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# Monthly Report

10/2022

**Jack Anderson**

jack.anderson@email.com

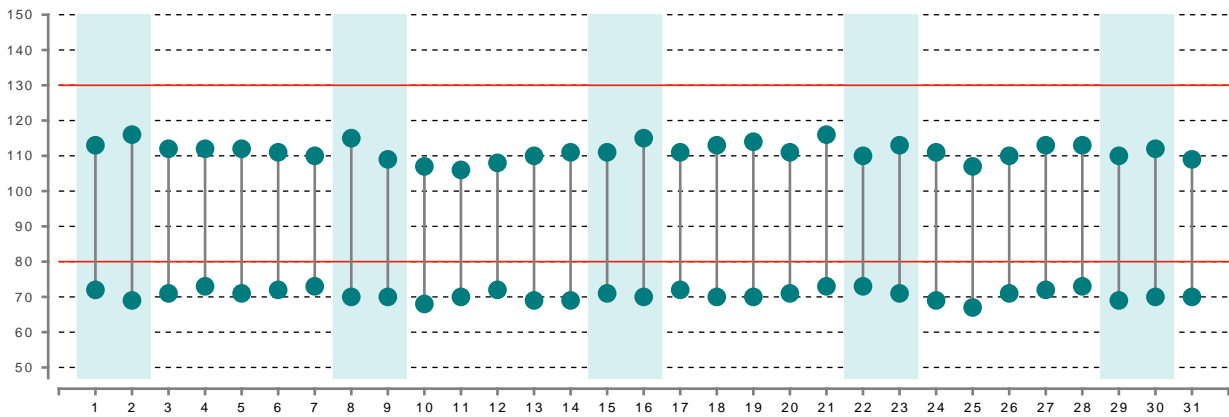
Male | 11/03/1971

5 ft 11 in | 183 lbs

## Summary Table

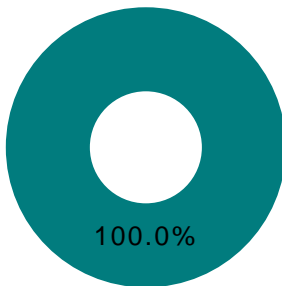
	Daytime (Resting)			Night-time			24-hours		
	SBP	DBP	HR	SBP	DBP	HR	SBP	DBP	HR
MEAN	<b>115</b>	<b>74</b>	<b>68</b>	<b>108</b>	<b>68</b>	<b>55</b>	<b>112</b>	<b>71</b>	<b>61</b>
SD	2	2	3	5	3	5	3	2	3
MAX	144	93	89	141	92	87	144	93	89
MIN	103	62	48	97	55	45	97	55	45
READINGS	245	245	245	202	202	202	573	573	573

## Monthly graph view - BP

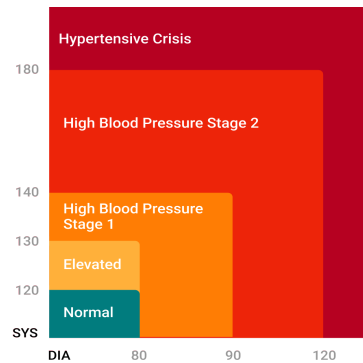
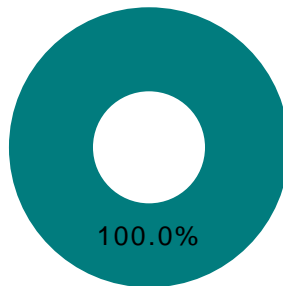


