

scout **HR**

powered by **striiv**



Scout Report

User ID:



Recording Period:

2/8/18 at 11:58am to 2/14/18 at 5:26pm
Pacific Standard Time

If you have any questions, please contact us at 1-844-244-0008

This report does not diagnose any health conditions.

If you are concerned about your results, consult with your physician.

If you feel any symptoms, such as severe chest pain, seek immediate medical attention or dial 911.

Abnormal Heart Events

Abnormal heart events are when we've detected heart rhythms that are different from your normal heart rhythms (also known as arrhythmias).

Interpreting these results

This report does not diagnose any health conditions.

Consult with your physician if you think you may have a condition or are concerned about your results.

Data shown

- We've calculated the number of events where your heart rhythm was different than your normal rhythm for at least 30 seconds.
- Data is calculated to show the percentage of time you experienced an event during the recording period.
- Rhythm classifications are based on criteria published by medical experts, such as the American Heart Association.
- Data does not factor all beats, only beats while you were still (sedentary) and asleep.

Limitations

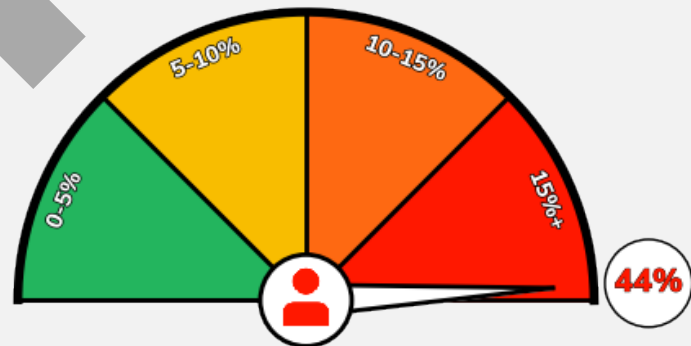
- Data is collected by a consumer-grade wearable. It is not intended to diagnose, treat, cure or prevent any disease.
- Other factors not covered by this screen may impact your results such as consumption of caffeine or alcohol, emotions, high blood pressure, diabetes, sleep apnea, and genetics.

Time Spent with an Abnormal Heart Event

(Time we've detected abnormal events / Total analyzed time)

44%
of the time you had an abnormal heart event.

Total Analyzed Time:	40h 36m
Time with Abnormal Events:	17h 49m (44%)
# of Events:	814



Your results

- We detected 814 events that lasted 17h 49m total. That's 44% of your analyzed time.
- You experienced 1100% more time than users within the typical range of 0-5%.

Please contact your physician to share these results and to discuss further evaluation.

To learn more about arrhythmia, see the last page for resources.

♥ High Resting Heart Rates

High resting heart rates are when we've detected your heart rate exceeded 100 beats per minute (bpm) while you were still (sedentary) or asleep.

💡 Interpreting these results

This report does not diagnose any health conditions.

Consult with your physician if you think you may have a condition or are concerned about your results.

📊 Data shown


- Detected number of times your heart rate was above 100 bpm.
- Data shows the percentage of time your heart rate was above 100 bpm during the recording period.
- Heart-rate ranges are based on criteria published by medical experts, such as the American Heart Association.
- Data does not factor all beats, only beats while you were still (sedentary) and asleep.

⚠️ Limitations

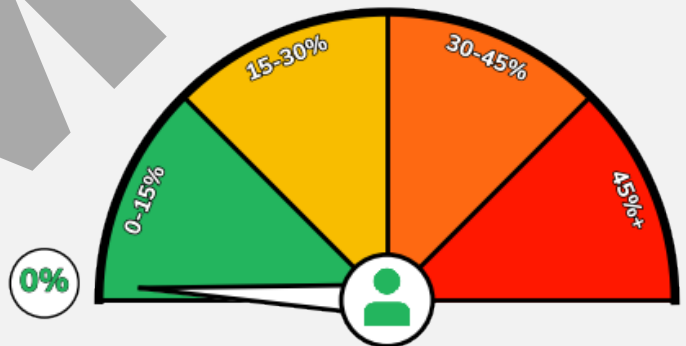
- Data is collected by a consumer-grade wearable. It is not intended to diagnose, treat, cure or prevent any disease.
- Other factors not covered by this screen may impact your results such as consumption of caffeine or alcohol, emotions, fitness level, existing health conditions, stress or anxiety, and medications.

