



Philips  
Health watch

Track heart rate continuously

Monitor activity and sleep  
Personalised health guidance  
Syncs with Philips health app



DL8791/00

## Continuous health tracking

Syncs with free Philips HealthSuite health app

The Philips health watch empowers you to live a healthier life by tracking heart rate and other metrics of your cardio condition, as well as activity, sleep and more. Get personalized guidance with the free Philips HealthSuite health app.

### Get better insights into your health

- Monitor your heart rate and cardio condition continuously
- Clinically validated measurements and algorithms
- Automatically estimate resting respiration rate
- Automatic recognition for walking, running and biking
- Steps, active minutes, calorie burn tracker
- Automatically track sleep patterns
- Quick and easy input calories on the watch or in the app
- Gentle customizable reminders to stand up and move

### Works with Philips HealthSuite health app

- Automatically syncs to the Philips HealthSuite health app

### Suitable for all day use

- Always ON display
- Up to 4 days of battery life. Fast charge
- Water resistant up to 1 ATM



**PHILIPS**

## Health watch

Track heart rate continuously Monitor activity and sleep. Personalised health guidance. Syncs with Philips health app

DL8791/00

# Highlights

## Continuous heart rate monitor



Get insights into your cardio condition by tracking continuously your heart rate, heart rate zones and resting heart rate.

## Clinically validated



Designed as a medical device. Accuracy of measurements and algorithms are validated clinically.

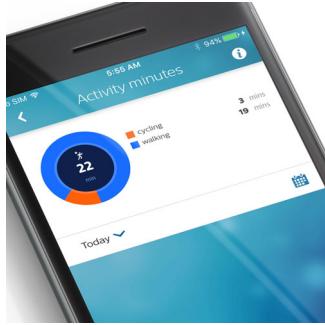
## Know how fit your body is



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.

## Automatic activity recognition



Boost your activity levels with automatic activity recognition and tracking for walking, running and biking.

## Develop healthier habits



Track steps, active minutes and calorie burn against personal goals.

## Automatic sleep tracking



Understand your sleep patterns with automatic sleep detection. Gain insights into your sleep behavior by tracking time asleep, how often you wake and sleep efficiency.



## Philips Green Logo

Philips Green Products can reduce costs, energy consumption and CO<sub>2</sub> 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.

## Health watch

Track heart rate continuously Monitor activity and sleep, Personalised health guidance, Syncs with Philips health app

DL8791/00

# Specifications

## Syncing

- Phone compatibility: iOS8+(iPhone®4S+)/Android4.4.2
- Requires app: Philips HealthSuite health app
- Data transfer technology: Bluetooth® Smart

## Gorilla Glass display

- Housing: Stainless steel 316 L
- Wrist circumference covered: S: 5.4 - 7.4in, L: 6.6 - 8.8in
- Extra strap S size: Included in the box

## Sensors

- Measurements: Optical heart rate sensor, Accelerometer

## Optical heart rate sensor

- Strap material: Soft biocompatible TPU strap
- Inter-changeable straps: Quick release pins
- Water resistant to 1 atm: Splash and sweat proof

## 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

## Resting respiration rate

- Display: Monochrome, 192 \* 192 pixels
- Device memory: Up to 7 days of data

## Activity

- Battery life: Up to 4 days
- Fast charge: Charge approx. 70% in 30min
- Rechargeable battery: Li-ion battery
- Charger: USB cradle

## Design

- User interaction: Touch ring around the display

## Touch ring around the display

- Warranty: 2 years



Issue date 2016-09-15

Version: 5.0.1

© 2016 Koninklijke Philips N.V.  
All Rights reserved.

Specifications are subject to change without notice.  
Trademarks are the property of Koninklijke Philips N.V.  
or their respective owners.

[www.philips.com](http://www.philips.com)