



BLOOD + DNA + GARMIN = THE BEST INSIDETRACKER YET

For the first time, Garmin fitness trackers are compatible with InsideTracker. By leveraging the power of Garmin, InsideTracker becomes the first personalized performance system to offer holistic wellness programs through the combined analysis of blood, DNA, and fitness tracker data.

“We believe InsideTracker has created a new gold standard of health analytics,” Dr. Gil Blander, co-founder and chief scientific officer of InsideTracker, said. “By integrating Garmin fitness tracking, we can now offer our users a real-time, 360-degree view of their health and wellness.

EXPERIENCE THE NEXT LEVEL OF INSIDETRACKER

What it means for InsideTracker users:

InsideTracker already delivered the clearest, most data driven picture of what's going on inside the body. Plus, InsideTracker transforms the body's data into science-based recommendations for positive changes to your nutrition, supplementation, exercise, and lifestyle.

By adding data from Garmin devices (like sleep duration, REM sleep, deep sleep, and resting heart rate) to existing blood and DNA data, consumers get even more health analytics and insights. This makes their InsideTracker recommendations even more personalized -- and even more effective.

GIVE YOUR GARMIN SUPERPOWERS

What it means for Garmin users:

Garmin already delivers important physiological data, but adding InsideTracker completes the picture with insights from blood and DNA. Most importantly, InsideTracker uses this data to create science-backed recommendations for positive diet and lifestyle changes that optimize performance and help users live a long, healthy, and productive life.

THE MORE YOU PUT IN, THE MORE YOU GET OUT

Adding this third source of the body's data is the key to leveling up what InsideTracker can do for you.

1. Blood biomarkers are a true reflection of what's going on inside your body. However you'll only get a blood test a few times a year, so at best it's an indicator of how healthy you were in the recent past.
2. DNA provides insights into your genetic potential, but since it never changes, you only need to test it once in your life.
3. Garmin fitness trackers measure physiometers easily and continuously, so InsideTracker gets new data constantly. This new information is integrated with blood and DNA test results, so our algorithm is able to tweak its recommendations and insights daily.

EVEN BETTER TOGETHER

Additional features and benefits of connecting Garmin to InsideTracker include:

Physiological marker trends

Track and see detailed historical data for physiological markers like sleep duration, REM sleep, deep sleep, and resting heart rate.

Physiological insights into recommendations

Get insights into how the recommendations on your action plan impact sleep and resting heart rate when combined with your blood biomarkers and genetic data.

Automatic plan progress and tracking via auto-check-in

Seamlessly track progress on the InsideTracker Action Plan using the fitness tracker's activity data (requires new plan generation).

ProTips based on physiological data

Receive daily tips on how to improve sleep and recovery based on the most up-to-date data from your device, including highlights of weekly or monthly declines and improvements in sleep and resting heart rate.

A 360-degree, 24-hour-a-day view inside

Living well is a lifelong journey, and it starts inside. With InsideTracker and Garmin, you'll be well on your way. To learn more about the partnership, visit insidetracker.com/garmin.

For press inquiries, please contact:

Heather Hawkins, heather@outsidepr.com