

BODYGUARD 2

Accurate, reliable, low cost
heart rate variability monitoring



New Low Cost HRV Recording Solution and Analysis Service for Healthcare, Research and Wellness Professionals

Long-Term HRV Recording Made Easy

Firstbeat Technologies, which has a long history in exercise science, has developed the new Bodyguard 2 HRV recorder for long-term ambulatory heart rate variability (HRV) data collection. Firstbeat primarily focuses on professional sports applications. Through a partnership with the Institute of HeartMath, it is now available for use in research applications, in clinical settings for Autonomic Assessment Reports and workplace wellness programs.

An Ergonomic Lightweight Device

The Bodyguard 2 device is about the size of a silver dollar. It is thin, ergonomic, lightweight, unobtrusive and weighs less than an ounce.

The device is attached directly to the skin with two standard snap ECG electrodes and provides high quality HRV recordings. It starts recording automatically when attached and can record up to 20 days of continuous HRV data. Once the data is collected, it is easily uploaded to a password protected IHM website.

Technical specifications:

Windows PC only

Size: 60 mm x 47 mm x 10 mm

Weight 24 g

Rechargeable battery (battery life 6 days)

Charging time 1 hour (via USB)

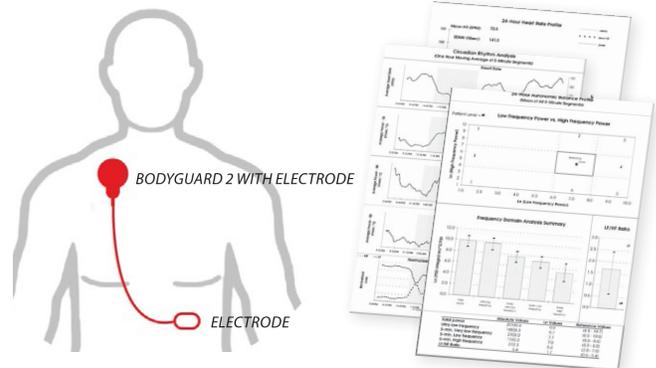
Memory capacity 20 days*

Heart rate accuracy 1 ms (1000 Hz)

Accelerometer settings:

- Sampling frequency 1.56 Hz – 200 Hz
- Resolution 8 bit, 14 bit
- G-scale 2G, 4G, 8G

*With default accelerometer settings: 12.5Hz, 8 bit, 4G



IHM offers a variety of analysis services ranging from large scale research projects to low cost Autonomic Assessment Reports (AAR) for clinics and physicians.

HeartMath® Institute

Expanding Heart Connections

For more information, please contact the HeartMath Research Center at research@heartmath.org