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## If You Notice... Read...

| If you notice...                                                                  | Read                                           |
|-----------------------------------------------------------------------------------|------------------------------------------------|
| Chest pain, breathlessness, fainting, weakness or numbness on one side, blue lips | Call emergency services now, then Ch. 5, p. 36 |
| An irregular rhythm or atrial fibrillation alert                                  | Ch. 5, p. 36                                   |
| A watch ECG showing atrial fibrillation or “inconclusive”                         | Ch. 5, p. 36                                   |
| A high or low resting heart rate alert                                            | Ch. 4, p. 28                                   |
| Resting heart rate clearly above your usual for several days                      | Ch. 4, p. 28; Ch. 10, p. 73                    |
| “Zone 5” when you feel you’re working lightly                                     | Ch. 2, p. 11; Ch. 4, p. 28                     |
| Two devices giving two different numbers                                          | Ch. 1, p. 2; Ch. 3, p. 19; Ch. 7, p. 51        |
| An ad claiming “99% accurate”                                                     | Ch. 3, p. 19                                   |
| Never reaching 10,000 steps, or sore joints from trying                           | Ch. 6, p. 44                                   |
| Lots of calories burned, but your weight isn’t changing                           | Ch. 7, p. 51                                   |
| Very little “deep sleep,” or a low sleep score                                    | Ch. 8, p. 57                                   |

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| If you notice...                                                           | Read                         |
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| A red readiness, recovery or energy score                                  | Ch. 9, p. 65                 |
| A high stress score                                                        | Ch. 9, p. 65; Ch. 13, p. 102 |
| Low blood oxygen during sleep                                              | Ch. 10, p. 73                |
| A sleep apnea alert, or loud snoring                                       | Ch. 10, p. 73                |
| A rise in overnight skin temperature                                       | Ch. 10, p. 73                |
| A plan to use cycle predictions for contraception                          | Ch. 10, p. 73                |
| A high blood pressure alert, or blood pressure numbers on a watch          | Ch. 11, p. 84                |
| A watch or ring advertising “needle-free blood sugar”                      | Ch. 11, p. 84                |
| A pacemaker or defibrillator, and a device with body fat measurement       | Ch. 11, p. 84                |
| A “fitness age” or “heart age” older than your real age                    | Ch. 12, p. 94                |
| Blood sugar spikes after meals on a CGM, without diabetes                  | Ch. 12, p. 94                |
| Checking your device in the middle of the night, or worrying about numbers | Ch. 13, p. 102               |
| An app updating its privacy policy                                         | Ch. 14, p. 110               |
| An in-app AI assistant giving you health advice                            | Ch. 14, p. 110               |
| Wanting to start over with your device                                     | Ch. 1, p. 2; Ch. 15, p. 118  |

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