
Safety Flags at a Glance

Safety flags appear right after advice that could cause real harm for some people. The table below lists every safety flag in the book, with page numbers so you can find them again quickly. Safety flags are independent of the evidence labels.

Safety flag	Page
High or low resting heart rate alerts	p. 32 (Ch. 4)
Heart symptoms with no alert from your watch	p. 40 (Ch. 5)
Don't change heart medicines because of your watch	p. 40 (Ch. 5)
Calorie tracking and eating problems	p. 54 (Ch. 7)
Low blood oxygen with breathlessness	p. 79 (Ch. 10)
Using cycle predictions for contraception	p. 79 (Ch. 10)
"Needle-free blood sugar" watches and rings	p. 89 (Ch. 11)
No high blood pressure alert doesn't mean normal blood pressure	p. 89 (Ch. 11)
Bioimpedance and implanted devices	p. 90 (Ch. 11)
Constant checking can worsen anxiety and insomnia	p. 105 (Ch. 13)