
Choose a Device for the Job

Choose by feature, not by brand (Chapter 15). Each brand's names for these features are in the Brand Lookup.

You need	Features to look for	Don't pay extra for
To move more	Step counting, movement reminders, long battery	Readiness scores, "ages"
To keep an eye on your heart	Irregular rhythm alerts and ECG authorized in your country	Unauthorized cuffless blood pressure
To understand your sleep	Comfortable to sleep in, battery for several nights, bedtime and wake time	Sleep scores, detailed sleep stages
To train	GPS, can pair with a chest strap	Active calories
To understand your cycle	Overnight skin temperature; for contraception, a specifically authorized app	Ovulation predictions as contraception
An older adult	Easy-to-read screen, long battery, emergency call button, easy charging	Lots of scores
Someone with diabetes	An authorized CGM (the watch just displays it)	"Needle-free blood sugar" watches

Before you buy, ask: is the feature authorized in my country? Does the battery last through the night? Can I download and delete my data?