Welcome to the SweetBeatLife Correlation feature! While the correlations are presented in a simplistic form, it is important that you read this description carefully so that you can fully appreciate the information being presented.

The Correlation feature provides information and insight into how to achieve specific health goals based on activity and other health metrics that you are already measuring. What are you doing and measuring that results in increased HRV? Desired weight? Lower stress? The SweetBeatLife Correlation feature will help you find out.

Correlation Basics

The Correlation feature has 2 Demos to help you better understand your correlations. Let's look at Demo 2:

- Select Correlation from the menu tab

- Select Settings

- Select Demo 2

  o The default is HRV, All Data, Min/Max Range Days:3
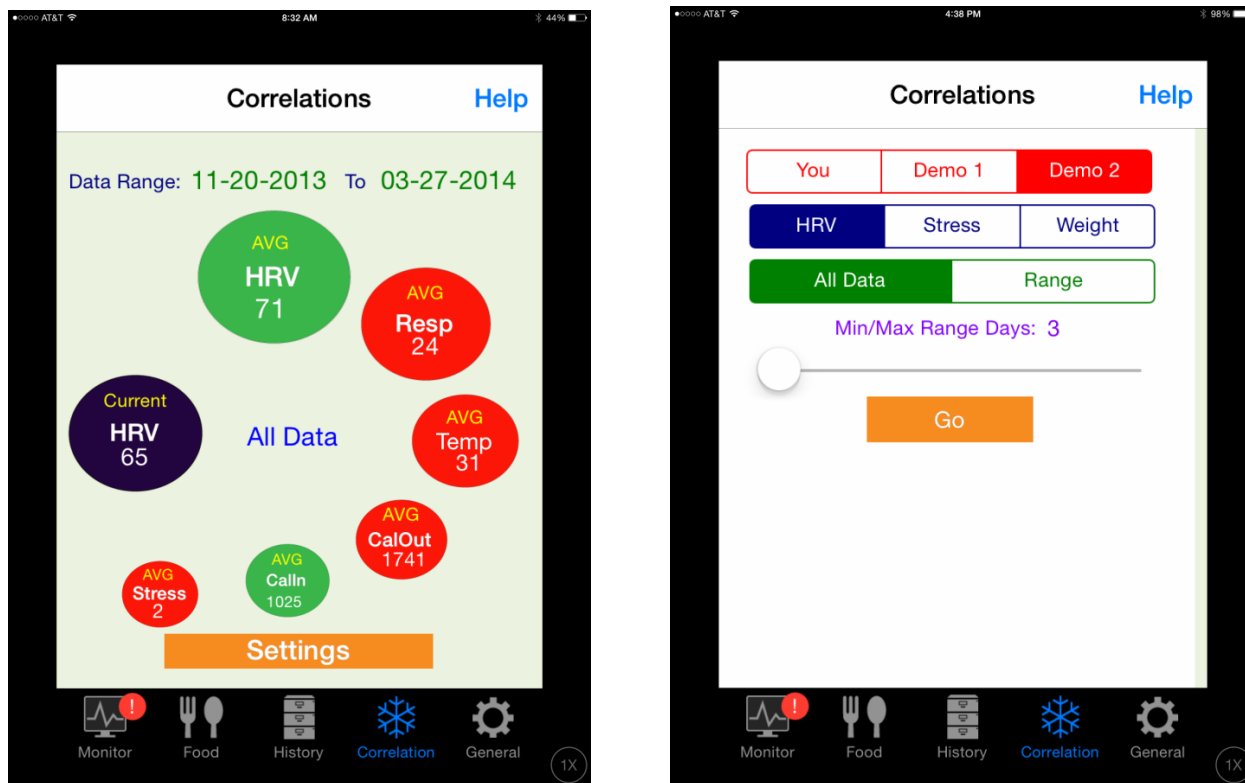
- Select Go

Figure 1A is a graphical representation of how HRV is correlated with other measured metrics, such as Respiration, Skin Temperature, Daily Calorie Burn, Daily Calories eaten and Daily Steps taken.

The other metrics may be imported from FitBit, Withings, MapMyFitness or may be measured using the HealthPatch.

Please login to your MySweetBeat account to link 3rd party data.

