



Wearables Weekly

Compiled by Sarah Kunkle and Gillian Christie

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In this week's edition, device and app updates from Garmin, Pebble, and Withings. In other headlines, reports from PwC and Forrester provide more insights into the use of wearables. Read the latest below!

[Garmin's new GPS running watch tracks heart rate, knows how hard you try](#)

Garmin's new high-end Forerunner 735XT is a running watch that features built-in GPS tracking and heart-rate monitoring. The heart-rate data translates into a variety of analytics, including the user's "Suffer Score." Strava, the company behind the analytics, defines the number as "how hard you try." According to the company's website, "the score is based on the time you spend in different heart rate zones compared with your maximum heart rate. The deeper you dig, the longer you can hold on, the higher the Suffer Score." The watch is also compatible with a chest strap that provides more data, including stride length and vertical ratio. Garmin says the Forerunner 735XT will last for 16 hours of training life on a charge. The running watch starts at \$450.

Importance: This device will provide more insights into the intensity of physical activity, rather than just the amount of physical activity. As sensor technologies advance, commercially available wearables will be able to provide more granular data and insights to consumers.

[Pebble adds additional features to its health app](#)

Pebble has revamped its Pebble Health app, which first launched in December 2015, in collaboration with researchers at Stanford University. The app tracks users' activity and automatically detects sleep phases. The new Pebble Health features include auto detection of long walks and runs in addition to smart alarms that aim to wake users during their lightest phase of sleep. The smartphone app will now provide users more contextual information, including how the last day, week, or month of activity compares to historical metrics.

Importance: After laying off 40 employees (25 percent of its workforce) last month, Pebble CEO Eric Migicovsky said that the company's strategy going forward would involve a renewed focus on the health and fitness aspects of Pebble's devices. These updates will enhance the overall health tracking experience for Pebble users.

[Withings Go review: back to basics](#)

The new Withings Go attempts to simplify the wearable fitness tracker experience by only displaying some activity data. The Go is a small circular module that can be worn within a rubber wristband or as a clip-on tracker (both come in the box). Its E-ink display is always on and provides step-counting and sleep-tracking for up to eight months on a single coin cell battery. Withings, which is in the process of being acquired by Nokia, has also made changes to its mobile health app to make it more user friendly. For users who want to track exercise sessions, the Go will automatically track certain exercise types, like running and swimming. Auto-detection of exercises is becoming a standard feature of many fitness trackers. The Go is available in five different colors and costs \$79.95.

Importance: The primary advantage of the Withings Go is the visibility of its E-ink display and its extremely long battery life. For those people who simply want an idea of their general activity levels — not heart rate levels, VO2 max, or other metrics—the Withings Go could be a good fit.

Other Health Technology Headlines

[2breathe Breathing Pacer to Help Fall Asleep](#)

[Adidas, Under Armour settle patent suit, agree to licensing deal](#)

[Could wearables and social media be the future of medical trials?](#)

[Flurry data shows Apple Watch and Android Wear may have spawned new interest in health apps](#)

[Global sleeping patterns revealed by app data](#)

[PwC survey finds parents are more likely to own wearables](#)

[Researchers launch ResearchKit app to study relationship between lifestyle and Alzheimer's](#)

[Role of wearable tech data to inform healthcare growing according to Forrester report](#)

[Senseonics receives CE Mark for implantable continuous glucose monitoring system](#)

[Sensoria launches walking app for people with limited mobility](#)

[The Hottest New Wellness Trackers You've Never Seen – and Never Will](#)

[The Theranos Scandal Is Just The Beginning](#)

[Wearables etiquette in the workplace](#)

[Wearable Tech for Babies Is Now a Thing](#)

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