



DO YOU KNOW ANYONE THAT HAS DIED FROM A HEART ATTACK OR IS SUFFERING FROM A STROKE?

Authorities report on Cardiovascular Disease (CVD):

- *Every 60 seconds someone in America DIES from CVD*
- *17.8 MILLION people died last year from CVD/Heart Disease*
- *More People die from CVD than all forms of cancer combined*
- *2016 Direct and Indirect Costs of CVD = \$555 Billion*
- *Over 1 MILLION Americans died 2016 from CVD, 420k first sign was DEATH*

How many were YOUR family members?



Do Your fingers and toes stay cold or occasionally tingle?

Do You experience chest pains or numbness in Your arms and legs?

Help Your loved ones get their "apHitz" before it's too late!

Hello, I'm Richard Presley. Founder and CEO of [aCARDIOz](#).

My Dad died suddenly at 66 years young with Diabetes and Cardiovascular Disease (CVD) after a hospital visit and EKG failed to report cardiovascular red flags. Now, I understand how the [aCARDIOz](#) "one number" "apHitz" system could have positively impacted my family's health.

Your [aCARDIOz](#) personal Health index tracking zone (apHitz), patent pending Home Health Care Technology immediately generates an accurate single number into Your personal tracking zone. [aCARDIOz](#) puts You in charge of Your health by monitoring healthier lifestyle changes immediately through wifi or cellular access allowing You to Know Your CARDIO from "a to z".

[aCARDIOz](#) was not around to help my Dad, but it certainly might help YOU or one of YOUR family members. [Today](#) you can HELP others not as fortunate as you. [aCARDIOz](#) is Much More than an Activity Tracker or Simple Tracking Smart Device.

Our goal is to help Your family obtain a healthier lifestyle utilizing IoT technology through education and we hope you will join us on our journey. I am asking my friends and family to help us eradicate Diabetes and CVD with early detection of hypertension.

CUSTOMERS' SUBMITTED TESTIMONIALS



Know Your Cardio From A to Z.



aCARDIOz is Your partner in “[Tomorrow](#)’s Home Healthcare Technology [Today](#)!”

In order to offer this technology to the general public and develop additional future benefits

"We NEED YOUR HELP to spread the health!"

Today, aCARDIOz allows You to:

- Create Your aCARDIOz personal Health index tracking zone (**apHitz**)
 - Understand Health Options Through Education for Diet and Exercise
 - Improve Your Performance and Achieve Your Personal Goals
 - Personalized Immediate Results, Charted Historical Data
 - Monitor Your Improvements from Home or "On The Go"
 - Detect Possible Early Hypertension that leads to CVD
 - Share Data with Your Local Health Care Professional
 - Incentive-Based Visuals Helping You Stay On Track
 - Achieve a Healthier Lifestyle & Feel the Difference
 - Track Your Results and Take Charge of Your Life
 - Access Healthcare Providers In Your Local Area
 - Instant CV Results at the Lowest Cost Available
 - Improve Your Diet with pH Balanced Recipes
 - Data Secured Using 256-bit AES Encryption
 - Increase Your Metabolism with Activity
 - Access Healthcare Providers Near You
 - Peach of Mind with Health Information
 - Share with Friends and Family
-and much more with

No Special Training Needed

“Because so many U.S. adults don’t understand their cardiovascular disease risk, they are missing out on early opportunities to prevent future heart attacks or strokes.”.....Barbara A. Bowman, Ph.D., Director of Center for Disease Control’s Division for Heart Disease and Stroke Prevention.

aCARDIOz High Tech, Low Cost

aCARDIOz Phase 1

aCARDIOz Pulse Oximeter Technology Phase 1, after years of development, was released at CTIA 2013 in Las Vegas in Beta for Android devices. The Wireless Dealer Magazine interview can be seen by clicking on the aCARDIOz logo below.



As we traveled around the world to health shows and sporting events, we listened to feedback from our participants and took notes. We took the best suggestions from each to create the best product we could by adding features and improving the capabilities along the way. Our goal was to create a window into the cardiovascular system with accurate and proven technology that would allow the average person to take charge of their own health.

aCARDIOz

[aCARDIOz](#) makes this technology available to the under-served population that need access but cannot afford it on their own. The advancements will provide our families a simple and accurate window into their cardiovascular health like they have never before had access to.

[aCARDIOz](#) disruptive technology far exceeds the simple activity trackers available on the smart market [today](#) and provides the visual tracking tools to achieve better health through education and lifestyle improvements. [aCARDIOz](#) early detection is achieved utilizing a FDA approved pulse oximeter and your mobile devices for on-the-go proactive individuals.

[Click](#) to view the Nonin Corporate statement, the world's leader in pulse oximetry.



Together, YOU and aCARDIOz can positively impact the health of millions of people globally!

A look back in time: Confirms the need for aCARDIOz technology.

