Heart Health Monitoring on Your Moto 360 Gen 3

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Your **Moto 360 3rd Generation** smartwatch helps you stay informed about your heart health with continuous heart rate monitoring through the **Google Fit** app. This feature provides valuable insights into your daily activity and overall wellness.

Enhanced Heart Rate Tracking with Third-Party Apps

For users seeking more detailed heart rate analysis, third-party apps like **Cardiogram** offer in-depth insights and trends. Simply download the app to your paired phone and connect it with your Moto 360 for a more comprehensive view of your heart health.

Limitations: Atrial Fibrillation Detection

While your Moto 360 can monitor your heart rate, it **does not currently detect atrial fibrillation (AFib)**. Use the built-in Google Fit app for general heart rate tracking and consider third-party apps for additional insights.

Stay proactive about your cardiovascular wellness and make the most of your Moto 360’s monitoring capabilities.