

Which Heart Rate Monitor Is Right for Me?

SweetWater Health supports both Bluetooth athletic chest straps and the handheld AliveCor KardiaMobile 6L. The best choice depends on how you plan to measure.

A chest strap is the best fit if you want hands-free monitoring during activities such as driving, meditation, sleep, work, yoga, or Qigong. It is ideal any time you want longer or more continuous measurement.

The KardiaMobile 6L is best for short, focused three-minute readings. It is preset for that shorter format and cannot be used for extended monitoring.

If you are choosing between the two, think about whether you want quick spot checks or longer, hands-free sessions.