FAQ – Lachesis Wearable

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Here are answers to common questions from Lachesis users:

■ What does Lachesis monitor?
Lachesis tracks:
- Heart Rate (resting, active)
- Blood Pressure (systolic/diastolic trends)
- Sleep Quality (duration, interruptions)
- Hydration Indicators (estimation based on behavior patterns)

■ How often does it sync with the app?
By default, Lachesis syncs every 30 minutes. You can trigger a manual sync in the app anytime.

■ Can I wear it while showering?
Lachesis is water-resistant, not waterproof. You should remove it before showers or swimming.

■ How can I view my daily or weekly health summaries?
Open the Lachesis app and navigate to:
Dashboard → Health Summary → Select Day or Week

■ What does the chatbot do?
The built-in chatbot can:
- Explain your health data
- Share general health tips
- Interpret metrics like heart rate, BP, sleep
- Answer questions about using Lachesis

■ What if the band stops working?
Try:
1. Charging fully
2. Rebooting the app and wearable
3. Re-pairing via Bluetooth

If issues continue, contact support at:

support@lachesis-health.com

Stay healthy and hydrated. Your Lachesis assistant is here to help!