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Australian Securities Exchange Announcement

Total Brain Joins the American Heart Association's Center for Health Technology and Innovation to Study Uses of Heart Rate Variability Data to Reduce Stress and Risk of Cardiovascular Incidents

- Collaboration follows the AHA's landmark study into mental health, "[A Workforce Crisis](#)"
- Smart watch and wearable device companies will be invited to participate in the study
- Building on the increasing adoption of wearable technology and improved health outcomes TTB will explore the inclusion of heart rate monitoring within its product offering

Total Brain (ASX: TTB), a neuroscience-based mental health and fitness platform, is joining the American Heart Association's [Center for Health Technology & Innovation's](#) (the Center) Innovators Network.

The Association's Center is focused on building and fostering health technologies and relationships in pursuit of innovative and scalable solutions across the healthcare market.

The Center helps [members](#) of its Innovators Network in the healthcare technology field align and integrate their technology with the Association's digital resources to encourage development and adoption of digital healthcare solutions.

Through this collaboration, Total Brain aims to study the validity and reliability trade-offs involved in using continuous heart rate variability (HRV) signals to measure and affect stress and high blood pressure.

Smart watch and other wearable device makers will be invited to participate in the study in exchange for insights, benchmarking information and product integration opportunities.

"By combining Total Brain's vast neuroscientific expertise and innovative platform with the American Heart Association's cardiovascular expertise and resources, we are well-positioned to further understand the connection between the brain and the heart – we are thrilled to be part of this," Louis Gagnon, CEO of Total Brain, said.

Research has shown that the brain and heart are highly connected. An estimated 44 million U.S. adults experience a mental health condition each year¹. Those with a mental health condition are at 67 percent higher risk of heart disease². They are also 85 percent more likely to suffer a heart attack³ and three times more likely to develop hypertension⁴.

Mr Gagnon said there was an urgent need for the brain and the heart worlds to deeply collaborate and generate insights that may prevent or better treat conditions involving both mental and cardiovascular health issues.

"We're excited to see Total Brain incorporate the Association's condition management plans, called CarePlans, into this study and we look forward to applying our unique cardiovascular research expertise to help improve health education and health engagement," Patrick Wayte, Senior Vice President of the American Heart Association's Center for Health Technology & Innovation, said.

1. <https://www.nami.org/learn-more/mental-health-by-the-numbers>
2. <https://onlinedegrees.bradley.edu/blog/how-mental-health-affects-physical-health/>
3. <https://www.ncbi.nlm.nih.gov/pubmed/21680721>
4. <https://consumer.healthday.com/encyclopedia/depression-12/depression-news-176/depression-and-high-blood-pressure-644943.html>

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About Total Brain Limited (ASX: TTB)

Total Brain Limited (TTB) is a San Francisco and Sydney based company that has developed and sells Total Brain, a mental health and fitness platform powered by the largest standardized brain database, with over 600,000 registered users. Its SaaS platform helps people scientifically measure and optimize their brain capacities while managing the risk of common mental conditions. Benefits for employers and payers across the United States include productivity improvement and healthcare cost reduction. For more information, please visit www.totalbrain.com and follow us on [Twitter](#), [LinkedIn](#) and [Facebook](#).

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