

Key HeartMath® Outcomes

Case studies have proven significant business outcomes with measurable improvements in leadership performance, sales effectiveness, customer service, staff retention, cost reductions, health, and overall performance.

Reduced Staff Turnover:

- A US Fortune 50 high tech firm customer service department cut stress by 50%. Productivity and job satisfaction increased, and staff turnover decreased.
- Total estimated savings £423,000.

Safety Improvement

- A retail pharmacy chain - 220 pharmacists had significant improvements in fatigue, anxiety, depression, anger, resentment, stress symptoms, morale issues, time pressure and stress. The client reported a 40-71% reduction in incidents (errors).

Reduction in Lifestyle Risk Factors:

- Prison officers - reductions in total cholesterol, LDL, /HDL ratio, fasting glucose, and blood pressure. Reductions in anger, fatigue, hostility, interpersonal sensitivity, speed and impatience, and global Type A behavior.
- Total projected annual cost savings = £788 per employee.

Improvement in Metabolic Syndrome Risk

- Two 2009 Metabolic Syndrome studies showed significant improvements. An online travel company had a 59% reduction in number of participants with Metabolic Syndrome, elevated blood pressure went from 40% to 15%; elevated blood glucose from 40% to 20%; energy client showed elevated total cholesterol dropping from 41% to 22%; elevated LDL from 68% to 40% and cholesterol from 29% to 17%.

Health and Quality:

- A US Fortune 100 high tech manufacturer showed significant health improvements with executives and managers, engineers and factory workers. Hypertensive executives all lowered blood pressure to normal range. Productivity and Quality improvements on a manufacturing line = 22% drop in defects. Contentment, job satisfaction and communication significantly increased, while tension, anxiety, nervousness and physical symptoms of stress significantly decreased.

Athlete Zone Training

- HeartMath® has also been used with great effectiveness to improve athletic performance and help athletes get into 'the zone' in a wide range of sports, both professional and amateur. It is being used extensively in the professional golfing community, as well as by a number of Olympic athletes and teams.