The way to read this Correlation Screen:

- The Blue Bubble represents the metric of interest, in this case HRV
    - The Blue Bubble could also be stress or weight
    - Select the Blue Bubble metric from the Correlation Settings screen
- The surrounding green and red bubbles are the metrics that correlate to HRV
    - The top and larger bubble has the highest correlation
    - The bottom smallest bubble has the lowest correlation
    - The green represents a positive correlation (proportional)

- In this example HRV increases as Calories In increases

  o The red represents a negative correlation (Inversely proportional)

    - In this example, HRV increases as Respiration decreases

- The Date Range indicates the dates when data for the metric in the Blue Bubble, in this case HRV, is available

- The values in each bubble is an average of all available records of each metric

This correlation information provides insight into other factors that contribute to the metric of interest. If you are wondering how to increase your HRV, this information will tell you what other activities or vital signs have a high or low impact and you can adjust your behavior accordingly.
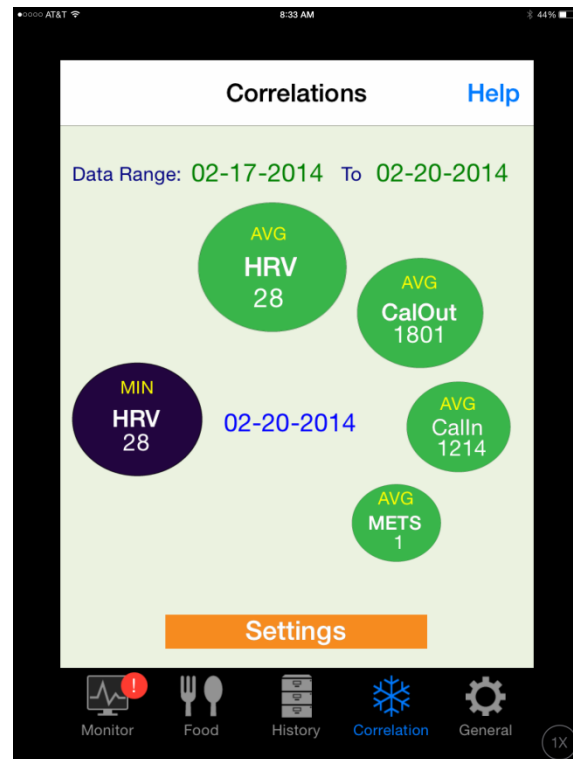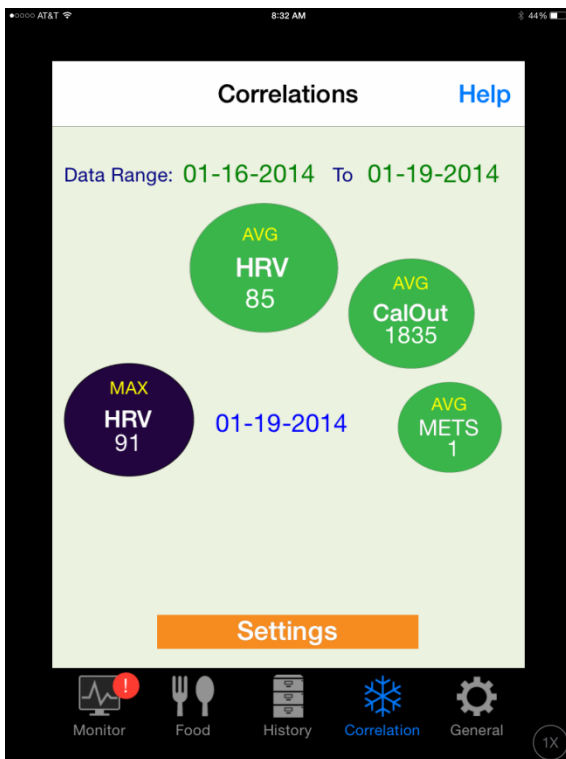
<u>Minimum Maximum Correlations</u>

Now let's look at the Min/Max Feature:

- Tap the blue bubble to display the Maximum value (in this example HRV)

  o The algorithm searches all your HRV measurements to find the maximum value

  o Then it searches for other metrics that correlate to the maximum

  o Notice the date next to the blue bubble (in this case 01-19-2014). This is the date that HRV was the highest

  o Notice the Data Range at the top. The default is to look at corresponding correlation data for the 3 days leading up to this max value and so the data range is 01-16-2014 to 01-19-2014 ((the date of the maximum value).

  o In this example, HRV is highest when average daily calories burned = 1835 and when the average exercise Metabolic Equivalents (METs) = 1.