## Percentages in range

**Systolic BP**



**Diastolic BP**





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# Monthly Report

10/2022

**Jack Anderson**

jack.anderson@email.com

Male | 11/03/1989

5 ft 11 in | 183 lbs

## BP readings

DATE	TIME	SBP	DBP	HR		DATE	TIME	SBP	DBP	HR
27 September, 22	21:05	115	73	77	⊕	2 October, 22	22:36	113	75	60
1 October, 22	00:57	115	68	64		2 October, 22	23:17	105	65	54
1 October, 22	01:37	115	72	66		2 October, 22	23:57	109	65	59
1 October, 22	02:17	117	75	61		3 October, 22	01:57	116	66	49
1 October, 22	02:57	108	69	58		3 October, 22	02:37	106	59	49
1 October, 22	03:37	120	<b>83</b>	64		3 October, 22	06:32	110	74	52
1 October, 22	04:17	106	65	53		3 October, 22	10:48	117	<b>81</b>	62
1 October, 22	04:57	113	72	64		3 October, 22	14:16	106	65	72
1 October, 22	08:42	105	67	50		3 October, 22	15:20	112	75	60
1 October, 22	08:50	106	70	50		3 October, 22	15:30	114	<b>82</b>	56
1 October, 22	09:30	105	71	54		3 October, 22	16:13	114	77	60
1 October, 22	10:10	109	78	48		3 October, 22	17:27	116	80	67
1 October, 22	11:13	118	<b>81</b>	67		3 October, 22	19:27	110	74	62
1 October, 22	11:37	115	74	66		3 October, 22	20:31	128	79	82
1 October, 22	19:09	118	77	77		3 October, 22	23:33	102	61	50
1 October, 22	23:59	117	66	72		4 October, 22	02:20	103	71	52
2 October, 22	00:42	119	67	67		4 October, 22	03:00	98	65	47
2 October, 22	01:30	<b>132</b>	<b>81</b>	65		4 October, 22	03:40	105	70	50
2 October, 22	02:11	119	64	63		4 October, 22	05:00	99	66	46
2 October, 22	03:30	123	62	65		4 October, 22	05:48	104	72	51
2 October, 22	05:51	117	70	61		4 October, 22	09:35	122	79	69
2 October, 22	06:31	116	61	63		4 October, 22	09:52	112	<b>81</b>	56
2 October, 22	07:55	111	71	54		4 October, 22	10:55	111	79	54
2 October, 22	08:35	111	66	61		4 October, 22	18:46	122	74	65
2 October, 22	09:55	109	73	50		4 October, 22	20:09	119	71	75
2 October, 22	12:04	120	77	67		4 October, 22	20:54	119	71	73
2 October, 22	12:24	115	75	62		4 October, 22	22:54	112	71	59
2 October, 22	20:02	124	80	69		5 October, 22	01:48	110	72	55
2 October, 22	20:58	119	68	72		5 October, 22	03:08	116	<b>81</b>	47
2 October, 22	21:29	121	69	74		5 October, 22	03:56	106	65	57



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# Monthly Report

10/2022

**Jack Anderson**

jack.anderson@email.com

Male | 11/03/1971

5 ft 11 in | 183 lbs

## BP readings

DATE	TIME	SBP	DBP	HR	DATE	TIME	SBP	DBP	HR
5 October, 22	04:36	100	64	50	7 October, 22	01:07	102	63	50
5 October, 22	05:16	105	62	48	7 October, 22	05:40	101	62	50
5 October, 22	07:16	105	70	52	7 October, 22	06:20	102	66	47
5 October, 22	08:18	117	<b>87</b>	62	7 October, 22	07:08	104	67	53
5 October, 22	09:25	107	74	57	7 October, 22	07:16	104	65	53
5 October, 22	09:38	111	77	62	7 October, 22	09:34	112	80	62
5 October, 22	13:57	119	71	67	7 October, 22	10:21	117	<b>84</b>	64
5 October, 22	19:00	119	77	80	7 October, 22	13:31	109	71	61
5 October, 22	19:42	113	69	69	7 October, 22	14:27	111	79	65
5 October, 22	20:28	124	71	81	7 October, 22	16:21	111	72	58
5 October, 22	22:32	113	70	71	7 October, 22	16:30	110	79	65
6 October, 22	00:05	111	70	59	7 October, 22	17:37	117	<b>86</b>	59
6 October, 22	00:13	105	61	52	7 October, 22	17:48	111	79	64
6 October, 22	03:39	112	76	48	7 October, 22	21:46	118	79	68
6 October, 22	04:19	102	68	48	7 October, 22	22:29	119	68	72
6 October, 22	05:07	104	64	48	7 October, 22	22:38	117	67	70
6 October, 22	05:48	104	65	48	7 October, 22	22:46	123	73	75
6 October, 22	05:57	102	63	48	7 October, 22	23:26	112	71	68
6 October, 22	07:25	104	70	45	8 October, 22	00:46	112	60	56
6 October, 22	09:40	116	79	67	8 October, 22	02:06	<b>141</b>	<b>92</b>	61
6 October, 22	13:22	113	73	68	8 October, 22	04:06	100	60	52
6 October, 22	14:43	112	74	76	8 October, 22	06:22	111	74	59
6 October, 22	16:50	114	77	63	8 October, 22	07:03	105	71	48
6 October, 22	17:06	129	79	66	8 October, 22	07:42	102	66	50
6 October, 22	21:27	111	76	65	8 October, 22	08:22	109	67	53
6 October, 22	21:36	118	74	74	8 October, 22	09:06	108	66	56
6 October, 22	22:26	113	76	66	8 October, 22	10:30	114	74	58
6 October, 22	23:07	110	77	54	8 October, 22	11:23	121	77	70
6 October, 22	23:47	106	68	54	8 October, 22	12:11	116	77	66
7 October, 22	00:27	105	66	55	8 October, 22	13:10	111	69	64



