

Monthly Report

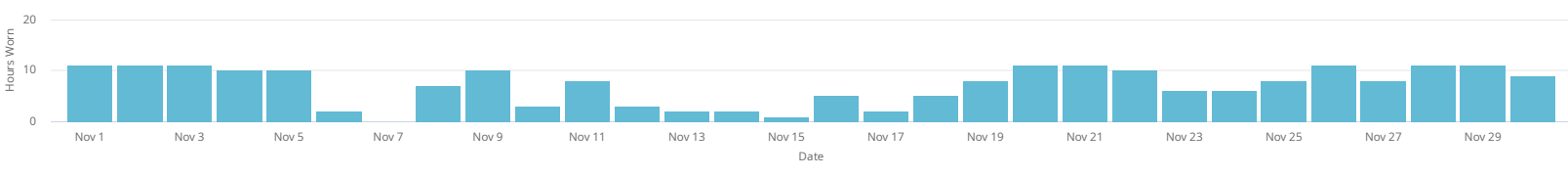
FILTERS User id is XXXX Similar Users - Birthdate is from YYYY/MM/DD until YYYY/MM/DD Similar Users - Sex is "gender"

Important Notes

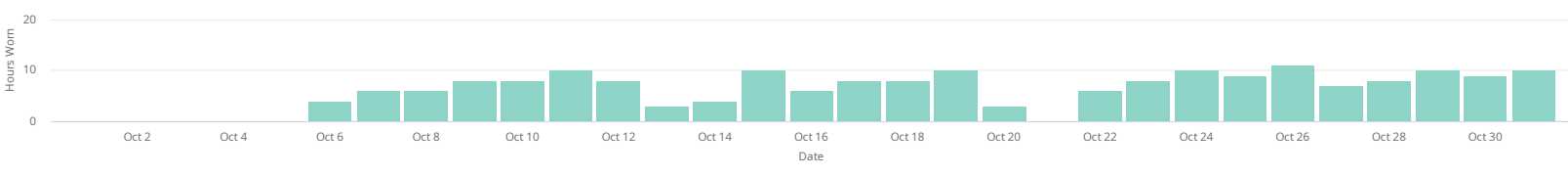
- This report **assumes Health Tag has been worn for a significant portion of the past two months**. The analytical insights that can be derived from the distributions presented here become increasingly meaningful with more data. For completeness, all graphs have been generated regardless of available data. However, the user is advised to interpret the data with this context.
- Similar Users** are calculated as users who have reported the same sex and a birthdate that is within 5 years of the user this report is being generated for.
- The information in this report is provided for informational purposes only.

First Name	Email
Sex	Age

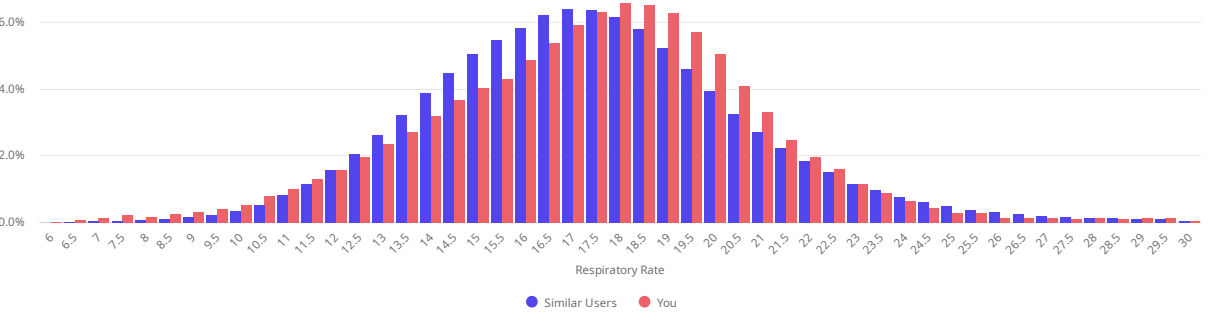
Health Tag Usage Summary (Last Month)



