# Heart Conditions & Pacemakers

Inas B. - 2026-10-28 - Accessibility

### Using Your Reebok Wearable Safely

Reebok wearables are designed to support general fitness and wellness. They are not medical devices and cannot replace professional medical advice or medical monitoring.

If you have a heart condition, a pacemaker, an implantable cardioverter-defibrillator (ICD), or another implanted medical device, consult your healthcare professional before using your Reebok wearable. They can advise you on any precautions you may need to take based on your specific medical device and health needs.

## Important Information

### Pacemakers & Implanted Medical Devices

Some consumer electronic devices, including certain smartwatches, may interfere with implanted medical devices due to magnetic fields or other electromagnetic effects.

To help reduce potential risks:

- Follow the safety guidance provided by your implanted device's manufacturer.
- Keep your wearable away from your implanted medical device. The U.S. Food and Drug Administration (FDA) recommends keeping consumer electronics that may cause magnetic interference at least 6 inches (15 cm) away from implanted medical devices.
- Do not place your wearable directly over your implanted device.
- Ask your healthcare professional or device manufacturer if you are unsure whether your Reebok wearable is suitable for you.

### Heart Rate Tracking

Your Reebok wearable uses an optical sensor to estimate your heart rate. These readings are intended for general fitness and wellness purposes only.

Keep the following in mind:

- Readings may be affected by movement, how the watch fits, skin characteristics, tattoos, and temperature.
- Heart rate readings may not always be accurate and should not be used to diagnose or monitor a medical condition.
- Do not use your watch's readings to make decisions about medication, treatment, or changes to your prescribed exercise plan.
- If you need medical-grade monitoring, use equipment recommended by your healthcare professional.

### When to Stop Exercising

Stop exercising immediately if you experience chest pain, unusual shortness of breath, dizziness, fainting, or other concerning symptoms.

Seek emergency medical help for severe or sudden symptoms, including chest pain, difficulty breathing, or loss of consciousness. Do not rely on your watch to determine whether your symptoms require medical attention.

## Safe Use Recommendations

| Recommendation | What to do |
|---|---|
| **Consult your healthcare professional** | Before starting or changing an exercise routine, especially if you have a heart condition. |
| **Follow implanted device guidance** | Keep your wearable away from your implanted medical device and follow the manufacturer's recommended precautions. |
| **Follow your personal exercise plan** | Use the activity limits and heart rate guidance provided by your healthcare professional rather than relying on your watch's default heart rate zones. |
| **Understand your watch's limitations** | Heart rate and activity readings are estimates, not medical measurements. |
| **Seek medical advice when needed** | If you have concerns about your heart health or the suitability of your wearable, consult your healthcare professional. |

## Important Disclaimer

Reebok wearables are intended for general fitness and wellness purposes only. They are not designed to diagnose, treat, cure, or prevent any disease or medical condition, and they should not replace professional medical advice, diagnosis, treatment, or prescribed medical monitoring.

Always follow the guidance of your healthcare professional and the manufacturer of any implanted medical device.