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# Monthly Report

10/2022

**Jack Anderson**

jack.anderson@email.com

Male | 11/03/1971

5 ft 11 in | 183 lbs

## BP readings

DATE	TIME	SBP	DBP	HR	DATE	TIME	SBP	DBP	HR
8 October, 22	19:50	117	70	77	10 October, 22	03:56	104	67	57
8 October, 22	20:30	129	74	89	10 October, 22	04:36	102	67	47
8 October, 22	21:11	117	71	70	10 October, 22	05:16	98	68	46
8 October, 22	22:09	121	69	76	10 October, 22	05:56	108	66	51
8 October, 22	23:03	113	68	66	10 October, 22	06:36	103	69	47
8 October, 22	23:24	121	69	70	10 October, 22	07:24	112	70	60
8 October, 22	23:32	116	72	69	10 October, 22	18:58	115	74	71
9 October, 22	00:12	112	68	65	10 October, 22	19:14	116	70	68
9 October, 22	01:53	113	69	60	10 October, 22	20:12	111	62	65
9 October, 22	02:02	104	63	54	10 October, 22	20:30	111	77	61
9 October, 22	03:26	108	67	58	10 October, 22	20:42	112	74	58
9 October, 22	04:06	112	69	64	10 October, 22	22:03	111	59	62
9 October, 22	04:46	107	68	57	10 October, 22	22:11	110	63	57
9 October, 22	05:26	106	70	54	10 October, 22	22:51	108	64	56
9 October, 22	06:46	97	62	52	10 October, 22	23:31	102	64	54
9 October, 22	07:26	109	71	58	11 October, 22	01:33	97	60	48
9 October, 22	08:06	107	72	49	11 October, 22	02:13	101	68	48
9 October, 22	08:48	108	72	53	11 October, 22	02:53	102	66	48
9 October, 22	09:05	104	69	52	11 October, 22	04:13	102	69	48
9 October, 22	09:45	109	76	52	11 October, 22	04:53	100	66	46
9 October, 22	10:25	106	72	50	11 October, 22	05:33	97	65	47
9 October, 22	11:07	118	74	68	11 October, 22	05:41	105	70	53
9 October, 22	17:54	121	<b>81</b>	87	11 October, 22	06:43	110	78	64
9 October, 22	20:13	112	69	67	11 October, 22	07:34	113	<b>83</b>	58
9 October, 22	21:08	111	71	64	11 October, 22	07:44	113	77	62
9 October, 22	22:32	111	70	60	11 October, 22	14:15	114	74	80
9 October, 22	23:13	106	62	53	11 October, 22	19:31	111	75	70
9 October, 22	23:53	105	65	53	11 October, 22	20:03	111	73	64
10 October, 22	01:13	102	67	50	11 October, 22	20:45	106	67	60
10 October, 22	01:53	105	67	52	11 October, 22	21:28	108	68	61



