

# PHILIPS

## Health band - L/XL

Continuous lifestyle tracking

Certified medical device

Clinically validated

Personalized health guidance



DL7411/21



## Continuous health tracking

Syncs with free Philips HealthSuite health app

The health band enables you to get a healthier lifestyle by tracking your heart, activity and sleep with validated accuracy. Data is synced with the HealthSuite health app where you get full details, as well as the progress vs your targets.

### Comfortable and easy to use

- Choose your preferred color

### Get better insights into your health

- Know your heart
- Automatically estimate resting respiration rate and VO2 max
- Make every step count
- Understand your sleep habits
- 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](https://asimpleswitch.com)

# Highlights

## Up to 4 days on a charge



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

## 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



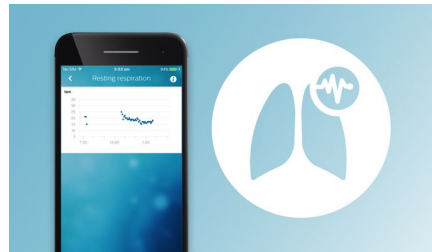
Automatically track your sleep duration, with insights into REM, deep and light sleep stages. Activate the sleep mode to measure your sleep efficiency so you can see the percentage of time in bed that you were actually asleep. A good night can set you up for a healthy, active day.

## 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



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: iOS 9.3 or higher / Android 4.4 KitKat or higher. For an overview of (in)compatible devices please have a look at [www.philips.com/personalhealthcompatibility](http://www.philips.com/personalhealthcompatibility)

## Clinically validated



The Philips health watch is a medical device. It provides measurements that can be used as part of a health assessment. The clinically validated algorithms and OptiCardiogram sensing technology used to measure your vitals are tested against medical gold standards.



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## 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.

# Specifications

## Syncing

**Phone compatibility:** iOS9.3+

(iPhone5+)/Android4.4+

**Required app:** Philips HealthSuite health app

**Data transfer technology:** Bluetooth®

## 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

**Color:** Black

**Height:** Housing: 11 mm, Strap: 3 mm

**Strap sizes:** L/XL: 230 mm x 24 mm, S/M: 200 mm x 24 mm

## Ease of use

**Water resistant to 1 atm:** Splash and sweat proof

**Accessories:** Charger, User manual

**Materials:** PC, ABS, TPU

## Variation\_CQ5\_PHS

**Health band:** Black - Large / Extra Large

## Technical specifications

**Display:** Monochrome matrix display

**Device memory:** Up to 7 days of data

**Frequency:** 2402-2480 MHz

**Network connection type:** Bluetooth Low Energy v4

## Power

**Battery life:** Up to 4 days

**Fast charge:** Fully charged in approx 90 min

**Rechargeable battery:** Built-in li-polymer battery

**Charger:** USB cradle, 5 V DC and 250 mA

## Service

**Warranty:** 2 years

