



## The Sherpah Clinic

### Looking at mental health differently

**Objective circadian heart rate monitoring and analysis via MySherpah:** The Sherpah Clinic offers a unique clinically validated mental health monitoring system called MySherpah. MySherpah is a web-based application that can link up a smart watch or fitness tracker to collect continuous physiological data from the wearer. This data is analysed by our machine learning algorithms to identify physiological signs of depression, anxiety, and panic. These scores are calculated daily and are also traced over time to show changes in your physiological expression of mental health symptoms. This system is **not** diagnostic and is used as adjunctive psychiatric information. The benefit of this system is that it is standardised and objective which differs from subjective/questionnaire-based assessments currently used as the gold standard for mental health assessment. By becoming a part of the MySherpah cohort you are assisting us to improve the accuracy of our algorithms and increasing awareness of our mission which is to change the way the world looks at mental health.

The MySherpah platform was developed on over 20 years of clinical data and evidence and to date has been tested on over 10,000 patients. To access the tracking system, you need a Fitbit device, if you do not have a Fitbit device, we can supply one to you.

**Price of service:** The cost of the MySherpah service is \$45 per month or \$250 for 6 months of monitoring. A detailed report on your physiological profile can be provided at any time upon request and incurs a one-off fee of \$100.

If you are interested in this service please contact us at: [contact@sherpah.com.au](mailto:contact@sherpah.com.au) or call Tom on 0412967986

### Scientific publications on circadian heart rate analysis and mental illness:

<https://journals.sagepub.com/doi/10.3109/00048679809062728>

<https://pubmed.ncbi.nlm.nih.gov/9588297/>