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# Monthly Report

10/2022

**Jack Anderson**

jack.anderson@email.com

Male | 11/03/1971

5 ft 11 in | 183 lbs

## BP readings

DATE	TIME	SBP	DBP	HR	DATE	TIME	SBP	DBP	HR
11 October, 22	21:48	118	69	57	13 October, 22	05:35	103	66	50
11 October, 22	22:29	110	74	56	13 October, 22	06:15	109	73	54
11 October, 22	23:10	113	74	68	13 October, 22	06:55	103	69	52
11 October, 22	23:21	107	73	56	13 October, 22	07:35	104	72	50
11 October, 22	23:29	102	63	51	13 October, 22	09:20	114	76	69
12 October, 22	00:18	106	68	51	13 October, 22	14:15	109	76	63
12 October, 22	01:38	100	69	47	13 October, 22	15:54	111	77	56
12 October, 22	01:46	104	71	53	13 October, 22	18:34	108	64	63
12 October, 22	02:26	101	65	51	13 October, 22	19:24	119	75	79
12 October, 22	03:06	98	65	50	13 October, 22	20:09	111	71	70
12 October, 22	04:26	103	70	49	13 October, 22	20:29	116	73	73
12 October, 22	04:34	103	69	46	13 October, 22	21:14	118	73	76
12 October, 22	05:14	103	65	45	13 October, 22	23:03	123	69	72
12 October, 22	06:02	100	67	48	13 October, 22	23:11	120	68	72
12 October, 22	06:42	101	70	45	14 October, 22	00:31	106	62	57
12 October, 22	06:50	103	70	51	14 October, 22	01:11	115	64	66
12 October, 22	07:31	105	71	49	14 October, 22	01:51	105	63	58
12 October, 22	11:12	108	<b>81</b>	57	14 October, 22	02:31	108	63	59
12 October, 22	11:21	112	<b>84</b>	58	14 October, 22	03:11	116	72	59
12 October, 22	15:10	116	77	66	14 October, 22	04:31	110	67	55
12 October, 22	15:18	109	74	67	14 October, 22	04:40	103	65	53
12 October, 22	21:26	124	74	77	14 October, 22	05:27	111	69	58
12 October, 22	21:36	118	71	79	14 October, 22	06:48	103	66	48
12 October, 22	22:25	111	73	67	14 October, 22	06:56	106	67	51
12 October, 22	22:49	127	<b>89</b>	64	14 October, 22	07:47	113	78	55
12 October, 22	22:58	113	68	64	14 October, 22	07:56	106	70	56
13 October, 22	01:36	104	65	51	14 October, 22	12:05	118	76	72
13 October, 22	03:35	109	69	50	14 October, 22	16:40	112	77	61
13 October, 22	04:15	99	55	49	14 October, 22	22:09	119	73	78
13 October, 22	04:55	108	64	54	14 October, 22	22:25	114	65	68