My first introduction to similar technology provided the ability for early detection of hypertension and CVD, evaluation of abnormal arterial-wall function, calcification and inflammation. The CV technology available to clinics had to be administered by a medical professional on a medical device that cost \$300,000.00. My first test results indicated I had Peripheral Artery Disease or PAD. Then, a test required an appointment, a mountain of paperwork to be filled out, 15 to 30 minutes for the test itself and cost \$1,600.00.

Previously in 1992, I participated as Deputy Crew Commander and co-wrote an underwater project funded by The National Aeronautics and Space Administration ([NASA](#)) and the Marine Resources Development Foundation ([MRDF](#)). Back then, I had no idea that years later the introduction to technology utilized while I was living on the bottom of the ocean would be instrumental in the creation of the [aCARDIOz](#) technology. I believe my previous involvement and exposure to the health evaluations, exercise regimens and meal programs in during [Project La Chalupa 30](#) and [Project Atlantis](#) (video below) was a God wink.

The early stage prototype devices (wearables) NASA referred to as "Actigraphs" pictured on my left arm below were limited in their ability and only tracked our movements and activity, similar to devices on [today's](#) market 25 years later. Being exposed to the NASA experiences and technology, followed by watching my Dad suffer with Diabetes and feeling helpless to help him, was the catalyst for the development and the motivation for the advancements that have led to the expansion of the aCARDIOz technology.



1992 Wearable - NASA Actigraph

The University of Miami's Human Performance and Research Laboratory agreed to conduct baseline measurements that would be observed during my underwater stay. The baselines required me to run on a treadmill while being hooked up to an EKG during a stress test. Head gear secured a mouth piece attached through a long plastic tube and mask that measured my SpO2 and was constantly monitored during the entire time span on the treadmill.

I filled out questionnaires on my diet for the previous weeks. I answered an enormous amount of nutritional questions utilized in formulating my nutritional program and caloric intake needed for support in the extreme underwater environment. A muscular exercise regimen for 3 hours was designed for my work out on a SoloFlex machine and a 30 minute cardiovascular workout in conjunction with the Cardiovascular Institute of the South. To determine my Body Mass Index (BMI) and total body fat, I was weighed underwater. I was instructed to sit in a chair that was suspended and submerged underwater as a base line prior to the start of the program and living underwater for 69 days.

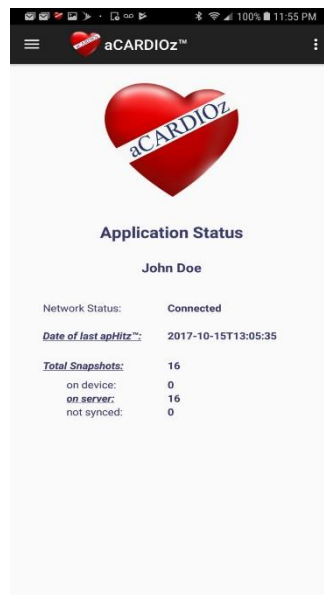


I was starting to understand the term "lab rat".

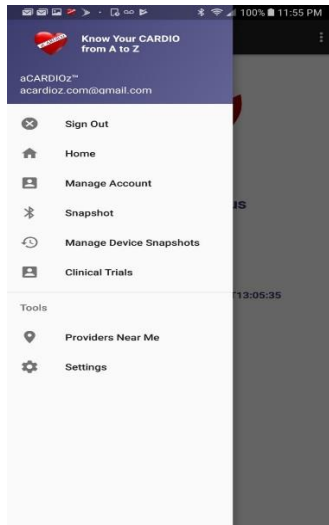
aCARDIOz results following years of development, twenty five years later

aCARDIOz technology is a non-invasive measurement of cardiovascular pulse waveforms and other critical cardiovascular data. The pulse wave is the arterial pressure change that originates from the pulse and transmits through an artery. The information reflects the functional efficiency and status of the cardiovascular circulation.

Home Screen



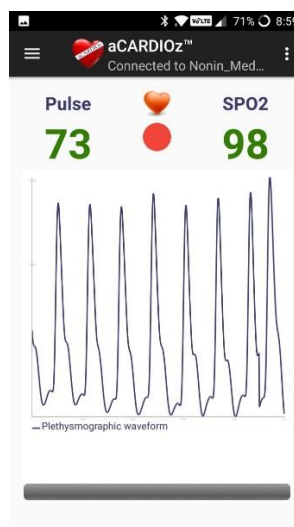
Menu Screen



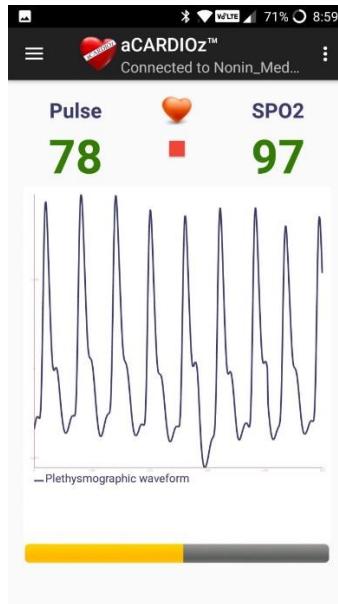
[aCARDIOz](#) displays the PTG & APG waveforms, quantifies the elastic index of the Large, Small & Peripheral arteries, SpO2 %, left ventricle ejection time in milliseconds, body mass index & pulse rate. The results are summarized in your personal apHitz, a single number from 1-100 calculated in 1.00 % increments, that you can trend over time to track improvements in your cardiovascular health.