🔍 Time Spent with High Resting Heart Rates

(Time we've detected high heart rate / Total analyzed time)

 **0%**
of the time you had a high heart rate.

Total Analyzed Time:	40h 36m
Time with High Heart Rates:	-- (0%)
# of High Heart Rates:	0



🏠 Your results

- We didn't find any high resting heart rates during the recording period.

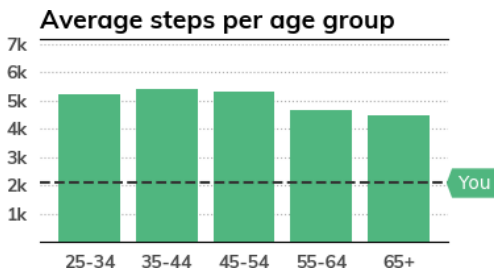
If you are concerned, contact your physician and share these results.

Activity Analysis

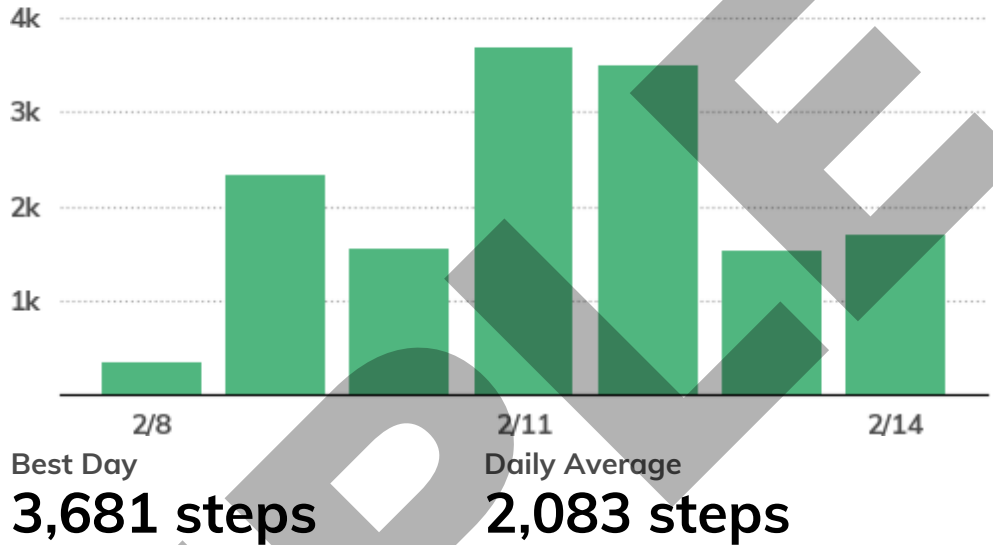
The activity analysis displays your activity data and how you compare to other users in various age groups.

Steps

You averaged 2,083 steps a day. Increased activity helps reduce stress, improve cholesterol, strengthen your bones, cause weight loss, and reduce the risk of heart disease and stroke.