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# Monthly Report

10/2022

**Jack Anderson**

jack.anderson@email.com

Male | 11/03/1971

5 ft 11 in | 183 lbs

## BP readings

DATE	TIME	SBP	DBP	HR	DATE	TIME	SBP	DBP	HR
14 October, 22	23:47	110	64	55	16 October, 22	08:59	116	65	61
15 October, 22	00:27	112	64	59	16 October, 22	09:07	117	78	60
15 October, 22	01:07	103	67	56	16 October, 22	10:05	116	73	62
15 October, 22	01:47	113	65	61	16 October, 22	12:30	112	72	60
15 October, 22	03:47	116	<b>84</b>	64	16 October, 22	13:11	116	72	76
15 October, 22	04:03	105	63	54	16 October, 22	13:20	124	64	76
15 October, 22	04:43	104	63	51	16 October, 22	13:33	119	73	67
15 October, 22	05:23	107	72	49	16 October, 22	14:24	123	68	77
15 October, 22	05:31	106	72	54	16 October, 22	14:32	114	70	68
15 October, 22	06:11	110	69	55	16 October, 22	15:06	123	74	70
15 October, 22	06:51	100	65	47	16 October, 22	17:14	114	79	63
15 October, 22	07:31	104	66	52	16 October, 22	19:23	117	76	70
15 October, 22	08:11	103	68	48	16 October, 22	21:41	113	74	69
15 October, 22	08:51	107	74	53	16 October, 22	23:02	107	64	62
15 October, 22	09:31	107	72	53	16 October, 22	23:11	108	67	61
15 October, 22	10:11	114	71	69	17 October, 22	00:32	101	65	55
15 October, 22	10:34	120	79	76	17 October, 22	00:53	105	68	50
15 October, 22	10:43	125	74	77	17 October, 22	01:09	103	64	52
15 October, 22	18:17	124	76	83	17 October, 22	05:54	113	73	66
15 October, 22	19:31	122	72	80	17 October, 22	06:12	110	72	59
16 October, 22	00:53	125	72	78	17 October, 22	09:29	107	71	58
16 October, 22	02:13	126	63	72	17 October, 22	11:04	112	78	62
16 October, 22	02:53	114	63	64	17 October, 22	11:29	111	<b>82</b>	56
16 October, 22	03:33	110	63	60	17 October, 22	12:30	103	73	58
16 October, 22	04:13	112	64	64	17 October, 22	12:42	110	77	57
16 October, 22	05:00	109	64	57	17 October, 22	15:56	109	67	66
16 October, 22	05:40	112	60	60	17 October, 22	16:10	119	72	74
16 October, 22	06:20	108	62	55	17 October, 22	16:20	115	71	70
16 October, 22	07:38	114	72	68	17 October, 22	17:13	110	70	61
16 October, 22	08:51	109	68	56	17 October, 22	19:33	119	<b>89</b>	67



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# Monthly Report

10/2022

**Jack Anderson**

jack.anderson@email.com

Male | 11/03/1971

5 ft 11 in | 183 lbs

## BP readings

DATE	TIME	SBP	DBP	HR	DATE	TIME	SBP	DBP	HR
17 October, 22	20:05	114	74	68	19 October, 22	03:49	109	75	53
17 October, 22	20:46	117	73	74	19 October, 22	05:50	114	68	51
17 October, 22	21:36	112	63	63	19 October, 22	07:32	117	75	69
17 October, 22	22:17	112	60	57	19 October, 22	11:04	113	72	65
17 October, 22	22:57	115	64	61	19 October, 22	11:41	111	73	57
17 October, 22	23:37	112	59	62	19 October, 22	14:45	126	70	67
18 October, 22	00:17	107	62	53	19 October, 22	15:08	118	72	68
18 October, 22	02:19	112	66	53	19 October, 22	16:03	110	77	59
18 October, 22	02:59	106	65	56	19 October, 22	16:35	107	75	57
18 October, 22	03:39	102	64	50	19 October, 22	17:39	108	74	63
18 October, 22	04:19	102	64	54	19 October, 22	23:08	118	68	71
18 October, 22	05:18	99	63	47	19 October, 22	23:48	110	63	63
18 October, 22	08:29	116	73	72	19 October, 22	23:56	108	61	59
18 October, 22	09:56	116	72	67	20 October, 22	00:36	106	59	57
18 October, 22	11:47	117	77	64	20 October, 22	01:56	109	67	64
18 October, 22	12:09	116	72	64	20 October, 22	02:36	101	64	51
18 October, 22	15:07	127	70	83	20 October, 22	04:05	102	70	50
18 October, 22	15:56	116	72	73	20 October, 22	04:45	111	68	60
18 October, 22	18:35	112	72	63	20 October, 22	05:25	100	68	48
18 October, 22	18:51	115	78	62	20 October, 22	06:24	111	76	52
18 October, 22	21:11	114	71	72	20 October, 22	08:14	121	76	77
18 October, 22	22:19	123	76	65	20 October, 22	08:39	120	76	74
19 October, 22	00:39	121	69	65	20 October, 22	09:23	115	74	72
19 October, 22	00:49	124	71	66	20 October, 22	09:32	118	74	75
19 October, 22	01:30	108	61	58	20 October, 22	09:40	118	78	70
19 October, 22	02:18	108	68	61	20 October, 22	11:28	117	71	70
19 October, 22	02:26	112	67	63	20 October, 22	11:47	115	78	59
19 October, 22	02:34	111	63	63	20 October, 22	13:59	113	77	66
19 October, 22	02:42	110	67	61	20 October, 22	14:16	116	70	69
19 October, 22	03:22	108	67	55	20 October, 22	15:20	107	71	61