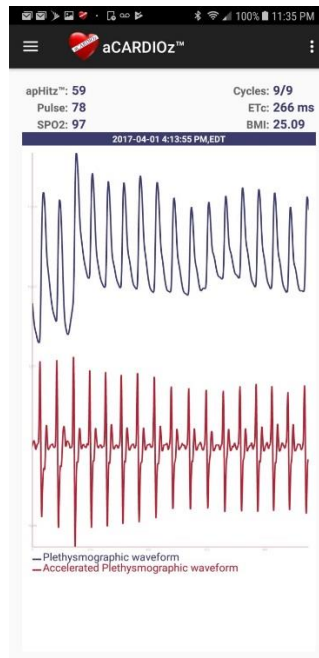
aCARDIOz displays a Plethysmogram (PTG) waveform, Pulse Rate & SpO2 on your smart device during the capture phase of a snapshot.



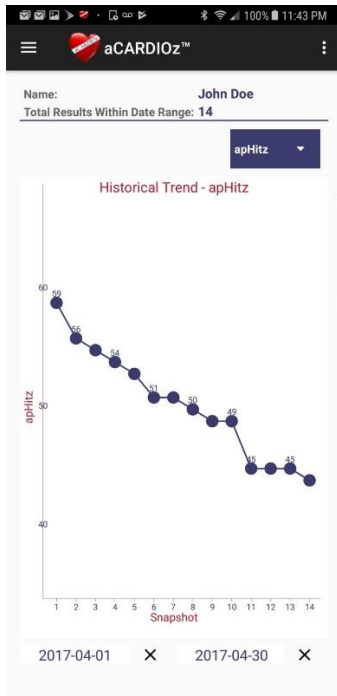
Record Screen



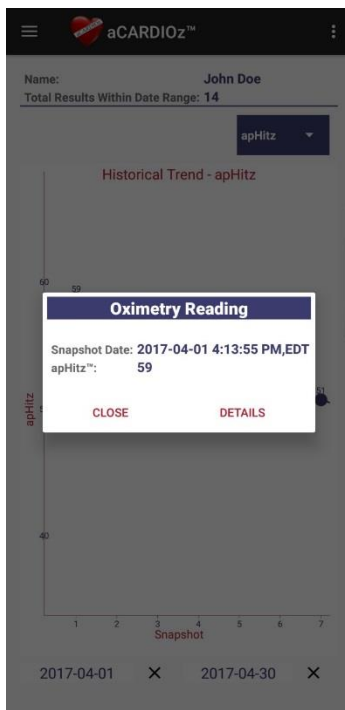
As the record progression bar reaches completion, successful snapshots are synced to the aCARDIOz server over a secure encrypted connection to ensure your privacy. The server calculates and returns to the device, using the same secure connection, the APG waveform, left ventricle ejection (LVE) time in milliseconds & BMI. You can share these results with Your local healthcare provider.



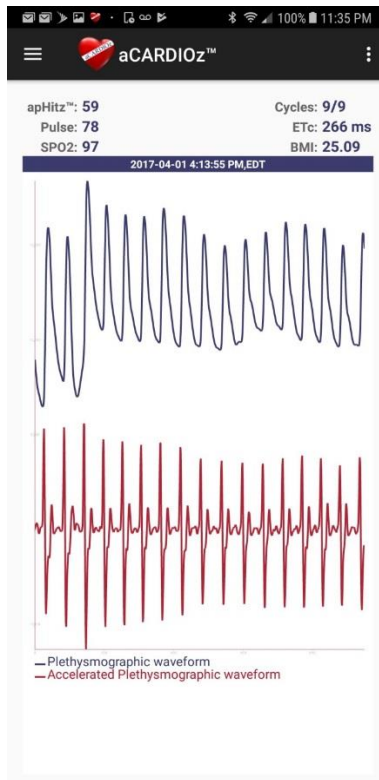
aCARDIOz snapshots are stored as individual data points displayed on Your smart device for simple tracking and instant retrieval. Monitor Your annual, monthly, weekly and daily improvements at will from Your fingertips.



