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Proteus digital health launches a wearable for athletes

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Proteus digital health launches wearable for athletes



Proteus digital health has launched its new product, Proteus Recover for athletes as a kind of a surveillance device to record physiologic information like heart rate, respiration rate, skin temperature, activity, body posture, and other associated metrics.

According to the company, "Proteus Recover is the only system that supports 24-hour optimization of athlete recovery and daily physiologic load. Understanding an athlete's entire day and night will provide information to drive simple yet impactful changes, maximizing athletic performance."

The system purports to measure five core metrics: A recovery score, deduced from heart rate variability during sleep; sleep duration, as well as start and stop times; resting and average heart rate; energy expenditure in kilocalories.

"The Recover product and associated wearable sensors is a consumer product and not a medical device. The product is not intended to diagnose, treat, cure or prevent any disease," the company cautioned.

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