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## Monthly Report

10/2022

**Jack Anderson**

jack.anderson@email.com

Male | 11/03/1971

5 ft 11 in | 183 lbs

### BP readings

DATE	TIME	SBP	DBP	HR	DATE	TIME	SBP	DBP	HR
20 October, 22	16:33	111	79	60	21 October, 22	20:00	109	67	63
20 October, 22	17:49	111	70	69	21 October, 22	20:40	121	67	63
20 October, 22	19:56	114	73	73	21 October, 22	20:56	112	65	59
20 October, 22	20:09	114	74	74	21 October, 22	21:51	111	66	64
20 October, 22	20:47	114	72	77	21 October, 22	22:31	105	62	55
20 October, 22	21:45	118	70	70	21 October, 22	23:11	103	65	53
20 October, 22	23:10	116	69	61	21 October, 22	23:51	106	75	49
21 October, 22	00:06	129	79	84	22 October, 22	00:31	104	71	51
21 October, 22	02:51	105	66	53	22 October, 22	01:11	104	72	50
21 October, 22	02:59	107	65	57	22 October, 22	01:51	105	69	49
21 October, 22	03:39	97	63	51	22 October, 22	01:59	103	66	49
21 October, 22	04:19	105	71	52	22 October, 22	02:39	117	77	55
21 October, 22	05:08	119	77	50	22 October, 22	04:07	106	66	52
21 October, 22	05:50	111	74	55	22 October, 22	04:47	105	69	53
21 October, 22	05:58	111	72	56	22 October, 22	05:26	106	72	57
21 October, 22	06:48	119	76	87	22 October, 22	06:06	107	71	55
21 October, 22	07:49	120	79	76	22 October, 22	06:46	112	72	60
21 October, 22	08:34	123	74	69	22 October, 22	06:54	111	73	57
21 October, 22	11:26	120	77	85	22 October, 22	07:34	112	69	64
21 October, 22	12:26	118	75	75	22 October, 22	14:24	115	80	70
21 October, 22	12:59	116	70	80	22 October, 22	15:33	115	77	71
21 October, 22	13:08	126	75	87	23 October, 22	11:00	119	78	78
21 October, 22	15:19	118	78	75	23 October, 22	11:20	109	67	64
21 October, 22	16:05	106	76	70	23 October, 22	11:36	114	74	62
21 October, 22	16:13	117	71	72	23 October, 22	11:59	115	80	70
21 October, 22	16:33	117	<b>81</b>	67	23 October, 22	12:08	115	71	66
21 October, 22	16:42	118	76	71	23 October, 22	13:11	123	78	60
21 October, 22	17:13	118	78	73	23 October, 22	15:12	113	71	70
21 October, 22	17:56	118	<b>81</b>	74	23 October, 22	16:11	114	73	62
21 October, 22	18:36	124	77	84	23 October, 22	19:30	104	62	65





