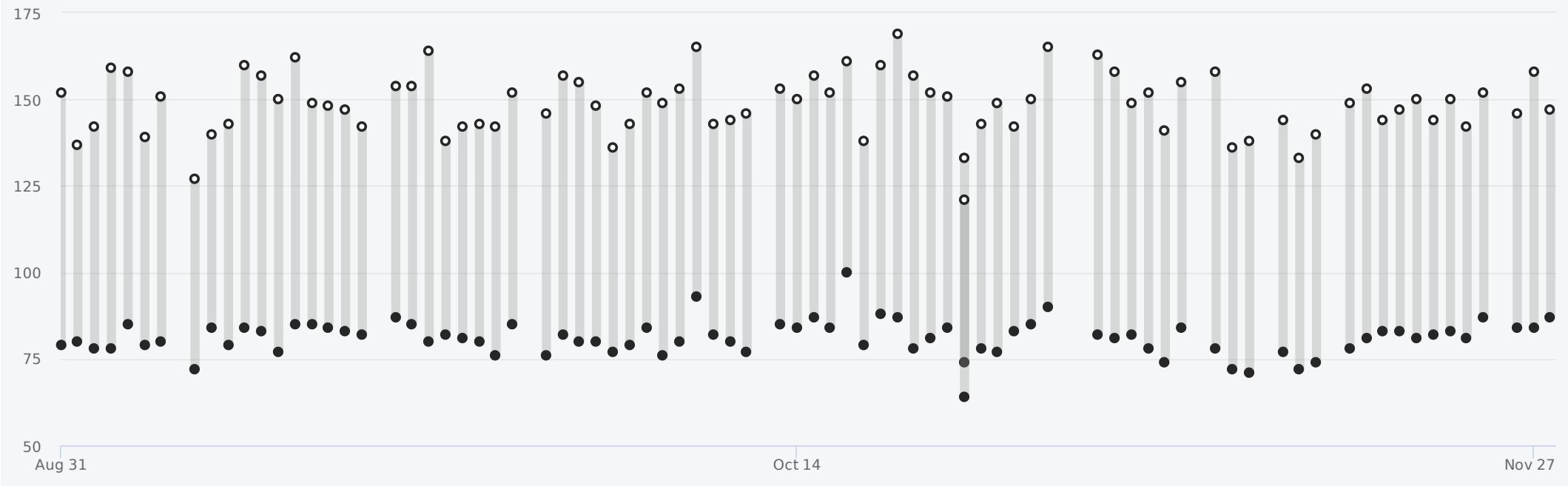


This report shows James’s self-monitoring health information based on participation in the Livongo program. Through the program, James can work on lifestyle and condition management, review educational content, and set and track health goals.

Blood pressure 90-day summary		Heart rate 90-day summary	
Total checks	81	Total checks	81
Average	149/81 mmHg	Average	69 bpm
Above 130/80 mmHg	79	Above 100 bpm	-
Below 130/80 mmHg	2	Within 60 - 100 bpm	79

Blood pressure, all readings past 90 days

● Diastolic ○ Systolic



Blood pressure logs

All readings, past 90 days

Date	Time	Blood Pressure	Heart Rate
Sun, Nov 28	08:27 AM	147/87 mmHg	63 bpm
Sat, Nov 27	08:34 AM	158/84 mmHg	75 bpm
Fri, Nov 26	08:35 AM	146/84 mmHg	65 bpm
Wed, Nov 24	08:15 AM	152/87 mmHg	66 bpm
Tue, Nov 23	07:53 AM	142/81 mmHg	71 bpm
Mon, Nov 22	08:14 AM	150/83 mmHg	65 bpm
Sun, Nov 21	08:58 AM	144/82 mmHg	67 bpm
Sat, Nov 20	07:54 AM	150/81 mmHg	71 bpm
Fri, Nov 19	10:18 AM	147/83 mmHg	79 bpm
Thu, Nov 18	07:19 AM	144/83 mmHg	77 bpm
Wed, Nov 17	08:34 AM	153/81 mmHg	70 bpm
Tue, Nov 16	07:53 AM	149/78 mmHg	66 bpm
Sun, Nov 14	08:08 AM	140/74 mmHg	69 bpm
Sat, Nov 13	08:33 AM	133/72 mmHg	73 bpm
Fri, Nov 12	07:23 AM	144/77 mmHg	75 bpm
Wed, Nov 10	07:26 AM	138/71 mmHg	65 bpm
Tue, Nov 09	07:49 AM	136/72 mmHg	69 bpm
Mon, Nov 08	07:44 AM	158/78 mmHg	62 bpm
Sat, Nov 06	08:36 AM	155/84 mmHg	66 bpm
Fri, Nov 05	08:45 AM	141/74 mmHg	79 bpm
Thu, Nov 04	08:15 AM	152/78 mmHg	69 bpm
Wed, Nov 03	08:26 AM	149/82 mmHg	76 bpm
Tue, Nov 02	08:38 AM	158/81 mmHg	68 bpm
Mon, Nov 01	08:49 AM	163/82 mmHg	71 bpm
Fri, Oct 29	09:08 AM	165/90 mmHg	70 bpm
Thu, Oct 28	07:38 AM	150/85 mmHg	68 bpm
Wed, Oct 27	08:09 AM	142/83 mmHg	70 bpm
Tue, Oct 26	08:26 AM	149/77 mmHg	67 bpm
Mon, Oct 25	08:35 AM	143/78 mmHg	67 bpm
Sun, Oct 24	08:14 AM	133/74 mmHg	70 bpm