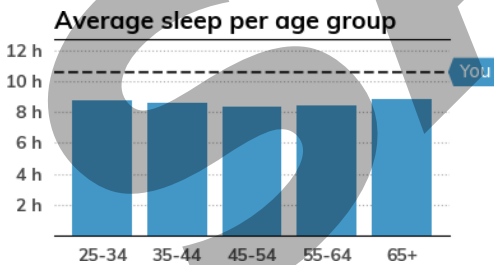


Daily Steps

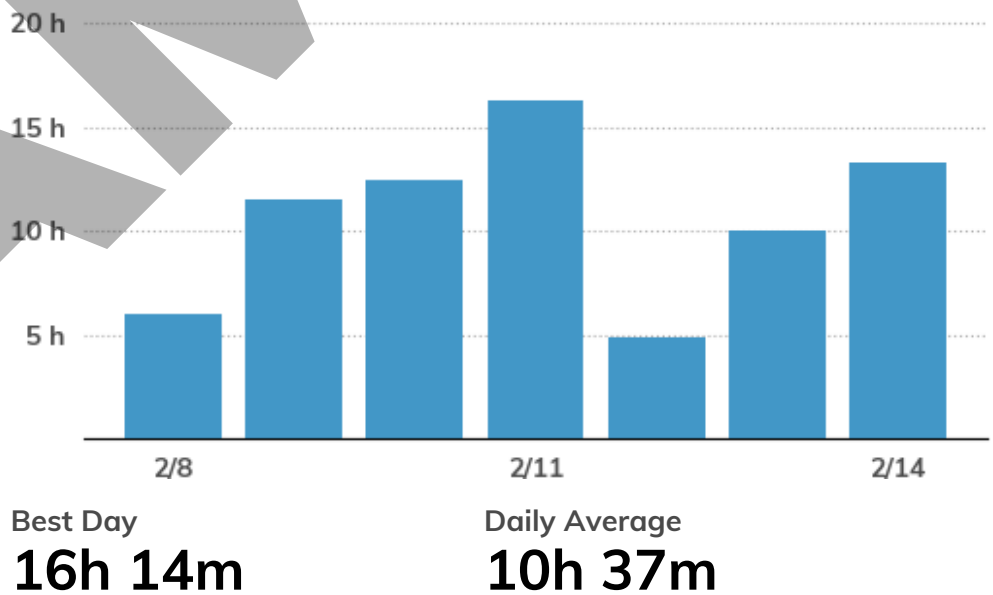


Sleep

You averaged 10 hours and 37 minutes of sleep per day. The National Institutes of Health recommends getting between 8-10 hours of sleep.

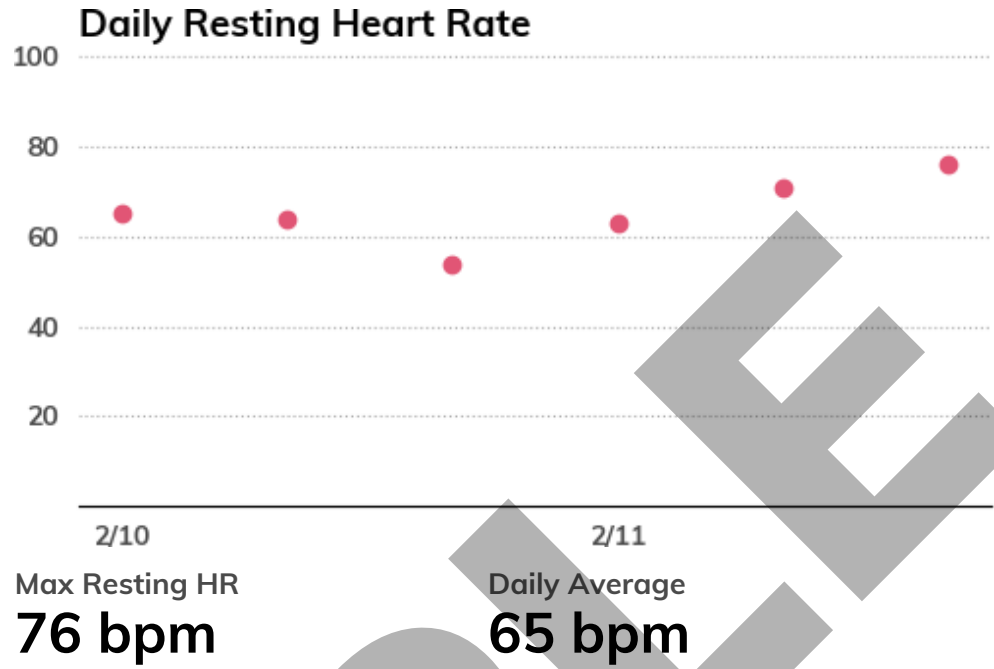
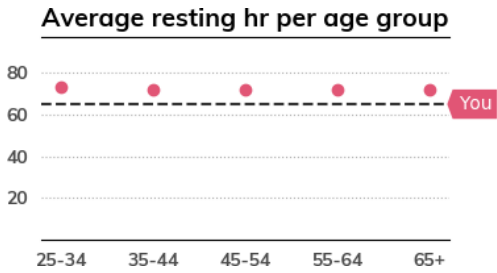


Daily Sleep



♥ Resting Heart Rate

A normal resting heart rate for adults is between 60-100 bpm. Generally, a lower resting heart rate means your heart is working efficiently and reflects good fitness levels.



Learn about abnormal heart events

Click on the links to learn more about abnormal heart events (arrhythmias).
Visit <http://striiv.com/scoutlearn> to see these links online

What is arrhythmia?

- [What is an Arrhythmia?](#)
American Heart Association (PDF)
- [What Are Heart Rhythm Disorders \(Arrhythmias\)?](#)
WebMD
- [About Arrhythmia](#)
National Heart, Lung, and Blood Institute

What are the symptoms?

- [Symptoms, Diagnosis & Monitoring of Arrhythmia](#)
American Heart Association
- [Heart Arrhythmia - Symptoms, Causes, and Risk Factors](#)
Mayo Clinic

How do I prevent and treat arrhythmia?

- [Prevention & Treatment of Arrhythmia](#)
American Heart Association
- [Heart Arrhythmia - Diagnosis & Treatment](#)
Mayo Clinic