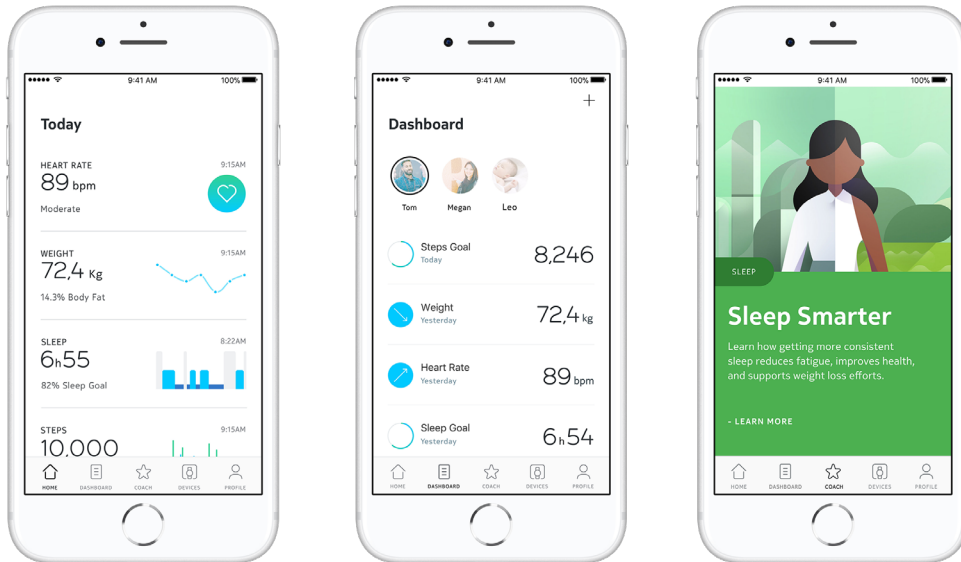


Digital Health Companion App



Health Mate™ lets you view a complete history of your health data, including activity, sleep, weight, and more, so you can see trends, track progress, and improve over time. Whether you're looking to lose weight, get more active, monitor blood pressure, or even sleep better, the free Health Mate™ app delivers total health tracking and is there to coach you every step of the way.

Features

Follow heart health

- **Heart rate:** Monitor to improve health or keep on top of known issues
- **Blood pressure:** Get a picture of your overall cardiovascular health
- **Pulse wave velocity:** Know more about the health of your arteries
- **Heart data** comes via our Wireless Blood Pressure Monitors, HR tracker (Steel HR), and our Body Cardio scale

Sleep better

- **Sleep cycles:** Know your light & deep sleep cycles, as well as sleep interruptions to feel rested and improve your long-term health.
- **Smart Wake-Up™:** Wake up at the optimal point in your sleep cycle
- **Monitor your sleep** via our range of activity & sleep tracking devices

Master weight management

- Weight, BMI, and full body composition, plus weight trends for insight
- Set goals and track progress
- Get motivation with in-app rewards
- Can log manually, or have information auto-sync via our connected scales range

Go further with coaching & wellness programs

Follow a variety of programs designed to help you achieve your health goals.

- **Sleep smarter**

See how getting more consistent sleep can improve health and support weight loss efforts.

- **Better body**

In this 6-week program learn all about body composition and discover new ways to lose fat — forever.

- **Pregnancy tracker**

Get personalized obstetrician-reviewed advice, tips, and weight tracking throughout pregnancy.

- **Healthier heart**

This in-app purchase powered by Hy-Result software guides you through a medical protocol and delivers an in-depth blood pressure report that can be easily shared with your doctor.

Plays well with others

Health Mate™ links with 100+ top health and fitness apps including Apple Health, Nike, RunKeeper, Weight Watchers, Loselt! & MyFitnessPal™.

Technical Facts & Design

Available on iOS (iOS 8 and higher) and Android (5.0 and higher)

Simplified design for an easier, more intuitive navigation

Leaderboard motivation: Link friends and family and experience the definition of “healthy competition”

Badges: Get rewarded for your progress

Availability

Online

Apple store and Android Play