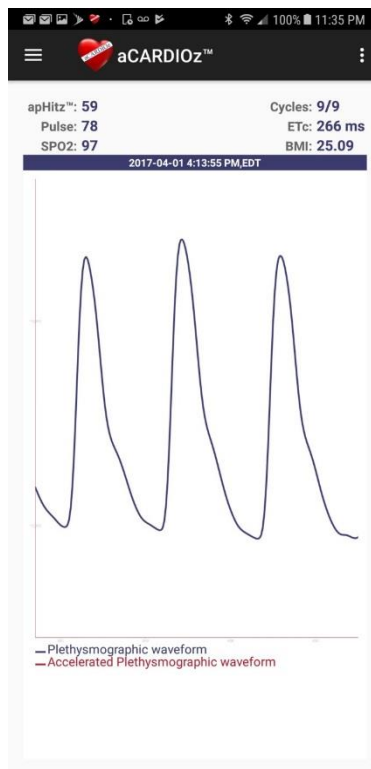
Touch anyone of the data points on the Historic Trend screens to bring up the apHitz value and time stamp screen. Touch the Details option to open drill down on any particular snapshot.



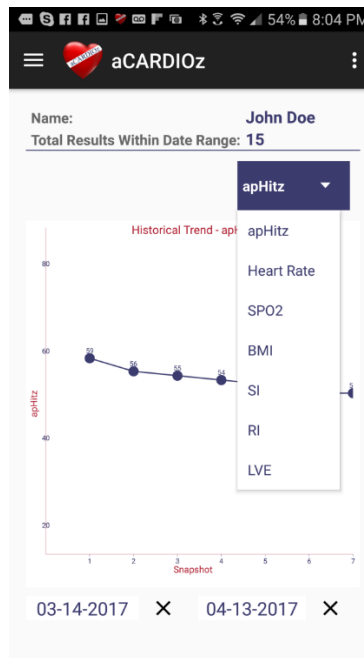
Upon clicking "DETAILS", the full results of that snapshot will be displayed. View, rotate and expand each snapshot.



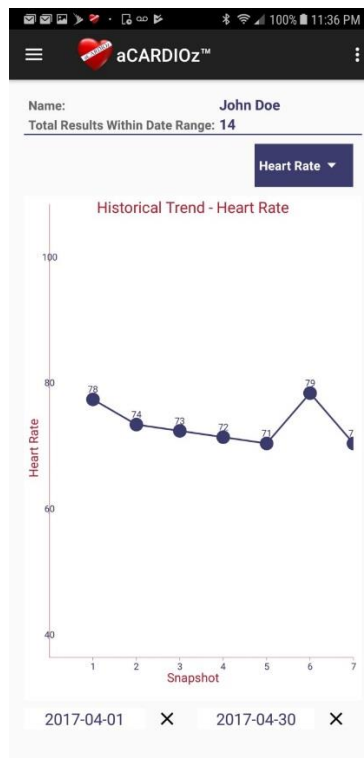
Enlarge the PTG and APG wave forms by isolating segments for closer inspection.



Imagine the benefit of being able to access a snapshot of an individuals cardiovascular health from anywhere in the world. Choose one of seven Historic Trend screens, apHitz, Heart Rate, SpO2, BMI, SI, RI or LVE for tracking improvements over your choice of date ranges.



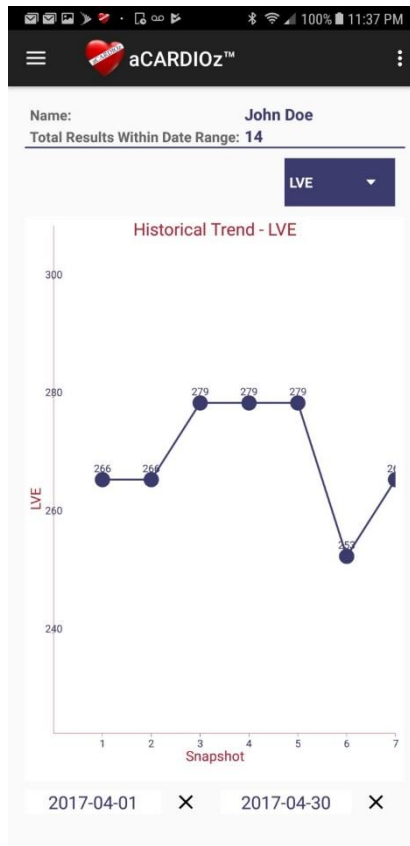
Simply touch any data point representing a previous snapshot for additional details. Upon clicking "DETAILS", the full results of that snapshot will be displayed.



