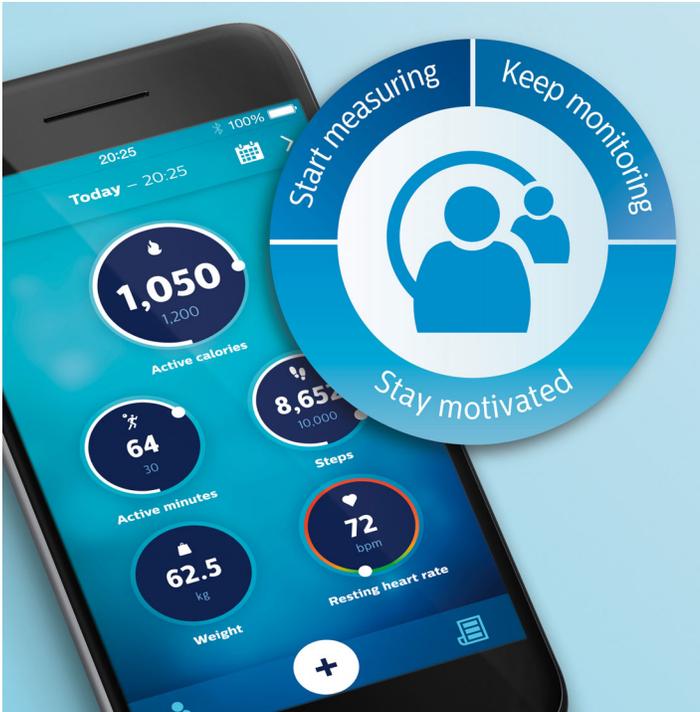


Philips
health app

Measure key body metrics
Monitor progress and set goals
Motivated with daily insights

APP101/01



Healthy habits for life

Step-by-step guidance to healthy living

The Philips health app helps you change your habits at your own pace. View key body measurements from our range of connected health devices and monitor them over time. Receive motivational messages to help you reach your personal goals.

Start measuring

- Continuous health tracking
- Track your key body vitals over time

Keep monitoring

- Set personalized goals
- Get a deeper understanding of your data

Stay motivated

- Get a deeper understanding of your habits
- Receive personalized guidance to keep you engaged

PHILIPS

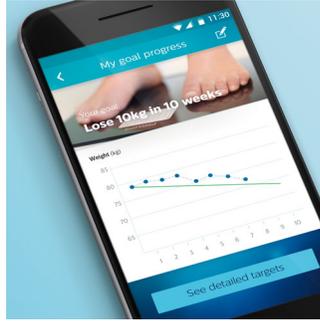
Highlights

Philips health watch



The Philips health watch empowers you to live a healthier life by tracking heart rate and other metrics of your cardio condition, as well as activity, sleep and more. Get personalized guidance with the Philips HealthSuite health app.

Goal setting



Receive instant feedback and new insights based on your personal goals and begin to understand the effects of your choices on your lifestyle.

Understand your data



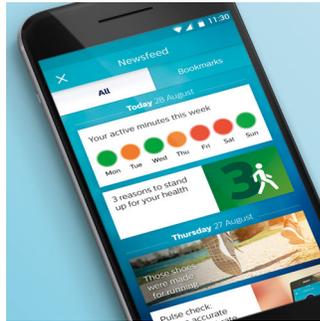
Monitor your progress through the easy-to-use dashboard and find out how your body measurements compare to recommended ranges.

Connected health devices



The range of Philips connected health devices tracks key body vitals such as systolic & diastolic blood pressure, body weight with body composition analysis, and core body temperature. Pair with the Philips HealthSuite health app and conveniently track and review all your measurements over time.

Personalized guidance



Step by step guidance with daily insights, education and support to keep you motivated to achieve personal goals.

Understand your habits



Stay motivated through a deeper understanding of your habits to change your health for life.

Specifications

Syncing

- Phone compatibility: iOS9.3+(iPhone5+)/Android4.4+

- Data transfer technology: Bluetooth®
- Requires Philips device: Connected health devices



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