



US 20060253010A1

(19) **United States**

(12) **Patent Application Publication**
Brady et al.

(10) **Pub. No.: US 2006/0253010 A1**

(43) **Pub. Date: Nov. 9, 2006**

(54) **MONITORING DEVICE, METHOD AND SYSTEM**

Publication Classification

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(51) **Int. Cl.**
A61B 5/00 (2006.01)
(52) **U.S. Cl.** **600/324; 600/344; 128/921**

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(57) **ABSTRACT**

A monitoring device (20) and method (200) for monitoring the health of a user is disclosed herein. The monitoring device (20) is preferably a watch (25), an optical sensor (30) disposed on a band of the watch (25), a circuitry assembly (35) embedded within a main body of the watch (25), a display member (40) disposed on an exterior surface of the main of the watch, and a control component (43). The monitoring device (20) preferably displays the following information about the user: pulse rate; blood oxygenation levels; calories expended by the user of a pre-set time period; target zones of activity; time; distance traveled; and dynamic blood pressure. The watch (25) also displays the time of day on the display member (40).

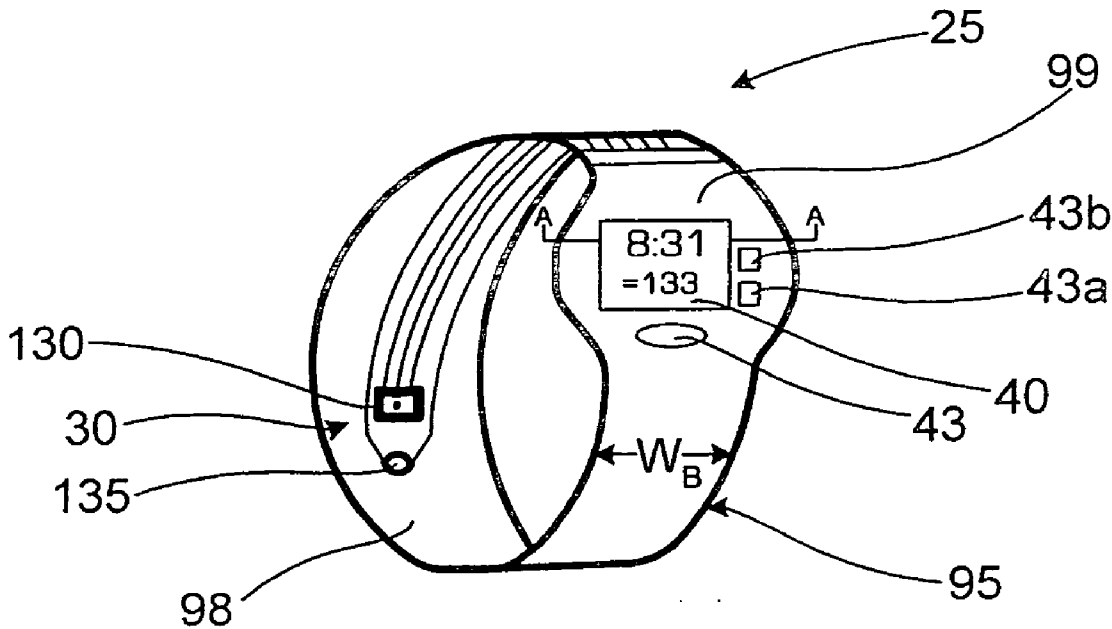
(21) Appl. No.: **11/398,821**

(22) Filed: **Apr. 6, 2006**

Related U.S. Application Data

(63) Continuation-in-part of application No. 11/085,778, filed on Mar. 21, 2005.

(60) Provisional application No. 60/669,325, filed on Apr. 7, 2005. Provisional application No. 60/613,785, filed on Sep. 28, 2004.