SpO2 Historical Trend Screen



Left Ventricle Historical Trend Screen

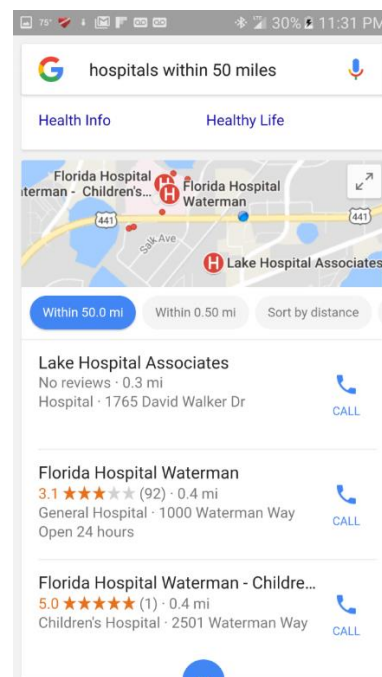
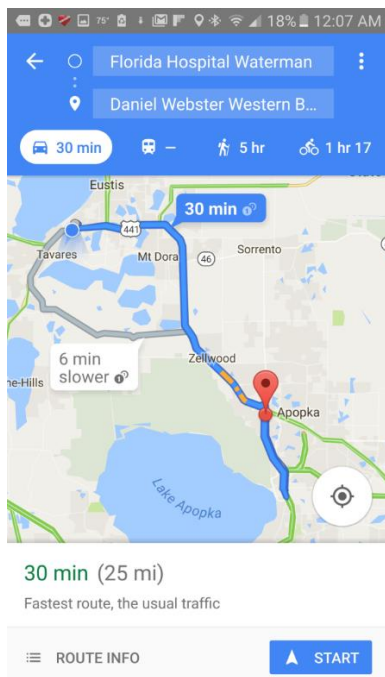


aCARDIOz customers can receive dynamically generated custom reports containing up to 28 pages (pictured below) of nutritional and life style suggestions, exercise regimens and dietary pH-balanced recipes based on personalized snapshot helping You to achieve Your personal goals & objectives - On the Go!



aCARDIOz Produces Cardiovascular Snapshots for Use in Sports Science, Product Compliance, Exercise Programs, Nutraceutical and Pharmaceutical Regimens Keeping You On Track with Visual Trends and Immediate Results Helping You to Monitor the Effectiveness of Treatments for Hypertension & Other Cardiovascular Disease.

If the customer's health parameters are outside the acceptable ranges and aCARDIOz is unable to produce an apHitz from the snapshot data a list of suggestions is displayed. The customer may choose the option of displaying a map (pictured below) providing choices of the closest hospital or local health care facilities providing turn-by-turn driving directions, walking or public transportation directions along with phone numbers listed. Customers can choose the distance radius for their local health care providers.



aCARDIOz History from Outer Space to Inner Space

[Project LaChalupa 30](#) was a joint venture with the National Aeronautics and Space Administration ([NASA](#)) and the Marine Resources Development Foundation ([MRDF](#)) in 1992. It required a crew of 4 to live and work on the bottom of the ocean during a 30-day isolation mission. Among our mission objectives was to test a prototype information retrieval program for use on the Space Shuttle program and long-duration space flights.

[Click](#) to View Video



At the conclusion of Project LaChalupa 30, I spent an additional 39 days on the bottom of the ocean during [Project Atlantis](#) , an undersea program that was designed to refocus the world's attention on the preservation of the ocean's natural resources. A Guinness World Record was set at 19 minutes and 69 days for living on the ocean floor in an ambient pressure habitat.

[Click](#) to View Video



The previous world record of 60 days was set in 1969 by the [Tektite](#) 1 program.

Two of the many technologies that were utilized during Project La Chalupa 30 and Project Atlantis have been further developed for use by the general public. The first, pictured on my left arm below is the device NASA had named an Actigraph. You might recognize similar technology on the market [today](#) used for activity measurements.

<https://ntrs.nasa.gov/archive/nasa/casi.ntrs.na...>



The second technology was one of the first portable hand-held pulse oximeters, one of which is pictured on my index finger. Rosemary Smith, a nurse from Florida Hospital, brought the portable unit to the habitat and placed it on my finger to check my oxygen saturation levels.



This technology has advanced to the Bluetooth pulse oximeters currently utilized.

Media Coverage Highlights

Media coverage was extensive for the 69 days on radio, TV and in all the major newspapers around the world and they **MISSED THE BOAT** on what has proven to be the most valuable science that emerged. Front page articles skimmed over the science and dove into the entertainment value. Most of the world's attention was focused on the "WOW" rather than the "HOW" of both Project La Chalupa 30 and Project Atlantis.

Continuous TV coverage was seen on ABC, NBC, CBS, CNN, CBC, etc. Special taped and live broadcast from the habitat aired on Good Morning America, CBS Up To The Minute, NASA Select, Headline News, etc. At the conclusion of Project Atlantis, upon surfacing underwater and topside live shots aired on networks from around the globe and uninterrupted for 17 minutes on CNN.

Sports Illustrated, Swimsuit Issue, published a lengthy article mentioning the underwater stay inspired by "Mr. Grunt". A grunt fish that peered through the 42" underwater window and watched me daily stole the show, and was accused of suspiciously resembling The Incredible Mr. Limpet.

