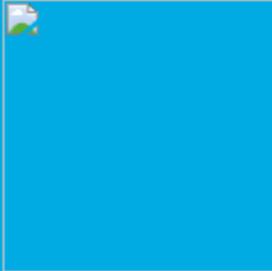


From: AliveCor <[REDACTED]>

To: [REDACTED]

Subject: Your Kardia Beat for November

Date: Wed, 07 Dec 2016 21:00:49 +0000



## November 2016 Kardia Beat

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



### 1 Total EKG Recordings

1 Normal

0 Possible AFib

0 Unclassified

### Your Recorded EKGs

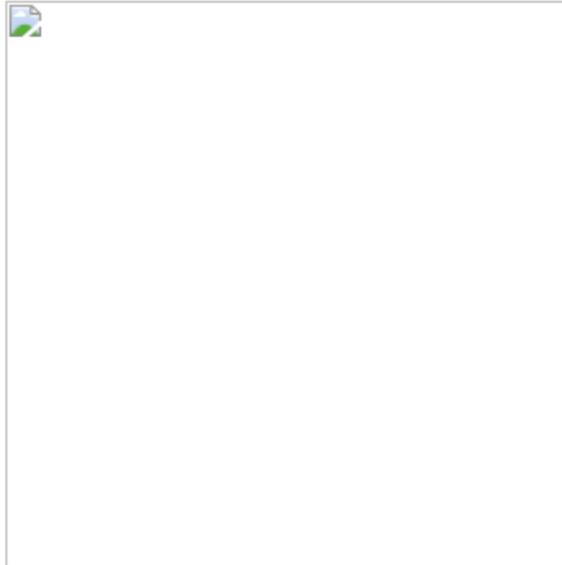
By Kardia Instant Analysis Result

1695708  
3c7cad8f0dabcee67d9cb7805e3285f7  
afd7a1c8

16956  
79  
8a376be

We detected Normal in 100% of your recordings this month.

### Your Resting Heart Rate

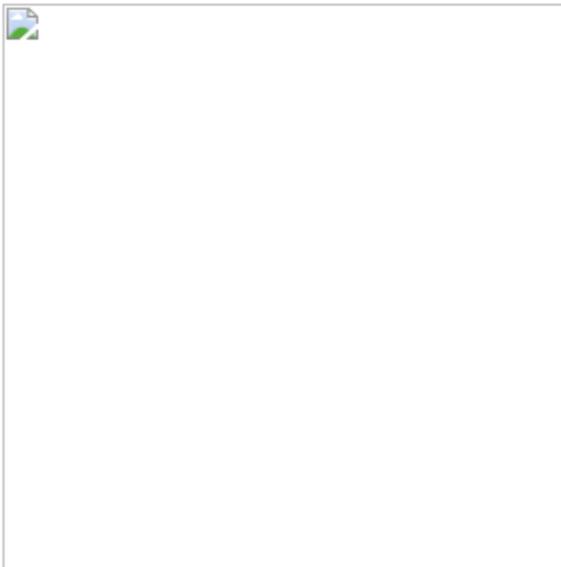


**Your resting heart rate is unique to you and is a consistent, trackable measure of long-term heart health.**

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.



**Your Heart Rate (BPM)**

With Step Count

 1695718  
8f2f0c72349015db3f385e9d15a93c97f  
9ca7d6e

 16956  
89  
a671073

November low was 56 BPM

 16956  
97  
eea43ad

November high was 56 BPM



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 11/01/2016 to 12/01/2016. Readings shorter than 30 seconds and those that could not be classified by Kardia Instant Analysis are excluded.

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