



15 April 2021

Australian Securities Exchange (ASX) Announcement

Total Brain strengthens product offering; launches transformative heart rate variability functionality

- Easy-to-understand, highly-differentiated technology to expand TTB's value proposition, user engagement and market adoption
- Developed with the help of the leading heart rate variability and stress experts in the world
- Pilot results show mobile app engagement of 6.4x per day, and a 25% drop in chronic stress after 3 months

Total Brain today announced the introduction of heart rate variability ("HRV") functionality to its existing mental health self-monitoring and self-care platform. This new product feature, accessible by smartphone camera and soon-to-come wearable wrist technology, enriches, expands and differentiates Total Brain's value proposition and enhances user engagement across B2B, B2C affinity and clinical markets. Specifically, results of a pilot study reveal significant engagement (6.4x per day) with the wearable wrist functionality; and a 25% decrease in stress levels after employing the technology for three months.

Total Brain has received input about its product and scientific outcomes from 3 independent key opinion leaders on HRV – Dr. Richard Gevirtz, Dr. Julian Thayer, and Dr. Paul Lehrer.

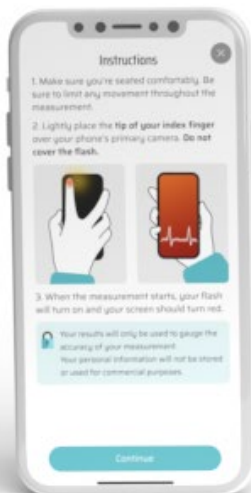
HRV technology brings users personalised insights that can guide in-the-moment strategies to alleviate stress, support a restful night's sleep, and mentally prepare for the day ahead. Total Brain will offer two versions of the HRV functionality to its customers:

- **Discrete HRV:** Currently in beta rollout with users, this HRV measure enables users to calculate their stress levels in-the-moment via their smartphone camera. The reading takes one to two minutes and has proven 90% accurate relative to the gold-standard measurement– the heart rate sensor chest strap. Total Brain owns all rights to this discrete HRV technology.

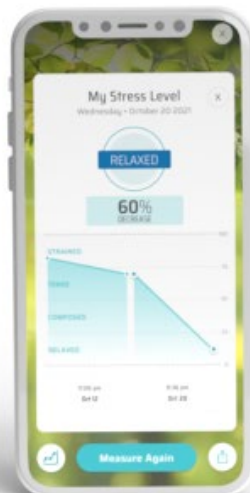
- **Continuous HRV:** Currently a working prototype, this version is expected to launch by end of the calendar year. Continuous HRV measures stress levels constantly with the help of a Garmin wearable device. It is 4x more accurate than the next-best alternative in the market and offers 30x the resolution of signal processing. Total Brain has secured a license for the continuous HRV technology from Felix, a leading stress and HRV measurement technology. Felix's core stress measure has been validated at Yale University, is being recommended at Harvard University, and is used in multiple studies at the University of Cambridge.

The HRV functionality represents a significant revenue opportunity for Total Brain. The Company estimates a material increase in the average price per user. Total Brain will upsell this feature to its current book of business and expand the offering to prospective clients and new markets related to stress management and physical health.

Discrete HRV: Measure



Discrete HRV: Results



Continuous HRV: Results





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About Total Brain Limited (ASX: TTB)

Total Brain Limited is a San Francisco and Sydney based company that has developed and offers Total Brain, the world's first mental health self-monitoring & self-care platform powered by the largest standardised brain database. Its SaaS platform has helped more than 1 million registered users to-date scientifically measure and optimise their brain capacities while managing the risk of common mental conditions. Benefits for employers, large organisations and insurers include productivity improvements and healthcare cost reduction. For more information, please visit www.totalbrain.com and follow us on [Twitter](#), [LinkedIn](#) and [Facebook](#).

Release authorised by the Non-Executive Director, Matt Morgan