

Feature	Fitbit	Apple Watch	Garmin Vivoactive	<u>Oura Ring</u>	<u>Whoop</u>
Heart Rate	Yes	Yes	Yes	Yes	Yes
Heart Rate Variability	Yes	Yes	Yes	Yes	Yes
Sleep Tracking	Yes	Yes (with third-party apps)	Yes	Yes (and respiration)	Yes (and respiration)
GPS	Yes	Yes	Yes	No	No (and no steps)
Blood Oxygen	Select Models	Yes	Yes	Yes	Yes (Whoop 4.0)
ECG	No	Yes	No	No	No
Body Temperature	No	Yes (newer models)	No	Yes	Yes (Whoop 4.0)
Battery Life	5-9 days	Up to 18 hours	Up to 11 days	Up to 7 days	Up to 5 days
Reliability	Some complaints around durability, step counting, and heart rate detection.	Very well reviewed. <u>99.9% accuracy</u> for heart rate compared to clinical pulse oximeters. The blood oxygen sensor is also reported being as reliable as medical-grade devices.	<u>Excellent accuracy</u> measuring Heart Rate variability compared to a professional ECG machine Very durable.	Well-reviewed overall. High accuracy.	<u>Excellent durability and accuracy</u> (99.7% for heart rate and 99% for heart rate variability; excellent sleep identification).
Cost (CDN)	Variable (from about \$200)	\$430-\$1500 (highest end not required for functionality)	about \$400	\$400-\$600	\$0 (device and app included in membership)
Memberships and Subscriptions	Fitbit Premium costs \$14/month	Many third-party apps available	Optional subscription services for certain features	\$8.00 per month	\$40 per month