



## MAT PRE AND POST EVALUATION GUIDE

Thank you for your participation in the MAT Rx Pilot Study.

In the Pilot Study, we are hoping to measure the impact of MAT sessions on EEG and HRV readings. Please complete readings before and after at least 6 MAT training sessions by the end of September 2021. Results will be shared this Fall.

### BEST PRACTICES

- Complete all readings in a quiet, distraction free space with the client in a seated position. Complete readings within 5 minutes of the MAT session.
- Use the clinic device and clinic equipment for all readings. Clean equipment appropriately after each reading. Log in/out of the appropriate client account with each reading.

#### READING 1: ELITE HRV

- Select + button. Select Open HRV Reading. Time Limitation = 2 min. Disable breathing pattern, live preview and respiration tracking (if available). Hit “Save” after reading.

#### READING 2: MYNDLIFT

- Make sure the brow and head are free from sweat after MAT session.
- Home screen will read “Assessment”. Push “Start”. After the calibration period, **select “Audio”**, “For Evaluation Use Only” folder.
- Order of readings: Cz EO, Fz EO, Pz EO, Pz EC (Ignore the Eyes Closed prompts within app).

