

Activity, heart rate and sleep tracker







Medium/large, plus small/medium strap included.





Works with Philips personal health programs

www.philips.com/healthprograms

Start measuring

Continuously track your daily activity, heart rate, nutrition* and sleep data.

Keep monitoring

View your data through an easy-to-use dashboard on the Philips HealthSuite health app**

Stay motivated

Stay in control of your health by tracking progress towards your personal goals.

- * Based on your own input. Data not derived from your connected Philips health watch.
- ** The Philips HealthSuite health app also works with other Philips connected health measurement devices. Phone not included



Clinically validated measurements and algorithms.



Get better insight into your cardio condition
Continuously track heart rate and heart rate zones.



Know how fit your body is Automatically estimate resting heart rate, heart rate recovery and resting respiration rate, three indicators of a healthy body.



Boost your activity level with automatic activity recognition

and tracking
Track steps, active minutes and
calories burned against own goals.



Understand your sleep patterns Gain insight into your sleep behavior by tracking time asleep, how often you wake, sleep efficiency.



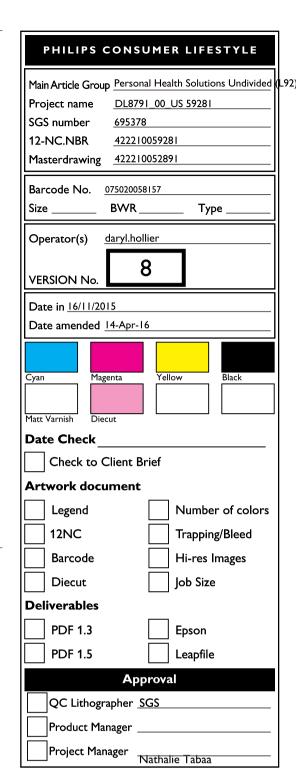
Quickly and easily track calorie burn and intake Stay in charge with continuous, automatic activity tracking. Easy calorie input via the watch or the app.

Fast charge up to 4 days battery life

Alarm, stopwatch, timer

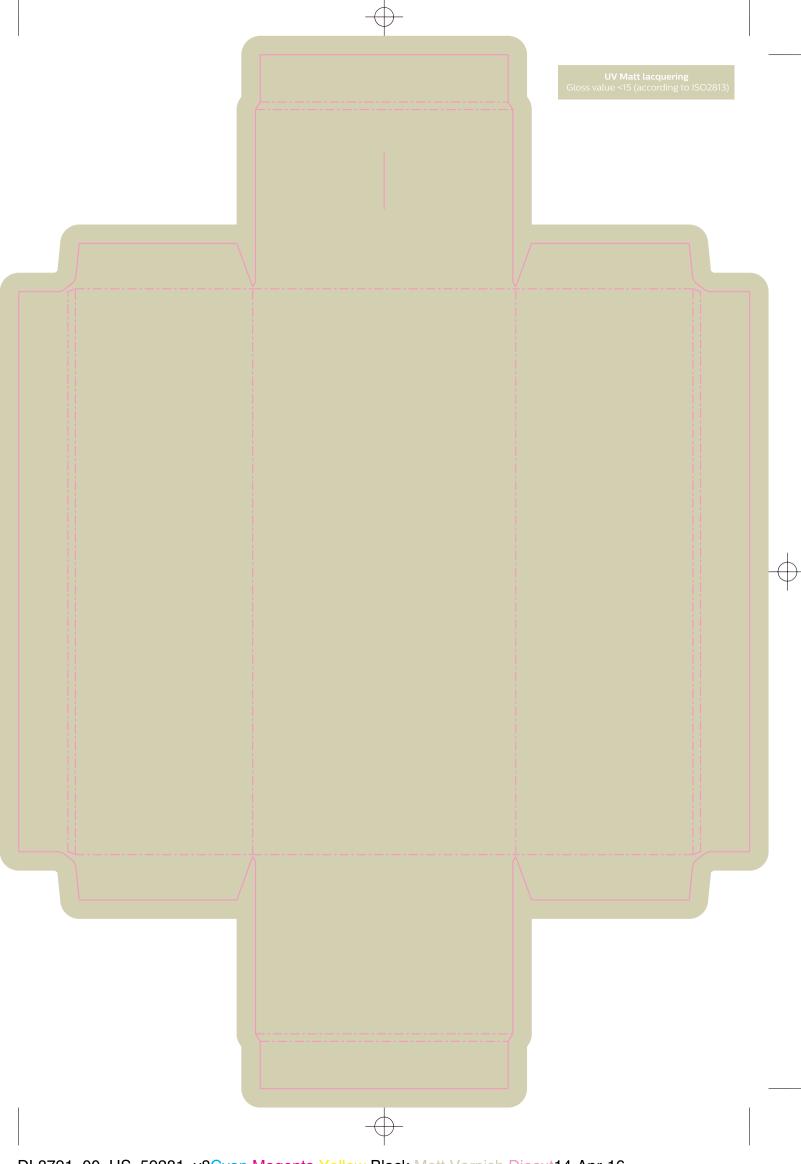
www.philips.com/support





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