

Welcome to **the Omnic Lab**. We're a podcast that focuses on the strategies inside of the game of Overwatch. We are here to learn through trial and error, even if things get a bit crazy and blow up sometimes! We'll brew up team composition strategies, stir in some tips to play better, and hopefully equip listeners with the instruments they need to gain a strategic edge!

This week Andres & Rob sit down with top 500 player, Team Canada Community Lead, and streamer personality KarQ on his return to talk all about Ana! This time around it's been quite awhile since our last visit with the hero so let's drop in to update our hero guide!

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Let's Get to Know our Guest!

All right, KarQ, tell us a bit about yourself! Who are you & some of your background, tell us about your stream, and explain why Ana and what you played before her release!

ANNOUNCEMENTS:

- **GAME NIGHT: 9/28**
- **SPONSOR:** Top Score Solutions
 - Ben aka "INeedPeeling" is offering free business consulting in the eSports field. If you are aspiring to coach, starting a team, developing an app or service, trying to boost your subscriber base, or just want to work in eSports, you can visit his website at topscoresolutions.com, get him on Twitter @[topscoreEsports](https://twitter.com/topscoreEsports), or join his Discord server. Ben has a Masters in Sport Management, Finance and Data Analytics as well as experience in sales, marketing, and company development. His services are free, and they will stay that way as long as demand allows it.
- **Omic Meta:** ([Homepage](#))
 - Sept. 10 - [PC Meta Report](#)
- **Humble Bundle Monthly Affiliate!**
 - Our Affiliate Link: <https://www.humblebundle.com/monthly?partner=omniclab>

Going Deep Abilities:

[Ana Reference Source](#)

- 200 HP - Support Hero
- **Biotic Rifle (Primary):**
 - 70 dmg (3 damage intervals)
 - 75 healing (slight delay)
 - Projectile with 14 Ammo
 - Cannot Headshot
 - No damage/healing fall off

- Cannot penetrate Barriers
 - NEW: Does not hit allies with full health.
- **Scope (Secondary):**
 - Allows Primary to be Hitscan (instant)
- **Sleep Dart (Shift):**
 - 5 dmg
 - 60 mps speed
 - 5.5s duration of sleep (+0.5s when woken up to stand up)
 - 12s CD
 - Cannot headshot
- **Biotic Grenade(E):**
 - 60 Damage + Blocks healing for enemies
 - 100 Healing + 50% healing boost from all sources for allies
 - 4m radius & 4s Duration
 - 10s CD
 - 40 mps speed
- **Nano Boost (Ultimate)**
 - Heals 1 ally for 300 HP
 - Gives an ally +50% dmg & +50% dmg reduction
 - 8s Duration
 - 40m range

Going Deep Hero Breakdown:

- What is the **fundamentals for Ana** or what is her job in a game?
 - Basically, what is the core to the hero for Bronze to Gold (players of all SR are struggling with this, not just sub plat) to grasp for improvement
 - How do we overcome the community's negativity about the hero being "too easy" to play?
- Can we chat about **positioning** and how to use your **position/presence** and **movement** to maximize damage and pressure?
 - How can we utilize high ground properly our positioning?
 - How do you balance Self-protection and shielding allies?
 - What do you do to balance moving with your tanks & other supports vs. staying in the back to heal from a far.
- Okay let's kick things off with your bread and butter: Healing with **Biotic Rifle in and out of the scope**.
 - Do I Click and hold down my fire button to hit my tanks?
 - Who do i prioritize to heal?
 - When do I DPS?
- Let's talk about using **Biotic Grenade** and effective use.
 - How do we set up to use it?
 - What are good rules of thumb for getting good value from the grenade?
- How to do we get the most out of **Sleep Dart**?
 - What things can we do to have a "spidey sense" on when to have it ready?
 - How to I practice the wind up + projectile feel on this ability?
- Proper timing for **Nano Boost** breakdown
 - When to use, where to be, who to prioritize
 - Building Ult tips

- General Use & Setting up
- Communicating with Teammates
- Good Targets vs Bad Targets
- Community Question from Jonaqec: **How has the rework of the ultimate changed the way you use it?** Has it become more of a **defensive tool** (saving a dying tank and/or help him build his ultimate faster) or is it still mostly part of an **offensive combo** ultimate?
- How Map Dependent is **Ana**?
- Now let's work on proper **engagement** and **disengages**.
- Now let's talk **synergies** and **matchups**. What heroes do you need to be careful of for being **countered** and others that you really think are great/necessary for your comp. (How has Hammond changed the approach to positioning on Ana if any?)

KarQ YouTube Resources:

- 1 Tip with Ana vs. all heroes: https://www.youtube.com/watch?v=5Ex_yJQ8Opg
- Advanced Support Tips: <https://www.youtube.com/watch?v=1AaMN1TOhj0>
- 22 Grenade Spots for Ana: <https://www.youtube.com/watch?v=9mm6l5bhx0A>
- 5 Advanced Ana tips <https://youtu.be/b049xGozjsU>

iTunes Reviews: (1)

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"Don't be a lab rat, be a scientist...see ya next week, Omnic!"