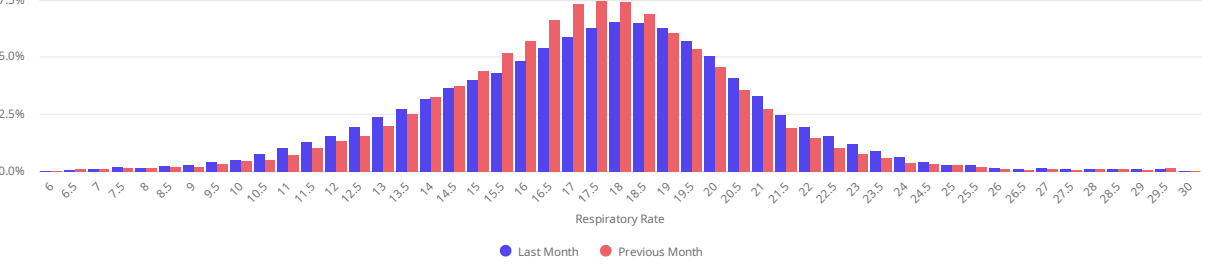
Health Tag Usage Summary (Previous Month)



Respiratory Rate - Similar Users vs. You (Last Month)



Respiratory Rate - You (Last Month vs. Previous Month)

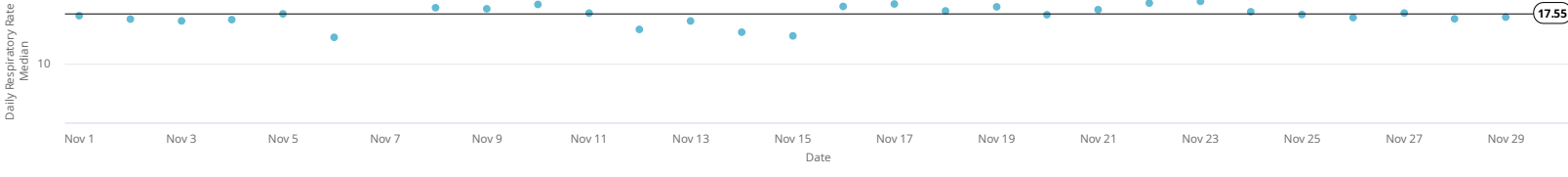


Your Resting Respiratory Rate

Resting respiratory rate is defined as your respiratory rate (the number of breaths you take a minute) when you were "at rest" or not moving. Resting respiratory rate is an important vital sign often used to indicate wellness. These graphs show the distribution of your resting respiratory rate in the past two months.

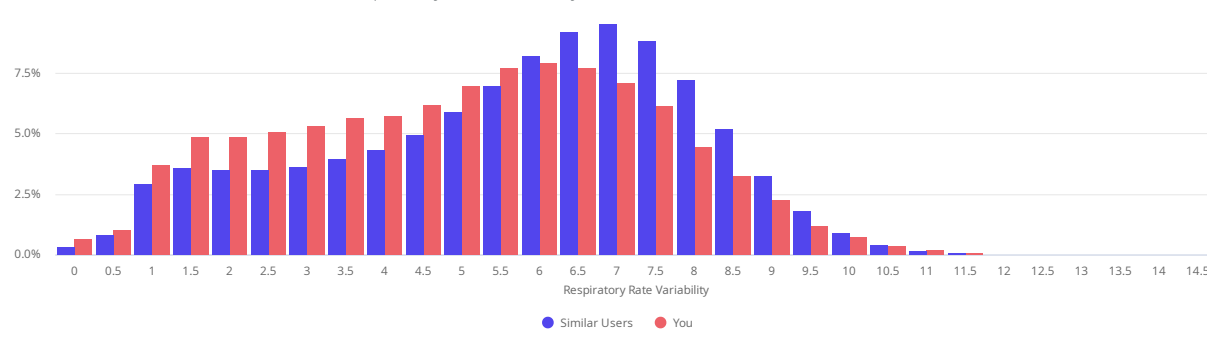
- Most people's respiratory rate broadly follows a normal distribution (often called a "bell curve").
- The resting respiratory rate and activity are calculated at 15-second intervals. Consequently, this data may include "recovery time" when you are breathing quickly while resting after exercise.
- Our respiratory rate generally slows down as we age. However, chronic disease or other health issues may lead to high respiratory rates.
- A lower respiratory rate is generally good.

