

Top smart bracelets are rated the most

Smart bracelet is a very hot product on the market today to help monitor health with features to measure heart rate, blood pressure, GPS mode ... Health monitoring bracelet has a design like 1 The smart watch is very fashionable and integrates many convenient features. Here are the top rated smart bracelets that can't be missed in 2018.

Smart bracelet is currently the most popular health monitoring technology product today. The product not only possesses a stylish and modern design but also integrates many utility functions to help measure blood pressure, monitor heart rate, measure the amount of oxygen in the blood . suitable for sports people, people old and young people passionate about style. If you are looking for a smart bracelet, definitely cannot miss the extremely hot product codes below. Let Quantrimang advise you!

Evaluate the benefits of owning a smart bracelet

Smart bracelet integrates a lot of utility functions. Each product line has its own unique features and improvements. However, below are the functions that most health monitors have:

1. **Time display function** : first, smart bracelet functions as a smartwatch, has a time display mode: time, date for users to easily track.
2. **Heart rate measurement function:** smart wristwatch with powerful microphones and smart chip helps control the measurement of heart rate index, our blood circulation state accurately. From there, it will help us to identify and take measures to practice or eat and drink to stabilize the heartbeat.
3. **Blood pressure measurement function** : too high or too low blood pressure is not good for health and there is a risk of serious diseases. The smart bracelet that gives you the ability to monitor your blood pressure is high or low periodically. Thus, we know how to treat and prevent blood pressure in our body to be stable.
4. **Function to measure the amount of oxygen in the blood** : normally, to measure the amount of oxygen in the blood, it is necessary to have specialized and modern equipment. But now, with a smart bracelet we can completely measure the amount of oxygen in our blood without being too complicated, not too costly, very convenient.
5. **Sleep control function** : Smart bracelet helps monitor your sleep quality activity. Since then give health measurement therapy to help you rest well, regain health through good sleep and enough.
6. **Movement tracking and movement function** : the next gadget of the wristwatch helps us to know the number of steps to move during the movement. From there, give me the amount of calories I consumed and burned.
7. **Notification update function** : Finally the utility of smart wristwatch helps us to update important notifications by automatically connecting to bluetooth via phone, helping us to display call information and Message via smart watch screen.

>>> Refer to: "How to choose the best health monitoring bracelet".

Top 3 most affordable bracelets today

1. Xiaomi MI 2 smart bracelet - MGW4024GL

Referring to smart bracelet products that track low-cost health, which are raining on the market today, it is impossible to ignore the Xiaomi MI 2 bracelet - MGW4024GL.



Evaluate Xiaomi MI 2 smart bracelet - MGW4024GL

The first point that makes people pay attention to the Mi Band rings is that it's very cheap, there's no denying it. However, cheap doesn't mean poor features and design. On the contrary, Mi Band 2 has many features that can compete with similar bracelets but much more expensive. The anode aluminum surface on Mi Band 1s has been replaced by glossy glass on Mi Band 2. Because this surface has an OLED screen, beside the button is very convenient. The display can be considered the most valuable upgrade on this version 2, it allows us to monitor time, heart rate parameters as well as walks rather than through the phone.



The design of Mi Band 2 is still quite similar to 1s, all components are inserted into a plastic capsule. The back of the bracelet is a heart rate sensor and on the bottom side are two pins connecting to the charger via USB port to the computer. You have to wear this bracelet for about 20 days before you need to plug it into the charger. The

Mi Band 2's built-in silicon ring mechanism is quite similar to the previous version, we simply install it and wear it, not too cumbersome.

The front of the ring is a luxurious glossy glass when worn on the hand. Above that Xiaomi integrated a circular button and a small OLED screen, this button just touches it understands, not press down, quite amazing. Mi Band 2 also has sensors to understand when we need to watch the time and turn on the screen to save battery.



In terms of features, Mi Band 2 maintains the features of the previous version, such as sleep monitoring, step counting or heart rate monitoring . Of course it is water resistant with IP67 standards. Xiaomi said it has improved the algorithm so it can measure the move more accurately than the previous version. When connecting to a phone via bluetooth, Mi Band 2 also plays a role in announcing incoming calls by vibrating for us to know. With some Android phones, this round also acts as a trust device to unlock the phone, we do not need to scan fingerprints or enter passwords anymore.

