

# What Devices Do I Need to Get Started?

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To get started with SweetWater Health, you will need a compatible iPhone or iPad and a supported Bluetooth heart rate monitor.

Our current requirement is an iPhone 8 or newer, or an iPad, running iOS 16.6 or newer. You will also need a compatible heart rate monitor for HRV measurement.

For the best experience, please choose from our supported devices list. Using a supported device helps ensure accurate readings and a smooth setup experience.