

What is the Stats Button on the EKG Monitor ?

- You can view the stats screen by selecting the stats button below the EKG animation and can toggle between various screens by repeatedly pressing that button.

Press Start to begin a new session

138	36	3.8
LF	HF	LF/HF
14	43	109
rMSSD	HRV	Heart Rate
27 br/min	0.579	590 cal
Respiration	RR	« Energy »
92 °F	11067	0.1 g
« Skin Tem...	Steps	Activity

01:40:17 Graph

- LF – The Low Frequency component of HRV. (Sympathetic Tone)
- HF – the High Frequency component of HRV (ParaSympathetic Tone)
- RR = Current time between heart beats.