Price at META.vn: 540,000 VND

2. Keep an eye on Fitbit Charge 2's health

Fitbit Charge 2 is a product that tracks the health of American brand origin. Replacing Charge HR, Charge 2 using a new design language with a larger OLED display, more informative display, you will see beautiful products and much better finishes than previous lives.



Evaluate the bracelet to monitor Fitbit Charge 2's health

If you are a lover of hiking, long-distance cycling without carrying a phone or needing to swim, then perhaps you need to buy another GPS-branded product and have a higher water resistance index. . Fitbit Charge 2 is more suitable for gym, jogging, outdoor biking and not afraid to bring your phone for accurate measurements. You control the device by pressing the side button to select the function, then tap on the screen to switch to the child functions. For example, at the screen measuring the heart rate, when typing, you will see the heart rate at rest. Also, in the exercise function, you type to switch the practice modes such as jogging, cycling, lifting weights, gym.



Speaking of sensors that measure heart rate, during physical activity, Charge 2 shows an instant heart rate, and there is also the information that your body is burning fat - fat burn or heart training. - cardio. This information is obtained based on the data you provided from the beginning when creating a Fitbit account such as: age, weight, height, gender . This information is combined with an active heart rate sensor. 24/24, the ring will know how much your heart rate is at rest and when you are active, your heart is in any condition. After finishing the

practice, you will get summaries such as energy consumption, maximum heart rate, minimum heart rate, velocity, distance. You want to see more details, you can open the app to see it very handy.

Charge 2's screen only lights up when you press the side button or when you put your hand up to see the time. Battery life of the wristband to monitor Fitbit Charge 2 health will be maintained for 5-6 days.



The success of products from Fitbit is not only due to hardware, but also from the software platform, it is designed to be easy to use, understand, and support you very much in the process of training for weight gain. or lose weight. With the software, you can note the amount of food you eat during the day, see the intensity, see the sleep, see the movement level, through which you will achieve your goal of gaining or losing weight. more effective.

META price: VND 3,430,000

3. Smart watch that monitors health Garmin Vivomove HR (Sport Edition)

Garmin recently released quite a few devices that track health and running watches, but the Garmin Vivomove HR is probably the most notable product. This is a hybrid device between fashion watches and smart tracking devices. If you are a fashionist, you definitely can't miss this product.



Review smart watch that tracks health Garmin Vivomove HR (Sport Edition)

Vivomove HR still has the same needle as before, still very nice, soft, but thanks to an extra touch OLED screen you can do a lot more. Garmin Vivomove HR bracelet has features such as: watch time, 24-hour heart rate measurement, stress level measurement, sleep measurement, energy consumption measurement, step count, VO2 Max measurement . In general is a device that has all the features a health bracelet needs.



The watch is 43 x 43 x 11.6 mm in size, 20mm standard strap is easy to find, suitable for people with wrist 122 - 215mm. The watch has no glow, but it's extremely good in the sun. The OLED display part is best viewed at dark. Touch screen bracelet, you can swipe back and forth or double tap to activate functions very easily. Tempered glass, stainless steel bezel, polymer body material and strap can replace silicon or leather to create style for users.



Vivomove HR 5ATM waterproof standard, can wear swimming is definitely an advantage that many users will like. A special feature of Garmin Vivomove HR is that it is set in Vietnamese specifically for consumers in Vietnam market, besides it is also installed in Chinese, English . you can switch to use Easy languages.

META price: VND 4,400,000

Where to buy health monitoring bracelets?

Hanoi: No. 56, Pho Duy Tan, Dich Vong Hau, Cau Giay - Hotline: 024.35.68.69.69.

Ho Chi Minh City: 716 - 718 Dien Bien Phu, Ward 10, District 10 - Hotline: 028.38.33.33.66.

Hopefully with the above reviews and reviews, you can choose the smart bracelet that monitors your health. Don't forget to regularly visit our website to follow more useful articles.

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