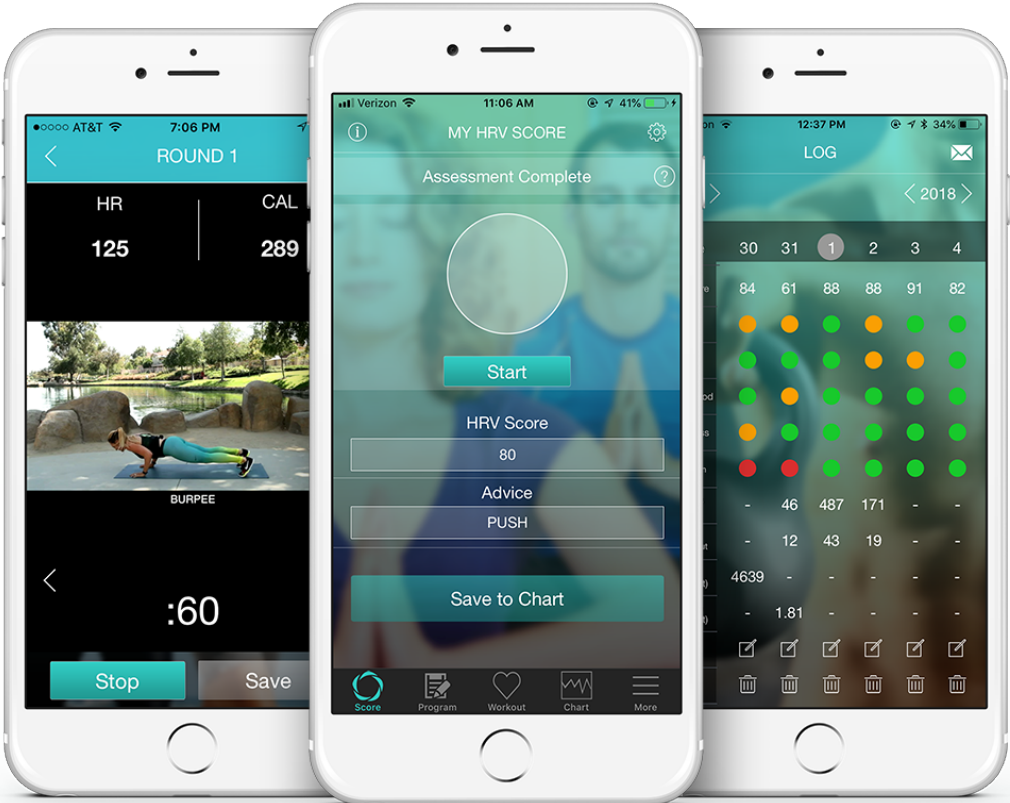
## OPTIMIZE

**Watch your health and performance rise over time.**

By working in tandem with your biorhythms, watch your health and performance rise over time!

# REVITA5 TRACKER INCLUDES:

- HRV Assessment
- Fully Integrated Heart Rate Monitor
- Bluetooth Enabled Armband
- REVITA5 Guidelines
- 5 Week Programs to elevate your health, performance and overall sense of wellbeing



## PEEK INSIDE REVITA5'S 5-WEEK PROGRAMS

Inside of the REVITA5 Tracker you will have access to a catalog of **5-Week Programs** designed to give simple and effective lifestyle interventions to increase health and performance.

Each **5-Week Program** includes:

5-WEEKS OF

# WORKOUTS

5-WEEKS OF

# NUTRITIONAL GUIDANCE

5-WEEKS OF

# MEDITATIONS

5-WEEKS OF

# DAILY COACHING VIDEOS

To help inform and empower you to change your lifestyle habits for the better

In addition to REVITA5's 5 Week Signature Program you will have access to additional program titles including:

**STRONG BODY, HAPPY MIND**  
**GROUNDED AND PEACEFUL**  
**AUTHENTIC LEADERSHIP**  
**BODY MIND BOUNCE BACK**

and more...



# REVITA5 GROUP ANALYTICS

You can't improve what you do not measure.

REVITA5 **Group Analytics** will help you quantifiably see how health, resilience and readiness to perform has trended each quarter so you can know **EXACTLY** when your organization needed more support and where you were primed for big efforts.

With this level of perception you will be able to capitalize on the invaluable data of the past to plug up the cyclical energetic leaks of the future, which will put you at a performance advantage for the long haul.





# THE HUMAN ADVANTAGE

## Technology is rad.

And innovating is one of our favorite things to do. But without the right intention, technology can be used to divide and isolate us rather than connect and unite us.

REVITA5 is data driven, but heart centered. It is our intention to help you create a profoundly resilient and vibrant workforce.

But, you cannot do that simply by giving people a cool new wearable and send them on their way.

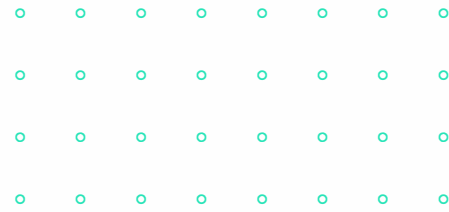
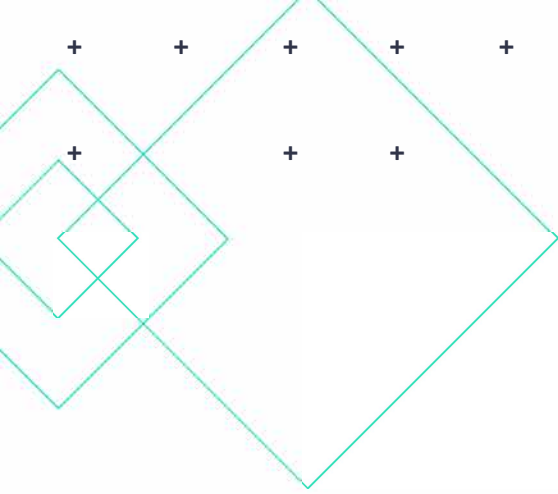
Additional human touch points include:

COACHING CALLS | IN-PERSON KICKOFFS  
WORKSHOPS | EMAIL SUPPORT

There has to be a human component... a living breathing support system to encourage, troubleshoot and motivate your people as they endeavor to change and transform their habits.

That is why our solution includes 5-week programs and real life coaches to hand hold the process and bring the REVITA5 experience to life.





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