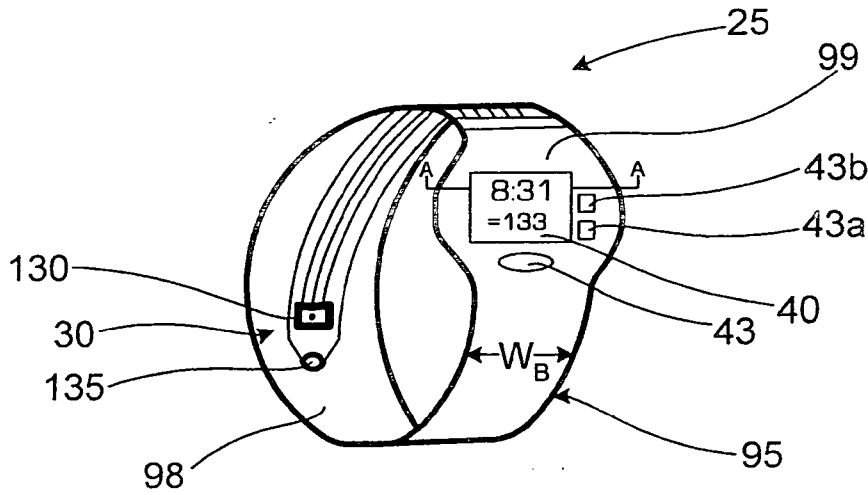


FIGURE 1

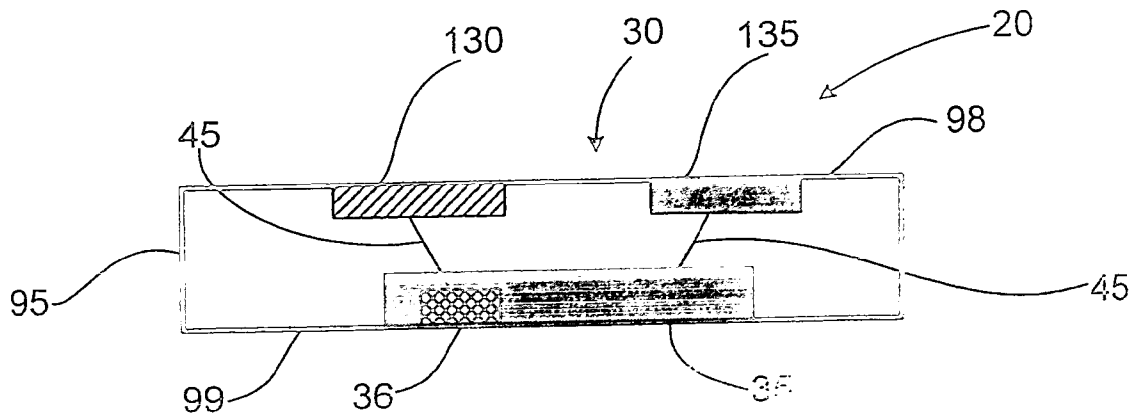


FIGURE 1A

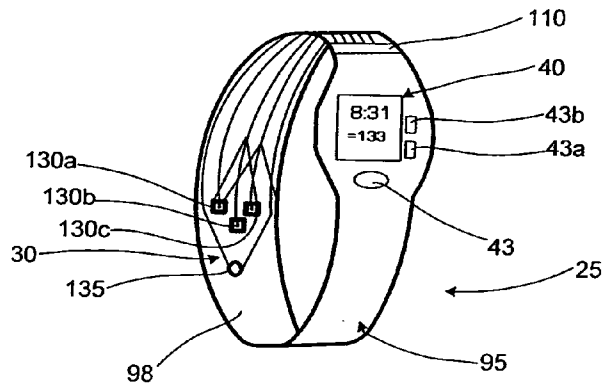


FIGURE 2