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# Monthly Report

10/2022

**Jack Anderson**

jack.anderson@email.com

Male | 11/03/1971

5 ft 11 in | 183 lbs

## BP readings

DATE	TIME	SBP	DBP	HR	DATE	TIME	SBP	DBP	HR
23 October, 22	19:38	111	69	65	26 October, 22	00:33	112	65	55
23 October, 22	22:25	114	67	61	26 October, 22	01:59	110	69	50
23 October, 22	23:05	119	73	66	26 October, 22	02:39	104	61	53
23 October, 22	23:53	105	65	57	26 October, 22	04:01	102	64	52
24 October, 22	01:26	107	66	55	26 October, 22	05:21	101	61	48
24 October, 22	02:07	105	65	53	26 October, 22	05:37	105	64	51
24 October, 22	03:08	107	65	54	26 October, 22	06:33	111	68	53
24 October, 22	05:55	109	62	56	26 October, 22	07:13	114	67	57
24 October, 22	06:44	104	65	48	26 October, 22	07:53	110	76	57
24 October, 22	07:33	109	65	56	26 October, 22	09:04	110	78	65
24 October, 22	12:54	120	<b>82</b>	75	26 October, 22	09:13	108	68	63
24 October, 22	14:08	108	70	57	26 October, 22	10:06	122	<b>87</b>	71
24 October, 22	14:40	112	<b>84</b>	78	26 October, 22	10:56	115	<b>83</b>	65
24 October, 22	20:50	120	73	78	26 October, 22	11:04	112	80	55
24 October, 22	21:37	114	66	73	26 October, 22	13:01	116	<b>89</b>	63
24 October, 22	22:31	122	76	71	26 October, 22	21:23	108	64	68
24 October, 22	23:12	117	70	64	26 October, 22	21:32	114	67	68
24 October, 22	23:53	105	73	53	26 October, 22	22:01	114	67	70
25 October, 22	00:10	108	69	58	26 October, 22	22:09	116	67	70
25 October, 22	00:19	108	68	56	26 October, 22	22:51	116	66	67
25 October, 22	00:59	104	63	53	27 October, 22	00:12	119	<b>85</b>	57
25 October, 22	02:27	104	66	51	27 October, 22	01:32	108	65	61
25 October, 22	03:07	104	62	54	27 October, 22	02:12	103	65	53
25 October, 22	03:47	103	65	51	27 October, 22	02:52	107	68	56
25 October, 22	04:27	107	69	53	27 October, 22	04:25	104	64	51
25 October, 22	05:07	104	66	52	27 October, 22	05:05	105	68	51
25 October, 22	05:47	105	68	55	27 October, 22	05:46	104	72	53
25 October, 22	06:27	109	70	59	27 October, 22	06:27	106	73	52
25 October, 22	23:37	111	68	59	27 October, 22	07:06	106	69	50
26 October, 22	00:17	115	77	55	27 October, 22	07:14	107	65	52



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# Monthly Report

10/2022

**Jack Anderson**

jack.anderson@email.com

Male | 11/03/1971

5 ft 11 in | 183 lbs

## BP readings

DATE	TIME	SBP	DBP	HR	DATE	TIME	SBP	DBP	HR
27 October, 22	07:22	107	66	58	29 October, 22	03:06	106	65	55
27 October, 22	08:11	120	72	68	29 October, 22	04:26	105	68	54
27 October, 22	09:13	122	80	71	29 October, 22	05:06	113	80	61
27 October, 22	09:22	122	76	76	29 October, 22	05:46	107	75	50
27 October, 22	10:03	<b>144</b>	<b>93</b>	71	29 October, 22	06:26	108	71	59
27 October, 22	10:20	117	<b>81</b>	67	29 October, 22	07:48	109	74	56
27 October, 22	11:33	116	77	71	29 October, 22	08:04	104	69	53
27 October, 22	19:14	116	72	68	29 October, 22	08:44	113	71	61
27 October, 22	19:38	125	76	83	29 October, 22	09:25	116	72	67
27 October, 22	21:38	116	69	66	29 October, 22	09:34	107	71	57
27 October, 22	23:10	111	71	60	29 October, 22	10:15	113	75	60
28 October, 22	02:00	108	68	56	29 October, 22	10:23	112	74	57
28 October, 22	03:20	104	70	51	29 October, 22	11:04	120	75	74
28 October, 22	04:00	107	66	58	29 October, 22	17:55	105	68	59
28 October, 22	05:20	105	70	53	29 October, 22	19:51	115	67	71
28 October, 22	06:01	103	66	50	29 October, 22	20:24	125	63	73
28 October, 22	10:17	116	74	67	29 October, 22	20:33	116	66	62
28 October, 22	10:34	121	<b>84</b>	63	29 October, 22	21:23	114	66	69
28 October, 22	12:22	121	<b>85</b>	66	29 October, 22	22:14	114	72	65
28 October, 22	18:52	114	<b>82</b>	66	29 October, 22	22:57	113	71	65
28 October, 22	20:16	125	76	84	29 October, 22	23:06	108	66	63
28 October, 22	20:26	123	79	85	29 October, 22	23:47	114	66	65
28 October, 22	20:35	126	72	86	30 October, 22	00:27	109	63	60
28 October, 22	20:43	128	76	82	30 October, 22	01:07	121	72	69
28 October, 22	21:28	125	73	83	30 October, 22	02:27	119	74	55
28 October, 22	22:55	110	65	66	30 October, 22	03:07	110	72	56
28 October, 22	23:04	115	69	65	30 October, 22	03:47	106	66	52
28 October, 22	23:44	111	67	62	30 October, 22	05:07	107	69	53
29 October, 22	00:26	104	63	55	30 October, 22	05:15	105	67	53
29 October, 22	01:46	108	65	58	30 October, 22	07:50	106	66	53



