

iHealth Announces Results of AHA Walking Challenge

Written by Australian Business

DALLAS, Nov. 22, 2013 /PRNewswire/ -- Today, iHealth Lab Inc. announced the final results of the American Heart Association's (AHA) Walking Challenge. During the two and a half day challenge, physicians and researchers took a cumulative 10.7 million steps. This is equivalent to walking approximately 4,500 miles or more than the distance from Dallas to Anchorage, Alaska.

The top individual stepper took over 68,000 steps during the Challenge.

The AHA provided iHealth Wireless Activity and Sleep Trackers to approximately 2,000 attendees of the AHA's Scientific Sessions 2013 conference. The Walking Challenge was incorporated into the AHA's annual flagship cardiovascular conference as a way of promoting the benefits of building regular physical activity into daily routines. Registered physicians were able to automatically track their steps during the conference using their iHealth trackers and mobile devices. Leaderboards posted around the conference broadcast the top 20 step leaders as well as the most active AHA Councils. A link to the leaderboard results can be found here: <https://cloud.ihealthlabs.com/ahaboard>.

"Encouraging better heart health is the number one priority for iHealth," said Adam Lin, president of iHealth Lab. "We've created a broad suite of personal mobile health products that focus on measuring and monitoring some of the key vitals critical to heart health. This is the first time anything like this has ever been done. We're excited to be working with the AHA on this important initiative to create a fun and healthy walking challenge for all its physician attendees."

The iHealth Wireless Activity and Sleep Tracker is a wearable device that uses Bluetooth 4.0 with low energy technology to track an individual's daily activity and sleep. Paired with the free iHealth MyVitals app from the Apple App Store for iPhone, iPad and iPod touch, the tracker is designed to keep the user motivated to live a more active and healthy lifestyle.

About iHealth Lab Inc. iHealth is dedicated to helping people lead healthier lives. They are a leader in the design and manufacture of consumer-friendly, mobile personal healthcare

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products that are connected through the cloud. The company focuses on delivering high quality products that are easy-to-use, making it simple for consumers to accurately measure, track and share a full range of health vitals. By connecting the data through the cloud, consumers are able to see a more comprehensive view of their vitals and take an active role in managing their health. Visit www.ihealthlabs.com for more information.

About Scientific Sessions **Scientific Sessions** is the leading cardiovascular meeting for basic, translational, clinical and population science, in the United States

, with more 18,000 cardiovascular experts from more than 105 countries, in addition to more than 1.5 million virtual professional attendees. Programming is designed to improve patient care by communicating the most timely and significant advances in prevention, diagnosis and treatment of cardiovascular disease from many different perspectives.

Sessions

includes five days of comprehensive, unparalleled education through more than 5,000 presentations, with 1,000 invited faculty, and 4,000 abstract presentations; all from the world's leaders in cardiovascular disease. It also includes more than 200 exhibitors showcasing the latest cardiovascular technology and resources. Visit

http://my.americanheart.org/professional/Sessions/ScientificSessions/Scientific-Sessions_UCM_316900_SubHomePage.jsp

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