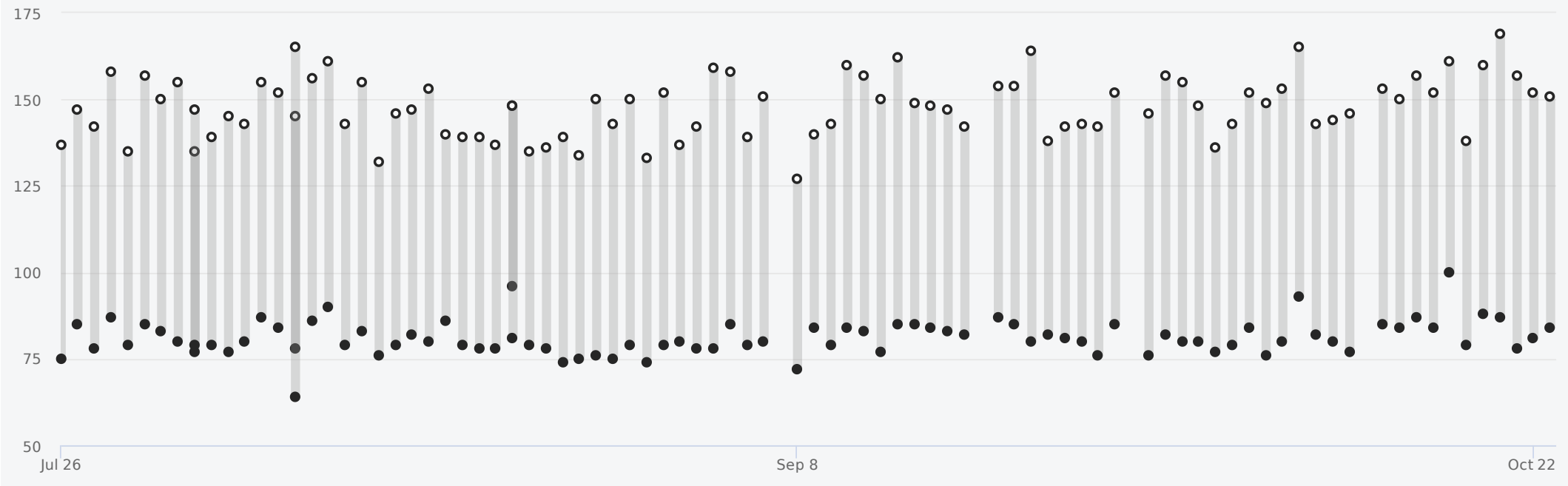


This report shows James’s self-monitoring health information based on participation in the Livongo program. Through the program, James has access to a blood glucose meter, digital blood pressure monitor, and scale, plus unlimited strips and lancets. He can work with a coach on lifestyle and condition 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	89	Total checks	89
Average	148/81 mmHg	Average	67
Above 130/80mmHg	88	Above 60 - 100 bpm	-
Within 130/80mmHg	1	Within 60 - 100 bpm	84

Blood pressure, all readings past 90 days

● Diastolic ○ Systolic



Blood pressure logs

All readings, past 90 days

Date	Time	Blood Pressure	Heart Rate
Sat, Oct 23	7:46 AM	151/84 mmHg	71 bpm
Fri, Oct 22	6:49 AM	152/81 mmHg	70 bpm
Thu, Oct 21	7:31 AM	157/78 mmHg	70 bpm
Wed, Oct 20	7:15 AM	169/87 mmHg	75 bpm
Tue, Oct 19	7:53 AM	160/88 mmHg	69 bpm
Mon, Oct 18	9:21 AM	138/79 mmHg	74 bpm
Sun, Oct 17	6:38 AM	161/100 mmHg	75 bpm
Sat, Oct 16	7:29 AM	152/84 mmHg	70 bpm
Fri, Oct 15	6:57 AM	157/87 mmHg	71 bpm
Thu, Oct 14	7:22 AM	150/84 mmHg	67 bpm
Wed, Oct 13	6:41 AM	153/85 mmHg	74 bpm
Mon, Oct 11	8:00 AM	146/77 mmHg	67 bpm
Sun, Oct 10	6:55 AM	144/80 mmHg	69 bpm
Sat, Oct 09	7:09 AM	143/82 mmHg	70 bpm
Fri, Oct 08	7:34 AM	165/93 mmHg	41 bpm
Thu, Oct 07	7:37 AM	153/80 mmHg	70 bpm
Wed, Oct 06	7:08 AM	149/76 mmHg	71 bpm
Tue, Oct 05	7:32 AM	152/84 mmHg	60 bpm
Mon, Oct 04	8:40 AM	143/79 mmHg	71 bpm
Sun, Oct 03	8:22 AM	136/77 mmHg	66 bpm
Sat, Oct 02	8:16 AM	148/80 mmHg	63 bpm
Fri, Oct 01	7:34 AM	155/80 mmHg	69 bpm
Thu, Sep 30	7:16 AM	157/82 mmHg	74 bpm
Wed, Sep 29	6:44 AM	146/76 mmHg	75 bpm
Mon, Sep 27	6:43 AM	152/85 mmHg	73 bpm
Sun, Sep 26	7:38 AM	142/76 mmHg	73 bpm
Sat, Sep 25	7:32 AM	143/80 mmHg	66 bpm
Fri, Sep 24	6:27 AM	142/81 mmHg	75 bpm
Thu, Sep 23	7:18 AM	138/82 mmHg	62 bpm
Wed, Sep 22	6:47 AM	164/80 mmHg	77 bpm

