

Google Fit for iOS integrates heart rate, breathing rate with iPhone camera

Google has quietly updated the heart rate and breathing rate measurement features with the camera to the Google Fit health app for iOS.

As for the app version for the Android platform, these two features were updated and announced by Google in early February 2021.



Google Fit measures heart rate and breathing rate with the camera

According to Google, these two features have completed clinical studies and are promising to be useful in helping users monitor and improve their daily health. However, Google does note that 'these results are not for medical purposes and are not used to diagnose, treat, cure, or prevent any disease or medical condition'.

Measure heart rate and breathing rate with iPhone camera

With the camera's heart rate monitor feature, users just need to close and lightly press their finger on the main sensor of the rear camera. At that time, the application will follow the pulses at the fingertips to determine the user's heart rate. If the lighting conditions are not satisfactory, the application will ask you to turn on the flashlight to be able to work as accurately as possible.



Meanwhile, the breathing monitoring feature will use the front camera. All the user needs to do is place the phone in a fixed area, standing or sitting so that the camera can identify the face and chest area. The application will then ask the user to fix the position and take the measurement for about a minute.

Where to find these two features?

To use these two features, the first thing that readers need to do is make sure the Google Fit app has been updated to version 1.61 or later.

Then, open the Google Fit app, go to the Browse window (third place from the left in the menu bar at the bottom of the screen), then Vital Stats. Here, tap start at Heart Rate Check or Breathing Monitor.

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