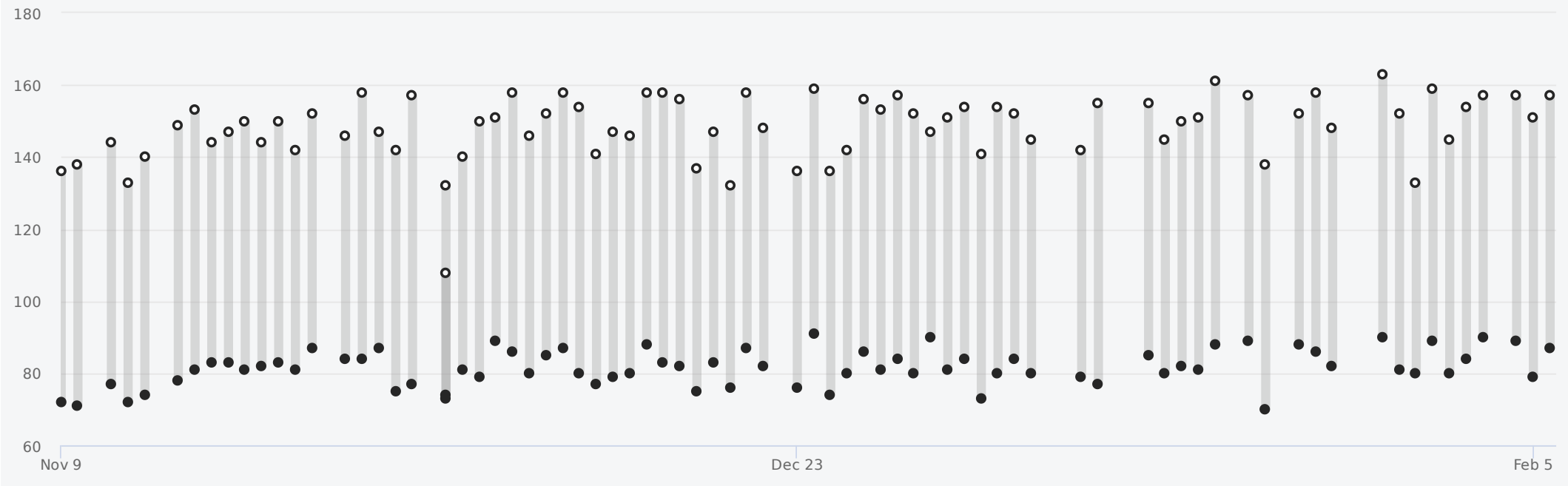


This report shows James’s self-monitoring health information based on participation in the Livongo program. Through the program, James has access to a blood glucose meter, digital blood pressure monitor, and scale, plus unlimited strips and lancets. He can work with a coach on lifestyle and condition management, review educational content, and set and track health goals in the Livongo app.

Blood pressure 90-day summary		Heart rate 90-day summary	
Total checks	77	Total checks	77
Average	148/82 mmHg	Average	69 bpm
Above 130/80 mmHg	76	Above 100 bpm	-
Below 130/80 mmHg	1	Within 60 - 100 bpm	76