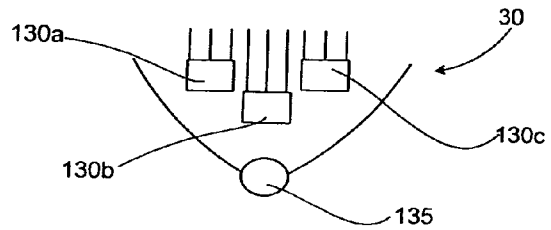


FIGURE 2A

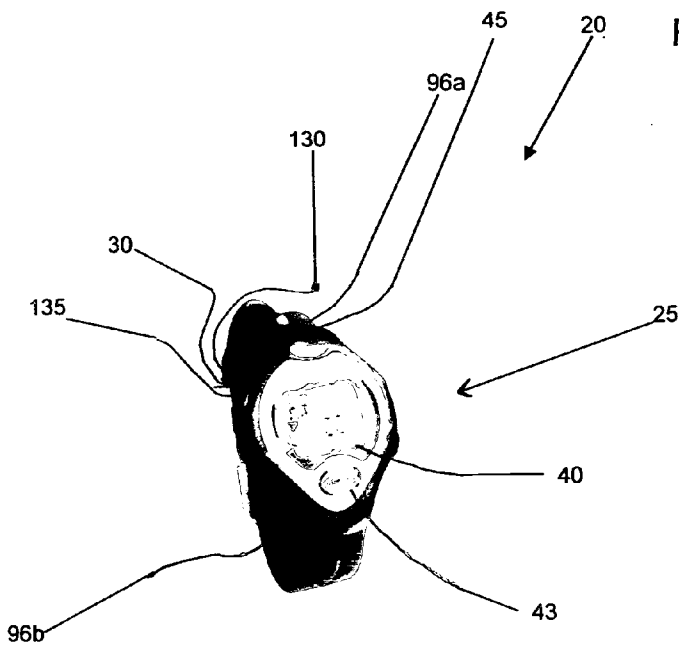


FIGURE 3

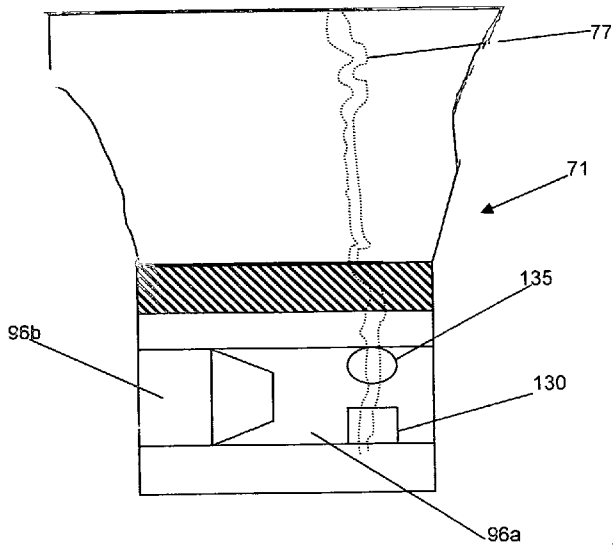


FIGURE 4

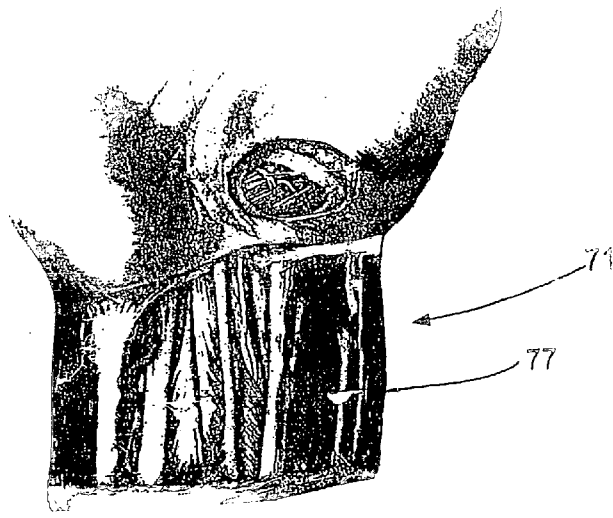