Tue, Sep 21	7:34 AM	154/85 mmHg	64 bpm
Mon, Sep 20	7:28 AM	154/87 mmHg	61 bpm
Sat, Sep 18	7:48 AM	142/82 mmHg	66 bpm
Fri, Sep 17	7:16 AM	147/83 mmHg	71 bpm
Thu, Sep 16	7:48 AM	148/84 mmHg	70 bpm
Wed, Sep 15	6:50 AM	149/85 mmHg	67 bpm
Tue, Sep 14	7:07 AM	162/85 mmHg	66 bpm
Mon, Sep 13	6:55 AM	150/77 mmHg	65 bpm
Sun, Sep 12	7:22 AM	157/83 mmHg	61 bpm
Sat, Sep 11	6:56 AM	160/84 mmHg	63 bpm
Fri, Sep 10	7:28 AM	143/79 mmHg	67 bpm
Thu, Sep 09	7:19 AM	140/84 mmHg	77 bpm
Wed, Sep 08	6:31 PM	127/72 mmHg	78 bpm
Mon, Sep 06	6:45 AM	151/80 mmHg	59 bpm
Sun, Sep 05	7:14 AM	139/79 mmHg	66 bpm
Sat, Sep 04	7:10 AM	158/85 mmHg	61 bpm
Fri, Sep 03	8:30 AM	159/78 mmHg	61 bpm
Thu, Sep 02	7:29 AM	142/78 mmHg	72 bpm
Wed, Sep 01	6:32 AM	137/80 mmHg	69 bpm
Tue, Aug 31	6:40 AM	152/79 mmHg	68 bpm
Mon, Aug 30	7:32 AM	133/74 mmHg	72 bpm
Sun, Aug 29	8:06 AM	150/79 mmHg	53 bpm
Sat, Aug 28	7:35 AM	143/75 mmHg	63 bpm
Fri, Aug 27	7:19 AM	150/76 mmHg	75 bpm
Thu, Aug 26	7:09 AM	134/75 mmHg	66 bpm
Wed, Aug 25	7:24 AM	139/74 mmHg	72 bpm
Tue, Aug 24	6:19 AM	136/78 mmHg	68 bpm
Mon, Aug 23	6:43 AM	135/79 mmHg	71 bpm
Sun, Aug 22	6:30 PM	148/96 mmHg	73 bpm
Sun, Aug 22	7:38 AM	148/81 mmHg	64 bpm
Sat, Aug 21	6:51 AM	137/78 mmHg	62 bpm
Fri, Aug 20	7:08 AM	139/78 mmHg	69 bpm
Thu, Aug 19	6:56 AM	139/79 mmHg	62 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.

Wed, Aug 18	7:03 AM	140/86 mmHg	70 bpm
Tue, Aug 17	6:41 AM	153/80 mmHg	67 bpm
Mon, Aug 16	6:52 AM	147/82 mmHg	63 bpm
Sun, Aug 15	7:05 AM	146/79 mmHg	65 bpm
Sat, Aug 14	7:30 AM	132/76 mmHg	69 bpm
Fri, Aug 13	6:37 AM	155/83 mmHg	62 bpm
Thu, Aug 12	7:22 AM	143/79 mmHg	71 bpm
Wed, Aug 11	6:48 AM	161/90 mmHg	70 bpm
Tue, Aug 10	6:33 AM	156/86 mmHg	64 bpm
Mon, Aug 09	7:37 AM	145/78 mmHg	73 bpm
Mon, Aug 09	7:35 AM	165/64 mmHg	72 bpm
Sun, Aug 08	7:25 AM	152/84 mmHg	70 bpm
Sat, Aug 07	8:42 AM	155/87 mmHg	64 bpm
Fri, Aug 06	6:52 AM	143/80 mmHg	59 bpm
Thu, Aug 05	7:36 AM	145/77 mmHg	72 bpm
Wed, Aug 04	7:22 AM	139/79 mmHg	68 bpm
Tue, Aug 03	8:42 AM	135/77 mmHg	63 bpm
Tue, Aug 03	8:38 AM	147/79 mmHg	65 bpm
Mon, Aug 02	7:34 AM	155/80 mmHg	62 bpm
Sun, Aug 01	8:17 AM	150/83 mmHg	63 bpm
Sat, Jul 31	7:01 AM	157/85 mmHg	61 bpm
Fri, Jul 30	7:24 AM	135/79 mmHg	66 bpm
Thu, Jul 29	7:00 AM	158/87 mmHg	59 bpm
Wed, Jul 28	6:46 AM	142/78 mmHg	68 bpm
Tue, Jul 27	6:46 AM	147/85 mmHg	67 bpm
Mon, Jul 26	7:08 AM	137/75 mmHg	68 bpm