Blood pressure, all readings past 90 days

● Diastolic ○ Systolic



Blood pressure logs

All readings, past 90 days

Date	Time	Blood Pressure	Heart Rate
Sun, Feb 06	09:31 AM	157/87 mmHg	63 bpm
Sat, Feb 05	09:56 AM	151/79 mmHg	74 bpm
Fri, Feb 04	08:06 AM	157/89 mmHg	69 bpm
Wed, Feb 02	08:21 AM	157/90 mmHg	66 bpm
Tue, Feb 01	07:55 AM	154/84 mmHg	68 bpm
Mon, Jan 31	08:48 AM	145/80 mmHg	70 bpm
Sun, Jan 30	08:23 AM	159/89 mmHg	65 bpm
Sat, Jan 29	07:25 AM	133/80 mmHg	69 bpm
Fri, Jan 28	09:17 AM	152/81 mmHg	67 bpm
Thu, Jan 27	08:22 AM	163/90 mmHg	63 bpm
Mon, Jan 24	09:03 AM	148/82 mmHg	73 bpm
Sun, Jan 23	07:57 AM	158/86 mmHg	74 bpm
Sat, Jan 22	08:53 AM	152/88 mmHg	64 bpm
Thu, Jan 20	08:37 AM	138/70 mmHg	74 bpm
Wed, Jan 19	07:11 AM	157/89 mmHg	66 bpm
Mon, Jan 17	08:06 AM	161/88 mmHg	61 bpm
Sun, Jan 16	09:26 AM	151/81 mmHg	61 bpm
Sat, Jan 15	09:19 AM	150/82 mmHg	62 bpm
Fri, Jan 14	07:57 AM	145/80 mmHg	69 bpm
Thu, Jan 13	08:14 AM	155/85 mmHg	78 bpm
Mon, Jan 10	08:51 AM	155/77 mmHg	69 bpm
Sun, Jan 09	09:32 AM	142/79 mmHg	69 bpm
Thu, Jan 06	08:18 PM	145/80 mmHg	69 bpm
Wed, Jan 05	07:50 AM	152/84 mmHg	61 bpm
Tue, Jan 04	07:45 AM	154/80 mmHg	59 bpm
Mon, Jan 03	09:38 AM	141/73 mmHg	62 bpm
Sun, Jan 02	07:27 AM	154/84 mmHg	65 bpm
Sat, Jan 01	09:13 AM	151/81 mmHg	67 bpm
Fri, Dec 31	09:27 AM	147/90 mmHg	61 bpm
Thu, Dec 30	08:06 AM	152/80 mmHg	70 bpm

Wed, Dec 29	09:22 AM	157/84 mmHg	64 bpm
Tue, Dec 28	07:48 AM	153/81 mmHg	68 bpm
Mon, Dec 27	08:58 AM	156/86 mmHg	63 bpm
Sun, Dec 26	08:25 AM	142/80 mmHg	65 bpm
Sat, Dec 25	08:28 AM	136/74 mmHg	68 bpm
Fri, Dec 24	06:58 AM	159/91 mmHg	65 bpm
Thu, Dec 23	07:37 AM	136/76 mmHg	67 bpm
Tue, Dec 21	07:47 AM	148/82 mmHg	67 bpm
Mon, Dec 20	07:58 AM	158/87 mmHg	63 bpm
Sun, Dec 19	09:21 AM	132/76 mmHg	67 bpm
Sat, Dec 18	08:28 AM	147/83 mmHg	68 bpm
Fri, Dec 17	07:49 AM	137/75 mmHg	70 bpm
Thu, Dec 16	07:49 AM	156/82 mmHg	80 bpm
Wed, Dec 15	07:48 AM	158/83 mmHg	72 bpm
Tue, Dec 14	07:53 AM	158/88 mmHg	66 bpm
Mon, Dec 13	08:46 AM	146/80 mmHg	70 bpm
Sun, Dec 12	09:37 AM	147/79 mmHg	76 bpm
Sat, Dec 11	08:50 AM	141/77 mmHg	75 bpm
Fri, Dec 10	07:50 AM	154/80 mmHg	75 bpm
Thu, Dec 09	08:33 AM	158/87 mmHg	72 bpm
Wed, Dec 08	08:20 AM	152/85 mmHg	69 bpm
Tue, Dec 07	07:35 AM	146/80 mmHg	71 bpm
Mon, Dec 06	08:24 AM	158/86 mmHg	71 bpm
Sun, Dec 05	09:53 AM	151/89 mmHg	68 bpm
Sat, Dec 04	08:55 AM	150/79 mmHg	75 bpm
Fri, Dec 03	08:33 AM	140/81 mmHg	64 bpm
Thu, Dec 02	07:34 AM	132/73 mmHg	75 bpm
Thu, Dec 02	07:32 AM	108/74 mmHg	68 bpm
Tue, Nov 30	08:48 AM	157/77 mmHg	77 bpm
Mon, Nov 29	08:46 AM	142/75 mmHg	71 bpm
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