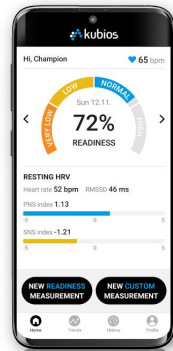# KUBIOS HRV
TEAM READINESS

Heart rate variability (HRV) based readiness monitoring software for sports and wellness professionals.

QUICK-START GUIDE

GET A LICENSE

Purchase a license (**S**, **M** or **L**) at kubios.com/hrv-team-readiness

Install Kubios HRV Team Readiness (download installer for Win/macOS)

Login or create a Kubios account, and activate the software with your Admin license key (only Admin can create teams)

CREATE A TEAM

Create your first team and invite members with the Invite Key

Team members start measuring their daily readiness with Kubios HRV app (e.g., a 3 min resting HRV every morning at supine position, while breathing normally, avoid talking)

GET IT ON Google Play   Download on the App Store

MONITOR & OPTIMIZE

Monitor readiness of individual members and the team as a whole, observe acute and chronic fatigue assessments, and track HRV trends

Optimize your training with HRV
✓ Improve performance through HRV-guided training
✓ Learn how members recover from training and other stressors
✓ Avoid injuries and overtraining

FEATURES

Operating system
- Windows (10 or 11) and macOS (Monterey or Ventura)

Kubios HRV mobile app
- Available for Android and iOS
- Bluetooth HR sensor supporting RR data is required (e.g. Polar H10)
- Join and exit a team
- Readiness measurement mode
- Subjective feeling on scale 1-5:
  - Not feeling well, must rest
  - High stress, very low readiness
  - Moderate stress, lowered readiness
  - Some stress, normal readiness
  - No stress, high readiness
- Daily readiness results and time trends (last 3 months)
- "Hide readiness results" supported

Readiness analytics
- Validated HRV pre-processing algorithms for enhanced reliability
- Measurement quality indication

- **Readiness index** (0-100%) indicating physiological readiness:
  - **VERY LOW** (0-25%)
  - **LOW** (25-50%)
  - **NORMAL** (50-75%)
  - **HIGH** (75-100%)
  NOTE: Readiness index adapts to member's normal HRV values, which typically takes 1-2 weeks (during this time the index accuracy is not optimal)
- **Detailed HRV analytics** including resting HR, PNS & SNS indexes, RMSSD, SDNN, LF & HF powers, etc.
- Respiration rate (RESP) estimate

Readiness monitoring
- Daily results with readiness index, acute/chronic fatigue, HRV scores, subjective feeling and raw RR data
- Time trends for subjective feeling, readiness index, and HRV scores
- Team overview including readiness index and acute/chronic fatigue
- Quick overview of team members' readiness results

Team management and reports
- Create and delete teams, invite and remove members, and edit team features (e.g. hide readiness results from members at the app)
- Generate readiness reports (PDF) and export readiness data (CSV, Excel, XML)

Pricing and licensing policy
- 1-year subscription license. Pricing available at product page for team sizes (overall members within your teams):
  - Small (max 10 members)
  - Medium (max 25 members)
  - Large (max 50 members)
- Contact us for larger teams or enterprise pricing

Product page and contact info
kubios.com/hrv-team-readiness
sales@kubios.com (contact sales)
support@kubios.com (contact support)

WWW.KUBIOS.COM

INSTALLATION AND LICENSE ACTIVATION

Installation

- Download the Kubios HRV (Team Readiness) installer from www.kubios.com/download
- Install the software on your computer (you need admin privileges)

NOTE: Matlab Runtime (MCR), required to run the Kubios HRV software, is included in the installer (installer downloads the MCR when necessary).

Getting started

- When you start the software for the first time, you need to login with your Kubios user account
- After logging in, you will be asked to activate the software using your license key (this will link the license to your Kubios user account)

NOTE: The license allows you to use the software on one computer at a time (one active session), but you can have the software installed in more than one computer.

Your Kubios username (your email address)

NOTE: Does not need to be the same email address you used for purchasing the license!