The Mickey Mouse Club dawned scuba equipment for a visit on the last day of Project Atlantis. You might recognize some of the award winning celebrities that got their early start wearing mouse ears in the video below. **Keri Russell, Josh Ackerman, Britney Spears, Justin Timberlake, Christian Aguilera, Ryan Gosling, Jennifer McGill** and **Dale Godboldo** just to mention a few.



[Click](#) to View Content



The Impact

- **#1 Killer in the world (WHO)**
- **Every 60 seconds someone in America DIES from Cardiovascular Disease (AHA)**
- **17.8 MILLION people died last year from CVD/Heart Disease (WHO)**
- **More People die from CVD than all forms of cancer combined (Heart Foundation)**
- **Over 1 MILLION Americans died 2016 from CVD, 420k first sign was DEATH (CDC)**
- **2016 Direct and Indirect Costs of CVD totaled \$555 Billion (AHA)**

Early detection may save Your life or someone You love.

"We NEED YOUR HELP to spread the health!"

THANK YOU FOR YOUR TIME AND ATTENTION.

HAVE A BLESSED DAY!

RICHARD PRESLEY

PLEASE SHARE THIS IMPORTANT INFORMATION, YOU MAY HELP SAVE A LIFE

Your Facebook, Twitter, Google +, Linked In, Pintrest, Instagram, Snap Chat, etc.

eMail your friends and family, let them take advantage of aCARDIOz !

CUSTOMERS' SUBMITTED TESTIMONIALS



[Dan's Video](#)



[Jose's Video](#)



[Bud's Video](#)

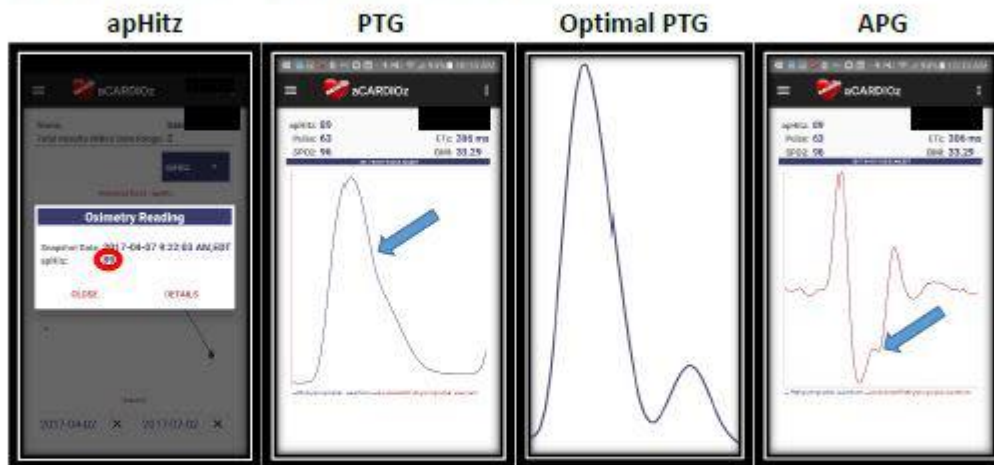
What's Your apHitz?

On April 7, 2017, Dan at 54-years-old was introduced to aCARDIOz on a vacation/business trip to Nashville, TN. His decisions in the Volunteer state following his apHitz report of 89 could change the world. Dan understood the severity of the report and took charge of his own health with smarter food choices, nutritional products including pH BALM Minerals, L-arginine, CoQ10, Plant derived Omegas, and a few lifestyle changes led to a 36-point reduction to an apHitz of 53 in only 50 days. The results are the inspiration needed to create a paradigm shift in health care.

Months prior following chest pains resulting in a visit to his health care physician, Dan's doctor told him his health checked out OK and left Dan confused on the cause of his discomfort. Frightened and loss of confidence in his ability to tune into his body he decided to discontinue his workouts and relax for a while to see if he regained his comfort on a daily basis.

Below, far left is Dan's first aCARDIOz time stamped base line apHitz of 89. Below center left displays his Plethysmogram (PTG) that only developed a slight outward slope at the top/mid stroke, developing at the arrow. Below center right is an optimal PTG with a pronounced dicotic notch appearing low in the stroke demonstrating a high degree of flexibility in the large and small arteries. A low pronounced notch created by two overlapping arches is a preferable PTG.

Below far right Dan's Accelerated Plethysmogram has a notch appearing at the bottom of the APG representing a loss of elasticity that develops with age. An APG that slightly curves and breaks to the right above the mid line is preferable.



aCARDIOz Historical Trend screens of the apHitz, BMI and LVE below display three data points, two snapshots taken on April 7, 2017 and one follow up snapshot taken 50 days later on May 27, 2017. The Historical Trend below left shows Dan's first snapshot apHitz of 89 and a second snapshot taken 1 minute and 27 seconds later. Second apHitz of 87 followed Dan being asked to relax, remain still in his chair keeping his feet flat on the floor to maintain consistent posture.

