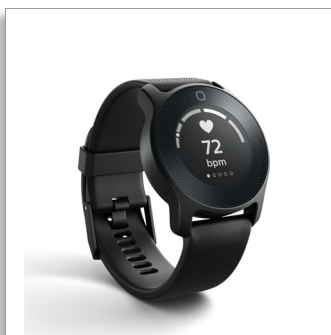




**Philips
Health watch**

Track heart rate continuously

Monitor activity and sleep
Personalised health guidance
Syncs with Philips health app



DL8791/00

Continuous health tracking

Syncs with free Philips HealthSuite health app

The health watch empowers you to live a healthier life, tracking heart rate, activity, calories & sleep. By tracking your metrics with clinically validated measurements and algorithms, you can start taking the small steps to better health.

Get better insights into your health

- Know your heart
- Know when you're breathing easier
- Make every step count
- Understand your sleep habits
- Stay in control of your weight
- Clinically validated measurements and algorithms

Works with Philips HealthSuite health app

- Personal insights to inspire healthier habits

Suitable for all day use

- Up to 4 days of battery life. Fast charge
- Water resistant up to 1 ATM



asimpleswitch.com

PHILIPS

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Highlights

Continuous heart rate monitor



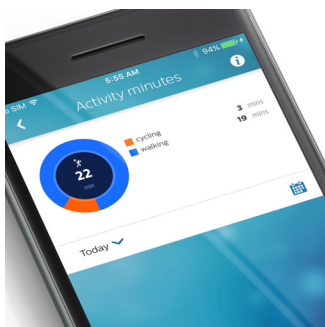
Monitor your heart rate and heart rate zones in real time. The Opticardiogram clinically validated sensing technology tracks Heart Rate (HR), HR Zones, Resting HR and HR Recovery.

Know how fit your body is



Get insights into the number of breaths you take per minute by tracking your resting respiration rate.

Automatic activity recognition



Track your steps and active minutes against your own goals or recommended healthy standards.

Be it walking, biking or running, your activities are tracked automatically. And if you don't do any of these, expect a nudge to start moving!

Automatic sleep tracking



Automatically track your sleep duration, with insights into REM, deep and light sleep stages. Activate the sleep mode to measure your sleep efficiency so you can see the percentage of time in bed that you were actually asleep. A good night can set you up for a healthy, active day.

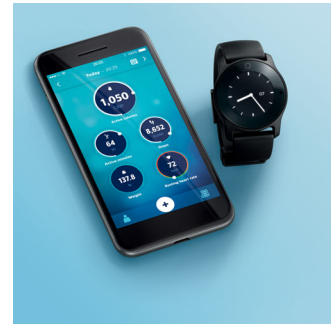
Calorie input on the watch



Quick and easy input calories on the watch or in the app. Make more informed choices about food by tracking daily nutrition and calorie consumption.

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Syncs with Philips health app



Our easy to use HealthSuite health app uses data from the Philips range of connected health devices so you can continuously monitor your vitals. Bringing you a comprehensive, dependable picture of your health, as well as personalized feedback and advice that you can follow at the pace that's right for you. Compatible with: iOS8 or higher / Android 4.4 or higher. For an overview of (in)compatible devices please have a look at www.philips.com/personalhealthcompatibility



Philips Green Logo

Philips Green Products can reduce costs, energy consumption and CO2 emissions. How? They offer a significant environmental improvement in one or more of the Philips Green Focal Areas – Energy efficiency, Packaging, Hazardous substances, Weight, Recycling and disposal and Lifetime reliability.

Health watch

Track heart rate continuously Monitor activity and sleep, Personalised health guidance, Syncs with Philips health app

Specifications

Syncing

- Phone compatibility: iOS8+(iPhone®4S+)/Android4.4.2
- Requires app: Philips HealthSuite health app
- Data transfer technology: Bluetooth® Smart

Sensors

- Measurements: Optical heart rate sensor, Accelerometer

Measurements

- Continuous heart rate: Heart rate zones, Resting heart rate
- Heart rate derived metrics: Heart rate recovery
- Overall condition indicators: Resting respiration rate
- Activity: Active minutes, calorie burn, Steps
- Automatic activity recognition: Walking, running, biking
- Sedentary behavior: Minutes of inactivity
- Sleep: Time slept, efficiency & stages

Design

- User interaction: Touch ring around the display

- Gorilla Glass display
- Housing: Stainless steel 316 L
- Wrist circumference covered: S: 5.4 - 7.4in, L: 6.6 - 8.8in
- Extra strap S size: Included in the box

Ease of use

- Strap material: Soft biocompatible TPU strap
- Inter-changeable straps: Quick release pins
- Water resistant to 1 atm: Splash and sweat proof

Technical specifications

- Display: Monochrome, 192 * 192 pixels
- Device memory: Up to 7 days of data

Power

- Battery life: Up to 4 days
- Fast charge: Charge approx. 70% in 30min
- Rechargeable battery: Li-ion battery
- Charger: USB cradle

Service

- Warranty: 2 years



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Version: 9.1.1

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