



## Start your health journey with the Striiv Bio2 Plus.

Automatically track heart rate, activity, and sleep. Stay connected with smartphone notifications. Start and stick to healthy habits with on on-wrist lifestyle journaling.

Visit us at www.striiv.com

#### **MONITOR YOUR HEALTH**

- Continuous heart rate\*
- 24/7 Activity tracking (steps, distance, calories, active time)
- Auto sleep detection
- Lifestyle journaling (diet, weight, medication, and more)

### **STAY CONNECTED**

- Caller ID and text alerts
- App notifications
- Meeting reminders
- Vibrating alarms

#### **ESSENTIALS**

- Charge with any micro-USB (no proprietary charging cable needed)
- Touchscreen display
- Up to one week battery life
- Water resistant (IP67 rated)



\*Not intended to be used as a medical or scientific device.



#### **CONTINUOUS HEART RATE**

Heart rate is a critical indicator of your health. Now you can keep track of your heart rate while you're running or asleep. Open the Striiv app to view your heart rate trends.

\*Not intended to be used as a medical or scientific device.



# LIFESTYLE JOURNALING

Research shows that there is a relationship between daily awareness of your goals and the likelihood that you'll achieve them. Trying to lose weight? Drink more water? Conveniently keep track of your daily goals by logging on your tracker.



#### **CHARGE WITH ANY MICRO-USB**

When your tracker runs out of juice, plug it into any micro-USB cord to charge. No proprietary charging cable needed.



#### **CONNECT WITH THE STRIIV APP**

Sync your tracker with the Striiv App to see your data displayed in charts. Track progress, add friends, enable notifications, and more!