Respiratory Rate - Daily Median



17.5

Respiratory Rate Variability - Similar Users vs. You (Last Month)

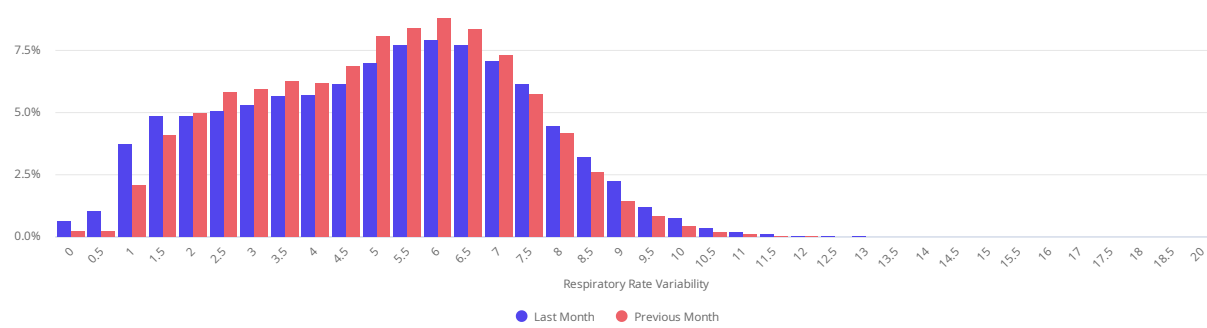


Respiratory Rate Variability

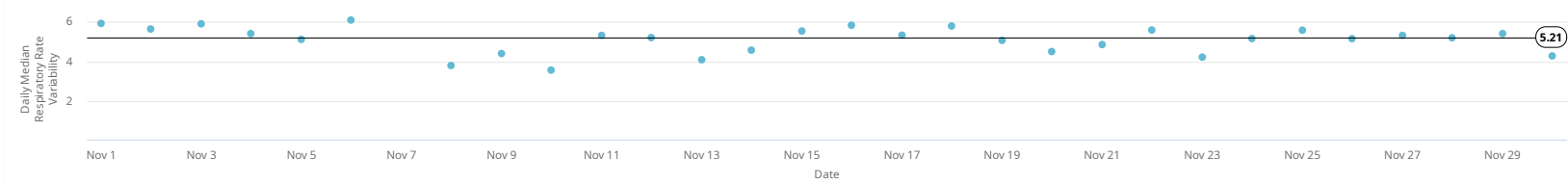
These graphs show the distribution of your resting respiratory rate variability (RRV). RRV here is calculated as the median absolute deviation (MAD) of the breath-to-breath distance in 1-minute windows while not moving.

- Higher RRV is generally associated with 'tension' while lower RRV is associated with 'focus' and 'flow'
- A lower RRV as generally compared to your age group is good.

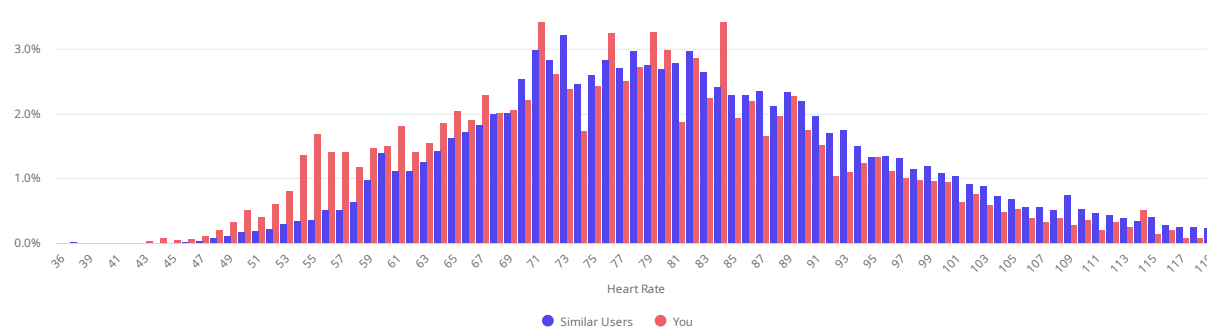
Respiratory Rate Variability (Last Month vs. Previous Month)



