



# apex HR

PREMIUM HEART RATE ACTIVITY MONITOR

Monitor success in your daily life with the Striiv Apex HR. Track heart rate, daily activity, and sleep patterns automatically. Get smartphone notifications to stay connected. Start and stick to healthy habits with on-on-wrist lifestyle journaling.

Visit us at [www.striiv.com](http://www.striiv.com)



## MONITOR YOUR HEALTH

- Continuous heart rate\*
- 24/7 Activity tracking (steps, distance, calories, active time)
- Auto sleep detection
- Lifestyle journaling (diet, weight, medication, and more)

## STAY CONNECTED

- Caller ID and text alerts
- App notifications
- Meeting reminders
- Vibrating alarms

## ESSENTIALS

- Charge w/ built-in USB dongle (no proprietary chargers needed)
- Touchscreen display
- Up to 12 days battery life
- Swim-Proof (IP68 rated)

### LIFESTYLE JOURNALING

Trying to lose weight? Drink more water? Keep track of your daily goals by conveniently logging them on your tracker. Research shows that there is a relationship between daily awareness of your goals and the likelihood that you'll achieve them.



### CONTINUOUS HEART RATE

Heart rate is a critical indicator of your health. Now you can keep track of your heart rate while you're running or asleep. Open the Striiv app to view your heart rate trends.

\*Not intended to be used as a medical or scientific device.



### BUILT-IN USB DONGLE FOR CHARGING

Never lose or forget your charger again! When your device runs out of battery, plug the USB dongle into any USB power source to charge.



### CONNECT WITH THE STRIIV APP

Sync your tracker with the Striiv App to see your data displayed in charts. Track progress, add friends, enable notifications, and more!

