

# PHILIPS

## Health watch

Track heart rate continuously

Monitor activity and sleep

Personalised health guidance

Syncs with Philips health app



DL8790/10



## 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
- Automatically estimate resting respiration rate and VO2 max
- 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](https://asimpleswitch.com)

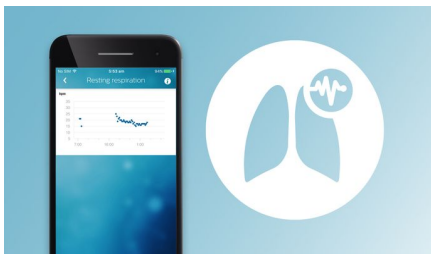
# Highlights

## 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



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.

## Automatic activity recognition



Track your steps and active minutes against your own goals or recommended healthy standards. Be it walking, biking or running,

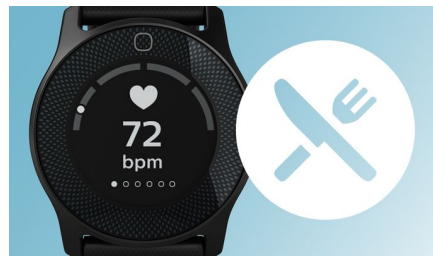
your activities are tracked automatically. And if you don't do any of these, expect a nudge to start moving!

## Automatic sleep tracking



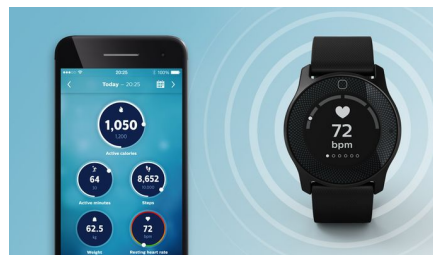
Automatically track your sleep duration, with insights into REM, deep and light sleep stages. Activate the sleep mode to measure your sleep efficiency so you can see the percentage of time in bed that you were actually asleep. A good night can set you up for a healthy, active day.

## 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.

## 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

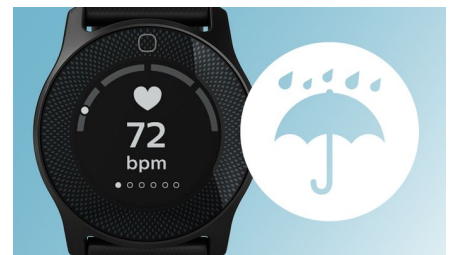
comprehensive, dependable picture of your health, as well as personalized feedback and advice that you can follow at the pace that's right for you. Compatible with: iOS 9.3 or higher / Android 4.4 KitKat or higher. For an overview of (in)compatible devices please have a look at [www.philips.com/personalhealthcompatibility](http://www.philips.com/personalhealthcompatibility)

## Up to 4 days on a charge



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

## Water resistance



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



[asimpleswitch.com](http://asimpleswitch.com)

## 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, 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**