If unchecked, you need to login every time you open the software

If you don't have a Kubios user account yet, please register an account here

Click here if you have forgotten your password or want to change it

KUBIOS TEAM READINESS | USER INTERFACE

The Team Readiness software consists of three modules: 1) Readiness module, 2) Teams module, and 3) Reports module. Readiness data is stored in Kubios Cloud and is locally cached into your computer. The modules are described in detail in the following pages.

Create a new team

Select which team to view

Edit settings

Your Kubios account settings

Refresh team readiness data

Minimize panel

READINESS MODULE

TEAMS MODULE

REPORTS MODULE

Manage your team

TEAMS | CREATING AND MANAGING TEAMS

Creating a team

You can create a new team from the Teams module.

NOTE: You can create one or more teams as long as the total number of members in your team(s) is within the purchased license.

Managing teams

Team management options available at the Teams module include:

1. Edit team name and description
2. Create an Invite Key for the team (people can join your team by giving this key in Kubios HRV mobile app)
3. Select team members who are included in results/reports
4. Change selected member's role (Analyst can analyze team data; Manager can analyze/manage team)
5. Remove selected member from team

Team management options continued…

6. Hide readiness results from team members (if selected, team members can perform measurements normally, but they will not see readiness results or trends on the app)
7. Delete a team (NOTE: Deleting a team does not delete any readiness data, it only removes the team and all member associations).

TEAMS | TEAM OVERVIEW

Team readiness results overview

The Team Overview panel (Teams module) shows readiness results averaged over selected team members, including:

1. Team logo, name, number of members, and description
2. Acute fatigue* (readiness change within the last 1-week) and chronic fatigue* (change within last 4-weeks) of the team
3. Team readiness* today and during last 7 days
4. Range selection for readiness data visualization (1-month, 3-months, 6-months, 1-year, or custom range)

Team readiness results overview continued…

5. Readiness index* (0-100%) trend for the team (unfilled bar indicates that readiness data was available only from <20% of members)
6. Subjective feeling* (1-5) trend for the team
7. Data export options (export numeric team readiness data in CSV, Excel, or XML format; save team readiness summary report or individual member reports in PDF format)
8. Open team management.

* Results are averaged over the selected team members
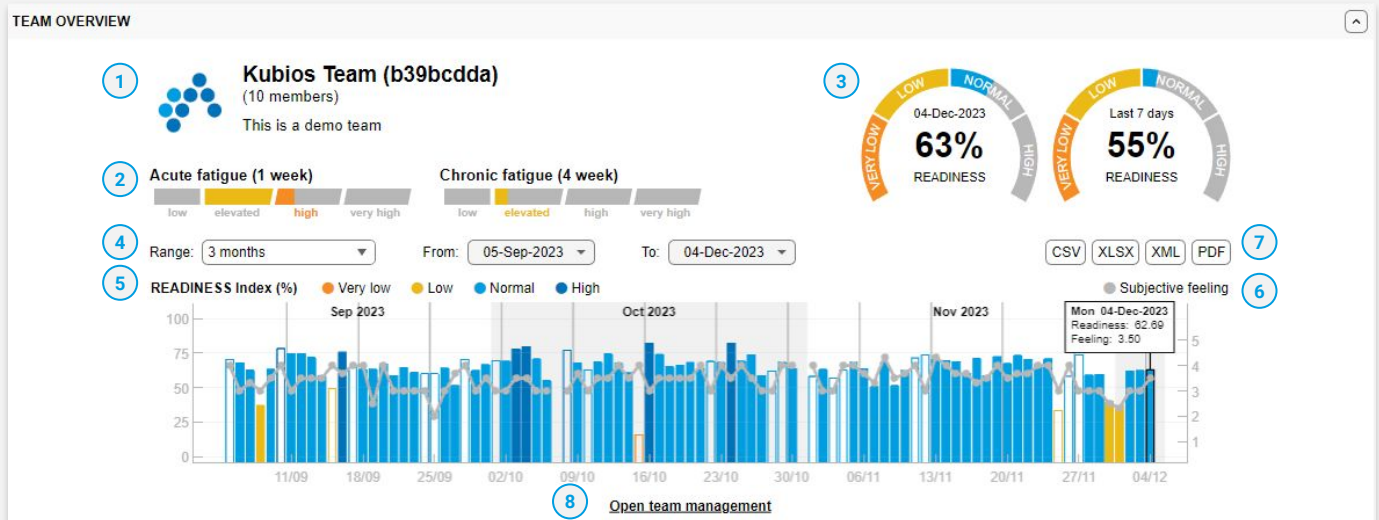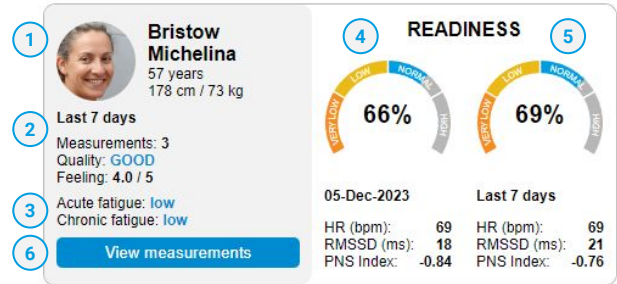
👥 TEAMS | TEAM MEMBER RESULTS