The first snapshot returned an apHitz of 89 and was partially attributed to "white coat syndrome" which occurs as a nervous automatic reaction of the human body. By restricting circulation to the peripheral arteries, ensures the vital organs maintain ample blood volumes. The correct posture and a few seconds of relaxation produced a second snapshot two points lower apHitz of 87 validating the need for actions and measures to improve health conditions.

At the conclusion of the two snapshots Dan was asked if cardiovascular disease ran in his family. Dan confirmed that his Father's 3 brothers died from cardiovascular disease, and his father previously had 3 operations to place 3 stents into his arteries. Dan was also asked if he was experiencing any tightness in the chest, similar to an elephant sitting on his chest and if he had experienced numbness and tingling in his extremities as the snapshot appeared to demonstrate.

He stated that he felt chest pains that was concerning, his feet sometimes were numb and his arms and fingers tingled on occasion. He then elaborated that 18 months prior he was not feeling well and complained to his doctor. The doctor had asked Dan to endure a stress test and was placed on an EKG medical device where he was advised following the procedure his results were fine, given a clean bill of health, but the doctor suggested Dan take a medication daily.

apHitz 89 to 53

BMI 33.29 to 31.71

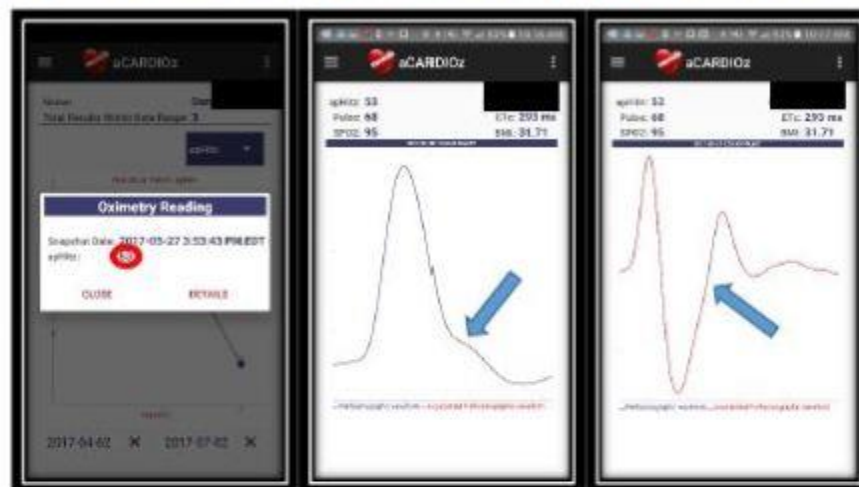
LVE 306 to 293



The Historical apHitz Trend (aCARDIOz personal Health index tracking zone) above left, shows Dan was able to improve his cardiovascular and overall health by applying common sense nutrition, exercise and lifestyle changes. His results were evident in the weight loss from 232 down to 221 reflected in the Historical BMI Trend (Body Mass Index) above center from 33.29 to 31.71. Above right, the Historical LVE Trend (Left Ventricle Ejection) which slightly dropped in the baseline LVE of 306 milliseconds to LVE of 293 milliseconds, possibly representing slightly more elasticity in the Left Ventricle.

Dan's health improvements were evident in a few short days as he made suggested life style changes along with a diet and nutritional regimen. Dan reported his energy levels increased, tingling in his hands and feet disappeared, chest pains ceased and family members commented on improvements in his skin complexion. Dan's apHitz of 89 improved through hard work and dedication to an amazing apHitz of 53 in only 50 days.

Dan's improved apHitz of 53 on May 27, 2017 is pictured below far left and time stamped 50 days following his base line. Below center, displays his improved Plethysmogram (PTG) that had developed a more pronounced dicrotic notch much lower in the stroke, mid/lower stroke, the curve is seen developing at the arrow. Below center right displays Dan's Accelerated Plethysmogram without the previous notch that appeared at the bottom of the stroke that represented a much more aged arterial system and now shows a slight bend mid stroke demonstrating a much higher degree of flexibility in the large and small arteries.



