



MoniVitals

● FREE COMMUNITY HEALTH SCREENING

Know critical vitals in less than a minute.

No needles. No cuffs. Just a phone and a non-invasive device.



Heart Rate

pulse (beats per minute)
pulse travel time



Respiratory Rate

breaths per minute
sleep/wake cycles



Heart Rate Variability (HRV)

parasympathetic activity (RMSSD)
stress/recovery metrics (SDNN)

and with the band ...



Blood Oxygen

SpO₂ saturation
resilience, stress
adaptability, sleep



Est. Blood Pressure

systolic / diastolic ranges
continuous monitoring



Cardiac Wellness

abnormal rhythms
longitudinal patterns

WORKS

FOR ALL SKIN
TONES & BODIES

~1 min

PER CHECK

Private

STAYS ON PHONE

Why consistent checks matter?



White Coat Hypertension

High at the clinic, normal outside. Stress at the doctor's visit may affect the reading.



Non-dipping Nighttime BP

BP normally falls during sleep. No fall, or a rise, may need attention and is missed in at-clinic checks.



Exaggerated Morning Surges

BP naturally spikes after waking. Frequently taking early day readings matter.

Proactive vitals, in your pocket

A wellness screening, not a medical diagnosis.
Please follow up with a doctor with any queries.