Respiratory Rate Variability - Daily Median



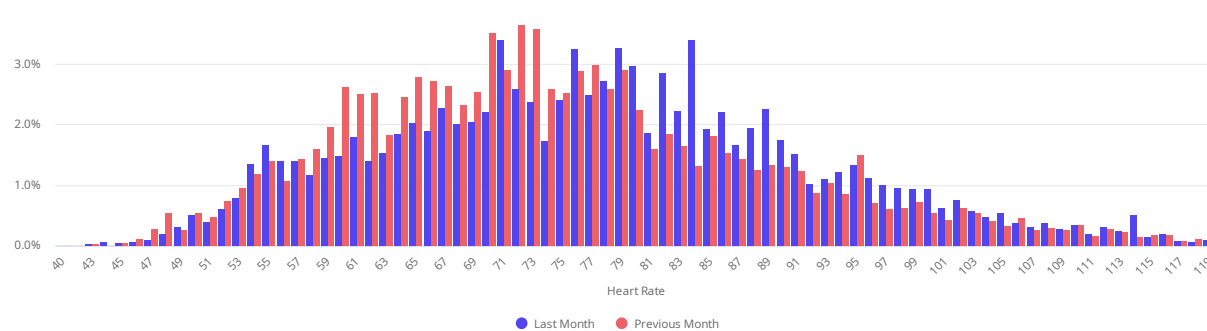
Heart Rate - Similar Users vs. You (Last Month)



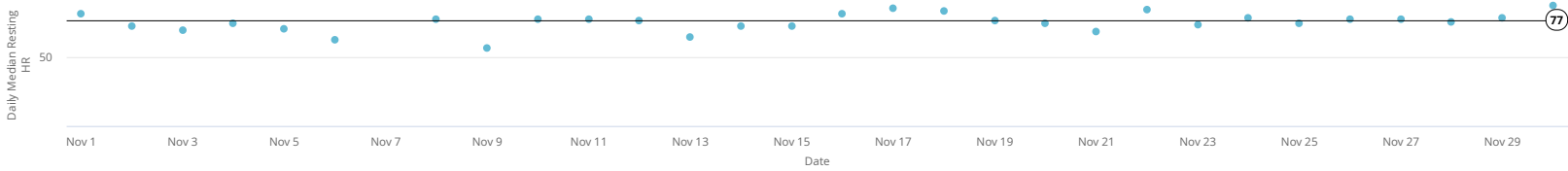
Your Resting Heart Rate

Your resting heart rate is defined here as your heart rate when you were not moving. The resting heart rate is calculated approximately every 5 minutes and excludes times when you were moving for more than 1 minute. These graphs show the distribution of your resting heart rate and your median heart rate for each day over the past month.

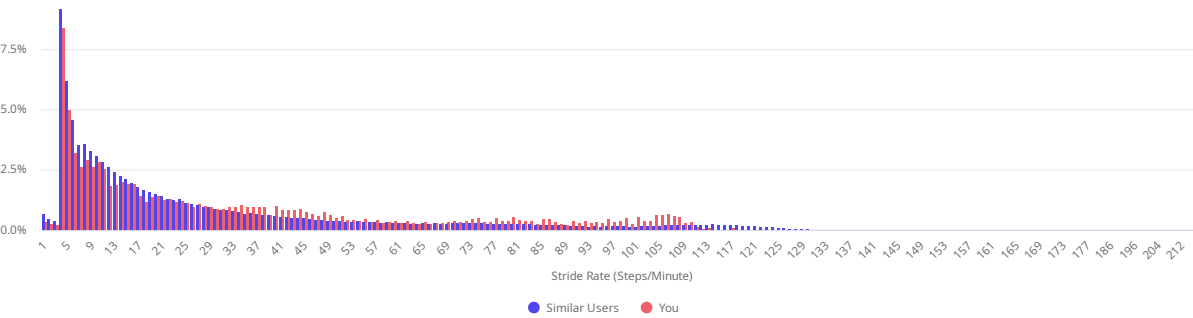
Heart Rate (Last Month vs Previous Month)



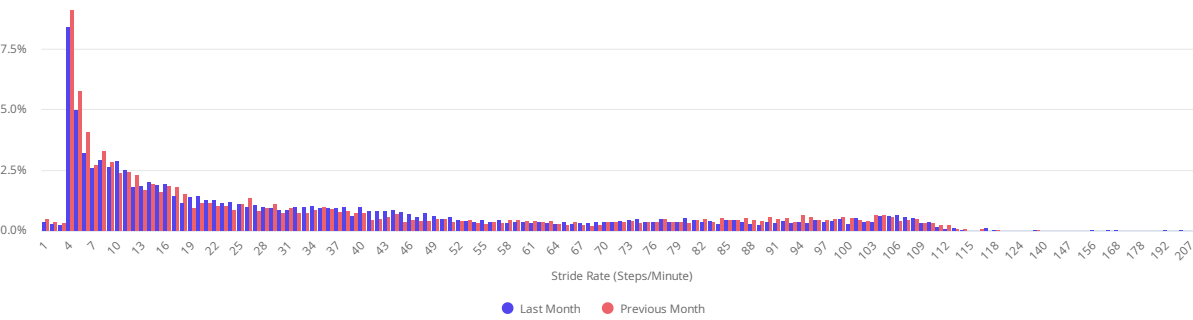
Heart Rate - Daily Median



Pace - Similar Users vs. You (Last Month)