Team member readiness results

The Team Member Results panel (Teams module) shows a summary of readiness results for each of the selected team members. Readiness results for a single team member include:

1. Member name, age, height and weight (if available)
2. Nbr of readiness measurements, their quality and subjective feeling within last 7 days
3. Acute and chronic fatigue
4. Readiness index and HRV parameters for the last day
5. Readiness index and HRV parameters for last 7 days

Team member readiness results continued…

6. View team member's detailed readiness results in the Readiness module.
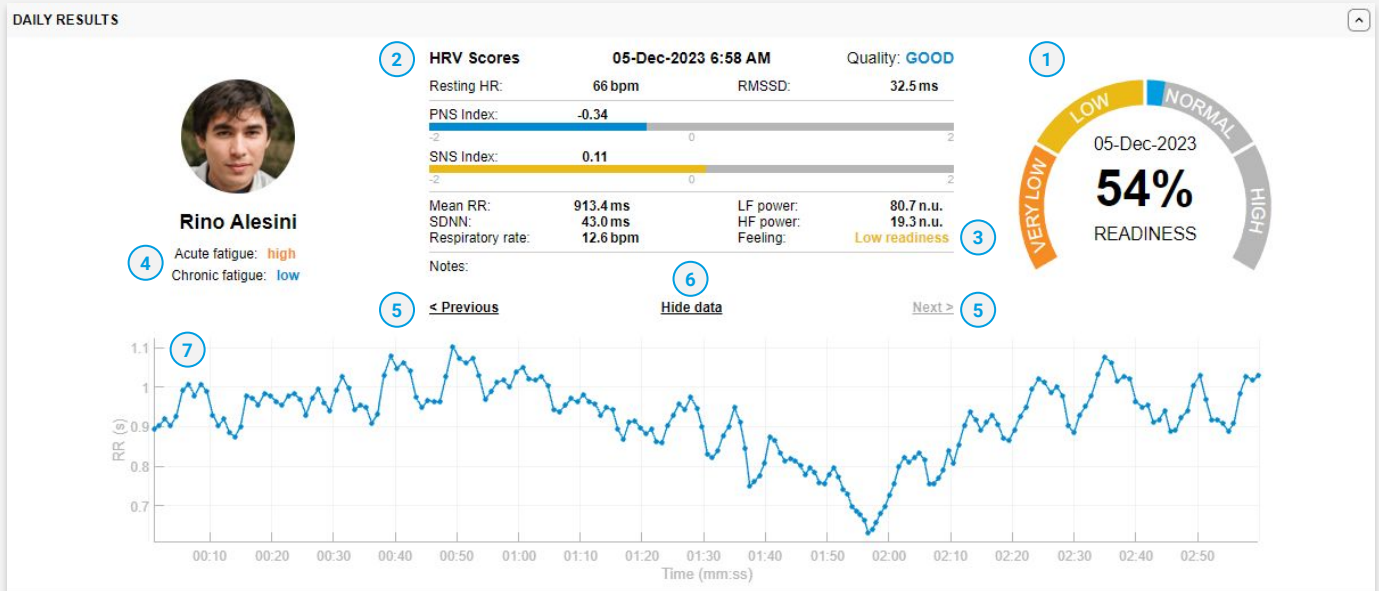

📈 READINESS | DAILY RESULTS

Daily readiness results and RR data

The Daily Results panel (Readiness module) shows readiness results for the selected team member and selected day. The results include:

1. Readiness index (0-100%)
2. HRV Scores including Resting HR, RMSSD, PNS & SNS indexes, respiratory rate, etc.
3. Subjective feeling on scale 1-5 (if available)

Daily readiness results continued…

4. Acute and chronic fatigue (low, elevated, high, very high)
5. Change to Previous or Next day
6. Show/Hide raw RR interval data
7. Raw RR interval data associated with the readiness results (Note: beat correction is applied for the RR data prior to readiness analytics)

READINESS | TRENDS

Readiness and HRV score trends

The Trends panel (Readiness module) shows daily readiness and HRV score trends for the selected team member, including:

1. Range selection for readiness data visualization (1-month, 3-months, 6-months, 1-year, or custom range)
2. Subjective feeling trend on scale 1-5 (if available)
3. Readiness index trend on scale 0-100%, where low quality measurements are shown on transparent or unfilled bars. Normal readiness (50-75%) indicates that member's resting HRV is within normal range compared to their past readiness measurements

Readiness trends continued…

4. Trend of parasympathetic nervous system (PNS) activity associated with recovery, represented by PNS index and RMSSD
5. Trend of sympathetic nervous system (SNS) activity associated with stress, represented by SNS index and resting HR (not shown)
6. Trends of two freely chosen HRV parameters (not shown)
7. Data export options including exporting member's numeric readiness data (CSV, Excel and XML) as well as readiness report (PDF report).

NOTE: Click on any bar to see data labels and daily result.

About Kubios HRV scores

Kubios HRV provides gold-standard heart rate variability analysis, used at roughly 1800 universities in 149 countries. Kubios HRV analysis has been used in over 5900 scientific publications.

In addition to standard HRV scores, Kubios provides proprietary indexes for parasympathetic nervous system (PNS) and sympathetic nervous system (SNS) activities. The PNS index is between -2 and +2 for 95% of adults, for athletes the index can have values between 2-5 or even higher. A high PNS index value is an indication of good overall health, physical fitness, and readiness (physiological recovery). Read more
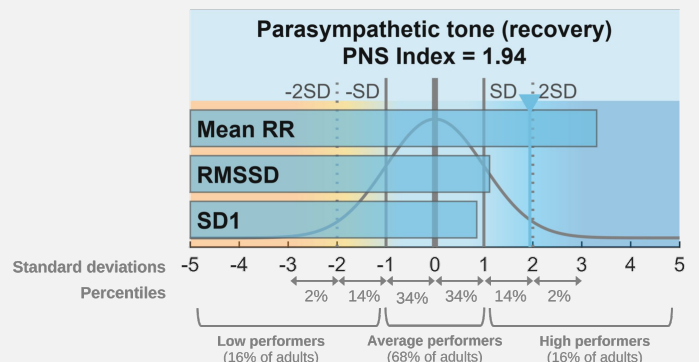
REPORTS

Readiness reports

In the Reports module, you will find the last (max. 50) PDF reports that you have generated. The reports panel includes options to:

1. Select report types to view (All, User, or Team reports)
2. Select a specific report from the list

Readiness reports continued…

3. Save the report in your computer
4. Report view options (e.g. zooming)
5. Download and print the report
6. Delete the report
7. Delete all reports

SETTINGS

In software settings, you can:

1. Check for software updates and your license(s)
2. Choose color theme (Dark/Light)
3. Choose language and localization settings
4. Readiness module: choose default trend range, when to auto-refresh results, and HRV parameters for custom trend plot
5. Teams module: choose default trend range and when to auto-refresh results
6. Reports module: choose paper size and PDF graphics style.

Start Readiness monitoring today!

SIGN UP NOW

or contact us:
sales@kubios.com

Kubios Oy - www.kubios.com
Product page: www.kubios.com/hrv-team-readiness

Contact Sales: sales@kubios.com
Contact Support: support@kubios.com