Sun, Oct 24	08:13 AM	121/64 mmHg	68 bpm
Sat, Oct 23	08:46 AM	151/84 mmHg	71 bpm
Fri, Oct 22	07:49 AM	152/81 mmHg	70 bpm
Thu, Oct 21	08:31 AM	157/78 mmHg	70 bpm
Wed, Oct 20	08:15 AM	169/87 mmHg	75 bpm
Tue, Oct 19	08:53 AM	160/88 mmHg	69 bpm
Mon, Oct 18	10:21 AM	138/79 mmHg	74 bpm
Sun, Oct 17	07:38 AM	161/100 mmHg	75 bpm
Sat, Oct 16	08:29 AM	152/84 mmHg	70 bpm
Fri, Oct 15	07:57 AM	157/87 mmHg	71 bpm
Thu, Oct 14	08:22 AM	150/84 mmHg	67 bpm
Wed, Oct 13	07:41 AM	153/85 mmHg	74 bpm
Mon, Oct 11	09:00 AM	146/77 mmHg	67 bpm
Sun, Oct 10	07:55 AM	144/80 mmHg	69 bpm
Sat, Oct 09	08:09 AM	143/82 mmHg	70 bpm
Fri, Oct 08	08:34 AM	165/93 mmHg	41 bpm
Thu, Oct 07	08:37 AM	153/80 mmHg	70 bpm
Wed, Oct 06	08:08 AM	149/76 mmHg	71 bpm
Tue, Oct 05	08:32 AM	152/84 mmHg	60 bpm
Mon, Oct 04	09:40 AM	143/79 mmHg	71 bpm
Sun, Oct 03	09:22 AM	136/77 mmHg	66 bpm
Sat, Oct 02	09:16 AM	148/80 mmHg	63 bpm
Fri, Oct 01	08:34 AM	155/80 mmHg	69 bpm
Thu, Sep 30	08:16 AM	157/82 mmHg	74 bpm
Wed, Sep 29	07:44 AM	146/76 mmHg	75 bpm
Mon, Sep 27	07:43 AM	152/85 mmHg	73 bpm
Sun, Sep 26	08:38 AM	142/76 mmHg	73 bpm
Sat, Sep 25	08:32 AM	143/80 mmHg	66 bpm
Fri, Sep 24	07:27 AM	142/81 mmHg	75 bpm
Thu, Sep 23	08:18 AM	138/82 mmHg	62 bpm
Wed, Sep 22	07:47 AM	164/80 mmHg	77 bpm
Tue, Sep 21	08:34 AM	154/85 mmHg	64 bpm
Mon, Sep 20	08:28 AM	154/87 mmHg	61 bpm

Disclaimer: This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition.

Sat, Sep 18	08:48 AM	142/82 mmHg	66 bpm
Fri, Sep 17	08:16 AM	147/83 mmHg	71 bpm
Thu, Sep 16	08:48 AM	148/84 mmHg	70 bpm
Wed, Sep 15	07:50 AM	149/85 mmHg	67 bpm
Tue, Sep 14	08:07 AM	162/85 mmHg	66 bpm
Mon, Sep 13	07:55 AM	150/77 mmHg	65 bpm
Sun, Sep 12	08:22 AM	157/83 mmHg	61 bpm
Sat, Sep 11	07:56 AM	160/84 mmHg	63 bpm
Fri, Sep 10	08:28 AM	143/79 mmHg	67 bpm
Thu, Sep 09	08:19 AM	140/84 mmHg	77 bpm
Wed, Sep 08	07:31 PM	127/72 mmHg	78 bpm
Mon, Sep 06	07:45 AM	151/80 mmHg	59 bpm
Sun, Sep 05	08:14 AM	139/79 mmHg	66 bpm
Sat, Sep 04	08:10 AM	158/85 mmHg	61 bpm
Fri, Sep 03	09:30 AM	159/78 mmHg	61 bpm
Thu, Sep 02	08:29 AM	142/78 mmHg	72 bpm
Wed, Sep 01	07:32 AM	137/80 mmHg	69 bpm
Tue, Aug 31	07:40 AM	152/79 mmHg	68 bpm