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**Sent:** Wednesday, March 8, 2017 9:56 PM  
**To:** jeevacation@gmail.com  
**Subject:** Your Kardia Beat for February

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## February 2017 Kardia Beat

Your personal heart health report, part of the Kardia Premium service.

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We didn't get any EKGs from you last month.

To get personalized insights, we recommend recording at least 8 EKGs per month.

Your Recorded EKGs

By Kardia Instant Analysis Result

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Your Resting Heart Rate

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Your resting heart rate is unique to you and is a consistent, trackable measure of long-term heart health.

In the long run, a downward trend in resting heart rate can be a positive indicator of heart health, while an upward trend could indicate a decline in heart health.

In each Kardia Beat report, you'll see resting heart rate trends that you and your doctor can use to better understand the impact of your lifestyle habits on your heart health.

Record your resting heart rate when you first wake up, before starting your daily routine. To do this, open the Kardia app and swipe left on the cards until you see the option "Resting Heart Rate". Press  "Record Now" to take your resting heart rate.

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Get more insights by connecting your Kardia App to Apple's Health App or Google's Fit App

This report includes Kardia readings and any available Apple Health App or Google Fit data from 02/01/2017 to 03/01/2017. Readings shorter than 30 seconds and those that could not be classified by Kardia Instant Analysis are excluded.

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