Philips
Health watch

Track heart rate continuously

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

DL8792/00

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
- Clinically validated measurements and algorithms
- Automatically estimate resting respiration rate and VO2 max
- Make every step count
- Understand your sleep habits
- Stay in control of your weight
- Know your heart

Works with Philips HealthSuite health app
- Personal insights to inspire healthier habits
- Data Securely Stored in Philips Health Cloud and Ecosystem
- Expert coaching

Suitable for all day use
- Up to 4 days of battery life. Fast charge
- Water resistant up to 1 ATM

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Highlights

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 your were actually asleep. A good night can set you up for a healthy, active day.

Up to 4 days on a charge

Up to 4 days of battery life. Fast charge enables approx. 70% charge in 30 min.

Clinically validated

Designed as a medical device. Accuracy of measurements and algorithms are validated clinically.

Expert coaching

Based on the Philips personal health system, user's real time data is monitored 24 hours a day with the Philips Health Watch. Philips' Professional Health Management Partners can deeply understand user's health data and provide tailored health suggestions and information to the the customer one on one, including setting health goals via telecoaching. They can encourage users to activate monitor their health status and through this remote health guidance service, encourage users to change their lifestyle behaviours, develop healthy lifestyle habits to avoid lifestyle related diseases.

Know how fit your body is

The resting respiration rate is the number of breaths a person takes per minute. This is usually measured at rest. Normal values by age: 18-65: 16-20 breaths/min 65-80: 12-28 breaths/min Resting respiration rates can

increase with fever, illness and other medical conditions. VO2max is the highest rate of oxygen consumption at maximal physical exercise. VO2max reflects one's aerobic physical fitness. Healthy range lower limit example for age group 40-49 years old Men: 33.6 ml/kg/min Women: 24.5 ml/kg/min.

Water resistance
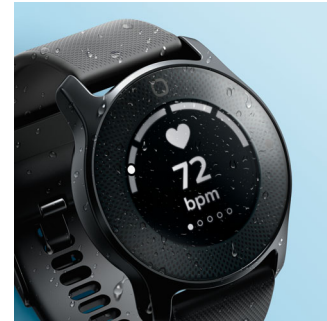
Your device is water and dust resistant (IP67). Will withstand exposure to rain and dust.

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

Data Securely Stored

Your personal data is stored on Philips HealthSuite Platform. With your consent, your expert health advisor will be able to access and view your data.

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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, VO2 max estimate
- 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: 137 - 189mm, L: 167 - 223mm
- 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
- 2-year guarantee

www.philips.com