

CORE VITAL

@MEMORII



Heart Rate
Monitor



HRV, Stress & Blood
Pressure Monitor



Blood Oxygen
(SpO2) Monitor



Women's Menstrual
Cycle Management



Skin Temperature
Monitor



Automatic
Sleep Tracking



Sedentary Reminder
& Alarm Clock



Multi-sport
Tracking



IP68
Waterproof



All Day Activity
Tracking

Health & Longevity Smart AI Fitness Band

VitalAge

Age Gap **-3.8**

Age Rate **0.5 x**

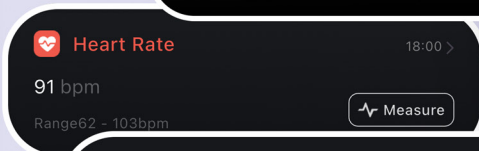
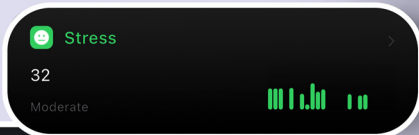
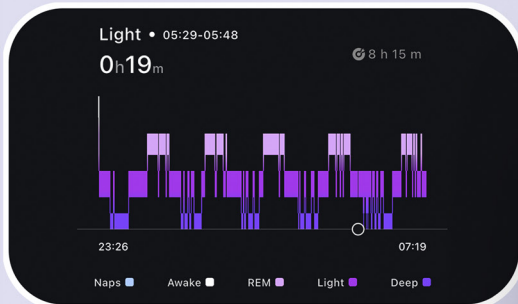
31.2
VitalAge

Collecting this week's data...

Based on last week's data, at least 4 days of valid wear are required. Current wear progress this week: **2/7** days.

Dive Deeper Into Your Health

All Insights with AI Features,
Zero Subscription Fees



3:34

Dr JCVital

Action transforms life

Hello, John,
Let's embark on this journey together.

Please generate a training program based on my health condition...

Dr JCVital - Health Assistant

As your health coach, I've carefully reviewed your health metrics. Your current weight of 45 kg at 167 cm height indicates underweight status, which requires prioritization before starting any training program. Recent heart rate readings show elevated levels (110-120 bpm range on multiple days), suggesting your body may be under significant stress.

Please generate today's health report... Please generate a training program based on my health condition... How did night? Please analyze...

Type message...

3:34

AI Insights
Get Your Health Report

Week Month

Weekly reports are only evaluated for weeks with data for more than three days, and new weekly reports are generated every Tuesday at midnight.

2026/04/06-2026/04/12

Health index: 29 ↑

Sleep index: -

Vitality index: 30 ↑

Total steps: 9091

Total calories: 94kcal

Total distance: 4.9km

Balance index: 65 ↑

Average HR: 81bpm