

Your health, in harmony

ASUS VivoWatch SP (HC-A05)

ASUS VivoWatch SP is a good way to stay healthy and fit. It intelligently carries out health tracking and fitness tracking 24/7, and offers personalized health advice and health-management tips that truly matter. It takes the guesswork out of your path to health.

# Day and night health tracking

Innovative ECG and PPG sensors with ASUS HealthAl technology

#### Exercise heart rate and pulse transit time (PTT)

VivoWatch SP features a pair of electricalgraphy (ECG) and photoplethysmography (PPG) sensors, enabling it to calculate pulse transit time (PTT) as well as measure heart rate, sleep and activity and stress levels throughout the day, giving you a variety of insights for better health management.

# **Body Harmony Index**

With its ECG sensor, VivoWatch SP measures your body's sympathetic and parasympathetic response and calculates a Vitality Index and Relax Index in just one minute. The Vitality Index is a score of your resiliency to stress, while the Relax Index is a score of your current relaxation or stress level. The two scores are then used to calculate a Body Harmony Index that gives you an easy to understand view of your body's overall stress response.

Automatic health measurements You can set VivoWatch SP to perform automatic pulse transit time (PTT) measurements at regular intervals and receive notifications of the results, giving you an easy and convenient way to stay informed about your health.

# ASUS HealthConnect

Manage your health data easily with an intuitive app





## Blood pressure

View and manage your blood pressure anytime by entering measurements



# Heart rate

Continuous and accurate monitoring of your heart rate throughout the day



## Activity data

Tracking of step counts, distance traveled, calories burned and the duration of workouts



## De-stress level

An easy-to-understand summary of your daily stress level based on heart-rate variability (HRV). Larger



Measurement and analysis of your heart rate, sleep duration and movement for an insightful look into how well you sleep



## Female period tracking

Track your menstrual cycle, record symptoms and estimate ovulation and fertility windows to discover



# Fitness tracking



### Tracks the saturation level of your blood oxygen, letting you know how well your

body is adjusting to exercise



# as speed, distance and duration.

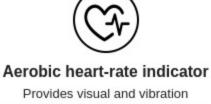


### View your current altitude and an elevation graph when you are hiking or

climbing.



### See the number of floors you climb throughout the day.



### Provides visual and vibration notifications when you are performing

healthy aerobic exercise or are overexerting yourself.



# around on a regular basis



# take in a day



## calories you burn in a day based on heart rate, activity level, age, weight and

other personal characteristics.

Your 24/7 smart assistant

taking your phone out of your pocket or bag.

or get caught in the occasional rainstorm without worry.

Water resistant to 50 meters

Call and text notifications Receive visual and vibration notifications of incoming calls and texts without

With excellent water resistance, you can wear VivoWatch SP while swimming

# making it a 24/7 companion that is always there to help guide you to better health.

Long battery life

World clock Display a second time zone and the time difference between local time for convenience while traveling.

VivoWatch SP delivers up to 14 days of battery life in normal operation,

#### With a universal design that accepts standard quick-release watch bands, you can easily change the look of VivoWatch SP to match your personal style and fit any occasion. VivoWatch SP also features a variety of attractive watch faces to choose from, giving you more options to

Stylish and convenient

create a watch that's truly your own.





# Disclaimer:

- ASUS VivoWatch SP is not a medical device and is not intended for diagnosing medical conditions. Measurement results are for reference only. DO NOT adjust medication based on measurement results from ASUS VivoWatch SP. Take medication as prescribed by your physician. Only a physician is
- qualified to diagnose and treat high blood pressure. ASUS VivoWatch SP will continue to evolve with future firmware and software updates that expand functionality and further improve the user experience.
- Android Go has limited compatibility with wearable devices.