Continuous Heart Rate Monitoring on Your Moto Watch 100

Inas B. - 2025-10-08 - Product Features

Your Moto Watch 100 continuously monitors your heart rate to provide real-time insights into your cardiovascular health. This always-on feature ensures that your fitness and wellness data remain accurate, giving you a complete picture of your daily activity and overall well-being.

Key Benefits:

1. **Accurate Fitness Tracking:** Track your heart rate reliably during workouts and everyday activities for precise fitness data.
2. **Personalized Insights:** Get tailored feedback on exercise intensity to optimize your workouts.
3. **Enhanced Sleep Analysis:** Continuous monitoring improves sleep tracking, analyzing different sleep stages and overall sleep quality.
4. **Early Detection of Irregularities:** Detect unusual heart rate patterns early and consult healthcare professionals when needed.
5. **Stress Management:** Assess stress levels throughout the day for a better understanding of your wellness.

Troubleshooting:

- If you notice issues with continuous heart rate monitoring or unusual battery drain, contact our support team at . Our experts are ready to help you maintain a seamless experience.