



# HRV-4



Your AI-Powered HRV & Health Insights Companion

## THE PROBLEM



Signs of burnout and anomalies are often ignored.



Most trackers only monitor sleep data.



Users can't receive personalized HRV insights.

## OUR SOLUTION



Continuous HRV and activity monitoring

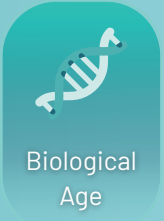


Anomaly and stress detection



Personalized AI-powered insights and recommendations

## OUR FEATURES



Biological Age



Burnout Resistance



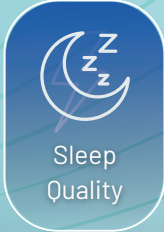
Processing of Stress



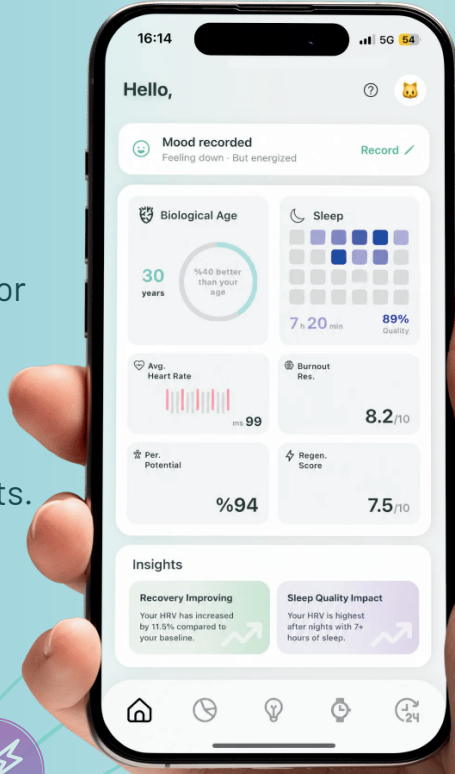
General Health Score



Performance Potential



Sleep Quality



Powered by

**POLAR**



Hi! I'm Dr. Quack, an AI chatbot to answer all your questions.



5000+ hours HRV data



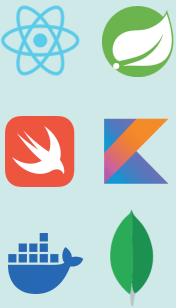
200+ Users



MD Verified Results



Cross Platform



**HAVELSAN**

**TOBB ETÜ HASTANESİ**

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