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# Heart Conditions & Pacemakers

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## Using Your Reebok Wearable Safely

Your Reebok wearable is designed to support and encourage healthy, active lifestyles, but it is not a medical device. If you have a heart condition, a pacemaker, or another implanted cardiac device, please review the information below and consult your healthcare professional before use.

## Important Information

Reebok wearables use optical sensors and wireless communication (such as Bluetooth®) to measure heart rate and connect to your mobile device. These features may not be appropriate for all users.

### Pacemakers and Implanted Devices

- Optical heart rate sensors utilize LED pulse technology, which can emit both light and electrical signals.
- Wireless features (e.g., Bluetooth, BLE) emit radio frequency (RF) signals.
- In rare cases, these may interfere with pacemakers, defibrillators, or other implanted devices.
- **Consult your cardiologist or device manufacturer** before wearing a wearable device on the arm or wrist near an implanted device.

### Heart Rate Tracking

- Heart rate data is intended for **general wellness and fitness purposes only**.
- Readings may be affected by factors such as skin tone, tattoos, temperature, movement, and device fit.
- Do **not** use heart rate data for medical diagnosis, monitoring, or treatment decisions.
- Always rely on medically-approved equipment for clinical use.

### When to Stop Activity

Discontinue activity immediately and seek medical advice if you experience:

- Chest pain or tightness
- Shortness of breath
- Irregular, very rapid, or very slow heartbeat
- Dizziness, light-headedness, or fainting
- Any unusual or concerning symptoms

## Safe Use Recommendations

Recommendation	Details
<b>Consult your doctor</b>	Before starting or continuing any exercise program, particularly if you have a heart condition.
<b>Check device placement</b>	Wear the device on the opposite side of an implanted device, or where advised by your doctor.
<b>Adjust activity levels</b>	Follow personalized limits from your healthcare provider — do not rely on default heart rate zones.
<b>Turn off sensors (if needed)</b>	If advised by your doctor, disable heart rate monitoring or wireless features in the settings.
<b>Know your limits</b>	Your device can support your goals, but it should never override professional medical guidance.

**Disclaimer:** Reebok wearables are intended for general wellness and fitness purposes only and are not designed or intended to diagnose, treat, cure, or prevent any medical condition. Always follow the advice of your healthcare provider.