

BLOOD PRESSURE MEASUREMENT



Helo[®]

Blood Pressure
Measurement

- **The Fundamentals of Blood Pressure**
- **No More Discomfort**
- **Why BP Monitoring with Helo Wearable Device**
- **Important Notes**





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The Fundamentals of Blood Pressure



As an important vital sign, blood pressure is frequently measured to assess health. In general terms, **blood pressure (BP)** is the pressure of circulating blood against the walls of blood vessels.



Normal blood pressure for most adults is defined as a systolic pressure of less than 120 and a diastolic pressure of less than 80



Blood pressure below the desired range is considered **hypotension**; pressure within the desired range is **normotension**; and pressure consistently higher than the desired range is **hypertension**.



Hypertension is the most common and potentially lethal condition that may result in heart attack, stroke, congestive heart failure, etc., if it is not detected early and treated appropriately.



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No More Discomfort

- Because traditional BP measurement by a sphygmomanometer causes inconvenience and discomfort to users, numerous research efforts have focused on a satisfactory cuffless method of measurement.
- Pulse wave velocity (PWV) is often used to assess the arterial stiffness. This value is defined as is the distance between two arterial sites divided by the travel time between sites, known as pulse transit time (PTT).
- The PTT value is inversely proportional to the BP value, so once the PTT value is known, it can be translated into BP with a calibration procedure. One way to monitor PTT, and extrapolate to BP, is through photoplethysmography (PPG*).

* PPG = optical way to measure blood volume changes in a bed of tissue, such as a finger, by illuminating the skin and measuring light absorption.



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Why BP Monitoring with Helo Wearable Device

- From data capture through PPG to algorithmic analysis, with its wearable devices, Helo provides an accurate blood pressure reading for consumers.
- With this information, conveniently captured right from the wrist, users can be more aware of their health and take appropriate action under the guidance of a medical professional.

Helo wearable devices provide users with on-demand and simple blood pressure readings to help them better understand the state of their health.



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Important Notes:

- Helo devices capture two types of BP measurements. An automatic BP measurement is performed every hour. Users can also capture BP manually at any time, which provides a more accurate result.
- For highest accuracy, users must complete a BP calibration so the Artificial Intelligence can learn and understand the user's body.





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Note

**Some features are not available in all markets.
Helo products and services are designed to support wellness and are not intended for diagnosing, curing, mitigating, treating, or preventing any diseases or other medical conditions and users should consult with a doctor or other qualified healthcare professional before making any medical decisions.**

HELO[®]

Cheers to Life Sensing
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