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## ACTIHEART 5 - ECG, Heart Rate, HRV and Energy Expenditure



Actiheart is a wearable combined single-lead ECG and activity recorder with multiple data endpoints providing a comprehensive personal monitoring device. The latest generation Actiheart benefits from 15 years of research, development and customer input. The Actiheart is one of the most widely used devices for Energy Expenditure measurement in free living. With options for long-term or short-term recording, Actiheart can record full ECG waveform at up to 1024Hz with acceleration waveform at 100Hz.



The Actiheart is worn on the chest and is typically attached between two standard self-adhesive ECG electrodes by means of quick release clips. Being self-contained, it is comfortable to wear for ambulatory monitoring for up to 14 days.

Now available with Bluetooth real-time data streaming.

### Analysis Software

The Actiheart software uses a branched model to derive PAEE from differentially weighted acceleration and Heart Rate data. This method has been validated against doubly labelled water in multiple subject groups and these models are integrated into the software. It is also possible to perform an individual calibration and customise the model parameters. The Actiheart software also provides analysis and key statistics for Heart Rate Variability which can be recorded for every beat.