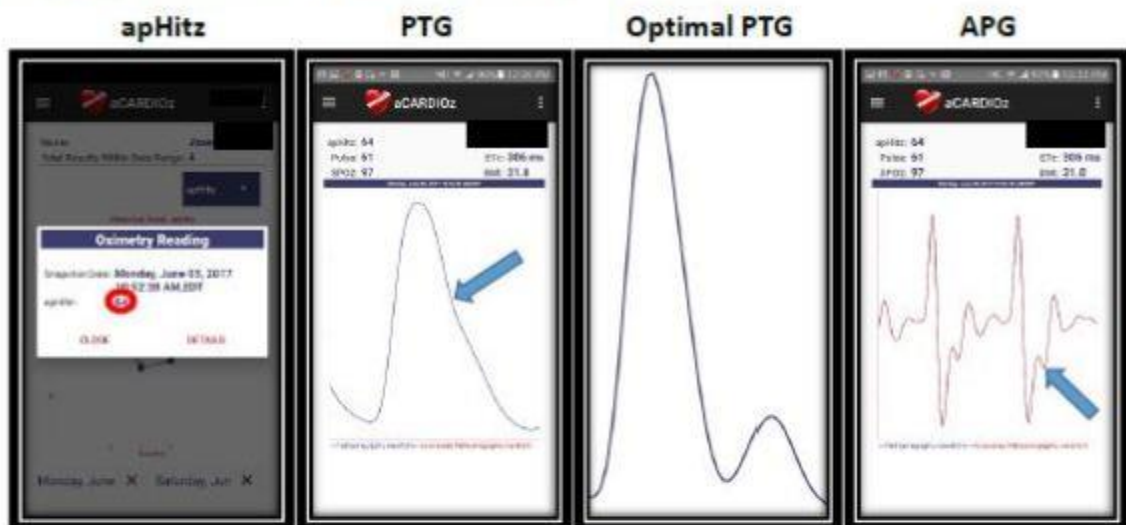
Imagine the impact that aCARDIOz could have when these results are duplicated in your family or city! Globally, 17.8 million people died last year with cardiovascular disease. Every 39 seconds someone in the US dies from the same, how long are we going to wait to help the ones we love? Let's look at what similar results would represent starting in Orlando, Florida.

Dan requested his snapshots be shared with everyone through this post and hopes it helps.

On June 5, 2017, Jose at 41-years-old was introduced to aCARDIOz at his family owned, Natural Living facility in Orlando, Florida. Jose's decisions following his base line apHitz of 64 could help convince others the natural path to restore health is the best. Jose also understood the severity of his report and took action to take charge of his own health. Smarter food choices, nutritional products including L-arginine, CoQ10, pH BALM Minerals, Plant derived Omegas, and a few lifestyle changes led to a 10-point reduction to his apHitz of 54 in only 11 days. These results were inspired after hearing Dan's success, which started the paradigm shift in Jose's health.

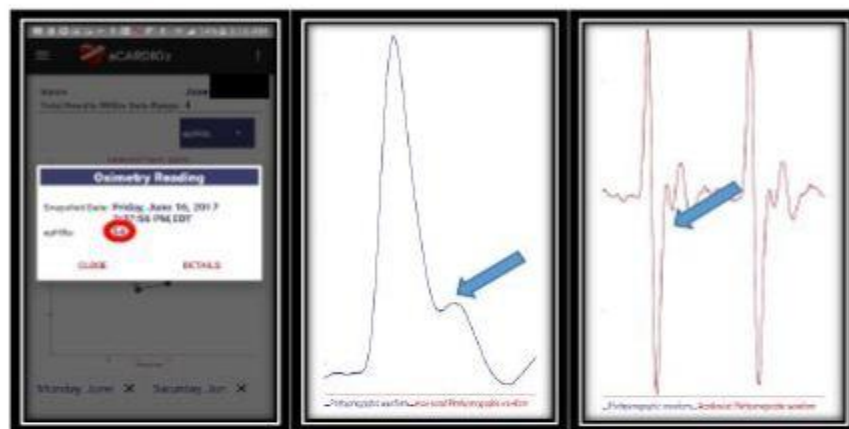
Below far left is Jose's first aCARDIOz time stamped base line apHitz of 64. Below center left displays his Plethysmogram (PTG) that only developed a slight outward slope at the top/mid stroke, developing at the arrow. Below center right is an optimal PTG with a pronounced dicotic notch appearing low in the stroke demonstrating a high degree of flexibility in the large and small arteries. A low pronounced notch created by two overlapping arches is a preferable PTG.

Below far right Jose's Accelerated Plethysmogram has a notch appearing at the mid/bottom of the APG representing a loss of elasticity that normally develops with age. An APG that slightly curves and breaks to the right above the mid line is preferable.



Jose's health improvements were evident and dropped 10 apHitz points in 11 days. Joey also made a few life style changes along with increasing his clean water intake. Tingling in his hands and feet lessened. Joey's youthful age worked to his advantage as he was able to regain flexibility in his large and small arteries quicker than if he had waited additional years. Jose's apHitz of 64 improved through his hard work to an amazing apHitz of 54 in only 11 days.

Jose's improved apHitz of 54 on June 16, 2017 is pictured below far left and time stamped 11 days following his base line. Below center displays his improved Plethysmogram (PTG) that had developed a pronounced dicrotic notch much lower in the bottom of the stroke, the curve is seen developing at the arrow. Below right displays Jose's Accelerated Plethysmogram without the previous notch that appeared at the bottom of the stroke that represented an aged arterial system and now breaks to the right above the mid line demonstrating a much higher degree of flexibility in the large and small arteries.



Jose also requested his snapshots be shared through this post and hopes it inspires others.

PLEASE SHARE THIS IMPORTANT INFORMATION, YOU MAY HELP SAVE A LIFE

Contact@aCARDIOz.com