- So to increase my HRV, I would do light exercise and burn around 1835 calories/day

- Now tap the blue bubble again to display the Minimum value

    o The algorithm searches all your HRV measurements to find the minimum value

    o Then it searches for other metrics that correlate to the minimum

    o Notice the date next to the blue bubble (in this case 02-20-2014). This is the date that HRV was the lowest

    o Notice the Data Range at the top. The default is to look at corresponding correlation data for the 3 days leading up to this min value and so the data range is 02-17-2014 to 02-20-2014 (the date of the minimum value).
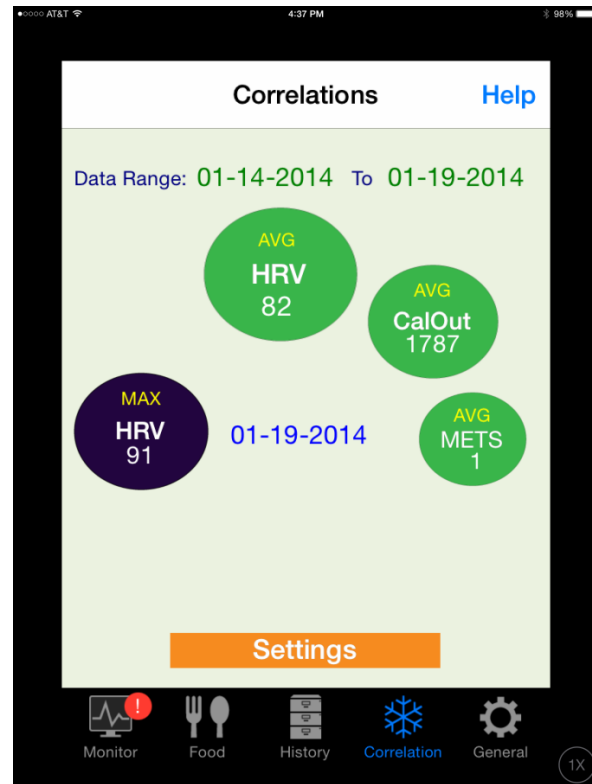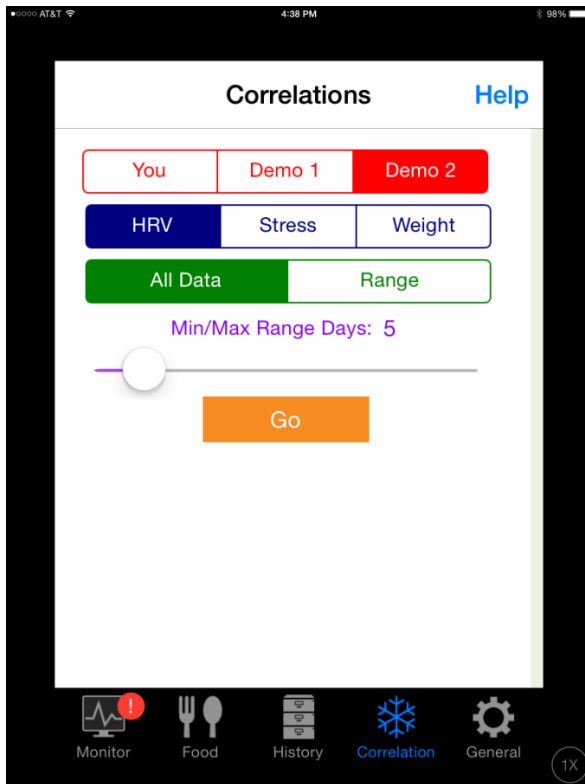
o In this example, HRV is lowest when average daily calories burned = 1801, average calories consumed are 1214 and when the average exercise Metabolic Equivalents (METs) = 1.

o So my HRV is lowest when I burn around 1800 calories a day and only eat around 1200 calories a day.

If you want to search data more than 3 days before your minimum or maximum (which you probably do) then:

- Select "Settings:

- Slide the Min/Max Days slider to select up to 30 days of data

- Select "Go"

- Tap the blue bubble to display Max

In this example, 5 days is selected. Note the date range at the top is now 1-14-2014 – 1-19-2014 (5 days). Also in this example, the correlation metrics are the same.

IMPORTANT: The correlation algorithm looks at the **number of days** that data is available, **not** the **number of sessions**. For example, if the data range is 11-20-2013 – 3-27-2014, yet I have only done 1 session/month then I only have 5 days of sessions and thus can only have a maximum of 5 days for the min/max days setting. If I have done multiple sessions 1 day/month, I still only have 5 days of data.

Other Statistics

The correlation screen also provides statistics for the metrics represented in the red and green bubbles. Simply touch each bubble to display a number of stats (see below screen shot):

- Delta (HRV) in date range

- First measurement (respiration) in date range

- Last measurement (skin temp) in date range

- % of delta (calories out) in date range