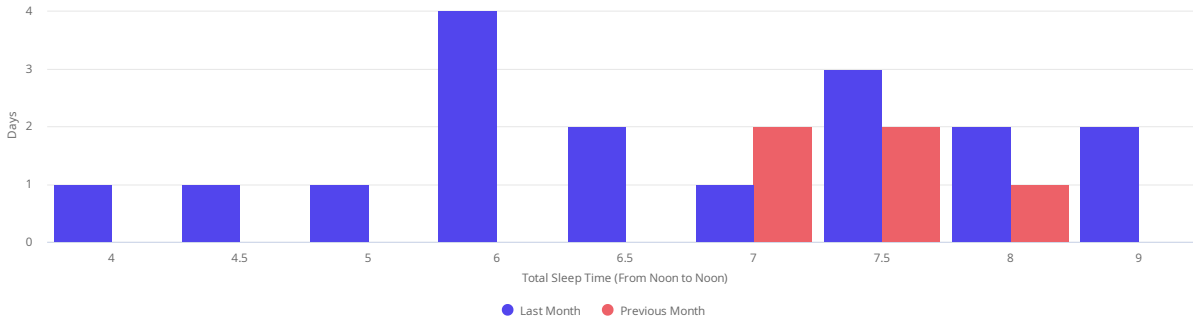
Pace (Last vs. Previous Month)



Pace

Pace is measured as steps/minute. In a graphical representation, most people's pace will be bimodal or trimodal (two or three peaks). The left-most cluster generally represents one ambling around their home/office, the middle or right cluster will represent normal walking and if there is a third cluster, it will represent running.

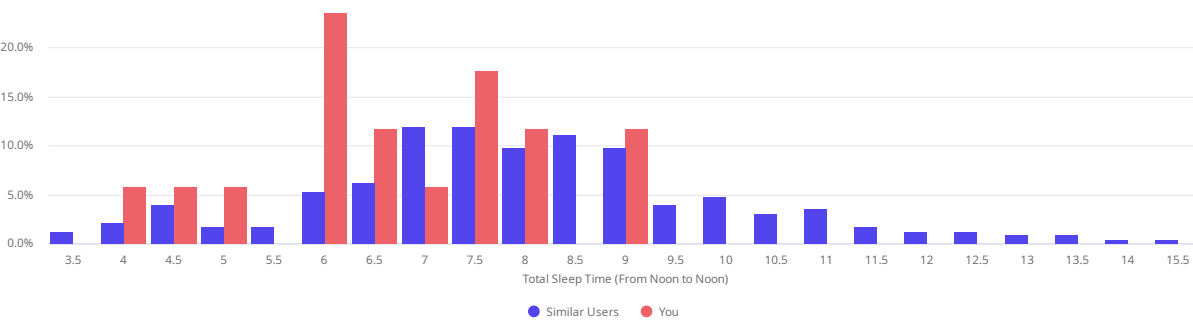
Total Sleep Time (Last vs. Previous Month)



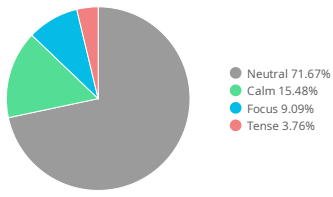
Total Sleep Time (Noon to Noon)

- This is the total time sleeping between noon of one day and the next.
- This data does not differentiate between "naps" and "sleep". You may see a number of short sleep durations due to users wearing the Health Tag during naps but not at night.
- Speak to your doctor about the right amount of sleep for you.

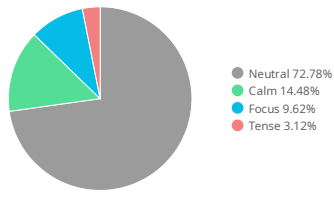
Total Sleep Time - Similar Users vs. You (Last Month)



State of Mind Distribution (Last Month)



State of Mind Distribution (Previous Month)



State of Mind Distribution (Similar Users)