FIGURE 5

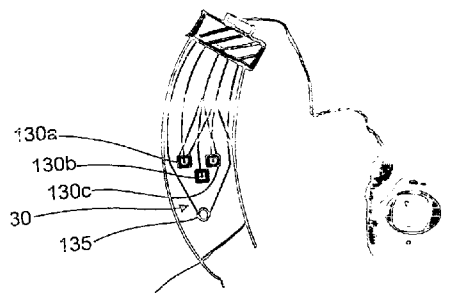


FIGURE 3A

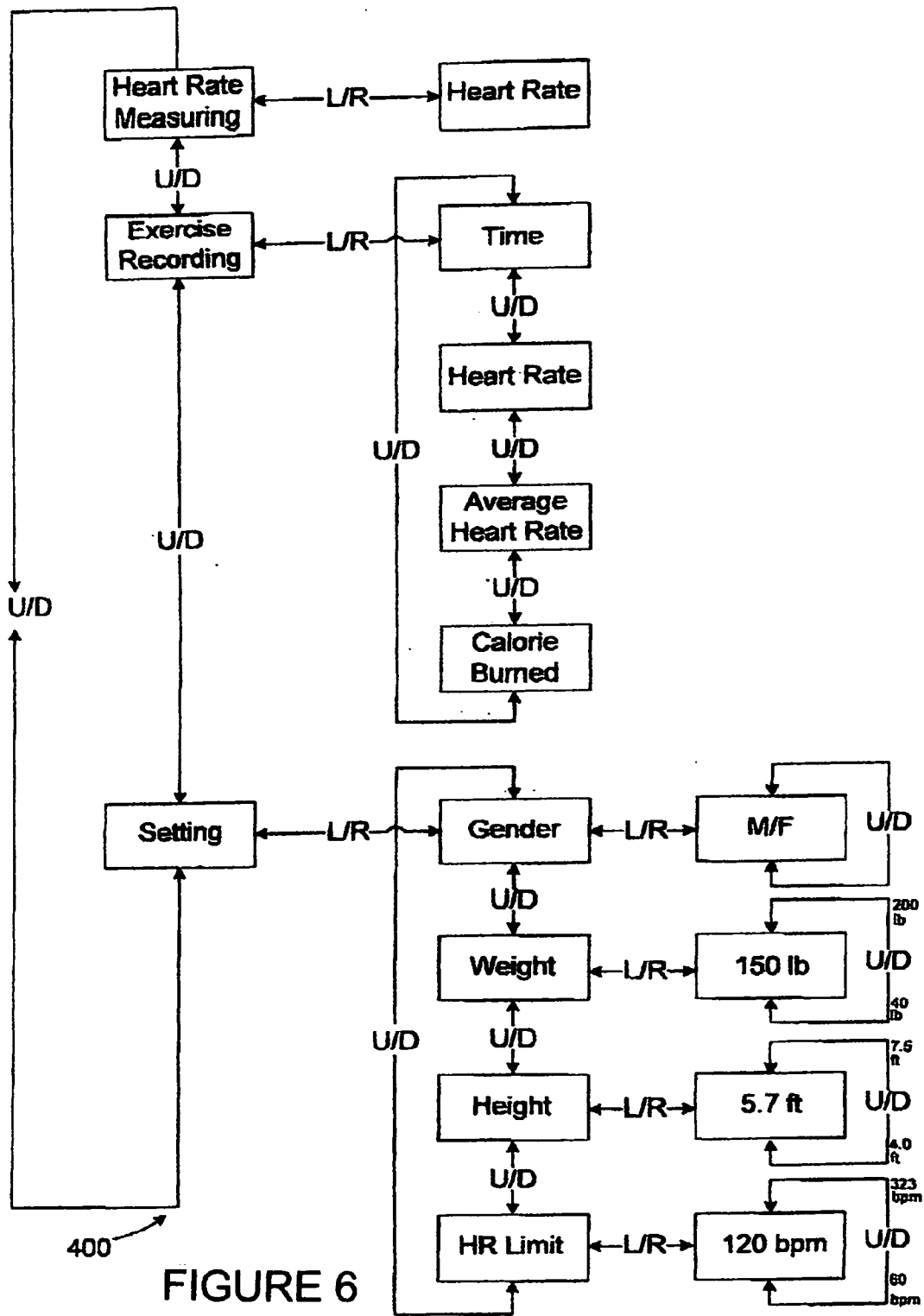


FIGURE 6

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