

Heart Rate Doctor Report

Aug 21, 2026 to Aug 27, 2026 · 7 days

Generated Aug 27, 2026 at 7:09 PM (America/New_York)

Data Coverage

Data source	Sample data
Coverage	7 of 7 days with data
Samples	1080 summarized readings
Sources	Main sources: Sample Watch: 109,471; Sample Workout: 4,403
Settings	Workout readings excluded from analysis summaries. Work window: 09:00 to 17:00.

Median

66 bpm

Mean

65 bpm

Range

48 bpm - 85 bpm

Median change

+2 bpm

Coverage

24/24h avg

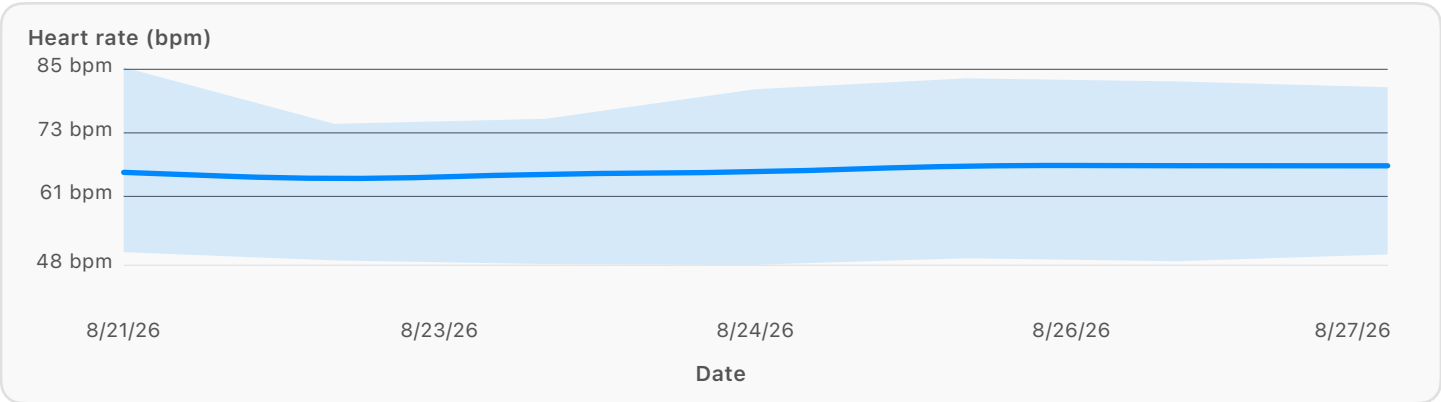
Samples

1080

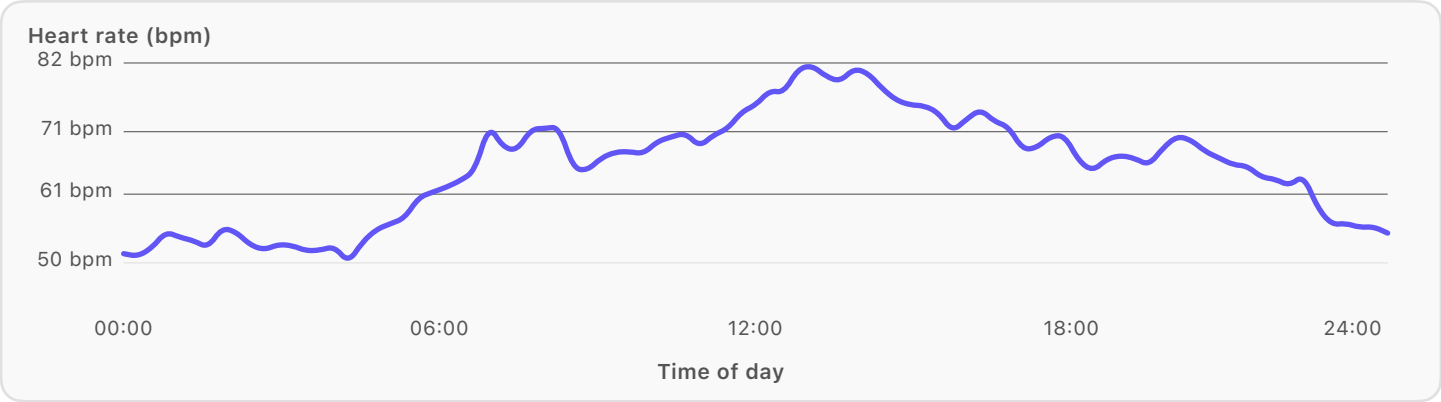
Notes

- Generated on this device from user-authorized Apple Health data available to Heart Rate Insights.
- Informational summary only; not diagnosis or medical advice.
- Analysis summaries use the current setting that leaves out workout readings where detected.

Daily Median Heart Rate with Low-High Band



Aug 27, 2026 Heart Rate



Daily Summary

Date	Median	Mean	Low-High	Coverage	Samples
8/21/26	66 bpm	67 bpm	50 bpm-85 bpm	24/24h	159
8/22/26	64 bpm	63 bpm	49 bpm-75 bpm	24/24h	137
8/23/26	65 bpm	64 bpm	48 bpm-76 bpm	24/24h	144
8/24/26	66 bpm	65 bpm	48 bpm-81 bpm	24/24h	167
8/25/26	67 bpm	65 bpm	49 bpm-83 bpm	24/24h	151
8/26/26	67 bpm	66 bpm	49 bpm-83 bpm	24/24h	166
8/27/26	67 bpm	65 bpm	50 bpm-82 bpm	24/24h	156

Methodology and Limitations

- Daily median and mean are calculated from chart-ready heart-rate bins available in the app.
- Median change compares the median of the last third of selected days with the median of the first third.
- Coverage counts how many clock hours in the day had at least one reading; it is not a medical data-quality score.
- Low and high values are calculated from the same chart-ready daily profile unless the raw appendix is included.
- Apple Health and wearable data may be incomplete, delayed, duplicated, or affected by device fit and activity.
- This report is designed to organize data for discussion with a clinician. It does not diagnose, treat, or recommend medication changes.