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# Monthly Report

10/2022

**Jack Anderson**

jack.anderson@email.com

Male | 11/03/1971

5 ft 11 in | 183 lbs

## BP readings

DATE	TIME	SBP	DBP	HR	DATE	TIME	SBP	DBP	HR
30 October, 22	08:30	106	66	53	31 October, 22	16:25	106	74	58
30 October, 22	08:38	103	64	51	31 October, 22	21:50	116	69	71
30 October, 22	09:18	115	71	59	31 October, 22	22:30	117	70	68
30 October, 22	09:58	113	73	58	31 October, 22	23:19	115	71	64
30 October, 22	10:38	106	68	58					
30 October, 22	11:42	115	73	66					
30 October, 22	12:23	112	71	64					
30 October, 22	13:25	118	74	75					
30 October, 22	14:33	114	77	67					
30 October, 22	15:37	121	75	75					
30 October, 22	15:46	114	71	76					
30 October, 22	18:24	108	70	59					
30 October, 22	19:53	120	74	74					
30 October, 22	20:49	121	72	71					
30 October, 22	21:29	120	72	72					
30 October, 22	22:11	117	76	65					
30 October, 22	22:23	118	77	64					
30 October, 22	22:50	111	76	58					
30 October, 22	23:30	111	76	56					
31 October, 22	02:18	107	62	56					
31 October, 22	02:58	104	66	52					
31 October, 22	03:38	102	68	50					
31 October, 22	04:18	102	69	52					
31 October, 22	05:48	107	69	54					
31 October, 22	06:04	105	68	53					
31 October, 22	07:24	105	69	54					
31 October, 22	08:04	105	67	53					
31 October, 22	09:12	111	74	61					
31 October, 22	14:20	111	71	64					
31 October, 22	15:37	119	78	63					



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## Easy 24/7, Clinically validated, Blood Pressure Monitoring

### Why Aktia



#### Easy

Wear it and forget it. Automated readings and up to nine days battery life.



#### Insightful

Gain deeper knowledge of your heart health.



#### Proven

Aktia comes with 15 years of research and development and 20+ peer-reviewed papers.



#### Swiss Design

Elegant and comfortable for extended wear.



#### Share with doctor

Easily share a summary of your blood pressure data with your doctor.



#### Medical Device

The Aktia Product is a class IIa medical device that is clinically validated.

### Validated Accuracy

Our pivotal study has proven that the Aktia solution is as accurate as accepted reference measurements.



Meets ISO81060-2 standard



Systolic BP Accuracy

Within range of:  $0.45 \pm 7.75$  mmHg



Diastolic BP Accuracy

Within range of:  $0.38 \pm 6.86$  mmHg



Accurate in any Body Position

### Supported by Five Clinical Trials

Aktia believes in complete transparency of our clinical trial results.

Read a selection of our latest publications.

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