

Heart - Monitoring & Heart Health

www.helloedlife.com

Introduction

As a health provider, we strive to give you the best care, and the most up-to-date choices and advice.

Sometimes, you'll leave care, and you or your family will be concerned with needs that occur between visits, while you are at home, or alone.

Health technology is evolving at a rapid pace, and though we don't recommend specific products, helloEd is freely available to browse the world's health-related technologies from 100's of providers, bringing you the top-rated products for you and your family to consider.

Check out helloEd to be inspired, discuss with family and see what's possible. Independent. Curated. Always up to date.



Who might this help

- Those with heart health or fitness goals or concerns
- Families or friends wanting to help out remotely or for peace of mind
- Recently discharged from hospital or an event (not to be considered lifesaving devices)
- Health Providers or GPs seeking insight

Benefits

- Assistance with fitness and motivation
- Insight into key measures and trends for awareness and peace of mind
- Improved visibility and data to share with your medical professional to assist with diagnosis and communicating symptoms
- Alerts and notifications for you or others to alert or get help if needed
- Faster response times eg defib.

What can you do?

- Measure heart rate, and blood pressure, take an EKG
- Set alerts or notifications
- Share with your health professional or family (if they are concerned)
- Track trends over time
- Test when you want to, or wear 24/7
- Respond to an incident quickly eg portable defibrillator

Questions to Ask

- What's important? What outcome are you hoping for or what worry are you addressing?
- What's available or possible?
- How will I best get the outcomes, engage those closest, or remove barriers?

We're here to help if you'd like to talk.

These devices do not constitute a recommendation, They should not be considered life saving devices. They may be left unworn, uncharged or unmonitored. Always consult your doctor, follow instructions, and contact the provider for more information.



See also at www.helloedlife.com

- [Blog Articles](#)
- [Heart Monitoring](#)
- [General Health Insights](#)

Get back to doing what you love

Heart - Monitoring & Heart Health

Important

Always consult your Doctor or health professional
Not to be considered life saving devices

Benefits of measuring blood pressure. [Source Mayo Clinic.](#)



Heart Rate

Measures the heart rate, usually storing and tracking it over time. Many wearable activity trackers can monitor your heart rate when you exercise and periodically throughout the day

Blood pressure

A blood pressure test measures the pressure in the arteries as the heart pumps. Devices work by inflating a cuff until it temporarily cuts off blood flow through the brachial artery. The pressure in the cuff is then slowly released. Within the cuff, a sensor detects blood flow. A smartwatch can generally only measure blood pressure, if the wrist strap is inflatable.

Take an ECG/EKG

Smartwatches take an ECG by completing an electrical circuit across the wearer's body. The watch has two contact points to do this, via the heart rate monitor of the back of the case pressed against the wrist, and when the wearer touches the front or side of the case with a finger from their opposite hand. An ECG smartwatch can detect if you have atrial fibrillation, a condition that causes an irregular heart rate, and is a leading cause of strokes. Both the Apple Watch and Fitbit Sense ECG sensor, has regulator approval for example in the US and Europe. A Holter monitor may also be used.

SpO2 Blood Oxygen [+ Heart & Sleep]

A pulse oximeter measures the oxygen saturation of arterial blood. The device emits a red light that passes through skin, tissue, and blood. The red light gets absorbed by hemoglobin and deoxyhemoglobin and on the other side of your finger, a sensor detects the amount of light that passes through. This sensor reading is an estimate of the amount of oxygenated blood cells in your body and is expressed as a percentage measurement called SpO2, and a normal, healthy individual will often have an SpO2 reading of between 95-100%.

Other Functions

Measure, store, and track trends
Compare ranges (always consult your medical professional for guidance)
Share with others, usually via PDF
Set alerts & notifications

Example Types Heart - Monitoring & Heart Health

Browse, search or be inspired at www.helloedlife.com



Omron



Wellue



eMay



iHealth



iHealth



Qardicore

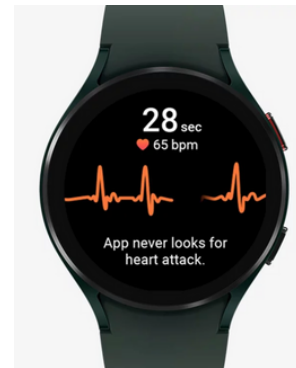
Heart & Blood Pressure Monitors



Withings



Apple



Samsung



Omron



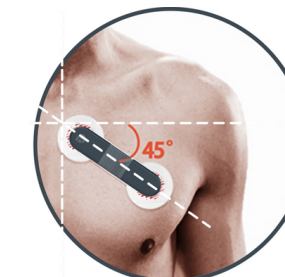
Fitbit



Wellue



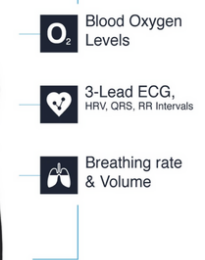
Oura



Wellue



Hexoskin



Smartwatches

Other Wearables



Kardia



Heartsine



Eko

- Always seek medical advice.
- Check the accuracy requirements for your condition. Eg sport and fitness, general health or a chronic condition.
- Ensure proper fit.
- Follow instructions, including guidelines for calibration over time.